

## Keep Eliminate System Active

Good Health Requires Good Elimination.

ONE can't feel well when there is a retention of poisonous waste in the blood. This is called a toxic condition, and is apt to make one tired, dull and languid. Other symptoms are sometimes toxic backaches and headaches. That the kidneys are not functioning properly is often shown by scanty or burning passage of secretions. Many people have learned the value of Doan's Pills, a stimulant diuretic, when the kidneys seem functionally inactive. Everywhere one finds enthusiastic Doan's users. Ask your neighbor!

**DOAN'S PILLS**  
60c  
Stimulant Diuretic to the Kidneys

Posterior Millburn Co., Mfg. Chemists, Buffalo, N. Y.

**Handiest thing in the house**  
FOR BABY'S SKIN  
"Vaseline" Jelly relieves chafing, diaper rash, cradle cap, scurf, and other inflammations. Wonderfully soothing and healing. Indispensable in the nursery.

**Vaseline**  
Petroleum Jelly



The late Bishop Williams was in a box at the opera one night, when after looking around, one of the ladies exclaimed: "My dear Bishop, did you ever see anything like it in your life?" "Never," gravely replied the Bishop, "never since I was wedded."

Any unusual exposure may cause a cold, bronchitis or sore throat, and may develop into serious ailment unless given prompt attention. When nature gives warning by a sniffle or cough, it is time to take

**BOSCHEE'S SYRUP**  
The old reliable remedy. See and be convinced at all drug stores. If you cannot get it, write to G. G. GREEN, INC., Woodbury, N. J. Don't wait until a cold gets the grip on you, knock it out in the first round.

**MEN WITH AILING HEALTY.** Let us send you free, our descriptive booklet telling you why men grow old at forty. PROS-THERMO, SECURITIES BLDG., SEATTLE.

**STOP. BREAK UP THAT COLD WITH** Beko Cold Tablets. Why suffer? Instant relief. Easy to take. Postpaid for 50c. BEKO SALES COMPANY, CICERO, ILL.

**BLUE FOXES—48 Pups from 5 PAIRS** Pen Bred here. Low prices. Best terms. Photos, booklets. Write Auburn Box and Fur Farm, Auburn, Washington.

**LADIES—We pay \$20 a hundred** gilding cards. Opportunity for beginners. No selling. Addressed envelope brings particulars. UNIVERSAL CARD, 184 William St., New York.

### Plant a Tree Now

Thousands of boys and girls are boy scouts, girl scouts, or campfire girls. They are all protectors of the forest. They know its lore. They realize its value. In no few cases the boy scouts have fought real forest fires. Thousands of them have joined the American Tree Association of Washington by planting trees.

### A GRATEFUL MOTHER!

Los Angeles, Calif.—"Dr. Pierce's Favorite Prescription brought me safely thru a very critical period in my young motherhood. It also gave me the strength that I needed. It is an experience that I have never forgotten and I feel so grateful to Dr. Pierce and his 'Favorite Prescription' that I gladly give my experience for publication, hoping that it will be of benefit to the mother of today who needs just such help as only Dr. Pierce's Favorite Prescription can give."—Mrs. Ida Tusler, 235 N. Rowan Ave.

All dealers, Tablets or liquid. Send Dr. Pierce, President Invalids' Hotel, Buffalo, N. Y., 10c for trial pkg. tablets.

**INFLAMED EYES DISFIGURE YOUR LOOKS!**  
Don't experiment on them. Use MITCHELL EYE BALM for speedy relief. Absolutely safe.

25¢ at all druggists. HALL & HUCKEL, New York City

### WHAT CAUSES BOILS.

Boils and carbuncles are the result of improper diet or infection of the skin. It is sometimes hard to determine the exact cause but CARBOL will give quick relief. No expensive operation is necessary as one application of CARBOL promptly stops the pain and continued use draws out the core. Get a 60c box from your druggist. Your money back if you are not satisfied.

SPURLOCK-NEAL CO., NASHVILLE, TENN.

**SKIN IRRITATIONS**  
For their immediate relief and healing doctors prescribe

**Resinol**

**CORNS**  
Quick relief from painful corns, tender toes and pressure of tight shoes.

**Dr. Scholl's Zino-pads**  
At drug and shoe stores everywhere

## Community Building

### Retail Merchant Has Post of Importance

If the small restaurateur would serve a meal that would vie with home cooking, if the druggist would have any article a drug store should have when desired, if the small-shop laundryman would turn out crisp, spotless linen—

Then two specific needs in the merchandising of the nation would be removed, according to Ray Morton Hardy, business analyst of Lansing, Mich.

"And this would be much better than finding the town merchant serving his community by sitting on civic boards. His place in civic boards might better be a recognition of the effective, efficient and honest service he has rendered the public through his merchandising," said Mr. Hardy.

"If the retail merchant attends to his business and does his work well he is a vital organ in the business body of his city or town. He is the distributor of good food, good clothing, shelter, warmth and every means of health, comfort and pleasure."

The retail merchant's first need is education, thinks Mr. Hardy. His second a recognized code of ethics.

"There are towns in the United States where 75 per cent of the retail business is lost to outside competition," he declared.

### No Reason One Should Not Build in Winter

With due precautions and proper equipment, nearly all construction work can be carried on in winter and at no great difference in cost. The owner may often profit by saving interest on his investment and by securing earlier use of the structure.

Although equipment needed for protection and artificial heat in winter construction requires some expenditure and there may be some increase in overhead on the job due to delays from winter storms, these items may often be offset by the saving in salaries and the reduction in the contractor's general overhead. Labor in general is more efficient, as skilled workmen can be more easily obtained.

It is feasible to plan now and build next winter—Exchange.

### Home Setting Important

Buy your lot well in advance of the time for building and landscape it with trees and hedges, is the advice given by a far-seeing reader who contributes a letter to the series on home-building in Liberty. "In planning my future home," she writes, "I purchased two lots, 40 feet frontage each, in what I believe will be a fine residential district in the suburban development of the city. My building program will not commence until 1930. I suggest to lot holders with such future plans: Plant shade trees and fence hedges now. Four or five years of steady, natural growth will make for hardness that building activities will not disturb. The completed home will have the beauty and finish that otherwise would require four or five years to develop."

### Ban Unsightly Billboards

A continuous campaign against the placing of billboards upon the state highways of Tennessee is now being conducted under the direction of the state department of highways and public works. Since December, when a state-wide "cleanup week" was proclaimed, the department has been removing disfiguring signs from the state roads in accordance with a law created by the state legislature in 1925 making it unlawful to erect signs of any character along the state highway system outside the limits of incorporated towns.

### Build With Eye to Future

The home builder today is short sighted if he puts his money into anything but a well-built and well-designed home. It costs very little if any more to build from a good plan that puts in those clever little touches here and there that give the house that individual and attractive look which means so much when the place is offered for sale.

### Fire Waste Contest

The United States Chamber of Commerce has made these awards in its 1925 fire waste contest: Portland, Ore., first prize in cities of the first class; Long Beach, Calif., in class 2; Battle Creek, Mich., in class 3, and Albany, Ga., in class 4. Albany also won the grand prize for 1925.

### Sign of Permanency

Not all individuals that are interested in industry own their own homes, but nearly all humans that own their own homes hold permanent positions. Their self-interest is on the job.

### Women Study Real Estate

Women employed in Denver real-estate offices have organized a club to familiarize themselves with the subject matter and purpose of realty organization and service.

### Matters of Growth

When a town doesn't grow, the weeds do.

## HOW TO KEEP WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

### WHAT KILLED VALENTINO?

THE illness and death of Rudolph Valentino probably aroused more general interest and newspaper comment than that of any other person in recent years. Probably the only events that can be compared to it in general interest are the deaths of our own martyred Presidents—Lincoln, Garfield and McKinley.

It is just twenty-five years ago since McKinley died in Buffalo. In many ways, there is a close parallel between the two cases from a surgical standpoint. McKinley was shot through the abdomen, the bullet carrying with it the infecting material. Valentino had a perforating ulcer of the stomach, which caused a general peritonitis. Both were operated on, both stood the operation well and, for the first few days, showed marked improvement. It was fully expected that they would both recover. Then after the immediate effects of the operation had passed, a sudden turn for the worse occurred and death resulted in a few days. What happened?

From the statements made by Valentino's surgeons, it appeared that the patient had suffered for a long time with vague symptoms of indigestion, pain and "gas on the stomach." He had done what far too many people do, taken various preparations recommended for "dyspepsia," among them soda, pepsin and other popular remedies for "indigestion." He had been overworking, probably overeating, neglecting his health and probably making no effort to find out exactly what was the matter. In New York he finally broke down, went to a surgeon who sent him at once to the hospital where it was found he had a serious abdominal condition.

Operation showed two perforated ulcers, both of them leaking infected matter into the peritoneal cavity, also an inflamed appendix, just ready to rupture. The ulcers were cut out and the stomach opening closed up. The inflamed appendix was removed, the peritoneal cavity cleaned as thoroughly as possible and the patient put to bed. Evidently, he stood the shock of the operation well and began to improve. But some infection lingered in the abdominal cavity, a general peritonitis developed, then a pleurisy. The poison overcame the patient's ability to resist and he died of septic poisoning.

If Valentino, at the first appearance of anything wrong, had had a careful examination and proper treatment at that time he would be alive today.

As to "indigestion" or "dyspepsia," there "ain't no such thing." A stomach that doesn't work right has something wrong with it. Find out what it is before it is too late.

### SKIN DISEASE AMONG PAINTERS

EVERY line of work has its own peculiar advantages and disadvantages. Many occupations have special diseases or afflictions that are, in many ways, connected with the occupation, yet it is often hard to tell just what is the cause or how they are connected with special lines of work. It has long been known that painters were subject to lead poisoning. As this condition causes pain in the stomach, it has been generally called "painter's colic." As another result of lead poisoning is a peculiar paralysis of the muscles of the wrist. This has been called "painter's paralysis" or "painter's wrist drop."

This form of poisoning is common in painting shops, wagon and automobile factories and other shops where large quantities of lead paints are used. It has been proven that it is caused largely by painters getting lead into their mouths, by eating lunch with their hands smeared with paint and that it can be prevented by requiring every person working with lead paints to wash his hands carefully after quitting work, by not eating with painty hands and by not eating his lunch in the room in which lead paints are kept or used. The old idea that the poison was absorbed through the skin is entirely incorrect. If the painter can keep lead from getting into his mouth, he is safe from painter's colic and paralysis.

But there is another trouble common among painters, evidently caused by some other substance. This is an eruption on the skin of the hands. In one factory it was found at one time in five employees.

As one boy had not been working in paints but had been cleaning machines with naphtha, the physicians concluded that the irritating substance was not the paint but the fluid in which the paint was dissolved. Experiments on animals, using both the dry paints and the solvents or thinners, showed that it was the turpentine and naphtha which caused the skin irritation and not the paint itself.

The eruption appeared only on the hands and forearms. The skin was dry and red and covered with small blisters, which in some cases run together forming larger ones.

The physician advised the painters to wash the hands and forearms thoroughly after work, using plain soap and warm water and cleaning all the turpentine off the skin and then to dry the skin carefully.

## The Kitchen Cabinet

(©, 1924, Western Newspaper Union.)

Who does not do some creative work with brain or hands lives a mendicant, dies a pauper, and lies buried in the potter's field, no matter what mausoleum marks his tomb.—Dallas Lore Sharp.

### HOUSEHOLD HELPS

Melt all bits of laundry soap and use for dishwashing, so that none is wasted. A soap shaker is liked by many housewives as it uses the small bits of soap otherwise wasted.

Save the safety razor blades to use for ripping seams, cutting corners and scraping paint from windows. Many other uses will be found for them.

Embroidered pillow slips will last much longer if they are turned at night for sleeping on the wrong side. Many prefer a small pillow at night using plain slips, then the day pillows are always fresh. Often the ends of pillow cases where embroidery and lace is used, may be cut off and hemstitched on a new case. Trimming of all kinds will usually outwear two sets of pillow cases.

When using a flat-topped oven on the gas stove keep a pan of hot water heating for various uses and warm all the dishes for the meal on top the oven.

Save any left-over fruit juice. It is good for drinks, jellies, and added to a cornstarch mixture makes a good pie filling, for an emergency. Cover with a meringue and it will make a most appetizing pie. Use egg, milk and thickening of cornstarch with a cupful of juice. Water with butter may take the place of milk if that is not at hand.

A few sprays of cedar are fine for cleaning old irons when ironing. They are also good to wrap in with furs to keep the moths from troubling them.

Roller crackers make good thickening for soups. They should be saved for all dishes using buttered crumbs. They are good for cake, especially Graham crackers.

Now that wild duck is in season, for those who have never dressed any it will be well to remind them after picking off the coarser feathers and any down that is wanted for pillows, to dip them into a basin of melted paraffin, not too hot, seeing that all is well covered, then hang to cool and harden. The paraffin may be peeled off, taking with it every tiny pin-feather, leaving the flesh clean.

**Good Things to Eat.**  
When serving consommé or light soup the following is especially good:

**Bread Rings.**—Cut bread into rings with a doughnut cutter, after cutting the slices one inch in thickness. Brush each with butter, sprinkle with grated cheese

seasoned with cayenne. Put into a moderate oven to melt the cheese and brown the rings. Serve on lace-paper covered plates.

**Almond Cakes.**—Cream one-fourth of a cupful of butter, add one-half cupful of sugar gradually, beating well, then add the yolks of four eggs, well beaten, one-fourth of a cupful of milk and seven-eighths of a cupful of flour mixed and sifted with two teaspoonsful of baking powder. Beat thoroughly and fill small paper cases two-thirds full of the mixture; sprinkle with shredded almonds and powdered sugar, place in a shallow baking pan and bake until brown.

**Apricot Coupe.**—Drain a can of apricots and cut into small pieces. To the sirup add one-half cupful of sugar and let simmer three minutes. Add apricots and cook until the sirup is thick. Half-fill glasses with vanilla ice cream, put in a teaspoonful of apricots, cover with ice cream and garnish with strips of angelica and a few bar leuc currants.

**Coconut Macaroons.**—Take one tablespoonful of butter, add one beaten egg, one and one-half cupfuls of oatmeal, put through the meat grinder, browned and ground, one-half cupful of sugar and one-half cupful of coconut. Mix well, drop by spoonfuls on buttered sheets and bake in a moderate oven.

**Liver With Onion Sauce.**—Dredge thin slices of liver with seasoned flour and fry brown in pork fat. Place the liver on a hot platter. Fry a cupful of chopped onions in the fat until a light brown. Add a tablespoonful of vinegar and pour over the liver. Cold boiled rice served with sliced bananas and cream makes a good and simple dessert. Hot rice served with a hot chocolate sauce is another dish well liked.

**Popcorn Macaroons.**—Take one cupful of freshly popped corn, put through the meat grinder, add one cupful of walnut meats also ground. Beat until stiff the whites of three eggs, add gradually one cupful of powdered sugar, beat well and add the nuts and corn and a little salt. Drop by spoonfuls on baking sheet and bake in a moderate oven.

**Banana Salad.**—Cut nice ripe fruit into halves lengthwise. Lay on lettuce, cut-side down, cover with finely chopped nut meats and serve with a good rich salad dressing.

*Nellie Maxwell*

### Balk at Retirement

Professors in Germany who are forced onto the pension list at the age of sixty-eight, in compliance with the new federal law in effect there, are protesting bitterly that they are too young to retire. According to this edict all government officials, clerks and employees must retire at the age of sixty-eight at the latest. Many head professors who have reached the age limit feel that they are still able to keep up with their duties as well as ever. Only after considerable protest have they relinquished their administrative posts, even though they receive full pay and continue to give their usual lecture courses.

### Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

### Perversity

Have you ever had 7:30 roll around and you decide it is about time to get ready for your date and you are tired and sleepy and you wish you could go to bed early at least one evening in the week, and you wonder what made you get the date anyway and you are yawning so wide you can't get your necktie on, and then suddenly the phone rings and the girl breaks the date, and so the whole evening is ruined? Have you ever had that happen? So have I.—Northwestern Purple Parrot.

### DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear If You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 26 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

### The New Curfew

"I am in favor of a curfew law." "So am I," declared Mr. Meekton. "There should be some regulation that will compel everybody who stays out late to get home in time for breakfast."

### She Added a Lot

Palmer—Women live ten years longer now, since they've started wearing sensible short skirts.

Andrews—H'm, my wife will probably live till she's a hundred and eighty.

## Children Cry for Fletcher's CASTORIA

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 natural sleep.

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

### The Oldest Grocer

Several months ago there began a country-wide search for the retail grocers of America who have been longest in business. That search has now ended. Andrew Hawes of Portland, Maine, steps into the lead. He has been active in the retail grocery trade for 74 years. This dean of the Progressive Grocers' Old Timers' club began his career in 1852 as a clerk with his father. Two years later he took active charge of the store. All these years he has been doing business in the same building at the same location. He is believed to be the oldest retail grocer in the country in point of service.

### Modern Chivalry

Samuel Wallace was deploring the lack of politeness in the younger generation. "Never again," he said, "will we have the romantic days and the superlative politeness of Sir Walter Raleigh's time. "I can well imagine a young American laying his coat over a puddle for some flapper to walk on and crying, 'Step on it, kid, step on it.'"

### False Friendship

False friends are like our shadow, keeping close to us while we walk in the sunshine, but leaving us the instant we cross into the shade.—Bovee.

True friendship has one supreme test; when the simple sight of your friend makes you happy.

## Oakland G. A. R. Veteran and Wife Regain Health

Aged Couple, Suffering Acutely from Rheumatism, Neuritis and Indigestion, Find Quick and Permanent Relief in Tanlac and Praise It Highly

"From the day I was fortunate enough to line up with Tanlac," says Mr. Emil Langhans, ex-cavalryman and retired customs official, "it has kept my health and strength up to highest standard."

Sitting in his comfortable home at 2219 107th Avenue, Oakland, Calif., Mr. Langhans told how Tanlac had rebuilt strength and vigor for himself and his charming wife. "Tanlac worked wonders for my wife," he said. "She suffered from high blood pressure, neuritis and general run-down condition. Tanlac relieved her."

"I had sciatic rheumatism—suffered for five years with it—so that I could sleep but little, on account of the pain. Kidney trouble, indigestion and loss of appetite had reduced my strength to a low ebb. "Since taking Tanlac my health, as well as that of my wife, has been remarkable. Though I am retired, I could resume my old work any time. No rheumatism—nor kidney trouble—in past two years. I never miss an

## THIS WOMAN'S BATTLE

Wins Against Ill Health

"At times I was hardly able to do my housework," writes Mrs. Margaret Wallace of 1547 Safford Ave., Columbus, Ohio. How many women have found themselves in this same condition! How many women have fought bravely on day after day, cooking, washing, ironing, doing the dishes, and keeping the house clean, when they were in a weakened condition and had not sufficient strength to perform these duties easily and properly!



When Mrs. Wallace was experiencing great difficulty in carrying on the daily tasks, a friend advised her to take Lydia E. Pinkham's Vegetable Compound and she gave it a fair trial. "I just can't give enough thanks to it," she writes. "Now I can eat anything at all and I am feeling better than I have for years. I shall never be without your medicine again."

A woman who is fighting for her health and her family's happiness is a valiant soldier. She wages her battle in her own kitchen. She has no thrilling bugles to cheer her on, no waving banners.

Many other women tell us, as Mrs. Wallace did, that Lydia E. Pinkham's Vegetable Compound was their faithful ally in the struggle for better health.

### Traffic Accidents

In the opinion of the police chiefs of the leading American cities carelessness of drivers, carelessness of pedestrians, lack of standard traffic signals and congestion of traffic are the four principal causes of traffic accidents. Speeding, intoxication, incompetent drivers, glaring headlights, petting parties and physical or mental disability were designated as the next major causes of auto accidents.

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