

IN DAYS OF OUR FOREFATHERS

Women Prepared Their Own Medicines

The wise pioneer women learned to gather, in woods and fields, the remedies the Indians used. From the rafters of colonial houses, hung great bunches of dried roots and herbs. From these, in times of sickness, the busy mother brewed simple and powerful remedies.

From roots and herbs, Lydia E. Pinkham, a descendant of these sturdy pioneers, made her Vegetable Compound. The beneficial effects of this dependable medicine are vouched for by hundreds of women.

Mrs. Wm. Kraft of 2838 Vinewood Ave., Detroit, Mich., saw a Pinkham advertisement in the "News" one day and made up her mind that she would give the Compound a trial. At that time she was very weak. "After the first bottle," she writes, "I began to feel better and like a new woman after taking six bottles. I recommend it to others and always keep a bottle in the house."

Mrs. Gust Green of 401 Lincoln Park Boulevard, Rockford, Illinois, found herself in a condition similar to that of Mrs. Kraft. "I was weak and run-down," she writes, "but the Vegetable Compound has helped me and I feel better now. I recommend it to all women who need more strength."

FACIAL ERUPTIONS
unsightly and annoying—improved by one application of

Resinol

Drugs Excite the Kidneys, Drink Water

Take Salts at First Sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble because we often eat too much rich food. Our blood is filled with acids which the kidneys strive to filter out; they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night; if you suffer with sick headache, or dizzy, nervous spells, acid stomach, or if you have rheumatism when the weather is bad, begin drinking lots of good soft water and get from your pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate clogged kidneys, to neutralize the acids in the system so they no longer are a source of irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Dog's Feelings Were Hurt

Offended because he was scolded by Mrs. H. C. Erno at Shasta Retreat, Calif., Teddy, a big collie dog belonging to her brother, William Menzel, disappeared. He was not seen again until he arrived at the Menzel home at Redding. The dog had traveled more than 70 miles of highway during the day to reach the friendly shelter of his master.

DEMAND "BAYER" ASPIRIN

Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 26 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Women in prison in Samarang—life convicts for poisoning their husbands or murdering their babies—turn out beautiful batik work.

There are more than 15,000 moving-picture theaters in the United States. England has 4,000.

Sure Relief

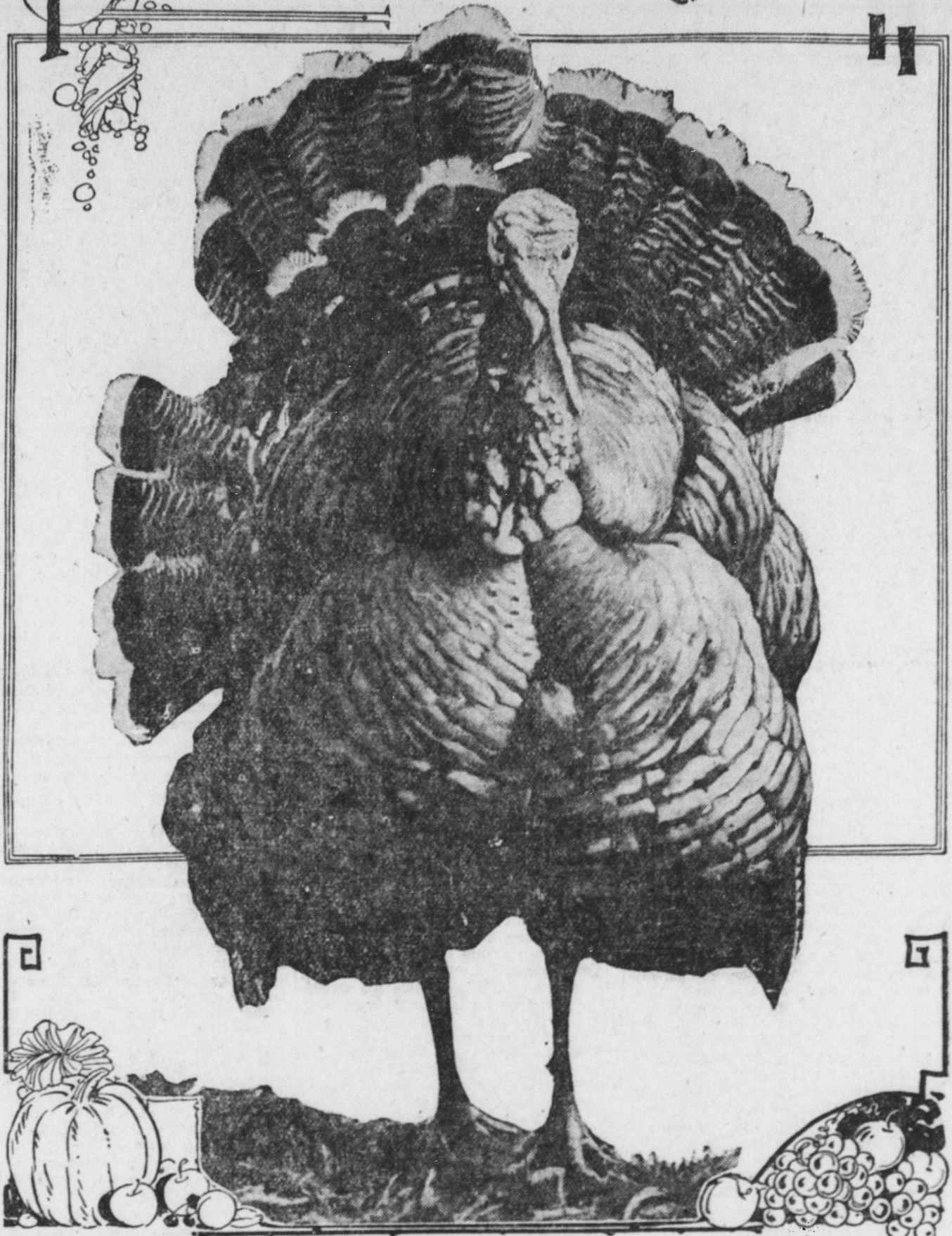
BELLANS INDIGESTION 25 CENTS

6 BELLANS Hot water Sure Relief

BELLANS FOR INDIGESTION

25c and 75c Pkgs. Sold Everywhere

Thanksgiving, 1926



THE festival of harvest time is upon us. We are anticipating the good fellowship and the prospect of the happy reunions which are accompaniments of this annual celebration. Perhaps, then, it will not be amiss if we dwell a little upon the deeper significance of Thanksgiving.

It is always an interesting adventure and often profitable to trace a word back to its derivation, and a very cursory research with the aid of a dictionary will reveal to us the suggestive fact that the words "thanks" and "think" have a common origin. The former, indeed, is an obsolete form of the latter, and required only in course of time and usage its special significance of pleased or grateful thinking.

With this in mind we may turn to a passage in the letter which Paul wrote to the Christians in Philippi of Macedonia—a letter which is keyed to a high note of spiritual rejoicing, and breathes throughout the gladness which should mark the life attuned to the purpose of God. You will find it in what we call the fourth chapter, in the farewell words addressed by Paul to his friends. We quote from Doctor Goodspeed's translation of the New Testament:

"Have no anxiety about anything, but make all your wants known unto God in prayer and entreaty, with thanksgiving. Then through your union with Christ, Jesus, the peace of God, so far above any human thought, will guard your mind and thoughts. Now brothers let your minds dwell on what is true, what is worthy, what is right, what is pure, what is amiable, what is kindly—on everything that is excellent or praiseworthy. . . . Then God who gives peace will be with you."

It is at once apparent that Paul understood the intimate relation between "thinking" and "thanksgiving." His admonition for the thoughtful life is manifestly the underlying basis for the thankful life. And the thankful life is the assurance of the guarding and companioning peace of God.

Paul sets forth the things upon which our minds should dwell—the true, the worthy, the right, the pure,

the amiable or lovely, the kindly. In his philosophy it was vitally important that our minds should be occupied with such thoughts as these. He understood, as we are understanding better today, that what is in a man's thinking will determine the character of his life. He understood, also, that in order to keep one's thinking on a high and wholesome plane there must be effort and discipline.

It was not easy in Paul's day to do this. The world in which he lived was superficially provocative of much bitter, evil and unclean thought. In a city like Philippi there would be many things happening to the Christian and many things under his observation to evoke thinking on the baser level. Even in this joyous letter he felt it necessary to warn his friends with tears against those whose "appetites are their god; who glory in their shame, and who are absorbed in earthly matters."

It is not easy in our day to follow Paul's instruction and example—he practiced splendidly his own teaching. What we do not actually see in the happening is brought to us in the news columns of the daily press—things that are evil, indecent, ugly, cruel. We cannot wholly ignore these things; Paul did not in his day. When necessary he spoke frankly of them, calling a spade a spade. In his letters, they are part of the world in which we live—of the world we must help. But our effort must be to discipline our thinking so that they will not flood and overwhelm our minds, excluding or submerging thought of better and finer things.

Even more difficult, perhaps, is it to escape the peril of those "who are absorbed in earthly matters." The tide of materialism is strongly set against the influences of the spiritual. Unless the channel is kept clear which admits the flow of God's thought we will find ourselves presently with minds incapable of grasping His purposes and principles, with minds which cannot meditate happily upon His truth or which will not respond to what is right and pure and lovely. The possibility of the thankful life, of the life which knows the comradeship of the God of peace, will be lost to us.

This life of right thinking and glad thanks is the appreciative life. Go

to your dictionary again. To "appreciate" means to "set a value." The man who has adopted God's standards of values, who sees the true and the good and the lovely and lovable as the worthwhile and abiding things, is the real appreciator, and for him there will always be occasion for the grateful thinking which is thanks.

If you find little of it in your mind today there is something wrong with your standard of values. You are erring in the practice of "appreciation." You have set your heart upon things that are unworthy, temporary, illusory, and they are disappointing you. Take Paul's recipe. Begin to think about all that is excellent and praiseworthy. Take your mind out of the material shadows and into the sunlight of God's thought and love. Make your wants known to Him. The spirit of thanksgiving will enter your soul, and the "peace of God, so far above any human thought," will come to stand "guard" at your mind's gateway.

And so on this Thanksgiving day let all good Americans give thanks in spirit to the Pilgrims of Plymouth Rock; for turkey, cranberry sauce, and pumpkin pie; for their heroic struggle for freedom, and for their successful demonstration that their new land could be made to yield a living.

For the specialties served up at all good Thanksgiving dinners, Americans must bow to that friendly old Indian, Massasoit. It was he who introduced the cranberry and the pumpkin to the American people through the Pilgrims. Massasoit may have been a poor uneducated savage, but he and his people had a delightfully simple and fairly efficient agricultural system: Corn in the hill and a climbing bean; a pumpkin seed every five hills. Massasoit showed the Pilgrims the cranberry growing wild in the marshes, and had no difficulty whatever in demonstrating that roast turkey and cranberry sauce was an unbeatable combination. The Pilgrims, of course, knew all about turkeys, which had been taken across seas from Mexico and had become common on English farms before the year 1600. But it was the friendly Indian who as impresario brought together for the first time on any stage those three Thanksgiving stars—turkey, cranberry sauce and pumpkin pie.

otherwise be deceived by the plausible tales of professional beggars. It is a complete "Who's Who" of rogues of this class and gives the stories they tell in order to abstract money from the pockets of the tender-hearted. Most of the information in the volume has been gathered from the author's personal experience. He has found that most professional beggars have only one story apiece. After they have exploited it to the full in one district they move on to another.—Answers.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

DANGERS OF SUN BATHS

SO MUCH has been said and written during the last few years as to the value of sunlight in many conditions, especially consumption, that the general public and in some cases physicians, as well, have gotten the idea that sunlight is good for everything, that it costs nothing and that the more one gets the better. Briefly, the prevailing idea is that it always does good and never does harm.

Unfortunately, this is not borne out by the facts. Direct sunlight is a powerful influence. It is by no means safe to assume that the more you take the better you are, any more than it would be safe to walk into a drug store and take a drink out of the first bottle you found. Sunshine like any other remedy must be used with intelligence and discrimination. Civilized men have been house dwellers for many generations. To expose him suddenly to direct sunlight for long periods is as dangerous as it is to take Eskimos, who for generations have lived in snow huts and worn fur clothes, and put them into steam-heated, airtight houses and conventional clothing. This has been tried and the results are disastrous. They generally die in a few months or years of consumption or pneumonia.

So Dr. H. S. Watson of Tucson, Ariz., in a recent issue of the Journal of the American Medical Association, warns both laymen and physicians against the indiscriminate and uncontrolled use of direct sunlight in tubercular cases. Direct sunlight, he says, is a powerful agency. It is a powerful agency for good. This is now generally understood. But that it is an equal or even greater power for harm is not generally known. In any form of tuberculosis, especially in consumption, it should be used only with the greatest care. The idea that sunlight will cure consumption fits in so readily with popular ideas of this disease and is so simple and attractive that nearly every one who has or who suspects he has tuberculosis at once begins to expose his body to the sun.

It seems so easy and harmless that many persons are doing it without any advice from doctors as to how or when to do it. A person with a severe inflammation and infection in both lungs will expose his entire body to the strong sunlight in a hot humid atmosphere and so not only jeopardize his life, but put himself beyond any chance of cure.

Those most experienced in the use of sunlight now agree that its successful use does not depend on following some set and fixed program, but is rather to be guided by the way in which each patient responds and that each patient must be treated according to his needs.

CANCER OF THE SKIN

IN A recent issue of the Bulletin of the Chicago health department Doctor Bundesen, the health commissioner, presents a series of short articles on cancer, not on theories or speculations about its cause, but long tables of statistics which bewilder more than they enlighten but short, terse statements by recognized authorities, telling the reader in a few words what we know and what we ought to know.

The first one on cancer of the skin is by Dr. W. A. Pusey, a well-known physician who has devoted the whole of his professional life to skin diseases. Cancer of the skin, says Doctor Pusey, is one of the commonest forms of cancer. It is like a fire. Most fires start in a very small way, a match or a tiny blaze that can be stamped out in an instant. But once started and beginning to spread, it may quickly become dangerous and beyond control.

So with a cancer. It starts as a spot, a tiny lump or chronic sore, a little discharge, easy to control and to stop if seen and treated at once, but impossible to check, if it once gets beyond control.

Cancer of the skin or of any part of the body is, at the beginning, a local condition. But it soon begins to spread just as a fire, once started, spreads rapidly from room to room until the whole house is ablaze. So cancer once started is carried all over the body.

Cancer of the skin always gives an early warning, early enough to permit its successful cure, if the warning is recognized and heeded by giving it immediate attention.

Cancer shows a definite preference for certain parts of the body. It is especially apt to appear on exposed parts of the body or on the skin at the edge of the various body openings. It is also especially liable to appear wherever there is long-continued and persistent irritation.

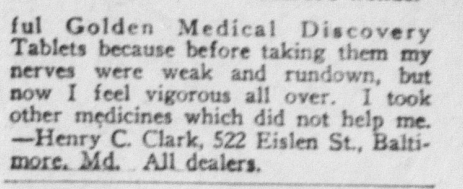
Smoking and chewing are factors of importance in the production of cancer of the lips and tongue. This is probably due in large part to the fact that habitual users of tobacco are more apt to have broken, sharp, irritating teeth and dirty mouths than are nonsmokers.

Suspicious spots on the skin should be shown to your physician at once. Scaly spots, raised red spots, irritable warts or old scars may all be the beginning of a skin cancer.

Helpfulness to Others, Man's Great Achievement

The man whose picture appears here was in every sense of the word helpful to mankind as it was he who gaveto the world Dr. Pierce's famous Golden Medical Discovery which has brought restored health to countless people. One man says: "I highly recommend Dr. Pierce's wonderful Golden Medical Discovery Tablets because before taking them my nerves were weak and rundown, but now I feel vigorous all over. I took other medicines which did not help me."

—Henry C. Clark, 522 East St., Baltimore, Md. All dealers.



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Wright's Indian Vegetable Pills correct indigestion, constipation, liver complaint, biliousness. Costs you nothing to send for trial box to 372 Pearl St., N. Y. Adv.

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You may win the first prize of \$500 or one of the 1,054 other prizes. Three prominent business men will act as judges. Contest closes December 31st, 1926. But don't delay. Get necessary entry blank and full particulars from your dealer. If he can't supply you write us. Don't miss this big opportunity.

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