

# HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be

Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First



Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have to have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have never had occasion to take it again as I have been so well. I have a six room flat and do all my work. My two sisters are taking the Compound upon my recommendation and you may publish my letter. It is the gospel truth and I will write to any one who wants a personal letter."—Mrs. E. H. HAYDOCK, 6824 St. Lawrence Ave., Chicago, Ill.

A Vermont woman adds her testimony to the long line of those fortunate women who have been restored to health by Lydia E. Pinkham's Vegetable Compound, after it had been decided an operation was necessary:

Burlington, Vt.—"I suffered with female trouble, and had a number of doctors who said that I would never be any better until I had an operation. I was so bad I could hardly walk across the floor and could not do a thing. My sister-in-law induced me to try Lydia E. Pinkham's Vegetable Compound and it certainly has helped me wonderfully. I keep house and do my work and have a small child. I have recommended Vegetable Compound to a number of my friends and you may publish my testimonial."—Mrs. H. R. SHARON, Apple Tree Point Farm, Burlington, Vt.

In hospitals are many women who are there for surgical operations, and there is nothing a woman dreads more than the thought of an operation, and the long weary months of recovery and restoration to strength if it is successful. It is very true that female troubles may through neglect reach a stage where an operation is the only resource, but most of the common ailments of women are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. In fact, many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

## ABLE TO FOLLOW ANY TRAIL

Ahnds, East Indian Sect, Are Among the Most Skillful Trackers in the World.

The Ahnds, natives of Java, India, are among the most skilled animal trackers in the world, according to R. G. Burton, writing in the Field. They track bears, panthers and other jungle creatures by a mere shadow of a footprint and also by "marking," a system of watching.

When "marking" animals the natives turn out before sunrise and watch the animals as they slink back to their lairs. Then when the hunters take a position of vantage the marker's aids surround the animal on three sides, and drive it out from cover.

The Ahnds often track bears across solid rock, where the creatures' claws, scratching the surface, leave a mark. The panther's tread is so soft that no impress is made, save where the ground is soft enough to take the pug of the pussyfoot, and yet they track these wary animals when they show near the village.

### To Be Exact.

"When does the last train leave for Brooks Junction?" asked the fussy old lady.

"I was reading in a newspaper this morning," said the ticket agent, dreamily, "where a celebrated soothsayer predicted that the world would come to an end in 1950. Barring unforeseen developments, the last train for Brooks Junction may leave here on or about that date."—Birmingham Age-Herald.

### Juvenile Logic.

Tommy—What does LL. D. after a man's name mean?  
Jimmy—I guess it means that he's a lung and liver doctor.—Boston Transcript.

Blunt men usually have sharp tongues.

## Suicide Statistics.

A larger number of suicides take place in May than in any other month. June also is another month of many suicides. January ordinarily has very few, yet the statistics of a leading company show a rate of 7.7 per 100,000 industrial policy holders for January, 1921.

## Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Wm. H. Chas. H. H. H.* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

## ASPIRING YOUTH FLIES HIGH

But His Educational Qualifications for the Secret Service Were Not Revealed in Letter.

Capt. Thomas E. Halls of the United States secret service receives many applications for positions in the department. Here is one of the choicest and it came from Missouri:

Dear sir I am righting you this letter in the regards of a Job I Wood like to have a Job as united States Detective I often thought that I Wood like to have a Job like that so I thought I Wood right to you and see what could be done About it if you can give me a Job I will do good honest work I will guarantee that I Will do square business I Wood like for you all to help Me out about it I Will help the force out in any way I can I will close hoping to hear from you please right and let Me Know What you think about it and tell Me What the terms and Salary is.—Indianapolis News.

## Natural Outcome.

Hipp—"Couldn't he swim against his current expenses?" Hopp—"No. So he just drifted into debt."

Words are all right when backed by brains.

# Profits of Federal Reserve System.

From the Bache Review.

The federal reserve banks have a net paid-in capital of \$94,234,000. The current net earnings of the 12 banks—that is, excess of earnings over current expenses—totalled \$151,408,031 for the year 1920. In 1919 they earned \$22,028,786. These earnings constitute 98.3 per cent on the average paid-in capital in 1919, and 160.7 per cent on the capital in 1920.

If we combine the paid-in capital and the deposits, or reserve balances of all the banks—namely, \$1,924,833,000—the rate of these current net earnings works out at 7.9 per cent for the system as a whole. On this basis of computation the Atlanta bank earned 11 per cent, the New York bank 7.2 per cent, and the Dallas bank—the low rate—5.6 per cent. The following table shows the per cent earned on capital for the year 1920 in each of the 12 banks:

Bank	Per Cent
Boston	117.3
New York	72.4
Philadelphia	116.5
Cleveland	116.9
Richmond	119.3
Atlanta	106.0
Chicago	106.0
Minneapolis	124.2
St. Louis	131.5
Kansas City	123.2
Dallas	56.1
San Francisco	150.1
Total	100.7

Dividends at the rate of 6 per cent, were paid by the federal reserve bank during the year. Under the reserve act all net earnings, after deduction of a 6 per cent cumulative dividend, must be paid into a surplus fund until this fund shall have reached 100 per cent of the total subscribed capital, and thereafter 10 per cent of such net earnings, is to be carried to surplus (so-called super-surplus), while the remainder is to go as a franchise tax to the government. In 1920, the federal reserve banks carried \$76,158,287 to normal surplus, and in addition nine banks, whose normal surplus accounts had reached 100 per cent of the subscribed capital, carried \$6,747,727 to super-surplus account. At the opening of 1921 the total surplus of the federal reserve banks stood at \$202,936,367, or 101.2 per cent of the banks' total subscribed capital.

For the several reserve banks, the ratios of total surplus to subscribed capital showed the following percentages:

Bank	Per Cent	Bank	Per Cent
Boston	101.8	Chicago	104.3
New York	107.0	St. Louis	100.5
Philadelphia	107.0	Minneapolis	100.5
Cleveland	94.9	Kansas City	102.5
Richmond	100.2	Dallas	78.5
Atlanta	102.3	San Francisco	102.5
System	101.2		

## A Suggestion.

Under Section No. 7 of the original act, the banks had to carry to surplus one-half of their net earnings up to 40 per cent of their paid-in capital and so pay the other half to the government as a franchise tax. On March 1, 1913, an amendment to Section No. 7 was enacted, whereby net earnings were to be treated as noted above. (Up to 100 per cent.)

The change in the federal reserve act on March 2, 1913, was a wise one, as it operated to make the system more of a financial rock of Gibraltar than ever, diverting a large extra per cent of earnings to strengthening the great institution, instead of paying huge sums into the United States treasury, to be spent by congress. The system, under this excellent amendment, having now reached a surplus of 100 per cent of its capital, the overflow going partly to build up a super-surplus and partly to be paid as a franchise tax to the government, it may once more become a question worthy of deliberation whether this franchise money could not be better used than to pour it into a depository—the United States treasury—which has always had some of the absorptive qualities of a rat hole, and has especially exhibited these attributes during and since the war.

On this matter, we venture suggestion to the effect that with this overflow of earnings, instead of paying the amounts into the treasury, a fund be established, in some way to benefit the member banks as a whole; not perhaps by way of cash distributions, but for the purpose, let us say, of liquidating the liabilities of failed member banks, whose assets have not fully taken care of their debts. This could be done at first under some pro rata or percentage arrangement, until, and when, and if, the fund reached proportions large enough fully to pay up unliquidated liabilities as they occurred.

Such a guarantee fund against the incidence of disaster would constitute a most desirable measure to foster confidence in the system, extending to the extent of the deposits as usually understood, but would very probably have the good effect of leading all financial institutions eligible to membership in the federal reserve system, who had not yet joined, to do so.

## SAY IT THIS WAY.

From Collier's Weekly.  
+ Unreasonable laws and ordinances provoke men to disregard them entirely.  
+ How many American towns confront the approaching motorist with something like the following:  
+ Welcome to Bunkville.  
+ Speed Limit, 3 Miles.  
+ No self-respecting motorist from Lubbock to Los Angeles should be asked to throttle down to a crawl except when actually in city streets. If your town flaunts a painted incentive to crime like the above—pull it down. And this season try something like this:  
+ Welcome to Pleasantville.  
+ Please Drive Reasonably.

## Seeking Apples, Find Radium.

Love of apples, America's most popular dessert, is in way responsible for the development of the world's largest supply of radium. Down in the southern part of Colorado lies Paradox valley, in the desert, beyond Flamingo, the last station on the Denver and Rio Grande road. Because its sheltered location in the mountains indicated that the frosts would not strike it, Paradox valley attracted orchardists who believed the assertions that it would become one of the greatest apple producing regions in the world. French scientists who happened to be in that territory were attracted by a strange yellow ore found in the valley. Their tests showed that it was radium-bearing. Thereupon they named it in honor of their countryman who was president of France at the time, Carnot. Oddly enough, agents from its old enemy quickly followed on their heels, buying up every promising claim or cartonnite. The ores were eagerly sacked and shipped directly to the German market. Only the world war prevented the Germans from controlling the rich field.

## As It Looks to Ed Howe.

From Howe's Monthly.  
Set a trap for the rich and the rule is that a poor man is caught in it.

A Berlin cable says Prussian women voters are discovered to be conservative in their sympathies. In the recent election, 67 per cent of the conservative votes cast were by women.

## Curious "Ad" Men in China.

J. W. Sanger, in Boston Transcript.  
In China, the American advertisers have shown their alertness in meeting the difficult situation of few newspapers and a public 90 per cent of whom are unable to read or write Chinese. The American advertiser who wanders about telling stories to groups of bystanders wherever they can draw a crowd—were "adopted." At first the story tellers were paid to weave into their tales a few lines of advertising, when this proved so successful that the plan was developed until now the story tellers are put through a regular course of training in the stories they are to tell. The story tellers use a brass disc-like instrument to draw their crowd and are a time-honored institution. To make this method effective it was necessary to pick out goods that might make a wide appeal. The cigarette concerns originated the idea, and most successful. Others since have taken up with it.

## When Cost-Plus Was Half-Price.

Former Commander Elliot C. Brown of the naval reserve testifies before the Lockwood committee that in 1917 he and four other contractors in the barracks opposite the navy yard. Five contractors, all members of Hettrick's code-of-practice association, submitted estimates ranging between \$48,200 and \$45,000, and the lowest bidder immediately secured the contract. The cost-plus system has borne most of the blame for war time extravagance and waste, but evidently there were greater evils. Though cost-plus contracts in many glaring instances induced haste at the expense of workmanship and huge profits, the building ring appears to have demanded even huger profits on work done at leisure. In the case cited the plan which has been so emphatically condemned as a spendthrift policy actually saved the treasury \$22,532, bettering the lowest bid by almost 50 per cent.

## A Great Pyramid for Japan.

From the Argonaut.  
Japan is preparing to build a pyramid for the first emperor, Jimmu Tenno, somewhere in the suburbs of Tokyo, and for this purpose a committee of prominent men will collect a stone from every subject of the empire. It is the intention to make this the highest structure in the east.

## A Specialist.

A young man applying for work in a Wichita motor repair shop the other day said that he had worked for three years in the Ford manufacturing plant. "What department were you in?" asked his prospective boss. "I was the man who tightened the 3rd bolt," replied the young man.

## SAFEGUARDING BABIES.

When yearly announcement is made of the winners in the city contests for the lowest baby death rates it is found Minneapolis always holds an enviable place. Some attribute this to the large Scandinavian population; some to the cool summers, and some to the work done in baby care. The likelihood is that all three factors contribute. One of the things they do unusually well is to keep the mothers breast feeding.

This is their method. An infant welfare society, co-operating with the health department, the university, and the public health association, sees that every mother hears something about the advantages of breast feeding, as soon as a birth is recorded at the health department the name and address of the mother is sent to the society. The society sends out the following letter:

"Dear Madam—Summer will soon be here. It is especially important now for your baby to be kept upon the breast. There is much more danger for the bottle fed baby when the weather is hot. We wish to make sure again that you have no difficulty with breast feeding which can be prevented. We are therefore taking the liberty of sending you another card asking you to answer the following questions and return it to us."

The six questions on the card are:  
"Is your baby still breast fed?  
"How often do you feed it?  
"Does it receive the breast only?  
"Are you having any difficulty nursing your baby?  
"If so, what?  
"If not, when and why did you stop?"

This card is sent each month. If no reply comes or if the reply states that there is difficulty in nursing the baby, or that breast feeding has been recently discontinued, a nurse calls at the house to talk over the trouble or to try to have breast feeding resumed.

While the breast fed baby suffers very little in comparison from measles, whooping cough, colds, and other infections, the letter puts the emphasis on summer complaint because the hot weather is the time of peril for babies.

Each month each mother registered gets some information on baby care by circulars, telephone message, or by a nurse's call.

Dr. J. F. Sedgewick, who is an enthusiast on the subject of saving babies by persuading mothers to breast feed, says that 90 to 95 per cent of mothers could breast feed if we would apply the information and knowledge we already have. Freedom from worry, regular hours of sleep, plenty of clean and important factors in promoting a good supply of milk.

Some women have too little milk because they eat too little, but more because they eat too much. Regular hours for nursing and proper emptying of the breasts are important factors.

It may be advisable to express the milk and feed it to the baby with a tube or from a bottle or spoon. This is advisable if the baby is premature or weak or the nipples are sore or inverted. There is an art in removing the milk from the breast.

If properly done the production is stimulated and the quantity increased. The milk gland should never be pressed. The fingers should grasp the outer edge of the brown area and the pressure beginning there should pull on the nipple exactly as the milk maid pulls on the teat of a cow. This physical method is effective, does not hurt, and causes an increase in the production of milk.

In Minneapolis 96 per cent of the mothers registered were breast feeding when their babies were 2 months old. When the babies were 9 months old the percentage was 71.

## Royalty in Rags.

From the Philadelphia Public Ledger.  
Friends of the late Czar Nicholas, members of the upper crust of society of imperial Russia, princes, dukes, generals and barons, are living in camps infested with typhus in Jugo-Slavia and at Cattaro bay, on the Dalmatian coast. Altogether they constitute a group of about 1,500 of the refugees brought out from the Crimea, when the Czar's army's anti-bolshevist army collapsed and who have since been scattered about the Balkans.

Vestiges of their former imperial grandeur peep out from their rags when costly jewels are saved in the camps from the bolsheviks are brought out from the recesses of the old bundles composing their dirty, unkempt baggage. Princes, princesses and generals sleep on hard cement floors and barely manage to exist on the meager allowance of food doled out to them. Their costly furs, once exuberant, but now scant and worn almost hairless, show the former riches of their owners.

Some carried in their baggage Persian rugs which they had been able to save on their long pilgrimage. Once they become well enough acquainted with a visitor, they offer for sale such jewelry as they still possess, so as to tide themselves over this period of distress.

Prince Tschakofsky, formerly owner of several estates in Russia, considers himself the most lucky of the refugees, for he has managed to obtain a job tending beds for the equivalent of 40 cents a day. The only clothing he owns is a convalescent's suit, shod and underwear issued by the American Red Cross.

## Lane Peak.

From the Chicago News.  
Among the many monuments to the work of the late Secretary Lane, none can be more appropriate than the tall and slender peak of the Tootoosh range in Mount Rainier National park which it is proposed shall bear his name.

Few men in the United States have done more for the national parks than Mr. Lane. He not only popularized them, he protected them. A mountain monument to him in one of these great national playgrounds would be peculiarly appropriate.

The Tootoosh range has a sharp profile. Its facade stretches across the southern end of the park like a vivid, though delicate, carving in the blue background of the sky. From its topmost pinnacle the climber may look into a forest carpeted valley, to upland lawns, to lakes that lie like azure tears dropped from the sky and across to the massive bulk of the snow-capped Mount Rainier. Northward from the range the vast mass of Rainier dominates the world. Southward over a wild tumble of peaks and valleys may be seen the graceful summit of the distant Mount Hood.

Lane peak will be well named. For Secretary Lane no less than such a mountain should be a monument.

## Disinterestedness.

"Are you sure that your career has been distinguished by unselfishness?" "I am," replied Senator Sorghum; "I've worried myself into brain-fag over the people in Europe, not one of whom could come out and vote for me even if I offered to pay his expense."

## Save Shoes and Stockings.

They will last twice as long if you shake into your shoes ALLAN'S FOOT-BAKER the powder for the feet. It causes the skin from the shoe and gives quick relief. Corns, Bunions, Calluses, sore, itching, or itchy, tender feet. Shake ALLAN'S FOOT-BAKER into your shoes and enjoy the bliss of it without an ache.

## Embarrassing.

"I don't like these 'paw-as-you-see' street cars."  
"Why is that?"  
"If you accidentally become acquainted with a young lady on them, you are always under obligations."—Pennsylvania Punch Bowl.

# EVERYBODY SEES A CHANGE IN FATHER

Grateful Son Says His Father Looks Like Different Man Since Taking Tanlac.

"My father has suffered chronic stomach trouble for twenty years and has paid out sands of dollars for medicine doctors," said G. W. Slayton, a known Cobb County farmer, Ga., short distanced out of Atlanta, Ga.

"We tried nearly everything trying to cure him and he went off to the Springs, thinking maybe the water might help him, but it just looked like nothing would reach his trouble. Then he tried dieting and lived on liquid food until he almost starved, but even that failed to do him any good and he just kept going from bad to worse.

"I don't guess there ever was a case as stubborn as his, and if there ever was a confirmed dyspeptic he was one of them, and I guess he would have been one yet if it hadn't been for this Tanlac.

"The first we heard of this medicine was when my father saw an advertisement in the papers from parties he knew in Tennessee, who were friends of his and he knew what they said about it was the truth, so he got it right away and began taking it. Well, sir, it acted just like magic—everybody notices the change in father. Why, he is just like a different man and sits down to the table and eats like a farmhand. Only yesterday he ate pork and turnips for his dinner and ate so much we were actually afraid he was going to overdo it. Thing, but he laughed and said we hurt him now and that he was no longer expected to eat and make us last time.

"Now, when a medicine will things like that, I think people ought to know about it, and I want to say right now that I would not give one bottle of Tanlac for all the other medicines and health resorts in the country put together."

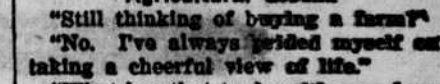
Tanlac is sold by leading druggists everywhere.—Advertisement.

## Agricultural Glean.

"Still thinking of buying a farm?"  
"No. I've always tried myself out taking a cheerful view of life."  
"What has that to do with your buying a farm?"  
"Judging from the kind of talk I hear in rural communities, I would own a farm more than six months before I'd be a confirmed pessimist." Birmingham Age-Herald.

## ASPIRIN

Name "Bayer" on Genuine



Beware! Unless you see the "Bayer" on package or on tablets are not getting genuine Aspirin scribbled by physicians for twenty years and proved safe by millions. Take Aspirin only as told in the package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monaceticacidester of Salicylicacid.

## Agrees, Ed—

Wife (to hubby deep in his paper)—"Ed! I told you you were wrong that paint question."  
He—So?  
She—Yes, and you were also v off on the color of that wall paper."  
He—Yes?  
She—Ed, if you're going to be unscorable I'm going to leave you this minute.

## Cuticura for Pimply Faces.

To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum.

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Each golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain. Serve Grape-Nuts direct from the air-tight packet for breakfast or lunch.

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