

FEELING LOTS BETTER NOW

Writes Ethel May Snider Who Used Lydia E. Pinkham's Vegetable Compound

Hartford City, Ind.—Doing housework and taking care of a sick woman proved to be too much for Ethel May Snider, R. R. 1 of Hartford City, until she started taking Lydia E. Pinkham's Vegetable Compound.

Overwork had so undermined her health that she had to give up all outside work, and when she saw this medicine advertised in the "Star" and other papers, she went to drugist and got a bottle of Lydia E. Pinkham's Vegetable Compound. She took it regularly, was greatly benefited and now feels very much better.

Ethel May Snider's experience is similar to that of thousands of other women in all walks of life, who have sent testimonials to the Lydia E. Pinkham Medicine Company of Lynn, Mass.

Among those who praise the Compound are young girls who have been enabled to attend school regularly—working girls who have gained strength and endurance so necessary to them, housewives and mothers who have found that the tonic-effect of the Compound has enabled them to perform their daily tasks more easily.

ECZEMA

Relieve that itching, burning torment and start the healing with

Resinol

Handiest thing in the house

FOR BURNS AND SCALDS

Burns and scalds are inevitable in the kitchen. Keep "Vaseline" Jelly handy. Soothes and heals. Pure. Safe. Famous for two generations. Chesebrough Mfg. Company State St. (Cincinnati) New York

Vaseline

REG. U. S. PAT. OFF. PETROLEUM JELLY

FREE—VALUABLE INFORMATION ON

RADIO

Our NEW BOOKLET explains fully why the ELGIN SUPER-REINARTZ (the first to bear London) is still the world leader in distance reception, ease of tuning, economy of operation and many other advantages. Also complete instructions for those who wish to build their own in two hours. No machining nor soldering. ELGIN RADIO SUPPLY CO., Dept. X, 207 E. Chicago St., Elgin, Illinois

DON'T EXPERIMENT ON YOUR EYES

MITCHELL EYE SALVE
heals inflamed eyes, granulated lids, stytes, etc. Sure. Safe. Speedy. 25c at all druggists. Hall & Ruckel, N. Y. C.

CARBUNCLES

Carbol draws out the core and gives quick relief.

CARBOIL

At All Druggists—Money back Guarantee

Not as Yet

This week's medal for optimism goes to the tiny black boy who, selling figs on the uptown section and told that the broiling sun would spoil his stock before he had sold it all, replied: "No, ma'am, I ain't never had a fig sp'it yet; I eats 'em befo' they sp'it."—New Orleans Times-Picayune.

DR. STAFFORD'S OLIVE TAR FOR COLDS ASTHMA BRONCHITIS.

Healing and soothing. Used internally and externally gives quick relief. HALL & RUCKEL, New York

Ends pain in one minute CORNS

Dr. Scholl's Zino-pads are the safe, sure, healing treatment for corns. At drug and shoe stores. For Free Sample write The Scholl Mfg. Co., Chicago

Dr. Scholl's Zino-pads

Put one on—the pain is gone!

Cuticura Soap and Ointment

Keep the Scalp Clean and Healthy Promote Hair Growth

THE KITCHEN CABINET

It is not so much from any superior genius that one man possesses over another, but more from attention to study, and perseverance in the objects before them that some men rise to greater eminence than others.—John Dalton.

DIET FOR THE AGED

Diet for the aged is much neglected. To live long and to remain well and active is the object of every normal man or woman. As old age comes on, nature loses the inclination for exercise, but unfortunately she does not lose her appetite in the same ratio. Our eating should adapt itself to our activities, and thus, by abstemious living, we will do away with many of the diseases subject to old age. From twenty to forty the vital organs are young and respond to their demands without apparent difficulty, but at sixty the stomach and liver are beginning to resent overwork—the exercise, life in the open air, and the work of earlier years are missed, and the body feels the strain.

Walking and swimming are the best exercises, keeping the organs in fine working order. Walking will soon become a lost art, with the automobile at the door to save every step. Golfing is helping to keep active many who would otherwise take no exercise, but the proportion of golfers is still very small.

The result of overeating and under-exercising develops fat, superfluous material which clogs the system and chokes the vital organs. This clogging tends to auto intoxication or self-poisoning which causes rheumatism, gout, neuritis, hardening of the arteries and various other troubles. Tissue-building foods should be partaken of sparingly, as their need is past, though they are needed in the diet to add variety.

Meat should be eaten very sparingly, not often than once a day.

The aged who are overweight should avoid fats, eating sparingly of root vegetables and scarcely any sweets.

A good diet for seventy and seventy-five should be made up of fruit, vegetables (mostly green), some fish, eggs, and very little meat, with simple cereals.

The more an aged person exercises, the more food he may eat and assimilate. When one has reached the age of sixty with no disease shadowing him, he should by right living show his gratitude, by refusing to become indolent and thus invite disaster.

Two quarts of water or more should be taken each day between meals. Water is one of the essentials to good health, it is needed to soften the food, so that the digestive juices may act upon it and thus nourish the tissues, and fully as important, flush the system. Too little water is drunk by the great majority of adults.

Fried mush is always a welcome breakfast dish served with butter and maple syrup.

Tea and coffee in moderate strength and reasonable amount are not injurious to those who have formed a taste for them.

Fresh Vegetables.

It is surprising how soon one will be satisfied with meat but once a week, after trying to serve vegetables and other foods to take its place.

Too much meat is unquestionably bad for the health, but a little occasionally is better than a restricted diet of vegetables unless under the doctor's orders.

Cabbage is such a wholesome vegetable and one may serve it in such a way that it is sufficiently nourishing for a main dish.

Take a small hard head of cabbage and drop it into boiling water slightly salted to cook until tender. Drain and place on a hot chop plate. Prepare a rich white sauce, adding just at the last a cupful of finely chopped rich cheese. Stir until well dissolved in the sauce, then pour over the cabbage, which has been cut into pie-shaped pieces.

Another nice way to serve cabbage is with milk. Cook until tender, dress with butter after being well drained and add enough rich milk and a few crackers well crumbled. Stir until well seasoned and serve hot. This is called ladies' cabbage.

Stewed Lettuce.—As the lettuce gets old and slightly tough, cook it in a little water uncovered. Dress with butter, salt and pepper and serve it with vinegar as greens.

Cucumbers are very palatable cooked and served with a drawn butter sauce, adding a little onion juice for flavor.

The tomato is delicious sliced when very ripe and served with cream as one does peaches. Sliced rather thick and fried they are liked by many. Serve as a garnish to a platter of meat.

Onions With Cheese Sauce.—Cook onions until tender, then place them in a baking dish with a layer of rich white sauce and a layer of good cheese finely cut. Bake covered with buttered crumbs and serve hot.

Neer Maxwell

Community Building

Certain Magic Found in Ownership of Home

There is a magic in the ownership of property, especially when that property consists of a home. A man will lay down his life without question or thought when the integrity of his home is at stake. On the other hand, if the same amount of money were placed in stocks or bonds, or even a factory, it is extremely problematical whether he would even risk his life if they were threatened with destruction. The magic lies in the fact that a home stands for more than mere intrinsic value; it represents more than mere dollars.

It carries around it all the background of the family life and the search of that family for better living. It may have the scars of the struggle written all over its walls, but it is near and dear in spite of it. Little do we dream the real magic we are conjuring up for those dependent upon us when we gird up our belts, reach for the pen and ink and sign the pledge on the contract that commits us and our savings to a program of home-ownership. It is the most important thing a man and woman can do, because no one has yet been able to think of a single thing that will take its place.

Prepare Teachers for Their Important Work

Courses in rural education are provided in more than two-thirds of the state normal schools and teachers colleges in the United States, and in a number of colleges and universities. To assist in meeting the need for trained teachers in rural schools, normal training courses are given in selected high schools in some states. These courses, however, are apparently temporary expedients, and according to Rural School Circular No. 13 of the Interior department, bureau of education, there has been a decrease since 1922 in the number of schools offering this work. In 5 of the 28 states where normal courses were formerly available they have been discontinued, and in only 21 high schools or fewer in each of 6 states may such courses be obtained. Standards gradually are being raised in schools that continue the work, and in five states—Michigan, Minnesota, New York, Ohio, and Vermont—the course is maintained on a high school postgraduate basis.

Keep Up Property Value

The average rate per year which must be charged off for depreciation of house property has been found to be 1 1/2 per cent for frame and 1 1/4 per cent for brick. It was brought out by many of the authorities consulted, however, that this difference is almost entirely eliminated if proper care is taken of the home. A stitch in time saves many, and minor repairs here and there will often prevent extensive deterioration of the structure which would occur if such repairs were neglected. The painting of parts exposed to the weather and the prompt renewal of decaying sections are important factors in the longevity of the house. In other words, keep its face clean and its heart in good condition.

Use of Winter Months

Very often some civic body or other organization, with a great deal of community spirit, will be the start of a home beautiful campaign, or a committee of individuals from a given street or section will start the ball rolling.

In beginning such a campaign, it is a wise plan to start the work during the winter, that people might have a chance to think and talk over the plans of the coming campaign, and the committee has plenty of time to get their well-arranged plans in proper shape. The plan will then have time to reap the benefits of the news feature of the local papers, and by word-of-mouth advertising.

Keep Tree Wounds Clean

When filling a tree wound with cement, take care not to pour over decaying wood.

Clean out all signs of rotting. Insects in various stages spend their winters in the spongy section. Scrape it clean down to the growing tissue, called the cambium.

Paint it with shellac, and then with a coat of one-third creosote and two-thirds coal tar. Recoat it with tar if the first one cracks. Pure white lead or linseed oil also will serve.

Then fill the cavity with cement. The nicest care should be exercised in cleaning the wound. Use sharp tools.

Benefit in Ownership

A family that owns a home built exactly as they want it, with the utmost in convenience and comfort takes pride in it, maintains it better gets more pleasure out of it and has a more wholesome, healthful and happy atmosphere in which to bring up children.

Ideal Community

An aspiring people who desire to secure for the city and its people the very best in the realm of liberal culture are the foundation of the ideal community.



DID HIS BEST

"Did you struggle against the consequences of temptation?" asked the prison chaplain.

"Yes, I did," replied the convict.

"Ah, but you should have fought a little harder and you would not be here now."

"I done the best I could, mister. It took seven policemen to get me to the station."

Doctor Takes Life Easy

Two friends met in the street one morning and stopped to have a chat. In the course of conversation one said to the other:

"By the way, dear, how do you like your new doctor?"

"Oh, he's a perfectly charming man," replied the other; "always so cheerful and good-tempered. He takes life so easily!"

WHAT NEW WAIL?



Farmer—Yes, I can't say we haven't had a big harvest this season. City Man—What'll be the ruin of you this year, do you think?

The Discouraging Old-Timers
I struggle to express my mind
Enriching human wisdom's store.
But everything I think I find
Has been much better think of yore.

Joke on His Wife

"Our new kitchenette is just large enough for one to work in," remarked Shrimply.

"Joke on your wife at dish-washing time, eh?" asked his friend.

"No-o-o. But then I don't mind drying them, too, while I'm at it."—American Legion Weekly.

Stale News

Percy (beaming)—Oh, I have the most glorious news!

Esther (his cousin)—What is it? "Peggy has promised to be my wife!"

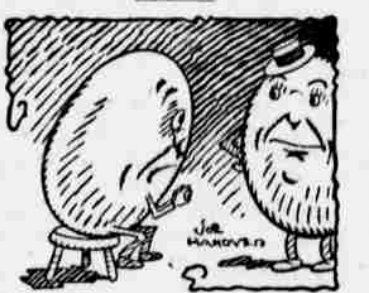
"So that's what you call news! A month ago she asked me to be her bridesmaid."

Pa Makes a Guess

"Pa," said Clarence, "what does revamped mean?"

"Falling for the stunning blond a second time after you have been burnt once, I guess. Now shut up and get to your night work."

BETWEEN TWO EVILS



First Egg—What's the trouble? Second Egg—Alas, I'll either be poached or put into cold storage!

A Rare Lass

A girl I like
Is Nelly Bly;
The lass can bake
Good cherry pie.

Pockets Much Lighter

Mr. and Mrs. Smith were down town shopping.

"Aren't all those packages heavy for you?" she asked.

"Oh, no," he replied; "you see, my pockets are so much lighter."

A Bust, Anyway

Father—You kept the car out rather late last night, son. What delayed you?

Son—Had a blowout, dad.

Father—Huh! Tire or roadhouse?

Remarkable Orator

"He thinks he is a remarkable orator." "Well, in a way, he is. It certainly shows some genius to be able to take three hours to say blah!—and that's all he ever says."—Cincinnati Enquirer.

Success

"I wish we could get young Lighter to put his heart into his work." "Have you heard him dictating to the new stenographer?"—Princeton Tiger.

Covered Wagon Pioneer Quickly Restored to Health

Was So Weak Could Scarcely Use Arms or Legs. Sacramento Resident a Victim of "Flu," Loses Weight and Vitality. Finds Long-Sought Relief. Strength Restored. Praises Tanlac.

Pioneer blood flows in the veins of Frank Rikert, Box 1035, R. R. 10, Sacramento, Calif., a prominent stockman who trekked over the rough, hazardous trails from Illinois in the early sixties. But even his brawn, muscle and splendid health broke under the strain of modern living. "Flu" left its mark and threatened his life.

"I didn't care whether I lived or died, I felt so badly," said Mr. Rikert, "when I began taking Tanlac. My strength had vanished, sapped by the 'flu.' My arms and legs were so weak that they were almost useless. I couldn't even turn over in bed without help, so completely undermined was my strength and vitality."

"One night my wife saw the Tanlac advertisement in the paper and urged me to try it. I bought a bottle and started taking it, and I felt better right off. In a few weeks I was able to do all my work. Not only did my weakness disappear, but I actually gained twenty pounds, and I have felt fine ever since."

"Yes, sir, I firmly believe that Tanlac saved my life. Naturally, I'm so enthusiastic about Tanlac I am telling all my friends it's a great medicine."

Salt Water in Fire Mains

Seaside cities such as Lynn, Mass., may soon be fighting their downtown fires with salt water driven through high-pressure mains by electric pumps that are started by the fire alarm system. This type of fire protection is considered to be cheaper and more dependable than the ordinary method of using fresh city water for the purpose.



and I'll praise it as long as I live."

Tanlac helps conquer ailments and builds up strength in famished bodies. It banishes pain and frees the system of poison caused by constipation and sluggish liver. It is Nature's own remedy made from roots, bark and herbs according to the famous Tanlac formula.

Begin taking Tanlac and enjoy the benefits of strength and golden health. The first bottle usually brings results that will surprise you. Ask your druggist for Tanlac—today! Over 40 million bottles sold.

Seeing Herself

"Why do you go with Helen?"

"I use her as a foil."

"She says the same about you."

"She does? The deceitful thing!"—Boston Transcript.

The firm that exported the celebrated chests of tea that figured in the "Boston tea party" is still doing business in London.

CHILDREN CRY FOR



MOTHER:—Fletcher's Castoria is especially prepared to relieve infants in arms and children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

Lost His False Teeth

When Burlington passenger train No. 43 arrived at Alliance, Neb., several minutes late recently, William Zollinger, conductor, handed in the following report of the delay at divisional headquarters: "Ten minutes delay looking for false teeth." Zollinger's teeth fell out of a window when he sneezed. Stopping the train by a sudden jerk of the air cord, he searched ten minutes in vain for them.

Women Smokers Barred

Women may be seen smoking in almost all public places in New York, but that liberty is sometimes curtailed as soon as the city limits are passed. On one of the principal railroads women who invade the masculine precincts of the smoking car are politely but firmly requested by the trainmen to leave.

The innocence of the intention abates nothing of the mischief of the example.—Hall.

A laugh is a good thing—if it is on the other fellow.

Demand

BAYER

ASPIRIN

SAY "BAYER ASPIRIN"—Genuine

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monacoelektroester of Salicylicacid