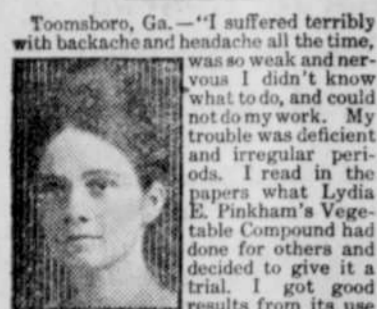


# SO WEAK SO NERVOUS

### How Miserable This Woman Was Until She Took Lydia E. Pinkham's Vegetable Compound



Toomsboro, Ga.—"I suffered terribly with backache and headache all the time, was so weak and nervous I didn't know what to do, and could not do my work. My trouble was deficient and irregular periods. I read in the papers what Lydia E. Pinkham's Vegetable Compound had done for others and decided to give it a trial. I got good results from its use so that I am now able to do my work. I recommend your Vegetable Compound to my friends who have troubles similar to mine and you may use these facts as a testimonial."—Mrs. C. F. PHILLIPS, Toomsboro, Ga.

Weak, nervous women make unhappy homes, their condition irritates both husband and children. It has been said that nine-tenths of the nervous prostration, nervous dependency, "the blues," irritability and backache arise from some displacement or derangement of a woman's system. Mrs. Phillips' letter clearly shows that no other remedy is so successful in overcoming this condition as Lydia E. Pinkham's Vegetable Compound.

## ASPIRIN

Name "Bayer" on Genuine

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monaceticacidester of Salicylicacid.—Adv.

The silent man inspires respect. Cuticura Soothes Baby Rashes. That itch and burn with hot baths of Cuticura Soap followed by gentle smoothings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

### Catarh

Catarh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

### SHAKE INTO YOUR SHOES

And sprinkle in the foot-bath ALLEN'S FOOT-POWDER, the antiseptic, healing powder for Painful, Swollen, Smacking Feet. It prevents blisters and sore spots and takes the sting out of corns and bunions. Always use Allen's Foot-Powder to break in new shoes and enjoy the bliss of feet without an ache.—Adv.

### Help That Bad Back!

Why be miserable with a "bad back"? It's time you found out what is wrong! Kidney weakness often causes much suffering from backache, lameness, rheumatic pains, headaches, dizziness and kidney irregularities. Neglected, it may lead to dropsy, gravel or Bright's disease, but if taken in time it is usually easily corrected by using Doan's Kidney Pills. Doan's have helped thousands. Ask your neighbor!

### An Idaho Case

Mrs. Parley P. George, Third St., Montpelier, Idaho says: "I had a bad attack of kidney trouble. I had inflammation of the bladder and my back was so lame and sore that I could hardly stand. The sharp pain I was sharp; my sight was blurred and I had nervous headaches. Tried Doan's Kidney Pills and it only took a few boxes to cure me."

### DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

### PARKER'S HAIR BALSAM

Restores Color and Beauty to Gray and Faded Hair. HINDERCORNS. W. N. U., Salt Lake City, No. 22-1921

# English Tough, Indians Tender

### Canibals Tell English Explorer of Their Preference in Choice of Food

## TRAVELS IN EAST AFRICA

### Aside From Learning the Dietary Habits of the Natives He Discovers Many New Herbs, Some of Which Cure Malaria.

London.—A remarkable East African journey of exploration has just been completed by the Rev. John Roscoe of Thetford, Norfolk, who describes his experiences to a *London Daily Mail* representative. He has brought back curious knowledge and curious concrete things beyond even his own dreams. The things include fifty or so varieties of herbs—some of which seemed to effect miraculous cures of malaria and even the worst diseases—many native poisons, vast cases of fetichs, implements and instruments going back to 2000 B. C., and photographs innumerable of strange and grim ceremonies—some cannibalistic—many quite unknown hitherto. The knowledge of ritual and custom is a yet stranger store. Mr. Roscoe, one of our greatest ethnologists, went out for the Royal society and the expedition was most generously financed by Sir Peter McKie, to whom both science and humanity owe great gratitude.

### Tribes Who Live on Milk.

Mr. Roscoe, who is in his sixtieth year, traveled many thousand miles in the interior on foot and—of all machines—by bicycle, using native paths. He found tribes who lived wholly on milk and nothing else whatever, unless a cow died, and after feeding on that a 12-hours' fast was imposed.

So vast are their cattle herds that a king regarded 20,000 as a small flock. Another tribe lived wholly on bamboo tips and moles! In another the relatives always ate the dead, even if they died of smallpox; but these folk, which is hardly surprising, were less healthy than the others, whose women are described as "the fattest things ever seen," while the men ate thin, very athletic and often well over six feet in height. One of the cannibals stated in evidence that "Englishmen were very tough, but Indians nice and tender."

The crown of the expedition was six weeks spent with the king of Bunyoro. He has become a Christian and so felt it possible to give Mr. Roscoe all his fetichs, an entirely priceless collection, which throws quite new light on ceremonies going back to 2000 B. C.

He also organized a pageant of some 4,000 years of ceremonial, such a thing as no man ever saw before. Thousands of natives themselves came to see it—a sort of grand finale to ages of accumulated superstition. Since the king is also high priest and the great repository of tradition, he could give away the most mysterious and did: How to bring rain is a miracle that Mr. Roscoe achieved in a forest holy of holes and received native thanks; how to promote all sorts of prosperity—especially plenty of salt—and how to exorcise evil.

By his knowledge of local language and earlier visits Mr. Roscoe who was all alone, penetrated many present beliefs and customs that have balked our rulers and our missionaries. For example, in one tribe girls are betrothed at birth and married at twelve or fourteen. If they are unfaithful before marriage they are killed.

In the next tribe girls may do as they will until after marriage. Many most elaborate laws of marriage, of morality, of divorce and of land tenure have been revealed in the course of the journey.

The discoveries include valuable commercial news, including an unknown graphite mine of high quality. Mr. Roscoe says he has material for five years' work at six hours a day.

# Home Building Is Increasing

### Movement All Over the Country Is Rapidly Attaining Large Proportions.

### INDICATES HABITS OF THRIFT

Many Evils Both Economic and Social Are Resulting From the Overcrowded Conditions, Particularly in Larger Cities.

Washington.—It is a matter of importance that the scope of home-building operations in this country is attaining large proportions. Statistics show a steady gain in this department of the building industry and indications are at present that, as the spring and summer advance, there will be still greater activities of this nature.

### Effects of Home Ownership.

Home ownership not only encourages saving, but it has a pronounced stabilizing effect on the character, habits and

### Drops 70 Feet After 100-Foot Rope Slide

Middletown, N. Y.—While working at the top of a 130-foot smokestack of the Public Service corporation here, Theodore Hobush, an employee of the Custodial Chimney company of New York, was seized with cramps. He started descending a rope, but a short distance down the attack made his arms ineffective.

Twisting his legs about the rope to slide with increasing speed toward the ground, he attempted to use his teeth to check his swift descent but became exhausted and fell 30 feet. Hobush was stunned, but no bones were broken. After a brief rest he again ascended the chimney and 40 minutes later was working as though nothing had happened.

### Gets \$33 Back Lost a Year.

Catasauqua, Pa.—About a year ago Charles Hotch, a machinist of this place, lost a purse containing \$33, and although he advertised the fact extensively no responses were received. He gave up hope of ever recovering the money and was happily surprised one day recently when he received an anonymous letter inclosing \$35, which, the writer explained, represented the cash he had found and used in "an emergency, plus \$2 for interest." Mr. Hotch has no clue to the conscience-stricken finder of the money.

# Golfer Harding Pays His Quarter



President Harding, the other day was eager for a game of golf, but it was too late to motor to any of the suburban clubs around Washington. He was reminded that for 25 cents he could play on the near municipal links, and the idea appealed to him. He is seen here paying his ground fee to the keeper of the public course.

mental processes of the owner. To him particularly might be applied the words of Theodore Roosevelt, who said: "The habit of saving money while it stiffens the will also brightens the energies. If you would be sure that you are beginning right, begin to save."

Much has been said and written about the housing shortage in this country and the menace which has thus been fostered. Many evils both economic and social are resulting from the overcrowded conditions, particularly in the larger cities of the country. Many people are compelled to find existence in quarters which represent a step backward in their standard of living. This is contrary to the fundamentals of human nature, for mankind has always insisted upon progressing toward better living standards.

### Nation of Contented People.

Present conditions therefore are continually encouraging unrest. In the congested districts of the large American cities these conditions are also conducive to the spread of disease. It is said that tuberculosis is making rapid inroads among those who live in these quarters.

The present home-building and home-owning movement, therefore, represents many important phases. The development of thrift practices is not the least of the benefit which is sure to result.

A nation of home owners is a nation of happy hearts and contented minds. People who work and save and live in homes of their own constitute a solid rock upon which the structure of any nation may stand with security.

They are practicing thrift of the most substantial kind. They are presenting to their children a most tangible and beautiful lesson on the sound benefits of thrift practice. Every encouragement should be given to the development of the present home ownership and home-building movement. Its continued progress will mean much toward fostering of a better national life.

# PRETTY GIRL IS THIEF

### 17-Year-Old Miss Pleads Guilty to Robbery.

Betrayed by Married Man Who Used Her as Bait to Secure Victims to Rob.

New York.—The "most beautiful and innocent looking girl" that the police remember ever having arrested is weeping for her mother in the Tombs. She is Katherine Zoeblein, seventeen. She pleads guilty to the charge against her. The charge is robbery, and it is the second offense. She was arrested when her whereabouts was disclosed by the married man who used her as a bait to secure victims to rob. She still believes in him. "I did not want to do wrong," she weeps. "But I was hungry and he told me I could get money if I would go with him. I have always been told that I am a good girl."

Men pinched my cheeks and called me "sweetie" and invited me out to lunch so much that my father made me leave the work."

### May Smell but Not Taste.

Louisville, Ky.—Jury service in prohibition cases has lost its popularity, because instead of tasting liquor to see if it's the real stuff, they now are merely permitted to have a smell. Judge Evans held jurors were not expert judges of liquors.

### Witch Doctors Steal Body.

Johannesburg.—Two native witch doctors have just been sentenced to prison for 18 months each after they pleaded guilty to a charge of stealing the body of a European woman from a grave on the Swaziland border to make charms.

### Find Tooth of Wild Horse.

Los Angeles, Cal.—A tooth of a wild horse, measuring four inches long, one and a half inches thick, and having eight rings, indicating the animal's age, is the latest discovery of excavators in the lime pits at Torrence.

# In a new size package



### 10 for 10 cts

MANY smokers prefer it. They'll find that this compact package of ten Lucky Strike Cigarettes will just suit them.

Try them—dealers now carry both sizes: 10 for 10 cts; 20 for 20 cts.

### It's Toasted

# "Run Down" People Easy Prey To Serious Disease

When you get "run down" it merely means your system is disordered,—working poorly. If the disorder stays small, you may remain just "run down." But if it gets worse, you are downright sick. Don't wait until your "run down" condition develops into real illness. Start today toning your system with an A-1 blood remedy to drive out the

impurities, a vegetable medicine like S.S.S., which has served thousands thus in the last half century. Get S.S.S. from your druggist right now. Then write us about your condition, addressing Chief Medical Advisor, 848 Swift Laboratory, Atlanta, Georgia. We'll send you medical counsel free.



Seventy-five per cent of the ingredients of remorse is usually fright.

# Thousands Have Kidney Trouble and Never Suspect It

### Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The most healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success. An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

### Beyond Cure.

Steve arrived late at his work nearly every morning, and the warehouse manager took him before the manager hoping by this means to cure him.

"This is a serious case," said the manager, with assumed sternness. "What have you to say for yourself, my boy?" "Aw! I say nowt about it, sir, if ya don't," replied Steve. "H'm! Have you ever been up before me since you started working here?" continued the manager. "Dunno, sir," replied Steve. "What time do ya mostly get up?"—Los Angeles Times.

### Wreck!

Down—What shall I sing for you, Jack? Jack—Have you a song with a refrain? Down—Yes. Jack—Well, then, please refrain.

# Mrs. Hicks Relieved By Four Eatonic

"I have taken four Eatonic tablets and they relieved me of sour stomach. I recommend it to everybody," says Mrs. G. P. Hicks. If stomach is not digesting your food; if you have sourness, bloating, food repeating, indigestion or acid stomach, Eatonic will remove the cause by taking up and carrying out the acidity and gases, bringing quick relief and healthy digestion. Why suffer for stomach trouble? Why not keep your digestion normal and enjoy good health? An Eatonic taken after each meal will prevent discomfort and pain. Make the test today and see how quickly this wonderful remedy acts. It comes in handy tablet form. Carry it with you. A big box costs only a trifle with your druggist's guarantee.

# KREMOLA

### JUST MATTER OF DEDUCTION

As the Boy Explained It, the Finding of Horse Was Really Quite Simple Matter.

Speaking of the development of the story-telling talent in youth, Richard Bennett, the actor, is fond of relating this incident: Some years ago a prominent citizen of a town lost a horse. It was not much of a horse. In fact, it was blind in one eye and spavined. But, perhaps as a relic, Bennett says, "the prominent citizen wanted the horse. So he advertised, offering \$5 reward for its return. The town half-wit, a boy of nineteen, with a harelip, came one afternoon leading the horse, with a strap about the size of a shoestring, to the prominent citizen's door. The horse's owner was pleased. "Now," said he kindly, scenting a good narrative and perhaps an adventure, "now, my boy, here's your \$5; and I'll give you another \$5 if you'll tell me just how you found my horse." "Well, all right," said the boy. "I jus' thought if I was that old horse where I would go, and I did and he was." He got the extra five.—Kansas City Star.

# Ready to Eat and Every Bit Eatable Grape-Nuts

is convenient, free from waste, and moderate in price.

Skilled blending and long baking bring out the full flavor and richly-nourishing qualities of this cereal food, and make it easy to digest.

### "There's a Reason" For sale by all grocers