

Are You Open-Minded?

The average American is open-minded.

American business is conducted by true Americans of vision, open-minded men who believe in their country and strive to meet their country's needs. The men in the packing industry are no exception to the rule.

The business of Swift & Company has grown as the nation has progressed. Its affairs have been conducted honorably, efficiently, and economically, reducing the margin between the cost of live stock and the selling price of dressed meat, until today the profit is only a fraction of a cent a pound—too small to have any noticeable effect on prices.

The packing industry is a big, vital industry—one of the most important in the country. Do you understand it?

Swift & Company presents facts in the advertisements that appear in this paper. They are addressed to every open-minded person in the country.

The booklet of preceding chapters in this story of the packing industry, will be mailed on request to
Swift & Company
Union Stock Yards - Chicago, Illinois

Swift & Company
U. S. A.



The Cause.
"I hear you are reducing. Is it a doctor's recipe?"
"No; it is the high price of food."

Greater food value—
increased palatability
In making chocolate
cakes use

BAKER'S CHOCOLATE

with barley and buckwheat flour.
The chocolate covers the color and taste of the dark flour so it is practically as good as when made with all white flour.

This use of cocoa or chocolate increases the food value of the prepared dish.

Booklet of Choice Recipes sent free
Walter Baker & Co. Ltd.
Established 1710
DORCHESTER, MASS.

WE BUY DOGWOOD
in Carload Lots
Write To-day for Full Particulars
Shamow Shuttle Company
Woonsocket, R. I.

Kindergarten Helps for Parents

Articles Issued by the Department of the Interior, Bureau of Education and the National Kindergarten Association

PICTURE BOOKS FOR BABY

By FRANCES JENKINS OLCOTT.
"Buy only the best picture books for my baby!" a mother exclaims. "Why, anything will do, if it is bright-colored and will not tear."

But will anything do? Baby's brain is eager and alert. He is taking in a stock of ideas to use when he begins to speak and read. He is imitative, and is learning to do the things he sees done in his pictures. He is developing his sense of color.

Pictures may be made the beginning of baby's education as well as a delight to him. And what a joy he takes in entering into the life he sees in each bright-colored print! But he will not learn from them unless they please him. He likes best, primary colors, and large figures of animals and of children at work or play. His first books should be untearable, so that he will not be able to destroy them whenever the impulse seizes him. The term untearable or indestructible, however, does not guarantee that a book will not be destroyed by rough handling.

The picture books listed below are selected from among the best of their kind. Unfortunately many desirable linen books are out of print on account of the war, while cheaply printed, dull-colored ones are taking their places. The books recommended in this list are still in print, and all are educational—fanciful or humorous—and will delight baby for the first year of his life and until he is four years old and older.

Many persons who realize that a child must see, hear, taste and smell all the objects around him in order that he may come to understand them do not appreciate the hunger to touch objects is probably more acute than any other kind of hunger. Frequently people think a child is mischievous or willful when he handles things around him when he is told not to do so. How often one hears parents and policemen and guards at museums and all such folk say to children, "Don't you touch that! Can't you keep your hands off from things? I told you if you touched any of those things again I would punish you," and so. But a child will handle objects, even in the face of certain punishment, because his hunger for touch sensations is so overpowering that he cannot restrain it.

What is to be done about it? In the first place, the child should have as great a variety of objects as possible to touch and use in his play activities. He should be permitted to explore everything around him by means of the sense of touch. If necessary, the parent or the teacher or the guardian

TOUCH HUNGER.

By PROF. M. V. O'SHEA.

Psychologists say that every child should stand by and see that no harm is done to valuable objects or to the child himself. But if the typical child is permitted to investigate such objects as books and china until he has discovered how they feel and how they are constituted, until his touch-hunger regarding them is gratified, he will be likely to let them alone thereafter unless he needs to use them in some of his games or plays. A wise parent or teacher would provide books, dishes and the like which could be used in play, and which would make it unnecessary for the child to experiment with delicate things of real value.

If a parent leaves an unoccupied child in a room which is furnished with fragile, delicate furniture which he can reach, and if he is not permitted to gain touch acquaintance with these things under the guidance and supervision of the parent, then there is almost certain to be trouble. The child will handle the furniture when the parent is not looking and accidents will happen.

Montessori apparatus, kindergarten materials or Candoit toys in a house will keep a young child out of "mischievous" that may result disastrously to valuable books or china or other furnishings. Catalogues describing these various educational playthings may be obtained upon request from the manufacturers: Montessori; apparatus, House of Childhood, New York; kindergarten materials, Milton Bradley Co., Springfield, Mass.; Candoit toys, The Falls Toy Shop, Denver, Colo. A sandpile or gymnastic apparatus out of doors will surely lessen any child's "mischievousness."

WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon 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.—Adv.

Foch's Views of the Bible.

Marshal Foch, commander in chief of the allied armies, on July 24 wrote the following letter to the New York Bible society: "To the New York Bible society: The Bible is certainly the best comforter that you can give to an American soldier about to go into battle to sustain his magnificent ideal and faith."

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists or by mail. 50c per Bottle. For Book of Eye Free Write Murine Eye Remedy Co., Chicago.

"Jungle Book." Linen. Large pictures of tiger, lion, hippopotamus, leopard and other animals. Gabriel.
"Noah's Ark." Linen. Two by two, kangaroos, elephants, monkey, zebras, camels and other animals. Gabriel.
"One, Two, Three." Linen. Teaches little children to count by means of pictures of animals. McLoughlin.

Instructive Picture Books.

"Kindergarten Book of Objects." Linen. For baby to choose from and learn names. Gabriel.

"Merchant Ships and What They Bring Us." Paper, with covers. For children four years old and older. Pictures of ships with cargoes of tea, cotton, fruits and other commodities, being laden and unladen. Although the book is English its text and pictures give much information for American children. Dutton.

"My Automobile Book." Linen. All kinds of automobiles, for motoring and racing, and including fire engines, autotrucks, autobuses, armored cars, airplane gun cars and Red Cross ambulances. Gabriel.

"My Train Scrapbook." Trains, bridges and stations in the United States, Canada, England, Ireland and South Africa. Dutton.

"Tick Tock." "All around the clock!" Linen. Teaches children how to tell the time by means of charming pictures and verses. Gabriel.

Books About the Farm and Woods.

"Book of the Farm." Paper. Farmers shearing sheep, milking cows, haying, etc. Dutton.

"Book of the Farm." Linen. Rabbits, pigs, horses and other domestic animals at home on the farm. McLoughlin.

"Book of the Woods." Paper. Attractive pictures of foxes, deer and other wild animals. Dutton.

"Birds and Blossoms." Linen. Charming pictures, one for every month, showing children playing with flowers, each flower appropriate to the month; snowdrops, crocuses, pansies, daisies, roses, etc. Gabriel.

Funny Picture Books.

"Animals at Play." Laughter-making book, picturing the antics of animals of all kinds. Dutton.

"Nursery Land." Linen. Humorous and live pictures of the Three Little Kittens and Jack and the Beanstalk. Gabriel.

"Three Little Kittens." Linen. Old nursery rhyme of "the three little kittens who lost their mittens," with colored pictures. McLoughlin.

Santa Claus Linen Books.

"The Night Before Christmas." The famous verses and well-known pictures that have fascinated several generations of children. McLoughlin.

"The Night Before Christmas." Same verses with modern colored pictures. Gabriel.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 3/4 oz. of glycerine. Any druggist can put this up for you. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Sympathetic.

My husband is a fine little man, but not hefty. My own avoirdupois has been a source of some embarrassment to me, but never quite so much as one evening when he boarded a car home from the theater, and with difficulty found space where two of us could squeeze down into a narrow, vacant place on a long seat. We had safely adjusted ourselves when a much exhilarated individual leaned across to my husband and said, sympathetically and loudly: "Never mind, ole man; I got a fat one, too."—Chicago Tribune.

Headaches, Bilious Attacks, Indigestion, are cured by taking May Apple, Aloe, Jalap made into Pleasant Pellets (Dr. Pierce's). Adv.

Valuable Vocabulary Needed.

One of the boys was driving a four-mule team with rations toward the trenches and, losing his way, was rumbling along an old road that cut across the German lines.

"I was going along," he said, "when a doughboy on a listening post jumped up and waved both hands at me to go back. 'What's the matter?' I asked him, talking natural, and he mumbled at me, 'You're going right toward the German lines. For God's sake turn around and go back and don't speak above a whisper.' 'Whisper, h—ll, I says to him, kind of mad; 'I gotta turn four mules around!'"

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 *Dr. J. C. Watson*
In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

An argument is a wordy method by which the other fellow is convinced that you are wrong.

Every man should master the art of concealing his ignorance.

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best



medicine for women's ailments I ever saw."—Mrs. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years experience is at your service.

Cuticura Promotes Hair Health
All druggists. Soap, 25c. Ointment, 25c. Talcum, 15c. Sample each free of "Cuticura," Dept. 2, Boston.

PATENTS Watson E. Coleman, Washington, D.C. Books, Tracts, High-Reference. Best results.
PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

W. N. U., CINCINNATI, NO. 2-1919.

After the "Flu" —Fever or Cold

Clean the Acidity and Toxic Poisons Out of the Digestive Tract

Millions are now suffering from the after effects of the deadly "flu," a fever or a cold. Their appetites are poor; they are weak, and they are waiting for their strength to come back.

If these people could only realize that the return to health and strength would be greatly helped by giving attention to the stomach—that is, removing the acidity and toxic poisons from the entire digestive tract, making it act naturally, so that the body will receive the full strength of the food eaten—a great deal of suffering would be saved to humanity.

Everyone knows that the disease itself, and the strong medicines that have been taken, upset the stomach, leave it hot and feverish, the mouth dry, the tongue coated, a nasty taste, and no desire to eat. This is a poor foundation to build new strength on.

Now, tens of thousands of people all over this country are using EATONIC for the purpose of cleaning these poisonous after-effects right out of the system and they are obtaining wonderful results—so wonderful that the amazingly quick benefits are hardly believable, just as shown in the remarkable letter which is published upon the request of this sturdy old Civil War veteran. He is 77 years old. Read what he says EATONIC did for him:

"I am an old soldier, past seventy-seven years. I had the Spanish influenza and it left my stomach

In an awful shape. I tried three different doctors but got no relief. As a last resort I got a box of EATONIC and to my great surprise the very first tablet I took helped me. I can now eat anything I want, and feel fine."
Yours thankfully,
C. S. Martin
P. S.: If you can make any use of this letter for suffering humanity, you are at liberty to do so.
C. S. M.

This is only one case out of thousands. You should make the EATONIC test in your own case at once. You have everything to gain—not a penny can you lose, for we take all the risk. Your own common sense, your own feelings, tell you that a good appetite, good digestion, a good stomach, with the fewer poisons and effects of strong medicines out of your system, will put you on the road to strong, robust health again.

You want to enjoy life again after you have battled with the "flu," fever or colds, or any other illness that has taken your strength. You want to get back your old-time vigor, be full of pep and enthusiasm—be able to work with ease, instead of listlessly, half-heartedly dragging out a mere existence.

So be sure to take a box of EATONIC home with you today. We cannot urge this too strongly. If EATONIC fails to give you positive beneficial results, it will not cost you a penny. There is no risk—the benefit is surely all for you.

TAKE EATONIC TODAY FOR YOUR ACID-STOMACH

NOTE—Over 20,000 drug stores throughout the United States sell and guarantee EATONIC. If you cannot obtain EATONIC quickly at your drug store, do not be without it. Write us and we will mail you a big 50c box at once and you can send us the 50c after you get it. Add: H. L. Kramer, Froese, EATONIC REMEDY CO., 1044 S. Wabash Ave., Chicago, Ill.

AVOID INFLUENZA AND PNEUMONIA BY USING GOWANS Rub-It-On
The pleasant, effective, external application for colds, croup, pleurisy, pneumonia, etc. Soothing and healing. Ask your druggist. 25c, 50c, \$1.00. Pay No More.

A Condition.
"Are you going to keep a diary this year?"
"Yes, if you don't give it away."

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 474 Pearl St., New York. Adv.

The Difficulty.
"What a rude soldier!"
"Yes, he will never do for civil life."
—Baltimore American.

Constipation, indigestion, sick-headache and bilious conditions are overcome by a course of Gardfield Tea. Drink on retiring.—Adv.

Natural Caution.
"Sir, I want to talk to you about forming a vacuum company."
"Anything in it?"

Some people can berate if they can't be president.

Dr. Kellogg's Asthma Remedy

for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.
Northrop & Lyman Co., Inc., Buffalo, N. Y.

A Bad Cough
If neglected, often leads to serious trouble. Safeguard your health, relieve your distress and soothe your irritated throat by taking
PISO'S

STRANGE THING IS MEMORY

Among the marvels of the human machine, memory is, indeed, the strangest. The great bewildering fact of memory at all—of the miracle of the brain—is, of course, as far beyond our finite apprehension as the starry heavens. But the minor caprices of memory may, fittingly enough, engage one's wonder.

The lawlessness of our prehistoric apparatus, for example—the absurdly unreasoning system of selection of such things as are to be permanent—how explain these? And why should memory be subject also to that downward tendency in life which forces us always to fight if we would save the best? It would have been just as easy, at the start, when the whole affair was in the making, to have given an upward impulse. That was not done, but the memory, at any rate, being all spirit, might have been exempted from the general law. But no; as we grow older, not only do we remember with less and less accuracy, but of what we retain much is inferior to that which once we had but now have lost.—St. Louis Republic.

Blood of Apes and Human Beings.

Striking is the likeness between the blood crystals of monkeys and human beings and those of any other living species. Blood crystals under the microscope shed a flow of light on Darwin's theory.

Doctor Reicher hopes to distinguish between various nationalities by blood tests, to fix race relationship more scientifically than is now possible, and even to trace hereditary traits. He has also directed his attention to the study of the cause and prevention of such phenomena as two-headed children, one-eyed calves, etc.—Popular Science Monthly.

Remarkable.

Billy passed twin girls dressed alike on the street the other day. After staring at them in astonishment a minute, he exclaimed: "Why, mamma, it's the same girl!"

Up-to-Date City.

Rio De Janeiro has one of the finest natural harbors in the world, and has the distinction of being the best electrically lighted city in South America.