

# THIS WEAK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I got sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. WORTHLINE, 2842 North Taylor St., Philadelphia, Pa.

The majority of mothers nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthline.

### On Same Mission.

A Logansport minister was on his way to fill the pulpit of a church in Terre Haute a few weeks ago, and happened to overhear a prize fighter, occupying the seat in the train just in front of him, remark to his companion:

"I am going to Terre Haute to knock L—— out of ——"

The Presbyterian minister became interested, and said to the pugilist: "Why, that is just the very thing I am going for."

The young man looked at the minister aghast, and said:

"Why, you're not a prize fighter, are you?"

"No, I am a minister," was the reply, "but my business is to knock L—— out of people, and that is just what I am going to Terre Haute for."—Indianapolis News.

## FOGGY?

If Bilious, Constipated or Headachy take "Cascarets."

Tomorrow the sun will shine for you. Everything will seem clear, rosy and bright. Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head foggy and aching. Your meals are turning into poison, gases and acids. You cannot feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without griping or inconvenience. They never sicken you like Calomel, Salts, Oil or nasty, harsh pills. They cost so little too—Cascarets work while you sleep.—Adv.

### Cotton Statistics.

Preliminary statistics issued by the United States bureau of the census give the number of bales of cotton ginned from the growth of 1919 prior to September 1, 1919, as 138,993 bales, as compared with 1,038,079 bales for 1918, and 614,787 bales for 1917. These figures include 1,129 round bales for 1919, 53,178 for 1918 and 23,716 for 1917. The number of bales of sea-island cotton included is 30 for 1919, 296 for 1918 and 2,838 for 1917. The statistics for 1919 are subject to slight corrections when checked against the individual returns of the ginners being transmitted by mail.

### The Only Place.

"I wonder if Diogenes could find an honest man anywhere in these times." "Certainly; in the poorhouse."

Personally we try to stay home, but sometimes we fear we are about to be seized by the craze for easy money.

### Why That Lame Back?

Morning lameness, sharp twinges when bending and an all day backache; each is cause enough to suspect kidney complaint. If you feel tired all the time and are annoyed by dizzy spells, headaches and irregular kidney action, you have additional proof and should act quickly to prevent more serious kidney trouble. Use Doan's Kidney Pills, the remedy that is recommended everywhere by grateful users. Ask your neighbor!

### An Iowa Case

Llewellyn C. Lewis, machine operator, 1229 E. 19th St., Des Moines, Iowa, says: "My kidneys bothered me and I suffered from lame back. If I tried to stoop over I got catches in the small of my back and at times I could hardly raise up. There was soreness in the small of my back and the kidney secretions passed too often. A little more than one box of Doan's Kidney Pills cured me entirely."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## A Comparison.

From Collier's Weekly.

Imagine a family living in 1880. There is a father, a mother, two sons and a daughter. The parents each work 12 hours a day, and the children each 10. In a week the family has accomplished what would be 374 hours of work for a single person. The recreations consist in going to church on Sunday, in occasional walks or buggy rides on a moonlight night, or in a little skating, coasting and sleighing in the winter, with a limited amount of sweethearting for the young people on Saturday and Sunday nights only. All this costs practically nothing.

Here is a typical picture of today: In a similar family the father and older son work 44 hours a week, the mother 42 hours a week, and the younger son and daughter not at all. Their total weekly output amounts to 139 hours of work for a single person or a little more than a third that of the 1880 family. Their usual diversions are movie shows and automobile trips, costing them weekly the pay of about 35 hours of work. This leaves some 95 hours of work to support them, or about one-fourth as much as in the case of the other family. In the main they are happy, but they are very much worried about the high cost of living.

The man who stops to think should have no difficulty in realizing that now is the time to save and invest every dollar possible, to work for himself as much as possible and for others as little.

## Noblest Use of Money.

From the Philadelphia Public Ledger.

The noblest use of money is assuredly that which means the broadest dissemination of culture and of healthful pleasure, of recreation for the mind and body, of welfare for the toiling masses, of the enlightenment of education for the many.

The money might be given for a library, a hospital, a playground, an orchestra. A large fund may be lodged in the hands of an individual, but not that he may spend it on himself. He becomes trustee and steward. He is engaged in a great work of healing or of inspiration, and the fund permits him to do that work on a scale he could not attempt when crippled for want of resources.

The ignoble materialist spends his money for a vulgar "splurge." He spends it that he may create envy in the minds of beholders. But the lasting riches are not in the furniture we buy; they are in the friends we make and keep; they are in the satisfactions that we know in the quiet sessions with our own souls; they are in the consciousness of duty done in every public and private relation and of faith kept with our place of service and with the community at large.

As humanity marches along the winding pathway that leads to the millennium it does not bestow its love and trust on those who care only to feed and clothe and lodge themselves. It bestows its affection on the unselfish and it responds to those who are seeking to keep it. Those who are rich are those who have amassed not the dollars or the pearls, but the abiding tokens of esteem and of affection that are offered by their fellows while they live.

### LEARNING.

Bacon. Learning taketh away the wildness and barbarism and fierceness of men's minds, though a little superficial learning doth rather work a contrary effect. Learning taketh away all levity, temerity, and insolence by copious suggestions of all doubts and difficulties, and acquainting the mind to balance reasons on both sides, and to turn back the first offers and conceits of the kind, and to accept nothing but the examined and tried.

### Some Startling Prices.

From the New York Post. The most awful example of profiteering that has yet come to light was exposed in the Senate by Senator Capper in behalf of the Kansas farmer. He had previously published this exposure in the Topeka Capital:

It takes four and a half bushels of wheat to make a barrel of flour. The wheat raiser gets about \$3.37 for the wheat, the miller \$12.70, the baker \$58.70, and the city hotel keeper \$57.

According to an estimate made by Mr. Hoover when he was food administrator, the average barrel of flour makes 275 one-pound loaves of bread. To arrive at Senator Capper's figures, we would have to suppose the bakers selling pound loaves at about 2 cents a loaf. To arrive at his further figure of \$57 for the greedy hotel keeper we should have to imagine hotels disposing of bread at \$2.10 the loaf. So frightful are these figures that the average consumer will blink at them incredulously.

### Before Girls Played Ball.

From the Christian Science Monitor. How quaint, nowadays, sounds the psychology with which the girls' board-school, in the days before academic education for women became general, advertised for pupils. Susan B. Anthony was a pupil in such a school, and its circular has been reprinted as Dr. Daniel Anthony, meditating upon his daughter's education, received it more than 80 years ago. "Having obtained an agreeable location," so the doctor read, "in the pleasant village of Hamilton, in the vicinity of Philadelphia, Deborah Moulson intends, with the assistance of competent teachers, to open immediately a seminary for females. The inculcation of the principles of humility, morality and a love of virtue will receive particular attention." One learns from his daughter's diary that one serious "depression from the pathos of recollections" "too much levity and mirthfulness;" and the awful occasion is recorded when young Miss Anthony was compelled to admit that she did not know the rule of dotting an I. These, however, were trying moments in an otherwise reasonably happy seminary for she writes also, "I think another one cannot be named so agreeable on all accounts as is Debora Moulson's at Hamilton."

### Longevity.

From the Philadelphia Public Ledger. Dr. William J. Mayo, addressing a surgical congress in New York, says that at no distant day, largely through the effect of radium in overcoming cancerous growth, the average term of human life will be lengthened by 10 years.

Even today the productive period in the lives of many men and women is extended of their own determined volition beyond the conventional duration of a bygone era. We are not content to fold our hands and "rust in idleness" in the very prime of life or to ring down the curtain on the active drama in the 60s and 70s. We find "Champ Clark vigorously combating the idea that those of his generation in the halls of congress are ready to be shelved for precocious youth. The ex-speaker cites Clemenceau, at 78, among the illustrious Frenchmen; and indeed France has shown us throughout the war a galaxy of old men whose natural abilities were not abated by old age. The grave and reverend seniors, at the council board in debate and on the field in action, have done well. In the last few years there has been a general reversal of opinion as to the value of old men. Their sagacity and their experience have been called in consultation and were not found wanting. "We are none of us infallible, not even the youngest of us;" these often quoted words of the wise Benjamin Jowett, of Balliol, are as true as when they were uttered, and they serve to remind us of the value of the same, poised judgment of age.

### Sweating Big Business.

From the Wall Street Journal.

"Talking about the shortage of office space in the financial district, listen to this!" said the raconteur to a group of his acquaintances.

"I've got a friend—a manufacturer's agent. Last June he leased two small offices for \$100 a month. In July he sublet one of the offices to a collector for \$100 a month. In August the collector sublet his desk room to an advertising agent for \$100 a month. In September the advertising agent put in a double desk and leased one side of it to a stock salesman for \$100 a month."

"I'm glad you've finished with that lie," said one of the hearers as the raconteur paused for breath.

"It's true, every word of it, so help me! Besides, I haven't finished." This very October, the stock salesman sublet for \$100 a month his side of the desk from sunset till sunrise to the superintendent of a gang of nightwatchmen.

### A German in Cuba.

From the New York Times.

The German commissioner of the economic league, who was allowed to land in Cuba "against government rules"—some gold in the palm sufficed, perhaps—and discovered a demand for German goods and a hatred for the Americans and British, cannot be as simple as he seems to be. Havana, he reported, "is fairly swimming in gold." That is true; the Cubans have prospered, some of them have become Monte Cristos, during the war. What immense fortunes have been made in sugar! "Wherever I went," says the commissioner, "I was told that all business men were waiting for German goods, which in their great variety could not be replaced by any others." This should be coupled with the following:

Cuban business men never tire of asking about the war, and when you picture to them the battle in which the Americans and English got a good licking their eyes sparkle. Their admiration for German valor and organizations is unlimited. They ask: "Did you fight with Hindenburg or Mackensen? Were you at Gorlice or Rheims? They seem to pity the French, however, while hating the Americans and English.

All of which must have gratified the German commissioner, whose hatred for both Americans and English was bitter. But who were these "Cuban business men," he talked with? In most cases, in fact, in about all, they were penitentiaries of old Spain, and not Cubans in point of view and sentiment. The great body of "Cuban business men" who could order from a German trade catalog are Spaniards, some of the second generation; they are more loyal to the yellow and red flag than home keeping Spaniards, and have an ineradicable dislike for the native Cuban.

The German commissioner misrepresents the native Cubans. They were pro-ally during the war, intensely so after the Americans entered it. They volunteered, they contributed handsomely to the Red Cross; a division of Cubans for the front could have been raised at any time; there were Cuban ambulances in France, and Cuban women nursed the wounded.

### The Appetizers.

From the Los Angeles Times.

According to the testimony of numbers of experienced hotel men the cocktail as an appetizer was a joke. As a matter of fact, the fizz, the highball and cocktail took the place of a certain amount of food and really put a crimp in the appetite instead of stimulating it. The cocktail crowd is eating more than it ever did. It takes three full courses and is especially strong on rich and heavy deserts. Possibly these do more harm than the stimulant, but they won't be blamed for it. The point is that booze of itself never encouraged the appetite, but tended rather to stunt or stupefy it. As a dinner bell it was a false alarm.

### Oldest Wine in World.

From the Arfonaut.

Shortly before his abdication King Ludwig, of Bavaria, presented to the wine museum at Speyer several bottles of wine dating from 1510, 1633 and 1822. The museum contains a bottle dating from the days of Rome, found in a Roman grave, believed to be the oldest bottle of wine in the world.

An epidemic of thieving, robbery and murders in Mexico City with which the local police apparently were unable to cope has caused the federal government to establish patrols of soldiers over the city from 10 p. m. until 4 a. m.

## "CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California!"—Adv.

### Size Against Them.

When the returning troops of the Twenty-ninth division were received with acclaim in the streets of their own Baltimore, one four-year-old daughter of that community was not only impressed but puzzled.

"Where have they been?" she wondered.

"In France."

"And what were they doing there?"

"Fighting, my dear."

"There was a long pause, during which she shook her head disapprovingly.

"Well," she said finally, "they look to me like pretty big boys to fight."—The Home Secretary.

State of Ohio, City of Toledo, Lucas County—ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(Seal) A. W. Gleason, Notary Public. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. F. J. Cheney & Co., Toledo, Ohio.

### Looking Ahead.

"Are you going to invite the doctor to your party, Ethel?"

"No, mamma."

"Why not?"

"Because I don't want him here too often. We'll probably have to have him here the next day."

### Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

### Dangerous Practice.

"She's always taking kodak pictures of her friends."

"And after that do they continue to be friends?"

Snowy Linens are the pride of every housewife. Keep them in that condition by using Red Cross Ball Blue in your laundry. 5 cents at grocers.

A friend in need clings to you for all you are worth.

# Criticism and Citizenship

It is the plain, public duty of every citizen to criticize proposed government measures believed to be harmful.

Swift & Company is in a better position perhaps, than others, to understand the meat packing business in all its relations to public and private interests, even though the others may have been giving the subject a great deal of sincere attention.

Swift & Company is convinced that interference with its legitimate business function by governmental agencies, however well intentioned, would be an injury to every man, woman and child who wants meat to eat, as well as to the men who raise the meat and to those who dress and distribute it.

Maximum service that cannot monopolize because of keen competition and lack of control over sources of supply is furnished at a minimum of profit—a fraction of a cent per pound from all sources.

Therefore Swift & Company is taking every legitimate step of citizenship to prevent such interference.

These advertisements are intended to help you, and to help Congress decide what is best to be done. Mistakes are costly and apt to be harmful in these trying times.

Let us send you a Swift "Dollar." Address Swift & Company, Union Stock Yards, Chicago, Ill.

## Swift & Company, U. S. A.



### The Preliminary.

She—"I wish you would buy me a silk dust cloak." He—"I would if I could first raise the dust."

A man robs himself if he does not make the best of his time.

### The Time for It.

"We ran over an old friend the other night."

"Was he glad to see you?"

"Indeed he was, when we got him far enough out from under the automobile."

# Children Cry For Fletcher's CASTORIA

What is CASTORIA? Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of  
*Charles H. Fletcher*  
In Use For Over 30 Years  
The Kind You Have Always Bought  
THE CENTAUR COMPANY, NEW YORK CITY.

