

### A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

LOOK, MOTHER! IS TONGUE COATED, BREATH FEVERISH AND STOMACH SOUR?

"CALIFORNIA SYRUP OF FIGS" CAN'T HARM TENDER STOMACH, LIVER, BOWELS.



A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is often all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."—Adv.

**Few American Soldiers Blinded.**  
According to the Army and Navy Journal, the office of the surgeon general of the army is authority for the statement that probably less than fifty American soldiers have suffered total blindness from wounds received in action. This is considered a remarkable record considering the number of men engaged and the intensity of the fighting in the sectors where Americans were engaged.

#### KEEP IT HANDY

If you paid a specialist \$25.00 for a prescription, you would not get anything that would give quicker relief for Croup, Catarrh, Colds, or Sore Throat, than VACHER BALM, which only costs 25c in jars, or tubes.

Write for Samples and Agent's Prices. Beware of imitations. E. W. Vacher, Inc., New Orleans, La. Adv.

**In the Public Eye.**  
"You are spending a great deal of time in front of the camera."  
"Yes," replied Senator Sorghum. "It isn't that I think I'm anything special for appearances. But a man with as little to say as I have just now is just as interesting to look at as he is to listen to."

**No Worms in a Healthy Child**  
All children troubled with worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance. GIBBY'S TARTARIC CHILL TONIC given regularly for two or three weeks will enrich the blood, improve the digestion, and act as a general strengthening tonic to the whole system. Nature will then throw off or dispel the worms, and the child will be in perfect health. Pleasant to take. One per bottle.

Even one taste of defeat may be hard to swallow.

### DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BUTTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

# ICELAND



Hot Springs Near Reykjavik.

THE autonomy that has come as a gift of the war to Iceland merely follows upon a former home rule granted by Denmark to the island folk in 1874. Bordering as the island does upon the arctic circle, it would seem anomalous indeed that the former home of the free-necked, all-conquering Vikings should be associated with aught but human liberty, or that the restraints and oppressions of autocratic governments should be familiar things in this little detached world. But Iceland has had its political struggles nevertheless, and from the very beginning of its history it became the refuge and sanctuary of a people seeking safety and refuge from the intolerable tyranny of a Norseman's rule.

Iceland's story is really the story of the Viking, says Christian Science Monitor. "In a minor degree it is associated with the mission of the Celt and Anglo-Saxon in the early diffusion of Christianity. In 1800 the Icelanders actually celebrated the thousandth anniversary of the landing of the first Christians.

One is apt to picture the Viking as a sea-rover making his warship fast to that of his enemy while the shouts of the victor rise high above the clash and clang of spear and battle-axe upon shield and helmet. But war was not really his occupation nor was the sea his home. He only turned to the sea for plunder and recreation when he wearied of the pastoral life. If he was a man of wealth and influence, in the old Norse country, he was certain to possess many thralls or retainers, to own a great hall and possibly a temple. In the center of the hall would be a row of fires, and against the wall the high seat or place of honor, its great pillars carved and crowned with images of Thor, Odin and Frigga. The Viking himself would be magnificently attired, his garments bound with plates of gold, and his sword, "Fire-of-the-Sea-King," in a jeweled scabbard by his side. On his neck would doubtless be a collar of engraved gold, while his flowing cloak would be edged with gold.

Such, also, was the early Icelander in the early stages of his migration from the old Norse home.

**How Iceland Was Settled.**  
The Vikings peopled the remote island deliberately, as a land where freedom awaited them. Unlike other lands it had no prehistoric history. Fire-born, it had known not even the prehistoric savage. Man's coming began, it may be said, with a woman's whim, and a Viking's vow. Is it not all told in "The Story of Harald Hair-fair," and by Snorri in "Heimskringla"? How Harald sent his messengers to Gyda, daughter of Eric, King of Hordaland, with the request that she become his wife. How to them she replied that she would not, for the taking to husband of a king who had no more realm to rule over than a few folk, did not appeal to the proud princess. How Harald swore that he would not cut his hair nor comb it until he had gotten to himself all Norway, "with the scat thereof and the dues." How after years of strenuous effort and warfare he brought all Norway under a sway that was to be feared wherever the Norse tongue was spoken. How he solemnly bathed and cut his hair, held a feast, and wedded the exacting but now triumphant Gyda, queen of the world within her ken.

That was ten centuries ago, when Harald introduced to Norway that centralization and consolidation of power which was to make of him a tyrant and a blight upon the ambitions of the nobles who felt the weight of his sway. The freemen resisted as long as they could. Beaten again and again in fight, many of them withdrew from the land of their birth, preferring exile with their accustomed liberties to a vassalage which was an outrage to the free-born.

Discovered by Naddodd. Thus began the incursions and excursions of the Vikings. The fair-haired warriors of the North spread themselves over many lands, even in far-off Byzantium. For centuries the coast and river hamlets of England

Scotland and Ireland were constantly on the alert in case of deprivations and sudden descents. The distant lava peaks of Faroe ultimately became the homes of those who dared not return to Norway, until at last one of their number, the Viking Naddodd, left the isles and was driven by contrary winds in sight of the snow-capped peaks of Iceland. A landing was effected, but Naddodd found no trace of human beings. Christening the newly discovered country Snaeland, he immediately took his departure. Four years later, in 804, came Gardar, a Swedish Viking, who was the first to circumnavigate the island. He rechristened the land Gardar's Holm. Then came Floki, who found his way to the island by the aid of ravens, and who gave to the then inhospitable land the present chilly name of Iceland.

Reykjavik, the "smoking Creek," now the principal town, was recognized from the earliest times as an unfortunate location for a settlement and a capital. The original colony was settled here by Ingolf Arnarson, a high-born Jarl of Norway, who left his native land in the company of his foster-brother, Hjalteifr, ten years after the descent of Floki upon its shores.

Within 60 years from the coming of Ingolf, the population of the island is said to have numbered over 60,000. So much land, however, had been taken by the first comers that an agreement was made by which all late comers could take only as much land as they could encompass by fire in a day. This was done by building a huge fire in the center of the lot, whence the claimant traveled in a circle as far away from the fire as he could see the smoke.

#### Kindly and Hospitable.

From this virile race, which scorned to bend the knee to Harald, the modern Icelanders are descended. They are kindly and hospitable to the stranger within their borders, while their homes are simple and quaint. Some are old dwelling places of turf and stone with an inclosed mowing patch, the sheep folds, the byre and a small garden for vegetables. The spoken tongue of Iceland is no longer heard in the Norse valleys, but in the arctic isolation of their island home the Icelanders have retained it in its ancient purity; and sagas and traditions of the remote past are as familiar as household words to the inhabitants.

The government, down to the granting of autonomy, had at its head a minister, appointed by the king of Denmark, resident at Reykjavik, and responsible to the althing, or the parliament of the colony, for all acts concerning Iceland. The althing consisted of 36 members, of whom 30 were elected by the people and six by the crown. It was elected every two years, and was divided into two chambers, of which the upper was composed of six elected and six appointed members, while the lower consisted of 24 elected members. The king of Denmark had the nominal right of veto. In 1911 suffrage was extended to women and servants, and the right is now possessed by all competent adults. The revenue of the country is derived almost entirely from customs. Elementary education is well provided for, and the number of illiterates is remarkably small.

#### Siam's Boat Life.

The boat life of Siam is extremely interesting. Business and pleasure, health and happiness, all center in the river or its branches. A boat and a paddle are almost as natural and indispensable possessions to a Siamese as his arms or legs. He has no notion of traveling any distance except by boat, and the idea of living in a place inaccessible by water generally strikes him as absurd. Three weeks to come down stream with a full cargo, a week to dispose of it and indulge in the gayeties of the capital, four or five months to get back with the emptied boat, and the rest of the year for farm work at home—such is the program of many a Siamese family.

## Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

### LIQUOR TRAFFIC A MENACE TO YOUTH.

Judge W. C. Mentzer of the First judicial district of the state of Wyoming, gives the following as his reasons for believing in prohibition:

"During over 21 years' experience since I began the practice of law, I have constantly been in a position to observe, and have observed, the cruel and cursed consequences of drunkenness. I have seen boys and young men of good families ruined by liquor, charged with and convicted of serious criminal offenses, and lodged in a felon's cell, their families disgraced and pauperized; I have seen them rotten with loathsome disease and insane as the result of drunkenness.

"During my six years on the bench as judge of the district court of the First district of Wyoming, in the discharge of my duty I have been compelled to send approximately 300 men to the penitentiary, jail or reformatory, for criminal offenses committed by them against the laws of the state of Wyoming, and I know that 90 per cent of these crimes were caused by drunkenness.

"During the same period of time there has scarcely a week passed that I have not been called upon to grant one or more divorces, and I know that fully 85 per cent of these cases were traceable to drunkenness. I have also been compelled to take many children from the homes of drunkards and give them over to the state or charitable institutions, their homes having been destroyed by drunkenness."

### THE UNPARDONABLE SIN.

Science tells us that alcohol is the specific for degeneracy; that is, it stops the building process. Life is not founded on a level plane; everything that lives has an inclined plane; the individual type of species develops along a certain line of evolution. They have made a discovery, that whatever the line of the creature's evolution, whether plants, animals or man are dealt with, alcohol will begin by tearing down at the top, thus exactly reversing the building process. This is called degeneracy, and it is the unpardonable sin. When degeneracy sets in, when the creature ceases to rise, the curse of nature descends upon him; nature shortens his life and blights it. It is true whether in the vegetable kingdom, the kingdom of the animal, the kingdom of man, whether you deal with the family, nation, empire, or civilization. Alcohol strikes at the reproduction of life; it blights the offspring unborn. In a few generations it practically exterminates the family, and would exterminate the nation.—Richard Pearson Hobson.

### SOME OF THE THINGS RATIFICATION WILL DO.

It will harmonize the state and federal policy of government in dealing with the liquor problem.

The \$2,000,000,000 spent for liquor, which comes from the earnings of the mechanics, laborers, farmers and tradespeople will be spent for something less harmful—something which will give a larger return per capita.

All the existing liquor capital of the nation will be at work along honest, wealth-producing lines.

Labor will be benefited, because the capital now invested in liquor industries will, when employed in constructive manufacturing, employ four times as many men and distribute a proportionately greater amount in wages.

There will be no confiscation of property because no property will be taken from anyone. The law will simply require that a man use his property in a fashion to do more good to the community and to himself.—Ratification Handbook.

### THRIFT STAMPS INSTEAD OF DRINKS.

A new thirst quencher has been discovered, but it is not enriching owners of wet drinks. It is, however, benefiting Uncle Sam. Recently a man slipped a quarter on the counter and said: "Gimme a whisky." It happened to be a place where War Savings stamps were being sold. The man behind the counter ripped off one Thrift stamp from the sheet and handed it to the customer, who slipped him a quarter. "Gimme another," he said. And down came another 25-cent piece. "You see, it's this way," explained the man as he licked the stamps and pasted them on a well-filled Thrift card: "Every time I feel like having a drink—and that's mighty often—I hustle in here and buy a stamp instead and then I always buy a second one for having had the will power to buy the first one instead of a drink, see? So long—I'll be in again soon."—New York Letter.

### WOMAN SUFFRAGE PARTY INDORSSES RATIFICATION.

New York State Woman Suffrage party in assembly in New York indorsed the ratification of the federal prohibition amendment by the state legislature this winter, and also indorsed the necessary enforcement legislation to make prohibition effective.

Winnipeg, Canada, during three months of 1918 refused its police force by 33, due to prohibition. This will effect the saving of nearly \$30,000 yearly.

**Keeps PERUNA In the House All the time**



**Breaks up a Cold. Good for Bronchial Inflammations.**

Mr. Robert McDougall, R. No. 6, Liberty, Indiana, writes:  
"I wish to state that I always keep Peruna in the house. I think it is a good medicine to have on hand. If I commence taking a cold, I take Peruna and it breaks it up for me. It is also good for the Bronchial Tubes."  
Peruna has served the American people for more than forty years. Those who know its value always have it at hand. Why not you?

Those who object to liquid medicines can secure Peruna Tablets

**Vain Pursuits.**  
"So Niblitiz is dead?"  
"Yes."  
"Did he leave any property?"  
"Nothing to speak of. Niblitiz was the kind of man who had an idea that fortune was always just around the corner."  
"But he never succeeded in overtaking her?"  
"No. He was either mistaken in the location of the corner or he lingered in the middle of the block until fortune moved on to some other corner."  
—Birmingham Age-Herald.

State of Ohio, City of Toledo, Lucas County—ss.  
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.  
FRANK J. CHENEY.  
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1918.  
(Seal) A. W. Gleason, Notary Public.  
HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.  
Druggists, 75c. Testimonials free.  
F. J. Cheney & Co., Toledo, Ohio.

**A Warning.**  
"I say, Binks, lend me your typewriter girl for a spell."  
"All right, but she's phonetic."

Dr. Peery's "Dead Shot" is not a "lozenge" or "syrup," but a real old-fashioned dose of medicine which cleans out Worms or Tapeworms with a single dose. Adv.

Sometimes a man's silence speaks volumes for his discretion.

Granulated Eyelids, Sties, Inflamed Eyes relieved over night by Roman Eye Balsam. One trial proves its merit. Adv.

When a man lends his influence he seldom gets it back.

**Worth Wishing For.**  
"No," remarked the divorce lawyer, "my clients couldn't come to an agreement in dividing the family belongings."  
"That old stuff about the rubber plant, I suppose?" suggested the criminal barrister.  
"That's exactly what it was, and in this case the plant employs 5,000 workmen."

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. 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.

**The Trouble.**  
"What an open face your wife has."  
"You've hit it. She never shuts up."  
—Chicago Post.

Look out for Spanish Influenza. At the first sign of a cold take



**CASCARA QUININE**

Standard cold remedy for 30 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

# Acid-Stomach Ruins Health of Millions

Besides those painful attacks of indigestion; that awful bloated, lumpy feeling after eating and, downright stomach misery that you who have experienced it know so well; besides disgusting belching, food-repeating, sour stomach and distressing heartburn—besides all this, ACID-STOMACH undermines the health and saps the strength of millions.

If you don't get rid of those stomach miseries there is no telling where your stomach troubles will end, for it is a well known scientific fact that many serious ailments have their start in an acid-stomach.

Start now—this very day—to get rid of your stomach miseries. Take EATONIC—the wonderful remedy that absorbs the excess acid from the stomach and brings INSTANT relief. You simply have no idea how much better, stronger and brighter you feel at once. It drives out all the gas and bloating, puts an immediate stop to belching and heartburn, ends stomach suffering and makes it cool, sweet, comfortable and strong.

There can be no further excuse for you to allow acid-stomach to wreck your health—pile up misery upon misery until you get to the point where you feel down and out and that life has lost all its joys. Remember, just as acid-stomach ruins teeth, so acid-stomach ruins health.

Take EATONIC. It's good, just like a bit of candy and makes the stomach feel fine. You can then eat the things you like and, what is more, every mouthful you eat will count in creating power and energy. You'll feel so much better—have punch and pep—the power and will to do things and get results, and your stomach misery will be gone.

Take our advice. Get a big box of EATONIC from your druggist today. It costs so little. If it fails to remove your stomach distress, he will refund your money. That is guaranteed; you are to be satisfied or money refunded.

# TAK E EATONIC TODAY FOR YOUR ACID-STOMACH

# ECZEMA!

THIS isn't one of those fake free treatment offers you have seen so many times. We don't offer to give you something for nothing—but we do guarantee that you can try this wonderful treatment, entirely at our risk, and this guarantee is backed by your local druggist.

This makes the offer one which you can absolutely depend upon, because the druggist with whom you have been trading would not stand behind the guarantee if he did not know it to be an honest and legitimate one.



Hunt's Salve, formerly called Hunt's Cure, has been sold under absolute money back guarantee for more than thirty years. It is especially compounded for the treatment of Eczema, Itch, Ring Worm, Tetter, and other itching skin diseases.

Thousands of letters testify to its curative properties. M. Timerlin, a reputable dry goods dealer in Durant, Oklahoma, says: "I suffered with Eczema for ten years, and spent \$1,000.00 for doctors' treatments, without result. One box of Hunt's Cure entirely cured me."

Don't fail to give Hunt's Salve a trial—price 75 cents, from your local druggist, or direct by mail if he does not handle it.

A. B. RICHARDS MEDICINE CO., Sherman, Texas

**BLACKMANS MEDICATED SALT BRICK**

**STOCK LICK IT**

FOR HORSES, CATTLE, SHEEP & HOGS



**STOCK LIKE IT**

DROP BRICK IN FEED BOX

CONTAINS COPPERAS FOR WORMS, SULPHUR FOR THE BLOOD, SALT/PETTER FOR THE SKIN, NUX VOMICA, A TONIC AND PURE DAIRY SALT. USED BY VETERINARIANS 13 YEARS. NO OPIUM. ASK YOUR DEALER FOR BLACKMANS OR WRITE.

**BLACKMAN STOCK REMEDY COMPANY Chattanooga, Tenn.**