Indian Domesticity

The Hopi Indians can teach the rest of the country gentleness and courtesy, says Alice Booth in a travel article in Good Housekeeping. Here are some discoveries she made about their way of living:

"You never have any scolding in a Hopi house. There is never any bickering, any loud-voiced argument. Indian children are not fretted and worried. If a child becomes really obstreperous, he is simply ignored, and there is nothing on earth that hurts a child so much. . . If a woman wants to divorce her husband, all she has to do is to take a piece of his clothing and throw it outdoors. He has to follow. But divorce is practically unknown. . . It is a safe bet that you will never in your life find out anything that an Indian really does not want you to find out."

Constipated 30 Years

"For thirty years I had stubborn constipation. Sometimes I did not go for four or five days. I also had awful gas bloating, headaches and pains in the back. Adlerika helped right away. Now I eat sausage, bananas, pie, anything I want and never felt better. I sleep soundly all night and enjoy life." —Mrs. Mabel Schott.

If you are suffering from constipation, sleeplessness, sour stomach, and gas bloating, there is quick relief for you in Adlerika. Many report action in thirty minutes after taking just one dose. Adlerika gives complete action, cleaning your bowel tract where ordinary laxatives do not even reach.

Dr. H. L. Shaub, New York, reports: "In addition to intestinal cleansing, Adlerika checks the growth of intestinal bacteria and colon bacilli."

Give your bowels a real cleansing with Adlerika and see how good you feel. Just one spoonful relieves GAS and stubborn constipation. Leading Druggists.

Practical Power

The knowledge which a man can use is the only real knowledge, the knowledge which has life growth in it, and converts itself into practical power. — James Anthony Froude.

CHECK THAT COUGH BEFORE IT GETS WORSE

Check it before it gets you down. Check it before others, maybe the children, catch it. Check it with FOLEY'S HONEY & TAR. This double-acting compound gives quick relief and speeds recovery. Soothes raw, irritated tissues; quickly allays tickling, hacking, Spoonful on retiring makes for a cough-free sleep. No habit-forming, stomach-upsetting drugs. Ideal for children, too. Don't let that cough due to a cold hang on! For quick relief *and speedy recovery* insist on FOLEY'S HONEY & TAR.

Wealth Is Relative

Wealth, after all, is a relative thing, since he that has little, and wants less, is richer than he that has much, but wants more.—Colton.

When Women Need Cardui

If you seem to have lost some of your strength you had for your favorite activities, or for your housework . . . and care less about your meals . . . and suffer severe discomfort at certain times . . . try Cardui!

Thousands and thousands of women say it has helped them.

By increasing the appetite, improving digestion, Cardui helps you to get more nourishment. As strength returns, unnecessary functional aches, pains and nervousness just seem to go away.

NO DANDRUFF

She Uses Glover's!

She used to be a victim of Dandruff. But no more! Her secret is regular use of Glover's Mange Medicine and Glover's Medicated Soap for the shampoo. That's what YOU should be doing for YOUR hair. Ask your Hairdresser—she knows.

At all Druggists

GLOVER'S MANGE MEDICINE

What Irvin S. Cobb Thinks about

Salting Politics Away

LAS VEGAS, N. M.—A few weeks ago everybody on the train I'm traveling on was talking politics. Today everybody nearly is talking football. Exceptions noted thus far:

1. A middle aged lady talking symptoms. It seems she has had practically everything except lockjaw. And as for operations—well, her whole life must have been an open book. I gather she never had a secret that was not shared with at least three doctors.

Irvin S. Cobb

2. A gentleman connected with the movies talking movies. In an eighteen-hour shift.

3. Another gentleman talking self. We can tell that, up to now, he is just browsing around the edges of this fascinating topic. By tomorrow we expect him to get really into the meat of it.

4. An elderly gentleman talking steadily. He has been going since we left Los Angeles. We don't know exactly what his subject is. He has not said yet.

• • •

Praising Grand Canyon

SCOOTING across Arizona I was moved to weave into this a complete description of the Grand Canyon. But mercy stayed my hand. Instead, I have decided to send to all deserving applicants souvenir postcards showing views of the canyon. This will give the general idea. It looks just like the postcards, only larger.

There's one thing about the Grand Canyon—long after ever, other natural wonder has been desecrated with architectural doodads and the scribbled names of individuals whose signatures would look all right on the register of any dollar-a-day American plan hotel, but are sort of out of place when smeared over one of creation's masterpieces, the Grand Canyon will still be unspoiled.

• • •

California Rivers.

IT'S fun to cross a river with at least a trace of wetness in it. It must be my early raising, but I like a river to be dampish—in spots, anyhow.

After two years I can't get used to southern California rivers, where, for nine months a year, the only craft you can navigate is a stoneboat, and unless they use a sprinkling system you can't see where you're going, and they deepen the channel by blasting and not by dredging, and you come back from an aquatic trip full of hayfever dust.

• • •

Commercializing Football.

ONCE upon a time, and not so very long ago, a college was known by the football team it kept. Now it's known largely as the college that some football team is keeping.

And sport writers say that more money is now being wagered on football than on any sport we have. And it doesn't take an expert's eye to see that, each season, football is becoming more and more commercialized, more and more a professional, profit-making industry. Well, if football is to go the way of wrestling and horse - racing and prize-fighting, it'll pretty soon be so that about the only game a chap can play without fixing somebody beforehand will be solitaire.

Still, being a football devotee does keep you out in the open air. But you could say that same thing for a seagull.

IRVIN S. COBB

© Western Newspaper Union.

A SAD CASE

By ESTA BURDICK

© McClure Newspaper Syndicate. WNU Service.

I WENT to the performance of the local stock company the other night and saw Jimmy Murphy doing his stuff as comedian. It was the first time I had seen Jimmy in sixteen years since that winter with the Holyoke Stock company, the year that Nina Daley, Jimmy's wife, had that bad spell with her head.

Jimmy was a good fellow. Everybody loved him, most of all, Nina. He was easy-going, happy-go-lucky, and would give you the shirt off his back. He had one failing—but every time he got drunk, Nina managed somehow to smooth things over, and bribe or coax the manager to keep him on.

Nina was playing the leads, learning a new part every week, fixing clothes, carrying the brunt of the show and watching over Jimmy like a baby. Many a time she forestalled the well-meant but disastrous invitations.

About that time, there was the incident of the character woman with the uncertain marital complications that everyone believed —everyone, that is, except Nina. Then, to cap the climax, there was a revival of Uncle Tom's Cabin where Jimmy had to ride the mule. He was lit to the eyes. The result was a riot—to everyone but the manager. He boiled over.

Nina pleaded for just one more chance. She wept. She coaxed. Finally, with much misgiving, the manager agreed.

"But, it's his last chance," he said. "I'm sorry, Nina. You're a first rate worker and could go pretty far up the ladder. But tied to that sot, you'll go down and down—and don't say I didn't tell you!"

From that day on, Nina didn't seem to ever take her eyes off her man. She followed him around like a faithful dog. Then, one night, during the show when Nina was on, all of a sudden she stopped dead in the middle of a speech. The man playing opposite her waited. Then he saw the hopeless look in her face, beseeching him to help her. Through all that scene, the leading man helped her—said his own lines and most of hers. When they came off, she thanked him gratefully and hurried to her dressing room. The days that followed were not much better. She was simply done in with work, worry and anxiety.

As I passed her dressing room, I saw her often, her little body drooped in a dejected heap before her makeup shelf, her blond head sunk in cupped hands that seemed vainly trying to hold the aching head together. And Jimmy? Well, he rallied like the man he always could have been. He babied her, cared for her, thought for her, and most of all tried to convince her that she needn't worry about him—that he was going to take care of her for a change.

The season ended then, and though I often wondered what had become of them, I was out of the country for a number of years and didn't know.

Now, here was the debonaire Jimmy, just as lovable, just as dear to his audience, still in the business, and in a very reputable company. I wondered what could be the answer.

When the third act started, I went out back and hunted up the manager on whose invitation I had come.

"Tell me," I asked him, "how is it that Jimmy Murphy is in a company like this?"

"Like this?" apparently not understanding.

"Why, yes, he used to have a hard enough time keeping his job with the small town stock companies—the booze, you know."

"Oh, I get you. Yes, sure, I remember. But, you know, ever since his wife—you remember Nina Daley? — well ever since she had a nervous break - down, he hasn't touched a drop—not a drop—a good thing, too, for he was about all done."

"You mean then, that Nina Daly didn't recover!" It seemed so pitiful.

"Yes," he agreed, "it was too bad. Nina was a fine actress and would have gone a long way."

"Where is she now?" I asked, fearing the worst.

"Oh, she's usually around here, somewhere. She and young Jimmy. Yes, there she is," pointing to the lighted open doorway of Jimmy's dressing room. He went on to add: "The youngster's in high school now and what with so much moving round the country, Nina takes a hand and helps him with his homework."

"Oh, then she's recovered from her trouble?" hopefully.

"Recovered? No, I don't think so. Says she can't remember a thing —is entirely dependent on Jimmy."

"And Jimmy?"

"Oh Jimmy—he's as proud as a peacock. Does everything for her. Yeah, it's a sad case. She could have gone far."

I walked along slowly toward the brightly lighted doorway and looking in, saw the two blond heads poring over numerous text books. Just then the mother looked up quickly at the boy beside her as she explained something about the lesson. Her face was bright and the blue eyes lovelier than ever. I saw the title of the book, Advanced Algebra. Sad case? Well—maybe.

Roosevelt Enrolls in Red Cross

Admiral Cary T. Grayson, chairman of the American Red Cross, shown enrolling President Roosevelt as the first member in the annual roll call. Miss Hebe Reynolds, a representative of the District of Columbia chapter made the presentation in the oval room of the White House.

No More Brandy

Most of the St. Bernard dogs used by the monks living in the Alps for rescue work now carry hot, non-alcoholic drinks in vacuum flasks attached to their collars instead of brandy.

How Many Pennies Your Child's Life?

Don't Try to "Save" on Home Remedies—Ask Your Doctor

There is one point, on which practically *all* doctors agree. That is: *Don't give your child unknown remedies without asking your doctor first.*

All mothers know this. But sometimes the instinct to save a few pennies by buying "something just as good" overcomes caution.

When it comes to the widely used children's remedy — "milk of magnesia" — many doctors for over half a century have said "PHILLIPS." For Phillips' Milk of Magnesia is the standard of the world. Safe for children.

Keep this in mind, and say "PHILLIPS' MILK OF MAGNESIA" when you buy. Comes now, also in tablet form. Get the form you prefer. But see that what you get is labeled "Genuine Phillips' Milk of Magnesia." 25¢ for a big box of the tablets at drug stores.

ALSO IN TABLET FORM: Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia

PHILLIPS' MILK OF MAGNESIA

Three Foes

Nothing keeps us down like our own ignorance, laziness and folly.

Miss REE LEEF says:

"CAPUDINE relieves HEADACHE quicker because it's liquid... already dissolved"

Rid Yourself of Kidney Poisons

DO you suffer burning, scanty or too frequent urination; backache, headache, dizziness, loss of energy, leg pains, swellings and puffiness under the eyes? Are you tired, nervous—feel all unstrung and don't know what is wrong?

Then give some thought to your kidneys. Be sure they function properly for functional kidney disorder permits excess waste to stay in the blood, and to poison and upset the whole system.

Use Doan's Pills. Doan's are for the kidneys only. They are recommended the world over. You can get the genuine, time-tested Doan's at any drug store.

DOAN'S PILLS

216