HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

BACKACHE

PAIN in the back is popularly considered a symptom of kidney disease. How this belief arose is difficult to say. Patent medicine advertisements have, of course, strengthened the idea in the public mind. But there must have been a pre-existing belief or the kidney pill and plaster promoters never would have taken it up.

The fact is that there is no connection at all between Bright's disease and pain in the back. Most persons with chronic kidney disease complain far more of indigestion and discomfort in the stomach than they do of backache. Of course, a person with Bright's disease may also have a pain in his back, but there is no connection between the two conditions.

Most cases of persistent and longstanding pain in the back are due to some kind of muscle or ligament tear or strain or to a dislocation, either complete or partial, of some of the joints in the bones of the pelvis. These accidents, for they are just as much accidents as a broken arm or a dislocated knee, usually occur during heavy lifting or straining. An unusually severe exertion or a sudden strain tears some of the muscle fibers or the ligaments in the back muscles. Little attention may be paid to it at the time but, in the course of a few days, the pain and tenderness increase, until any movement and especially any muscular effort becomes extremely painful.

Few persons understand that a strain is really a fracture of the muscle or ligament, just as a fracture is a breaking of the bone. Torn muscles ordinarily heal slower than broken bones. If a man breaks a leg, he is willing to go to bed, have a cast or a splint put on his leg and stay there until the doctor says he can get up. But if he tears a muscle he generally says, "It's nothing but a ple in that way. sprain," never goes near a doctor, keeps on working and so never gives the torn muscle a chance to heal.

And it doesn't heal and he has a permanently disabled muscle that is weak and that causes pain whenever it is used.

A joint dislocation is due to the



COWS LOVE MEADOWS

"M OO, MOO," said Mrs. Cow. "Moo, moo," said Mrs. Brown-and-White Cow. "And pray, have you something to say to me? You look as though you had something on your cow mind."

"Ah, yes," said Mrs. Cow, "I have something to say to you. In the first place, I've heard people talk about their homes.

"Sometimes children will come to play with the farmer's children and they will talk of their homes and each will love their own home better than any other.

"They enjoy going visiting, but home, they say, is the best of all.



"And So This Meadow Is My Home." She Said.

"And the farmer loves his farm. And the farmer's wife loves yonder farmhouse

"All of this is quite true, but what I had to say was that I am like peo-

"I love my meadow. I really feel as though this were my own mendow.

"To be sure, I share it with the other cows, but it is my home. "These children who speak of lov-

ing their homes share their homes with their mothers and fathers and sisters and brothers, but the home

beautiful they are, I'm sure.

THE WHY of

SUPERSTITIONS

By H. IRVING KING

STEPPING OVER THINGS

IF YOU step over a child you will stunt its growth, it brings bad

over his feet if he is sitting. If you

step over a fisherman's pole you

These are some of the superstitions

common in this country with regard

to "stepping over," and superstitions

"hoodoo" his luck.

African tribes.

ordinary mortals.

love

just as this meadow is filled with grass which I love, and down yonder is a brook which I love, and over there is a tree under which I like to

"Oh, a cow knows what it is to love her own home and to be proud of it. "In fact, I am so proud of it and I like it so much and enjoy the grass so thoroughly that at times I almost feel as though I had something to do with the making of the grass!

"Moo, moo, I have written a song about my love of my home, and if you would like to hear it I will sing it to you.'

"I would love to hear it, moo, moo," said Mrs. Brown-and-White Cow.

So Mrs. Cow made what we would consider strange little sounds which she called singing.

This was her song:

I love my home, my meadow home. In it I roam, in it I roam. I eat of its grasses and its grasses are

sweet And oh, its sky celling is always so neat.

There aren't any cobwebs in my celling, the sky.

In the first place a broom wouldn't reach that high To brush it up and brush it down

And brush it over the country and town.

In the second place the sky is so very clean That it would never allow a cobweb to

be seen, And so I say my ceiling is fine For with cleanly beauty it doth shine.

"That word 'doth,'" said Mrs. Brown-and-White Cow, sounds very poetical."

"I thought you would like it, my dear," said Mrs. Cow. "But my song is not ended. Shall I finish it?" "Do," said Mrs. Brown-and-White Cow.

I love in my beautiful mirror to look, My mirror of course is yonder brook. In it I see if I lock my cow best when I see I do, I then take a And rest.

Then I rest and I dream and I think of my home

My beautiful home from which I'll ne'er roam. I am what you would call a contented

And the end of my song has been

reached just now. Mrs. Brown-and-White Cow swished

As Told by

Irvin S. Cobb

THE BURDEN

R ECENTLY I told a story relating to Booker Washington. Today

of the great negro educator. He said

that the citizens of a remote southern

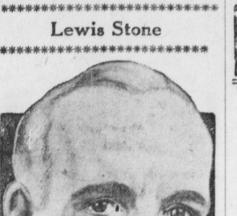
community got interested in a project

to import some Europeans to the

neighborhood and colonize them upon

the fertile but gone-to-seed farm lands

closet corners with her broom while



(@). 1926.

cream

Western Newspaper Union.)

The constant duty of every man to his fellow is to ascertain his own powers and special gifts, and to

strengthen them for the help of others .-- John Ruskin.

"I protest I do honor a chine of beef, I do reverence a loin of veal."

SEASONABLE SUGGESTIONS

To give variety and elegance to in-

Any pudding like rice, bread, left-

Milk toast is delicious served with

A firm jelly may be cut into cubes

Jams or jellies are good to serve

Very small baking powder biscults.

Apple sauce with a few spoonfuls of

Crush strawberries until well-

mashed, then take equal measures of

sugar, stir and let stand in a cool

place until all the sugar has been

well dissolved and absorbed by the

berries. Have cans well sterilized and

cool, fill and seal without cooking.

Keep in a very cool cellar and they

will be good to the last can. Rasp-

berries and other small fruits may be

tirely different sauce.

than a well-stocked fruit

closet. This is the time

of the year to fill the

shelves with jams, jellies,

preserves and conserves.

The following sugges-

tions may be worth while

in regard to their use:

topped with a spoonful

A cornstarch pudding



A SULEIA A BUSINESS

This is the latest photograph of one of the most popular motion-picture actors - Lewis Stone - appearing in "Old Loves and New."



"I GOT me a radio outfit," announced the House Detective, "and last night I . .

"You got KCB or something," interrupted the Hotel Stenographer. "Don't tell me about it, Kelly. It's bad enough to be a radio fan, but when you wave your fan you become a nuisance.

"Adam was the first radio fan. He took a spare part and made a loud speaker out of it, thus eliminating the canned fresh in the same way. This need for a radio in his home. Radio is the time to preserve watermelon waned in popularity thereafter and is pickles for the winter. Soaked over just coming back.

"No woman likes radio. Why should clear water until tender and then she? Every woman likes to do the dropped into a spicy vinegar and broadcasting for her own home. All sugar and scalded, then canned, they day long she is by herself poking into will be a welcome dish in the winter.



Bed by Ill Health

Because of his wife's frequent ill health, Mr. J. F. Gage was obliged to do the washing and

cooking for the family. One day when Mrs. Gage was con-fined to her bed, he brought her the newspaper to read.

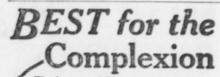
Among the adver-tisements she noticed a letter from another sick woman telling of the help she had received from Lydia E. Pinkham's Vegetable

Compound. "I'll try it," she decided.

Her husband brought home a bottle and only a few days after she had begun to take it she felt well enough to be up around the house. Gradually her general health improved until she is now able to do her own work. In a letter which Mrs. Gage recently

wrote, she said, "I have taken twelve bottles and feel like a new woman. She has told many women about Lydia E. Pinkham's Vegetable Compound and one of her friends is now taking it. Her address is Mrs. J. F. Gage, Route 5, Brownwood, Texas. Lydia E. Pinkham's Vegetable Com-

to use in fruit salads, to garnish cocktalls, cake frosting, as well as ice pound has been taken by women for more than half a century with very Jelly rolls, jelly tarts, jelly doughsatisfactory results. nuts and jelly omelet are all easy to



The beauty of Glenn's is the beauty it brings to the complexion - soft, smooth, clear white skin, free of pimples, blackheads or other blemishes.

Glenn's Rohland's Styptic Cotton 25c Sulphur Soap

Contains 33% % Pure Sciphur. At Druggists.

Tried to Race

Saunders-Jones wrecked his car yesterday. Sanderson-What was the motive?

Saunders-A locomotive.

Relaxation

"Did you have a good rest, dear?" night in salted water, then cooked in "Yes, John, I went into a few shoo stores."



THE CENTRE REPORTER, CENTRE HALL, PA.

same cause; too heavy lifting Only is theirs, too. here the muscle doesn't tear but the joint slips out of position.

Sprain, either of the muscles or the joints, should have plenty of time for recovery. The back should be strapped and held in position until well.

DISEASES OF THE MOUTH

IN A recent article in the New York Medical Journal, Dr. Joseph C. Bloodgood, the well-known surgeon of Johns Hopkins in Baltimore, talks about the mouth as a source of disease. The mouth, he says, has three interesting relations, one to food, one as a source of infection, and one as a starting point for cancer. As it is easy to examine the mouth, the possibilities of detecting any disease conditions early are good. So, much trouble can be prevented by frequent, careful examination of the mouth and teeth.

Diseases of the mouth may affect the mucous membrane lining the lips and mouth, the teeth, not only the part we can see but the larger and more important part which is buried in the bony sockets and the gums. In the mouth are the tonsils, often the center of an infection which may polson the whole body and cause such diseases as rheumatism, inflammation of any of the joints, diseases of the heart, arteries or kidneys.

The mucous membrane covering the lips and tongue and lining the mouth cavity is, on account of its delicate nature, especially subject to irritation. Constant and long continued irritation is probably one of the exciting causes of cancer.

The lips are subject to several kinds of irritation. Cigarette burns often cause sore spots. Smokers of pipes, especially short clay pipes, may have burns on the lips, if the pipe is always held on the same spot. These tender spots may later lead to cracks in the lips which may be the starting point of cancer.

The tongue, in smokers who have sharp or broken teeth, may develop chronic sore spots on which cancer is apt to develop. A long sharp point on a tooth may cause a chronic irritation of the inside of the cheek, on which cancer may develop. The danger is greatly increased if the teeth are dirty and uncared for.

These are all causes which can easily be avoided or removed, if chronic sores have once developed. While there is no positive proof that tobacco will cause cancer, the habitual smoker or chewer of tobacco is more apt to develop chronic points of irritation on the lips, tongue or cheek than the nonsmoker. To avoid this danger, every person who uses tobacco should take special pains to avoid burning the lips or tongue, to have the teeth kept in good order, to have decayed teeth filled or removed and to have any sharp or irritating points removed or smoothed down.

(2) 1996, Western Newspaper Union.)

her tail and said: "Moo, moo, I don't know much about poetry, but as a the children are at school and the old "And so this meadow is my home. cow critic, I'd say you have done very "I love it just as they love the well.' beauty of their houses. They always

"Thank you," said Mrs. Cow, "I think their houses are beautiful, and you may know nothing of what you "Their houses are filled with furniare saying!" ture they love and pictures they love,

(Copyright.)

man is on the job. She has to wash dishes and clean, scrub and launder all by herself because she has nobody wanted a little praise, even though to talk to except the baby. "When night comes she certainly

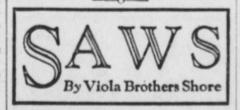
ought to be allowed to say all the things she has thought out all during the time she has been alone in the house.

"Kelly, the reason your wife gets the best of every domestic argument is because she figured her side all during the day. She knows just what you will say and what she will reply. and if you do not say it, she has a reply already arranged for whatever you do say. All day long she mutters and plans over the argument until she has it all worked out. "Then you come home at night and

buckle a couple of radio phones on your bean and leave her with an unargued argument in her system : no wonder she is sore. But I am not like that. I am always willing for other people to have their say. What were you about to say about your radio?"

"I was going to say it was just like listening to you," answered Kelly. "It chatters and I couldn't make any sense out of it."

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FOR THE GOOSE-

DLEASANT things is never too unimportant to be worth tellin'. Unwas glad to have you with us tonight. pleasant things is seldom important enough.

Even a smudge of Mascarra looks beautiful around the eyes of a beautiful woman.

If you burn a kid's fingers, it'll stay away from matches. It's on'y after they're grown up and got sense that they go back again and again for more of the same.

FOR THE GANDER-

Love and war is related by more reasons than General Sherman's.

When you're hungry think of the good meal you're gonna get. And when you're eatin' think of how hungry you're gonna be.

Givin' a fool a college education is puttin' a load of books on a blind mule's back. (Copyright.)

Hoping for the Best

Mrs. Pintop-When do you expect your wife home from the hospital? Mr. Lonebody-Next Wednesday. with luck. Mrs. Pintop-That's too bad. I

won't be able to visit her there before Thursday; but maybe she'll have a relapse.

Rhubarb jelly is particularly good with bam. Grape, currant, mint and pineapple are served with meats. When serving game a spoonful of

currant jelly added to the gravy makes a piquant sauce. To avoid lumps in sauces and

gravies add the fat to the flour and cook before adding the liquid, or when sugar is used mix flour and sugar well before adding it. Sandwiches.

Stone, drain and thinly slice red and white cherries. Add an equal

measure of chopped drained pineapple and one-fourth of a cupful of chopped pecan meats. Moisten with mayonnaise dressing. Use as a

filling between slices of nut bread spread with mayonnaise and buttter. Garnish with tresh fruit and leaves if possible. Sardines, Eggs and Pimento Sand-

wiches .- Drain sardines from the oil. using a medium-sized can. Remove the skins, bones and finely mince. Rub the yolks of six hard-cooked eggs through a sleve and chop the whites very fine. Drain four pimentoes from the liquor in can, rinse in cold water. dry between the folds of a cloth and chop fine. Mix all well with a nicely seasoned mayonnaise dressing.

Ripe Olive and English Walnut Sandwiches .- Drain ripe olives from the brine and cut the meat from the pits, finely chop and drain; there should be a cupful. Chop two-thirds of a cupful of fresh walnut meats, mix with the olive meat and add mayonnaise. Spread thin slices of white bread with pimento butter, spread half of the slices with mayonnaise and the olive mixture. Put together in pairs, press the edges and trim off crusts. Serve with coffee.

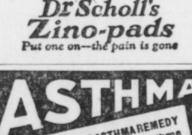
Sweet Butter, Ham and Mustand Sandwiches .-- Cream one-half pound of butter (unsalted), add sufficient French mustard to highly season it. Spread thin slices of bread with the butter; cover one-half of the slices with thinly sliced boiled ham, put together in pairs, trim off the crusts and cut into any desired shape.

Carmi Sandwiches .- Drain sardines from a large can. Remove the skins and bones and finely mince. Add two tablespoonfuls of finely chopped sour pickles, season with salt, mustard. pepper, catsup and moisten with mayonnaise. Spread rye bread with horseradish butter, and half the slices with the sardine mixture. Put together in pairs, cut into rounds and serve with any crisp salad.

Brown and White Sandwiches .---Spread brown bread with butter and French mustard, spread white bread with snappy rich cheese. Put together in pairs and cut with a round cut-

Neecie Maxwell







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haarlem oil has been a worldwide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

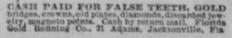


correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.





HINDERCORNS Removes Corns, Calceet, makes walking easy. 15c by mail or at Drug fists. Hiscox Chemical Works, l'atchogue, N. L.





to be more "highly charged" than -0-(@ by McClure Newspaper Syndicate.) Use of the Eyebrow Volumes can be expressed in the lift of an eyebrow. The merest elevation of that crown of the optic, it is claimed, can express all emotions from joy to sorrow. It can express or hate-"Will you?" "Won't

It is one of the most valued instruments of expression used by the actor. More than the voice, it can convey a deeper meaning, though unspoken.

you?" "How dare you!"

ples and savage tribes, caused them

to surround their rulers with taboo

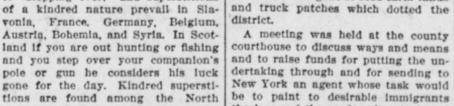
and prohibit them from touching the

ground; for the rulers were supposed

-0---A Reminder

Two women were passing a butcher's shop where a pig's head was on display, with a lemon in its mouth.

"There, Liz," exclaimed one of the women, "that reminds me that I promised to get a new pipe for Joe."-Progressive Grocer.



luck to a person to step over him I crave consent of the readers to tell

when he is lying down or to step another. It was a favorite anecdote

the joys and the profits of agricultural American Indians and among many life in the cotton belt. In the audience The "stepping over" superstition sat an elderly and highly respected colored citizen. thus appears to be a natural evolu-After the meeting adjourned the tion which might be malevolent. A chairman of it hailed the old negro. person stepping over a recumbent per-

son or his belongings was in a superi-"Hello, Uncle Zack !" he said. "I or position to the person or thing re-I take it that you indorse the project cumbent, more powerfully placed for evil. It was largely this leyden jar we've put under way?" idea which, among some ancient peo-"Well, kunnel, I wouldn't go so fur

ez to say dat," stated the old man. "To tell you de Gawd's truth, they's already mo' w'ite folks in dis county than us niggers kin suppo't." (Copyright by the McNaught Syndicate, Inc.)