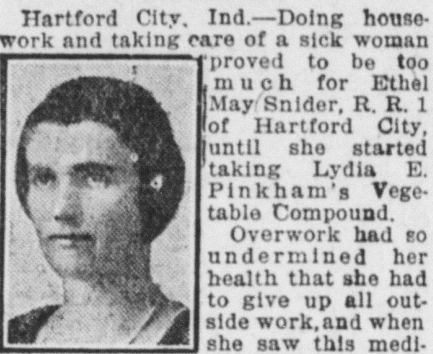


FEELING LOTS BETTER NOW

Writes Ethel May Snider Who Used Lydia E. Pinkham's Vegetable Compound



Hartford City, Ind.—Doing housework and taking care of a sick woman proved to be too much for Ethel May Snider, R. R. 1, Hartford City, until she started taking Lydia E. Pinkham's Vegetable Compound. Overwork had so undermined her health that she had to give up all outside work, and when she saw this medicine advertised in the "Star" and other papers, she went to druggist and got a bottle of Lydia E. Pinkham's Vegetable Compound. She took it regularly, was greatly benefited and now feels very much better. Ethel May Snider's experience is similar to that of thousands of other women in all walks of life, who have sent testimonials to the Lydia E. Pinkham Medicine Company of Lynn, Mass.

Today's Big Offer to All Who Have Stomach Agony

Read About This Generous Money Back Guarantee

When you have any trouble with your stomach such as gas, heaviness and distention, why fool with things which at best can only give relief. Why not get a medicine that will build up your upset, disordered stomach and make it so strong and vigorous that it will do its work without any help. Such a medicine is Dare's Mentha Pepsin, a delightful elixir that is sold by your local dealer and druggists everywhere with the distinct understanding that if it doesn't greatly help you your money will be gladly returned. It has helped thousands—it will no doubt help you.

Ends pain in one minute

CORNS

Dr. Scholl's Zino-pads is the safe, sure, healing treatment for corns. At drug and shoe stores. For Free Sample write The Scholl Mfg. Co., Chicago

Dr. Scholl's Zino-pads

Put one on—the pain is gone!

ECZEMA

Relieve that itching, burning torment and start the healing with

Resinol

Handiest thing in the house

FOR BURNS AND SCALDS

Burns and scalds are inevitable in the kitchen. Keep "Vaseline" Jelly handy. Soothes and heals. Pure. Safe. Famous for two generations. Chesebrough Mfg. Company State St., (Consolidated) New York

Vaseline

Especially Then

Mr. Snapp—My motto is: What is worth doing is worth doing well. Mrs. Snapp—I notice that when you make a fool of yourself.—Pathfinder.

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

A man often makes allowances for his wife, but not always in the form of a weekly stipend.

Sure Relief

BELLANS FOR INDIGESTION

6 BELLANS Hot water Sure Relief

BELLANS FOR INDIGESTION

25c and 75c Pkgs. Sold Everywhere

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

CANCER RESEARCH

SO MUCH has appeared in newspapers and magazines in the last few years about cancer that the general reader is much in doubt whether anything of much importance has been added to our knowledge in this field. In an article in a recent issue of the American Journal of Public Health, Dr. Francis Carter Wood, director of the Institute for Cancer Research, of Columbia University, summarizes what has been done in cancer research since the war.

Ever since the discovery of radium by Madame Curie this strange substance has been recognized as of great value in treating certain forms of cancer, especially skin cancer and those located superficially. But the scarcity and high price of radium made it difficult for most surgeons and hospitals to get enough for use. During the war, the great demand for all kinds of radium material stimulated production and led to the discovery of large radium deposits in Africa, also to the development of better methods of treating low-grade radium ores. After the war was over, radium was much cheaper and more abundant, so that today many of our hospitals are provided with enough of this material for treatment, so our knowledge of the value of radium treatment in cancer is rapidly growing.

Another result of the war was that in Germany scientific men, being deprived of radium by the blockade, were forced to develop X-ray treatment and so greatly improve X-ray machines and methods in the treatment of cancer. So the war greatly increased our knowledge of the treatment of cancer, both by radium and X-ray.

As far as knowledge of the cause of cancer is concerned, the most important advance is the work done by Gye and Barnard in London. Gye, a well-known microscopist, claimed to have found a very minute germ which he considers the cause of this disease. The story of the work is too long and technical to tell, but it can only be said that so far the work of Gye and Barnard is regarded by authorities as interesting, but not yet proven.

Perhaps the most promising advancement in the treatment of cancer is the work done by Prof. W. Blair Bell of Liverpool, on the use of lead in the treatment of all kinds of tumors. Lead in most forms is a dangerous poison. Blair has succeeded in making a form of lead which is non-poisonous to the healthy cells, but which collects in the tumor cells and poisons and destroys them. In 250 cases of persons who were considered hopeless, about one in five were apparently cured.

WHAT IS LIGHT?

UP TO recent years little has been known about the effect of light on life and living processes. Naturally, investigation on the subject began with sunlight, as the light we get on this earth from the sun is the source of all other forms of light. So the first question asked was, "What is sunlight?"

Sunlight comes to the earth from the sun, which is approximately ninety-three million miles away. What is it and how does it travel this immense distance?

Sir Isaac Newton believed that light was a form of matter and that particles of light were transported from the sun to the earth. Since sunlight did not appear to be a continuous string of matter, it must be transported, he reasoned, in finely divided particles with spaces between the particles. So he called these particles corpuscles and his theory of light was called the corpuscular theory.

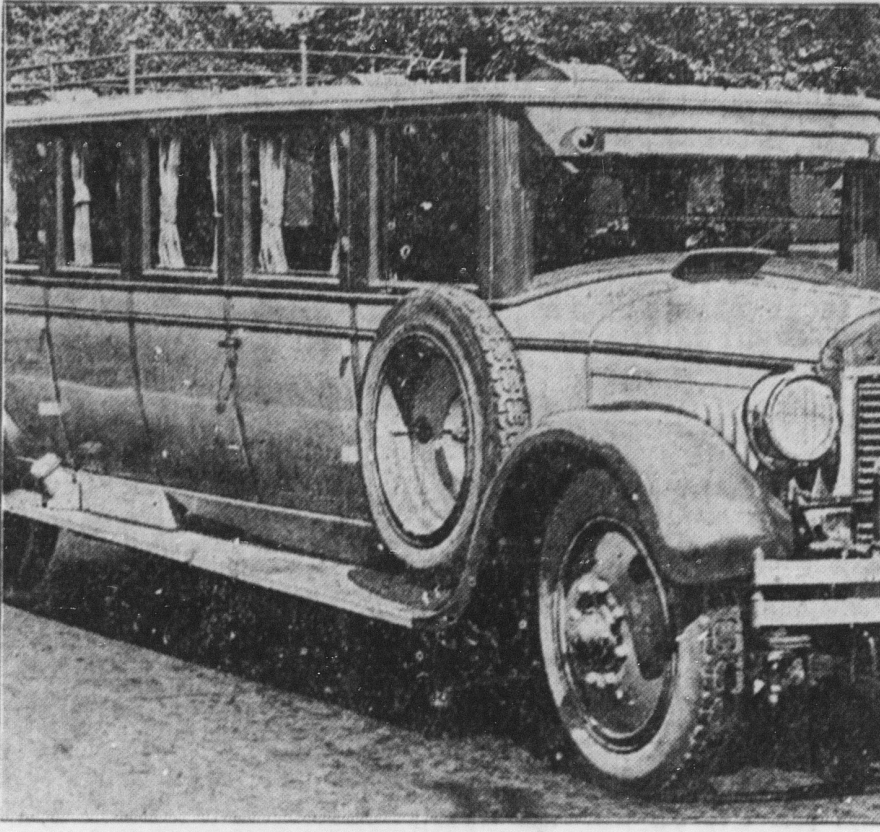
Newton's theory was the best that could be offered with what was then known about light, but today, with a much greater knowledge of electricity, visible and invisible light rays, wireless waves and other natural conditions, Newton's theory no longer fits the known facts, so it has been generally discarded by scientific men.

No one has as yet been able to work out a theory of light which fits all the known facts. There are today two theories of light, what is called the wave theory and what is known as the quantum theory.

To discuss these two theories in detail would fill many volumes. Most scientific men are agreed today that light is the vibration of electric waves at different degrees of speed; that light, electricity and heat are all different forms or results of these various degrees of vibrations and that visible light, which can be seen by the human eyes, forms a very small part of this vast field.

The limited amount of light or vibrations which we can see can be broken up by the spectrum into seven primary colors—red, orange, yellow, green, blue, indigo, violet. Beyond the red rays are the rays which are too long to be seen by the eye and which produce heat. Beyond the violet rays are the so-called ultra-violet rays, which are too short to be seen by the eye, and beyond these and still shorter are the X-rays and others.

FIND BUS OPERATION IS UNPROFITABLE



Bus Makes Easy Work of Going From One Town to Another.

The Indiana public service commission finds that expenses of all motor-bus companies operating in the state last year, according to their reports, was \$3,283,400. This was \$159,020 more than the revenue derived from the 457 routes operated by 200 companies all over the state.

There were 158 companies that showed a net profit above operating expenses. But the losses of the other 48 firms offset their profit and left the state total in the red. These, for the most part, were bus routes operated by traction and street-railway companies, the records showed.

Many Routes Discontinued. However, since the inauguration of the bus law last year that placed their operation under the jurisdiction of the public service body, there have been several companies that have gone under, and 73 of the routes have been discontinued, while many companies have sold out to competitors.

SWEEPING TURNS IS BAD DRIVING

Slows Up Traffic in Rear and Is Difficult to Do, Says Expert.

Motorists who have been accustomed to making sweeping left turns, to the chagrin and delay of all other drivers behind, can listen with advantage to H. M. Lucius, secretary of the Automobile Club of Maryland, who prescribes a simple formula for overcoming this driving deficiency. Discussing the subject, Mr. Lucius says: "At every corner we find some driver who gets himself into a jam and holds up the whole traffic stream because he pulls to the right to make a left-hand turn and to the left to make a right-hand turn."

"I have spoken about this many times, but, from the number of people who still make the mistake, it will not hurt to discuss it again. "What puzzles me is that every motorist who has been driving longer than a month has not discovered the little secret long ago. It would seem that the difficulties they get into would show them their mistakes.

Want Plenty of Room. "The instinct that prompts them to pull wide for a corner, of course, is easy to see. They want plenty of room to make the turn. But what I can't understand is that these drivers haven't found that the turning radius on present-day automobiles has decreased to a point where a short turn can be taken with the longest car. "Here is the trick in a nutshell: By pulling to the left-center for a left-hand turn, no one will cut you off by passing on your left. Straight and right-hand traffic will go by on your right and you can watch your chance to get through the oncoming line. "Similarly, by pulling over to the right-hand curb for a right turn, no one can cut you off and straight traffic will go by on your left.

Many Can't See It. "Simple, isn't it? Yet there are countless motorists who cannot seem to get it through their heads. If

FEMALE OF DRIVER SPECIES LESS DEADLY THAN THE MALE

The female of the species who drives an automobile in California is not more deadly than the male despite Kipling's findings. Will H. Marsh, chief of the division of motor vehicles at Sacramento, pointed to his records to prove that women drivers have fewer serious accidents and are more careful than men. "Neither is the urge for speed so prevalent among women, Marsh finds, notwithstanding all that has been said and written about Jazmania and the tendencies of the present generation to live at a fast pace. "Women are naturally more cautious," said the motor vehicle chief; "they make up for their lack of knowledge about motors by taking fewer chances and if they don't always give the correct hand signal at least they give some sort of signal which is more than hundreds of men do. "They are more careful at crossings and have more respect for dangerous curves. In short, they display more horse-sense on the average than men." The number of women driving is increasing at a fast rate, Marsh added. Although only about 15 per cent of all California drivers are women, nearly one-third of the applications received for new cards are filed by women.

THE KITCHEN CABINET

(©, 1926, Western Newspaper Union.) It is not so much from any superior genius that one man possesses over another, but more from attention to study, and perseverance in the objects before them that some men rise to greater eminence than others.—John Dalton.

DIET FOR THE AGED

Diet for the aged is much neglected. To live long and to remain well and active is the object of every normal man or woman. As old age comes on, nature loses the inclination for exercise, but unfortunately she does not lose her appetite in the same ratio. Our eating should adapt itself to our activities, and thus, by abstemious living, we will do away with many of the diseases subject to old age. From twenty to forty the vital organs are young and respond to their demands without apparent difficulty, but at sixty the stomach and liver are beginning to resent overwork—the exercise, life in the open air, and the work of earlier years are missed, and the body feels the strain.

Walking and swimming are the best exercises, keeping the organs in the best working order. Walking will soon become a lost art, with the automobile at the door to save every step. Golfing is helping to keep active many who would otherwise take no exercise, but the proportion of golfers is still very small.

The result of overeating and under-exercising develops fat, superfluous material which clogs the system and chokes the vital organs. This clogging tends to auto intoxication or self-poisoning which causes rheumatism, gout, neuritis, hardening of the arteries and various other troubles. Tissue-building foods should be partaken of sparingly, as their need is past, though they are needed in the diet to add variety.

Meat should be eaten very sparingly, not oftener than once a day. The aged who are overweight should avoid fats, eating sparingly of root vegetables and scarcely any sweets. A good diet for seventy and seventy-five should be made up of fruit, vegetables (mostly green), some fish, eggs, and very little meat, with simple cereals.

The more an aged person exercises, the more food he may eat and assimilate. When one has reached the age of sixty with no disease shadowing him, he should by right living show his gratitude, by refusing to become indolent and thus invite disaster.

Two quarts of water or more should be taken each day between meals. Water is one of the essentials to good health, it is needed to soften the food, so that the digestive juices may act upon it and thus nourish the tissues, and fully as important, flush the system. Too little water is drunk by the great majority of adults. Fried mush is always a welcome breakfast dish served with butter and maple sirup. Tea and coffee in moderate strength and reasonable amount are not injurious to those who have formed a taste for them.

Fresh Vegetables. It is surprising how soon one will be satisfied with meat but once a week, after trying to serve vegetables and other foods to take its place.

Too much meat is unquestionably bad for the health, but a little occasionally is better than a restricted diet of vegetables unless under the doctor's orders.

Cabbage is such a wholesome vegetable and one may serve it in such a way that it is sufficiently nourishing for a main dish. Take a small hard head of cabbage and drop it into boiling water slightly salted to cook until tender. Drain and place on a hot chop plate. Prepare a rich white sauce, adding just at the last a cupful of finely chopped rich cheese. Stir until well dissolved in the sauce, then pour over the cabbage, which has been cut into pie-shaped pieces.

Another nice way to serve cabbage is with milk. Cook until tender, dress with butter after being well drained and add enough rich milk and a few crackers well crumbled. Stir until well seasoned and serve hot. This is called ladies' cabbage.

Stewed Lettuce.—As the lettuce gets old and slightly tough, cook it in a little water uncovered. Dress with butter, salt and pepper and serve it with vinegar as greens. Cucumbers are very palatable cooked and served with a drawn butter sauce, adding a little onion juice for flavor. The tomato is delicious sliced when very ripe and served with cream as one does peaches. Sliced rather thick and fried they are liked by many. Serve as a garnish to a platter of meat.

Onions With Cheese Sauce.—Cook onions until tender, then place them in a baking dish with a layer of rich white sauce and a layer of good cheese finely cut. Bake covered with buttered crumbs and serve hot.

Neelie Maxwell

WRIGLEY'S NEW HANDY PACK



A treat in the Peppermint-flavored sugar-coated jacket and another in the Peppermint-flavored gum inside—utmost value in long-lasting delight

3 handy packs 5¢

MONEY in SPARE HOURS can be made by taking orders for Men's and Women's Raincoats. Easy seller; substantial commission. Write for free samples. PRESCOTT MFG. CO. 7 Water St. Boston, Mass.

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For rheumatism, gout, eczema or hives, nothing is more beneficial than frequent sulphur baths. You can enjoy the benefits of healing sulphur baths right in your own home, and at small cost by using

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nature's own blood purifying and skin healing remedy—Sulphur—scientifically prepared to make its use most efficacious. Use it in the bath. Also use it internally and as a lotion on affected parts. 60c and \$1.20 the bottle at your druggist's. If he cannot supply you, send his name and the price in stamps and we will send you a bottle direct.

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Hancock Sulphur Compound, Ointment—60c and \$1.20—for use with the Liquid Compound.

Language in Ireland The native Irish speak in English or the Irish language. The Irish is a Celtic language, which is now being used by a greater percentage of the people of Ireland. The decline in use of Irish began in the Eighteenth century and the language was gradually superseded by English until 1901, when only 20,000, or 4.5 per cent, of the people could speak Irish. The number of pupils in schools learning Irish is still on the increase.

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A Liniment

You feel it heal, so powerful, penetrating and soothing is this quick relieving liniment. Checks threatening coughs and colds. Read the directions with every bottle now.

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