

### Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness. If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood. Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a tea-spoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

Don't get too self-important; the world will go on just the same after you get out.

### SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them. With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them. If your child's stomach, liver and bowels need cleansing, give only delicate "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

When a man tells a woman a joke he usually has to follow it up with an explanation.

### FRECKLES

Now is the time to get rid of those ugly spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

About the only difference between repartee and impudence is in the size of the man who says it.

### CLEANSE THE PORES

Of Your Skin and Make it Fresh and Clear by Using Cuticura. Trial Free.

When suffering from pimples, blackheads, redness or roughness, smear the skin with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. These super-creamy emollients do much for the skin because they prevent pore clogging. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Lots of Fun. "Society in Plunkville is so hollow." "Still, a lot of folks seem to enjoy themselves rattling around."

PROMPT RELIEF can be found in cases of Colds, Coughs, LaGrippe and Headaches by using Laxative Quinine Tablets. Does not affect the head or stomach. Buy your winter's supply now. Price 25c.—Adv.

The Seventh Age of Man. "He is a very old man, isn't he?" "Well, he is in his second dance-hood."

For hot grease burns apply Hanford's Balm lightly until the fire is extracted. Adv. Men who invest in watered stock are apt to get soaked.

## Only a Clerk

By H. M. EGBERT

(Copyright, 1916, by W. G. Chapman.)

"I can't stand this any longer, Dick. I'm going to leave you." Edith Kane faced her husband of eighteen months defiantly. The setting for the tragic outbreak was commonplace; a city flat. In the tiny living room the two clashed in that age-long conflict. "Because I am poor?" inquired Kane quietly. He had long expected the culmination; now that it had come he felt cooler than he had thought would be possible. His wife looked with contempt upon the little figure in the shabby clothes. "Because you are a clerk," she answered. "Because you are content to be a clerk. You have a clerk's soul, and I—I was born for something better than to be a clerk's wife." "You knew my occupation when you married me," said Kane. "I did," she answered. "And I thought I'd make something of you. But you're satisfied to work for Jerrold day after day, on thirty a week, while he piles up his millions. Oh, I'm tired of it all." She sank into a chair, put her face in her hands, and burst into hysterical weeping. Kane stood for a moment watching her. Then he walked to her and raised her head from her hands, flinging it back almost brutally. "How dare you use violence to me!" "Never mind that. I want to ask you a question. Are you leaving me for Jerrold?" "What if I am? Have you any right to ask, you who have made me slave for you, slave for a clerk?" Her breath came and went quickly, she rose to her feet and looked at him with all the disdain she felt. "I insist on knowing," answered Kane. "You insist? Well—yes. For a better man. For your employer, Mr. Jerrold."

Jerrold sat in his office, utterly broken. Everything had gone up in smoke, and at last he knew the name of the man who had ruined him.

He had learned too late. His own place of power had fallen to the clerk. He had lost seven million dollars, and Kane must have made three times that sum. A sense of irony was stronger than his rage.

"A gent, sir, wants to see you—" "I'll see nobody."

"I think you'll see me, Mr. Jerrold," said Kane, who had followed her on the heels of the office boy. "It's five years since you saw me before," he added, quietly.

Jerrold sprang up with a snarl. But the clerk did not flinch; he seemed transformed, and it was he who possessed the ease, the confidence.

"Yes, I have your money, Jerrold," he said. "In this life, Jerrold, the riches and the women go to the strong. You blackguard," he burst out fiercely, "I've brought you your seven millions, your dirty millions. Now take them to your wife and tell her that's her first husband's wedding present to her second."

And he flung a check upon the other man's desk.

Jerrold stared at it, stared at the man who had bested him, who was already going. Suddenly he felt himself choking; he realized that the tragedy had eaten into Kane's soul, had branded it indelibly with shame.

"Kane!" he muttered huskily. "See here! Didn't you know?"

"Know what?" cried Kane.

"Why—that she didn't marry me! I haven't seen her since that day. She went West and—thought better of it, Kane. Lord, to think you didn't know! The money—"

"Damn the money!" yelled Kane, rushing from the office.

And in the heavens, dancing in lurid red on their blue background, he saw the number of the house on Mortimer street.

Anthrax a Malignant Disease. Anthrax is a disease propagated by a spore which lives in the soil, and it is almost always contracted first by domestic animals. It is most fatal to sheep, but it also causes a regular annual mortality among cattle and horses.

The anthrax spores may live in the soil for as much as twenty years, so that they are very difficult to eradicate. About the only successful method of disinfecting a region where anthrax has gained a hold is to flood the land. The spores will float away and may be disposed of by this method, provided the drainage ultimately reaches a large river and is carried to the sea; for they remain active a long time, and if allowed to settle and dry will become actively infectious again.

Artificial Sausage Skins. A German butcher has recently patented in this country a process for making artificial sausage skins from fibers of animal sinews. According to the inventor these fibers, which may be purchased very cheaply from abattoirs, may be cleaned more thoroughly than the intestinal skin. The sinews are digestible, and it will do no harm if pieces of the skin are swallowed.

Comforting Topsy. My four-year-old brother is fond of Topsy, the horse, and is always at hand when she is put in the barn. Lately he saw the hired man slap her lightly with a small flat board and told mother of it. He declared it hurt Topsy, and when mother asked him what he said to the man for slapping the horse, he replied: "I didn't say anything, but I winked at Topsy."—Exchange.

Cameras in Military History. The Crimean war saw the camera first used as a recorder of military history. The device was but 16 years old at that time.

hesitated—"thirty thousand dollars for your wife. What do you say?" "You scoundrel!" shouted Kane, shaking his fist at the other's face. "You contemptible blackguard!" "It's more than any court would give. Take it or leave it, Kane," said Jerrold quietly. "I—I accept," said Kane suddenly.

Three years later he saw his wife again. They met in an elevated train, going north after the day's work was over.

He was shocked at the woman's appearance. Jerrold could not have been as kind a companion as she had expected, to judge from the sadness of her expression. There was a haunted look upon her face.

They looked up and saw each other across the aisle. He got off at the next station, but, when he reached the platform, she had followed him.

"I want to tell you, Dick, that I—I am sorry," she said in a low voice. At the remembered tone he felt the old longing sweep over him; he longed to take her in his arms, but he only bowed and stood aside.

"I want to give you my address in case—" she began.

"Thank you, but I can find Mr. Jerrold any time I wish," he replied. And she shrank from him, crimson with mortification.

She had handed him the pasteboard, and automatically he had extended his hand. The letters burned themselves into his brain like fire. He knew he could never forget that place. All the way home he saw 313 Mortimer street graven against the heavens.

So she was tiring of the new love! He wondered whether she had heard—had heard that he, with the price of her shame, was now well established in Wall street. He had put the thirty thousand into a broker's business; with his knowledge acquired in Jerrold's office, he had soon become wealthy. But she could not know that the one purpose for which he lived was nearing accomplishment.

Step by step he had dogged Jerrold. He had pursued him remorselessly, had hammered his stocks, had learned the secrets of his private speculations and made good use of them. The month of wild speculation that had just ended had been a hard one for Jerrold. It had left the little clerk a millionaire.

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## Farmers' Educational and Co-Operative Union of America

Matters of Especial Moment to the Progressive Agriculturist

Forget as many disagreeable things as you can. It is a wise man who knows his own foolishness.

After fifty a fellow's chief occupation is growing old. Theory is all right, but results have the most persuasion.

Grumbling about the weather neither helps you nor it. The crop of oats sown by the young man is seldom a failure.

The oil of the whip is a poor plaster for the cramp of laziness. The proper way to treat children is not to treat them too often.

There are farmers' clubs in your community? If not, why not? Work becomes drudgery only when we fail to put our hearts into it.

Go to your church to attend services, and away to attend to service. The man who tries to improve on Nature's way of doing things has a hard job.

No man or woman who really has a passion for the soil can ever go very far wrong. To know how to talk is an easy matter, but to know when to talk requires discretion.

If farmers kept books, there would be a great many better ones than there are today. Some men can say more with a handshake than other men can say in an hour's speech.

The man who doesn't plan his work usually rattles around in his job like a June beetle in a tin can.

### BIG NEED FOR RURAL THRIFT

Falling of Southerners to Let Money Slip Through Their Fingers Without Saving Any.

We need a better system of rural credits in the South—nobody believes that more emphatically than The Progressive Farmer which has so often pointed out the iniquity of usury and "time prices"—but let's also be honest with ourselves and acknowledge that there is great need for rural thrift as well as rural credits. Here are two big facts to emphasize:

1. We must get the saving habit. "It seems to be a falling of Southerners" as Doctor Knapp used to say, "to let money run through their fingers without letting any of it stick." And it's so. We simply haven't got the good, old-fashioned much-needed New England virtue of saving and of being downright ashamed of ourselves if we wind up the year without having saved something—even if it's only a quarter.

The amount is not so important as the habit. In Massachusetts everybody saves. They even have school savings banks operated in connection with the public schools and in connection with the public schools and in three years' time 1,400,000 deposits have been made in this way. The child is taught to save along with the multiplication table and the "Now I Lay Me Down to Sleep," and when he is old he doesn't depart from it. Massachusetts has but 3,300,000 people, including men, women, children and infants in arms, but 2,250,000 of them have deposits in savings banks—nearly everybody old enough to know a quarter from a dime, it seems. There are five times as many savings bank depositors in that state as there are in all the twelve states of Virginia, West Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Tennessee, Arkansas and Kentucky combined.

2. We must avoid buying "on time." This has been the bane of the South—the Mother of Poverty. Now and then somebody says that we need "easier credit." We don't need cheaper credit, but in the matter of buying it ought to be harder rather than easier to get. It's because it's so easy to get—it's because our damnable crop-lien laws have made it so easy for a man to gamble on the future hopes of himself, his wife and little ones—that we are as poor as we are. Men who swear that 8 per cent interest is too high, go right ahead and pay 40 to 80 per cent interest in the form of "time prices." And the pathos of it, as one writer said years ago, is that these slaves of the credit system are all the time "within just one year of freedom." They are just one year behind.

May we not then appeal to every debt-slave in the South to make just one superhuman effort for a year to get out? A man had better live on cowpeas, mush, molasses and sweet potatoes one season, get on the cash basis once for all, and be a free man ever after.

Let's make a fight for rural thrift and rural credits both at the same time!—The Progressive Farmer.

Milk Combinations. The milk producers in various parts of the country are forming strong combinations to enable them to get at least fair prices from the city distributors. In Chicago and some other large cities, independent distributing companies, whose stockholders are all farmers, are being formed.

Repair Farm Machinery. Repair farm machinery now. You cannot afford to stop work in the rush season for repairs that can be made now.

One Dangerous Practice. Some men carry a lantern on their arm while feeding the stock. This is nearly as bad as putting it on the floor.

Hard-Bitted Horses. Horses may be made hard-bitted by the treatment given them when colts.

### HARD PROBLEM FOR FARMERS

One Thing to Own a Farm and Another to Be Owned by a Mortgage—Caution is Urged.

(By R. C. MILLER.) Renters have shared in the general prosperity of farmers during the past few years, and many of them have caught the spirit of ownership and are anxious to try farming on their own account.

This is one of the most laudable ambitions in the world. Every man who loves farming always has, down deep in his heart, a longing to own some land upon which he can make a home and work out his fortunes.

But it is one thing to own a farm and quite another to be owned by a mortgage. Lack of capital is the rock upon which so many farmers go to pieces, and while it is not easy to discourage a man who has set his mind on buying a farm, still I cannot help urging the greatest caution.

If a farmer is obliged to go heavily into debt for his land in the first place, the interest charges alone are a heavy drag upon his resources. If he has no capital left after making his first payment and getting in his crop he will constantly be pinched for ready money and, therefore, forced to sell his crops at the earliest possible moment whether the market is right or not.

To put all his money into the first payments on his land and have no surplus cash to carry on his business is to run a great risk of losing his land and his labor.

It now requires a good deal of money to properly equip a general farm. Horses, machinery and stock of all kinds is high, and the farmer who goes into business for himself needs more capital than ever before.

If he is obliged to sell his hogs as soon as they are ready, or rush his corn to market the moment it is hard enough to harvest, or sell any other product under necessity, without being able to take advantage of the best prices, he will be greatly handicapped. In fact, he will be constantly working against himself.

The lack of ready money over and above the requirements of the farm also keeps his family in a state of hardship which is distressing, and if he has boys and girls these hardships will eventually drive them from the farm.

It would seem, therefore, that it would be much wiser for the renter, if he has a good contract with a decent landlord and is doing fairly well, to continue to use his capital in his farming operations on a rented place, rather than invest it all in land and attempt to carry on a business for himself under the great disadvantage of having no capital.

If he is without money he may be able to buy on credit but he must pay the highest price for everything. Nothing talks to such advantage as ready money, and the farmer who has cash to pay down for his implements, seed or live stock, always gets the best bargains.

The farmer without capital is always, therefore, obliged to earn more from his land in order to keep even with his neighbors, and he is, therefore, working practically to no purpose in a large degree.

Of course the high price of land in the great middle West has advanced rent charges until, in many cases, the renter is unable to make a decent living. Naturally one would suppose that the price of land advances because it is more profitable to the producer, but this is not always the case.

If a good farm in the neighborhood is sold at a high price, every other farm around it is at once advanced, no matter whether conditions justify it or not, and the renter is obliged to pay more for the use of it.

The problem of whether to own or rent land is not an easy one; but the man who continues to rent, and can add to his capital every year, keeping out of debt and maintaining his credit, is, in our opinion, better off than the man who goes deeply into debt and is obliged to struggle for long years, and suffer great hardships, to win independence.

### COTTON TRADE IS HAMPERED

Distressing War Conditions Keep Exports Running Smaller Than for Some Time Past.

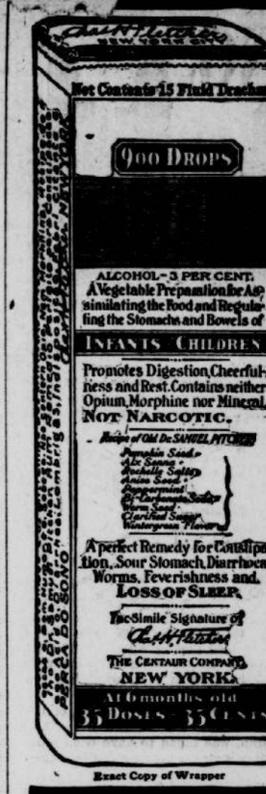
More than any other one thing, cotton wants a wider foreign outlet. This is as true today as a year ago under the distressing war conditions. In fact, vessel room is so scarce, and ocean freights so high, that the foreign business this winter is greatly hampered and exports running smaller than some time ago; total past five months just a little more than 4,000,000 bales, compared with 4,370,000 bales in the same period a year earlier and 7,200,000 bales two years ago when Europe was buying normally. Germany and Austria are still out of it as customers.

Widespread efforts will be made through the South to again hold down the acreage. Standard grade of cotton sold around the opening of the year a little above and below 12 cents a pound, or four cents better than one year ago. Domestic spinning interests are in a healthy condition, with consumption of the staple very large.—Farm and Home.

Set Aside Prejudices. To keep clear of prejudice and be willing to alter any opinion you may hold when further light breaks upon your mind is evidence of a clear brain and a sound heart.

Cheaper Money Needed. We need cheaper money for the farmers. At present the farmers of the United States owe \$5,000,000,000. Money at a lower rate of interest will mean millions of dollars in saving to the farmers.—The Farmer.

Something Wrong. If you are offered more for your farm than you think it is really worth, just consider if there is not something wrong with your methods instead of being wrong with the part of the purchaser.



# CASTORIA

For Infants and Children.  
Mothers Know That  
Genuine Castoria  
Always  
Bears the  
Signature  
of  
J. C. Ayer & Co.  
In Use  
For Over  
Thirty Years  
CASTORIA

Flowing Whiskers. "I have difficulty in eating spinach." "You shouldn't wear so much of it, old chap."—Louisville Courier-Journal.

### GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyneth's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

Many a man's success at poker depends on the way he is raised.

DOAN'S KIDNEY PILLS  
FOSTER-MILBURN CO., BUFFALO, N. Y.

An egg in the cup is worth two in the nest.  
For corks use Hanford's Balsam. Adv.  
Insolence is disarmed by meekness.

### Achy Joints Give Warning

A weak joint often predicts rain. It may also mean that the kidneys are not filtering the poisonous uric acid from the blood. Bad backs, rheumatic pains, sore, aching joints, headaches, dizziness and urinary disorders are all effects of weak kidneys and if nothing is done, there's danger of more serious trouble. Use Doan's Kidney Pills, the best recommended kidney remedy.

A Louisiana Case  
Arthur Deviller, 725 E. 10th St., Lake Charles, La., says: "For three or four years I had a severe pain in my back and at times could hardly stand upright. To get up after stooping, I had to put my hands on my knees for support. Sometimes the pain extended up between my shoulders and it seemed as if my back would break. Headaches were common and I had dizzy spells, too. Doan's Kidney Pills cured me and I have had a good strong back ever since."

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

## Careful St. Jo. Mothers Treat Children's Colds Externally

They Say Internal Dosing Harms Delicate Little Stomachs—"Outside" Applications Better.

Careful mothers everywhere realize that internal medicines are injurious to the delicate stomachs of the little folks. Still croup and cold troubles must have some form of treatment. The answer to this problem is the Southern "external" treatment Vap-O-Rub. This was introduced in St. Jo, Mo., for the first time last winter, and a number of ladies were presented with complimentary jars by their druggists on condition that they give Vap-O-Rub a thorough test. Here are the reports from several of these ladies:

Mrs. Sam House, 1206 Prospect Ave., writes—"My little daughter had Diphtheria last fall, and now every little cold she takes settles in her throat. We have thought twice she was going to have Diphtheria again, but during one of her bad spells my druggist sent me a jar of Vap-O-Rub. I used it for four nights on her throat with such good results that now I don't like to be without it. I have used it on myself and my husband for bad colds and have found it just fine."

Mrs. John Paynter, 2432 S. 17th St., writes: "My druggist sent me a trial jar of Vap-O-Rub, which I soon had occasion to try on my 'croupy' baby. Before putting her to sleep for the night, I applied the salve over her chest and throat with my fingers. The results proved very satisfactory, and now I would not be without it."

Mrs. M. A. Myers, 2943 Sylvan Ave., says—"When our three year old boy had a severe cold, about a month ago, I tried a jar of Vap-O-Rub. I rubbed it on his chest and let him inhale it, and he was relieved almost immediately, and got better in a few days. I think your remedy is the best thing for colds we have ever used."

Vick's Vap-O-Rub comes in salve form, and when applied to the heat of the body the ingredients are vaporized by the body warmth. These vapors, inhaled all night long, carry the medication with each breath, through the air passages, to the lungs. Vick's will be found better than internal medicine for all forms of cold troubles—from head colds, catarrh and asthmatic troubles—down to deep chest colds, bronchitis, sore throat or incipient pneumonia. Three sizes—25c, 50c and \$1.00.

THE GENUINE  
VAPORUB  
TRADE MARK

### Does Pain Interfere?

There is a remedy  
Sloan's  
Liniment

Read this unsolicited grateful testimony—  
Not long ago my left knee became lame and sore. It pained me many restless nights. So serious did it become that I was forced to consider giving up my work when I chanced to think of Sloan's Liniment. Let me say—less than one bottle fixed me up.  
Chas. C. Campbell, Florence, Tex.

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