

## WEIGHED ONLY 98 POUNDS

Helped by Lydia E. Pinkham's Vegetable Compound



Cleveland, Ohio.—"I have really had all kinds of trouble. After having my first baby, I lost weight, no matter what I did. Then a doctor told me I would be better if I had another baby, which I did. But I got worse, was always sickly and went down to 98 pounds. My neighbor told me about Lydia E. Pinkham's Vegetable Compound, as it helped her very much, so I tried it. After taking four bottles, I weigh 115 pounds. It has just done wonders for me and I can do my household work now without one bit of trouble."—Mrs. M. RISSINOW, 10004 Nelson Ave., Cleveland, Ohio.

If some good fairy should appear and offer to grant your heart's desire, what would you choose? Wealth? It's a transient thing that brings its own cares. Happiness? It's an elusive thing which we keep by giving away. Health? That's the best gift. Health is riches that gold cannot buy and surely health is cause enough for happiness.

Lydia E. Pinkham's Vegetable Compound may be the good fairy who offers you the priceless gift of better health.

## CORNS

In one minute the pain is Gone!

Gets at the cause of corns

Dr. Scholl's Zino-pads work like magic, because they remove the cause—pressing or rubbing of shoes. The pain goes instantly. Amateur paring or burning with "drops" (acid) is dangerous—and doesn't stop the cause. Zino-pads are safe, sure, antiseptic, healing. They protect while they heal. Get a box at your druggist's or shoe dealer's—3c.

For Free Sample Write The Scholl Mfg. Co., Chicago

## Dr. Scholl's Zino-pads

Put one on—the pain is gone

## CLEAR YOUR SKIN

of disfiguring blotches and irritations. Use

## Resinol

**Twin Calves 10 Days Apart**

"Bossie," a seven-year-old Holstein belonging to Harry Bangard, a gardener near Winnipeg, Canada, gave birth to a male calf and ten days later presented to the recent arrival a perfectly normal brother. No one seems to be able to explain the case, which is unprecedented in animal histories.

**Ready to Settle**

Clarence (desperately)—You turn me down and there'll be the devil to pay.

Inez—All right. How much do I owe you?

Reading maketh a full man, said Lord Bacon, but thinking maketh a fuller one.

A single dose of Dr. Peery's "Dead Shot" is enough to expel Worms or Tapeworm. Why not try it? 272 Pearl St., N. Y. Adv.

A physician is nothing but a counselor of the mind.—Arditer.

## Sure Relief

**BELLANS FOR INDIGESTION**

6 BELLANS Hot water Sure Relief

**BELLANS FOR INDIGESTION**

25c and 75c Pkgs. Sold Everywhere

**Beauty Of Hair and Skin Preserved By Cuticura**

Soap to Cleanse Ointment to Heal

**Shake into your Shoes**

And Sprinkle in the Foot-Bath

**ALLEN'S FOOT-EASE**

The Antiseptic, Healing Powder for Itch, swelling, smarting, sweating feet. It takes the friction from the shoe, prevents blisters and sore spots and takes the sting out of corns and bunions. Always use Allen's Foot-Ease for Dancing and to Break in New Shoes. Sold everywhere.

## FRECKLES!

of all kinds vanish when Dr. C. H. Berry's Freckle Ointment is used. Your friends will marvel at the change in your complexion. The use of this cream will keep your skin clear and soft too. We guarantee it. At drug and dept. stores or by mail. Price 25c and 50c. Send for FREE TRIAL BOOKLET.

Dr. C. H. Berry Co., 2978 Michigan Ave., Chicago

## HOW TO KEEP WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

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### BRIGHT'S DISEASE

THE kidneys are the body filters. By them, all the waste from the body, which is taken up by the blood, is strained out as the blood goes through the kidneys, dissolved in the excess water and carried out through the bladder and discharged. So long as the kidneys work perfectly both the excess water and the waste products are gotten rid of. But if the filters fail to work, this waste remains in the body and poisons it.

Popularly speaking, any diseased condition of the kidneys is called Bright's disease, because in 1827, nearly 100 years ago, Richard Bright, an English physician, first described clearly what is now called Bright's disease and showed that a diseased condition of the kidneys was really responsible for dropsy, which up to that time had been regarded as a separate disease and also for the presence of albumen in the urine. He also showed that, in most cases, the changed conditions in the kidneys were closely associated with changes in the heart and blood vessels.

Although nearly 100 years have passed since Bright's day, his studies were so thorough and his reasoning was so accurate that little has been added to his description of the disease that bears his name. The thousands of physicians who have followed him have principally devoted themselves to attempting to classify the many and varying forms of this disease.

To the layman any form of kidney disease is Bright's disease. As a matter of fact this term should only be applied to those forms in which a diseased condition of the kidneys is associated with swelling of the feet and legs, later, perhaps, of the abdomen, face and even the whole body and also with the presence of albumen in the urine.

There are, of course, many other diseases of the kidneys. Pus germs carried by the blood from the teeth, the tonsils or any other part of the body may lodge in the kidneys and cause an abscess. Stones may form in the kidneys and cause much pain and irritation. Poisons such as lead, mercury or other metallic poisons may affect the kidneys. Tumors may develop in them. They may be poisoned as the result of diphtheria, scarlet fever, mumps or other contagious diseases. They are kidney diseases, it is true, but they are not Bright's disease.

### KEEPING THE EYELIDS CLEAN

FOR normal persons, seeing is so natural a function that we hardly ever stop to ask ourselves how the eyes work. They are the most delicate, intricate, and accurate organs in the entire human body. Nature has done everything to develop and protect them.

Man, living a natural life under primitive conditions, had little trouble with his eyes.

Each part of the wonderful mechanism by which we see is subject to its own peculiar troubles. The eyelids, which are solely for the protection of the eyes and have nothing to do with sight itself, are simply the curtains or shutters which protect the eyes from injury and too bright light, which shut off the light rays when we sleep, and which keep out dust, cinders and other foreign particles which would injure the eyeball. Their action is so automatic that we involuntarily close the eyes when any danger threatens, without ever having to stop to think about it. In addition to protecting the eyeball, the inner surface of the lid, which is covered with a fine, soft, delicate membrane, keeps the eyeball polished, much as the chamois skin of the housewife polishes the window glass. This membrane, being very delicate, is also easily irritated and inflamed. The little oil glands on the inside of the eyelid, which keep it lubricated, as well as the hair follicles in which the eyelashes grow, are also easily inflamed. If a hair follicle becomes infected and inflamed, it is called a sty. An infected oil gland is called a chalazion. Either of these infections can be caused by rubbing the eye with dirty fingers. They are exceedingly painful and can be generally avoided by making it a rule always to wash the hands with hot water and soap before rubbing the eyes or handling the lids. Washing the face, including the eyelids, morning and evening, with warm water and pure soap, followed by thorough rinsing with cold water, will keep the eyelids clean and will, in most cases, prevent these troublesome and painful infections.

If the eyelids are overworked, as by reading too fine print, reading by a dim light, getting dust, smoke or fumes from various chemical processes in the eyes, both the membrane lining the lids and that covering the eyeball itself becomes congested and the little blood vessels stand out on the conjunctiva or lining membrane and produce a roughened surface which still further irritates the eyeball. When this happens, we say that the eyes are "bloodshot." The doctor calls it a "conjunctivitis." The best home remedy for this condition is clean water in which a little boric acid, borax or ordinary table salt is dissolved.

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## SPARK PLUG CARE FOUND ESSENTIAL

Bureau of Mines Devotes Film to Its Importance to Automobile.

Uncle Sam has become vitally interested in the conservation of gasoline and has begun an educational program which is to embrace the entire range of gas-saving ideas. To the spark plug the bureau of mines has devoted a photoplay called, "The Story of a Spark Plug."

A hot, intense spark means economy. Power is lost.

A hot, intense spark means a live engine. When a spark plug loses intensity because of the great stress to which it is subjected in engine operation, it fails to give complete combustion of gas in the cylinder. These things then happen:

**Spark Plugs Need Watching.** Power is lost. The engine is sluggish. Gasoline and oil are wasted. The engine brought daily nearer to expensive overhauling and consequent loss of use of car.

The lesson to be learned is: "Watch your spark plugs." They are vital to good car service. The best engine in the best motor car in the world is no better than its spark plugs. It is a real economy to inspect spark plugs frequently and to replace them just as soon as they show signs of a weak spark—generally somewhere between 8,000 and 10,000 miles.

Most car owners have little real conception of just how their engine operates. It is a widespread belief that a series of explosions, taking place in each cylinder, makes the engine run.

**What Really Happens.** This is not true. What really happens is:

1. As the engine turns over, gasoline passes through the carburetor, where air is mixed with it, the mixture entering the cylinder in the form of a highly inflammable gas.

2. The valves close and the piston moves upward, compressing this gaseous mixture.

3. At a certain point in the operation the compressed mixture is ignited by a spark leaping across the gap between the electrodes of the spark plug.

4. The gas burns with extreme rapidity, and in burning expands, forcing down the piston and thus generating power.

When your engine does all these things in full vigor, i. e., with a hot, intense spark, you're getting economy and power. When there is poor or incomplete combustion there is waste in power, gas and oil.

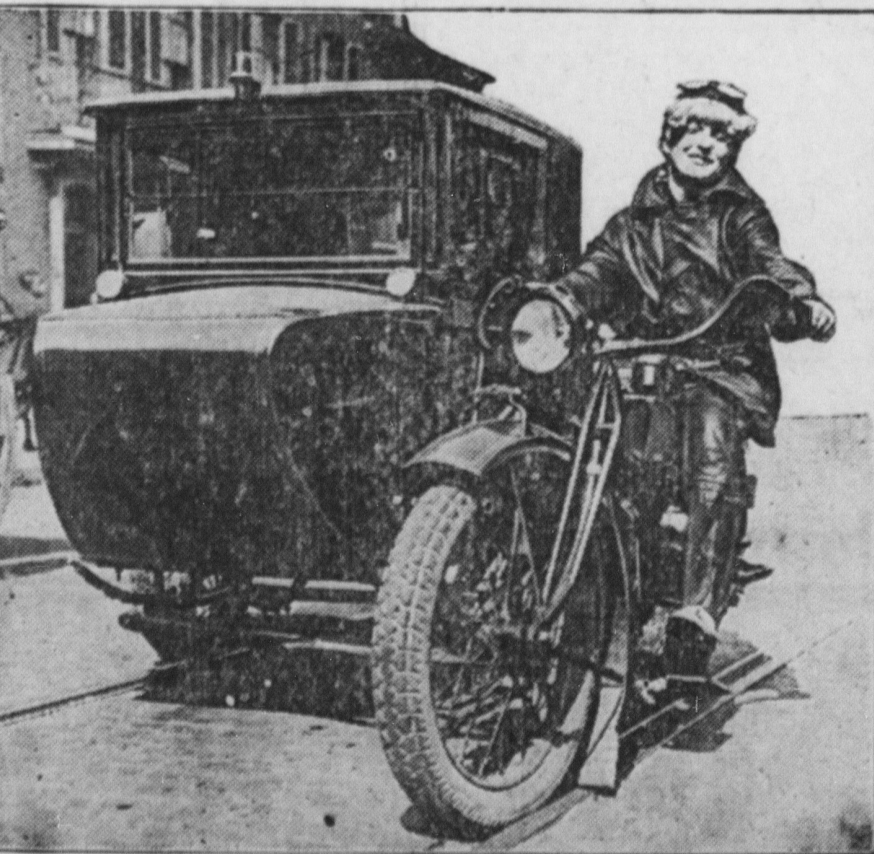
### Countershaft Gears of Transmission Essential

Do the countershaft gears of the transmission serve any useful purpose when the car is in direct, or high, gear?

The countershaft drive gear of the conventional transmission always is in mesh with the clutch, or main shaft, drive gear. But in direct drive (high gear), the countershaft drive gear plays no part in transmitting power. Why, then, should it and the countershaft gears controlled by it continue to revolve?

Here's the answer. The countershaft gears are in the bottom of the transmission case and as such are deeper in lubricant. Their action in rotating serves to keep the grease stirred-up, thereby raising lubricant to take care of the sliding gears, the gear shift forks and the transmission bearings.

### ATTEMPTING TO SOLVE TRAFFIC PROBLEMS



Taxicab Used on Streets of Baltimore.

The new motor cycle taxicabs which have been used successfully in Baltimore, Md., will be adopted in other cities to help solve the traffic problems. Two other qualities are in their favor; the fare is about one-half that of a regular type taxi, and it is capable of great speed, as well as being able to dart in and out of traffic with ease. This photograph shows Miss Lillian Lubinsk, at the handle bars of a new motor cycle taxi in Baltimore, Md.

### Buying of Automobiles

Is Now a Family Affair

If any one were to place his finger on the more important items in motor car construction at the present time, the fact that the purchase of automobiles is now a family affair would stand out as one of the most distinct.

It has only been within the last few years that this development has come about, for it can be readily remembered how, only a short time ago, the men of the family were the only ones considered capable of operating an automobile. Nowadays the situation is entirely different; probably no one enjoys driving a car more than the women of the family.

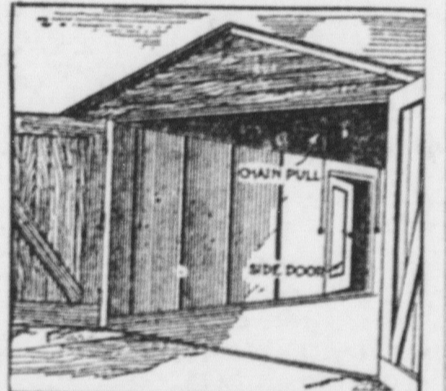
When all things are taken into account, the drift seems to be toward the light car to fill the requirements of family use.

And with this characteristic come the developments in comfort that light weight makes possible. It is just being generally appreciated how important it is to make a car light in its unsprung parts, like the axles, so that the pounding effect of this weight upon the road is minimized. The old theory that weight is essential to riding ease has been exploded, and the true principle, which considers the proper relation of weight above and below the springs, has taken its place.

Designers have also found how much easier the spring action of the light car can be, because of the ability to make the springs more sensitive. The handling qualities of a car are also closely related to light weight, so that the light car is easy to guide and is responsive to braking effort.

### Useful Arrangement for Light in Small Garage

Stumbling over a can of oil or barking your shins on some of the garden tools can be eliminated by fitting the ceiling light in your garage with a chain pull type of socket and then running one pull to each point at which you enter or leave the garage either on foot or in the car. As



Chain Pull Is Helpful.

shown in the illustration, a good arrangement is to put a screw eye in the ceiling a short distance from the light and then run three cords through the opening and tie them to the end of the chain. Supported by another screw eye, one cord can be dropped by the back entrance door and the other two to each side of the main doors, where they can be reached easily from the car.—Popular Science Monthly.

### Buying Automobiles on Time Is Favored Plan?

There is a great deal to be said for and against the policy of buying automobiles on time, but recently there has been a tendency to forget that there always are two sides to a story.

Even the manufacturers have overlooked this. One of them, for instance, believes that the deferred payment plan enables more people to buy cars of the better class that last longer and give greater real economy. No one denies this. Yet at the same time it is well to see the other side of the deferred payment plan. Here one finds millions of persons buying cheap cars every year, forgetting all about the matter of economy in long car life just because it is so easy to buy cars nowadays.

## "BAYER ASPIRIN" PROVED SAFE

Take without Fear as Told in "Bayer" Package



Does not affect the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-five years for

Colds, Headache, Neuritis, Lumbago, Toothache, Rheumatism, Neuralgia, Pain, Pain

Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100.

### Wedding Bells

Cortlandt Bleeker said at a wedding breakfast in Lenox:

"Most of us are disappointed in love—I mean after we get married. "Marriage is the beginning of a woman's life and the end of a man's. "Marriages are made in heaven, though we have all seen brimstone matches, too.

"Marriage gets easier after the first twenty-five years.

"It makes no difference about your choice—marry whom you please, you'll discover you've got somebody else."

**Shave With Cuticura Soap**

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

### Skyscrapers Safe

Prof. Bailey Willis, noted seismologist of Leland Stanford university, asserts that good engineering and good construction make American skyscrapers safe in case of earthquake.

No matter how careful you are, your system needs a laxative occasionally. Wright's Indian Vegetable Pills help nature gently, but surely. 272 Pearl St., N. Y. Adv.

Money occasionally makes a fool of a man by helping him break into society.

## ATWATER KENT IGNITION for Fords

New or Old—Your Ford is a good car

Give it a square deal with an Atwater Kent Type LA Ignition System for Fords. Its mechanism is out of dirt and oil, the contactless distributor eliminates wear.

Your motor will run smoother, start easier, pick up quicker, and there'll be more power on the hills.

Of the same general design as the Atwater Kent Ignition Systems furnished as standard equipment on many of America's foremost cars, with twenty-six years' scientific experience back of them.

Installed in less than an hour. Everlastingly dependable. Costs but \$10.80.

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Including Cable and Fittings

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Makers of ATWATER KENT RADIO

### Are You in Debt?

Are you worried, harassed and disgusted because of it? Did yourself now of this case. Get Dr. Marden's booklet "The Law of Financial Independence and learn how to pull yourself out of the rut." Postpaid 5c. ROBINSON BOOK CO. Room 1252, 251 4th Ave. New York, N. Y.

### Get Along Without War

Most rodents, including rats, are thirsty creatures. The only animals living in very dry places which seem able to do entirely without drink are snakes and reptiles. In the cold desert of shifting sand in Kashgar there are no reptiles, and not even a fly. But the Afghan boundary commission found swarms of lizards and a new and venomous species of adder in astonishing numbers in the awful desert of hot shifting sand at the corner where Persia, Beluchistan and Afghanistan meet.

A man often does himself a favor by keeping on good terms with his neighbors.

### Do ants mobilize in your cake-box?

DON'T let ants raid your pantry. Spray Flit and kill them.

Flit spray destroys ants, bed bugs and roaches. It searches out the cracks and crevices where they hide and breed and destroys insects and their eggs.

### Kills All Household Insects

Flit spray also clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills all the insects—and does it quickly.

Get a Flit can and sprayer today. For sale everywhere.

STANDARD OIL CO. (NEW JERSEY)



DESTROYS Flies Mosquitoes Moths Ants Bed Bugs Roaches "The yellow can with the black bands"

### ? MEN ?

You have no reasons for being BALD, when Fort's Original BARE-TO-HAIR grows hair and saves what you have.

Drug Stores and Barber Shops. Correspondence given personal attention.

W. H. FORST, Manufacturer SCOTSDALE, PA.