

### COOPERATION, AND THE COST OF LIVING

Hon. Willett M. Hays, Assistant Secretary of Agriculture, Says That It is Necessary for Both Producers and Consumers to Co-Operate Eminent Examples of Successful Co-Operation at Home and Abroad.



### The Doctor's Answers On Health and Beauty Questions

By Dr. Theodore Beck

The questions answered below are general in character; the symptoms or diseases are given and answers will apply to any case of similar nature. Those wishing further advice, free, may address Dr. Theo. Beck, College Bldg., College-Hillwood Sts., Dayton, Ohio. Questions will be answered unless full name and address is given. Initials or name de plume will be used in answers. The prescriptions can be filled at any well stocked drug store. Any druggist can order of wholesaler.

K. O.—I judge from your letter that you have led a very unhappy life, and now that you are married, sickness intervenes to destroy your new found contentment. Your symptoms indicate a disordered liver and are repeated here for the benefit of others: Drowsiness, weakness, languor, especially after eating, nervousness, headache, floating specks, dizziness, sallow complexion, constipation, irritability, etc. For malaria or disordered liver and bowels this prescription may be relied upon when properly filled by an honest druggist: Fluid ext. mandrake 3 drams, aromatic cascara 1 oz., compound essence cardiol 1 oz., aromatic syrup rhubarb 4 ozs. Mix and take one-half to a teaspoonful after each meal and at bedtime. Continue several months if necessary.

Anette.—Severe and weakening coughing spells on arising in the morning or after slight exertion indicate bronchitis or bronchial asthma. A most sure and effective prescription is given as follows: Oil of eucalyptus 1 dram, terebene 1 dram, essence mentho-laxene, 2 1/2 ozs., glycerine 6 ozs. Mix. Always shake bottle and take a teaspoonful every hour or two hours through the day.

John K.—Your devotion to your wife and your anxiety for her welfare are commendable; but her trouble is not serious now, but will become so if neglected. Her symptoms being those of indigestion and dyspepsia, are pains under the shoulders, heart palpitation, shortness of breath, after eating, belching, gas and heavy feeling in the stomach. For quick relief, obtain a package of tablets triopropine and take pink after breakfast, white after dinner and blue after supper. As a tonic, restorative, take a teaspoonful before meals of the following: Compound syrup hypophosphites 6 ozs., tincture cadomene compound 1 oz. Mix. Continue six to eight weeks.

Bad Teeth.—You should consult a good dentist even if you have only two bad teeth. As you say, tooth powders and pastes are expensive, but you can make enough of the very best to last your whole family a year or more at a trifling cost compared with labeled goods. The following formula can be mixed by anyone and will prevent decay, cleanse, purify and remove accumulations of "tartar" and discolorations of tobacco, berries, etc. Get 5 ozs. precipitated chalk, 3 ozs. powdered sugar, 1 oz. powdered soap and 2 ozs. antiseptic vilane powder. Mix thoroughly and keep dry. Apply with toothbrush one or more times daily.

I. R. B.—I must thank you for

your kind words of appreciation. I was certain you would find a cure for dandruff in plain yellow minyol, which I always recommend.

Now, as to such symptoms as frequent, scanty, burning uncontrollable micturition accompanied by pains in the small of the back, swollen eyes, etc., you should know that the kidneys are out of order and not properly performing their duties. Never neglect such symptoms as they may increase and cause Bright's disease, or diabetes. Begin taking the following prescription and continue until all symptoms have vanished: Fluid ext. buchu 1 oz., comp. fluid balmwort 1 oz., comp. syrup sarsaparilla 4 ozs. Mix and take a teaspoonful before or after meals and one when retiring. At first your symptoms may increase, but gradually they will disappear altogether.

Blue Allen.—You crave sympathy because you are sensitive of your abnormal thinness, and thus you are not attractive like a plump, healthy, vigorous girl of your age should be. If you will faithfully follow this advice you should soon be rewarded with increased color, pink cheeks, red lips, healthy waving hair and an additional twenty to thirty pounds in weight. Obtain 3-grain Hypo-Nuclene tablets and take regularly for three to six months as per directions in sealed package. You will not be lonely and neglected when you become plump and healthy.

Auto Girl.—You probably eat too heartily and do not get sufficient exercise. However, the joy of motoring has caused many to neglect walking, and thus constipation, headache, biliousness, muddy complexion and pimples faces appear more than ever amongst women. If every such person would adopt the use of 3-grain tablets sulphur (not sulphur), they would be freed from constipation and all the distressing results above enumerated. This little tablet can be used indefinitely and keeps the blood pure and the bowels active when ordinary laxatives are ineffective.

Madam R.—Since you are a lady of wealth and do not care for your own hair and scalp, but depend on a professional hairdresser, why do you not insist on her using the plain yellow minyol. Scores of the best beauty parlors and hair dressers use minyol and thus please and keep their customers. I assure you it will make your hair lustrous, glossy and beautiful, while scalp sores and dandruff will no longer trouble you. Plain yellow minyol is packed in 4 oz. jars and any well-stocked drug store has it.

all parts of the country and especially in the South and West.

The plan started by Dr. Knapp of having a farm efficiency man employed at public expense for each county, is beginning to spread throughout the North as well as through the South. These men, as advisers of credit society committees can assist many farmers who are now making very small yields to enter upon their business with a new farm plan, farm machinery, improved seeds, and a new inspiration that will enable them to make large profits on modest loans.

A Great Organization. The assistant secretary of agriculture remarked: "While there are many co-operative organizations among the farming classes today, the greatest example in the world of co-operation among farmers is the organization of growers of lemons and oranges now co-operating in the packing and marketing of \$20,000,000 worth of fruit annually. In seven years they have sold about \$90,000,000 worth of fruit and their losses from collections have been less than \$6000 or not 1-150 part of 1 per cent. Had the fruit gone to commission men it probably would not have brought \$60,000,000 and the losses and bad debts would have been tens of thousands if not hundreds of thousands of dollars.

"On the other hand, the fruit has been so well packed, has been delivered to customers (mainly in the eastern United States) in such fine condition, so free from decay, and of such superior quality that I dare say the people have received more for a dollar

than they would under the regime where each grower packed his fruit without grading, shipped it in any cars he could get and left the letting entirely to the railroad employes, expecting the commission men and merchants in Eastern cities to handle the fruit without supervision by either the producer or consumer.

"This organization recently took one of the brightest young men in the department of agriculture, where he was getting \$4000 a year, and made him their efficiency expert at a salary of \$10,000.

Co-operation is growing rapidly in favor. It is practiced among farmers in Denmark, England, New Zealand, Canada, the United States and many other countries. The manner in which it is worked out will form part of the next chapter in this series.

Journal Want Ads Bring Results

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### THE RED ROSE AT THE GRAND WEDNESDAY

JOHN C. FISHER, MANAGER OF "THE RED ROSE", CLAIMS MUCH FOR "MERRY, MERRY."

Young girls, pretty girls, girls who can sing and dance, are to play a big part in John C. Fisher's production, "The Red Rose," which comes to the Grand Opera House, Wednesday, February 7, 1912. The chorus has been chosen from more than three hundred applicants, a fact which disproves the oft-repeated statement that there is a dearth of chorus girls.

Women Avoid Operations. Going through the hospitals in our large cities, one is surprised to find such a large portion of the inmates women, and still further surprised to find that so many of the women are there to undergo operations for female ills. Before submitting to a surgical operation which may mean death or a lifetime of impaired usefulness, every woman should try Lydia E. Pinkham's Vegetable Compound, as many grateful letters have been received by the Lydia E. Pinkham Medicine Co., of Lynn, Mass., from women who have been restored to health after having been told that a surgical operation was their only chance of recovery.

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### THE RED ROSE

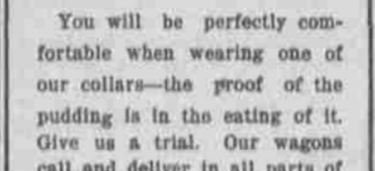
Direct from the Globe Theater, N. Y. Prices: 50c to \$2.00. Tickets on sale Tuesday, Feb. 6.

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President Roosevelt, in his special message transmitting to congress the report of the Country Life commission called attention to the fact that if country life was to become what it should be, "one of the most dignified, desirable and sought-after ways of earning a living, the farmer must take advantage not only of the agricultural knowledge which is at his disposal, but of the methods which have raised and continue to raise the standards of living and of intelligence in other callings."

President Roosevelt directed attention to the fact that in other callings it had been found necessary to organize for mutual advantage, and said: "The farmers of every progressive European country have realized this essential fact and have found in the co-operative system exactly the form of business combination they need. He declared that "the introduction of effective agricultural cooperation throughout the United States is of the first importance, and that it would place the farmers on a level with the organized interests with which they do business."

The whole world is anxiously studying the problems presented by the present high cost of living.

Political issues have arisen in many countries because of the universal high prices for the necessities of life.

The greatest political and social economists in the world have been giving earnest thought to the solution of these grave problems.

In the business and financial world, the situation has caused real apprehension. Note what one of the most conservative editors in Wall Street says of it:

High Prices and Unrest. The high cost of living is creating great unrest in many countries. Conditions are becoming especially grave in Germany, Austria-Hungary and France. German officials are becoming very anxious for the coming winter, and especially for the election of the new Reichstag which will occur in January. Judging from the by-elections recently held, the socialists and radicals will carry everything before them.

A wireless message to the New York Times of October 29, says that a vast portion of the population of Germany is hungry and that food, already selling at unheard-of prices, is growing more and more difficult to obtain. Many meetings are held to ask for the repeal of duties on food stuffs. Municipalities are establishing fish depots and railroads are remitting a part of their rates on food stuffs. In some instances, companies and large firms, and even the government itself, have met the increased requirement of living by granting their employes bonuses in the shape of half a month's extra salary.

Similar conditions exist in most other countries of Europe as well as in our own country. Because of the drought of last summer, that prevailed in this and most European countries, there is a great shortage of vegetable and forage crops and food stuffs are higher than ever before and are expected to advance much before next spring.

It has become evident that there is a great disparity between the prices received by the producers and those paid by consumers. This means that there are too "many middle-men"—too many grocers, butchers, druggists, etc. Too many live in cities and are living without returning full value to society. The high cost of living is likely to bring the evolutionary change in the distribution of products that, apparently, has been long delayed. We see no change of improved industrial conditions until the prices of foods decline.

Co-operation is the Remedy. High authorities, from President Taft down, have said that to make the cost of living less burdensome the consumer and producer must be brought closer together.

Elimination of the middlemen and co-operation among both producers and consumers have been suggested as ways to the end of economical living.

In England, the consumers have banded together in great co-operative organizations which procure supplies in large quantities, manufacturing many of them, and retail them to members of the organizations at reduced cost, declaring dividends from the profits to the stockholders or members. In both Europe and America, there are co-operative organizations among the producers to secure the more economical marketing of their produce.

The assistant secretary of agriculture, Hon. Willett M. Hays, is an enthusiastic believer in co-operation

ZOE BARNETT IN THE MUSICAL SUCCESS "THE RED ROSE"