Modern Diet Making Human Jaw Shrink?

Lack of Calcuim and Phosphoric Results in "Rabbit Mouths"

The human jaw is shrinking.

The modern tendency is for mankind to become more and more "rabbit-mouthed."

If it continues, we will ultimately have smaller jaws and a physical appearance markedly different from today.

These conclusions from recent scientific research are reported in the New York Times by H. Gordon Garredlan. He writes:

"Undoubtedly this is due to changes in human food which have taken place in modern times.

"It was explained at the recent convention of the Dental Society of the State of New York that foods are now softer, more easily swallowed, less gritty and tough.

'Less chewing is necessary, with the result that there is less strain on the muscles of mastication.

"Lack of exercise in sufficient doses for these muscles has the tendency toward not only the narrowing of human jaws and overcrowding of teeth but for increasing refinement and beauty of feature."

A fundamental cause leading to jaw shrinkage, we are informed, is the lack of sufficient calcium and phosphorus in the diet of to-day. The reasons:

"These two elements are essential to bone structures, particularly those in the mouth. Calcium forms the basis out of which the teeth are formed.

The modern tendency to indulge in such starchy foods as potatoes, pastry, and white bread at the expense of green vegetables and fresh fruits is depriving the human blood system of calcium and phosphorus.

"Consequently, it is not surprising to hear from a report to the recent dental meeting by Dr. Franklin A. Somires that about 80 per cent. of the population to-day is suffering from some sort of faulty jaw development. Without the proper quantity of calcium and phosphorus the jaw is discouraged in its normal growth.

"That there is a direct relation between diet and racial characteristics has long been known. Scientific investigations made in recent years have conclusively demonstrated that a well-balanced diet encourages growth.

"The experience of the Army during the war showed the remarkable changes created by feeding recruits with a well-balanced, nutritious ration.

"The Japanese, in recent years, have been carrying on experiments in their schools with different kinds of food. They have added to the normal Japanese diet articles of food common among the taller races. The interesting result has been that the children so fed have grown several inches more than those fed on the normal Japanese ration."

Change in diet, the writer thinks, may well account for a difference in the physical appearance of to-day and our descendants some generations from now. As a matter of fact, there has been, he believes, a marked change in the physical type of a century ago and those of to-day. We read further:

"Sir Arthur Keith finds that the effect of evolution on the jaw and mouth is already evident. Sir Arthur, who has examined large numbers of skulls from ancient cemetries, reports that the skulls of early races very seldom show narrowed jaws and crowded teeth. South Sea Islanders of a few centuries ago had jaws brutish in their massiveness. The famous jaw of the Heidelberg man is much larger than the human jaw of the present day. As the centuries have passed, mankind has become more and more 'rabbit-mouthed'."

Professor Says Chinese Do All Look Alike

The common idea that All Chinese look alike is not entirely a delusion, Professor A. B. Droogleever Fortuyn, of the Peiping Union Medical College, told a recent meeting of the Galton Society in New York City. It represents in some degree a real fact of racial character. Quite aside from the effect of strangeness in obscuring differences in Oriental countenances as seen by Occidental eyes, there exists among the Chinese, Professor Fortuyn believes, much greater similarity of hair color, eye color, skin color, head form, and the shapes of nose and eyelids than among Europeans. Physically the Chinese approach the condition of a uniform race, while Europeans and Americans make up a group much more diverse. The Chinese display, Professor Fortuyn also reported, a greater degree of harmony in features and body form than is usual among whites. European and American populations contain, the speaker recalled, much greater percentages of individuals whom anthropologists call "dis-harmonic," meaning that the size of the head, for example, does not match harmoniously the size of the body, or that the width of the face is too great to suit the height of the skull. These dis-harmonic individuals often are ascribed to recent mixture of different racial strains, still imperfectly fused. Their relative scarcity in China suggests that the melting pot progress there has been at work longer and has reached greater perfection.

Plans are taking shape for the institution of a regular air service between Manchester and Blackpool, consisting of a daily trip that will take 40 minutes for a journey that takes twice that time by the fastest trains at present. The existing round-trip fare for the Manchester-Blackpool trip is £3, but expectations are that this will be reduced to aproximately £1 for the single journey, with the possibility of further reduction if larger machines can be employed for the journeys.

Arabian Spices and Mysteries of the East Lurk in Jerusalem's Byways

"Plau"—Rice Cooked in Fat—Spiced English Beef and Midget Porters Fascinate Visitors

Jerusalem.—Exotic corners of Jerusalem are being explored by a Palestine journalist who describes out-of-the-way places where tourists rarely go, yet where is to be found much of the variety of color and interest with which Jerusalem is filled.

"A taxi with eight people squeezed into six seats will take you right into the Bukharian Quarter," the description says, "where people wear gloriously colored dresses which, resplendent in Bukharia, have not lost all their resplendency in Jerusalem. Here you will find silks which make the mouth water. The colors are perhaps a little gaudier than you may like and the gold and silver thread may seem a little too rich for you to take back with you to somber London or to some other sunless city of the West. You will try and secure a meal in the house of a Bukharian. He will give you a dish of plau, which is like the taste of all the luxurious sweetmeats of India. It is merely rice cooked in a bath of fat. But if you cool rice in fat, you won't got plau. There are centuries of exotic cooking behind plau.

"I mentioned plau when talking of the Bukharians. In the Georgian Quarter you can have a meal of shashlik. It is English roast beef with the mystery of all the East in the roasting. I do not know how it is prepared, but I have a suspicion that it contains all the spices of Araby. You may not relish the way it is served up, but if you do not have a meal of shashlik, your visit to Jerusalem will have been in vain."

"There is a Quarter for Kurds who come from Kurdistan. But you scarcely need to go to their Quarter to see them. They are to be found on every main road with a pack on their back waiting to carry your luggage for you, for the Kurd is the beast of burden of Palestine. One short man will take your grand piano, heave it on his back and walk along with it as quietly and as nobly as a camel. He looks so small that you would never suspect he could carry more than a tin of biscuits.

Doctors Hopeful For Cancer Cure

Dr. MacCarty of Mayo Clinic Tells of Fifteen Factors in Recent Address

Detroit.—What chance for recovery has the cancer patient? How long will he live? The answer to these questions, of such vital interest to the sufferer and his family, were given in a consideration of 15 factors by Dr. William C. MacCarty, of The Mayo Clinic, at the meeting here of the American Medical Association.

One of the most important factors is location of the growth. The more gland that is attacked the shorter the patient's life will be. If the cancer is so located that it produces pain or bleeding or obstruction in the early stages, the better the patient's chances because he will get early treatment. If the cancer grows inward on an organ the chance of recovery is worse than if it grows out from the organ. If the heart and kidneys are functioning efficiently the outlook is poor. Size of the growth, age of the patient, loss of weight, duration of the disease and the way in which the cancer cells act in the body all have an influence on the patient's chance for recovery, but the exact significance of these factors is not certain.

When the cancer is on the breast, the outlook is good. This type of cancer can be permanently cured when it is recognized and operated on in the early stages, Dr. Arthur Dean Bevan of Rush Medical College, Chicago, said. Breast tumors occur in about three women out of every 100, he said. Of 300 women who came to a clinic during the year, complaining of a tumor growth of the breast, only 200 women have a tumor.

Half of these women have a benign tumor and half a malignant tumor. In malignant tumors the outlook is good if the disease has not spread to adjoining parts of the body, such as the glands of the arm.

X-Ray Beneficial

The use of X-rays and radium after operation on cancer of the breast gives much better results than the operation alone, Drs. Hugh P. Trout and C. H. Peterson of Roanoke, Va., reported as a result of 20 years experience in these cases. These physicians were impressed with the fact that cases of cancer are being seen earlier than ever before, and that therefore, results of treatment should be better than ever.

The public is not yet sufficiently aware of the need of early discovery and treatment, another speaker on cancer, Dr. William H. Kramer of the tumor clinic, Jefferson Hospital, Philadelphia, said. He declared that cancer threatens the very foundations of civilization. In all the discussion of cancer by the country's leading experts on the subject, only radium, X-rays and surgery will lead and electro surgery as adjuncts in special cases, were mentioned as treatments which could lead to cure of the disease. The average patient does not yet realize that these are the proved methods of treatment. He has not sufficient faith in the medical profession, and that is why patients by the thousands will follow fake cancer cures around the country, Dr. Kramer said.

Fever Treatment

The uses of fever in treating diseases are growing, latest to be reported is its use in curing lameness, described by Dr. H. G. Mehrtens of San Francisco. In hardening of the arteries and certain other diseases attacking the blood vessels of legs and arms, a combination of symptoms known as claudication occurs.

A patient may be without pain while resting, but on moving about he will develop such pain or weakness that he can no longer stand. Such a patient can be helped by being kept in a very hot bath, about 110 degrees Fahrenheit. The baths are repeated daily for two or more weeks and in many cases give permanent relief.

For the child who has developed anaemia after a bout of whooping cough, rickets, bronchitis or similar weakening disease, injections of iron directly into the lining of the abdominal cavity are beneficial, Drs. Clifford and Grulee, of Chicago, reported. Treating this secondary anaemia with iron has formerly been a tedious process, iron taken by mouth or injected into the arm or a vein does not regenerate the blood very quickly. The new method, which is supplemented by ultraviolet ray treatments, gave good results on a group of six young children. They all gained weight and improvement was still in evidence eight months after the treatment. The method has no effect in primary anemia or pernicious anemia, Dr. Grulee emphasized.

Lion Caught in Trap Climbs Tree

Bulawayo, Rhodesia.—A lion entered a farmhouse in Chisamba district of Southern Rhodesia recently and killed a dog under the bed in which the farm manager was sleeping.

At another farm a young lion was caught in a wire trap for wild pigs. It uprooted the trap, which tightened round its neck, and jumped into a tree, from which it was found next morning hanging dead.

Claw marks showed that the lion had climbed 15 ft. up the tree when it either jumped or fell. The pole of the trap became wedged in a fork in the branches, and the lion was left suspended by the wire in mid-air.

Hot July Days Hard on Baby

July—the month of oppressive heat; red-hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentry, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Keep Cool

If you wish to keep cool
Don't be a fool
And worry about this and that;
Don't think of the heat;
In your talk be discreet,
Relax like a well-behaved cat.

If you wish to keep cool
Don't be a fool
And eat many things to excess;
To be well and strong,
Stop habits all wrong,
Masticate more and eat less.

If you wish to keep cool
Don't be a fool
Be prudent in all that you do;
Keep your mind calm and sweet;
Ignore haste and heat—
So here's a cool summer to you!

—Greaville Kleiser

Wrestling matches between women are the latest exhibition offered to sensation seekers in Paris.

"It's great stuff," sez the ould Corporal. "Pay-day night I drank two quarts of it an' I didn't even stagger." "Two quarts!" gasped the John, "an' ya didn't even stagger?" "Heck, no," sez the ould Corporal, "I couldn't even move."

Minard's Liniment gives quick relief.

Siamese Princes Arrive

Their Serene Highnesses, Prince Ajiha, Prince Chirasakti and Prince Prasobsri (left to right), nephews of his Supreme Majesty the King of Siam, who reached Vancouver June 21 aboard the Canadian Pacific liner Empress of Russia.

Chase

Up the stream,
Dodging stones,
Surging laughter,
Breathless moans!
Over the hill,
Across the lane,
Flat on the grass
And up again!
Light on the brambles,
Splash in the moat,
Mocking cries
From a wind-white throat.
In through a window
Flash on the stair,
Wild hair fallen,
White breast bare!
Laughing surrender,
End of a race
And red mouth lifted
To a lad's brown face!

—By Margaret Phyllis MacSweeney.

Greek Language Should be Studied

Holyhead, Wales—"I heartily indorse the suggestion of Ll. Derry Evans (headmaster of the Holyhead County Secondary School) that every facility should be given for the study of the Greek language," declared Emrys Evans, principal of the University College of Wales, Bangor, speaking at a prize distribution held here recently.

"It would be a fine thing were facilities to be provided in their secondary and higher grade schools, Mr. Evans said, whereby pupils could gain an introduction to Greek by first studying New Testament Greek. Wales had great Sunday School traditions, and if these were to be maintained it was imperative that the language of the New Testament should be mastered. Wales should see to it that steps were taken immediately to assist in this work.

"These were also the days of great religious discussions, etc., and if these were to be approached intelligently a knowledge of New Testament Greek was absolutely necessary.

Planes Have Far to Go?

Considering that the total output of passenger cars, trucks and taxicabs in the United States for the first four months of 1930 was 1,416,590, it is clear that the airplane has quite a distance to go before it will have caught up with the automobile.

During an Air Ministry test of a large supermarine flying boat at Southampton which is controlled by an automatic gyroscopic system, something went wrong and, probably much to the human pilot's surprise, the craft looped the loop and then flew on again on a level keel.

A Real Nerve Tonic

Is a Bountiful Supply of Rich, Health-Giving Blood.

Sufferers from nervous debility find themselves tired, low-spirited and unable to keep their minds on anything. They are totally unfit to perform their everyday duties.

Doctoring the nerves with sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this rich, red blood Dr. Williams' Pink Pills should be taken. Enriching and purifying the blood is their whole mission. Concerning them Mrs. Albert Bentley, Bancroft, Ont., writes:—"Two years ago I was a complete wreck; in bed for seven months; extremely nervous had no color. Nothing I tried seemed to help me till I began Dr. Williams' Pink Pills. My condition at once improved and to-day I am well and able for anything without fatigue or trouble."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Gliding Popular Sport in Britain

London—Great Britain must organize a series of summer camps, or even a number of week-end camps, if gliding is to become anything but the sport of a few enthusiasts.

That is the view which Herr Kronfeld, the Austrian gliding champion, expressed to a reporter recently when he discussed the possibilities of gliding in this country.

"You have an ideal country here" he said "and I am surprised that Great Britain has not taken it up more seriously. She became a great nation of seamen in the days of sailing ships. That gave her a sea sense which power-driven ships will never do. In the same way a glider or a soarer gives you air sense which pilot trained on a power-driven machine rarely acquires.

"I am sure that more than half the aeroplane crashes could be avoided if the pilots were trained first on gliders and then on soarers."

Herr Kronfeld explained how in a glider one learnt to do a series of hops then in a more advanced type of craft one learnt to do "S" bends in the air. Finally in a high efficiency soarer, one was able to keep up almost indefinitely while there was any wind. "Where there are clouds," he said, "there you can soar for there is always a rising current of air which causes the clouds."

Minard's Liniment for all Strains.

Copenhagen Union Purchase Island To Be Used as Children's Playground

Copenhagen.—After somewhat protracted negotiations the Union of Copenhagen municipal teachers have bought the charming island of Thoro, off the coast of Fuhnen, itself an island, and almost opposite the ancient and picturesque town of Assens. The recent owner had spent large sums of money on it and, amongst other things had erected a colossal bronze monument of the old Northern god Thor, after whom the island is called, and which cost twice as much as the teachers have paid for the whole island, with residence, outbuildings, museum and so forth. The Copenhagen Municipality has guaranteed the purchase sum.

The purpose is to turn this island into a holiday resort or "colony," as they call it in Denmark, for Copenhagen school children and for which purpose it is simply ideal. Some more cows will have to be added to the live stock, so that there will be milk enough for the children who are to spend their holidays there.

There will be an "all the year round" colony for children, and this section of the work will naturally entail regular teaching of the children. There is ample accommodation for the teachers. This is the first venture here in the matter of an "all the year round" colony for children needing care, and the innovation is being regarded with much interest. The buildings leave nothing to be desired, being equipped with central heating and other modern installations and it is expected that 100 children can be received in the new home.

The island, which in the past has been much frequented by tourists, will remain open to the public throughout the year. Denmark is rich in islands along her extensive coasts; they number about 50 and Thoro Island now will become a children's sanctuary.

Ford Takes Helm!

Henry Ford, motor magnate, prior to sailing of George B. Cluett, Grenfell Missions' supply ship, with its crew of college students, with hospital supplies and foodstuffs for the Labrador missions. The motor magnate, as guest of Sir Wilfred Grenfell (right), inspected the vessel in Boston, Mass., harbor.

Owl Laffs

I'd rather see a sermon than hear one any day,
I'd rather one would walk with me than merely tell the way;
The eye's a better pupil and more willing than the ear,
Fine counsel is confusing, but example's always clear;
The best of all the preachers are the men who live their creeds
For to see good put into action is what everybody needs.

Having a talking picture of your wife is all right if you are deaf and blind.

Pretty Saleswoman — "Don't you want a talking machine in your home?"

Bachelor—"This is so sudden."

The home is safe so long as women are more interested in cooking schools than card games.

A member of a western legislature was making a speech on some momentous question. In concluding he said, "In the words of Daniel Webster, who wrote the dictionary, 'Give me liberty or give me death'!"

One of his colleagues pulled at his coat and in a hoarse voice whispered, "Daniel Webster didn't write the dictionary; it was Noah."

"Noah nothing!" replied the speaker, "Noah built the ark."

There is no tragedy comparable to that of old age without funds to pay for its uselessness.

Hubby—"Does she look her age?"
Wife—"No, she overlooks it."

Covering up the truth opens up an argument.

One woman who wouldn't look another woman in the face is sure to look her in the back when they pass on the street.

Good habits are easier formed than bad ones broken.

"The jig is up," said the doctor, as he viewed the man who died of St. Vitus dance.

You don't need a license to hunt trouble, nor dogs to scare it up.

Did you ever see a mosquito wrestle with temptation?

Truant Officer—"Why haven't you sent your son, Johnny, to school? Don't you want him to learn to read?"

Proud Father—"It ain't necessary, now that we have the talking movies."

The honeymoon is over when the bride discovers that her husband makes the same kind of noise her father did when he parts with some money.

No matter how well any man or woman may know their stuff if they have mean dispositions it does them no good.

Dad—"Why, Mildred, I am surprised! Aren't you going to give your brother part of your apple?"

Mildred—"No, daddy. Eve did that and she's been hawled out for it ever since."

Friends, like stars, shine brightest when one's world is dark.

Sarah—"How did the wedding go off?"

Fanny—"Fine — until the parson asked the bride if she'd obey her husband."

Sarah—"What happened then?"

Fanny—"She replied: 'Do you think I'm crazy?' and the groom, who was in a sort of daze, said 'I do'."

God give us men. And women instead of 40-year-old flappers.

Luxury: Something the bank wisely refuses to let you have the money to buy.

Poor Fishes Gasp For Air in Indiana

Bloomington, Ind.—The reason why the small fish in Snow Lake, Indiana, come to the top gasping early in September is reported to the American Association for the Advancement of Science by Will Scott of the University of Indiana.

He says that for thirty years this annual fall phenomenon has been going on. Last fall he analyzed the water. He found a layer of water between top and bottom in which the oxygen was much reduced, and this layer acted like a trap to small fish. They could get neither above nor below it, until so nearly asphyxiated that they floated to the top.

The extreme reduction of oxygen appears confined to a short period of time.

Helpful Hints!

It is a mistake to keep biscuits in the same tin with cakes. If placed together, the former quickly become soft.

If meat is not to be used at once in hot weather, sprinkle a little pepper over it. This not only discourages flies, but helps to conserve the juices.

Mint will keep fresh for a considerable time if it is washed in cold water in which a little carbonate of soda has been dissolved.

Suet will not stick to the knife while chopping if a little ground rice has been sprinkled over it.

When frying foodstuffs care should be taken to avoid placing too much into the pan at one time, as this decreases the temperature of the fat.

Add a few drops of lemon juice to rice while it is cooking. This not only whitens the rice, but separates the grains.

Bacon will not shrink while frying if it has been dipped into flour.

Minard's Liniment Checks Colds.

New Price

30c. 1/2 lb.

RED LABEL

RED ROSE TEA

43

The Lace Box

Sylvia came running to her mother with a piece of lace. "May I have this to dress up with? I want to be a queen."

"Mercy no! Where did you find my Venetian lace bertha?"

It was in a box on the closet self, and you don't wear it any more!" A quiver was appearing in Sylvia's chin.

Mrs. Burnet was just putting on her hat, but she took it off, and going to the closet, carried the lace box to the bed. A pang of memory shot through her. She could remember her own mother gently unwrapping the blue tissue paper covers, taking out a christening robe and saying: "Three Sylvias have been christened in this dress. See the lovely little pulls, and the lace it is trimmed with is real Valenciennes." Now a fourth Sylvia had been christened in that same dress—her own little Sylvia who was looking at her with tears of disappointment. The laces in the box were scrambled by hurried little fingers, and on one wrapping was a black smudge.

"That's my fault," thought Mrs. Burnet, "for not having taught her about these beautiful things."

She unfolded the point lace wedding veil that lay inside and began to tell all she knew about the way it was made; how the peasants gathered great bundles of flax and soaked them in water until the thick jacket of the stem rotted away, leaving the tiny tangle of white fibers beneath; how it was combed and then spun into threads, and how the patient women sitting on their doorsteps in the sun worked away day after day, and sometimes year after year, on the same pattern, putting in the flowers and tendrils and dainty traceries; how certain families had been so noted for their lace-making that they had come to make lace only for the kings and queens and royal princesses.

"Do the Indians make lace, Mother?" Sylvia asked.

"Not if you mean the American Indians," her mother answered. "Some of the tribes make embroidery, but they have never made lace, at least, not until taught by white people. Some civilized nations have never made any of importance, either, but you and I would need to travel a good many miles if we visited every country where the lace in this box was made. Here is a mantle made by Spaniards in South America, and here is a bit of Brussels lace made in Belgium. This Venetian lace is made of a tiny braid. Doesn't the pattern make you think of the waves and bubbles in the water in the wake of a gondola? It is very different from the leaves and flowers of this Duchess or this Irish crochet."

"Let's play a game," said Sylvia. "See if I can name each piece and tell its country as you put it back."

"You may handle them yourself," said her mother, "only — —"

"Only I must get my hands very clean first," and Sylvia skipped off happily, coming back after a few minutes with a pair of pink, perfectly scrubbed hands. As she helped fold the laces and put them back in their tissue paper covers she said, "Mother I'm glad you didn't let me dress up. If you had I should only have been thinking about me and not that the lace was lovely at all."—Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

For Blisters — Minard's Liniment.

Man to Fly to Moon?

In making his statement that man will fly to the moon within the next century, John Q. Stewart, associate professor of astronomical physics at Princeton University, evidently took into consideration the fact that the first 100 years are reputed to be the hardest.

A metal found in South-West Africa, and known as zinc-blende, produces a bright light when struck or rubbed, even under water.

Nurses Wanted

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allard Hospitals, New York City, offers a Three Year's Course of Training to Young Women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further particulars write or apply to the Superintendent.

In the Sunset of Life

A little more time on the days of day,
A little less anxious to have our way;
A little less ready to scold and blame;
A little more care in a brother's name,
And so we near the journey's end
Where time and [illegible] mend
Where time and [illegible] mend and blend

A little less care in hoards and gold;
A little more [illegible] of all,
A broader view and a clearer sight,
A little more love and [illegible]
And so we [illegible]
That leads to the [illegible] day

A little more [illegible] of youth,
A little less [illegible] truth,
A little more [illegible]

Silver [illegible] coming
[illegible] of a
broke [illegible]
round [illegible]
the [illegible] but when
he was a boy [illegible]
war book."

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MINARD'S "KING OF PAIN" LINIMENT

Cuticura Shaving Stick

Contains the medicinal properties of Cuticura. Lavels lathering and sanitize, it promotes skin health and protects the newly shaven surface from infection. 25c. Everywhere

Picture of Health Now

"In May and June I was badly rundown and had faint spells until it was a drag to do my work. In July and August I didn't seem to pick up so I decided to try Lydia E. Pinkham's Vegetable Compound because I saw it advertised. I took two bottles and now I am the picture of health. I feel fine, do all my work and milk two cows. If any woman writes, I will certainly answer her letter."—Mrs. George R. Gillespie, Punnichy, Saskatchewan.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Inc., Lynn, Mass., U. S. A. and Cobourg, Ontario, Canada.