

FROM FORTY-FIVE TO SIXTY

A Word of Help to Women of Middle Age From Mrs. Raney.

Morse, Okla.—"When I was 45 years old Lydia E. Pinkham's Vegetable Compound carried me through the critical period of the Change of Life in safety. I am over 60 and have raised a family of eight children and am in fine health. My daughter and daughters-in-law recommend your Vegetable Compound and I still take it occasionally myself. You are at liberty to use my name if you wish."—Mrs. ALICE RANEY, Morse, Oklahoma.

Change of Life is one of the most critical periods of a woman's existence. This good old-fashioned root and herb remedy may be relied upon to overcome the distressing symptoms which accompany it and women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

The Cheerful Optometrist.
Patient—My headache is not any better, doctor.

Doctor—Did you report to the eye clinic, as I told you?

Patient—Yes, doctor, I went to the eye clinic and the optometrist said I was all right, although he did not examine my eyes.—Journal of the American Medical Association.

Sample Submitted.
Visitor—Are you good at your work? I am very particular about the way my hair is cut.

Village Barber—Well, I've reckoned fairly decent; but, if you like, I'll do one side of your head first so that you can see for yourself.—Der Brummer (Berlin).

An Unaccommodating Parent.
Mrs. Billups—Why is Willie crying so?

Billups—He lost part of his engine and now he's yelling because I won't let him have my false teeth for a cowitcher.—Boston Transcript.

Order Filled.
"Did you see where some woman complained because she had to pay \$1 for a glass of lemonade?"
"Well, she asked to have a lemon handed her, didn't she?"

Her Idea.
Edith—I like an engagement with some snap about it.
Maud—One that breaks easily, eh?

Get Back Your Health

Are you dragging around day after day with a dull backache? Are you tired, and lame mornings—subject to headaches, dizzy spells, and sharp, stabbing pains. Then there's surely something wrong. Probably it's kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get plenty sleep and exercise and use Doan's Kidney Pills. They have helped thousands. Ask your neighbor.

A South Dakota Case

Joseph Van Kirk, retired farmer, Tyndall, S. Dak., says: "I suffered from severe attacks of lame back and mornings I could hardly bend over to get my shoes. I had to get up at night to pass the kidney water in a way. Doan's Kidney Pills cured the backache and other weakness and made me feel fine."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Kill All Flies! THEY SPREAD DISEASE. FLY KILLER. Kills all flies. Nest, clean, ornamental, convenient and safe. Made of metal. Can't spill or tip over. Will not soil or injure anything. Guaranteed.
FLY KILLER at your dealer or by EXPRESS, prepaid, 15c.
HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

Ugly Notes Corrected. (Free trial.) Scars, pimples, pores, freckles, wrinkles removed. W. Bailey, 228 Empire Bldg., Denver, Colorado.
WANTED: Control in good bank. Address Banker, Box 342, Sioux City, Iowa.

How Government Goes on Elsewhere.

Geoffrey Drage, in London Times.

Sir—The debate on national expenditure of March 24 was the fourth which has taken place within the last few weeks. The only result is that the government proposes to reappoint the select committee of which it was said, apparently without contradiction: "They produced no less than 15 reports. They sat for two years, and not one single one of their recommendations has been carried out."

It is a perfect waste of time to appoint these committees. The actual position is stated in the House of Commons as follows: On March 16 the chancellor of the exchequer (who naturally resented the defeat of the government on February 26 on the subject of police pensions by the House after all its professions of economy), said: "The origin of the heavy expenditure is not the government nor the bureaucracy. It is the continuous demand from this House. . . . If you do not support us . . . the blame must be on your shoulders." (Hansard, p. 2076.) Private members on the other hand (1) took the line that "the House of Commons has no control whatever over public expenditure" (Hansard, p. 2109), and (2) roundly told the chancellor that if members will not support him "it is the business of the chancellor of the exchequer to resign" (Hansard, p. 2108). The result, as far as the public is concerned, was well expressed in the words of another member (3), "a feeling of despair, anger, and mystification." (Hansard, p. 2117.)

In these circumstances, in view of the appeal of the chancellor to his critics, "I would be content if they would put their finger on a practicable means of saving £500,000" (sic, Hansard, p. 2078), one may perhaps claim support for the following practical suggestions:

1. The source of extravagance as to which (a) the government and treasury control is least efficient, and (b) the House of Commons is most prone to reckless interference, are to be found in the various acts of parliament which for want of a better term can best be classed under the heading of Public Assistance. On March 24 the chancellor of the exchequer appeared to recognize this for the first time. He said: "You cannot, when you have things like National Health Insurance, Old Age Pensions, and a National Unemployment scheme and a National Housing scheme, exercise or offer the same blunt and uncompromising refusal to proposals for new expenditure as you could in the days when it was accepted by all parties that such matters were altogether outside the proper sphere of government activities." (Hansard, p. 526.)
2. Thanks to the importunities of the Denison House committee on public assistance, of which I have the honor to be chairman, a return has been published (No. 218, 1919) which shows that expenditure from rates and taxes on public assistance has risen, apart from war pensions, from £25,800,000 in 1891 to £104,000,000 in 1918. War pensions and widows' allowances for 1920 will amount to no less than £123,000,000 (Hansard, p. 2124), and will, it is said, affect one person in 16 of the population.
3. Thanks to our further requests, the government on February 16 agreed to make the return annual; but this is not enough. Ever since January, 1915, when I began this agitation, I have been asking that this return should (1) not only show the total rise in expenditure, but (2) give administrative expenditure separately, so that comparisons should be instituted and an administrative standard be set up. (3) I have also repeatedly asked that capital and current expenditure should be shown separately, so as to indicate the proportion of salaries to upkeep in successive years and in different areas.

Unfortunately it is not the only department which requires supervision, there is also, as we have seen, the House of Commons, which the speaker has described in his memorandum as having become "one of the chief spending departments of the state." (Report, p. 122.) According to the Times of March 26, the chancellor of the exchequer stated in answer to a question that while it is his duty to protect the taxpayer, "the minister of health is the guardian of the ratepayer." The House of Commons is, of course expected to control both. It all respect one is led to ask, Quis custodiet ipsos custodes? Are we not, as to public assistance at any rate, approaching the position we occupied in 1830? Are we not threatened in that sphere, at any rate, with bankruptcy? A royal commission was then appointed which was eventually clothed with executive power in order to meet the unpopularity of retrenchment which the House was then, as now, unwilling to confront. Is not a similar step necessary now?

4. Finally, one may venture to put in a plea for immediate action on the above lines. The Lord Privy Seal, in a speech at Worthing not long ago, is reported to have asked the public for patience. (1) Surely seven years of unremitting work is sufficient to warrant a request that a complete return of expenditure on public assistance should now be granted. There is no question of policy involved. We are merely asking for a proper account to be rendered of money spent, in order to eliminate waste. One would think such a request would appeal not only to every minister and every advocate of economy, but also to every honest man. (2) Surely 14 years is long enough for the authorities to ponder over and digest a request for the reorganization of official statistics or, in other words, a department of civil intelligence under the prime minister, a reform which is only opposed by the department interested in maintaining existing inefficiency. (3) The proposal of an executive commission on public assistance may sound novel and, therefore, exciting opposition, but there is the precedent of 1830 for a reform which proved in its day a complete success. At any rate, one may say that there are no other proposals than the above in the field which are calculated to mitigate the existing "feeling of despair, anger, and mystification."

HANG THE CRAPE.
From the Weekly Underwriter.
He stepped on the throttle to see if he could beat the train to the crossing.
He couldn't.
He struck a match to see if his gasoline tank was empty.
It wasn't.
He patted a strange bulldog on the head to see if the critter was affectionate.
He wasn't.
He looked down the barrel of a gun to see if it was loaded.
It was.
He touched an electric wire to see if it was alive.
It was.
He said he would not bond his clerk because he thought he was honest.
He wasn't.

The Little Houses.
I love the little houses.
On a newly opened street,
Where rose wives with a child or two,
Their homing husbands greet.

Where toys are on the new front steps
And a baby cart chokes the hall,
Where velocipedes are the only cars
And like birds the children call.

The little house is a house of hope
And of love and faith also.
There's a busy hum in it all day long.
And the hours like moments go.

The stately house has all achieved,
It is dull and weary too,
But the little house is aglow with dreams
That may, perchance, come true.
—Mary Alicia Owen, in the Twilight hour.

Trade in the Near East.
From the New York Times.

The United States has a fine array of merchant steamers in Levantine waters, but the complaint is that they do not get enough business, because our rivals have more influence with the local authorities than the shipping board has, and there is an active propaganda against American representatives and American goods. But was not that to be expected? For many years before the war the American flag on a merchant ship was seldom seen in the near east, and there was only a nucleus of trade organization to aid the American merchant. An American shipping expert has this to say about our argosy in the near east and the trade prospect: "I am afraid it is like a railroad which is trying to run without terminals and stations. We have ships, but we haven't American shipping agents to handle them. We haven't facilities at the various ports and are at the mercy of foreign agents backed by their governments, which are far more interested in assuring their commercial future than in protecting the rights of the minorities about whom they talk so glibly.

There is no doubt that we are at a disadvantage in the preliminary skirmishes for the world's business, particularly as, for want of practice, it will be some time before we can get our new merchant marine running smoothly.

DIFFUSION OF WEALTH.

Otto H. Kahn, in Leslie's Weekly.
It is not true that under our economic and social system "the rich are getting richer and the poor poorer." On the contrary, the diffusion of wealth has been going on since the trend of things within the past 20 years has been greatly toward diminishing the difference between the standard and general way of living between the various categories of our population. And our wealthiest men are not those who inherited their possessions, but those who started at the bottom of the ladder. The eternal law of compensation works in mysterious ways. It is unquestionably a fact that it is not the children of the rich to whom life yields the greatest measure of joy and satisfaction and reward.

SCIENCE REPLACES MAGIC.

This is the season for rheumatic fever. Beware.
Not only is the disease important in itself but it frequently leads to heart disease and heart disease is now our most fatal malady. A study made by Lambert in Bellevue hospital indicates that rheumatic fever during four years was one and a half times as prevalent during March, April and May as during June, July and August, twice as prevalent as during December, January, and February, and six times as prevalent as during September, October and November.

This is almost enough to establish that rheumatism is a seasonal disease to about the same extent that typhoid, pneumonia, measles and smallpox are. By rheumatic fever is meant the old-fashioned rheumatism—the kind for which our forefathers carried in their pockets buckeyes and Irish potatoes.

According to Edwards, one-eighth of the cases are preceded by tonsillitis. Edwards wrote before great attention had been concentrated on the tonsils, gums, and teeth. Looking at the tonsils and teeth more closely as they do at the present time the cause is much more frequently located in the mouth. Our forefathers carried buckeyes in the wrong place. They carried them in the crypts of their tonsils or the cavities in their teeth.

Rheumatism is characterized by fever, profuse sweats, and pain and swelling in one or more large joints. The disposition of the disease to jump from one joint to another is well recognized. In fact the rheumatics themselves are suspicious of any inflammation which sticks to one joint. It is much more liable to be something besides rheumatism.

An acute attack of rheumatism commonly lasts about four weeks. The fever having subsided the man is somewhat lame for several months. He is lucky if a careful diet of local chickens heart made at this time does not show that the disease has affected his heart.

To prevent the disease a person who is subject to rheumatism should have his teeth cleaned and polished at least during this rheumatic season. If he has tonsil trouble he should have them removed or at least cleaned up and massaged. If he has chronic suppurative in his nasal sinuses or elsewhere he will do well to give it proper attention.

According to the older views he should wear flannel underwear and flannel bands, especially around the joints most liable to develop the trouble.

Leaving that there is more rheumatism during June, July, August, than during December, January, February, gives the chilling theory considerable weight. More recent investigations tend to confirm the view of local chickens as a cause of rheumatism, but no one is justified in leaving off his flannels during the rheumatic season until the evidence is more complete.

As an attack of the disease of the disease, salicylates and alkalies are given. Opiates are not. Water should be drunk freely. After an attack has subsided iron tonics and visits to baths are helpful. Meat bars no relation to the disease. It can be eaten in moderation without harm.

Pocket Money.

From the New York Sun.
A few years ago, pocket money allowances for a small boy meant a nickel or a dime a week. The youngest whose father or mother gave him a quarter was exceptional; he who boasted half a dollar was a prince of high good fortune.

Nowadays the boy's allowance has to be larger. Soda water, candy, marbles, tops, practically everything a boy wants to buy out of his own pocket have soared along with beef and bread. There are no cash no days when a quarter was known only a few years ago. Oldsters shake their heads and lament the banishment of poetry from juvenile life, but their regrets are not shared by the victim of a stone bruise who can ride home on the strolley instead of hoofing it 'cross lots.

There were no movies when a dime loomed large at the beginning of the week; movies are now a steady drain on the pockets of youth. Probably the Small Boys Protective League is behind the shrewd campaign today in progress to impress on the adult mentality the educational value of close and consistent study of the screen. If movies are of educational value the attendance on movies becomes a duty, and as a duty the cost of it must be defrayed from the parental pocketbook.

However, the circus is still to be attained by carrying water to the elephant, though our friend Mr. Dockwray, on more than one occasion, has revealed the danger inherent in this method of gaining admission to the big top; they switched elephants on Lew.

Hoaxed a King.

From Manchester (England) Guardian.
The fact that several residents of the Spalding district of Lincolnshire have been hoaxed by announcements purporting to emanate from Buckingham palace and to be signed by his majesty's private secretary, conferring honors upon them recalls recollection to one occasion at least of the conferring of an honor as the result of a successful hoax, royalty itself being the victim. In the reign of George IV, a Dublin medical doctor wrote a book. He had a copy splendidly bound for presentation, and then went to London to the royal levee, where he handed a card to the lord-in-waiting, on which his name appeared as attending to present his work on a certain professional subject and "to receive the honor of knighthood." The lord-in-waiting thought that all was right, the king thought so, too. The Dublin doctor knelt down, the king took a sword, gave him the slap of dignity, and bid him arise Sir Thomas. After the levee, and when the newspapers had published the knighthood as one of the incidents of the day, there were some inquiries about the recipient of the distinction. Who had recommended him? Of what minister was he the protegee? But they were all too late—the knighthood had been conferred, and people could only laugh. Canning was reported to have said that he supposed this doctor claimed the honor "by prescription."

No Necessity.

Shop Assistant (sneezing dog trough)—Would you like one with "dog" painted on it, madam?
Customer—No, thanks. You see, the dog can't read and my husband doesn't drink water.—London Answers.

Baby's little dresses will just simply dazzle if Red Cross Ball Blue is used in the laundry. Try it and see for yourself. At all good grocers, 5c.

An occasional domestic storm is necessary to clarify the matrimonial atmosphere.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. H. H. H.* In Use For Over Thirty Years **CASTORIA**
THE CENTAUR COMPANY, NEW YORK CITY.

COULDN'T FORGET THE GREEN MORALE AIDED BY MUSIC.

Mrs. Flannigan's Neat Expression of Loyalty to Her Native and Her Adopted Land.
Mrs. Flannigan for years has proudly exhibited from her front window a row of geraniums, in pots wrapped in bright, Irish green crepe paper, says the Indianapolis News. But the other day when her neighbor, whose son was in France for several months, pulled back her window curtain and revealed her flower pots, decorated in red, white and blue paper, Mrs. Flannigan was visibly troubled. She worried and worried. It is quite hard to be loyal to two countries at the same time, yet Mrs. Flannigan desired to be so.

Then one morning her wide Irish smile came back to her face. And passers-by saw in the Flannigan front window a row of flower pots brave in red, white and blue coverings and every covering was tied to the pot with a wide band of green ribbon.

Only Specimens.
"The only thing," solemnly said Professor Pate, "that walks back from the tomb with the mourners and refuses to be buried is character."
"Just so!" replied Festus Pester.
"And the only thing that comes back from the cemetery giggling and on the dead run is the rickety old widower who figures on—ee-hee! hee!—marrying again."—Kansas City Star.

To Be Washed Out.

Hogg—Wrote a ballad on my cuff the other day. What would you advise me to do with it?
Blagg—Send it to the laundry.—London Tit-Bits.

Coffee Often Disturbs Digestion

and frequently causes nervousness and sleeplessness. If coffee annoys you in any way, try

Postum Cereal

This favorite drink enjoys growing popularity because of its pleasing flavor and its superiority to coffee in healthfulness.

Sold by Grocers in two sizes—25c—15c

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