



MAKING THE MOST OF OUR CHILDREN

A Series of Plain Talks to Parents

By Ray C. Beery, A.B., M.A. President of the Parents Association.

(Copyright, 1918, by the Parents Association, Inc.)

No. 23. Are Your Children Self-Conscious?

The bashful person in company... See that the conversation is kept on some interesting activity which fills her thought and makes her enjoy herself.

Advertisement for Wick's VapoRub with an illustration of the product box.

SPANISH INFLUENZA---WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New---Simply The Old Grip, or la Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain.

Go to Bed and Stay Quiet---Take A Laxative---Eat Plenty of Nourishing Food---Keep Up Your Strength---Nature Is The Only "Cure"

ALWAYS CALL A DOCTOR

NO OCCASION FOR PANIC Spanish influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs.

There is no occasion for panic---influenza itself has a very low percentage of fatalities---not over one death out of every four hundred cases, according to the N. C. Board of Health.

THE SYMPTOMS Grippe, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression.

THE TREATMENT Go to bed as the first symptom, not only for your own sake but to avoid spreading the disease to others---take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry.

NOTE: Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubebs, etc.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective.

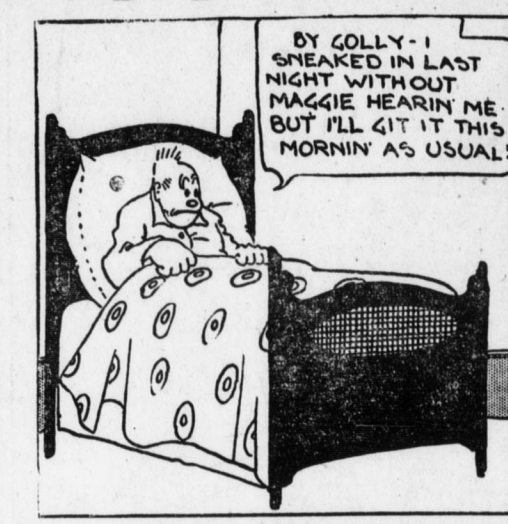
HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds---which means avoiding crowds---common chicken pox, roller towels, etc.

NOTE: Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubebs, etc.

VapoRub is comparatively new in New York State and New England, and a few Western States where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles.

Bringing Up Father



THE PLOTTERS

A New Serial of East and West By Virginia Terhune Van de Water

BY VIRGINIA TERHUNE VAN DE WATER CHAPTER LI. (Copyright, 1918, Star Company.)

PAYS WIDOW 25 YEARS LATER Altoona, Pa., Oct. 14. When George Pottsgrove died, 25 years ago, he had \$187 due him in wages from the Pennsylvania Railroad.

Ignoring of Law Brings Rebuke to a Colonel "A few nights ago I witnessed a rather exciting episode in one of the leading New York hotels," said John F. Gilmore, of Manhattan, in the Washington Post.

Returned Soldiers to Be Kept in Service Until Recovery Comes

Returned soldiers will be retained in the military service until recovery is as complete as possible, says a Department of Labor bulletin.

German Government No Longer "Imperial"

London, Oct. 14.—One of the most significant points in Germany's reply to the United States is that it is the first important German diplomatic communication since the German empire was proclaimed at Versailles in 1871, which has not spoken in the name of the Imperial German government.

Relishes That Require no Sugar



Little Talks by Beatrice Fairfax

Advice to the Lovelorn By BEATRICE FAIRFAX

FLIRTING WITH A SOLDIER DEAR MISS FAIRFAX: I am a young man 22 years old, have a good paying trade in the shipbuilding business, and am exempted from the draft on account of being the support of my invalid mother.

FEARS SHE WILL BE TOO OLD DEAR MISS FAIRFAX: I am a freshman studying medicine at one of the colleges of the State.

Daily Dot Puzzle

35 36 38 39 34 37 40 33 41 32 42 31 43 28 44 27 29 45 26 25 46 24 47 23 48 22 49 21 50 51 52 53 54 55

Are You Saving Your Old Clothes

You Should Let Us Dry Clean Them For You!

Advertisement for Finkelsstein Dry Cleaners with a cartoon illustration of a man and a woman.

Advertisement for ASKIN AND MARINE CO. with a cartoon illustration of a man's face.

AGE NO BAR TO SKILL FOR WAR

Man Past 50 Years Comes Back to Renewed Usefulness



Nation Sets About to Go Over Top With Loan; \$3,000,000,000 to Come

Washington, Oct. 14.—Unaffected by proposals of peace by Germany...

Reports to the Treasury Department based on information received from each of the twelve federal reserve districts showed that total subscriptions received through banks and trust companies to date amount to only \$2,500,000,000.

Reports to the Treasury Department based on information received from each of the twelve federal reserve districts showed that total subscriptions received through banks and trust companies to date amount to only \$2,500,000,000.

Are You Saving Your Old Clothes

You Should Let Us Dry Clean Them For You!

Advertisement for Finkelsstein Dry Cleaners with a cartoon illustration of a man and a woman.

Are You Saving Your Old Clothes

Advertisement for Finkelsstein Dry Cleaners with a cartoon illustration of a man and a woman.

Advertisement for ASKIN AND MARINE CO. with a cartoon illustration of a man's face.

By McManus



Little Talks by Beatrice Fairfax

Advice to the Lovelorn By BEATRICE FAIRFAX

FLIRTING WITH A SOLDIER DEAR MISS FAIRFAX: I am a young man 22 years old, have a good paying trade in the shipbuilding business, and am exempted from the draft on account of being the support of my invalid mother.

FEARS SHE WILL BE TOO OLD DEAR MISS FAIRFAX: I am a freshman studying medicine at one of the colleges of the State.

Daily Dot Puzzle

35 36 38 39 34 37 40 33 41 32 42 31 43 28 44 27 29 45 26 25 46 24 47 23 48 22 49 21 50 51 52 53 54 55

Are You Saving Your Old Clothes

You Should Let Us Dry Clean Them For You!

Advertisement for Finkelsstein Dry Cleaners with a cartoon illustration of a man and a woman.

Advertisement for ASKIN AND MARINE CO. with a cartoon illustration of a man's face.