

"Dance and Stay Young," Famous Ballet Girl Says

No Other Way to Keep So Fit, Asserts Lydia Lopokova, Premier Russian Ballet Dancer.

London, Dec. 2.—Dance your way through life and flourish old age.

Lydia Lopokova, premier danseuse of the Russian ballet, gives this advice to all of her sex.

"There is no other way to keep one so young and fit as dancing," the little sparkling dancer said. "It is art and athletics at the same time."

Lydia has gone a long way since her first and last performance in America. Some eight years ago she went to America an unknown ballet dancer with a desire to become a famous actress. She had her first opportunity as an actress with a permanent stock company in Pittsfield, Mass., but her lack of knowledge of the language was a great drawback to her and she returned to her dancing, to win great fame along Broadway. Then she came back to Europe with her American laurels and has steadily pushed forward until today London, at least, acknowledges her as the greatest ballet dancer in the world, and wherever and whenever she appears the theater is stormed by those who wish to admire her art.

"You ask me if I would advise ballet dancing as an actress for girls," Lydia said. "I say yes, providing the girl is well made, has a certain amount of talent and is determined to work hard."

"But few people realize how hard a ballet dancer's life is. She must give all of her time and energy. For years, from the age of 9, if possible, she must go through a long and difficult training."

"If the aspiring dancer does not love dancing for its own sake there are many obstacles to keep her back from perfection and success. There is so much experience and tradition behind it that, in spite of its exhausting activity, it is in no way harmful to the female body."

"77" FOR COLDS

You have proven "Seventy-seven" for Colds and Grip, Influenza, Catarrh, Pains and Soreness in Head and Chest, Cough, Sore Throat and General Prostration, and Fever, now try Dr. Humphreys' Remedies for other diseases, ranging from infancy to old age—from Sprue to Gout.

Doctored Book mailed free.

Price, 25c and \$1 at Drug Stores or sent on remittance or C.O.D. Parcel Post, Humphreys' Homeo. Medicine Company, 154 William Street, New York.

TOO MUCH MEAT HURTS KIDNEYS

Take a glass of Salts to Flush Kidneys if bladder bothers you.

Eating too much meat may produce kidney trouble in some form or other, says a well-known authority, because the urea and excess of the kidneys they become overworked, get sluggish; clog up and cause all sorts of misery, particularly backache and dizziness, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so that it no longer irritates, thus often ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to help keep the kidneys primary organs clean, thus often avoiding serious kidney disorders.

FIERY, ITCHY SKIN QUICKLY SOOTHED WITH SULPHUR

Months of sulphur, a pleasant cream, will soothe and heal skin that is irritated or broken out with eczema, that is covered with scaly rash or pimples, or is rough or dry. Nothing soothes fiery skin so quickly, says a noted skin specialist.

The moment this sulphur preparation is applied the itching stops and after two or three applications, the eczema is gone and the skin is beautifully smooth and clear.

A small jar of Heiler's Sulphur Cream can be had at any good drug store.

Married Life of Helen and Warren

By MABEL HERBERT URNER.

Their Trip to the Isle of Marken Is Defeated by Warren's Hearty Lunch.

"Dear, we haven't seen a fence in Holland!" gazing out on the flat, marshy meadows enclosed only by the narrow canals. "Wouldn't you think the cattle could wade across those ditches?"

Warren, still grumpy over his reluctant consent to this Sunday sight-seeing trip, was glumly unresponsive.

"The fattest cow! And all black and white. What breed is that?" persisted Helen anxious to divert him.

But even an appeal to his knowledge failed to elicit a response.

"I love the way they paint the windmills. Oh, look at those cunning cottages—blue and white with red roofs! Like doll houses."

"Why don't they heat those dinky trains? I'm about froze," he grumbled. "How much further's this 'Marken'?"

"It's not far to Monnickendam," opening her guide book. "We get the boat here to Marken. Dear, don't be grumpy—it's the one place we ought to see."

"Huh, just a show place fixed up for tourists. You always fall for that kind of thing. All those things I've got to write!"

"You can do them tonight—we'll be back in time. Here's what it says about Marken," reading from a turned-down leaf.

"The Isle of Marken is the most picturesque fishing village in the Netherlands and the windows are gay with the red curtains and potted flowers. The sleek cow, in this de luxe shed, has her tail tied up to a pulley suspended from the rafters."

"That's a lot of hokum for tourists," scoffed Warren. "They all fall for that!"

"The modern bonnet on top of her old lace cap" mused Helen.

The headgear of the old lady who had just boarded the train moved even Warren to a reluctant grin. On her white fluted cap, with the gold headband, was ludicrously perched a black satin bonnet.

Helen doubted the old lady's sanity, until at the next station another woman entered with the same grotesque combination of cap and bonnet.

"Look like Comanche Indians with all those gewgaws," grunted Warren. "Yes, they wear a lot of jewelry. And it's not cheap—it's all good," appraising the heavy necklaces, breast-pieces and pendant earrings.

"This Monnickendam?" he scowled out at the trim red-and-white houses.

"It must be—it says the train runs through the main street. Doesn't it look like the ads of 'Spoleen Town'?"

Oh, there's an antique shop—and it's open!" excitedly. "A table of things outside!"

"Bait for Sunday suckers. These Dutchmen never miss a trick."

Further on the car stopped and the few passengers got off.

"Where do we get the boat for Marken?" asked Warren.

The guard, who spoke a little English, said it did not leave until 1.

"One!" he exclaimed. "We got to hang round here an hour and a half? Why hotel? Any place to get lunch?"

The only tavern was down the main street through which they had come.

"Then we'll pass that antique shop again!" exclaimed Helen.

"Now you needn't have your eye peeled for antiques. We're going to get something to eat."

It was an interesting walk back through the sleepy old town. As in many Dutch villages, there were no sidewalks. Only a well-swept path led by the front doors gaily painted and agleam with polished knobs and hinges.

Through the starched curtains, tied back with red ribbons, could be seen the inevitable window-table with the family treasures of old pewter and brass.

The street was deserted save for a fat cat basking on a doorstep.

"Not very lively. Deadest place we've struck yet!"

"That's what they call these villages—the 'Dead Cities' of Holland. They were prosperous ports once," quoting her guide book. "But now everything goes to Amsterdam. Oh, look down there! We ought to've brought the camera."

Down a side road, an old stone bridge crumbling and moss grown, crossed a rush-fringed canal. The air was pungent with the rotting autumn leaves that scummed the languid stream.

"They leave them out to keep their floors clean," Helen paused before a pair of wooden shoes on one of the doorsteps. "Don't they look heavy?"

"Yes, and darned hard on your corns and bunions."

The antique shop with its outdoor curio-littered table seemed an incongruous commercial note in that drowsy deserted street.

"Dear, let's go in—we needn't stop long. We'll have plenty of time."

U.S. Dirigibles Will Use Helium Gas in Future

Non-Inflammable Gas to Make Balloons Much Safer—Bigger Envelope Required, However.

Washington, Dec. 2.—Secretary of War Weeks is planning to make balloons safe for balloons.

Although the army air service has been working for many months upon the problem of producing helium gas in large quantities, the destruction recently of the army dirigible C-2 at San Antonio has aroused the War department to increased efforts in this direction, and it is hoped that within less than a year the army will have a sufficient quantity of the noninflammable gas for all its needs.

At the present time the army has about 1,000,000 cubic feet of helium. This amount is considerably less than sufficient to fly an airship of the dimensions of the giant dirigible Roma, which burned at Norfolk more than a year ago with terrible loss of life.

The report of the board of officers which investigated the Roma catastrophe declared the loss of life would have been much less if the Roma's great envelope had been filled with helium instead of the highly inflammable hydrogen, but since the army did not have the helium at the time the accident could not have been avoided.

Fortunately there was no loss of life when the C-2 burned at San Antonio. And since the envelope of the C-2, like most of the other dirigibles now in existence, is unperfected for the use of helium, it is perhaps just as well that she burned under those circumstances before there had been another such catastrophe as that of the Roma to the record of the air service.

The joint army and navy helium plant at Fort Worth, Tex., is now in operation. It is from this plant that both the army and navy are to obtain their future supplies of non-inflammable gas. It is estimated that

Beans Big Florida Crop.

Tampa, Fla., Dec. 2.—The land of the lemon, the orange, the grapefruit, the coconuts, the avocado and lots of other things, is also the home of something else, it has been discovered.

Peninsular bean fields are a sea of blossoms. Experts estimate that some 600,000 crates of army and navy diet will be plucked and marketed in Florida this year. Jensen county is a big yielder.

A real discovery for diabetes without dieting has been recognized. A good result is shown without a doubt in hundreds of cases throughout the country. To Dr. Stein-Calkins, the eminent European specialist, goes the credit for this great gift to suffering mankind.

Prominent among those who have been successfully treated is the case of Mrs. M. W. Winkley of the Postal Telegraph Co. and Mr. R. B. Bessan of the St. Paul Fire Insurance Co.

A valuable book entitled, "Eat and Get Well" has been written and copyrighted by Matthew Kiehn on diabetes, which fully explains this marvelous discovery. Mr. Kiehn will mail a limited number of his books free to diabetics who write to 220 W. 42 St., Dept. Y77 New York.

Frequent Coughs Many do not realize the significance of the all too frequent cold or cough. Care should be taken to build up the powers of resistance.

Scott's Emulsion abundant in health-building vitamins factors, helps build up a reserve of strength and resistance. Be sure and ask your druggist for Scott's Emulsion!

Heals Old Sores Peterson's Ointment

To the millions of people who use Peterson's ointment for piles, eczema, skin rheum, pimply skin, sore feet and chafing, Peterson says, "Tell any sufferer from old sores that its mighty healing power is wonderful. All druggists, 35c, 60c, \$1.00, \$2.50, \$5.00."

Gets-It Painless Corn Remover

This Corn Remedy is Guaranteed

No matter how tough or how stubborn it may have been, the corn or callus that is touched with a few drops of "Gets-It" is doomed to a quick, easy, sure and painless end. Never again can it pain you. Soon you are holding in your fingers the entire remains—a single piece of dead, shrunken skin that you throw away forever. Had corns, soft corns, any corn. Costs but a trifle—and guaranteed. Try it. E. Lawrence & Co., Mfrs., Chicago.

Use this to Stop Neuritis Pain

ADVERTISMENT. Mrs. IDA A. ORTON.

No matter where your pain is located—in the back, shoulders, arms, legs or joints—you can get relief without taking anything to depress the nerves.

Most people do not know that sciatica, rheumatism, neuritis, bad teeth, colds and other ailments often end up in neuritis or nerve inflammation.

The quickest way to reach the diseased nerves is by absorption. That's where Tyamol gets its work. Tyamol is applied over the spot where you feel the pain, and is taken up through the pores of the skin. It soothes and heals the inflamed nerves, helping to restore them to healthy condition.

Tyamol contains no dope—no poison. Absolutely harmless.

Get a good supply of Tyamol from Sherman & McConell, 400 Sutter St., San Francisco. Price \$1. The Tyamol Company, Mfrs. Chemists, 400 Sutter St., San Francisco.

Kidney and Bladder Troubles Conquered or Money Back

ADVERTISMENT. Dr. Daniel G. Carey.

For 49 years, said Dr. Carey, I have been prescribing my prescription No. 777 (known for years as Markonol) for kidney and bladder ailments and now that I have retired from active practice I have made arrangements with leading druggists to dispense this wonderful prescription at a moderate price, on the money back if dissatisfied plan.

Beware of kidney disease—thousands die of it every year who ought to be enjoying the blessing of life and health. Watch the symptoms. If you have specks floating before the eyes, puffy eyes, clammy feet or moist palms, backache or aches, you ought to get a bottle of Dr. Carey's famous prescription No. 777 right away.

He has wonderfully benefited tens of thousands of cases of kidney and bladder troubles and is the medicine you can always depend upon. Results are guaranteed.

NOTE—Dr. Daniel G. Carey was a practicing physician for many years and his great Prescription No. 777 aided thousands of sufferers from kidney and bladder troubles. Hereafter you can always get this effective prescription in both liquid and tablet form. For sale by the five Sherman & McConell Drug Stores and all reliable pharmacists the country over.

ECZEMA CAN BE CURED

Free Proof To You

All I want is your name and address! I can send you a free trial. J. C. HUTZELL, R. P. Druggist. I want you just to try this treatment—that's all! Just try it. That's my only argument.

I have been in the retail drug business for 30 years. I served four years as a member of the Indiana State Board of Pharmacy and five years as President of the Retail Druggists' Association. Nearly every one in Fort Wayne knows me and knows about my successful treatment. Over Twenty-Five Thousand Men, Women and Children outside of Fort Wayne have, according to their own statements, been cured by this treatment since I first made this offer public.

If you have Eczema, Itch, Salt Rheum, Tetter, never mind how bad my treatment has cured the worst cases ever saw—give me a chance to prove my claim. Send me your name and address on the coupon below and get the trial treatment I want to send you FREE. The wonders accomplished in your own case will be proof.

***** OUT AND MAIL TODAY *****
J. C. HUTZELL, Druggist, No. 4425 West Main St., Fort Wayne, Ind.
Please send without cost or obligation to me your Free Proof Treatment.

Name _____ Age _____
Post Office _____ State _____
Street and No. _____

GET RID OF YOUR FAT

Thousands of others have gotten rid of theirs WITHOUT DIETING OR EXERCISING often at the rate of over a pound a day and WITHOUT PAYMENT until reduction has taken place.

I am a licensed practicing physician and personally select the treatment for each individual case, thus enabling me to choose remedies that will produce not only a loss of weight harmlessly, but which will also relieve you of all the troublesome symptoms of stoutness such as shortness of breath, palpitation, indigestion, rheumatism, gout, asthma, kidney trouble and various other afflictions which often accompany stoutness.

My treatment will relieve that depressed, tired, sleepy feeling, giving you renewed energy and vigor, a result of the loss of your superfluous fat.

You are not required to change in the slightest from your regular mode of living. There is no dieting or exercising. It is simple, easy and pleasant to take.

If you are overstout do not postpone but sit down right now and send for my FREE TRIAL TREATMENT and my plan whereby I am to be PAID ONLY AFTER REDUCTION HAS TAKEN PLACE if you so desire.

DR. R. NEWMAN, Licensed Physician State of New York
286 Fifth Avenue, New York, N. Y. Desk H-330

OUCH! BACKACHE! RUB LUMBAGO OR PAIN FROM BACK

Ah! Pain is gone! St. Jacobs Oil acts almost like magic.

Quickly—Yes. Almost instant relief from soreness, stiffness, lameness and pain follows a gentle rubbing with St. Jacobs Oil.

Rub this soothing, penetrating oil right on your painful back, and relief comes. St. Jacobs Oil is a harmless backache, lumbago and sciatica cure which never disappoints and doesn't burn the skin.

Straiten up! Quit complaining! Stop those torturous stitches. In a moment you will forget that you ever had a weak back, because it won't hurt or be stiff or lame. Don't suffer! Get a small trial bottle of old, honest St. Jacobs Oil from your druggist now and get this lasting relief.

AMERICA Impure Blood Lost Weight Rheumatism Pimples Boils Acne Blisters Blackheads

It is a fact that with the increase of red-cells in your blood, impurities are destroyed. It is a fact that S. S. S. builds red-blood-cells and serves to destroy impurities which cause pimples, boils, eczema and rheumatic trouble! It is a fact that S. S. S. is one of the most remarkable nerve-power builders ever produced to build up fagged-out, run-down men and women. It is a fact that S. S. S. sharpens the appetite, puts the "pink of life" in the cheeks, gives energy,

Good Health for Good Results

Keep Efficient by Keeping Well
This Letter Will Tell You How

Cumberland, Md.—"My mother gave me Lydia E. Pinkham's Vegetable Compound when I was between thirteen and fourteen years old and was going to school, because I suffered with pains and could not rest. I did not have any more trouble after that until I was married, then I always was troubled in my back while carrying a child and could not do my work until I took the Vegetable Compound again. I am strong, do all my washing and ironing and work for seven children and feel fine. I always have an easy time at childbirth and what it did for me it will do for other women. I am willing to answer any woman if she wishes to write asking what it did for me."—Mrs. JOHN HEIER, 53 Dilley St., Cumberland, Md.

This letter is but one of a great number received every year from women, young and old, and from almost every walk of life. These letters testify to the merit of Lydia E. Pinkham's Vegetable Compound.

Mrs. Heier has a large family, and works very hard for them. But any woman is willing to work hard and to work long hours if her health is good and she is able to get the results she is working for. As she says, what the Vegetable Compound did for her it will do for other women, and every one should appreciate her offer to answer letters asking about the Vegetable Compound.

The Vegetable Compound contains no narcotics or harmful drugs, and can be taken in safety by any woman. Your livelihood may depend on your health. So try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Thump! thump! thump!

Nature is sending blood—either good or bad—to every part of your body. Feel your pulse and think about your blood!

It is a fact that with the increase of red-cells in your blood, impurities are destroyed. It is a fact that S. S. S. builds red-blood-cells and serves to destroy impurities which cause pimples, boils, eczema and rheumatic trouble! It is a fact that S. S. S. is one of the most remarkable nerve-power builders ever produced to build up fagged-out, run-down men and women. It is a fact that S. S. S. sharpens the appetite, puts the "pink of life" in the cheeks, gives energy,

Keep Efficient by Keeping Well

This Letter Will Tell You How

Cumberland, Md.—"My mother gave me Lydia E. Pinkham's Vegetable Compound when I was between thirteen and fourteen years old and was going to school, because I suffered with pains and could not rest. I did not have any more trouble after that until I was married, then I always was troubled in my back while carrying a child and could not do my work until I took the Vegetable Compound again. I am strong, do all my washing and ironing and work for seven children and feel fine. I always have an easy time at childbirth and what it did for me it will do for other women. I am willing to answer any woman if she wishes to write asking what it did for me."—Mrs. JOHN HEIER, 53 Dilley St., Cumberland, Md.

Good Health for Good Results

Keep Efficient by Keeping Well
This Letter Will Tell You How

Cumberland, Md.—"My mother gave me Lydia E. Pinkham's Vegetable Compound when I was between thirteen and fourteen years old and was going to school, because I suffered with pains and could not rest. I did not have any more trouble after that until I was married, then I always was troubled in my back while carrying a child and could not do my work until I took the Vegetable Compound again. I am strong, do all my washing and ironing and work for seven children and feel fine. I always have an easy time at childbirth and what it did for me it will do for other women. I am willing to answer any woman if she wishes to write asking what it did for me."—Mrs. JOHN HEIER, 53 Dilley St., Cumberland, Md.

This letter is but one of a great number received every year from women, young and old, and from almost every walk of life. These letters testify to the merit of Lydia E. Pinkham's Vegetable Compound.

Mrs. Heier has a large family, and works very hard for them. But any woman is willing to work hard and to work long hours if her health is good and she is able to get the results she is working for. As she says, what the Vegetable Compound did for her it will do for other women, and every one should appreciate her offer to answer letters asking about the Vegetable Compound.

The Vegetable Compound contains no narcotics or harmful drugs, and can be taken in safety by any woman. Your livelihood may depend on your health. So try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.