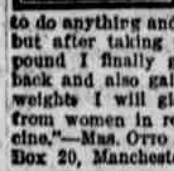


WESTERN GIRL STRENGTHENED

By Taking Lydia E. Pinkham's Vegetable Compound

Manchester, So. Dakota.—"I was in a terribly weak and run-down condition when a friend told me about Lydia E. Pinkham's Vegetable Compound. I began taking it and after a short time I felt better. We are a family of five and live on a 360-acre farm, so I have quite a good deal to do both indoors and out. At first I was unable to do anything and had to have a girl, but after taking the Vegetable Compound I finally gained my strength back and also gained considerable in weight. I will gladly answer letters from women in regard to your medicine."—Mrs. OTTO J. GEYER, R. F. D. 1, Box 20, Manchester, So. Dakota.



Quickly Relieves Rheumatic Pains

12 Days' Free Trial

To get relief when pain tortured joints and muscles keep you in constant misery rub on Joint-Ease.

It is quickly absorbed and you can rub it in often and expect results more speedily. Get it at any drugist in America.

Use Joint-Ease for sciatica, lumbago, sore, lame muscles, lame back, chest colds, sore nostrils and burning, itching feet. Only 60 cents. It penetrates.

FREE Send name and Address for 12 day trial tube to Pope Laboratories, Desk 2, Hallowell, Maine.

Joint-Ease

Human Brain Waves Like Those of Radio

Abbe Moreux, one of the greatest scientists in France, declares that radio-telegraphy and mental telepathy seem to be identical processes.

"Scientists," he says, "think today that the various waves in the atmosphere are of an electric nature at their base, and that all atoms, including those forming our brains, emit waves similar to those sent out by radio stations, and that they are capable of influencing appropriate receivers."

"According to our capacity we receive—generally without knowing it—an infinite number of radiations of all sorts that affect our brain cells, and, by their intermediary, our intelligence and our nervous system; and in the same way solar activity acts not only on individuals but on all people at the same time. I showed as far back as 1910 that the great wars always followed large sunspots."

"Free Verse"

Verse which does not depend on rhyme or meter is called free verse. It does, however, have a certain rhythm.

Considerable

Dolores—You say Donna's afraid of her shadow?
Mae—Well, you would be, too, if it looked like a mob at your heels.

If Back Hurts Flush Kidneys

Drink Plenty of Water and Take Glass of Salts Before Breakfast Occasionally

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 stimulate 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.

SCHOOL FOR MEN
Training for BUSINESS, TRADES or PROFESSIONS
Enroll any time. Send for literature.
OREGON INSTITUTE OF TECHNOLOGY
T. M. C. A. Bldg. Portland, Oregon



SOMETHING DIFFERENT

A negro who had achieved some success in the handling of mules was asked how he managed the bulky creatures. He said:

"Well, sub, when I'm plowin' an' the mule stops, Ah jest plicks up some soil an' puts it in his mouth to taste. Den he goes right along."

"What makes you think that affects him?" continued the questioner.
"I suah don't know," was the reply, "but I expect it makes him forget what he was thinkin' about."

The Fire Test

Insurance Agent (gloomily)—Madam, you should get your husband to take out a life insurance policy.

Young Wife—But he has a policy against fire.

Insurance Agent (still more gloomily)—But fire insurance wouldn't be of any help if he passed away.

Young Wife (anxiously)—Not even if I had him cremated?

ON HIS ACCOUNT



"So, you care nothing for your husband?"

"No, nothing."
"And yet you're living on his account, I'm sure."

Early Publicity

George Washington would never tell a tiny fib to make a bluff. Was this authenticated well. Or was it just press agent stuff?

The Glory Fades

"Oh, Jack," whispered the bride, "I could sit here watching the sea with you forever."

"So could I, darling!" declared her husband fervently.

"But, Jackie, dear, don't you think we might go back to the hotel and have lunch first," the bride suggested.
"I'm quite hungry."

Poor Dobbin!

SI—I've got to sell the old boss. What d'ye s'pose I kin sell him fer?
HI—Well, if he had a hump, ye might sell him for a camel.

A REGULAR MAGNET



"What kind of a girl is this Miss Stone who is proving so attractive to Mr. Steele?"

"She's a veritable lodestone, my dear."

Tittle-Tattle

There's a saying both witty and sage. We accept it without a demur; A woman stoos telling her age When her age begins telling on her.

No Parking

Officer—You can't kiss that girl in here!

Harold—But we're here to get married. Isn't this the courthouse?

Officer—Yes, but not the courting house.

The Accident

Driver—He's fainted. Get a doctor! Quick! I suppose there isn't a doctor in this hick town.

Townsmen—Yes, we have. And that's him—the victim.

That Explains It

First Stenog—I can read the boss' handwriting today. That's funny. I never could before.

Second Stenog—He broke his arm while cranking his car yesterday and he's learning to write with his left hand.

In Evidence

"What makes you think the ancient buildings are so much better constructed than modern ones?"
"Well, they've lasted much longer."

NEW YORK'S VASTNESS



Croton Dam of the New York City Water System.

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

WHILE New York is a great city in many ways, conspicuous above every other phase of its greatness is its role as an international trade center. In recent years New York has been handling approximately one-third of the exports of the United States, measured in value, and about one-half of the imports.

For such operations as these, New York, perforce, must be a great metropolis. In population it outranks any one of half the nations of the earth, surpasses that of the entire continent of Australia, and almost matches the combined strength of the six westernmost states of the American Union. In annual expenditures it exceeds most of the nations on the map. Its water system could supply the whole earth with drinking water, and its storage reservoirs hold enough to stake civilization's thirst for more than a year. Its electric transportation lines carry nearly twice as many passengers in 12 months as all the steam railroads of the United States. They could give every man, woman and child living a ride every ten months—so much for the yardstick of comparison.

New York is of all cities the one where the majesty of small things is regarded as well as the greatness of large ones. Who counts a nickel? Yet the greatest transportation system of the ages was built by nickels prospective, and lives on nickels realized. Who reckons a dime, which even the waiter in a quick-lunch room scarcely deems worth a "Thank you"? Yet the world's loftiest building, its crowning cathedral of commerce, was built out of the small margin of profit in ten-cent transactions. Who considers the dust in the street? New York has built up sixty-five acres of ground, valued at several million dollars, out of street sweepings. Who feels the dust and dirt that adhere to his shoes? However, more than seven tons of the housewife's enemy is carried by tramping feet into the subways every 24 hours.

One scarcely knows which to wonder at most—New York, the cosmopolis of civilization, or New York, the metropolis of the Western world. It has more Irish and their sons and daughters than Dublin, more Italians and their children than has Rome and as many Germans and their children as Leipzig and Frankfurt-on-Main together.

Vast Foreign Population.

Any story of New York begins with its people, and in its vast aggregation of humanity there is a wealth of interest.

Let those who have been pessimistic about our immigration study New York. It seems unbelievable; but if every resident whose parents were born in America were to leave the city its standing as the most populous center in the world would not be affected. In other words, the number of immigrants and their children resident in New York is almost equal to the combined populations of Paris and Philadelphia and greater than the combined populations of Chicago and Berlin.

Three people out of every four in the great metropolis were born under alien flags or are the children of the foreign-born. But who that has studied the situation can gainsay New York's Americanism?

The story of how the one-fourth of the city's population that is of native ancestry has Americanized the three-fourths that is foreign in birth or parentage is revealed in the schools.

Along with many other cities, New York long since learned that a vast majority of the children who attend public schools do not go to college afterward. From this realization came the vocational schools. A day spent in visiting New York's vocational and vocational schools gives one much heart and hope. Go to the lower East side, where the tenement flourishes in all its faded glory, and visit a vocational school. Here you will see

children studying the things an older generation studied in the little red schoolhouse, with touches of nature added here and there. There is a constant effort to grade the boys and girls, so that each child finds full scope for his capabilities.

When one reflects that more than two-thirds of the children of school age in New York are of immigrant parentage, a situation is disclosed that might be termed startling, especially when it is remembered that the school army of Greater Gotham is so large that if it marched ten abreast in close formation the front rank would be boarding a North river ferryboat when the rear guard was crossing the Schuylkill out of Philadelphia.

Next to the education of its children for their life work and the maintenance of order, a community's most important task is to care for the public health. And here again the big city shines. If there ever was a city on the face of the globe which to superficial judgment would seem a paradise for all the germs in the catalogue that city is New York.

One of Healthiest Cities.

But in spite of these conditions, New York is one of the healthiest cities in America. Nowhere else is there to be found a more splendid tribute to the success of preventive medicine in combating "catching" diseases than in the metropolis.

There are enough babies born in New York city every year to populate four cities like Charlotte, N. C.; Oshkosh, Wis.; Roanoke, Va.; Hamilton, Ohio, or Springfield, Mo. As many people in New York die annually as live in four cities like Elkhart, Ind.; Leavenworth, Kan.; Beverly, Mass., or Raleigh, N. C. So many births mean an unrelenting fight and eternal vigilance to keep down infant mortality.

In every phase of its development New York city is like an adolescent boy who is always outgrowing his clothes; the city fathers are kept on tenter hooks to meet its expansion. Its schools are always overcrowded because, rich as it is, the municipality cannot buy sites and build schools fast enough to keep up with the ever-growing child army. Its transportation lines are always choked with passengers because one subway cannot be completed before another is needed. Its bridges and tunnels are always pressed to capacity because the interval between the realization of a new need and the opening of facilities to meet it is long enough in New York's rate of expansion for a succeeding need to be born.

But at last the city has found one place where engineering construction is able to outstrip human expansion and prepare for decades ahead. It has built a water system that will take care of half a century of growth and form a unit in the bigger system that may lie beyond that period.

Water Supply Now Adequate.

For generations Gotham has had a hand-to-mouth water supply, as is the case with other municipal requirements. The gaunt specter of water famine, with all of its attendant train of gnoses—disease, uncleanness, crippled industries, begared homes—ever lurked in the shadows of the immediate future.

The slogan became "New York must have an adequate water supply." One by one supporters were won to the idea—now the Manufacturers' association, now the Merchants' association, now the mayor, now the governor of the state, now the legislature itself.

All difficulties were overridden, and today there flows down to New York from the Catskills an underground river deep enough and wide enough to carry drinking water for the whole world. In size, in length, in the volume of water it will carry, as well as in the cost of construction and the engineering problems involved, it makes every other aqueduct of ancient and modern times look like a pigmy project. It is now diverted two Fifth avenue, it would be a stream waist deep flowing at the rate of four miles an hour.

For sleeping rooms—formal parlors and reception halls—dining room and living room—for the library—and for public buildings. Properly applied it won't rub off.

Write to us or ask your dealer for a copy of our free drawing book for children—"The Alabastine Home Color Book"—and a free color card.

A BRUSH A PAIL and

Write to us also for our beautiful free book "Artistic Home Decoration" by our Home Betterment Expert, Miss Ruby Brandon, Alabastine Company, 222 Grandville Ave., Grand Rapids, Mich.

Alabastine—a powder in white and tints. Packed in 5-pound packages, ready for use by mixing with cold or warm water. Full directions on every package. Apply with an ordinary wall brush. Suitable for all interior surfaces—plaster, wall board, brick, cement or canvas.

None genuine without the Cross and Circle printed in red.

Get An Alabastine Color Card

Alabastine

Instead of Kalsomine or Wall Paper

W. L. DOUGLAS SHOES

FOR MEN, WOMEN & BOYS

LATEST SPRING STYLES

America's Best Known Shoes

IF YOU KNEW all about the different grades of leather and shoemaking, you would know that W. L. Douglas shoes are good shoes. Naturally you will judge quality by the service you get out of a pair of shoes. On that basis thousands upon thousands of men and women all over the country turn to Douglas for assurance of shoe quality and values that cannot be equalled.

REMEMBER: We bought our leather before prices advanced and are passing on to all our customers, old and new, a saving which amounts to almost \$1. on every pair.

A fair and square retail price stamped on the sole of Douglas shoes at the factory, guarantees honest values. Men's \$5 to \$8—Women's \$5 to \$8—Boys' \$4 to \$5. Catalog of New Spring Styles mailed on request.

TO MERCHANTS: If Douglas shoes are not sold in your town, write for catalog and agency. W. L. DOUGLAS SHOE CO., 173 Spark Street, Brockton, Mass.

A man seldom forgives an injury | The dentist may not be able to fill until after he has availed himself of | a long-felt want but he can fill an opportunity to get even. | an aching void.

Demand

BAYER

ASPIRIN

The whole world knows Aspirin as an effective antidote for pain. But it's just as important to know that there is only one genuine Bayer Aspirin. The name Bayer is on every tablet, and on the box. If it says Bayer, it's genuine; and if it doesn't, it is not! Headaches are dispelled by Bayer Aspirin. So are colds, and the pain that goes with them; even neuralgia, neuritis, and rheumatism promptly relieved. Get Bayer—at any drugstore—with proven directions.

Physicians prescribe Bayer Aspirin; it does NOT affect the heart

Bayer is the trade mark of Bayer Manufacture of Monocellulose of Salicylic acid