

## SYMPTOMS WOMEN DREAD

Mrs. Wilson's Letter Should Be Read by All Women

Clearfield, Pa.—"After my last child was born last September I was unable to do all of my own work. I had severe pains in my left side every month and had fever and sick dizzy spells and such pains during my periods, which lasted two weeks. I heard of Lydia E. Pinkham's Vegetable Compound doing others so much good and thought I would give it a trial. I have been very glad that I did, for now I feel much stronger and do all of my work. I tell my friends when they ask me what helped me, and they think it must be a grand medicine. And it is. You can use this letter for a testimonial if you wish."—Mrs. HARRY A. WILSON, R. F. D. 5, Clearfield, Pa.

The experience and testimony of such women as Mrs. Wilson prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound will correct such troubles by removing the cause and restoring the system to a healthy normal condition. When such symptoms develop as backaches, bearing-down pains, displacements, nervousness and "the blues" a woman cannot act too promptly in trying Lydia E. Pinkham's Vegetable Compound if she values her future comfort and happiness.

Any Restaurant. Fresh—I'd like to get a job waiting on tables.

Proprietor—Well, have you ever had any experience in waiting?

Fresh—Yes, I've been eating here ever since I came to school.—Iowa Frivol.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used. 5c.

She Wants to Know. "Sale of Poems. Wordsworth, \$1." Thus read a placard in the book department.

"I see you claim those words are worth a dollar," said a thrifty shopper. "But what are they selling at?"

How much foolishness have we each of us added to the world's supply in the last 24 hours?

Tactful. "He's tactful." "Think so?" "When I gave him my excuse for being late he said it was better than none."

"Where is the tact?" "That was his easy way of letting me know that I had a poor excuse."



**EFFICIENCY**  
Bobble: Which of yer two fellers y' gonna marry, sis?  
Sister: Why do you want to know?  
Bobble: Well, I don't wanna waste my valuable time bothering with the wrong one.

## 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 MALTOLENE OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1895. 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.

## Awful Sick With Gas

**Eatonie Brings Relief**

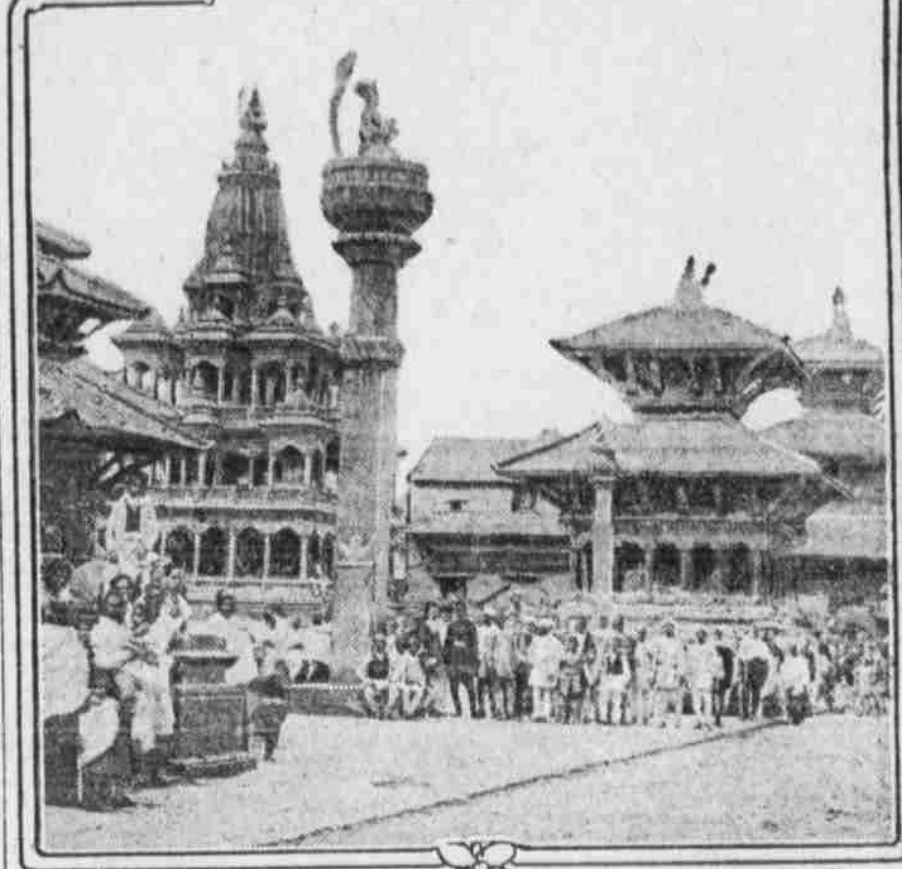
"I have been awful sick with gas," writes Mrs. W. H. Person, "and Eatonie is all I can get to give me relief."

Acidity and gas on the stomach quickly taken up and carried out by Eatonie, then appetite and strength come back. And many other bodily miseries disappear when the stomach is right. Don't let sourness, belching, bloating, indigestion and other stomach ills go on. Take Eatonie tablets after you eat—see how much better you feel. Big box costs only a trifle with your druggist's guarantee.

**KREMOLA** A WONDERFUL PAIN RELIEVER. Remedy for Rheumatism, Neuralgia, Migraine, Headache, Toothache, etc. Sold by all druggists. 1215 Michigan Ave., Chicago.

W. N. U., OMAHA, NO. 30-1921.

# Nepal, a Hermit Kingdom



Street Scene in Patan, Nepal.

(Prepared by the National Geographic Society, Washington, D. C.) Nepal, in which is situated much of Mt. Everest, the world's highest pinnacle, which is now being attacked by an elaborately equipped British scientific expedition, is the true "hermit kingdom" of today. The government purposely keeps the roads which lead from India to Nepal in bad condition, and travelers are admitted to but one small valley, and then only for special reasons upon a difficulty obtained permit.

This kingdom which holds itself aloof from the world is a narrow strip of country about 100 miles wide and 500 miles long, extending for nearly a third of the distance between India and Tibet along the sky-piercing Himalayas. On the south it includes a very narrow strip of plains country, but predominantly it is a mountainous region. In fact, its possession of Mt. Everest and some of the other of the highest mountains in the world give it claim, in one sense at least, to be the most mountainous of countries.

The Nepalese are a fighting people, have an excellent army and organization, and are fond of show, both in military display and in their religious festivals. The latter are very numerous, and in fact seem to be interminable. The women take a prominent part in most of them.

Some of the semi-military pageants end in the massacre of hundreds of buffaloes. In one such ceremony, known as the blessing of the colors, the commander in chief dips his hands in a bowl of blood and clasps each banner in turn, thus imprinting on each the mark of bloody hands. The scene is somewhat revolting, but probably has its use in keeping up a martial spirit in the army.

### Voluminous Dresses of Women.

The Nepalese women wear yards upon yards—sometimes as many as a hundred—of fine muslin plaited to form a huge fan-shaped bunch in front, the back being quite tight. When a lady of rank drives in her barouche she completely fills the carriage with her voluminous skirt of brilliant hue. Above the skirt a vivid little tight-fitting jacket, usually of velvet, is worn; the hair is dressed in a peculiar knot in front, above the forehead, and fastened to one side by an enormous gold plaque with a jeweled center. A heavy gold necklace and gold bangles complete her jewelry. Every imaginable shade is used—purple, pale blue, green, carmine, orange, white, yellow, turquoise, and deep red—and the effect is wonderful.

At the time of state ceremonies the streets are filled with processions of elephants in gorgeous trappings, horses and ponies, brilliant military uniforms, and the usual crowd of good-natured, pleasure-loving people, the whole against the background of the old temples and natural surroundings making a wonderful spectacle.

The journey into Nepal is not an easy one. At first there is a track through the forest, but as soon as the outer hills are reached the road loses itself in the bed of a stream, up which the bearers pick their way with difficulty over and among great boulders. The official road finally goes over the very rough track across the Chandragiri pass and down the almost impassable road on the other side into the Nepal valley. The last portion of the descent is down a long staircase of roughly-placed blocks of stone, and it is marvelous how the laden men and ponies keep their footing on it.

### In the Nepal Valley.

From the foot of the pass an excellent carriage road into the town of Khatmandu runs through the valley keeping with people, towns, palaces, temples, and innumerable shrines. There are miles of such good carriage roads within the valley, mostly constructed in Jung Bahadur's time, and carriages and pairs, and occasionally a four-in-hand are constantly used by the palace people.

In this valley, where the shrines alone are said to number more than 2,700, the buildings present an amaz-

ing diversity of form, derived from many sources—Egyptian, as shown in the typical form of the windows and doorways finely adapted to local traditions; Persian, Babylonian, Indo-Aryan, and even Nestorian in some of the designs.

The inhabitants of Nepal are collectively known as "Dwellers in the Hills," and are divided into innumerable castes. The Gurkhas are now the dominant race. Among the Gurkhas there are 21 castes and in addition to these, there are among the Newars, or conquered people, 41 castes and sub-castes.

The most striking buildings of Nepal's comparatively modern capital, Khatmandu, are, perhaps, those composing the Durbar palace, with its many quadrangles and pagoda-shaped roofs, full of chambers and courts with small communicating doors easily closed, which enable the inhabitants to defend themselves in case of political disturbances, which are not infrequent. Some of the windows are very fine and there are some striking bits of wood carving.

### Patan, the Old Capital.

Patan was the old Newar capital, where Buddhism was the accepted religion of the country before the invasion of the Gurkhas. Although the largest town in Nepal, it is a quiet, sleepy place, much of it falling into ruins, but still most picturesque. It stands in the center of the beautiful valley, against a background of green mountains and snowy peaks—a network of narrow, twisting little streets packed full of shrines, temples, and pagodas, many of them deserted and falling into ruins, but still with exquisite bits of carving and wonderful doorways of all shapes and sizes and wonderful designs.

Many of Patan's buildings are decorated with sheets of embossed copper gilt, and everywhere the shrines are guarded by pairs of fearsome animals of enormous size. Carved stone pillars are surmounted by animals, birds, or fish modeled in metal; bells of all sizes are everywhere, and huge lotus thrones in bronze hold bronze Thunder-Bolts or Dorgis.

The art of the Nepalese, or, properly speaking, the Newars, is worthy of special consideration. It was the Newars who brought art to its highest state of perfection, and their influence has extended through these hills into Sikkim, Bhutan, and Tibet. Indian influence has penetrated from the south with the advance of Buddhism and has spread through the hills, along the Brahmaputra valley, to Lhasa, the capital of Tibet. On the other hand, Chinese influence is also strong and there has been intercourse with that country for many centuries.

### Beautiful Wood Carving.

Nepalese wood carving is extraordinarily beautiful and ornate. Every scrap of wood is carved in some manner; the struts upholding the eaves of shrines represent satyrs and dragons, while windows and doors are examples of the most elaborate and minute workmanship of every conceivable design. The verandas and overhanging balconies are highly ornamented and the work on some of the pillars is very bold and striking.

In weaving, the natives are deficient, the only cloth made being a coarse cotton of no artistic value.

The feudal system, which has prevailed among these hills for many years, is in a measure responsible for much of the artistic work of the natives, for it enables a man to put his whole energy into his work. He has no care about food or housing; it is to his master's and his own advantage to produce the most artistic work possible.

Nepal maintains a well-drilled and efficient army of about 32,000 infantry and 2,500 artillery, with about 100 serviceable and 150 unserviceable guns. The Maharajah is not permitted to have any intercourse with Europeans, and should the British resident or any official have occasion to interview him it is always in the presence of some Nepalese official.

# The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

## LEGION OFFICER KNOWS NAVY

Edward Spafford, Chairman of Committee on Naval Affairs, Has Climbed the Ladder.

Edward Elwell Spafford, newly appointed chairman of the American Legion's committee on naval affairs, knows the United States navy on land and on sea as few other men do.

Born in Springfield, Vt., Mr. Spafford was educated in the public schools. He received an appointment to the United States

Naval academy in 1901. Assigned to the ship Washington, he became gunnery officer; at that time he was the youngest officer in the navy to hold this position.

While the Washington was lying off Cape Hatteras a sailor was washed overboard in a heavy sea. Risking his life in the waves, Mr. Spafford plunged overboard and succeeded in rescuing the seaman. His bravery was recognized in a letter of commendation from the secretary of the navy. He rose to the rank of lieutenant commander.

In 1914 Mr. Spafford resigned from the navy to study law at Columbia university.

With the start of the war Mr. Spafford offered his services to his country and he was made a lieutenant commander in the navy reserve corps. He served for a time as a member of the board of inspection and survey, which was in charge of the selection of ships to be purchased by the government. He directed the fitting out of the first 25 110-foot submarine chasers built for distance service and established a submarine chaser base at New London, Conn.

When the Americans first became active in the Straits of Otranto, Mr. Spafford was sent to establish a submarine chaser base at Corfu, Greece, and later became chief of staff of that station. He was in charge of all operations and was on the first American submarine chaser which destroyed an enemy ship after locating it by the process of sound contact.

When the Austrians surrendered two battleships and two destroyers to the United States, Lieutenant Commander Spafford took them over. Later, he investigated the situation along the Dalmatian coast and made a special report on Fiume to the American peace delegation at Paris. He received the Distinguished Service Medal. Mr. Spafford is a member of Manhattan naval post of the American Legion in New York city.

## SAYS NO MAN HER SUPERIOR

Bright-Eyed Sergeant and Vice Commander of Post Bluffed Mr. Silver-Eagles.

Who else but a bright-eyed, smiling American girl could have gotten away with it?

Sergeant Minnie Arthur of the United States marine corps was on duty in a recruiting office in Indianapolis, Ind., during the war. The major in charge was nervous; a colonel from Washington was coming to inspect; everyone brushed up on rules of military conduct. In walked the austere colonel. Sergeant Arthur remained working at her desk. Silver-Eagles walked over to her desk and frowned.

"Um—ever get up when an officer comes in the room, sergeant?" he growled.

"Yes, sir, sometimes," Miss Three Stripes replied.

"Um—and I suppose you salute your superiors, too, eh?"

Sergeant Arthur smiled sweetly—and then her eyes snapped.

"Sir, I've never seen a man yet who was my superior!"

And the colonel passed it off without a reprimand.

Miss Arthur, now vice-commander of Robert E. Kennington post of the American Legion in Indianapolis, enlisted for four years and served 18 months. She is still in the reserve, drawing \$1 a month with which she buys hair nets. She is authority on Librarian golf and plays a good hand at "blackjack."

On the Square.

"We had quite a game up to the boarding house last night."

"Poker?"

"No. The landlady was going to lick one of the boys for not paying his board. I tried to check her, she jumped me, crowned him and told us both to move."

"Did you do it?"

"Chess."—American Legion Weekly.

## Get Ready for Hot Weather By Purifying the Blood

Many people simply melt in summer. They can't work or enjoy life. They lack vitality. Ten to one their blood is impoverished.

Rich, wholesome blood is the basis of vitality. If you have it, you sturdily withstand summer temperatures. But if your blood is poor, loaded with poisons that should be cast out, you are limp and useless in "shirt-sleeve" weather.

To avoid this, get from your druggist S.S.S., the famous vegetable blood tonic and alterative. It is just the thing for poor blooded people.

After starting S.S.S., write us about your condition and we will send you expert medical advice free. Address Chief Medical Advisor, 839 Swift Laboratory, Atlanta, Georgia.



Suitable Covering. "What shall I wear to the party tonight?" asked Mrs. Glipping. "Have you a dress in the house?" said Mr. Glipping. "Of course I have a dress in the house." "Well, I wish you'd put it on. I haven't seen you wear a dress to a social function in so long I'd like to see how you look."—Birmingham Age-Herald.

## ASPIRIN

Name "Bayer" on Genuine



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.

## FROM THE LAND OF WONDERS

Shasta County, California, Comes Proudly to the Front With Eggs That Dance.

Shasta county, California, is the land of wonders. The latest is the dancing egg, relates London Tit-Bits. It is laid by an as yet undetermined insect on the leaves of oak trees. Masses of these eggs cling to the under side of the leaf, and as they advance toward maturity they drop to the ground and dance about.

By holding an oak twig containing any number of eggs to one's ear a crackling sound may be heard, like the spitting of electric sparks. The shell contains a tiny grub, working for release.

In many towns collections of the eggs are on exhibition. When laid on a table these eggs bound about and spring into the air, sometimes to a height of 16 inches. They are particularly active in the early morning.

This latest insect novelty takes rank with the sulphur bug, which is at home in the red-hot roaster piles.

Sweet Revenge. Mother-in-Law—I wish I'd won a fortune in the lottery.

Son-in-Law—What would you do with it?

"Disinherit you."—From Kurikaturon (Christiania).

Love laughs at locksmiths and people who don't like to see hugging in public places.

Surgical Chronology. "You are doing pretty well with tonsils, I understand," said the first doctor.

"Yes," replied the second doctor; "I'm taking out a few here and there, but I'll never forget 1917."

"What happened then?"

"Best year I ever had for appendicities."—Birmingham Age-Herald.

For true blue, use Red Cross Ball Blue. Snowy-white clothes will be sure to result. Try it and you will always use it. All good grocers have it.

The Advantage Was His. "Janette, I'm afraid you are a vain little wife. You gaze into your mirror so much."

"You oughtn't to blame me for that. I haven't your advantage."

"What's that?"

"You can see my face without looking into a mirror."

## WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test 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.

Old Cemetery Mystery. "It's surprising," said the policeman on the New Bowersy beat, according to the New York Sun, "how long people can live in a place and know nothing about it. See that lot over there?" and he pointed to a square patch of ground fifty feet from Chatham square, perhaps forty feet each way, hemmed in on three sides by tenements, whose clotheslines made a tangled maze across the face of the lot.

"It's a cemetery. When I first came on this beat if I asked one person what that cemetery was I asked a hundred; some didn't know. Some hardly knew it was there. I looked it up in the library and read that it was an old Jewish cemetery, consecrated in 1656, used as a fort during the Revolutionary war and one of the first cemeteries laid out in the city."

The Queer Kilometer. Col. Theodore Roosevelt told at an American Legion banquet a story about a fake soldier.

"Like most fakes," said Col. Roosevelt, "he gave himself away. He was describing how he got his medals, and he made the fighting so fierce that one of his listeners said with a sneer: 'Under all that machine gun fire it's a wonder you didn't get hit!'"

"I would have got hit for sure," said the fake hero, "if I hadn't crouched down in a kilometer."

## Thousands show you the way

Increasing numbers of people who could not or should not drink coffee and who were on the lookout for something to take its place have found complete satisfaction in

## INSTANT POSTUM

Postum has a smooth, rich flavor that meets every requirement of a meal-time beverage, and it is free from any harmful element.

## Economical—Made Quickly "There's a Reason"

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