

GOOD HEALTH NECESSARY

Many Busy Women Owe Their Health to Lydia E. Pinkham's Vegetable Compound

Fifty years ago there were few occupations for women. Some taught school, some did housework, some found work to do at home and a few took up nursing. Today there are very few occupations not open to women. Today they work in factories with hundreds of other women and girls. There are also women architects, lawyers, dentists, executives, and legislators. But all too often a woman wins her economic independence at the cost of her health. Mrs. Elizabeth Chamberlain who works in the Unional factory making overalls writes that she got "wonderful results" from taking Lydia E. Pinkham's Vegetable Compound. Mrs. Chamberlain lives at 500 Monmouth St., Trenton, N. J. She recommends the Vegetable Compound to her friends in the factory and will gladly answer any letters she gets from women asking about it. If Lydia E. Pinkham's Vegetable Compound has helped other women, why shouldn't it help you?

Rheumacide

Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and drive the poison from the system. "RELEASER OF THE TIGHTENED MUSCLES" PUTS RELIEF ON THE OUTSIDE! At All Druggists. Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

Colds Broken in a day

Hill's act quickly—stop colds in 24 hours. Fever and headache disappear. Grippe is conquered in 3 days. Every winter it saves millions danger and discomfort. Don't take chances, don't delay an hour. Get the best help science knows. Be Sure It's HILL'S Price 30c. CASCARA QUININE with portrait. Get Red Box

Undoubtedly S. G. remarks: "When a woman says 'In a minute,' her words carry weight."—Boston Transcript.

Sure Relief

BELLANS INDIGESTION 25 CENTS. 6 BELLANS Hot water Sure Relief. BELLANS FOR INDIGESTION 25c and 75c Pkgs. Sold Everywhere. One Definition: Teacher—What is ignorance? Student—Ignorance is when you don't know anything and some one finds it out.

WOMEN, BE WELL!

"While bringing up my family I developed a terribly rundown and weakened state of health. I could scarcely do my housework. I doctored but did not seem to gain in health until I took Dr. Pierce's Favorite Prescription. I found that it not only strengthened me but it relieved me of backaches and other pains. I have been in such good health ever since that I have no hesitancy in recommending Dr. Pierce's Favorite Prescription."—Mrs. Wm. Pope, 248 Walnut St., Trenton, N. J. Liquid or tablets. Send 10c to Dr. Pierce's in Buffalo, N. Y., for trial pkg. tablets and write for free advice.

HALE'S HONEY

At the first sneeze, banish every symptom of cold, chills, etc. with HALE'S. Relief at once—Breaks up cold positively. 30 cents at all DRUGGISTS.

LEONARD EAR OIL

for DEAFNESS and HEAD NOISES. Price 1.00. At All Druggists. DO THIS: TALKER JOHN "DEAFNESS" ON REQUEST. A. O. LEONARD, INC. 70-57 AVE., NEW YORK

SCHOOL DAYS

YOU'LL HAVE TO DECIDE WHICH ONE YOU WANT TO KEEP, BECAUSE I SIMPLY WILL NOT HAVE TWO DOGS AROUND THE HOUSE. ONE IS TOO MANY FOR ME, SO FAR AS I'M CONCERNED, BUT YOUR DAD THINKS YOU HAVE TO HAVE A DOG. AUNT LENA HAS SENT YOU A GENUINE, THORNBRED DOG, BUT IF YOU WANT TO GIVE UP RAGS, YIK! WE'LL SEND HIM BACK. SHE PAID A HUNDRED DOLLARS FOR HIM, SHE SAYS.

THE ETHERAL TRIANGLE.

Among the NOTABLES

THOMAS KIRKBRIDE

THE story of the life of Thomas Kirkbride is to a great extent the story of the new treatment of insanity in this country. It seems almost unbelievable that, up to a short time ago, very little about insanity was known, and insane people were treated worse than criminals. In the early days of Egypt and Greece and Jerusalem, however, lunatics were treated somewhat after the enlightened fashion that Kirkbride used—treated kindly, given a certain amount of manual labor, kept in beautiful surroundings with good music to listen to and pretty things to look at. In the Middle Ages, all this was forgotten and lunatics were thought possessed of devils. They were subjected to the cruelest of tortures, put in chains in dark dungeons, and regarded with abhorrence. Up to but little more than a hundred years ago, they were confined with criminals in prisons. Then a few enlightened souls began to work for them, and secured separate asylums for them and proper treatment. On July 31, 1800, Thomas Kirkbride was born in Morrisville, Pa., of a family whose ancestors came over with Penn. and of the religion of the Friends, who always led in intelligent charity. First as head of the Friends asylum in Philadelphia, and then of the Pennsylvania hospital, he made a speciality of insanity and its treatment. Kirkbrides, in Philadelphia, is named for him. He was the first to insist on separate buildings for the sexes, and raised money to treat and cure cases. He died in 1883. (© by George Matthew Adams)

Mother's Cook Book

Less boast and brag. More faith in what it means. More heads erect. More self-respect. Less talk of war machines. —Edgar Guest.

GOOD THINGS TO EAT

WE ARE asked to use more corn to relieve the overstocked market. This need be no hardship, for there are so many good things which can be prepared from corn and corn meal. If every household used a few pounds a week in various ways, it would solve the whole problem and benefit the family. We need more of the coarser foods to keep us healthy. The old-fashioned kettle of mush served at least once a week and what is left fried and served with bacon for breakfast, is one way to serve corn for two meals. A most satisfying and delicious pudding is prepared with corn meal as follows: **Baked Suet Pudding.** Add one cupful of corn meal to one quart of boiling milk; when free from lumps add a cupful of chopped suet, one cupful of raisins, one and one-fourth cupfuls of brown sugar, two beaten eggs; add one more quart of milk and pour into a crockery baking dish. Dredge with one-fourth cupful of flour. Stir occasionally at first, and bake three hours. **Sliced Chicken Sandwiches.** Cut cold stewed or roasted chicken into very thin slices. Spread white bread with green pepper butter, lay on thin slices of chicken and cover with slices of bread that have been spread with mayonnaise dressing. Cut the sandwiches into three strips or into triangles. Garnish each with three thin slices of stuffed olives. Serve with coffee. Nellie Maxwell (© 1924, Western Newspaper Union.)

SOMETHING TO THINK ABOUT

By F. A. WALKER

IMAGINATION

WHATEVER it may be with regard to the world at large, the process of recalling, selecting and re-grouping the traces of personal impressions or experiences if habitually indulged in lead to accomplishments of the highest order. What is called "learning" is not simply an exercise of memory but of the imagination as well. A distinct picture of what one has heard from oral communication or read from books, must in order to be kept permanently in the mind be colored by one's own pigments, so that one may recall it and use it to advantage in the future. Without these fantasies and fancies, these original visions so helpful in creative work, especially that of the brain, no man or woman can hope to attain eminence. The general in planning a siege or a deciding battle calls up to help his initial move all the aids to his imagination that he can muster. And this is likewise true of the painter, the poet, the musician, the scientist and the more prosaic man of business when first stepping in an untried field. Experience of the past sharpens wit, but imagination goes much farther than that as it virtually supplies new wits of a higher type which recognize neither longitude nor latitude when questing worlds whose presence is unsuspected by those matter-of-fact persons who cannot see beyond the tips of their noses. In short, the humans with imagination, the dreamers if you please, are the men and women who are doing the greatest work for mankind. A little group of romancers fired by some original inspiration stir millions to new thoughts, give millions employment and the old world takes another step forward. She praises genius which is not genius at all except that which proceeds from fancy when she is in her liberal mood and bestows her favors lavishly upon her own chosen disciples. He must indeed be rather a prosy sort of human being who declines to make love to them, for they are rich and comely. In possession of the choicest treasures of earth which they confer without stint upon their adorable favorites and faithful followers. (© by McClure Newspaper Syndicate.)

AN ABBREVIATED STORY

THE STANDEE

"WON'T you sit down?" she said, after they had talked a while of this and that, and Lois Coffee's elopement, and that and this. "Won't you sit down?" "No, thanks," he replied easily. "I've been watching people sitting down so much lately that I've lost all desire to sit down myself." And they continued chatting about whether there is really a future life, and the difference between a Cossack and a hassock, and one thing and another, and then she said, "Really, you must sit down." "Oh, that's quite all right," he smiled blandly. "I seldom sit down, even at home. When my folks see me sitting down they exclaim, 'Why, you're sitting down, aren't you!'" And he stayed till after eleven, airily passing off eight more invitations to sit down, and the next morning he called up Googler's Equitation Palace and explained that he didn't feel equal to taking his second riding lesson that day. (© by George Matthew Adams)

A GOOD OLD STOVE

By DOUGLAS MALLOCH

THERE'S nothing like a good old stove. Buy what you will, say what you will. The more I live, the more I love. The more I find, when days are chill, The only thing to warm you through is something you can get up to. A furnace, yes, it's mighty nice; But it's down cellar hid away. When you come in all snow and ice You want to see the firelight play. The heat that's right, the heat that's real, You have to see as well as feel. There's something cordial in the light That glitters through the Isinglass. It lends a comfort to the night. And redder makes the ruddy lass And fairer makes the fairest home To any man who has to roam. There's nothing like a good old friend. They're much like stoves, it seems to me. Whatever wisdom books may lend, You want a friend that you can see. Some hand to touch, a faith to feel, The kind of friendship that is real. However wise the wisest men, However great they may appear, When you're in difficulty, then You want a friend you needn't fear. When cold and weary, weak and blue, A friend that you can get up to. (© by McClure Newspaper Syndicate.)

The Hotel Stenographer

By Roe Fulkerson

THE Hotel Stenographer sighed. "What's eating you?" asked the House Detective, grinning. "The fact that I am a woman," answered the girl. "I am going to a swell dance, Kelly, given by the Amalgamated Association of Itadio Expert Salesmen at Harmony hall. There will be dress suits and punch and everything. "These radio people are hot sketches, Kelly. I am apt to meet my fate and get married. I was thinking that if I met some sleek-haired boy who wants me to share his radio set and I married him I would have to decide whether we would put our aerial in a bungalow in the suburbs or live in a flat. "Living in the country will be all right, Kelly, when we get good roads everywhere, but it's a lot of trouble to get to and from a suburban bungalow, in the mud. Sometimes it rains before they get 'em papered and they wash down, and even after they are built you are likely to have trouble. "Marie Murphy married a dancing instructor at the Odeon and she bought a big police dog and a bungalow. While they were in the back yard figuring on a garden, they tied the dog to the bungalow steps. A cat came along and the dog ran after her and they lost the house and the dog both. But I suppose those are the kind of things you have to expect when you own a home of your own. These troubles have taken most of the pleasure out of tonight's dance. If I meet that sleek-haired radio confidence man who is to make me happy, I wonder if I will be." (Copyright by the McNaught Syndicate, Inc.)

THE YOUNG LADY ACROSS THE WAY

The young lady across the way says she sees they're burning corn in the West and it's a great comfort to know, in case the coal should give out, that her mother always buys these things in quantities and they have six dozen cans of it in the cellar. (© by McClure Newspaper Syndicate.)

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

IS ARTERIOSCLEROSIS HEREDITARY?

ONE of the great advantages of a large amount of public education on "diseases that has been going on for nearly twenty-five years is that it is possible now to use terms that were formerly intelligible to doctors only but that are now understood by most intelligent laymen. One of these is arteriosclerosis. Almost everybody knows today that this is a gradual hardening and stiffening of the blood vessels, especially the arteries, and that it is caused by the deposit of lime in the blood vessel walls, changing them from smooth, soft, flexible, elastic tubes into rough, hard and stiff vessels which break more easily than the normal vessels. The process is very much like the hardening and stiffening of a rubber tubing, which every one has noticed in old rubber tubes of gas pipes, fountain syringes, atomizers and other rubber appliances. It is found either as a cause or as a result in many forms of heart, kidney and liver diseases, in many cases of overweight and in almost all cases of extreme old age. What is the reason for this difference in individuals and why do some people have hardened arteries in middle life while others may live to advanced years and still have soft flexible arteries? The increased frequency of heart and kidney diseases has stimulated interest in this question in recent years. Is this tendency to hardening of the arteries due to individual habits or is it something which each of us inherits from our parents? Many causes have been suspected, such as infections, overeating, excessive use of alcohol, tobacco or coffee, overwork and worry. Yet we find many people who have none of these bad habits who early develop hard arteries while many who have most or all of them never have it. In a recent article in the Journal of the American Medical Association, Doctor Martinson of Battle Creek reports a careful study of nearly a thousand persons which shows that children of parents who have had high blood pressure, apoplexy, kidney trouble, sick headache, overweight, gout and asthma were much more likely to have early hardening of the arteries than persons whose parents had none of these troubles. If you inherited good blood vessels from your parents thank God and keep them so. If one or both of your parents suffered from some of these afflictions you can overcome or delay the result by living simply, avoiding overeating, eating plenty of fruit and drinking plenty of pure water, avoiding constipation and trying to give your children better arteries than your parents gave you.

FIRES IN HOSPITALS

IF THERE is any place on earth where one ought to be safe from fire it is in a hospital. A person who is ill or who is recovering from an operation has enough to worry about without having any fear of fire in addition. By the same token, a well person is perhaps able to protect himself from fire under ordinary conditions. But how can an ill or disabled person be expected to escape from a burning building? One would naturally suppose that every hospital in the country would be just as fire-proof as human skill could make it. Yet Mr. W. E. Mallalieu, general manager of the National Board of Fire Underwriters, says in a recent issue of the Journal of Outdoor Life, that in 1922 and 1923 there were 850 fires in hospitals which destroyed property valued at \$1,791,909. This is 425 a year or more than one every day. There are about ten thousand hospitals of all kinds in this country which care for over a million people every year. The fire loss among hospitals each year is nearly a million dollars, which would be enough to build and equip several new hospitals. Most of these hospital fires could be prevented either by greater care in construction or better supervision in management. This is seen when we study Mr. Mallalieu's chart showing the causes of these 850 hospital fires. Classified by the amount of financial loss caused by the fires, sparks on the roof resulted in damage to the amount of \$194,039, nearly \$200,000. The second most expensive cause of fire is some defect in the heating plant. Stoves, furnaces, boilers, over-heated stacks caused damages of \$156,000. These defects of either installation or operation are also clearly preventable. Next comes spontaneous combustion. This is generally the result of allowing waste, rubbish and trash of all kinds to accumulate, generally in dark corners. This is always avoidable and due to poor management and untidy surroundings. But it destroyed \$93,000 worth of hospital property just the same. Defective chimneys and flues cost \$86,000. Matches and smoking burned up \$78,000 worth of hospital property and gas explosions cost \$56,000. Fire is bad enough anywhere. In a hospital it should be impossible.

Mothers, Do This—

When the Children Cough, Rub Musterole on Throats and Chests. No telling how soon the symptoms may develop into croup, or worse. And then's when you're glad you have a jar of Musterole at hand to give prompt relief. It does not blister. As first aid, Musterole is excellent. Keep a jar ready for instant use. It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, chilblains, frosted feet and colds of the chest (it may prevent pneumonia). To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole. Jars & Tubes. MUSTEROLE WILL NOT BLISTER. Better than a mustard plaster.

Unexpected Caller

Masculine Voice (on the phone)—Hello, is this Galford 10474? Feminine Voice—No, but—er—do tell me about yourself—I'm bored to death.—Exchange. All that a man can do against adverse opinion is to outlive it.

Quick safe relief CORNS

In one minute your misery from corns is ended. That's what Dr. Scholl's Zino-pads do safely by removing the cause—pressing or rubbing of shoes. You risk no infection from amateur cutting, no danger from "drops" (acid). Zino-pads are thin, medicated, antiseptic, protective, healing. Get a box at your druggist's or slice dealer's today—35c. For Free Sample Write The Scholl Mfg. Co., Chicago

Dr Scholl's Zino-pads

Put one on—the pain is gone

BABY CHICKS

From high record, pure bred flocks. Strong, sturdy chicks. 1925, live delivery guaranteed. Parcel post prepaid. Order direct from this advertisement. Breed 300 500. Hatched Rocks \$14.50 375.00. B. T. Reds 14.50 375.00. R. C. White Leghorns 12.00 61.00. A hatch each week. Write for your order. BUNYVREST HATCHERIES, Inc. 1924 Dresden Ave. Huntington, W. Va.

Wanted to Buy—Farms

I have cash buyers for farms and ranches. Describe fully and give lowest price for cash. J. L. KEMP Residence Park, Dayton, Ohio.

PORTER'S Pain King SALVE

For Sale—Nine Old Virginia Almanacs, over 100 years old. Interesting and amusing. Condition good. Hazel Webb, Stern, N. C.

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correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

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HAS BEEN Relieving Coughs for 59 Years. Carry a bottle in your car and always keep it in the house. 30c and 90c at all druggists.

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cannot be hidden. Get rid of them now by regular treatments with Resinol

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for Epilepsy Nervousness & Sleeplessness. PRICE \$1.50 AT YOUR DRUG STORE. Write for free booklet KOENIG MEDICINE CO. 1045 N. WELLS ST. CHICAGO, ILL.