

# A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

**Inflammation and Swellings** of all kinds in liver and spleen can be quickly reduced by using DR. DAVID BOWEN'S

**Antiseptic Poultice** Price \$1.00. One package makes ten pounds of Poultice. Read the Practical Home Veterinarian and the True Book on Abortion, 'Cure' if no dealer in your town, write Dr. David Bowen, P. O. Co., 102 Grand Avenue, Washeta, Wis.

**ITCH!** Hunt's Salve, formerly called Hunt's Cure is especially compounded for the treatment of Itch, Scabies, Ring worms, and Tetter, and is sold by the druggist on the strict guarantee that the purchase price, 75c, will be promptly refunded to any dissatisfied customer. Try Hunt's Salve at our risk. Your local druggist, or direct by mail from A. B. Richards Medicine Co., Sherman, Tex.

**HOLSTEIN CALVES** Practically pure bred, 6 weeks old at reasonable prices. Registered bull calves same age, \$45 each. Free shipment. Hardest Dutch, Whitewater, Wis.

## OLD MAN FORGETS CHIVALRY

Good Old Brother Wack Most Ungallantly Puts Women in the Same Class as the Mule.

"No, sah!" replied Brother Wack to the expostulation of good old Parson Bagster. "It's plumb impossible to modulate amule without cussin' him. It kaint be did. Long's I cusses dis varmint reg'lar and saturates him wid a club 'casionally he dess lops his ears for'ards and frudges right along wid de plow. But de minute I draps de club and 'dresses him in confectionery language he turns his head and sneers at me. Dar ain't no gratitude in him. He thinks he's got me bluffed."

"A mule, sah, am right smaltly like a 'ooman. Honey round her and buy her fine clothes and a mouffle of gold teeth, and sh'll walk all over yo', 'th-hollerin' for mo'. But slap her fat when she needs it and talk to her loud and co'ase, and she's as soople as an angel. Keep a mule and a 'ooman thankful for what yo' don't do to 'em, and yo' got 'em gwine, every time."—Kansas City Star.

**Hot Water.** "Mr. Brown is always getting into hot water." "Yes. He is so cold-blooded I suppose it is a kind of relief."

It's passing strange that some things come to pass.



**A Conserving Food**  
The recognized value of **Grape-Nuts** as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"



## EASTER SUNDAY NEW YEAR'S DAY

Originally Marked the Beginning of the Twelve Months—Spring Festivals in Vogue Long Before the Time of Christianity.

By REV. ARTHUR HOLT.  
EASTER Sunday was formerly equivalent to New Year's day; though not the first day of the year it was the day on which the opening of the year was celebrated. Historically the Christian Easter is simply a continuation of the Jewish Passover, which was celebrated on the 14th day of the first month of the Jewish year—that is, on the day of the first full moon next following the day of the equinox. It has been questioned whether any special observance of this day was practiced or enjoined by the apostles and the early Church Fathers; yet the words of St. Paul (I Cor. 5:7-8) seem to sanction if they do not recommend an observance of some sort and foreshadow the thought which came finally to underlie it: "For even Christ our passover is sacrificed for us. Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth." According to the Jewish tradition, the Passover commemorated the passing of the Angel of Death over the doorposts and lintels of which had been sprinkled with the blood of the paschal lamb. The Christians, in adopting the festival, gave it a new significance. For them the Saviour became the true Paschal Lamb, and the new festival commemorated His resurrection on the third day following the Crucifixion.

The proper day for celebrating Easter was one of the questions which the Council of Nice (A. D. 325) was called upon to decide. By the Eastern Christians it was at that time celebrated on the same day as the Jewish Passover, without regard to the day of the week on which it might fall. Among the Western Christians, who held that the crucifixion occurred on a Friday and the resurrection on a Sunday, there had arisen a custom of celebrating Easter on the first Sunday following the 14th of the first month, and to this custom was given the official sanction of the council. Furthermore, the rule then established for fixing upon the proper Sunday was designed partly to prevent the possibility of Easter ever falling on the same day as the Passover, but the rule has fallen on several occasions to prevent this coincidence, and at rare intervals the two festivals came together.

Changes in Calendar. The old Roman year, like the Jewish year, began in March, when the sun entered the constellation Aries. When the

calendar was reformed under Julius Caesar, the year was made to begin on the first day of January. After the adoption of Christianity in Europe, the date of the beginning of the year was changed to March in most countries, so that Easter became recognized as a New Year's day. The reform of the calendar by Pope Gregory, in 1582, again changed the day on which the year began, although in England it continued to begin on the 25th of March until the adoption of the "new style" there in 1752.

Christianity found Spring festivals already in vogue in heathen Europe, and to these oldtime festivals many of the customs and superstitious rites still connected with Easter are clearly traceable. The name Easter, given to the day by the Teutonic nations—the Roman nations have retained the old Hebrew name, pascha, under modified forms, as the Jour de Paques, of the French—is derived by Bede from Eostor or Ostara, the name of an old Anglo-Saxon goddess, in whose honor a Spring festival was celebrated. Grimm was unable to find any mention of a deity of this name among the ancient Germans, but from the fact that the month of April still bears the name ostermonat (in Old High German ostarmanoth), he did not doubt that such a goddess, probably "the divinity of the radiant dawn," had been known among them. The old Oster festival was clearly of a solar character, a celebration in honor of the birth or the rejuvenation of the sun of the new year. This is made evident, aside from the known character of similar festivals in other parts of the world, by

many of the observances which it bequeathed to Easter. Thus it was formerly a custom all through the north of Germany, on the night of Easter Sunday or the third night following, to kindle bonfires on all the heights, affording a magnificent spectacle, when these fires were to be seen here and there over miles of country. This custom had become simply a mode of merrymaking, but it is held with plausibility that originally the bonfire was symbolical of the new fire that was to warm the earth and quicken it into renewed life after the cold embrace of winter.

**Ancient Popular Belief.**  
Another indication of the ancient solar character of this festival is an old popular belief, said to survive still in Brandenburg and Saxony, that the sun at the moment of rising on the morning of Easter gives three joyous leaps, that he dances with youthful joy. This curious belief was not confined to Germany. In the middle districts of Ireland, according to Brand, it was customary, after spending Easter eve in merrymaking and carousing—watching the pot boil, the contents of which were to break the long Lenten fast, yet must not be touched before the crowing of the cock—for the whole company of revelers to go out just at daybreak to see the rising sun take his three Easter leaps. Sir Thomas Browne, writing of popular errors, mentions thus quaintly the existence of this belief in England: "We shall not, I hope, disparage the resurrection of our Redeemer, if we say that the sun doth not dance on Easter day; and though I would willingly assent unto any sympathetic exultation, yet we cannot conceive therein more than a tropical (figurative) expression." Perhaps there is no more striking illustration than this of the power of an inherited belief to live on in spite of the testimony of all experience against it. In some places, apparently as an alternative for giving up the belief wholly, it was held that in order to witness these three leaps one must look, not at the sun itself, but at the reflection of it in a pool of clear water. As a last resort, to save the belief, the sun might be made to dance. Brand could recall that when he was a boy he had seen "a vessel full of water set in the open air, in which the reflected sun seemed to dance, from the tremulous motion of the water." If the mountain will not come to Mahomet, then Mahomet must go to the mountain.

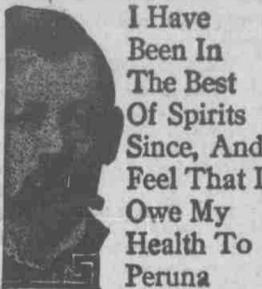
Among the customs handed down through long ages and accepted by the Church were those of Easter eggs and the Easter tale which the preacher told from the pulpit, in lieu of a sermon, connecting it with Christian reminiscences. Later still there were in Germany dramatic shows, named Oster-spiele, executed by twelve performers, one of whom, apparently, was the leader, and represented Summer beating Winter out of the land. The dances and sports prevalent at this season in Germany among the youths and maidens appear sometimes to have been marked with something of the looseness characteristic of the floral games in Italy.

## The Easter Hare



There are several versions of the connection of the hare with Easter, but the hare custom is exclusively pagan in origin and has nothing to do with the Christian festival. In the East, the hare played a part in the mythical life and adventures of Buddha. In fact, several hare myths come out of India, the great reservoir of religious symbolism.

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I Have Been In The Best Of Spirits Since, And Feel That I Owe My Health To Peruna

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You know that when you sell or buy through the sales you have about one chance in fifty to escape **SALES STABLE DISTEMPER**. "SPOM'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed," 50 cents and \$1 a bottle; \$5 and \$10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturer, **SPOM MEDICAL CO., Manufacturers, Gothen, Ind., U.S.A.**

## WHAT CONSTIPATION MEANS

It means a reasonable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders—**CONSTIPATION** is a crime against nature, and no human being can be well for any length of time while constipated. **DR. TUTT'S LIVER PILLS** is the remedy and has been used successfully all over this country for 72 years. Get a box and see how it feels to have your liver and bowels resume their health-giving natural functions. For sale at all druggists and dealers everywhere.

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**KANSAS BLACKLEG SERUM CO.**

Good Subject. "What are that couple over at your table scrapping about?" "I think, sir, they're fighting over the war bread."

He—"I've a notion to propose to you." She—"Please do. I'm trying for a record."—Buffalo News.

## LEMON JUICE IS SKIN WHITENER

CHEAP HOME-MADE BEAUTY LOTION TO REMOVE TAN, FRECKLES, SALLOWNESS.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin whitener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach a darkened skin and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener and beautifier. Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to whiten rough, red hands.—Adv.

Such a Dear Friend. Ethel—Agnes was at the cat show. Maud—As an exhibit?—New Haven Register.

**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. Fletcher** In Use for Over 30 Years. Children Cry for Fletcher's Castoria

In New Zealand the men outnumber the women by many thousands.

**WOMAN'S CROWNING GLORY** is her hair. If yours is streaked with ugly, grizzly, gray hairs, use "La Oreole" Hair Dressing and change it in the natural way. Price \$1.00.—Adv.

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One bottle of Dr. Foster's "Dead Sea" will save you misery, time, anxiety and health. One dose sufficient, without Castor Oil in addition. Adv.

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**When Your Eyes Need Care** Try **Murine Eye Remedy** No Stinging—Just Easy Comfort. 50 cents at druggists or mail. Write for Free Brochure. **MURINE EYE REMEDY CO., CHICAGO**

## STOP THAT HACKING COUGH.

Mansfield (formerly Hungarian) Cough Balsam heals the inflamed and irritated membranes and quiets the tickling nerves that lie underneath the infected portions. Invaluable for babies. Price 25c and 50c.—Adv.

## Nerves All Unstrung?

Nervousness and nerve pains often come from weak kidneys. Many a person who worries over trifles and is troubled with neuralgia, rheumatic pains and backache would find relief through a good kidney remedy. If you have nervous attacks, with headaches, backaches, dizzy spells and sharp, shooting pains, try Doan's Kidney Pills. They have brought quick benefit in thousands of such cases.

## A Mississippi Case

Mrs. Mattie Stewart, 817 Elmer St., Elmer, Miss., says: "A fall started trouble with my kidneys, and after that I suffered from spells of back ache. Sometimes at night I had to get up and walk the floor. I was so miserable. My kidneys acted irregularly and I knew something must be done. Doan's Kidney Pills put my kidneys in good shape and removed the pains in my back."

Get Doan's at Any Store, 60c a Box **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

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Quickly healing and soothing the pains of Neuralgia, Headache, Rheumatism, Cuts, Burns, Sprains and Bruises. 35c and 70c bottles at your druggists.



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