



made from Royal Grape Cream of Tartar

Royal Baking Powder

Absolutely Pure

No Alum
Line Phosphates

CLUB real whole wheat flour. They weren't evaporated to any great extent, by living in houses that lacked proper ventilation, for their houses had great fireplaces, and usually enough cracks and crevices to insure good ventilation.

If any slight illness prevailed in the family, the ailing one was given non-poisonous herb remedies commencing with the kitchen. If a doctor was called he gave stuff that in taste and smell defied description, but it was usually non-poisonous. Sometimes the results were a property found dislike for the doctor and his "dope" on the part of the patient. What do you and I get in the shape of food? Do we get the good wholesome, home prepared, unsophisticated foods? Well, hard-mill down on us, unless we make a special effort their wheat was not sure of it. Our same mill-bread is made from flour that has

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passed through seventeen (more or less rollers and cloth sieves which have taken from it most every thing but the starch. Our meats come from a more or less clean meat market, and our fruits and other groceries, we buy by the can at the corner grocery. We sit down to a meal of bread, (usually baker's and mostly starch), mashed or fried potatoes, (mostly starch), meats and gravy, and probably some factory canned fruits and vegetables for dessert: pie, pudding and cake (starch and sugar). You see our food is too highly concentrated, too complex, it doesn't contain enough "roughening" or debris to stimulate the bowels to activity. Gases formed in the bowels (by fermentation not digestion) do stimulate to a certain degree, but not enough.

Many who live on a farm get practically the same diet as those who live in the city. It is not uncommon to see baker's bread and bakery made pastries and factory canned foods on the farmer's table.

If we are contented to subsist on highly concentrated, factory made foods, and live in a manner consistent with modern ideas and ideals, we should be willing to take the consequences and not whine.

After all has been said, who would want to go back to the ways of living in vogue in our grandfather's day? I would not, neither would you, but we must, if we wish to overcome the habit, yes the habit of constipation, make certain radical changes in our diet. There are some articles of food that will prove affective in any and all cases but as a rule your case is different. There are certain symptoms not like the ordinary constipation and it is for the purpose of rendering specific service to all of the Home Health Club readers that I write these articles. The average case will be benefited, perhaps cured entirely by eating daily a small dish of raw chopped cabbage in which a dressing of two tablespoonfuls of olive oil, a little vinegar, salt and red pepper has been mixed. Eat it all with a spoon. But as I said before, yours may be different, that's the reason I always say that you are at liberty to write and tell me about your case. Perhaps in suggesting a diet for you I may help many others. That's what I most want to do.

CLUB NOTES

Dear Doctor—I am a reader of your lectures and I wish you would answer one question through the columns of the Home Health Club. What proportions of mullein, lobelia, and black cohosh should be used to make a liniment?

I think you would get the best results from tincture of black cohosh, 10 per cent.

Dear Doctor—I have been a reader of your articles for years, and am sure I have not only saved many dollars, but avoided sickness by following your advice. I want you to help out a friend who seems to have inflammation of the stomach and very poor digestion and is badly constipated.

Mrs. L. J. S.

If you will have your friend write me giving age, occupation, history and symptoms of her trouble, I shall be glad to advise her.

I had a lengthy letter from Smithland, Iowa but there was no name. If the writer will give me her full name and address, a personal reply will be forthcoming. One of the unbreakable rules of the Home Health Club is not to answer anonymous or unsigned letters.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill., U. S. A. with name and address in full and at least four cents in postage.

A Bay Rum Fountain.

Not even Cologne has the perfume that is named for it flowing free. But down on the island of St. Thomas, in the West Indies, there is a fountain that gushes forth the great speciality of the place—bay rum. The fountain is on the balcony of a cafe and would attract more attention were not bay rum the dominant odor of St. Thomas. This town is the great rum market of the world, and everywhere it fairly assails the sense of smell.—New York Press.

Bright Scholars.

Examination "howlers" are by no means confined to schoolboys, as an "information test" of freshmen at New York university showed. The definitions of "hypothecate" as "a druggist" and "esophagus" as "a tomb in which dead kings were placed" were worthy of lineal descendants of Mrs. Malaprop, while the statement that "Beowulf was a character in Shakespeare's 'Ivanhoe'" rivals the classic account of Aesop as "a man who wrote fables and traded the copyright for a bottle of potash."—New York Tribune.

Poultry Show at Lititz

Commencing on December 24 and closing on December 28 the eighth annual exhibition of the Lancaster County Poultry, Pigeon and Pet Stock Association will be held in the gymnasium of Linden Hall Seminary, Lititz. Indications are that the show will be larger than last year, when over 2,000 entries were on show. The judges will be F. G. Bear and James Glasgow and a number of special and cash prizes will be awarded.

ALASKA'S "SILENT CITY."

Wonderful Mirage That is Said to Have Been Photographed.

One of the best stories regarding a mirage is that told in Alaska concerning the appearance of a city in the sky. This "silent city" is said to have actually been photographed, and though there are skeptics, enough people claim to have seen it to make the story interesting.

The first account of this "city of silence" was told by a prospector named Willoughby. He was a miner in California and went to Alaska, where he settled in the vicinity of Muir glacier. In fact, it was Willoughby who plotted Professor Muir when he ascended the immense ice field which now bears the scientist's name. Willoughby always told the story of this city which appeared in the sky with much earnestness, and he carried a photograph which he said he took after several visits to the spot whence the vision could be seen.

When Willoughby first went to Alaska natives told him that at certain times of the year when the days were longest and the atmospheric conditions right they saw suspended in the heavens a town with streets, houses and many different kinds of buildings. So impressed was he that he engaged the Indians to take him to the place where the city could be seen, and in their canoes traveled to the spot.

After several attempts Willoughby at length saw this "silent city," as the natives called it. He said that the atmosphere was so clear that mountains many miles away seemed near and that as he gazed the outlines of a city gradually assumed shape, and building after building came to view. He distinctly saw tall office buildings, churches and spires, houses and every indication that the city was inhabited; but, though he saw it several times, he could never detect a human being. A halo of light seemed to cover all. As he gazed the vision faded and gradually receded. So convinced was he that he was looking at the mirage of an actual city that he made records to show that he had been on the exact spot whence the picture in the sky could be seen.

Willoughby's photograph was crude, but enough could be discerned to lead persons to assert that it was a view of Bristol, England, many thousand miles away. Willoughby told his story in 1888 or thereabouts. Since then several persons have said that they saw the mirage. In every instance the mirage was surrounded by a halo of light which poured a soft glow on roof and walls.—New York Sun.

Jenny Lind Hated Us.

Jenny Lind hated the Americans. She abhorred the very name of Barnum, who, she said, "exhibited me just as he did the big giant or any other of his monstrosities."

"But," said I, "you must not forget how you were idolized and appreciated in America. Even as a child I can remember how they worshiped Jenny Lind."

"Worshiped or not," she answered sharply, "I was nothing more than a show in a showman's hands. I can never forget that."—From "The Courts of Memory," by Mme. Lindeuore.

Wholesale Favors.

The young man entered the president's office and stood first on one foot and then on the other. He dropped his hat, handkerchief and umbrella. Altogether he was in a highly developed state of nervousness.

"Well, well!" said the employer. "Out with it!"

"I have come, sir," said the young man, and then began to stammer.

"Well, speak up! Have you come to ask for the hand of my daughter or a raise in salary?"

"If you please, sir," stammered the young man, "it's both."—Exchange.

Dead or Alive.

Two Irishmen were working on the roof of a building one day when one made a misstep and fell to the ground. The other leaned over and called, "Are ye dead or alive, Mike?"

"O'm alive," said Mike feebly.

"Sure you're such a liar Oi don't know whether to believe ye or not."

"Well, then, Oi must be dead," said Mike, "for ye would never dare to call me a liar if Oi wor alive."—Philadelphia Record.

Simply a Bad Actor.

The Lady—How did you come to be thrown out of employment? The Captain—'Tis a sad but soon told tale, madam. An ape-like audience threw ancient eggs at me; a mangy and mercenary manager threw me down a flight of stairs; a dull witted doorman threw me out into the street, and a twice cursed taxicab threw me twenty feet. Thus it was, lady.—Judge.

Evolution.

"Of course you believe in evolution?"

"Yes," replied Mr. Cumrox. "My own recollections of early days in the west remind me that many a sixty horsepower limousine can trace its financial ancestry back to a prairie schooner."—Washington Star.

The Main Difference.

"What is the real difference between mushrooms and toadstools?"

"One is a feast and the other is a funeral."—Baltimore American.

Merely Fiction.

Minerva—Isn't it strange, mother, that all the heroines in novels marry poor men? Mater—Yes, my dear, but that is fiction.—Judge.

Every being that can live can do something. This let him do.—Caryle.

Are You Happy?


If you are it is safe to say that you enjoy good health, as it is impossible to be happy unless you are well. Noted physicians will tell you that bad stomachs and torpid livers are the cause of 95 per cent of all diseases.

For the past 42 years SEVEN BARKS has proved to be the unequalled remedy for all STOMACH, LIVER and KIDNEY troubles, and the greatest tonic and blood purifier known. It makes your digestion what it should be and keeps your entire system in good condition. Price of SEVEN BARKS is but 50 cents a bottle at all druggists. Money refunded if not satisfied. Address

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For Fourteen Years. Restored To Health by Lydia E. Pinkham's Vegetable Compound.



Elgin, Ill.—"After fourteen years of suffering everything from female complaints, I am at last restored to health. I employed the best doctors and even went to the hospital for treatment and was told there was no help for me. But while taking Lydia E. Pinkham's Vegetable Compound I began to improve and I continued its use until I was made well."

—Mrs. HENRY LEISEBERG, 743 Adams St. Kearneysville, W. Va.—"I feel it my duty to write and say what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered from female weakness and at times felt so miserable I could hardly endure being on my feet. "After taking Lydia E. Pinkham's Vegetable Compound and following your special directions, my trouble is gone. Words fail to express my thankfulness. I recommend your medicine to all my friends."—Mrs. G. B. WHITTINGTON.

The above are only two of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which show clearly what great things Lydia E. Pinkham's Vegetable Compound does for those who suffer from woman's ills.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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