



DR. CALDWELL'S THREE RULES

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time.

The Doctor never did approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. Use Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crampy stomach, bad breath, no appetite, headaches, and to break up fevers and colds.

To Cool a Burn Use HANFORD'S Balsam of Myrrh

Molly—Why do you fix up your eye brows like that? Polly—Well, I've got to draw the line somewhere.



Cunningham RADIO TUBES

Frank Reply "How is my form?" "More suitable for the bench, Miss than golf."—Louisville Courier-Journal.

"WORTH WEIGHT IN GOLD"

Verdict of Woman Who Tried Pinkham's Compound

Tully, N. Y.—"It hurt me to walk or sit down without help and I felt sick and weak. My mother-in-law took Lydia E. Pinkham's Vegetable Compound and she induced me to take it. I am now on the fourth bottle and have also used Lydia E. Pinkham's Sanative Wash. The medicines that will do for me what the Vegetable Compound and Sanative Wash have done are certainly worth their weight in gold. I think I have given them a fair trial and I expect to take two more bottles of the Vegetable Compound."—MRS. CHARLES MORGAN, R. F. D. 1, Tully, N. Y.

Bad Legs

Do Your Feet Swell and Inflamm and Get so Sore You Can Hardly Walk? Have You Varicose or Swollen Veins? To stop the misery, pain or soreness, help reduce the dangerous swollen veins and strengthen the legs, use MOONE'S EMERALD OIL. This clean, powerful, penetrating yet safe antiseptic healing oil is simply wonderful for Ulcers, Old Sores and Broken Veins.

MOONE'S EMERALD OIL

COMPLEXION IMPROVED

... QUICKLY Carter's Little Liver Pills Purely Vegetable Laxative move the bowels free from pain and unpleasant after effects. They relieve the system of constipation poisons which many times cause pimples. Remember they are a doctor's prescription and can be taken by the entire family. All Druggists 25c and 75c Red Packages. CARTER'S LITTLE LIVER PILLS

Out Our Way



Record Rituals Ere They Perish

Younger Generation of Fox Indians Cause Leaders Concern

Tama, Ia., Aug. 9. (AP)—Striving to complete his record of the old pagan rituals of the Fox Indians of Iowa before modern influences complete their obliteration, Dr. Truman Michelson, Smithsonian ethnologist of the Bureau of American Ethnology, is spending his 17th consecutive summer among the peaceful, industrious survivors of this once war like tribe.

Until recently the Foxes observed their rituals in a reverential spirit, but the younger generation has taken a different attitude, attending the festivals primarily for social purposes and to take advantage of the abundant feasts, so that the old spirit is likely to perish with the passing of the aging elders of the tribe.

These ceremonials take place chiefly in the spring and fall and, unlike Christian and other familiar religious practices, have little to do with rules of conduct. Each ritual has a distinct purpose, such as the avoidance of disease, insurance of success in war, and the insurance of retribution in case anyone should speak ill against the chief's village, and is supposed to have been ordered by supernatural spirits.

In summer, Dr. Michelson relates, feasting and dancing are connected with religious worship, but in winter there is no dancing. Features of the summer festivals are the four dances, the ceremonial eating of dog meat, and a prayer to the spirit of fire and the who lies with his face in the smokehole (e. i. the sky) asking that they inform the mythical originator of the festival that worship is being held.

The Foxes probably never exceeded 1,200 in number, in Dr. Michelson's opinion, but they figured prominently in the early history of the continent. Attempting to tax the trade route between Louisiana and Canada, they became involved in a 50-year war with the French. By breaking up that route they were partly responsible for the loss of Canada by the French.

Although they came under French and Catholic influence around 1640 and received some intermixture of European blood in the early days of American colonization, they always have been a conservative people and have maintained rigidly their racial purity since their return to Iowa from Kansas in the Civil war period. On the present reservation near Tama last year only one of the 375 Foxes was a half breed.

LONDON'S AIR PERIL

The problem assigned to Britain's royal air force this year was the defense of London. The cruising radius and weight-carrying capacity of airplanes has been increased since the war to such an extent that London, undefended, is vulnerable to air attacks launched from any military or naval stronghold in western Europe. For some time the British have realized that their naval defenses are antiquated. They learned during the war that even with cumbersome dirigibles, a determined enemy can menace their civilian population. They were not misled by their ground battery defense. It comforted civilians, but it only annoyed the enemy. The air defense of London is a live military problem.

The British divided their air force and assigned some to attack and some to defend. Fifty seven times the attacking force attempted to get into positions from which they could inflict major damage on the city. In nine of these attempts they completely outwitted the defending

THE PINK BATHTUB

From New York Sun A pink bathtub, did you say? Yes, that's the latest—pink porcelain, as smooth and shiny as any white porcelain you ever saw, that can be secured and polished without the pink coming off. No, it's not tinted with rouge or pink face powder. It's genuine pink porcelain. It may be green—a green like the mellow green of the sea when the sun shines straight down through it. It may be lavender—as lavender as a bunch of lilacs or grandmother's

Worn by Europeans



Mlle. Mariska Karasz of Budapest recently gave an exhibit showing Southern California what the smart European women are wearing. Here is one of the creations displayed by Miss Joyce Compton. It is of heavy cream colored crepe applied with a blue-purple crepe similar to the shade of pressed grapes, and trimmed in the same material.

force. While both defenders and attackers had at stake something in the way of military reputation, the maneuverers naturally lacked the fierceness, both in attack and in defense, of warfare, but it is fair to assume that the result is fairly representative of what might happen in war.

London military authorities seem to take a very grave view of the result. Military air supremacy rests with France, commercial air supremacy is in Germany, and Mussolini has lately entered the field with his customary efficiency and determination. Two things bother the British particularly. Since they are convinced that the next war will be fought from and in the air, they have to consider that a prepared foe could declare war on them in the morning and by evening lay waste most of the military and naval bases and factories in the British Isles. The second cause for anxiety is the fate of the civilian population. No ring of fighting-craft coast guard guardmen, it is feared, will avail against an enemy air fleet, and no enemy in the air will or can choose his victims.

Naturally the British will take steps to prepare for such defense as they may need. They will go farth-

wedding ribbons. For that matter, it might be of a coral shade, in which case the Turkish towels on the bathroom rods should be bordered in coral pink, the bath mats monogrammed in coral and the bathroom tiling show a design of coral on the walls and the same shade in the pattern of the floor. The vogue for "things to match" has at last reached the bathroom, and manufacturers of bathroom fixtures for modern homes have fallen into step and provided the most attractive shades imaginable in bathroom fixtures. Women today will feel much more

By Williams

er and be ready to meet a war emergency in the spirit of the times. The distance between London and the capitals of potential enemy countries is the same either way. In all likelihood, however, the result of the maneuvers will cause British statesmen to take a firmer grip on plans to avoid another bitter war. It is plausible to argue that no civilized nation will kill the women and children of its enemy, but it is not safe to trust any nation facing defeat and invasion. It is safer and wiser to assume that any nation committed to war will do what it must to win. And this being so the fight should be against war as a way of national life. National poverty may bar a major war short of another decade—time enough, once the great powers set their head to it, to divert the war spirit in all men to less destructive purposes.

CHILD'S "CONSENT"

From Gary Post-Tribune. The modern boy or girl gets very independent and people in the school business can tell of extreme cases of this spirit. Some boys and girls get so contrary that they refuse to attend the schools in which their parents send them. They may be so hard to get along with that they get hazed at school and they come crying home that they can't do any more.

In such cases parents may feel that the only thing is to have them taught by some private tutor or sent away to some small class or school where special attention is given to difficult cases. Some children are so constituted that that is the only thing to do. But in many cases the trouble is simply willfulness, which should be cured.

People remark on hearing such a story that when they were children, there was never any question about "consenting" to go to school. When the school term began, they were in school whether they "consented" to go or not.

There are not many children who carry their resistance so far, but there are many who constantly refuse to do the things their parents tell them to do and their parents seem perfectly helpless. This lack of discipline results partly from feeling that that it is more effective to secure children's willing co-operation in the things they are expected to do. Still there is such a thing as deferring too much to their desires. It can be carried so far that a child fails to get the training he needs.

In such a case he is turned loose with the idea that he can always have his own way. He may be able to bluff his parents, but if he tries to bluff the whole community or the people for whom he works, he soon finds himself up against it and he gets into serious trouble. There are some things that children must do whether they "consent" to them or not.

THE MIRROR

These things she still remembers; Mute walls and pilled corners That once reflected candle light. But most of all, the pitiless glass That saw two tragic figures pass Before a child, one winter night.

And there were old remembered chairs; The flowered carpet on the stairs— A peddled carpet, that would hold A step unheard, although it came Within the range of candle flame, On limbs that shivered in the cold.

Half understood, her heart must keep Its guarded secret, locked and deep; Held fast behind a veil of tears. The terror of an infinite night. Where figures in the candle light, Changed all her fortune, through the years.

—Mary Brent Whiteside

luxurious than ever, bawling their faces in a lavender bath and taking showers in a lavender tub that harmonizes with the lavender appointments of a perfectly matched bathroom.

One beautiful tub in uptown Manhattan was cut in Italy from a single block of marble and ornamented on the outside with a marvelous and intricate design in gold filigree inlay which requires almost the entire time of one maid to keep it brightly shining. Rubber automobile bumpers have been produced by a secret German process.

POST Toasties

THE wake-up FOOD

Quick energy for work or play



CRISP AND DELICIOUS

Hot Oil Employed to Wipe Out Mosquitoes

Hot fuel oil, sprayed along the shores of the lakes in the Canal zone, is a most efficacious weapon against malaria-laden mosquitoes. This oil, a big factor in the fight which is culminating in certain abolition of the insect, has destroyed breeding places in the Pedro Miguel and Gatun lakes.

The method used to spray the oil necessitates the use of a rowboat carrying a tank containing 150 gallons of oil, and a crew of three men. One man rows, one works a hand pump and the other handles the spray nozzle. The hot oil is sprayed on the shore line as fast as the boat can be propelled. This surface filming has been found positive and complete.

Wind action and wavelets carry the oil into every nook and cranny, even to a considerable distance from the point of application. A rigid inspection follows every oiling to determine if it has been done thoroughly.

Elsewhere than in the lake areas, mosquito breeding is controlled chiefly by training of streams and by draining and filling.

Room for Many Millions

Prof. H. L. Shantz of the University of Illinois recently told the National Academy of Sciences that the earth is capable of supporting 8,000,000,000 people if all the land is fully utilized. This, says Popular Science Magazine, would be nearly five times the present population of the world.

No Sale!

Phyllis—I'd like to buy a hope chest, please.

Clerk—Here's just the thing for you. This cedar-lined one will keep things lovely for years and years.—Telephone Topics.

REDUCE

Your Surplus Flesh, Excess flabby flesh is productive of ill health and certainly is out of line with modern ideas of style and beauty. Remove it in a HARMLESS and natural way by drinking Germania Herb Tea. Two weeks supply \$1.50. Two months supply \$5.00. Trial 10 cents. Germania Tea Company, 608 First Avenue North, Minneapolis, Minnesota.

ADDRESSING ENVELOPES, Experience unnecessary; earn \$15-\$25 weekly during spare time at home; dignified work. Diamond Tea Company, Indiana Harbor, Ind.

PASTOR KOENIG'S NERVINE

for Epilepsy Nervousness & Sleeplessness. PRICE \$1.50 AT YOUR DRUG STORE. Ask for Sample KOENIG MEDICINE CO. 1045 N. WELLS ST. CHICAGO, ILL.

PARKER'S HAIR BALM

Removes dandruff, stops hair falling. Restores Color and Beauty to Gray and Faded Hair. One and \$1.00 at Druggists. Hines, Chem. Wks. Patented, N. Y.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balm. Makes hair soft and fluffy. 50 cents by mail or at druggists. Hines Chemical Works, Patience, N. Y.

SIoux CITY P.T.G. CO., NO. 40-1928

Entirely by Motor

"Did you complete your trip by motor?" "Yes," said Mr. Chuggins; "part way in my own car and part way in an ambulance."

Another sacred duty that can't be escaped: Keeping the trophy loving cup from becoming tarnished.

10 minutes ago-



How many people you know end their colds with Bayer Aspirin! And how often you've heard of its prompt relief of sore throat or tonsillitis. No wonder millions take it for colds, neuralgia, rheumatism; and the aches and pains that go with them. The wonder is that anyone still worries through a winter without these tablets! They relieve quickly, yet have no effect whatever on the heart. Friends have told you Bayer Aspirin is marvelous; doctors have declared it harmless. Every druggist has it, with proven directions. Why not put it to the test?

Aspirin is the trade mark of Bayer Manufacture of Monocarbonyl-diester of Salicylic acid



ASPIRIN

Cuticura Heals Annoying Rashes

Bathe the affected parts freely with Cuticura Soap and hot water, dry without rubbing, and anoint with Cuticura Ointment. This treatment not only soothes and heals rashes and irritations but tends to prevent such conditions.



Scalp 25c. Ointment 25c and 50c. Talcum 25c. Sold everywhere. Sample each free. Address: "Cuticura Laboratories, Dept. 14, Malden, Mass." Cuticura Shaving Stick 25c.