# IS A HEALTHIER STRONGER GIRL

# Because She Took Lydia E. Pink-ham's Vegetable Compound

The fertile valleys of Oregon help to supply the tables of America. This is possible through the nagic of the hum-



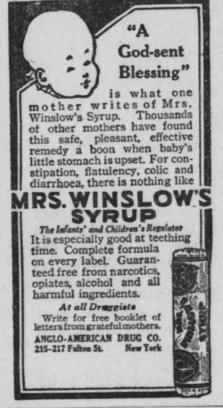
ble tin can. In one of the canning establish. ments, Julia Schmidt was em-ployed. It was complicated work be-cause she did sealing and other parts of the work. It was

girl. Often she forced herself to work when she was hardly able to sit at her machine. At times she would have to stay at home for she was so weak she could hardly walk. For five years she was in this weakened condition.

She tried various medicines. At last, a friend of hers spoke of Lydia E. Pinkham's Vegetable Compound and she gave it a trial.

"Everyone says I am a healthier and stronger girl," she writes. "I am rec-ommending the Vegetable Compound to all my friends who tell me how they suffer and I am willing to answer letters from women asking about it."
Julia Schmidt's address is 113 Willow St., Silverton, Oregon.

Girls who work in factories know just how Miss Schmidt felt. Perhaps they, too, will find better health by, taking the Vegetable Compound.



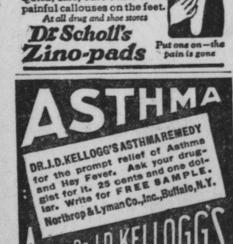
## **Coughs and Colds** If not attended to at once they may develop into serious ailment.

### **Boschee's Syrup**

is soothing and healing in such cases, and has been used for sixty-one years. 20c and 90c bottles. Buy it at your drug store. G. G. Green, Inc., Woodbury, V. J.

Callouses

Quick, safe, sure relief from



### Well-Placed Kick

THMA REMEDY

Cecil Gardner of Arkansas City, Ark., was brooding over his troubles as he crossed the pasture of his father's farm. He gave vent to his rebellious feelings by kicking vigorously at what appeared to be a wornout shoe sole. There was a shower of \$20, \$10 and \$5 bills. Gardner had kicked a decaying wallet.-Pathfinder Magazine.

### Sounds Reasonable

"And to what do you attribute your fine old age?"

"Well, doctor, I think it was because I was born before germs were

### DON'T COUGH!

Huntington, W. Va.- "Several years ago I caught a severe cold that caused me to have a chronic cough. I got so terribly rundown everybody thought I was going into a decline. I took Dr. Pierce's Golden Medical Discovery and my cough disappeared and I grew strong and well.

"Quite recently I developed another cough, I also had some stomach trouble. I took the 'Golden Medical Discovery again and it stopped my cough, relieved me of the stomach distress, built up my blood—in fact, built me up all over and made me strong."—Mrs. Rachel Elkins, 1831 7th Ave.

All dealers. Large bottles, liquid \$1.35; Tablets \$1.35 and 654.

Write Dr. Pierce, Pres. Invalids' Hotel in Buffalo, N. Y., for free medical advice. Send 10s if you wish a trial package of the tablets.

# Indian Summer



BY ELMO SCOTT WATSON

HEN and what is Indian Here is a case, indeed, where "doctors disagree,"

for there are many theories as to the origin of the name, the reason for it and the time when it occurs. Most people will agree upon the fact that it means a period of warm weather in one of the three months of September, October or No-

vember and that it is characterized by three peculiar elements: By a warmth greater than preceding days or weeks, by tranquillity of the atmosphere and by smoke and haze. But when an attempt is made to predict a definite time for the appearance of Indian summer, then divergence of opinion begins.

Consult the dictionaries and you will find that one such authority, the Standard, says, "A period of warm, dry, calm weather in late autumn with hazy atmosphere." But Noah Webster goes into more detail as follows: "Indian summer: in the United States, a period of warm weather late in autumn, usually characterized by a clear sky, and by a hazy or smoky appearance of the atmosphere, especially near the horizon. The name is derived from the custom of the Indians to use this time in preparation for winter by laying in stores of food, or from their belief that it is caused by a wind blowing directly from the court of the southwestern god." However, he expands upon the theme by giving two quotations, one from Freeman and the other from the National Intelligencer, in regard to this season. The first quotation from Freeman, is

as follows: The southwest is the pleasantest wind which blows in New England. In the month of October, in particular, after the frosts which commonly take place at the end of September, it frequently produces two or three weeks of fair weather, in which the air is perfectly transparent, and the clouds, which float in the sky of purest azure, are adorned with brilliant colors. This charming season is called the Indian summer, a name which is derived from the natives, who believe that it is caused by a wind which comes immediately from the court of their great and benevolent god, Cautantowwit, or the southwestern god.

The explanation from the National Intelligencer also is based upon an aboriginal custom. It says:

The short season of pleasant weather occurring about the middle of Novem-ber is called the Indian summer, from the custom of the Indians to avail themselves of this delightful time for harvesting their corn. It is a bland and genial time, in which the birds, insects and plants feel a new creation. The sky in the meantime is generally filled with a haze of orange and gold, intercepting the direct rays of the sun, yet possessing enough of light and heat to prevent sensations of gloom or chill, while the nights grow sharp and frosty and the necessary fires give cheerful forecast of the social winter evenings

So here are two authorities disagreeing on both the time-one says October and the other November-of Indian summer and the reason for the name. Perhaps the earliest known reference to the term was that made by a Frenchman, St. John Crevecoeur, in 1778 when he was living at Pine Hill, Orange county, N. Y. In an essay, "A Snow Storm as It Affects the

When the Acorns Drop

There's a whisper on the hilltop and a murmur in the wood, There's a dream of golden glory everywhere;

on the beech a russet cover, on the elm a mottled hood.

While the wainut lifts her branches brown and bare.

Oh, the crows hold their meeting in the old oak's top,

And he for Indian symmer when

And ho, for Indian summer when the acorns drop! There's a bloom upon the meadow like the ghost of summer

But the forest and the valleys are affame, And on hillside and in hollow throughout all the misty hours Descend the rustling drops of

autumn rain,
Oh, the squirrel's at his feasting in the old oak's top.
And ho, for Indian summer when the acorns drop!

When the chestnut and the hazelnut put on a richer brown, nd the blackbirds all are gathered in a flock When mallow - in - the - marshes

buttons up her yellow gowns, Then it's time to heap the fodder in a shock. Oh. autumn's on her waning; better gather in the crop! And ho, for Indian summer when

the acorns drop!
--Cornelia R. Doherty.

American Farmer," printed in 1782, he called it "T'Ete Sauvage," a free translation of which would be "Indian summer." In this essay he said, "After the fall of leaves, but before any snowfall, comes a rainy period. Great rains at last replenish the springs, the brooks, the swamps and impregnate the earth. Then a severe frost succeeds which prepares it to receive the voluminous coat of snow which is soon to follow; though it is often preceded by a short interval of smoke and mildness, called the Indian summer. This is in general the invariable rule: Winter is not said properly to begin until these few moderate days and the rising of the waters have an-

nounced it to man." The origin of the term, which is most widely known, occurs in a book printed several years later than Crevecoeur's essay. This was Dr. Joseph Doddridge's "Notes on the Settlement and Indian Wars of the Western Parts of Virginia and Pennsylvania From 1763 to 1783." Doddridge traces the term back to early colonial times when Indians still were a menace to the backwoods settlers.

All during the summer, settlers in the more harassed sections had to live behind stockades in constant dread of Indian raids. When the chill blasts of winter came on, everyone breathed a sigh of relief. No longer would the Indians attack. The severity of the winter would prevent that

The hemmed-in settlers now took to the open, going to their log cabins outside with the joyful feeling of

men released from prison. It happened sometimes, however, that the welcome inclement weather gave way to a few days of unseasonable warm weather. This was called Indian summer because it gave the Indians another chance to wage destructive warfare against the colonists

The term "second summer" was also used for Indian summer, but that was not until some time later. By 1798 the name "Indian summer" was widely used in New England, in New York by 1809 and in England by 1830. The name Indian summer is an Americanism, but the season to which it refers is not limited to this country. The same phenomenon of delightful, balmy weather occurs in Europe. In England it is known as St. Martin's summer or All Hallow summer, referring to the time of the year, if occurring, when it has made the most impression (St. Martin's day, November 11, or All Hallow Even and the days following, All Saints day, November 1). In Germany it is called Old Woman's summer or St. Luke's summer, commencing about October 18, and in the Mediterranean regions it is commonly called St. Martin's Little summer.

So as nearly as it can be fixed Indian summer may come any time between St. Luke's day, October 18, and St. Martin's day, November 11, although the Indian summer type of weather may be experienced before or after either date-in September or even in December. Science cannot find any fixed period to correspond to popular ideas of when Indian summer is and it cannot be predicted any more than thaws in midwinter, Science can, however, account for its appearance even if it cannot predict it, and it accounts for Indian summer by saythat it is a phenomenon resulting from a sluggish movement of the areas of high and low barometer across the country, and the fixation for a time of high barometer in the South with low pressure in the Northwest, giving general southwest winds and mild weather.

Concerning Indian summer one scientist says:

In the United States this indefinite spell is likely to be more apparent in the upper Mississippi valley where it is more inclined to be in strong contrast with the climatic conditions that precede and follow it. East of the Mississippl valley, the autumn periods of dryness and tranquillity become irregular in their occurrence and of brief duration. The rainfall is normally so light in the western states of our country that the chief elements of the genuine Indian summer. genuine Indian summer are not suf-ficiently unusual to attract attention.

The peculiar haze which may occur at this time of the year is chiefly caused by the accumulation of dust and smoke in the almost motionless at-mosphere. It is frequently called dry fog and usually appears in what is known as an "anti-cyclone" when fine, dry weather prevails. Minute diatoms and volcanic dust and the dust from decayed vegetable matter contribute to the density of it. It I ay also be increased by the smoke from prairie and forest fires which may be transported great distances through the upper atmosphere, while at the same time the air near the earth may re-main quite clear, often producing a peculiar yellowish or pinkish effect due to the blue rays of sunlight being ab-

Indian summer has become a part of the English language even though it is not recognized by science.

Even though Indian summer is not recognized by science, it has always and probably always will hold its place in American tradition and American literature. It is a favorite theme of poets-especially among the New England group-essayists and cartoonists, all of whom have told in one way or another of the glories of this sea-

### Long "I" All Right

Casual readers of poetry sometimes get a mental shock when they discover | dicated as the pronunciation used by the noun "wind" rhymed with such words as "blind" or "find." But, according to the Mentor Magazine, the trouble is not with the pronunciation of the old-time poets, but with that of modern readers. The noun belongs to off the slender branch when it goes a group of words which for many centuries have been pronounced with a

bind, wind, find. The New Standard dictionary gives both pronunciations, the one with the long vowel being in-

### When Birds Sleep

Very few laymen can understand why a tree-perching bird does not fall to sleep and becomes unconscious, The answer is that it cannot, accordlong vowel. The group includes kind, ing to Mr. Richard Kearton, the well-

blind, mind, rind, behind and the verbs | known ornithologist. The bending of the knees in the act of sitting down, he says, tightens the muscles of the toes in such a way as virtually to lock the sleeping bird to its perch, and it cannot leave until they are straightened and the muscles of the toes are relaxed.

### Visual Acquaintance

"Betty's father is familiar with many tongues." "Quite a linguist, eh?" "No, a physician."

"Whiz-the arrows hit the mark!" And, just so, Monarch Cocoa and Monarch Teenie Weenie Peanut Butter sandwiches always hit the mark,

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### Glass Told the Truth

Wife-Do you know I have a very little mouth? In the glass it doesn't look large enough to hold my tongue. Husband (testily)-It doesn't .-Stray Stories

### Almost

Harold-I came near selling my

shoes yesterday. Edward-You did! How did you come near doing it? Harold-I had 'em half soled,-Vancouver Province.

### The Usual Distinction

"I admire determination in a man, don't you?"

"That depends. If it brings success, praise it as spiendid perseverance; if failure, I denounce it as confounded obstinacy."-Vancouver Province.

### The Why of It

"Why did Binks flunk in the engineering class?"

"Oh, he asked the prof how the horse power of a donkey engine was

# Keep your summer health



Gives you vim and energy Easy to digest A treat for any meal,



Left Wondering

Another headache for daddy Charmion (aged seven)-Daddy. 1 always wonder how the clock knows

The best talkers are usually the poorest quitters.



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step to take next consult a reliable dancing master.

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