By ARTHUR D. HOWDEN SMITH

WNU Service

ARTHUR D. HOWDEN SMITH

STORY FROM THE START

Capt. Lion Fellowes' American merchant ship is sunk by a Brit-ish frigate off Portugal in the War of 1812. The crew surren-ders, but Fellowes reaches shore exhausted. His life is saved by an English-speaking girl, who conceals her identity. She is about to set out for Lisbon. Fellowes goes to Lisbon where he meets an acquaintance, Capt. Chater of the American ship True Bounty, who offers him a berth as a mate, but knowing Chater is disloyal in trading with the enemy, he refuses. He meets the girl who saved his life, Cara Inglepin, daughter of the owner of True Bounty. She is bound for home and induces. Fellowes to sail as mate. He is an English-speaking girl, who conceals her identity. She is is bound for home and induces Fellowes to sail as mate. He is in love with Cara. The vessel is stopped by the British frigate, Badger, Captain Collishawe. Despite his claims to American citizenship, Fellowes is taken aboard the Badger a "pressed" man. Maddened at what he believes is Cara's and Chater's treachery he strikes Collishawe, who erders him a hundred lashes with the "cat." Fellowes' hatred of the three becomes an obsession. Off New York Fellowes escapes from the Badger. capes from the Badger.

CHAPTER V-Continued

-8-The venture assumed the aspect of a nightmare. He was being crushed between black water and darkness, the air squeezed from his laboring lungs, a deadly pressure numbing his heart. Time ceased to have meaning. Space was filimitable. He was conscious simply of splashing wearily, of intervals when he was tempted to subside under the next wave, of recurring spells of battle. He came to himself at last, treading water feebly, Cuffee pummeling his face and chest, a dull roaring in his ears.

"Mars'r Fellowe'," pleaded the negro "Mars'r Fellowe'! We go fo' surf. Yo hear? Dat him surf."

Fellowes acceded drunkenly. "Where's Tom?"

Cuffee indicated a dripping burden lashed to his belt by the remnants of his shirt.

"Tom plenty wet, mebbe him drown" But we go fo' surf-quick! Yo' hol' Cuffee tight. Cuffee pull yo' two like him whale pull boat. Yo' see!"

Fellowes was too tired to argue longer. He suffered his fingers to be hooked into the negro's belt, and floated supine, marveling at the undiminished vigor with which Cuffee slashed into the rollers. After a few strokes he was stung to renewed effort. himself, paddling dog-fashion with one arm and kicking his feet, albeit sluggishly. In the darkness they were blind, steering by sound rather than eyesight, and both were surprised when their feet touched bottom Cuffee, with a grunt of satisfaction, tossed Tom over one shoulder and grasped Fellowes by the arm, striding out against the suck of the undertow as easily as though he walked a level deck. And while Fellowes collapsed on the dry sand, panting and muscle cramped, Cuffee set to work on Tom. and had him choking and coughing by the time the Long Islander was sitting up. An irate person, Tom-"Fine pair o' messmates l" "'Tain't yer fault I wasn't drowned." "'Never be the same man, I won't!" "Oughter be, keelhauled, ye had!"

"Just the same, you're a free man tonight," exclaimed Fellowes with his first whole breath, "Free of 'Crimpin' Collishawe. An American again! We're as good as home, Tom. This is my land-the Point o' Woods, at the west end of the Island. My herders' shack is on the far side of the forest, behind the dunes."

Fellowes led the three at a stifflegged trot over the dunes, until they emerged upon the Island's opposite shore. Close at hand a cordial glow poured from the open door of a light ly built structure, together with the pleasant odor of bacon and a singsong hum of volces.

Fellowes approached the door, his companions crowding his beels.

"-Jes as I'm atellin' ye, Joe," one of the voices was saying. "He come back nex' night, and he looked like he'd seed a ghost. Ses he: 'Twas that air slaver cap'n-over to P'int o' Woods. Ha'nted me, he did. All night. Come 'n' wailed into my ear, "Whar's my head?" he'd holler "Whar's my-"."

"Lord!" mouned another voice

"Here he be, head 'n' all!" Fellowes, peering in the doorway, saw two frightened figures cowering in a corner of the but, but no sign of a "ha'nt" until he happened to glance sideways. Then be chackled. Cuffee curious as to these strangers, had stuck his head in a convenient win dow. The negro's scarred features, atop of his glistening naked torso were sufficient to affright any yokels already bent on frightening themselves

"Haven't you seen a black man before?" called Fellowes, stepping inside "Paris Enches! And Joe Doak. Well well, boys-"

"Another ha'nt," gasped Doak, "Oh, Squire Fellowes, be kind like ye used to, and go back to the grave, and leave us poor fellows be."

Fellowes laughed outright

"You'd better try the zanies, Tom," he invited. "Here, Paris, Joe! Ever see anyone more like a live sallor?" The pair were fascinated by Tom's gargoyle visage and grotesque figure. "Be-be-ye really Squire Fei

lowes?" quavered Eaches. "Feel my hand," Fellowes bade him. "Cuss me, but that's flesh-'n'-blood," he confessed. "But how 'n tim'd ye git here, squire? We heard tell ye was pressed by Collishawe."

"'Tis a long story," Fellowes answered grimly. "Is Saul Chater in Babylon?"

"Ever sence he come home from Portygal," Eaches replied, a trifle shamefaced. "But who ye got with ye, squire?"

"Two men who escaped with me off the Badger. Collishawe and a landing party are bound for Babylon tonight. I want to take them. Have you a boat here?"

"My leetle ducker," responded Doak. "She's a durned handy craft, if I do

"Get her ready. We must scud for it. Hurry! Every minute counts." He set an example by seizing a roll of blankets; Cuffee helped Eaches col lect the provisions; Doak slipped out



"We're as Good as Home, Tom."

Ye'll have to wade to her," and

with an apologetic: "Git the anchor

Com brought up the rear. The ducker was an almost flat-botcomed craft, an elongated triangle in shape, with a single leg-o'-mutton sall. capable of astonishing speed before he wind. Just the feel of her silmy floorboards under the bare feet stim ulated Fellowes' self-respect. She was boat, and he was captain aboard her; and the realization helped him to slough off the last trace of the subordination the Badger's iron discipline had ground into his soul. His voice crackled with the crisp authority of the quarterdeck. "Get that sail up. Paris! Joe, you take the titler. Cuffee and Tom, He up in the bow."

We'll make a spry run with this wind," Joe Doak announced as the sail filled. "Wouldn't be s'prised if we done it in two hours to Sampawams creek-land ye slick as a whistle at the Manor dock, squire."

"No, we'll have to run into East creek," replied Fellowes. "The Brit ishers will be at Saul Chater's farm and I don't hanker to go pear them. unarmed. How are we going to catch Collishawe's party? Have you any militia?"

"For sartain," Joe spoke up proud ly. "Thar's the Fencibles." "Who's in it?"

"All o' us-Nimrod Sopher's cap'n." Fellowes deliberated for some min

"I'll tell you what," he decided "As soon as we land, Paris had better go wake up Sopher. The rest of us-1 suppose the Widow Rhodes still has the Pig and Farmer at the crossroads? Tis a convenient place to rally at. Joe, you can be waking other lads in the village. I think I'll get some sleep while I can." He had rolled himself in a blanket

under the herders' feet when a sudden thought occurred to him. "Have , u heard if Chater has visitors at the farm?" he asked, sitting up.

"By beck, I'd plumb forgot," exclaimed Eaches. "Couple o' women, squire, and the feller to Noo Yawk owns Chater's ship."

Fellowes laughed harshly. "I expected they'd be there. Wake me when you make in for the East

creek" He was asleep almost as soon as his head touched the floorboards Everything was happening as he had intended. Success he no longer doubted.

CHAPTER VI

At the General Armstrong

Doak's hand on his ankle awakened fellowes with all his senses alert. No light showed against the curtain of the night, no noise came from the

"Seems as though the Britishers vore mortal quiet," whispered Eaches, "They don't want to be seen here." returned Fellowes. "Look sharp, Joe! There's a landing."

"Twill do," acknowledged Doak, and slid the ducker inshore beside a rickety whart.

Their feet clattered on loose boards. then pattered soundlessly on the earthen roadway parelleling the creek. "Waall, I turn off here for Sopher's," Eaches announced. "I'll knock at every door I pass. Joe, ye better work

"I'll rattle up the bull durned village," promised Doak.

Eaches vanished between the trees, and at the next lane Doak left them, with a brief, "See ye at the Widder's."

The others soon emerged upon a wider thoroughfare, sprinkled liberally with houses, the largest of which, directly opposite, was distinguished by signboard, creaking gently in the breeze as it swung above the street. In the stable yard beside it stood a illapidated stagecoach.

"Jeff Riggle must have been late driving out from Brooklyn," exclaimed Fellowes, "Mrs. Rhodes is still up. This is luck."

The lighted window was open, and spatter of argument carried clearly to the fugitives. "I never heard such foolishness! Ye be'n adrinkin', Jeff. That's what ye be'n." "No, I ain't, M'randy. I seed him as nigh as ye be. A greaast, tall man, dressed like a English sailor, and a naked cutiass in says he: 'Is this the Babylon road?' and ses I: 'It be.' And ses he: 'Git along it, mate.' And I seed mebbe three-four more dressed like he wore."

"A likely tale," scoffed the woman, Fellowes snatched aside the window urtain.

"But true, Mrs. Rhodes," he said. "Another one," squawked Riggle. 'And look to that evil naygur with him!"

But Mrs. Rhodes was unperturbed. had been sitting, six feet of gaunt, capable bone and muscle, and stalked to the window.

"Now, see here, my man," she asserted sternly, "no nightwalker, be he English or American, ever had aught out o' M'randy Rhodes. I've a musket bandy, and-God bless my soul, 'tis Squire Fellowes! Where in the name o' Providence did ye come from, sir, that Saul Chater tole us wore pressed off'n his ship. Dear, dear, dear! Come in, sir, come in. And who have ye thar? Land's sake, that nigger's as tall as some o' Jeff Riggie's stories!"

"Huh, ye better not talk so brash, M'randy," growled Riggle. "I said I seed a Englishman, and it 'pears like dld."

"Ye saw that nigger o' squire's-" "No, he saw a real English sailor, Mrs. Rhodes," Interrupted Fellowes. "We've just escaped off the Badger, Captain Collishawe's ship. She's lying outside the Inlet, and Collishawe and twenty men should be at Saul Chater's this moment-they came ashore in the iongboat."

(TO BE CONTINUED)

Five Simple Rules for Keeping Good Health

Practical inference from the views ! of an eminent physician are so simple that they are almost trite, and yet they are fundamental. If you want to keep out of the repair shop and make your own body "tick" vig orously and regularly, don't rely on drugs, but co-operate with nature in five ways:

1-Drink an abundance of water to keep your cells in condition.

2-Sleep at least eight hours out of each 24 to maintain your batteries. 3-Regulaxe your diet carefully so your body will be adequately nourished, and don't "dig your grave with

4-Get plenty of fresh air, espe cially when you are sleeping.

your teeth" by overeating.

5-Exercise regularly to rebuild worn tissues, increase blood circulations and develop new cells.

If these five simple rules were honestly and thoroughly observed for several generations as vigorously as the Jews have obeyed the laws of hygiene handed down by Moses, druggists and doctors would eventually be obliged to seek other occupations, and the world would be populated by a very much superior race of human beings. -Cleveland Plain Dealer.

Be Sure You're Right

A one-hundred-year-old Chicago woman says laughter will keep a person from growing old. It probably will, provided you don't laugh at the wrong persons.-Louisville Times,

No Virtue in Haste

Business dispatched is business web fone, but business hurried is ill done. -Bulwer-Lytton.

OREGON STATE NEWS OF GENERAL INTEREST

Principal Events of the Week Assembled for Information of Our Readers.

A Kiwanis club has been organized at Burns with 34 charter members. Charles Ellis is president.

James Nichols, 73, resident of the Plainview community near Albany for 55 years, died at his home there.

Four arrests of boys and men for shooting ducks within the city limits have been made at Klamath Falls.

The mill of the Bronson Lumber company of Estacada and all machinery were destroyed by fire recently.

Dedication of the Mount Angel-Gervais market road was celebrated Saturday night at the Mount Angel school auditorium.

Workmen employed by William a well at the outskirts of Baker struck an artesian flow of water at 530 feet. of close to 4000 acres of logged-off

have been air-seeded. Mayor T. A. Livesly officiated at the big valve gate when gas from the 50-Portland and Salem, was turned into

latter in the Camas valley section,

the Salem gas mains recently. Robbers obtained \$250 in postal receipts, money orders, cash and license money of the state game commission when they broke into the combined store and postoffice at Mapleton.

Losses estimated at an aggregate of \$337,605 resulted from 100 fires in the state outside of Portland during October, according to a report by Clare

A. Lee, state insurance commissioner. Big Sandy dam records show the lowest water mark since the dam was built 16 years ago. About 261 second feet of water is going through the

canal, and none is going over the dam. Fire starting from a dust explosion in the E. W. Hearing grain elevator at Haines destroyed the elevator and adjoining warehouse and caused serious injury to Kenneth Doty, 24, night watchman.

From a 40-acre upland field in the Winnie McDougal farm near Dayton, 2560 bushels of Holland wheat was produced this season. The entire 87 acres of wheat averaged 55 bushels to the acre.

After having destroyed a section of the village of Harbor, 50 miles west of Grants Pass, a forest fire attacked one hand and pistol in t'other. And he a 300-foot bridge across the Chetco stuck the pistol into my stummick, and river, about seven miles west of that community. The fire record of the Santiam na-

> of any forest in Oregon and Washington. There were only 33 fires during the season, of which only one covered more than 10 acres.

She rose from the table at which she 1929 were completed by the state tax These improvements include a new n recently. The ratios are slightly lower than in 1928.

C. Ceciliani, Bull Run farmer, claims a record size for potatoes this season. He brought one potato to Sandy that weighed 31/2 pounds and was showing samples averaging 10 inches in length and weighing from 21/2 to 4 pounds.

Stage companies operating in Oregon have been required to pay to the state approximately \$25,000 in taxes which they alleged were collected without authority, but which cannot be refunded without legislative sanction.

Merger of the Salem Bank of Commerce with the First National bank of Salem was announced recently. The consolidated banks, with combined resources of \$3,113,426 and deposits of \$2,034,188, will carry the name of the First National bank of

THE MARKETS Portland

Wheat-Big Bend bluestem, \$1.36; oft white, western white, \$1.231/4; hard winter, northern spring, western red, \$1.22.

Hay-Alfalfa, \$23@23.50 per ton; valley timothy, \$20@20.50; eastern Oregon timothy, \$22@22.50; clover, \$20; oat hay, \$19; oats and vetch, \$19.50 7 20.

Butterfat-47c.

Eggs-Ranch, 31@50c. Cattle-Steers, good, \$10.25@11. Hogs-Good to choice, \$9.25@10.25. Lambs-Good to choice, \$10.50@11. Seattle Wheat-Soft white, \$1.24; western

white, hard winter, western red, northern spring, \$1.23; bluestem, \$1.37. Eggs-Ranch, 28@46c. Butterfat-46c.

Cattle-Choice steers, \$9.50@10.25. Hogs-Prime light, \$10@10.20, Lambs-Choice, \$10.25@10.50.

Spokane

Cattle-Steers, good, \$9.25@10.25. Hogs-Good and choice, \$9.50. Lambs-Feeder lambs, \$8.25@8.75. Jackson county.

That a platinum strike has been made in the Coleman creek district and \$38 worth of the metal was taken out of one small crevice by two miners during the past few days, was a report brought to Medford by John Moore of that district.

The war department has approved the application of the Oregon state highway commission for approval of plans for a bridge to be constructed across Rogue river at Gold Beach, about three-quarters of a mile above its entrance to the ocean.

An effort is under way to have the county court of Linn county employ a county agent and also a county club leader for another year. Petitions to that effect have been circulated over the county. Linn county has not hired county agent for some years.

With organization recently completed and an increased capitalization of from \$50,000 to \$100,000, the Western Board Products company announces plans for the establishment of a plant at Salem to cost from \$65,000 to \$75,-900 and to employ about 40 people.

The town of Island City, two miles Pollman and William Wendt to drill from La Grande, for a time was threatened by fire when a warehouse containing 10,000 gallons of oil belonging During the past two weeks a total to the Fletcher Oil company burned. The La Grande fire department anlands in Coos county and Douglas, the swered the call and saved several nearby gasoline tanks.

Turkeys valued at \$40,000 have been shipped out of Grants Pass during the past few days, executives of the turmile main, just completed between key pool announced. Josephine county will supply the Thanksgiving market with approximately \$120,000 worth of the birds. The market price has ranged around 32 cents.

> Seven persons were injured and three freight cars derailed when two mixed trains on the Oregon Trunk railroad met head-on at Oakbrook, a station 35 miles south of the Columbla river in the Deschutes river canyon. A mix-up in train orders was responsible for the wreck.

> Wrights bridge, in the Molalla country, which was built in 1882, was blasted and burned, so that in case of high water it would not wash out and loage against the present new bridge. The bridge was dedicated 47 years ago with a large dance. The proceeds were used to build the approach.

Strawberries picked from his Cottage Grove city garden were delivered by A. F. Glass. Last year his plants produced in sufficient quantities for sale up to November 20, and he believes they will this year beat that record. Mr. Glass finds it necessary to blanket the berries on cold nights.

A Swedish turnip, or rutabaga, with leaves instead of roots growing underground, was found in a Bend garden and placed on display in Bend by A. N. Hicks. Intermingled with the mass of underground leaves are innumerable fibrous roots. An examination of the vegetable freak revealed that the underground leaves sprouttional forest this year was the lowest ed from the root system.

Property valuations of approximate ty \$2,000,000 will be added to Salem's tax roll during 1929 and 1930 as the result of improvements and extensions Ratios of 1929 assessments to the low under way. The largest item intrue cash value of assessable proper- volves improvements by the Pacific ties in various Oregon counties for Telephone & Telegraph Company. office building, extension of telephone lines, and installation of new and cost-

ly equipment. Automobile registration fees for the first 10 months of 1929 up to November 1, totaling \$7,585,032.69, show an increase of more than \$609,000 over the receipts of the department for the entire 12 months of 1928, according to Secretary of State Hoss. A statement prepared by Hoss shows that a total of 244,337 passenger cars and 24,134 trucks were registered up to Novem-

ber 1 this year. Lois Bailey of Eugene, who has won national recognition as champion 4-H club girl of America, will leave soon for Chicago, where she will be the guest of honor at the eighth annual Boys' and Girls' clubs congress. Upon at all, her return she will be greeted by 2000 Lane county club members, proud of the 16-year-old club worker and her work in bringing their county and state into the national limelight.

The old bridge that spans the Mc-Kenzie river near Coburg was permanently closed last week when the county court placed barricades at both ends of the span. Built in 1878, of Douglas fir timber, the old bridge has stood up under 50 years of traffic and weather. The University of Oregon has made request for some of the old timber when the span is razed in order to make tests to determine if the heavier pieces are as strong as new

The Jerusalem artichoke harvest has been begun in the Grand Island vicinity. A crop of eight acres was raised for the laboratories of the Pabst company of California as a substitute for sugar, and to combat diabetic ailments.

The state reclamation commission at a meeting recently, approved a deal whereby the Rogue river valley irrigation district takes over the entire interest of the Public Water company in a series of canals and reservoirs in

WHY WE BEHAVE LIKE HUMAN BEINGS

By GEORGE DORSEY, Ph. D., I.L. D.

"Bone-Heads" Really Exist N UPRIGHT gait, balanced skull, and arms free at the sides of the body, we differ most from the only animals that ape us. This upright gait is maintained by action of muscle on bone. We hang on a bony skeleton, largely levers. We move by setting those levers in motion. To put us across a hundred yards in ten seconds, the skeleton must be mature. If our bones were cartilage we would be wonderful contortionists, but our

upright gait would collapse, Our ancestors went on all fours. In acquiring the upright gait, the axis of the body changed from horizontal to perpendicular. This necessitated changes in every bone and muscle in the body and a complete overhauling of everything inside-lungs, circulation, abdominal viscera-everything.

Our pelvic girdle is a broad, shallow basin; it supports the viscera. The keystone of the girdle is the sacrum. It supports the backbone and locks the arch behind. The dog's sacrum is long and narrow; ours, broader than it is long. The sacrum at birth varies from four to seven vertebrae. These unite into one bone; but the first, and sometimes the second, never unites with the others.

Above the sacrum is the vertebral column proper; seven neck or cervical, twelve thoracic, and five lumbar vertebrae-twenty-four in all. But there may be six or eight cervical; eleven or thirteen thoracic; four to six lumbar. At birth, most of us have twelve pairs of ribs; some, only eleven; some, thirteen.

Seven pairs of ribs join our sternum. or breastbone: there may be only six. there may be eight. The first pair are sometimes mere rudiments. Our float ing ribs are not so important as when we walked on all fours; they vary in number and size. The sternum is less important than formerly; it varies enormously. Two little bones sometimes found on its upper border are vestiges of the episternal bones of the

No man-made column is so delicately adjusted, so slender, or so well balanced as our spine. Its sigmoid, or "S" curve, gives elasticity to our body, grace to our carriage, fine lines to our back, and saves our brain from jar and shock. The really human curves develop after birth, especially the lumbar curve in the "small" of our back. The infant cannot stand straight up because it has not yet avquired a stand-up-straight backbone.

Our backbone ends in small rounded bones about the size of peas. They are the coccyx, skeleton of our tall.

The upper-arm bone assumes its human form only after birth, when it also begins to twist, as does the femur, to conform to its new position at the side of the body.

Human history may not start with man's foot, but our foot is as human as our hands. Its bones show coming and going changes. The big toe is the strongest and is more powerful in man than in any ape; it is coming. But most of it comes after birth; baby's big toe is a poor affair. The little toe is going. In one individual out of every three it has lost a joint. But not on account of tight shoesthey can make corns, but cannot change heredity; the third bone of the little | package at Grocers .- Adv. toe is as often absent in feet which were never shod.

Our skull is no more human than are the bones of our foot or of our pelvis. It is shorter in front, longer at the back, better balanced on the

spine; adaptations to an upright gait, Man has a flat face and a sizable chin when he has short jaws. But jaws vary, and long or prognathic jaws change the countenance.

In fetal life we have a pair of intermaxillaries between the upper jaw bones. At birth the suture, as skull joints are called, between them can barely be seen; by maturity, not at all. The suture often persists, obviously atavistic. The chin, or mental point of the lower jaw, has nothing to do with "mentality." It is a human trait, but not of all men equally. Some have "strong" chins, some next to no chin

We have two nasal bones. But in some men and all monkeys they be come one; no real bridge then to the nose. Sometimes the bones are small and flat: no bridge at all.

The brain can grow only as long as the three big sutures of the skull remain open. They begin to close at the age of forty; the one at the back first; the fore part of the brain can keep on growing. In animals the sutures close earlier than in man, the front ones first. They may close early in man; they may persist till old age.

When one or another skull suture closes prematurely, curiously shaped heads result. The "boat-shaped" head is due to premature closing of the parietal suture. When all the sutures close prematurely, the skull becomes solid as though a single bone. The brain can grow no more. Idlocy results-the "Aztec" people of the circus.

(@ by George A. Dorsey.) Chrysolite Highly Valued

The Egyptians, who found the chrysolite in their own domain, wore magnificent specimens as tallsmans for victory; the Romans believed it had the sun-given power to induce cheerfulness, while during the Middle ages when large quantities of the finest peridots were brought from the East by soldiers of the Crusades, it was called the "gem of divine inspiration."

This Mother Had Problem



As a rule, milk is about the best food for children, but there are times when they are much better off without it. It should always be left off when children feverish.

show by fretful or cross spells, by bad breath, toated tongue, sallow skin, indigestion, biliousness, etc., that their stomach and bowels are out of order.

In cases like this, California Fig Syrup never fails to work wonders, by the quick and gentle way it removes all the souring waste which is causing the trouble, regulates the stomach and bowels and gives these organs tone and strength so they continue to act normally of their own accord. Children love its rich, fruity lavor and it's purely vegetable and harmless, even for bables.

Millions of mothers have proved its merit and reliability in over 50 years of steadily increasing use. A Western mother, Mrs. May Snavely, Montrose, California, says: "My little girl, Edaa's, tendency to constipation was a problem to me until I began giving aer California Fig Syrup. It helped her right away and soon her stomach and bowels were acting perfectly. Since then I've never had to have any advice about her bowels. I have also used California Fig Syrup with my little boy, with equal success," To be sure of getting the genuine,

To Cool a Burn Balsam of Myrrh All dealers are authorized to refund your money for the first bottle if not suited.

which physicians endorse, always ask

for California Fig Syrup by the full

Garfield Tea Was Your Grandmother's Remedy



For every stomach and intestinal ill. This good old-fashloned herb home remedy for constipation, stomach ills and other derangements of the sys-

tem so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Over 400,000 women and girls who were weak, 'blue," nervous, rundown, and unable to do their work properly, have improved their health by taking Lydia E. Pinkham's Vegetable Compound. By accurate record, 98 out of every 100 report benefit. You can be almost certain that it will help you too.

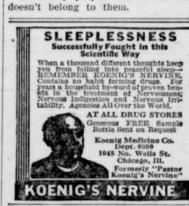
Lydia E. Pinkham's Vegetable Compound

There are some men who build a \$100,000 house in the country and

If you wish beautiful clear white clothes, use Russ Ball Blue. Large

Too many people take advice that

nove into it to get out of society.







up colds, relieving throat troubless healing and soothing—quick relief for coughing and hoarseness. 30c at all druggists Use Pike's Toethache Drops

W. N. U., PORTLAND, NO. 48--1921