

To Cure a Cold in One Day

Take
Grove's
Laxative
Bromo Quinine
tablets
Be sure its Bromo

E. W. Brown
The genuine bears this signature
30c.

WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver
Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL
PARLETT'S
CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

His Head Was Turned.
Deck Hand—Poor Bill Spool is dead. He broke his neck in sick bay last night.

Striker—Dead! I thought he only had a light attack of lumbago.

Deck Hand—That's right, but the medic massaged his back with alcohol and he couldn't resist trying to lick it off.—The Arklight.

Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions. All druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Condition to Be Dreaded.

There are worse things than losing money; you can get it back again; but when you go bankrupt on peace and contentment, you are of all men the most miserable.

Who is the busiest man? We'll say, from all appearances, a watchmaker is. Ever see one idle?



A woman's fondest hope is to stay young. She often resorts to paints, powders and cosmetics to hide her years. Some women pay large sums to so-called "Beauty Doctors" in the belief that money will buy youth. Others wear girlish dresses, thinking they can fool the world about their age. But no one is deceived. The more you try to hide your age, the more it shows.

There is but one thing that holds old age back, and that is health. Sickness and weakness bring old age early in life. Dr. Pierce's Favorite Prescription is a building-up medicine for women. It makes them healthy and strong when they suffer from women's troubles. It keeps them looking young by keeping them well. It is a woman's tonic for the frail, the delicate and those who are nervous, dizzy and who have headache and dragging pains. Favorite Prescription is altogether vegetable and without a particle of alcohol. It is safe to take. Try it now. In tablet or liquid form at all druggists, or send 10c for trial package of the tablets to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y.

Skin Tortured Babies Sleep
Mothers Rest
After Cuticura

Soap 25c, Ointment 25 and 50c, Tablets 25c.

W. W. U., Salt Lake City, No. 3-1921.

Today's Geography



KAMCHATKA: ALASKA'S POOR RELATION.

The Kamchatkan peninsula and the Siberian country between it and the Arctic ocean have attracted international attention since the report of its lease to a syndicate of Americans for the development of its natural resources. This region is a sort of half-sister to Alaska, which was also once Russian territory.

Alaska, the more comely sister, fared forth, so to speak, was sold into the family of the wealthy Uncle Sam, and has had a life rich in excitement and adventure. Kamchatka, the more homely sister, remained under the Russian roof-tree on the west side of Bering sea, and has lived in seclusion.

Kamchatka and the country north to Bering strait contain a large area of tundra or Arctic plains; soft, spongy morasses during the few months of summer; frozen, snow-covered wastes in winter. In the higher land impenetrable underbrush springs up in summer. What little travel is possible at this season is done on the backs of sturdy ponies who must wade up the shallow streams or plod through the sticky swamps. In winter travel is easy. Teams of dogs and reindeer whisk laden sledges over the frozen surface of the streams and across the snow of the tundra at a rate, under favorable circumstances, of 75 miles or more a day. Trails that are virtually highways are beaten down by the teams of the natives bringing their furs—the chief present resources of the country—to the trading posts.

In the summer the curse of the moist regions of the north strikes the Kamchatkan country; swarms of mosquitoes and flies thicken the air and make life miserable for all living things. The nomadic natives flee with their herds of reindeer to the sea-coast, where the breezes give some relief.

Though the climate of Kamchatka is rigorous, a Westerner is likely to consider the food of the country more so. Bowls of hulled fishes' eyes are the most popular delicacy in the lower peninsula where the silver herds of salmon run up most of the streams. To the north reindeer meat in some form is the universal piece de resistance, the tongues and marrow bones being prized in particular.

"Cold storage" eggs contribute to Kamchatka's tables. The eggs are obtained from the nests of gulls and other wild fowls and are buried in pits on the frosty north side of a hill until needed. Frozen berries also eke out the winter fare.

"Soup balls," carried by winter travelers, are likely to prove a compensation to western palates. They are small balls of reindeer "sausage" surrounded by a crust of dough, the whole about the size of an English walnut. These balls freeze and are carried in bags like marbles. A handful dropped into a kettle of boiling water produces within a few minutes a delectable and sustaining dish.

The Kamchatkan peninsula proper is about 750 miles in length, and the distance from its roots to Bering strait is an equal distance. Kamchatka lies in the same latitude as the British Isles, while the country north to the Arctic ocean is in the latitude of Norway. The Kamchatka region is bathed by cold arctic currents instead of the warm Gulf stream, and its climate is therefore much colder than that of Britain and Scandinavia.

KOBE, OSAKA AND YOKOHAMA.

Eastern questions will hereafter become for many members of congress more realistic and understandable and therefore sympathetically treated, since their visit to the commercial cities of Japan during their trip through the Orient.

Kobe, Osaka and Yokohama proudly displayed for American observation their busy factories with their interesting products, and bustling docks where junks plying inland waters and foreign-bound steamers are gorging and disgorging freight.

The busy city of Kobe may be entered after a charming trip through the inland sea, that picturesque landlocked basin with four channels to the outer sea, a fairyland of islands covered with temples and trees which is famous in Japanese song and story. One writer has called it the Gem of the world. Certainly it is one of the most beautiful sea routes in the world.

Kobe, with its 2,741 acres of excellent harbor, which in modern, up-to-date fashion has been divided systematically into sections for junks, merchant vessels and for dreadnaughts of the Japanese navy, is the most attractive of the treaty ports, and has within the last few years shot ahead of Yokohama in the volume of its commerce, its total trade being about 40 per cent of the whole trade of the country. It ships copper, rice, straw hemp, chip brails for hats, mattings, camphor, tea and cotton yarn, and yearly enough passengers land on its docks to make a city the size of Seattle, Kansas City or Providence.

This port, which is now so attrac-

tively situated on the hill slopes running down to the sea, was merely a group of fishing huts about fifty years ago when it was first opened to foreign commerce.

Osaka, which has been styled because of its numerous canals and bridges, the Venice of the East, is one of the three imperial cities, and has a population of a million. Here is located the Japanese mint, covering 40 acres, a shipyard having a 1,000-foot frontage, and important factories which make cotton cloth, glass, iron and steel products, boots and shoes, matches and tobacco products. Most of the trade of Osaka, however, since the harbor is unsuited for large vessels, is with the interior.

Japan's other important port, Yokohama, was where Commodore Perry first entered the country in 1854. As the ship steams out from the city and the picturesque little towns about the harbor fade into the haze, the majestic form of Fujiyama, the sacred mountain still towers in the distance. For those who have climbed its rugged height in the dark before dawn to see the sun rise in splendor over its rim and have peered into the crater of the old volcano, the picture is one they will be glad to bring home with them in their hearts.

GUATEMALA: LAND OF UPHEAVALS AND PROGRESS.

A condition of upheaval, not necessarily from political causes, is nothing new to the republic of Guatemala. This country has wonderfully rich and fertile soil and its climate rarely is equaled.

The city of Guatemala, which is now partially rebuilt, was the scene of one of the most violent earthquakes known in Central American history. This earthquake extended over several months during the latter part of 1917 and the early months of 1918. It began November 17, 1917. On Christmas night in the parks of the city, beneath a full moon in an untroubled sky, the populace huddled watching in fear and misery their homes, the trees, and the earth as well, creep, writhe and twist.

On the night of January 24, the moon again beamed from a cloudless sky upon these people as they saw nearly every remaining edifice in their city tumble in whirlwinds of dust. The tremors seemed to center under the very city itself, and spectators have said that they feared that the earth would give away and a volcano form in the very heart of the city. Houses and bell towers crumbled, water mains were broken, the sewage oozed up in the streets and, in the cemeteries, skeletons were shaken out of their coffins.

One can take a steamer from New Orleans and in three days reach Puerto Barrios, on the Gulf of Amatique, along the sunny eastern shores of the country, where stately palms wave in greeting.

Along this seacoast and farther inland large banana plantations cover thousands of acres. This one comparatively small country raises for its own and the outside world's consumption about ten million bunches of bananas a year. The valley of the Motagua river is considered one of the most densely vegetated regions of the world.

But the most important crop of the state is coffee. In 1918 Guatemala produced about one hundred and ten million pounds of coffee, more than seventy million pounds of which were exported to the United States.

In the mountains of southwestern Guatemala live pure-blooded Indians who have won admiration of travelers for their physique, cleanliness and scrupulous honesty. One visitor tells of trying to buy a ring from an Indian girl, who refused to sell because the jewel was not pure gold, and she did not wish to sell a stranger an imitation.

These Indians wear beautiful shawls with no fringes, dyed in brilliant colors. When brought to this country specimens have withstood repeated washing and the colors have retained their marvelous luster.

ZARA: FAMOUS FOR ITS MARASCHINO AND ITS CHURCHES.

Zara, where Gabriele d'Annunzio landed troops to strengthen his position at Fiume, is ceded to Italy under the terms of the Rapallo agreement between Italy and Jugoslavia. This city, noted for its churches and its maraschino, is described in a communication to the National Geographic society by Kenneth McKenzie as follows:

"Starting from Fiume, one sails down the channel called Quarnero, leaving Istria and the Gulf of Quarnero to the right. The Island of Arbe, about half way to Zara, has an old cathedral with a Twelfth-century tower. Coming from Trieste, one skirts the western shore of Istria, stopping perhaps at Rovigno and at Pola. The stay of an hour enables one to get a hurried glimpse of the great amphitheater and other Roman remains of Pola, under Austrian rule, an important naval station and strongly fortified. The language here is chiefly Italian. Istria would well repay the time devoted to a trip of several days; but we pass on, stopping at one or two of the islands, to Zara, the most northerly town of importance in Dalmatia.

Zara is noted all over the world for its maraschino. Aside from this, however, the town has many attractions to offer. On landing from the steamer in the landlocked harbor we find ourselves in front of a

in the town wall. Over the gate the winged lion of St. Mark, often met with here and elsewhere in Dalmatia, and a symbol of the former dominion of the republic of Venice. Passing through the gate, we enter the narrow paved streets of a typical Italian city, such as we may imagine it to have been two or three centuries ago, except that the hotels are more comfortable. There are many medieval churches in the town, interesting architecturally, and containing works of art. The cathedral in particular, a majestic Romanesque church, is richly adorned outside with many arcades of little columns and inside with marbles and paintings. It is in the best Italian style of the Middle Ages. Its campanile is a landmark.

"Wandering among the narrow streets, we come upon several open squares and market places, where in the morning scores of peasants may be seen in their brilliant-colored costumes. There are Roman remains, too—columns and statues.

"Leaving Zara, the steamer comes out of the harbor, encircles the point of land on which the city stands, and skirts low-lying shores, passing among innumerable islands. All at once a narrow opening appears; we go through it, and find ourselves in the spacious harbor of Sebenico, with the town rising from the water to a fort crowning the hill."

A ONE-MAN FLAG—THE PRESIDENT'S.

Most folk know of some of the perquisites that will accrue to the next President of the United States, such as a band which is at his disposal—the Marine band—and the White House conservatories which provide the first lady of the land with flowers, but it is not so generally known that one of the honors bestowed upon the chief executive is a special flag.

This flag is not seen frequently. It does not float over the White House. Its use is reserved, for the most part, for occasions when the President appears in his ex-officio capacity as commander in chief of the army and the navy.

The President's flag consists of the coat-of-arms as they appear on the President's seal, against a blue background, and flanked by four stars. Its history and use are described in the monograph on "Flags of the World" of the National Geographic society as follows:

When the President visits a vessel of the United States, the President's flag is broken at the main the moment he reaches the deck, and is kept flying as long as he is on board. If the vessel can do so, a national salute of 21 guns is fired as soon as possible after his arrival on board. Upon departure, another salute of 21 guns is fired, the President's flag being lowered with the last gun of the salute.

When the President is embarked in a boat he usually directs that his flag be displayed from the staff in the bow of his barge. When he passes in a boat flying his flag, vessels of the navy parade the full guard, four ruffles are given on the drum, four flourishes are sounded on the bugle, the National Anthem is played by the band, and officers and men salute. When the President is embarked in a ship flying his flag, all saluting ships, on meeting her at sea or elsewhere, and all naval batteries, fire a national salute on passing.

Previous to the present order there were two designs displayed on flags and on colors to be used in the presence of the commander in chief of the army and the navy. The navy design was of an earlier date than that of the army, and consisted of the coat-of-arms of the United States, as shown in the Great Seal, upon a blue ground. This happened to be almost identical with the infantry colors. The President's colors were designed to be distinctive from the infantry colors and consisted of a blue ground with a large crimson star, outlined heavily with white. Within the star was to be seen the coat-of-arms of the United States, and outside the star within its angles were powdered small stars to the number of states in the Union.

Can Can.

All the world before long will be canning American style, if the present rate of progress keeps up. Last year France asked the loan of some canning specialists from the United States Department of Agriculture to teach them the purely American art of home canning. The results were so gratifying that the same group were asked to return this year to give further instruction. They went, and their work everywhere in France was attended with gratifying results.

The director general of agriculture in the little duchy of Luxembourg bearing of the method of preserving fruits and vegetables being taught in France, asked if the American canning experts could be lent to Luxembourg when they were through in France. This was arranged, and the first two weeks in September found the Americans teaching in Luxembourg how to can and dry garden products and how to can meat and fish. From Luxembourg the demonstrators went to Holland where at Amsterdam and other places a series of lectures were given. At the request of the British Department of Agriculture, the canning specialists then went to England and gave demonstrations before the English institute workers. One group is now in Denmark and another in Egypt. Wherever American canning methods are introduced the response and appreciation is gratifying.

say



Aspirin
Then it is Genuine

Warning! Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years and proved safe by millions.

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains proper directions for Colds, Headache, Pain, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago.

Handy tin boxes of 12 tablets cost but a few cents—Larger packages. Aspirin is the trade mark of Bayer Manufacture of Monocrocinolide of Salicylic Acid.

Safety First.

Corporal Sweeney had been detailed to take his squad of engineers to mop up after a company of infantry. Arrived at the cellar of an abandoned chateau he was instructed by his lieutenant to go inside, leaving the remainder of the squad gathered about the door to get the fugitives.

"Yes, sir," answered Sweeney obediently. Then, turning to his men, he added the caution:

"But if more than one man comes out of the cellar, for the Lord's sake, don't shoot the first one."—The American Legion Weekly.

Some Other Day, Perhaps.

"Shall I dust the brickly brick, mum?"

"Not today, Nora. I don't think we can afford it."

Canada's Rich Coal Mine.

The coal deposit at Lampman, Sask., Canada, is believed to be one of the best of its kind in the world, and one of the greatest assets of the province, according to the investigators who recently made an examination of the location. They estimated that there are 32,000,000 tons of coal in the two and three-quarter sections of land in which the coal is located.

Patriot.

"Pa, what is a patriot?"

"A patriot, my boy, is a man who continues to love and serve his country whether or not its elections go to suit him."

Walk up to every day like a man. It may be better feed in the rack than it looks from a distance.

You Must Replace the Wear and Tear on the Human System

Did you ever stop to consider what a tremendous task is placed upon your human system every day?

Your heart is constantly pumping life and vitality to every part of your body. This is being rapidly consumed after being turned into energy and strength that keeps your system performing its various functions.

Every day there is a certain amount of wear and tear that must be replaced, if you are to enjoy

good health.

Many people have found S. S. S. a great aid in keeping their system in good condition. Being such a fine blood tonic and system-builder S. S. S. strengthens and enriches the blood supply, and gives new vigor and vitality to the whole body.

S. S. S. is sold by all druggists. Write for free literature and full information to Chief Medical Adviser, 162 Swift Laboratory, Atlanta, Ga.

IN THE WAY HE SHOULD GO

Father Determined to Spare No Pains in the Proper Upbringing of His Offspring.

In Chicago they tell of the great pride which the parents of a certain lad take in him. Father is determined to make him a great business man, a veritable captain of industry.

One day the mother heard loud screams emanating from an adjoining room and rushed in to investigate the cause. Father was vigorously administering chastisement to the young hopeful.

"James! James! Why are you thrashing Harry?" demanded the wife.

"Because I caught him in a lie, that's why," said the father, continuing the thrashing.

"A lie? You say a lie?"

"Yes! I will teach him to lie better than that if I have to break every bone in his body!"

Enslaved.

"Our new office boy is in love with our prettiest stenographer," remarked Mr. Dubwaite.

"What are you going to do about it?"

"Nothing. I hope he'll remain true to her. For the first time since he's been here he's always around when we want him."—Birmingham Age-Herald.

A wife never hates to ask her husband for money any worse than he hates to have her do it.

A prayer that is long drawn out is apt to be narrow.

AMBITION SOARED TOO HIGH

Pioneer Grape Grower Unfortunately Was Not Satisfied With First Really Excellent Results.

A hundred years ago Dr. C. W. Grant bought a small, rock-ribbed island in the Hudson river nearly opposite Peekskill. There was a general laugh at what people declared to be his folly, as the island was so barren and worthless that it did not seem possible for anything to grow there. Dr. Grant, however, had ideas of his own, and he began a growth of grapes of the then new variety, the Delaware. In a very short time the island was known to grape growers all over the country, and Doctor Grant was declared to have done more for grape culture than any other man in America.

The great business enjoyed by the physician turned his head, and he began to work toward a scheme that would turn the island into a paradise of growing flowers, especially magnolias and rhododendrons, and he hoped to give seed or cuttings to every home in America. The result of his attempts was bankruptcy, and he left the island, which soon went back to rock and barren soil.

As a man grows older, his feet can get plenty cold enough without taking a sleigh ride.

A big head is often the result of a few small ideas.

It is never too late to mend, marry or get a divorce.

A Ready-Cooked Food For Breakfast or Lunch
Grape-Nuts
Crisp granules of wheat and malted barley "sweet as a nut" from special processing and long baking.
No need to sprinkle sugar on your cereal when you use Grape-Nuts
"There's a Reason"