

# ONE NEIGHBOR TELLS ANOTHER

Points the Way to Comfort and Health. Other Women Please Read

Moundsville, W. Va.—"I had taken doctor's medicine for nearly two years because my periods were irregular, came every two weeks, and I would suffer with bearing-down pains. A lady told me of Lydia E. Pinkham's Vegetable Compound and how much good it had done her daughter, so I took it and now I am regular every month and have no pain at all. I recommend your medicine to everyone and you may publish my testimonial, hoping that the Vegetable Compound does some other girl the good it has done me."—Mrs. GEORGE TEGARDEN, 915 Third Street, Moundsville, W. Va.

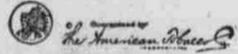


How many young girls suffer as Mrs. Tegarden did and do not know where to turn for advice or help. They often are obliged to earn their living by toiling day in and day out no matter how hard the pain they have to bear. Every girl who suffers in this way should try Lydia E. Pinkham's Vegetable Compound and if she does not get prompt relief write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts, about her health. Such letters are held in strict confidence.

## Flavor!

No cigarette has the same delicious flavor as Lucky Strike. Because—

It's toasted LUCKY STRIKE CIGARETTE



Buy Fairy Sodas packed in tins to keep the dainty freshness in



As Tasty and Fresh as the Day They Were Baked

That's the way you get Fairy Soda Crackers when you buy them in returnable cans. Packed while still warm from the ovens, these crackers retain their flavor and crispness until used. Returnable cans are moisture proof, dust proof, insect proof, odor proof. Buying in full cans is economical and satisfactory always. Ask Your Grocer for I-TEN'S FAIRY SODAS and be sure you get the genuine.

## Many More Would Testify

Onawa, Iowa.—"I know that Dr. Pierce's Favorite Prescription has helped me a great deal. I have had no return of feminine troubles at all and it is over a year since I stopped taking the 'Prescription.' I shall recommend it whenever I have a chance."—MRS. H. C. VETTER.

Favorite Prescription contains no alcohol. Get it at the drug store or send 10c to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for a trial pkg.

Cuticura Soap The Velvet Touch For the Skin Soap 25c, Ointment 25 and 50c, Talcum 25c.

If You Can Knit and Crochet We will place you in a profitable business. Sample line consisting of a crochet needle, a 100-yard spool of the silk and instruction book and color card will be mailed you upon receipt of \$1.50 in stamps or money order. Money refunded if our proposition is not acceptable. HATLAND, 98 W. 27th St., N. Y. City

FARMS BOUGHT Eastern man wants high grade western farms. R. Everett, 1534 Charlotte, W. Va.

# Today's Geography



## LOWER CALIFORNIA

Communication makes for civilization. The airplane promises to make accessible many hitherto obscure regions, not along main lines of steamer or railway travel. For example, the average American had little reason heretofore to go to Lower California. Recently, however, this peninsula has been the resting place for airplanes in flights from the Pacific coast of the United States to the Panama Canal.

Frederick Simplich writes to the National Geographic society as follows: "The long, boot-shaped peninsula that swings down off the left-hand corner of the United States belongs to Mexico and is known on Mexican maps as 'Baja,' or Lower California. Early Spanish maps of America showed California as an island, due, no doubt, to limited explorations of this peninsula.

"Scarcely known as it is to the average American, this 800-mile-long strip of rocks, peaks, brush-grown mesas, and rare, fertile little valleys is a favorite haunt for many Yankee naturalists, fishermen, and big-game hunters; and here and there, in the more-favored, well-watered, grassy spots of the higher ranges, hardy American cattlemen have built their adobe homes, where they enjoy the limitless freedom of vast unfenced areas. The Circle Bar company of Ojos Negros Ranch runs cattle over a leased territory of two and a half million acres, and a British corporation holds title to something like fifteen million acres.

"Away down at peaceful, picturesque La Paz, where Cortez repaired his schooners and where, centuries later, Walker, the Yankee filibuster, raised his flag, another Yankee today runs a busy little tannery, turning out 900 sides of good leather every day, for an American shoe factory. Here and there, in hill and valley, Americans are delving for metals or growing the staple frijole.

"But the country as a whole, owing to its many desert, waterless areas, is but sparsely settled, and, as one writer says, 'In all its turbulent, romantic history, since the halcyon days when Sir Francis Drake dropped his pirate anchor in Magdalena Bay, no wheeled vehicle has traversed its rough and tortuous length.'

"Rich as are its mines and fat as are its herds of cattle, its chief source of wealth lies in the cotton-growing regions around Mexicali. "At the Colorado delta, at the head of the Gulf of California, which separates the Lower California peninsula from Sonora, more than at any other point on the whole border, the interests of the United States and of Mexico are closely joined. This is due to the singular topography of that region (part of it is below sea-level) and to the diversion of water from the Colorado river. In the opinion of many irrigation engineers and political students, this peculiarly delicate problem of irrigation and water rights, as between planters on the American and Mexican sides of the line, respectively, can be solved satisfactorily only by some joint treaty between the two republics, involving either the fixing of a neutral zone or the sale of a small strip of territory."

## WILL ELEPHANTS GO THE WAY OF BUFFALOES?

Will the African elephants soon have to be protected, as are buffaloes in the United States, lest they become extinct?

The peaceful progress of farming is the menace which the elephant faces. Already the South African Cape council has decided to exterminate the elephants because they despoil crops and sometimes kill agricultural laborers.

Sir Harry Johnston, famous African authority, tells of his experience with African elephants in a communication to the National Geographic society:

"If, after many years of trials, the African elephant is pronounced to be hopeless as a domestic animal (and it should be remembered that most male African elephants in captivity have shown themselves to be hopelessly savage), then at least for its magnificent ivory the creature is worth preserving as an asset to the state. If the Indian elephant shows himself to be more docile than the African elephant, it must be remembered, on the other hand, that he is of very little value for his ivory.

"One day a baby elephant was presented to me by an Uganda chief. It is a sad thing to relate, but three men were killed in attempting to capture the first elephant. I had expressed a wish one day for some elephants to experiment with in domestication, and the natives, with their usual desire to please me, were so ardent in their determination to gratify my wish and so determined in their pursuit of the young elephant that the mother elephant knocked over and killed three of them. But finally they succeeded in their object, capturing the calf, and to my great surprise it trotted into camp behind one of the men.

"This little creature was at the time only four feet high. In two days it had become perfectly tame, and would follow a human being as readily as his own mother. It was easy enough to feed him with milk, because all that was required was a bottle with a long neck. This bottle was filled with cow's milk diluted with water, and poured down the elephant's throat. Soon all that one had to do was to place the neck of the bottle in the elephant's mouth, and the intelligent creature would its trunk around the neck of the bottle, tilted it up, and absorbed the contents. For several weeks the elephant thrived and became a most delightful pet. It would allow any one to ride on its back, and seemed to take pleasure and amusement in this exercise. It would find its way through diverse passages into my sitting room, not upsetting or injuring anything, but deftly smelling and examining objects of curiosity with its trunk.

"At the same time we had in captivity a young zebra, which was also to be the pioneer of a domesticated striped horse. These two orphans, the elephant and the zebra, became greatly attached to each other, though perhaps there was more enthusiastic affection on the part of the elephant, the zebra, at times, getting a little bored with constant embraces. Alas and alack! both elephant and zebra died eventually from the unwholesomeness, to them, of cow's milk."

## MALMEDY: WALLOON ISLE RELINQUISHED BY PRUSSIA

In patching together the picture puzzle of European nations to fit more nearly racial and historical units the peace conference commission on Belgian claims approved Belgium's demand for Malmédy.

Malmédy long formed one of those alien racial clusters that seem to cling like barnacles to many a European boundary line.

In the case of Malmédy and the region about that town a group of Walloons was left in Rhenish Prussia when the historic Benedictine Abbey of Stavelot-Malmédy was cut in two in 1815. Malmédy fell to Prussia, while six miles to the west, across the pre-war Belgian border, is Stavelot.

The latter town was the seat of the abbey which was independent until the Luneville peace of 1801. The abbey fell to France until its partition 14 years later. The abbey was founded in the Seventh century and later its abbots ranked as princes. They ruled many small villages along the Ambleve, on which Stavelot is situated, and along the Warche, which flows through Malmédy.

Charles Martel, grandfather of Charlemagne, who ruled the Franks while he let their kings reign on, won a decisive victory over Neustria at Stavelot 1200 years ago.

Malmédy lies in a pretty valley of the afore-mentioned river, 20 miles south of Aix-la-Chapelle. The town had less than 5,000 population before the war. Dyeing, paper-making and tanning were its industries.

The term Walloon is used to designate those Belgians who speak either French or a French dialect. The Walloons of Belgium desired Malmédy's restoration for lingual as well as for sentimental reasons. In Liege and Namur a movement for the revival of Walloon as a literary language—for it had been so used until about the fifteenth century—was well under way when the war began. In the midst of German speaking neighbors Malmédy and its environs preserved the old Walloon dialect, whereas among many Belgian Walloons it has been supplanted by pure French.

## THE STRAITS OF MESSINA

Between the rocky masses of Sicily and the "toe" of the Italian peninsula, there is but a narrow lane of sea, known as the Straits of Messina. Yet this ribbon of water might be ocean-wide, judged by the diverse civilizations of Italy and its island neighbor.

The Sicilian and Italian banks, which border the Straits of Messina for nearly 25 miles to the east and west, are among the most luxuriant to be found in a cruise of the Mediterranean. Magnificent golden groves of lemon and orange, and orchards of pomegranate, with their brilliant red fruit, contrast wonderfully with the flowers of the almond trees which perfume the whole region.

The straits are entered from the Tyrrhenian sea, on the north, at the narrowest point, the distance between Punta del Faro on the Sicilian shore and the mainland lighthouse on Punta Pezzo being not more than two miles.

The whole of the Calabrian coast is thickly sown with villages, some clinging to the beach, while others clamber up the sides of the well-wooded hills which culminate in the towering Montalto, rising to an elevation of more than a mile above the sea. Beyond the straits to the southwest, looms ever-threatening Etna, the highest volcano in Europe.

The most important city situated on the straits is the once magnificent seaport of Messina, which boasted a population of 150,000 inhabitants before "the world's most cruel earthquake" of December, 28, 1908, tossed nearly a hundred thousand lives away.

The harbor of Messina is the largest and safest in the kingdom of Italy, with a depth of more than 30 fathoms. Before the great calamity it was visited annually by more than 5,000 vessels which brought cargoes

of wheat, cotton, wool and hardware, and took away in exchange lemons, oranges, almonds, wines, olive oil and silks.

Homer did not accord a definite habitation for his terrible sea-creatures, Scylla and Charybdis, but mariners familiar with the perils of the rocks on the Italian side of the straits and with the strong eddies near the harbor of Messina, saw in the mythical monsters an explanation of such dangers. Scylla was supposed to be a horrible creature with six heads and a dozen feet, who barked like a dog. She dwelt in a lofty cave from which she rushed whenever a ship tried to pass beneath, and she would snatch the unlucky seamen from the rigging or as they stood at the helm endeavoring to guide their vessels through the perilous passage. Charybdis dwelt under a rock only a bowshot away, on the opposite shore. The second creature sucked in and blew out seawater three times a day, and woe to the ship caught in the maelstrom of its mouth!

## NEW REBELLION IN GARDEN OF EDEN

"Mesopotamia, Upper and Lower, vies with Egypt in claiming the honor of being the home of ancient civilization," says a bulletin of the National Geographic society, quoting from several communications concerning the land of Adam and Eve where the British recently sent more troops because of native uprisings.

"Mesopotamia comprises the valleys of the Tigris and Euphrates rivers. Here flourished the Chaldean, Babylonian, and Assyrian empires. The city of Bagdad, with all its glamor of mystery and magic, is in the heart of Mesopotamia.

"This was the richest land in the world, the granary of the ancients; yet, in spite of all that it has been, it today lies largely waste, the desert sands have encroached upon the fertile fields, while the clogged canals have turned other portions into swamps and marshes.

"What population there is—not more than one million—is of Arab origin and the Arabic language is spoken throughout. There is, in fact, a very distinct dividing line between the Arabic and the Turkish-speaking portions of the former Ottoman empire. This boundary corresponds with the line of the Bagdad railway from the Mediterranean to the Persian Gulf. It is for the exploitation of this rich land of Mesopotamia that the famous Bagdad line was built.

"Syria closes the east end of the Mediterranean and is bounded on the north by the Taurus mountains. The Syrian and Arabian deserts limit further settlement to the east and south. But in connection with world com-



In the Date Gardens of Bagdad.

merce it (Syria) has always been closely related to the fertile valleys of the Nile and the twin Mesopotamian rivers, and its commercial life of tomorrow cannot be divorced from that of Mesopotamia.

"Mesopotamia is as fertile today as when it was the birthplace of human history and when the civilization that developed there had only the Nile valley as a competitive field.

"Various factors delayed the inevitable reopening of the historic trade route across Syria and Mesopotamia in modern times.

"Nowhere, however, did trade follow the railway to a greater extent than along the Bagdad line, and in the spring of 1914 Aleppo was a thriving commercial center of German trade. At the hotels engineers and merchants crowded the dining rooms and talked of a mighty future in Mesopotamia. That summer, war came, and the burning question of styles was rapidly succeeded by one of food enough to keep body and soul together.

"Fifty miles west of Bagdad, along the Euphrates, lies the region now commonly regarded as the Garden of Eden. To irrigate this Eden and to reclaim millions of fertile acres around Bagdad was the stupendous task to which the Turkish government addressed itself.

"At Musayeb, on the Euphrates, a pre-war traveler saw 4,000 Arabs digging like moles in the Babylonian plain, making a new channel for the river. In the dry bed of this artificial channel an enormous dam was built. "Nebuchadnezzar's vast irrigation system, which once watered all Babylonia, can still be easily traced for miles about Bagdad. One giant canal, the Narwan, runs parallel with the Tigris for nearly 300 miles; it is 350 feet wide, and all about it the take-off and laterals may still be identified. Herodotus said he found a 'forest of verdure from end to end' when he visited Mesopotamia."

# Skin Sufferers Do Not Want Mere Temporary Relief

Of course, if you are content to have only temporary relief from the terrifying itching and burning of fiery, flaming skin diseases, then you are satisfied to remain a slave to ointments, lotions and other local remedies applied to the surface of the skin. Real genuine relief from eczema, tetter, scaly eruptions or any other form of skin irritations cannot be expected until you free your blood of the germs which cause these disorders. And for this purpose there is no remedy that gives more satisfactory results than S.S.S., the fine old blood remedy that goes down to the source of every blood disorder and routs out the germs which cause the trouble. S.S.S. is sold by all druggists. Begin taking it today, and if you will write a complete history of your case, our medical director will give you expert advice without charge. Address Chief Medical Adviser, 155 Swift Laboratory, Atlanta, Ga.

Appropriate. "Why do you call flying machines 'hobos of the air'?" "Because they have no visible means of support."

HEAD STUFFED FROM CATARRH OR A COLD Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears. 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 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.—Adv.

Economy. Percival—I've got money to burn. Naylor—Well, go ahead, it's cheaper than coal!

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers, 5c.

Evidence to the Contrary. "The argument you are using, sir, does not leave you a leg to stand on." "It certainly must, for it is made up entirely of foot notes."

For Constipation use a natural remedy. Garfield Tea is composed of carefully selected herbs only. At all drug stores.—Adv.

## SIMPLE ROAD TO HAPPINESS

As Benevolent Old Gentlemen Pointed Out, Desired Result Might Easily Be Attained.

The beautiful young woman, dressed in fashion's most pronounced style, entered the street car and sat beside a rather benevolent-looking old man. As the car started she happened to glance out the window at a bunch of little girls playing on the sidewalk. "Don't they look happy," she gushed. "But no wonder. Why, I remember my happiest days were when I used to wear short, little gingham dresses."

Now, the man had seen her enter the car, and he was well informed about the length of the dress she was wearing, so there was no mistaking his hint. "You might try gingham instead of the silk you're now wearing," he suggested.

Leading Industries. According to the latest available statistics the leading industries of the United States are as follows: 1, food; 2, textiles; 3, iron and steel; 4, lumber; 5, leather; 6, paper and printing.

Good for a Starter Only. "At luncheon I had something excellent but not satisfying."

"What was it?" "An excellent appetite."

True Vegetarian. "Waiter, I ordered vegetable soup." "Well, sir?" "This has a fly in it."

## RUB RHEUMATIC PAIN FROM ACHING JOINTS

Rub Pain right out with small trial bottle of old "St. Jacobs Oil."

Stop "dosing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Oil" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain and distress. "St. Jacobs Oil" is a harmless rheumatism liniment which never disappears and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache and neuralgia.

Limber up! Get a small trial bottle of old-time, honest "St. Jacobs Oil" from any drug store, and in a moment, you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.—Adv.

Where the Ancients Excelled. Elijah was fed by the ravens. "This beats carrier pigeons," he boasted.—New York Herald.

Cuticura Soothes Baby Rashes That Itch and burn with hot baths of Cuticura Soap followed by gentle anointments of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

## NOT A TERM OF OPPROBRIUM

But Really It Seemed as Though Mother Had Some Strong Grounds for Complaint.

The following story is told of a certain school in central New York. Dr. L., the health officer, had just made the customary physical examination and filled out the various health certificates.

One afternoon he received a visit from an irate mother. "I should like to know," she said beligerently, "what you mean by calling my boy a poor nut?"

"Madam," said the astonished physician, "I haven't an idea what you are talking about. To the best of my knowledge I have never applied the epithet you mention to any person." "It's down in black and white," continued his visitor unappressed. "My Jim has just been transferred to D— school, and it's on his health card as plain as can be, 'Poor Nut.'" The light of comprehension dawned on the bewildered doctor. He smiled. "Ah—I see! 'Poor Nut,' my dear madam, is merely an abbreviated way of saying 'poor nutrition.'"—Youth's Companion.

You Tell 'Em. Bess—They also serve who only stand and wait. Bob—True. In fact, that kind are always serving; never bossing.

Marriage opens eyes and purses.

## Better Health

in your meal-time beverage when you use

# INSTANT POSTUM

Its pleasing flavor resembles that of coffee, but it contains none of coffee's harmful elements

Made in the cup "quick as a wink" by the addition of hot water, strong or mild to suit individual taste.

*Instant Postum is the Ideal Drink for all the family.*

Made by Postum Cereal Company, Inc. Battle Creek, Michigan.