

FARMER WOMAN IN OKLAHOMA

Praises Lydia E. Pinkham's Vegetable Compound Because It Gave Her Health and Strength



In a sunny pasture in Oklahoma, a herd of sleek cows was grazing. They made a pretty picture. But the thin woman in the blue checked apron sighed as she looked at them. She was tired of cows, tired of her tedious work in the dairy. She was tired of cooking for a household of boarders, besides caring for her own family. The burdens of life seemed too heavy for her failing health. She had lost confidence in herself.

One day she began taking Lydia E. Pinkham's Vegetable Compound and her general health began to improve. She took it faithfully. Now she can do her work without any trouble, sleeps well and is no longer blue and timid.

This woman, Mrs. Cora Short, R. R. 9, Box 257, Oklahoma City, Okla., writes: "Everybody now says: 'Mrs. Short, what are you doing to yourself? I weigh 135 and my weight before I took it was 115. I have taken seven bottles of the Vegetable Compound.'"

"Other women who have to work hard and keep things going may find the road to better health as Mrs. Short did, through the faithful use of Lydia E. Pinkham's Vegetable Compound. Ask your neighbor."

Keep Stomach and Bowels Right
By giving baby the harmless, purely vegetable, infant's and children's regulator.

MRS. WINSLOW'S SYRUP
brings soothing, gratifying results in making baby's stomach digest food and bowels move as they should at feeding time. Guaranteed free from narcotics, opium, alcohol and harmful ingredients. Safe and satisfactory.

At All Druggists

CARBUNCLES
Carboid draws out the core and gives quick relief.

CARBOIL
GENEROUS 50¢ BOX

At All Druggists - New York, Chicago, St. Louis, Philadelphia, Baltimore, Tenn.

Deafness—Head Noises
RELIEVED BY
LEONARD EAR OIL
"Rub Back of Ear" INSTRUCTIONS

At All Druggists. Price 41¢

Folder about "DEAFNESS" on request.

A. G. LEONARD, INC., 70 FIFTH AVE., N. Y.

INFLAMED EYES DISFIGURE YOUR LOOKS!

Don't squint on them. Use MITCHELL'S EYE SALVE for every eye ailment. Absolutely safe.

25¢ at all druggists.

HALL & HUCKEL, New York City

Country's Many Smiths

About one person in every one hundred in this country is a Smith. The last census found 1,304,300 Smiths in the United States. In other words, there are enough Smiths in the nation to replace the entire population of any one of these states: Maine, New Hampshire, Vermont, Rhode Island, Delaware, Florida, Oregon, Colorado, Utah and eight less populous Western states. The renowned Smiths occupy 17 pages in "Who's Who in America."—The Outlook.

When a man contracts expensive habits his income needs expanding.

Investments, like charity, should begin at home.



The Racer

When I'm burning up the miles—every cylinder working overtime at tremendous temperatures—there's at least one thing I know won't go wrong—and that's spark plugs. Insiston Champions!

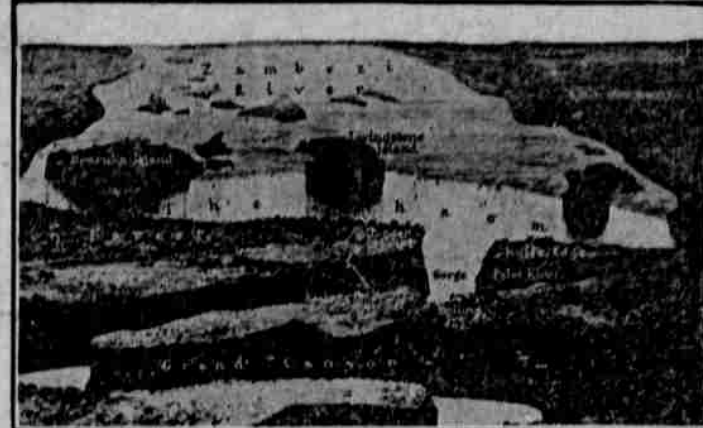
Champion is the better spark plug because of its double-ribbed siluminous core—its two-piece construction and its special analysis electrodes.

Champion 24 for Ford 60¢
Champion for other cars 75¢

CHAMPION Spark Plugs
TOLEDO, OHIO

For your protection be sure the Champions you buy are in the original Champion cartons.

Victoria Falls



Perspective View of Victoria Falls.

(Prepared by the National Geographic Society, Washington, D. C.)

THE best-known scenic attraction in Africa is undoubtedly the Victoria falls of the Zambesi, on the line between southern and northern Rhodesia. This is one of the three greatest waterfalls in the world, worthy to rank with Niagara and with Iguazu in South America.

From immemorial times an atmosphere of mystery and superstition has hung over these African falls, so profound that Livingstone, who discovered them in 1855, had the greatest difficulty in persuading his followers to accompany him, as they believed the region to be the home of monsters and devils of destruction. Vestiges of these traditions still exist, although the Cape-to-Cairo railroad, which crosses the river less than half a mile below the falls, is rapidly dispelling them.

Going by rail from Bulawayo one sees, some 10 miles before reaching the falls, five enormous columns of vapor shooting their roseate-tinted shafts hundreds of feet heavenward. This is a marvelous scene in the early morning. With the first rays of the rising sun comes a picture of color of wondrous loveliness. Delicate tints of violet, crimson, and beryl play through the mounting spray as it shoots higher and higher, ultimately disappearing as virgin clouds in heaven, while the ever-increasing thunder of the waters lends an added solemnity to the view.

Notwithstanding the magnitude of Victoria Falls, the first view of them is disappointing. Although nearly a mile in width and 400 feet in height, the grandeur of their proportions is eclipsed by the sudden disappearance of the river as it plunges into a narrow, rocky fissure extending across its entire width. Only at a single central point is there a breach in this fissure through which the falls can be seen and appreciated in their full proportions, where the converging waters rush madly to the zigzag canyon below. So restricted is this view that there is an entire absence of that awe-inspiring and almost paralyzing effect which strikes the visitor dumb with wonder and amazement when Niagara bursts on his near vision. On first sight of the Victoria falls one involuntarily exclaims, "Oh, how beautiful!" but they lack the majesty of Niagara.

Must Be Seen Many Times.

No single visit can adequately reveal the fullness of their charms, but repeated excursions must be made to their islands and precipices, their grottoes and palm gardens, their rain forests and projecting crags, their rainbows and cataracts and many-sided views of their exquisite setting in the emerald framework of tropic forests, before their indescribable beauty can be appreciated. The fascination of discovering new and hidden charms from different points of view grows on the visitor and becomes one of the greatest attractions.

As the rainy season commences in Rhodesia in November and continues in the form of tropical showers until April, the most advantageous time to see the falls is in May, when the seething torrents are at their flood. November also has its attractions, when the river is low, for then the chasm is comparatively free from mist, disclosing vistas and views of the great abyss of rare beauty which before were wholly obscured by the whirling columns of spray.

The bridge of the Cape-to-Cairo railroad is the favorite point selected by artists, as the picture through the narrow gap at Danger point exhibits the full extent of the angry waters as they leap from the precipices to the abyss below.

There is a hotel near the railway. From its verandas a magnificent panorama of the canyon and Batoka gorge can be seen. A walk of half a mile brings one to "the place where the rain is born," as the natives call the Rain Forest. This is a phenomenon of rare beauty, especially to the botanist, for here the tropic heat and constantly falling spray produce a wealth of vegetation of wonderful luxuriance and variety. Every living thing bursts forth spontaneously here, from the delicate maiden-hair fern to the feathery-leaved palm and the hoary baobab, 70 feet in circumference.

From the western extremity of the Rain Forest the leaping waters of the cascade can be seen to best advantage, while its entire front, bordering on the great crevasse into which the river hurls itself, furnishes a superb view of the crest of the falls from end to end, except when interrupted by the whirling masses of spray that

shoot from the seething cauldron below.

View From Danger Point.

But the most thrilling scene is from the eastern extremity of the Rain Forest at Danger point, where the treacherous vines and grasses, clinging to the rocks with hungry, desperate roots, tempt one to the very verge of the precipitate cliffs that seem to tremble with the terrific shock of the cataract. So dense here at times is the mass of vapor hurled from the seething cauldron that the sun's rays can no longer penetrate it, and complete darkness envelopes one as he is deluged by the downpour, while the terrific thunder of the falls drowns all other sounds and makes his own voice inaudible.

Occasionally a violent blast opens a rift through the blackness and mist, disclosing a momentary view of the lashing waters in the boiling cauldron, whose heaving, battling surface and pyramids of emerald foam change with kaleidoscopic rapidity.

An interesting spot is the kloof, or palm garden, hidden in the first of the serpentine curves of the canyon below the falls and reached from the bridge by a zigzag pathway, which descends in comparatively easy stages through a tangled primeval jungle to the rushing waters of the gorge below. Here again nature, with lavish hands, has shown her prodigality. Palms of enormous size and variety, bathed by eternal spray, mingle so densely with other forest growths as completely to shut out the direct rays of the sun and form a safe refuge for the richly plumed parrots and monkeys that frolic in their branches. From the edge of the waters of this tropic jungle an upward view of the falls enables one to appreciate them in their full height and beauty, and to carry away a lasting impression of their majestic grandeur as seen from below.

The tip of the falls is broken by four islands, which interrupt its flow just as Goat Island divides Niagara. The natives appropriately named the first of these Boroka Isle—"divider of waters." Between this point and the shore the river channel is deep and shelving, and the leaping waters of the cascade rush with fearful impetuosity, shooting clear from the precipitous walls in their mad flight to the abyss 250 feet below, while the echoing woods ring with the thunder of their boisterous glee.

Formed by Erosion.

Livingstone, who discovered the falls, believed that some geologic cataclysm had opened a crack in the basalt plateau over which the Zambesi flows and that the river, pouring into this cleft, worked its way out on a lower level, leaving the great falls in the narrow gorge.

Geologists of the present day, however, deny Livingstone's theory regarding the phenomenon of the formation of the falls, claiming that it is due entirely to the processes of erosion, and that the river, by increasing friction through innumerable ages, has gradually fringed to granular atoms the dense rock and engraved the deep channels of the tortuous canyon. The basaltic rock which forms the greater portion of Rhodesia is of volcanic origin, proof of which is evidenced in the great lava-flows which have been poured out in successive waves, covering the country in differing strata of varying porosity hundreds, if not thousands, of feet deep. Through this the percolating waters have deposited in the cavities the beautiful agates, chalcedony of various hues, quartz crystals, and zeolites that are found in abundance along the projecting surfaces of these amygdaloidal rocks, many specimens of which are found in the exposed gravel of the river bed.

It is said that these Katoka lavas, in consolidating, created a system of shrinkage cracks, with occasional long lines of "faultings," or fractures, which constituted planes of weakness that materially facilitated the erosive action of the river.

If this theory is correct, it is possible that the fissure into which the river plunges at the falls is due to a fault-plane, where a vertical belt of comparatively soft material breaks the continuity of the harder basalt, and this belt or vein, connecting with others of the same or similar character, has been washed out or excavated by the undermining action of the river, thus explaining the complex phenomena of the falls and zigzag canyons.

Willing to Hear

Jerry—You have heard of the fight between David and Goliath?

Mac—I don't read the sport page, but if it's some more scandal, let's hear.

Current Wit and Humor



WHY PLUMBERS GET RICH

Mr. Spriggs was complaining loudly to the plumber of the high cost of plumbing.

"Well," said the plumber, "we've got to pay a man and his helper."

"But you don't need a helper for a little job like this, do you?" said Mr. Spriggs.

"No," admitted the plumber. "But, you see, it's like this. The man who goes out to your house has got to take the machine, and it ain't worth while to run the machine for just one man, so we send the helper with him."

GOING MAD



He—Personally, I think the rising generation is going mad.

She—They have nothing to get mad about. It's the older generation that's mad.

"Pie" in Politics

The camera is going strong, and in the misty by and by, they who desire applause may long for the comedian's custard pie.

Nervous

Madge—Dick is to ask father's consent this afternoon. I feel nervous about it.

Mollie—Are you afraid your father won't give his consent?

Madge—No, I'm afraid Dick won't turn up.

Politeness

Customer—It's really very kind of you to pick up the package I dropped.

New Clerk—Not at all, ma'am. We men are getting tired of being accused of being polite only to pretty girls.—Progressive Grocer.

NO RAISE FOR HIM



"Sir, my expenses at home are increasing and I am growing old in your employ, and—"

"Well, what do you expect me to do—furnish you with monkey glands?"

Indestructibility of Chatter

There was a little joke. For centuries it grew. Now, when in public spoke, it's just as good as new.

Kept It

"Why does Binks want a divorce? His wife had half a million when he married her."

"Well, she still has half a million."

Terms

"How long is it going to take us to get through this case?" asked the prisoner of his counsel just before the trial.

"Well," answered the barrister, "me—about three hours; you—about four years."

Matter of Health

"Out West it is considered healthy to mind your own business."

"I don't find that idea prevalent at the various health resorts."

An Unreliable Husband

Helen—He told me I was the prettiest and most interesting girl that he had ever met.

Gladys—And you will trust yourself for life with a man who starts to deceive you at the beginning of the courtship?

With Sauce

The pompous man demanded: "Is this a first-class restaurant?"

"Oh, yes," answered the waiter, "but we don't mind serving you."



SAY "BAYER ASPIRIN" and INSIST!

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

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 Monoclonalacetic Acid of Kallewerke

Ostrich's Varied Diet

Post-mortem examination of Ida, famed ostrich at the London Zoological gardens, disclosed the following articles in her gizzard: Three .1 ves, a handkerchief, cord, an empty film spool, two large and several small nails, a pencil, four halfpennies, two farthings, a French coin, parts of a comb and a gold necklace, a collar button, bicycle tire valves, a clock key, a dozen short bits of wire, metal staples, screws, rivets, a glove fastener and a piece of wood four inches long.

Breezy Propagandist

Fozzleton—I met with an awful blow yesterday.

Bozleton—An awful blow?

Fozzleton—Yes, he said he was from California.—New Bedford Standard.

Love thy neighbor as thyself—but know thy neighbor as thou dost thyself.

Liquid Lenses Perfected

As substitutes for ordinary lenses, glass shells filled with liquid have been devised by a French inventor, who says that by his process an astronomical lens equal to the usual ground type that would cost \$100,000 and require years to complete, may be made in a few weeks for \$1,000. The fluid substance is inclosed between two hard surfaces, and the new lenses may be used in opera glasses, cameras and microscopes.

Hens Out of Work

Thousands of hens have been thrown out of work as mothers in California, according to Farm and Fireside, which reports the biggest hatchery known has been found in Petaluma, Calif., where a single setting requires 1,800,000 eggs.

Going back to where one "was so happy" always means disappointment. The past is past.

Children Cry for



Fletcher's CASTORIA
MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

The Wrath to Come

President Guth of Goucher college told at a tea in Baltimore an examination story with a moral.

"A student," he said, "took it easy through the year, and when examination time came he failed in all seven of his examinations."

"Poor father!" he thought, "and he so proud of me!"

"So the student hurried to the telegraph office and telegraphed to his sister:

"Failed in all seven examinations. Prepare poor father."

"His sister telegraphed back:

"Father prepared. Prepare yourself!"

Satisfying Hubby

Have you heard of the young wife who cooked three eggs nine minutes because her fussy husband wanted each egg cooked three minutes?—The Outlook



Slowing Up?

You Can't Feel Well When Kidneys Act Sluggishly.

OVERWORK, worry and lack of rest, all put extra burdens on the kidneys. When the kidneys slow up, waste poisons remain in the blood and are apt to make one languid, tired and aching, with dull headaches, dizziness and often a nagging backache.

A common warning of imperfect kidney action is scanty or burning secretions. Doan's Pills assist the kidneys in their eliminative work. Are endorsed by users everywhere. Ask your neighbor!

DOAN'S PILLS
60c
STIMULANT DIURETIC TO KIDNEYS
Foster-McMillan Co. Mfg. Chem. Buffalo, N.Y.

Bunions
Quick relief from pain. Prevent shoe pressure. At all drug and shoe stores.

Dr. Scholl's Zino-pads
Put one on—the pain is gone.

Stomach Disorders

are decidedly unpleasant

Green's August Flower

a gentle laxative, will act promptly in relief of stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living.

35c and 75c bottles. At all druggists. G. G. Green, Inc., Woodbury, N. J.

For Old Sores

Hanford's Balsam of Myrrh

Money back for first bottle if not suited. All dealers.

Oregon & California Directory

SELIG BROS., San Francisco
Wholesale Tailors
Have our local dealer take your measure for a "Satisfaction Guaranteed" ALL-WOOL SUIT. Prices to suit your purse.

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SAN FRANCISCO'S NEW FINE HOTEL
Every room with bath or shower. \$2.00 to \$3.50. Jones at Eddy. Garage next door.

HOTEL WILTSHIRE, San Francisco
440 Mission St. near Union Square. Suite 226
HARRY BOYLE, Manager
Outside rooms with bath, \$12.00 single, \$20.00 double. Court rooms with bath, \$10.00 single, \$15.00 double. Breakfasts 80c, 90c, 60c; Dinners 90c; Sunday \$1.00.

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for all cars, new and used. Wheels, Rims, Accessories, etc. Write or call.

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Harley Davidson Agents. New and guaranteed used motorcycles. Terms to suit. Factory equipped shop in connection. Address Dept. G.

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