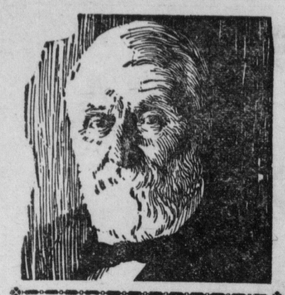


DR. CALDWELL'S THREE RULES

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation is a mild vegetable compound. It can not harm the most delicate system and is not habit forming.

The Doctor never did approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. Use Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crampy stomach, bad breath, no appetite, headaches, and to break up fevers and colds. Get a bottle today, at any drugstore and observe these three rules of health: Keep the head cool, the feet warm, the bowels open. For a free trial bottle, just write "Syrup Pepsin," Dept. BB, Monticello, Illinois.

"Excuse It, Please!"

They tell a story in Washington about a certain legislator noted for his ready wit. One day while in conversation with an official of the local telephone company the latter mentioned that he knew of a young woman who wanted to get a job as secretary on "The Hill," as the capitol is known.

"I'm sorry, but I don't know of anything," the solon advised, but, as an afterthought: "Why don't you give her a job yourself—in your Wrong Number department!"

Mrs. Margaret Washington Tells

How to Get Rid of a Severe Cold

"Last August I took a very severe cold and it seemed that I couldn't break it up. I got so bad that I was confined to my bed for five weeks, doctoring all the time without getting any relief. I had no appetite, naturally lost flesh. In fact, I had given up all hopes of ever getting any better.

"A friend recommended Milks Emulsion and I commenced its use. When able to leave my bed I weighed 111 pounds. Now, after taking Milks Emulsion five weeks, I weigh 125 pounds, feel better than I have felt in two years, can eat anything, have no effects of the cold and work every day. I thank God and Milks Emulsion for restoring my health." MRS. MARGARET WASHINGTON, 1699 E. 14th St., Winston-Salem, N. C.

Sold by all druggists under a guarantee to give satisfaction or money refunded. The Milks Emulsion Co., Terre Haute, Ind.—Adv.

Canada's Great Record

Canada heads the world in aerial surveying. The photographing in five years of 200,000 square miles of hitherto inaccessible country, which, nevertheless, is richly endowed with natural resources, has created a world record, and is equivalent to eight flights completely around the world with a photograph taken of every foot of the way.

Worth Knowing When Winter Cold Comes!

Did you ever hear of a five-hour remedy for colds? There is one, and it really does bring you out of it completely. Even if it's grippe, this method works, only takes longer. Pape's Cold Compound is in tablet form. Pleasant-tasting, but it surely has the "authority!"—Adv.

Hot Stuff

Blinks—I hear he made a fiery speech last night.

Jinks—Yes, he had to keep drinking water all through it to prevent his burning words from blistering his vocal cords.—Cincinnati Enquirer.

COULD NOT SLEEP NIGHTS

Helped By Lydia E. Pinkham's Vegetable Compound

Fairhaven, Mass.—"I am taking Lydia E. Pinkham's Vegetable Compound during the Change of Life and I think it is a wonderful tonic. When I feel nervous and run-down my husband gets me a bottle right away. It is a great help to me and I think that if other people would only take it when they feel all run-down and take it as the directions say, they would find it a great benefit. My worst symptoms were nervousness and tired feelings. I could not sleep nights and I did not care about my work. I was so nervous I would cry if anyone looked at me."—MRS. ADA BESSE, 196 Washington Street, Fairhaven, Mass.

SUCH IS LIFE

by Charles Sughroe

going up!

Earth Not Stable

New York.—The earth's crust probably is not "dead" and finished in shape, the American Association for the Advancement of Science was told by Dr. Bailey Willis of Stanford university.

Instead, even the stable bottom of the Atlantic ocean now may be heating up preparatory to causing land shifts. The theory is that scores of miles down in the rocks that form the skin of mother earth, great blisters form, as big as whole states, and that as they melt the rocks, the resulting upthrusts make the earth's surface what it is, and whatever it may change to.

But there was nothing of possible human catastrophe in Doctor Willis' picture, for he spoke in the new time concept of science, his changes requiring millions of years. He named well known places where on the slow time scale such shifts actually now seem under way.

Doctor Willis' address inaugurated the annual convention of the association. His subject was "the Origin and Development of Continents." He said all continents are great plateaus of granite, standing high above the sea bottoms, which are of basalt, a heavier rock.

"We know the kind of rock that underlies the sea," he said, "from seismographs. With aid of earthquakes we can sink our plummets more than half way to the center of the earth. We know the velocity at which shocks travel, the depths at which they pass through or around the earth, and the kind of rock they pass through.

"We know that the earth is enveloped about 2,000 miles thick with elastic rock, below which is a core about 2,000 miles in radius, apparently inelastic, very hard, probably iron, which may be melted."

The heat that causes blisters, he said, probably does not emanate from the earth's inner core.

"Compression by gravity," he added, "is capable of producing all the heat of which we have evidence. As rocks heat, the melting tends to extend laterally faster than upward, thus forming blisters—asthenoliths, we call them.

"Conditions favorable to formation of asthenoliths appear likely to develop in those layers thirty to six hundred miles below the earth's surface, and probably only those within less than one hundred miles of the surface directly affect it.

"A blister may grow several hundred miles across, and be ten to twenty miles deep, containing one or more million cubic miles. The cover eventually breaks around the margins, where eruptions follow, and finally the cover falls into the emptied center. Conditions thus theoretically sketched are features of the smaller depressions that are the deeps of the oceans. The Windward and Hawaiian islands are examples of volcanic ridges surrounding such deeps.

"A blister requires perhaps several million years to grow. A very large number of eruptions, a great many blisters and an enormous lapse of time must have been required to form Africa, Eurasia and the Americas in this way. The complex structure of each continent corresponds with the multiplicity of actions required by the theory."

If Back Hurts Begin on Salts

Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and 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 clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, which everyone can take now and then to help keep the kidneys clean and the blood pure, thereby often preventing serious kidney complications.

Unusual Home

Wichita, Kan.—George Dooley of Wichita is the head of a peaceful household consisting of his wife, his former wife, and his five-year-old daughter, Katherine.

When Mrs. Daisy Dooley received her divorce from Dooley the court ruled Katherine should be in the custody of her mother three days out of each five, and with the father the remainder of the time. Dooley remarried, and now all live in the same house.

The two Mrs. Dooleys declare they are not in the least jealous of each other. Katherine receives the loving attentions of both her mother and her stepmother, who co-operated in giving her a merry Christmas day.

When asked which of her mothers she loved most, Katherine replied: "I love both of them. I love my mamma and I love Neva, and I love my daddy lots and lots."

Dooley, who is United States quarantine inspector for this district, said he was very happy over the success of his unusual arrangement.

"You know some people have funny ideas about marriage," he said. "They can't see how a scheme like this will work.

"For five months I was on the Chicago police force and both my present and ex-wife were with me. All of the boys used to wonder how I could manage it. Some declared 'I can't even get along with one woman, how can you live with two?' But I really am happy and so are they."

The present Mrs. Dooley (Neva) explained the situation this way:

"Last October I lost my only child, a little boy. Kitty is taking his place in my life and at the same time filling her mother's heart with joy."

SHOULD ONE GO TO COLLEGE?

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.

I am right in the midst of high school commencements while I am writing these paragraphs, running here and there to give the young person just graduating advice as to what to do and where to do it. Most of these young people are going to college whether they have any particular talent for study or not. It is the vogue now to do so; a boy who does not go to college is almost as peculiar as a twenty-year-old with long whiskers. I am asked a good many questions by young and old relative to educational procedure after high school and these I shall make some attempt to answer.

Should one go to college?

There is no categorical answer to the question. It depends upon conditions just as the advisability of getting married does. There is no doubt that an overwhelming majority of those who have attained distinction in this country in practically every line of work have had college training, and that those who will attain such distinction will have a similar training. The trained mind grasps a situation more quickly than an untrained one, adapts itself more readily to new and strange conditions, has a broader vision and better understands human nature. The men who have most succeeded have had college training or minds which would have readily adapted themselves to such training. Some young people have not the financial backing necessary to go through college, nor the concentration of mind and the physique to earn their way while carrying a college course. These may well hesitate before going to college.

The work of college demands mental curiosity—an interest in every problem which concerns itself with human thought and human life. Too few people have such an interest. No one should go to college who does not like books and reading and study. The educated man or woman must have had a good many years of pretty constant association with books, and unless that association is one which brings enjoyment and enthusiasm the work is likely to be pretty indifferently done. I see scores of young people in college who have no real interest in study, who go to their books with reluctance and dragging feet and who lay them down with a sigh of joyful relief when the assigned task has been indifferently completed. Such people have no place in college. Their task in life is to do some practical rather than intellectual job of which there are still plenty to be done.

Those who do not like work should try some other activity of life than that involved in a college training. There is toil involved if one does well in college, and responsibility, and the better one does the more responsibility is laid on his shoulders. The person who is looking for an easy time in life has no business to go to college. For the college graduates of the country who are worth the name are working the hardest and carrying the heaviest responsibilities. The less one knows the easier time he is likely to have.

(©, 1929, Western Newspaper Union.)

Vinegar can be made not only from apples, but from any fruit.

NEW BALL MAGNATE

William F. Kenny, president of one of the biggest contracting concerns of New York, who has bought a 20 per cent interest in the National Exhibition company, more popularly known as the New York Giants.

"LITTLE GIRL BLUE"

Bright blue creates many of Hollywood's smartest costumes this season. Doris Hill, screen star, uses this color for a street costume, combining gray caracul fur and animated blue tweed with excellent results. The hat repeats the blue in a new material called tweed felt.

Man Both Grandfather, Great-Grandsire in Day

Danville, N. Y.—Becoming a grandfather and great grandfather in a day was the good fortune of C. E. Green of this village.

The grandson is Jacob Albert Green, son of George H. Green of New York city, while the great-granddaughter is Miss Barbara Jane McNeil, daughter of Mr. and Mrs. Harold E. McNeil of San Diego, Calif.

Father Sage Says:

Don't cast your bread upon the waters today and expect to have it come back tomorrow in the form of sponge cake.

WROTE PRIZE ESSAY

Malcolm D. Almack of Palo Alto, Calif., fifteen years old, was given first prize in the Durant competition for the best essay by a high school pupil on the solution of the prohibition problem. Young Almack, the son of a Stanford university professor, was among several hundred high school students who entered the competition. Under the terms of the award he receives $1,000 and the Palo Alto high school receives $4,000.

"Forever American"

Washington.—Through the gift of the French village of Moyenmoutier of the ground occupied by the grave of Lieut. Thomas R. Plummer of New Bedford, Mass., a controversy of ten years comes to an end.

Unlike most American families whose sons fell in France, the Plummers strongly desired that Lieutenant Plummer's body be left in the little French cemetery where it was buried two days before the armistice was signed and a few days before the Croix de Guerre awarded him by the French government was received.

This caused the unwinding of much red tape. Lieutenant Plummer, although fifty years of age when the war broke out, enlisted in the American Red Cross and was assigned to the French village of Moyenmoutier, just behind the French lines. There he did such valiant work that he was beloved by the entire population of the village. They buried him with highest honors in their own village cemetery. His death was the result of unselfish devotion to sick and wounded French soldiers.

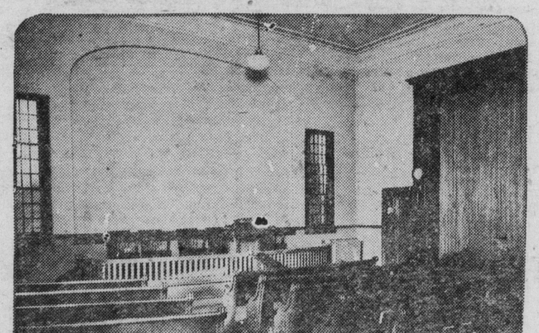
When the work of removing American soldiers' bodies to government cemeteries in this country and France began Lieutenant Plummer's grave was one of the few isolated ones marked "Do not disturb."

The government could not leave soldier's bodies without definite title to the land or without assurance that graves would be properly cared for, however.

After much interchange of correspondence between the town council of Moyenmoutier, the cemetery division of the quartermaster corps of the United States army and the family of Lieutenant Plummer, the problem was solved with receipt of the title to the ground occupied by the grave.

Automobile owners increase by 100,000 each year in Great Britain.

Where the Hoovers Will Worship



Interior of the orthodox Friends' Meeting house in Washington which has been chosen by President-Elect and Mrs. Hoover as their regular place of worship after they enter the White House.

DIPPING INTO SCIENCE

Why Fish Are Cold Blooded

The fish is a cold-blooded animal because of the lack of oxygen in the water. Man and the higher types of animals produce body heat from the oxygen in the air and in this way maintain a steady body temperature. The fish can only take on the temperature of the water in which it lives.

(©, 1929, Western Newspaper Union.)

Can Get Too Much, Even of a Good Thing

MADE SINCE 1846 **HANFORD'S** 81 Years Old **Balsam of Myrrh**
IT MUST BE GOOD
Try it for Cuts, Bruises, Sores, etc.
All dealers are authorized to refund your money for the first bottle if not suited.

Just the Thing

Woman Customer (to druggist)—My 'usband's nerves are that bad 'e can't seem to get ahead; 'e's lost his ambition. Do you think it would do any good to give 'im a dose of the aspiring tablets?—Boston Transcript.

Scientific search for Chinese antiquities is hampered by the people's belief that disturbing the ancient graves will bring misfortune.

MOTHER GRAY'S SWEET POWDERS

FOR CHILDREN

A testimonial from a lady in California, whose name will be given if requested.

"I have been using Mother Gray's Powders these last 15 years and all my friends and neighbors are using them just now during the 'Flu.' They are fine for checking the fever. In 1918 I mailed them by the dozen boxes to Imperial Valley to a friend who was nursing down there during the 'Flu.'"

Children who are troubled with constipation, feverishness, bowel trouble or take cold easily, get quick relief from these powders that Mothers have recommended for over 30 years.

For sale at all drug Stores.

RHEUMATISM

If you are suffering from Rheumatism, Sub-Acute or Muscular, Lumbago or Gout, write to us and we will send you a $1.00 bottle of KUHN'S RHEUMATIC REMEDY for 25 cents. This trial offer good for one bottle only to people who have never used our Remedy.

KUHN REMEDY CO.
1855 MILWAUKEE AVE. Dept. O 65 CHICAGO, ILL.

Many Visit Gettysburg

Gettysburg, battlefield shrine of the United States, draws more than 2,000,000 tourists annually. This was estimated by battlefield officials following publication of the quarterly report of the battlefield guides. During the quarter which ended in September guides conducted 472,112 persons over the field where this great battle of the Civil war was fought.

Within the Reach

of every woman—health and strength. They're brought to you by Doctor Pierce's Favorite Prescription, which is sold by druggists. It will build up, strengthen and invigorate the "run-down," nervous, or delicate woman.

One who has used it remarked:—"I was so nervous I felt like crying all the time. I could not sleep, was always tired, had dizzy spells, no desire to go, my 'pep' was all gone. I did not know what to do as I had no more faith in doctors or medicine. When we moved to Ohio my neighbor advised me to try Dr. Pierce's Favorite Prescription. I got some, also the little cathartic 'Pellets.' They work wonderfully together."—Mrs. J. W. Paxton, 1707 Niles Ave., Warren, Ohio.

Write to Dr. Pierce's Invalids Hotel in Buffalo, N. Y., for free advice.