YOUNG GIRL FINDS RELIEF

Wants to Tell Other Girls All About It



Evansville, Ind.—"I am eighteen years old and have been bothered for several months with irregular periods. Every month my back would ache and I always had a cold and felt drowsy and sleepy. I work in a millinery shop and I went to work every day, but felt stupid and would have such cramps. I had seen Lydia E. Pinkham's Vegetable Compound advertised and had heard several women talk of it, so mother got me some. This Vegetable Compound is wonderful and it helped me very much, so that during my periods I am not now sick or drowsy. I have told many girls about your medicine and would be glad to help anyone who is troubled with similar ailments. You may use my testimonial as you like."—STELLA LINXWILER, 6 Second St., Evansville, Indiana.

Some girls lead lives of luxury, while others toil for their livelihood, but all are subject to the same physical laws and suffer in proportion to their violation. When such symptoms develop as irregularities, headaches, backaches, bearing-down sensations and "the blues," girls should profit by Miss Linxwiler's experience and give Lydia E. Pinkham's Vegetable Compound a trial.

Designation.

"Would you regard a man who raises his own grain and makes his own liquor a legitimate agriculturist?"

"No," replied Farmer Corntossel. "He's what I'd call a jagriculturist."

RUB OUT SORENESS

Sprains, Backache With Old St. Jacobs Oil.

Back hurt you? Can't straighten up without feeling sudden pains, sharp aches and twinges? Now, listen! That's lumbago, sciatica, or maybe from a strain, and you'll get blessed relief the moment you rub your back with soothing, penetrating "St. Jacobs Oil!" Nothing else takes out soreness, lameness and stiffness so quickly. You simply rub it on and out comes the pain. It is perfectly harmless and doesn't burn or discolor the skin.

Limber up! Don't suffer! Get a small trial bottle from any drug store, and after using it just once you'll forget that you ever had backache, lumbago or sciatica, because your back will never hurt or cause any more misery. It never disappoints and has been recommended for 60 years. Stop drugging kidneys! They don't cause backache, because they have no nerves, therefore can not cause pain.—Adv.

Not for Him.

"Then you don't like alligator pears."

"Naw, let the alligators eat 'em."—Louisville Courier-Journal.

ASPIRIN

Name "Bayer" on Genuine

say BAYER

Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Revised History.

"Why did Washington cross the Delaware?" "Please, teacher, he wanted to go to Atlantic City."

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How to Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.—Relief comes so quickly.—Adv.

January Grist.

"How are things coming, old man?"

"If you refer to bills, they are coming thick and fast."

Dr. Peery's "Dead Shot" has enjoyed popular approval for 75 years. Manufactured only by Wright's Indian Vegetable Pill Co., 372 Pearl St., New York City.—Adv.

Mild Movie.

"Wuz it a good show, Buddie?"

"Naw, only four killed!"—New York World.

MURINE FOR YOUR EYES

Night and Morning. *Have Strong, Healthy Eyes.* If they Tire, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes. Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

HIS WHOLE SYSTEM WAS IN A GENERAL RUNDOWN CONDITION

Had Bad Cough—Pains in Chest and Side—Breath Was Short Nerves Were Unsteady.

EARLE'S HYPO-COD BROUGHT RELIEF

"My whole system was in a general rundown condition. I had a very bad cough. My breath was short and pains in my chest and side bothered me greatly, and I had become nervous," declared J. W. Barnard, whose address is given below.

"I had been to several doctors, but they gave me no relief, so I bought a bottle of Hypo-Cod, which brought results. Now I have taken four bottles and my shortness of breath has been relieved. I am feeling much better. I am going to continue taking Earle's Hypo-Cod until I am cured, because I have secured such good results so far, and it has done me more good than anything I have taken," continued Mr. J. W. Barnard, 245 Locust St., Hanover, Pa.

When a person's lungs are congested, they are almost certain to become in a rundown, nervous condition, and are in fine condition to contract most any disease. What they need is a real powerful tonic to quickly build them up.

Don't wait until you are rundown and too weak to sit up in bed. Take Earle's Hypo-Cod at this season of the year and be free of sickness. If the system is in perfect health and full of vitality, you need fear no sickness—not even a cough or cold. Take home a couple bottles of the genuine Earle's Hypo-Cod in the famous orange-colored carton tonight. Build yourself up quickly and drive away that lingering cough and cold.—Adv.

Didn't Seem Fair.

Dolly had been taken to church for the first time. On returning home her mother asked her what she thought of the service.

"I liked it very much," she replied. "But there was one thing I didn't think was fair."

"What was that, dear?" asked her mother.

"Why, one man did all the work, and then another man came round and got all the money."

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try 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.

Returning the Compliment.

Professor's Wife—I suppose you have forgotten that this is the anniversary of your wedding day?

Absent-Minded Husband (abstracting himself from comic sections)—Eh! What? Dear me! Is it really? And when is yours, my dear?—Boston Transcript.

Roman Eye Balsam has gained the public's confidence during 75 years. Manufactured only by Wright's Indian Vegetable Pill Co., 372 Pearl St., New York City.—Adv.

Wanted Her Advice.

He—I am madly in love. Will you be my confidante?

She—Certainly. I am at your service.

He—Well, would you advise me to propose to you?—Boston Transcript.

"Cold in the Head"

is an acute attack of Nasal Catarrh. Those subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System, thus reducing the inflammation and restoring normal conditions.

All Druggists. Circulars free.
F. J. Cheney & Co., Toledo, Ohio.

Ask Something Hard!

"Why are these called 'silver' onions?" "Because they come in sets and are for table use."—Farm Life.

Pure blood is essential to good health. Garfield Tea dispels impurities, cleanses the system and eradicates disease.—Adv.

Costume.

"Discharged?" inquired one of the statuesques in the spectacular show.

"Yes," replied the other. "The stage manager says I overdressed. I wore a dimple and a mole at the same time."

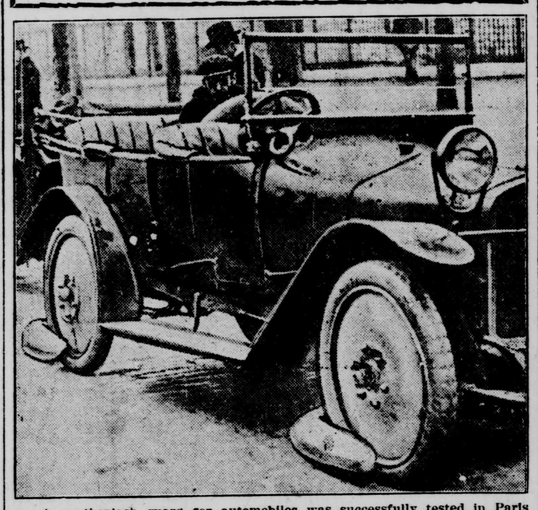
Sure Relief



6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

SUGGESTIONS FOR OUR MOTORISTS



An anti-splash guard for automobiles was successfully tested in Paris recently. The photograph shows the guards attached to the wheels of a car. They are designed to protect the public from a mud bath on rainy days.

REAR TIRE WILL SHOW HARD WEAR

Severe Strain Can Be Reduced by Changing About From Time to Time.

PUNCTURE TROUBLE IS LESS

Time, Labor and Money Can Be Saved to Owner of Car by Following Out Rotation System Which Has Been Well Tested.

If he will change tires around in the manner described below, a motorist can make them last far beyond the usual mileage. This is done by reducing the strain on the tires as they wear away so that the newest tire is placed at the point of greatest strain and the oldest one at the point where the strain is least.

It is evident, even to a casual observer, that the rear tires wear out more rapidly than those of the front wheels. This is due to the strain of driving through the rear wheels, letting in the clutch, applying the brakes, use of chains, skidding and so on. Now comparing the right side of the car with the left, the tires on the right wheels will wear faster. The left wheels run along the smooth part of the road where the ridges and ruts are all beaten down by the traffic. But near the edge the road is rough, there are more ruts and small stones, and



Changing the Tires According to the System Here Explained Will Mean a Saving.

sometimes these wheels must leave the road altogether. There is more likelihood of meeting broken glass, metal, and other objects on this side. Then there is more weight on these wheels because the car is tipped more to that side on account of the crown of the road. Therefore it may be stated as a general principle that the rear tires wear more than the front ones and the right ones more than the left.

Starting with all new tires it will be evident that the right rear tire will show serious wear long before the left front tire has got over its newness. At this point the two should be exchanged. It is difficult to state just when this change should take place; possibly it is best left to the discretion of a driver. If a "non-skid" is used, the change should be made before the tread is worn so smooth as to lose its protective feature. At the same time the other two tires should be exchanged, to keep matters even.

After a few thousand miles more we enter the second phase. One by one the tires will wear out and not even vulcanizing can save them. They must then be moved up in the sequence shown. Supposing the left front tire is discarded, the right front tire takes its place; the left rear tire moves forward and the right rear tire takes its place. The spare tire is placed on the right rear wheel, the point of greatest strain.

Of course, if some tire is to be removed temporarily for repairs, it will be replaced by the spare tire instead of moving the rest forward, and as soon as returned it is put back in its regular position.

By following the above system you will not only make your tires last longer, but you will have less trouble from punctures—another good reason for following this practice.

The logic of the advice given by the author is unimpeachable and is based upon a careful study of the subject. Tests, extending over a period of several years, have proved beyond reasonable doubt that the rotation method suggested will actually result in a considerable saving of time, labor and money to the owner of the car.—By Robert A. Chandler in Popular Science Monthly.

Exercise Care.

When a motor is hot care should be taken not to pour cold water into the cooling system too rapidly. When the cold water strikes the overheated cylinders it is very apt to crack same, due to the rapid contraction which takes place.

Apt to Cause Skidding.

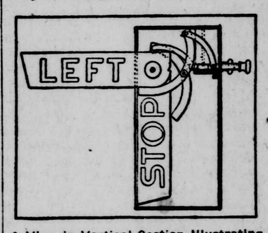
In descending long, steep hills, if the brakes are applied so that the wheels can not turn the car is apt to skid in a most precarious manner.

USEFUL AUTOMOBILE SIGNAL

Chauffeur Enabled to Indicate to Drivers in Rear His Intentions as to Direction.

The Scientific American in illustrating and describing an automobile signal, the invention or S. Paintmaier of Oxnard, Cal., says:

The invention relates more particularly to a signaling device which is



A View in Vertical Section Illustrating the Device.

adapted to be secured to any convenient part of an automobile and operated by the chauffeur to indicate to other cars his intention as to the manipulation of his car. An object is to provide a device employing semaphore signals with means for operating from an inclosed casing to a horizontally extended position and secure the semaphores in such position.

AUTOMOBILE NEWS

The average motorist, it is estimated, spends more than $10 daily while traveling.

* * *

Practically two-thirds of the states have adopted the hyphenated numerals on motor license plates.

* * *

France has adopted the motorcycle side car. The vehicle was introduced by the American expeditional force.

* * *

Three-quarters of all families in the United States are financially in a position to own and operate automobiles.

* * *

Commercial automobiles are displacing the ox cart and the coolie in transportation of products in British Malaysia.

* * *

Parking automobiles in the congested business section of Chicago is prohibited. The area covers a square mile of territory.

* * *

During the holiday season an emergency post office in the form of a motortruck was placed on the streets of Washington, D. C., to cope with the Christmas parcel-post work.

* * *

Because the loss ratio to premiums is no less than 85 per cent, insurance companies in the United States have decided to combine in an effort to check the theft of automobiles.

* * *

The Pennsylvania state National Guard will have 500 motor vehicles for various units of the division, tractors and other vehicles for howitzers of heavy artillery, bakery equipment, and trucks for trains and other purposes.

* * *

The latest development in the automobile industry is the railway motorcar, designed to replace steam locomotives on short-line railroads. The use of the internal combustion engine is said to do away with an average of three men to a train.

* * *

Pennsylvania's revenue from automobile registration has reached the $8,000,000 mark for 1920.

* * *

Frequent removal of the core of an air valve will generally impair the holding ability of the small rubber washer.

* * *

Operators of all classes of motor vehicles, including trucks, according to the law of Pennsylvania, must arrange their headlights to be able clearly to see persons or vehicles 200 feet ahead.

KILL RATS TODAY



By Using the Genuine

STEARNS' ELECTRIC PASTE

The guaranteed "killer" for Rats, Mice, Cockroaches, Ants and Waterbugs—the greatest known carriers of disease. They destroy both food and property. Stearns' Electric Paste forces these pests to run from the building for water and fresh air.

READY FOR USE—BETTER THAN TRAPS

Directions in 15 languages in every box.

Two sizes, 35c and $1.35. Enough to kill 50 to 400 rats.

U. S. Government buys it.

Mrs. Hicks Relieved By Four Eatonics

"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 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.



The Large Bottle For 35c

When you buy Yager's Liniment you get splendid value! The large 35 cent bottle contains twice as much as the usual 50 cent bottle of liniment.

Try it for rheumatism, neuralgia, sciatica, sprains, cuts and bruises.

At all dealers—price 35 cents.

YAGER'S LINIMENT RELIEVES PAIN

GILBERT BROS. & CO., Baltimore, Md.

HOW DOCTORS TREAT COLDS AND THE FLU

First Step in Treatment Is a Brisk Purgative With Calotabs, the Purified and Refined Calomel Tablets that are Nausealess, Safe and Sure.

Doctors have found by experience that no medicine for colds and influenza can be depended upon for full effectiveness until the liver is made thoroughly active. That is why the first step in the treatment is the new, nausealess colomel tablets called Calotabs, which are free from the sickening and weakening effects of the old style calomel. Doctors also point out the fact that an active liver may go a long way towards preventing influenza and is one of the most important factors in enabling the patient to successfully withstand an attack and ward off pneumonia.

One Calotab on the tongue at bed time with a swallow of water—that's all. No salts, no nausea nor the slightest interference with your eating, pleasure or work. Next morning your cold has vanished, your liver is active, your system is purified, and you are feeling fine, with a hearty appetite for breakfast. Druggists sell Calotabs only in original sealed packages, price thirty-five cents. Your money will be cheerfully refunded if you do not find them delightful.—(Adv.)

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1696. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation

FARM 127 ACRES NEAR WASHINGTON CITY; 40 acres in cultivation; 50 acres in pasture; house 5 rooms, barn, other buildings. Owner in business desires to sell. Price $3,500, good terms. C. Box 729, Lynchburg, Virginia.

$31.50 Starts You in Business manufacturing 2,000% profit article. Big seller; something new; $10 to $30 daily profit. Wonderful opportunity. Royal Manufacturing Co., Box 121-W, Akron, Ohio.

JOIN OUR CORRESPONDENCE CLUB, make friends, make money. Albert Ecklund, News Office, Lowry Bldg., Jamestown, N. Y.

AGENTS WANTED EVERYWHERE to sell our goods direct to the consumer. Seven articles, indispensable in every home; quick sellers, big profits, a steady business. Every sale means a steady customer. Write at once for full particulars. F. J. HEMEN & CO., 427 Homer Bldg., Washington, D. C.

Prof. Swelgart's Pain Absorber inhaler heals rheumatism, all ailments. Guarant'd. 6 sizes, $1 to $5.50. 3417 Front St., Philadelphia, Pa.

Agents Wanted to Sell an Absolute Automobile Necessity. Quick sales. Large profits Live men only. For particulars address J. V. Sampselle, 1132 Columbia Rd., Wash., D. C.

Virginia Farm in America's Healthiest Climate

150 acres highly productive land, well fenced and watered. Large apple orchard and six acres in vineyard. Excellent gas lighted house and 14 outbuildings. Easy terms. WILDER & CO., CHARLOTTESVILLE, VA.

MOTORISTS, ATTENTION. Use the Motor-Log, the handy pocket case system that gives a diary of trips; a record of costs; a reminder for care; a measure of service; an indisputable tire record, the year round $2.50, postpaid. Motor-Log, Bethlehem, Pa

BIG DEMAND, BIG PROFIT. Introduce and sell meritorious health-building food product. All good housekeepers want it. Special agents' offer. Write Bishford, Baldwin, N. Y.

WRIGLEY'S

"After Every Meal"

Get thrice-daily benefit from this low-cost aid to appetite and digestion

It keeps teeth white breath sweet and throat clear

Makes your smokes taste better



Still 5c

B8

The Flavor Lasts

HORSES COUGHING? USE

Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-six years' use has made "Spohn's" indispensable in treating Coughs and Colds, Influenza and Distemper, with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. 60 cents and $1.15 per bottle at drug stores.

SPOHN MEDICAL COMPANY. Goshen, Ind.

WHY ONE'S TEETH "CHATTER"

Certain Set of Muscles, Affected by the Cold, Get to Work, Irrespective of Will.

The little muscles which close the jaw are acted upon by the cold in such a way that they pull the jaw up and then let it fall by its own weight.

This, repeated many times, causes the teeth to click together and produce what we know as "chattering."

We think of it in connection with our teeth because it is the teeth which make the sound, but the cause lies in the muscles which we use in chewing or in opening our mouth when we speak.

The chattering occurs in spite of the will or brain. We have little control over it, and can stop it only by clenching the teeth. It is really a mild variety of spasm caused by the cold, which acts on the jaw muscles in much the same way that some poisons produce muscular spasms which cannot be controlled.

Proof Positive.

"I understand," remarked Mr. Callahan to his friend Mr. Casey, "that the judge fined ye $10 for assaultin' Coughlin the other day."

"He did that," answered Mr. Casey, "an' it was a proud moment, I'll tell ye, whin I heard the sintince."

"How's that?"

"I'm thinkin'," continued Mr. Casey, "that it showed which one of us had the best of the fight."

A smile a day keeps old age away.

HOW ONION AFFECTS EYES

"Gas" Given Off Causes Smarting and the Organ Hastens to Take Relief Measures.

The "gas" given off by a freshly peeled onion makes itself apparent in two ways—by a strong aroma which is at once apparent to the sense of smell, and by a smarting of the eyeballs, which, being very sensitive, are hurt by this substance to which they are not accustomed.

The nerves of the eye immediately signal the brain to turn on the tears or liquid which is secreted by the body as a natural eye-wash. This, flowing over the eyeball, forms a curtain which prevents the onion "gas" from coming in direct contact with the nerves and thus injuring them.

Tears are present in the eye at all times. When we wink, a tiny drop of the tear-liquid is smeared across the ball of the eye and washes off particles of dust which may have accumulated. But when this liquid is produced so rapidly that it cannot be carried off by the trough at the lower part of the eye, the tears overflow and run down the face.

Then It Happened.

"I wonder if you could?" mused the Cheerful Idiot.

"You wonder if I could what?" asked the Wise Guy.

"Why, if you saw a beggar on crutches, I wonder if you could say that he has a lame excuse for begging," replied the Cheerful Idiot.—Minneapolis Journal.

Children May Share the health drink—

INSTANT POSTUM

This pure cereal beverage is made of prime wheat, bran and molasses.

Satisfying, pleasing, and nothing in it to do harm.

Instant Postum has a rich coffee-like flavor.

It is economical and convenient

Postum comes in two forms—

Postum Cereal (in packages) is made by boiling a full twenty minutes.

Instant Postum (in tins) made instantly in the cup by the addition of hot water.

"There's a Reason"

Sold by grocers everywhere

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

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