

EXPERIENCE OF WESTERN GIRL

Found Cannery Work Too Tiring

The fertile valleys of Oregon help to supply the tables of America. This is possible through the magic of the humble tin can.



In one of the canning establishments, Julia Schmidt, was employed. It was complicated work because she did sealing and other parts of the work. It was strenuous work and she was not a strong girl. Often she forced herself to work when she was hardly able to sit at her machine. At times she would have to stay at home for she was so weak she could hardly walk. For five years she was in this weakened condition.

She tried various medicines. At last, a friend of hers spoke of Lydia E. Pinkham's Vegetable Compound and she gave it a trial.

"Everyone says I am a healthier and stronger girl," she writes. "I am recommending the Vegetable Compound to all my friends who tell me how they suffer and I am willing to answer letters from women asking about it." Julia Schmidt's address is 652 North Front St., Salem, Oregon.

Girls who work in factories know just how Miss Schmidt felt. Perhaps they, too, will find better health by taking the Vegetable Compound.

Few people are as smart as other people think they are.

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 29 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

The more the marble wastes the more the statue grows.—Michael Angelo.

Watch Elimination!

Good Health Depends Upon Good Elimination.

RETENTION of bodily waste in the blood is called a "toxic condition." This often gives rise to a dull, languid feeling and, sometimes, toxic backaches and headaches. That the kidneys are not functioning properly is often shown by burning or scanty passage of secretions. Thousands have learned to assist their kidneys by drinking plenty of pure water and the occasional use of a stimulant diuretic. 50,000 users give Doan's signed endorsement. Ask your neighbor!

DOAN'S PILLS
60c
Stimulant Diuretic to the Kidneys
Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.



Mr. Wise—"Do you know what is good for rats?"
Miss Snow—"Why, poison, of course."
Mr. Wise—"No, that would kill them—obese."

Do you know what's good for a cold, or more properly speaking, what's good for a person who has a cold? The answer is

Boschee's Syrup

Nothing so good for healing of throat and bronchial irritation. 50c and 90c bottles at druggists and dealers everywhere. Try it yourself and see how it works. If you cannot get it, write G. G. Green, Inc., Woodbury, N. J.



Successful men possess either ability or nerve.

Wright's Inolan Vegetable Pills contain only vegetable ingredients which act as a gentle purgative. 375 Pearl St., N. Y. Adv.

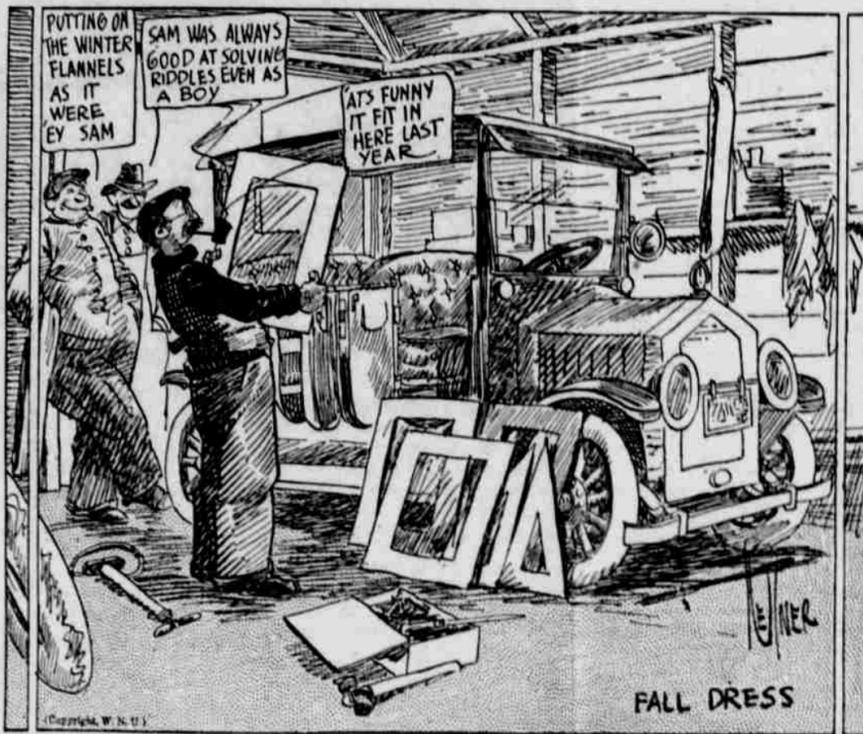
Some men are known by the work they refuse to do.

Advices Women of Middle Age

Brea, Calif.—"I had just reached middle life and was on the down grade. My health was failing and I had hot flashes, together with pains and backache. I was very miserable indeed. I just happened to see an advertisement in our newspaper and sent to the drug store for a bottle of Dr. Pierce's Favorite Prescription. It was exactly as represented. The pains and backaches disappeared, also the hot flashes and I have gained in health remarkably while going thru the much dreaded 'change.' I wish I could tell my experience to every suffering woman.—Mrs. Lillie King, c/o Gen'l. Del. Liquid or tablets. All dealers.

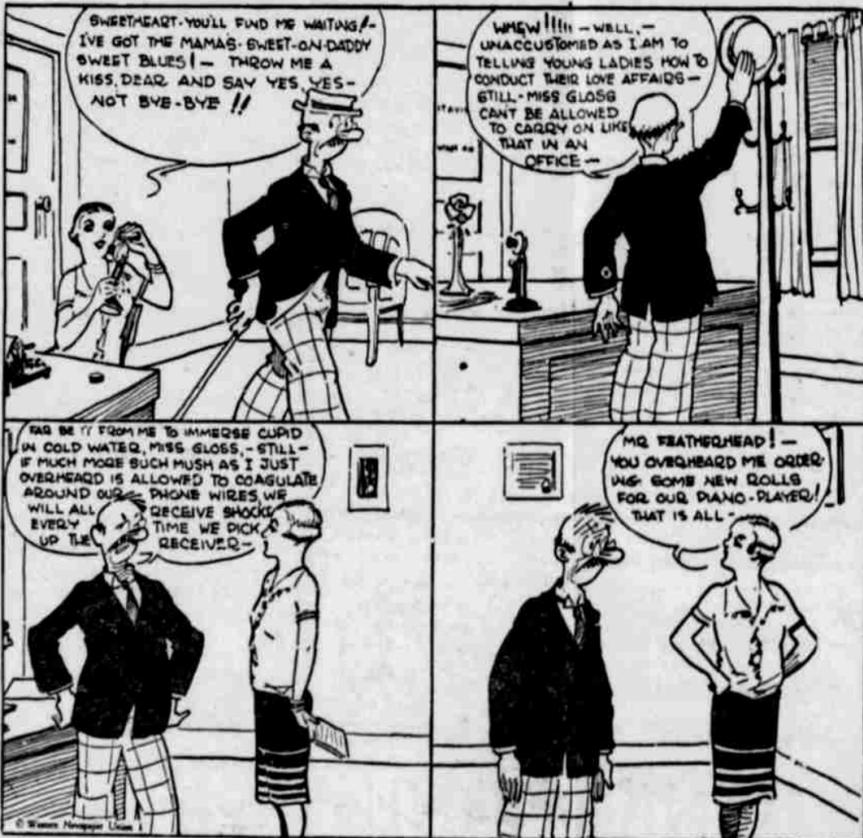
OUR COMIC SECTION

Off the Concrete



THE FEATHERHEADS

Calling the Rolls



MICKIE, THE PRINTER'S DEVIL

Merely a Fable



Every family needs a car

Within the General Motors line there is "a car for every purse and purpose."

And those who wish to buy General Motors cars out of income are offered a sound credit service at low cost. This is known as the GMAC Plan, operated by a member of the General Motors family and available through General Motors dealers only.

The GMAC Plan can be comfortably fitted to the individual circumstances of those with assured income; and the standard price of a General Motors car bought on the GMAC Plan is the cash delivered price, plus only the low GMAC financing charge.

Any General Motors dealer will gladly explain the GMAC Plan.

GENERAL MOTORS ACCEPTANCE CORPORATION

operating the GMAC Plan for the purchase of

CHEVROLET • PONTIAC • OLDSMOBILE
OAKLAND • BUICK • CADILLAC
FRIGIDAIRE—The electric refrigerator
DELCO-LIGHT—Electric light and power plants

KINKADE GARDEN TRACTOR and Power Lawnmower

A Practical Proven Power Cultivator for Gardeners, Suburbanites, Truckers, Florists, Nurseries, Fruit Growers, Country Estates and Lawns.
AMERICAN FARM MACHINE CO.
1209-3rd Ave. S. E., Minneapolis, Minn.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

DR. STAFFORD'S OLIVE TAR

Remedy for CROUP and colds. Relieves congestion, bronchitis, coughing. Taken internally for inflamed membranes of throat and bronchial tubes.
HALL & RUCKEL, New York

FOR BRONCHITIS

DON'T EXPERIMENT ON YOUR EYES

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

WHAT CAUSES BOILS.

Boils and carbuncles are the result of improper diet or infection of the skin. It's sometimes hard to determine the exact cause but CARBOLL will give quick relief. No expensive operation is necessary as one application of CARBOLL promptly stops the pain and continued use draws out the core. Get a 50c box from your druggist. Your money back if you are not satisfied.
SPURLOCK-NEAL CO., NASHVILLE, TENN.

PASTOR KOENIG'S NERVINE

for Epilepsy Nervousness & Sleeplessness.
PRICE \$1.50 AT YOUR DRUG STORE
Write for free Booklet
KOENIG MEDICINE CO.
1045 N. WELLS ST. CHICAGO ILL.

Learning Quickly

Johnny is in his third year of school. He is just taking up the science of physiology in a moderated form. The other evening his mother asked him: "What did you study about today in your health class, Johnny?" "We studied about our stomachs and intestaments," he solemnly replied.

Drink Water to Help Wash Out Kidney Poison

If Your Back Hurts or Bladder Bothers You, Begin Taking Salts

When your kidneys hurt and your back feels sore don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean* like you keep your bowels clean, by flushing them with a mild, harmless salts which helps to remove the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of good water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning 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 clean and stimulate clogged kidneys; also to neutralize the acids in the system so they are no longer a source of irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink, which everyone should take now and then to help keep their kidneys clean and active. Try this; also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

Despises Himself

"I would like to get your idea of a true statesman," said the chap with the notebook.
"Young man," replied the senator, "I am willing to give you an interview, but I haven't time to spare for a full biography."