

### Get poisons out of system. . . .

Doctors know that this modern scientific laxative works efficiently in smaller doses because you chew it. Safe and mild for old and young.

### Feen-a-mint FOR CONSTIPATION



The experience a man buys is 'seldom up to the sample submitted.



### Kill Rats Without Poison

A New Extremator that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicks

K-R-O can be used about the home, barn or poultry yard with absolute safety. It contains no deadly poisons. K-R-O is made of Shell, as recommended by U. S. Dept. of Agriculture, under the Contable process which insures maximum strength. Two cans killed 578 rats at Arkansas State Farm. Hundreds of other testimonials.

### K-R-O KILLS RATS ONLY

Peace is rarely denied the peaceful.

Head's Cramp Remedy for cramp, coughs and colds. No opium. No nausea. No drowsiness. Keils Co., Newburgh, N. Y., Mfrs.—Adv.

Men are always discovering things



### Makes Life Sweeter

Next time a coated tongue, fetid breath, or acrid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!

Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips.

The name Phillips is important: it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

### PHILLIPS Milk of Magnesia

It's a Big Help to free your bowels and liver from the poisonous drag of constipation.

Dr. Boice's PRESCRIPTION TABLETS They stir the spirit, clear the head, and make you feel better and work better.

BOICE MEDICINE COMPANY 630 G Street, S. W. - Washington, D. C.

### ROMAN EYE BALSAM

Applied at night upon retiring will freshen and strengthen the eyes by morning

At Drugists or 372 Pearl St., N. Y. City.

PARKER'S HAIR BALSAM Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at drugists. Hilscoz Chemical Works, Patchogue, N. Y.

### Reserved for Socially Elect



Only an airplane can surmount the difficulties of obtaining a peek inside the exclusive Bath and Tennis club of Palm Beach, Fla. It is the winter bathing place of the socially elect from all over the world.

### "Wives" Seek Villa's Estate

Mexico City.—Three women, each claiming to be the wife of Pancho Villa, are now engaged in a battle over the estate of the most notorious bandit in the modern history of Mexico.

### SAILING-ON

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

The story is told in the life of Christopher Columbus that as they drifted on from day to day in the little frail boats in which he and his companions were attempting to cross an unknown and uncharted sea, the superstitious sailors were frightened at seeing no land, nor any signs of land, and were on the verge of mutiny.

Columbus held them together; he calmed their fears; he gained their interest and their co-operation, and on the night following one of the nearest approaches to complete mutiny, he wrote in his diary: "This day we sailed on!"

Discouragement, disappointment, no apparent nearing of the goal for which they had almost blindly set out, but sailing on! Possibly it is darkest before daylight, but in the face of failure it takes determination and courage to continue.

General Grant, who was in charge of the northern forces toward the end of our Civil war, had laid out for himself and his armies a plan of procedure. It involved hard fighting and a high mortality of his troops.

"I shall fight it out on this line," was his reply, "if it takes all summer."

Sailing on in the face of storm and

### Glass Eye Keeps Jail Peace

Tiffin, Ohio.—The little matter of a glass eye has restored peace in the neighborhood of Seneca county's jail. The eye had of Sheriff George Burkett. And the same glass eye does not exist as far as Seneca county's prisoners are aware. Therein lies the story of an ingenious sheriff and the gullibility of unsuspecting prisoners.

Sheriff Burkett's county charges wouldn't behave. Meek as lambs and docile in his presence, they resorted to boisterous frolics as soon as his watchful eye was turned. The sheriff knew this. From his residence across the jail yard, he could hear the inmates creating turmoil which declined to a meek and innocent tranquility as soon as he stalked wrathfully through the outer iron door.

His peace was disturbed. The neighbors complained. What was needed was an omnipresent eye. To the amusement of the inmates, the sheriff drilled a long line of small holes completely across an outer wall of the jail.

Twenty-four hours after the last shaving was gouged through the last diminutive port hole the chuckles of Seneca county's prisoners faded. They were replaced by rapid succession by impatience, disgust and finally consternation. Their every action was now being

### Radium Used to Treat Defects of the Eye

Baltimore.—Dr. William Holland Wilmer, head of the Wilmer Eye Institute of Johns Hopkins hospital, has found a new use for radium in treating physical defects of the eye.

The radium, used in very small quantities, has been found effective in treatment of obscured vision blurred through formation of scar tissue in the corner. "This use of radium," a preliminary report says, "is in the pioneer stages, but it has been found to hasten the absorption of scar tissue and to restore a high degree of clarity to the sight of many patients."

Some of the instruments used are so delicate and sensitive to vibration that engineering experts were employed to design the bases for them. To reduce this vibration to a minimum, solid concrete piers, such as might be required for a skyscraper or a bridge abutment, have been sunk just to support instruments of comparatively little weight.

### Ancient Bell Rings Again

Neuenburg-on-the-Rhine.—The seven-hundred-year-old "Totenglocke," or passing bell of the former Neuenburg minister, which was overwhelmed by a Rhine flood in 1523, has been restored and placed in the tower of the Catholic church.

watched by a jeering, belligerent eye. The sheriff was first at one hole, then at another—always with that same malvolent stare. Inmates chafed under the almost constant surveillance.

They murmured talk of boycotts, protests, petitions, appeals and the others which they could remember having heard in courts. But their complaints were always registered sotto-voce. There were no more tumultuous noises emanating from Seneca county's jail.

Meanwhile Sheriff Burkett wears a smile continuously. Several times each day he slips from his room. From a small recess in the wall he lifts a small, gleaming object and restores it to another hole further down the line. And the hapless prisoners on the opposite side writhe but writhe quietly.



Ruth Resnikoff of Toledo, Ohio, who was selected, in a contest staged at Philadelphia, as the most nearly perfect type of American beauty, size 34. The contestants were from physical culture classes. Ruth is an expert swimmer and is fond of outdoor sports.

Father Sage says: It takes an unusually strong-minded woman to keep her calendar torn off up to date.

### The Tragedies of Youth



THE FIRST QUARREL WITH THE BOY-FRIEND

### Reversion to Primitive

Albany, N. Y.—A few hundred feet from Albany, a city of more than 100,000 persons, Floyd H. Hitchcock, a full-blooded Mohawk Indian, has made his home. Like his forefathers, "Flower of the Swamps," his Indian name, lives in a wigwam with only a dog as a companion.

Five years ago Hitchcock decided he'd live his present life. Prior to that he married an Irish girl, who bore him two sons. But now are members of the Albany police force.

"This is my life," he declared. "It is the life I love; the life of the forest and the streams. I am happy here, more than I would be in the city. I was brought up as an Indian runner, to follow the mark of the cherry tree, by an old Indian who bore the name 'Flower of the Swamps,' which I have adopted as my own."

The fifty-five-year-old Indian's home is located on the fringe of a woods only 300 feet from the Dominican monastery. An old oak tree, which once marked an Indian trail, is nearby. "Flower of the Swamps" lost his parents when quite young, and an old Iroquois brought him up as a runner. However, he later drifted among the whites and worked as a painter, laborer, bridge worker and finally as a

stage driver for the government. He arrived in Albany in 1905 and married. Seven years ago he and his wife separated. He is unwilling to discuss his family affairs.

"This is my real life. I shall never go back to the old."

Some things people do to help the bowels whenever any bad health, feverishness, biliousness, or a lack of appetite warn of constipation, really weaken these organs. Only a doctor knows what will cleanse the system without harm. That is why the laxative in your home should have the approval of a family doctor.

The wonderful product, known to millions as Dr. Caldwell's Syrup Pepsin is a family doctor's prescription for sluggish bowels. It never varies from the original prescription which Dr. Caldwell wrote thousands of times in many years of practice, and proved safe and reliable for men, women and children. It is made from herbs and other pure ingredients, so it is pleasant-tasting, and can form no habit. You can buy this popular laxative from all drugstores.

A MOTHER'S PROBLEM Is, how to treat her child who is peevish and fretty, yet not seriously sick. Many Mothers say they always keep a package of Mother Gray's Sweet Powders on hand for use when needed. They break up colds, relieve feverishness, worms, constipation, headache, teething disorders and stomach troubles, and act as a tonic to the whole system. Equally good for older people. Sold by Drugists everywhere.

THE MOTHER GRAY CO., Le Roy, N. Y.

### ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

Dr. J. D. KELLOGG'S REMEDY W. N. U., PITTSBURGH, NO. 10-1930.

### TACKLES BIG JOB



Bob Shawkey, former pitcher for the New York Yankees, who will attempt to fill the shoes of the late Miller Huggins as manager of the team. Shawkey seems confident he can whip his players into line for another pennant.



HAND... BEAN SO... DIS... Salt Pork... ing for... (Prepared by... No doubt... to hear music... coming in "... hands are bu... the radio loc... kitchen with... way. In a fr... radio set, w... tools, and o... man of the b... it is placed... Just off the... States Depart... shown in the... Wash and so... In two quarts... morning add t... ter, the salt... and cook until... move the salt... pieces, press... sieve, and sav... bine all these... add the flour... been well mix... pepper and co... Serve with a... top of each po... Cabbage Is... Sources... The most rec... on the occurre... tables, indicate... content is high... supply this vit... cooked only a... bage is one of... tamine C if pro... still, served raw... crisp texture a... raw cabbage w... qualities preser... just a few min... method of prep... by the bureau... the United Stat... culture. 3 cups milk 1 1/2 quarts shred... cabbage 1 cup cream or milk Heat the milk in 1 for two min... of cream or ric... ter and flour, a... rapidly for thre... stir constantly... delicate in flavo... Eggs cooked b... of water are mo... digested than o... pared with othe... dly and quickl... Eggs are a tis... ing rich in pro... ter. They are a... to be fed to lit... they are so rich... proteins, fats a... are especially w... body tissues.