

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Calf Enemies

WHITE SCOURS BLACKLEG

Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggressor, or Cutter's Blackleg Pills.

Ask him about them. If he hasn't our literature, write to us for information on these products.

The Cutter Laboratory
Berkeley, Cal., or Chicago, Ill.
"The Laboratory That Knows How"

German Gas.
"Tell me about mustard gas. What sort of stuff is it?" "Well, it's not exactly a relish."

GRANDMA USED SAGE TEA TO DARKEN HAIR

She mixed Sulphur with it to Restore Color, Gloss, Youthfulness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and lustrous. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and after another application or two, your hair becomes beautifully dark, glossy, soft and lustrous.—Adv.

One of the most satisfying assets in life is the ability and power to tell a carping critic just when and where he can get off.

"Blue" and Worried?

"Blue," worried, half-sick people should find out the cause of their troubles. Often it is merely faulty kidney action, which allows the blood to get loaded up with poisons that irritate the nerves, backache, headaches, dizziness and annoying bladder troubles are added proofs that the kidneys need help. Use Doan's Kidney Pills. Thousands thank them for relief from just such troubles.

An Idaho Case

Mrs. J. W. Webster, 819 Eighth St., Lewiston, Idaho, writes: "I had trouble from my kidneys of a dropsical nature. Mornings my hands were swollen so badly I could hardly close them and my feet were swollen too. The flesh under my eyes was puffed up and I had other annoying symptoms of kidney complaint. I used Doan's Kidney Pills and they fixed me up in good shape."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Colds Grow Better

surprisingly soon, throat inflammation disappears, irritation is relieved and throat clearing stops, when you use reliable, time-tested

PISO'S

America's Immortals

Most striking instances of gallantry for which the Distinguished Service Cross has been awarded

On the war department's records there is a roll of "America's Immortals." It is the roll of officers and men to whom there has been awarded the Distinguished Service Cross in recognition of acts of unusual gallantry in action. Behind each of these awards is a story of surpassing bravery that deserves the widest publicity, but pages of newspaper space would be required to print them all. Officers attached to General Pershing's staff have selected from the hundreds of official reports a number that typify most strikingly the gallantry and spirit of self-sacrifice that made America's army invincible. Here are a few of them:

THOMAS O. NEIBOUR,

Private, Company M, 167th Infantry, Sugar City, Idaho, was decorated for conspicuous gallantry in action near Landres-et-St. Georges, France, October 16, 1918. On the afternoon of October 16, when the Cote de Chatellen had just been gained after bitter fighting, and the summit of that strong bulwark in the Kriemhilde Stellung was being organized, Private Neibour was sent on patrol with his automatic rifle squad to enfilade enemy machine gun nests. As Private Neibour gained the ridge he set up his automatic rifle and was directly thereafter wounded in both legs by fire from a hostile machine gun on his flank. The advance wave of the enemy troops counter-attacking had about gained the ridge and although practically cut off and surrounded, the remainder of his detachment being killed or wounded, this gallant soldier kept his automatic rifle in operation to such effect that by his own efforts and by fire from the skirmish line of his company at least 100 yards in his rear, the attack was checked. The enemy wave being halted and lying prone, four of the enemy attacked Private Neibour at close quarters. These he killed. He then moved along among the enemy lying on the ground about him, in the midst of the fire from his own lines, and by his coolness and gallantry captured eleven prisoners at the point of his pistol and, although painfully wounded, brought them back to our lines. The counter-attack in full force was arrested, to a large extent, by the single efforts of this soldier, whose heroic exploits took place against the skyline in full view of his entire battalion.

EDWARD C. ALLWORTH,

Captain, 60th Infantry, distinguished Service Cross for bravery in action at Clercy-Petit, France, November 5, 1918. While his company was crossing the Meuse river and canal at a bridgehead opposite Clercy-Petit, the bridge over the canal was destroyed by shell fire and Capt. Allworth's command became separated, part of it being on the east bank of the canal and the remainder on the west bank. Seeing his advance units making slow headway up the steep slope ahead, this officer mounted the canal bank and called for his men to follow. Plunging in he swam across the canal under fire from the enemy, followed by his men. Inspiring his men by his example of gallantry, he led them up the slope, joining the hard-pressed platoons in front. By his personal leadership he forced the enemy back for more than a kilometer, overcoming machine gun nests and capturing a hundred prisoners, whose number exceeded that of the men in his command. The exceptional courage and leadership displayed by Capt. Allworth made possible the re-establishment of a bridgehead over the canal and the successful advance of other troops. Capt. Allworth's home is at Crawford, Washington.

LOUIS CUKELA,

Lieutenant, 5th Regiment, U. S. M. C., decorated for conspicuous gallantry near Villers-Cotterets, France, July 18, 1918. When his company, advancing through a wood, met with strong resistance from an enemy strong point Lieutenant Cukela, then a sergeant, crawled out from the flank and made his way toward the German line in the face of heavy fire, disregarding the warnings of his comrades. He succeeded in getting behind the enemy position, rushing a machine gun emplacement, he killed the crew with his bayonet. With German hand grenades he then bombed out the remaining portion of the strong point. His home is in Minneapolis, Minn.

SYDNEY G. GUMPERTZ,

First Sergeant, Company E, 137th Infantry, decorated for gallantry beyond the call of duty in action in the Boisse de Forges, France, September 20, 1918. While the ad-

vancing line was held up by machine gun fire, Sgt. Gumpertz left the platoon of which he was in command and started through a heavy barrage toward the machine gun nest. His two companions soon became casualties from bursting shells, but Sgt. Gumpertz continued on alone in the face of direct fire from the machine gun, jumped into the nest and silenced the gun, capturing nine of the crew. Sgt. Gumpertz' home is at 701 West 178th street, New York city.

CHARLES F. HOFFMAN,

Gunnery Sergeant, 49th Company, 5th Regiment, U. S. M. C., decorated for conspicuous gallantry in action with the enemy near Chateau-Thierry, France, June 6, 1918. Immediately after the company in which Sgt. Hoffman belonged had reached its objective on Hill 142, several counter-attacks were launched against the line before the new position had been consolidated. Sgt. Hoffman was attempting to organize a position on the north slope of the hill when he saw twelve of the enemy, armed with five light machine guns, crawling toward his group. Giving the alarm, he rushed at the hostile detachment, bayoneted the two leaders, and forced the others to flee, abandoning their guns. His quick initiative and courage routed the enemy from a position from which they could have swept the hill with machine gun fire and forced the withdrawal of our forces. His home is in Brooklyn, N. Y.

THEODORE PETERSEN,

Sergeant, Med. Det. 15th Field Artillery, decorated for conspicuous gallantry in action at Peronne, France, March 5, 1918. Mortally wounded during an enemy bombardment, Sergeant Petersen, though himself too weak to minister to the other wounded soldiers, directed his associates in treating the wounded and refused to receive assistance himself until all the others were cared for. When gas shells began to fall in the vicinity he directed the men in adjusting their masks and was the first to test for gas. He continued to supervise the treatment of the wounded, despite the fact that he was suffering great pain, until the arrival of the surgeon, who sent him to the rear. He died on reaching the hospital. His mother, Mrs. N. J. Petersen, lives at 99 Central avenue, Oshkosh, Wis.

JAMES D. HERIOT,

Corporal, Company I, 118th Infantry, Corp. Heriot, who lived near Providence, S. C., was decorated for conspicuous gallantry, resulting in his death, at Vaux-Audigny, France, October 12, 1918. Corp. Heriot, with four other soldiers, organized a combat group, and attacked an enemy machine gun nest which had been inflicting heavy casualties on his company. In the advance two of his men were killed, and because of heavy fire from all sides, the remaining two sought shelter. Unmindful of the hazard attached to his mission, Corp. Heriot, with fixed bayonet, alone charged the machine gun, making his way through the fire for a distance of thirty yards, and forcing the enemy to surrender. During this exploit he received several wounds in the arm, and later in the same day, while charging another nest, he was killed.

DONALD M. CALL,

Second Lieutenant, Company B, Tank Corps, decorated for conspicuous gallantry in action near Varennes, France, September 20, 1918. During an operation against enemy machine gun nests west of Varennes, Lieut. Call, then corporal, was in a tank with an officer, when half of the turret was knocked off by a direct artillery hit. Choked by gas from the high explosive shell, he left the tank and took cover in a shell hole thirty yards away. Seeing that the officer did not follow, and thinking that he might be alone, Corp. Call returned to the tank under intense machine gun and shell fire and carried the officer over a mile under machine gun and sniper fire to safety. Lieut. Call's home is at Larchmont Manor, N. Y.

CHARLES DISALVO,

Private, Company B, 354th Infantry, decorated for conspicuous gallantry in action near Remonville, France, November 1, 1918. When the combat group, of which he was a member, had been halted by enemy machine guns, Private Disalvo alone charged forward. Attacking the nest, he killed one gunner and forced the rest to surrender. His act enabled the group to continue their advance. During the charge on the nest he was so seriously wounded that he died on the field. His widow lives at 3305 Arlington avenue, St. Louis, Mo.

JOHN J. KELLY,

Private 78th Company, 8th Regiment, U. S. M. C., decorated for gallantry in action at Blanc Mont Ridge, France, October 3, 1918. Private Kelly ran through our own barrage 100 yards in advance of the front line and attacked an enemy machine gun nest, killing the gunner with a grenade, shooting another member of the crew with his pistol and returned through the barrage with eight prisoners. Private Kelly's home is at 6149 Park avenue, Chicago, Ill.

Kindergarten Helps for Parents

Articles Issued by the Department of the Interior, Bureau of Education and the National Kindergarten Association

TO UNDERSTAND LITTLE ONES

By SARAH A. MARBLE.

In talking about the kindergarten with mothers, I often meet with responses like these: "Oh, I couldn't send Freddie; he behaves so badly," or "I don't think I want to send Dora; she's gentle and obedient now, but I'm afraid she'd get rough with all those children."

What is the matter? Freddie's mother is a quiet, orderly, middle-aged woman who wants Freddie to "play about quietly," or sit still for hours at a time. She has either forgotten her own childhood or else she was naturally quiet and docile. And Freddie's restless inquisitiveness, his desire for active self-expression, she puts down as "naughty," disobedient, "bad."

Freddie did come to kindergarten, however, and his mother visited frequently. She watched him giving quiet, absorbed attention to the pictures, music and stories which were presented by the teacher, and she observed that he had opportunities to express his own ideas actively, artistically, musically and in other ways that suited his needs. She saw his time divided into periods of action and rest, periods when concentration was demanded of him and periods when his mind could relax. She was a slow-thinking woman, but she could not fail to notice how good and happy Freddie was in his new environment, and gradually she began to apply this new method to Freddie's life at home. Kindergarten has taught her to see her son as not naughty, but active, and she and Freddie are both happier for that revelation.

Dora also came to kindergarten, but she proved not to be as gentle and obedient as her mother had thought her. Dora, I am compelled to say, was clever and sly. She had learned how to win her mother's approval, reserving better moods for her presence, but she was not popular with the other children; a sly child never is. And when Dora went home and wept over the cold reception she had received, her mother was naturally surprised and indignant, and started for the kindergarten forthwith to protest against such injustice. She had expected her little daughter to "show the other children how a nice little lady could act," she said. But she soon had her revelation by seeing for herself Dora's other side.

Dora's life at home has changed considerably since then, perhaps not for Dora's immediate happiness, but certainly for her good.

Between these two extremes there are many other children, with qualities good and bad, which oftentimes their mothers have misjudged just because of the nearness of their little ones to them. If the child can be taken out of his home environment for a few hours each day, it may remove him from some source of annoyance or irritation which has led to habits of disobedience or naughtiness. "Putting him with other average children of his own age, such as are collected together in kindergarten, will serve as the best corrective."

When mothers visit the kindergarten—and they are always welcome—they see their children there as they really are. They observe that certain instincts are common to children four and five years old, and they learn how to guide those instincts. They notice that their boys or girls have peculiar traits which should be encouraged or corrected, as the case may be. They come to see, in fact, how their children match up with the average child, well or ill. And they see the results of good training in other children, and are thereby encouraged in their own endeavors. Almost invariably they learn to be more patient and to try to gain a better understanding of their little ones.

MOTHER FATHER AND CHILD.

By MAUD BURNHAM.

Kate Douglas Wiggin says, "How inexpressibly tiresome is the everlasting 'Don't' in some households. Don't get in the fire, don't get in the water, don't tease the baby, don't interrupt, don't contradict, don't fight with your brother, and don't worry me NOW, while in all this trade not one word has been said about something to do." Froebel, the founder of the kindergarten, studied to give the children something to do. If a mother's and father's demands are such that they cannot take time for study, they may at least share the