

# This Week's Science Notes

## Vitamin D Added to Both Dried and Pasteurized Product—Other Notes

There is good reason to believe that from 50 to 96 per cent. of the young children suffer to some degree from rickets—the disease caused by lack of bone-hardening vitamin D. When it was discovered that poverty-stricken children of the tropics who play in the sun are less likely than city children to have bow-legs—one of the signs of rickets—it occurred to Dr. Hulthén that the ultraviolet rays in sunlight must have some effect on bone formation. He proved his theory by some striking experiments with mercury-vapor lamps that emitted ultraviolet rays.

When Drs. Hess and Steenbock independently showed that foods which were not preventives of rickets could be made potent for that purpose merely by exposing them to ultraviolet rays, the case was complete. Cod-liver oil, for example, owes its vitamin content to the fact that fish devour sea food that has been irradiated by the sun. Milk is good because cows digest grass turned green by the sun.

Vitamins are affected by the heat. Pasteurized and dried milk therefore lose some of their more valuable properties. For this reason babies fed pasteurized milk are always given orange juice. It occurred to early investigators that if pasteurized or dried milk were subjected to ultraviolet radiation vitamins would be synthesized—especially the antirachitic vitamin D. The experiments were successful.

**INTRODUCING VITAMIN D.**  
Dr. G. C. Supplee, the director of an industrial laboratory at Bainbridge, N.Y., where the manufacture of dried milk is scientifically controlled, has now reduced this discovery to commercial practice by standardizing the exposures. He and his associates found that the rays do not penetrate more than a fraction of an inch. Hence the milk is allowed to flow in a very thin layer in the beams of a carbon arc. Reflectors distribute the rays evenly, and at constantly changing angles. The total exposure does not exceed sixteen seconds—enough to affect the milk chemically. Dr. Supplee has thus activated 5,000 quarts of milk an hour at a cost of one twenty-fifth of a cent to the quart.

Since it is important to know how intense the radiation is, Dr. Supplee makes exact measurements with a modified photo-electric cell. He uses the cell much as any dairyman would use the thermometer, but in this case to control the temperature of the pasteurization.

The work of Dr. Supplee is important because it is now possible for manufacturers of dried milk and pasteurizers to sell a uniform product that will meet the standards set by physicians so far as its contents of vitamin D are concerned.

**THE BLESSINGS OF DUSTY AIR.**  
One of the stock exhibits of committees organized to teach the public how to avoid contracting tuberculosis is a pair of miner's lungs, black with coal dust. Yet that biological revolutionist, Dr. J. B. S. Haldane of Cambridge University, rather startled an audience of physiologists and bio-chemists at the University of Michigan by maintaining that dust, whether coal dust or rock dust, is not the menace it is commonly supposed to be.

Rock dust by itself, Dr. Haldane admits, is a real danger. It consists of fine particles of silicates, each a little knife that cuts into lung tissue and thus produces the disease known as silicosis. But rock dust mixed with coal dust is no health hazard. According to Dr. Haldane, coal dust stimulates expectation. As he clears his lungs and throat the miner gets rid of the coal dust as well as the rock dust that may be mixed with it. In fact the irritation produced by coal dust may actually be a benefit, warding off silicosis. Gold miners in the quartz seams of the Rand in South Africa are now being shifted to coal mines in order to test this theory.

Just what constitutes "bad air," the subject of Dr. Haldane's Michigan address, depends on what the viewpoint is. The unquestionably pure air that the aviator breathes at 20,000 feet is "bad" in the sense that there is not enough of it and that it exalts and leads to reckless acts. Air charged with rock dust, particles tossed up in the process of grinding cutlery, sand, and minute bits of cotton "fluff" is bad because, if breathed continually, it may induce tuberculosis and pneumonia. Apparently air charged with

## Recurring Weakness

Mrs. Carr Finds Dr. Williams' Pink Pills Wonderful Beneficial in Restoring Strength

Feels Quite Improved

"I am a middle-aged woman, married 12 years. I have a weak heart and sometimes get so weak I can hardly move about," writes Mrs. H. Carr, Port Carling, Ont. "I was advised to try Dr. Williams' Pink Pills and they have been a wonderful tonic to me. After taking three boxes, I feel quite improved and am able to walk again. I consider Dr. Williams' Pink Pills a great blessing to humanity."

Mrs. Carr's high praise of Dr. Williams' Pink Pills is typical of what thousands of other grateful women have written. These pills actually create the rich new blood which is lacking in run-down, exhausted systems. Growing girls in great numbers have found Dr. Williams' Pink Pills a veritable blessing. Older people have a equal need of them. Get your supply from your druggist. 50c a package.

## TASTE VS. SCIENCE.

Protests rise from gourmets. Good cooking means cleanliness in itself. But hygiene! The word smells of iodoform, carbolic acid, surgical dressings. A dish hygienically prepared tastes of the laboratory, and the shops with the sterilized air and the white-clad butchers—must we be forever reminded of appendicitis? Cooking is an art, not a surgical or chemical procedure. And so the conservatives predict that the cordon bleu will continue to follow the traditions of cleanliness, give all his senses a chance to judge the fitness of food to be served in a casserole and leave the fear of bacteria to the white-tiled food factories, where machines and thermometers are the real clocks.

## Films in Three Dimensions

The eye and the mind have been kind to the motion-picture director. In the old days of the silent film they were willing to be fooled into accepting a two-dimensional image on a flat screen, a mere animated smear if it was scrutinized closely, as Charlie Chaplin or Douglas Fairbanks. Apparently it is easier to deceive one sense than two senses. Certainly it is hard, even for the most obliging audience, to believe that photographs talk and sing, no matter how well the action is suited to the word.

Probably for this reason the technical interest in three-dimensional sound films has never been keener than now. At least a score of laboratories in Europe and America are attacking one of the most difficult scientific problems ever presented to the research engineer. Yet the underlying principles that must be applied are well understood. They are thus stated by F. de la C. Chard of the University of Bristol:

The camera must take two sets of pictures, one from the viewpoint of the left eye and one from that of the right eye. The cinema projector must project these images on two screens or on a common screen, and the eyes must be provided with some means of insuring that they view only their appropriate pictures.

To solve the problem by throwing two images on separate screens placed side by side and viewing them through a stereoscope held to the eyes must be dismissed as commercially impractical.

Both in America and Europe the "anaglyph" method has been tried but without success, because the spectators must wear glasses tinted, respectively, red for one eye and green for the other. Right and left eye pictures are alternately projected on a single screen, each eye picking out the image that it is intended to see and the brain performing the necessary stereoscopic combination. There is some reason to believe that motion-picture enthusiasts would eventually become color blind if they used anaglyph spectacles persistently, according to Chard.

If an object is lit alternately first from one side and then from the other it appears solid, although we can hardly speak of stereoscopic vision. This method of securing three-dimensional reality seems promising, but still has its limitations, because it is as yet impossible to flash a sufficiently powerful light in time with the opening and closing of the camera shutter. Yet it is along these lines that some hope of the commercial solution of a fascinating problem lies.

## Doctors Try To Find Cure For Headache

There are twenty different kinds of headache. It is possible to find a single, underlying cause and a single cure?

That, according to a London (Eng.) specialist, is the question behind new research, particulars of which have just been published.

Dr. G. W. Pickering, a member of the Medical Research Society, and Dr. W. Hess have found a substance, "histamine acid phosphate," which, on injection into a vein, produces a headache in forty seconds. Particulars of their experiments are given in the current number of the British Medical Journal.

"I would place headaches," said the specialist, "next to the common cold in the huge loss they bring to the world; headaches cost this country millions of pounds a year in loss of efficiency."

"It is impossible to find the cure before the cause."

"Hence, it is a technical convenience to be able to produce headaches to order and in the degree you wish. The research worker cannot go round trusting to luck for headache subjects to examine."

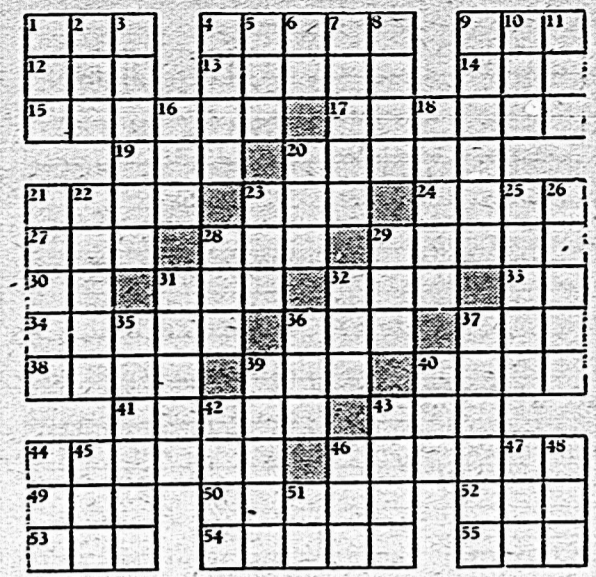
"The method of producing a pain to find its cure has been followed effectively in other subjects, notably in cobra bite."

"It will probably be a long time before research produces any specific against headaches, but it is of enormous importance that the first steps are being taken toward a discovery of the cause."

## Alberta-British Columbia Boundary

Ottawa.—The boundary between Alberta and British Columbia is the crest of the Rocky Mountains from the International Boundary north to the intersection with the 120th meridian of west longitude from whence it runs due north along that meridian to the north boundary of the two provinces. The mountain crest section of the boundary and the 120th meridian as far north as township 97 have been surveyed by an Interprovincial Boundary Commission and nearly all the map sheets are now available from the Topographical Survey, Department of the Interior, Ottawa.

## OUR CROSS-WORD PUZZLE



- |                           |                    |                        |
|---------------------------|--------------------|------------------------|
| Horizontal                | 35—Genus of frogs  | 16—Mineral             |
| 1—Aside                   | 39—To terrify      | 18—God's vital fluid   |
| 4—Deadly                  | 40—Grain           | 20—To believe          |
| 9—Pronoun                 | 41—Fearful         | 21—Spanish title       |
| 12—Mold                   | 42—Sound of knock  | 22—Scent               |
| 13—To run away            | 44—Salted          | 23—Woodland deity      |
| 14—Joke                   | 46—Clear           | 25—Witchcraft          |
| 15—Again                  | 48—To inspire fear | 26—Incline             |
| 17—Having flames          | 50—Fardly heard    | 28—Along               |
| 18—Nose                   | 53—Ratifier        | 29—Throng              |
| 20—To cringe              | 53—By birth        | 31—Ore                 |
| 21—Transaction            | 54—To eat away     | 32—Instantly           |
| 23—Seed bearer            | 55—Number          | 35—Admission           |
| 24—Slang; mediocre actors | Vertical           | 36—Scuttle             |
| 27—Are                    | 1—Poem             | 37—Scarf               |
| 28—Tub                    | 2—Paddle           | 39—Beverage            |
| 29—Fashionable            | 3—Starch           | 40—Sign of sodias      |
| 30—Not any                | 4—Plant            | 42—To ward             |
| 31—Scottish for own       | 5—Beverage         | 43—Excursion           |
| 32—Conjunction            | 6—Preposition      | 44—Container           |
| 33—Colligative; push      | 7—Plant louse      | 45—To be due           |
| 34—The end                | 8—Slim             | 46—Top                 |
| 36—Hearth projection      | 9—Expanded         | 47—Anger               |
| 37—Piece of information   | 10—Shade           | 48—Low haunt           |
|                           | 11—Finish          | 51—Put outs (baseball) |

## The Token-Heart

By Ralph Wotherspoon in G. K.'s Weekly (London).

In the old farm chimney Jane and I espied  
A poor shrivelled sheep's heart,  
Black and mummified,  
Packed away upon the shelf,  
Where the fuge begins,  
We found a sheep's heart,  
Stuck full of pins.

How it came to be there  
None could discover;  
Nor who had stuck the pins in it  
To plague, her faithless lover.  
Who the fitted maiden was  
And who the truant swain,  
I could only wonder,  
And likewise Jane.

"How she must have suffered!"  
Said Jane with a sigh—  
"She probably deserved to,  
And more," quoth I.  
"When she drove a pin home  
Did he feel a pain?"  
"I hope not," I answered,  
"I hope so," said Jane—  
"I hope so, I hope so, I HOPE so!"  
Said Jane.

## Treatment of Poles

Ottawa.—The tendency of a water-soluble salt when used as a preservative against decay to climb up the sapwood to the top of the poles when they are placed in the ground has been the subject of investigation by the Forest Products Laboratories of Canada, Forest Service, Department of the Interior. Work conducted in connection with this investigation indicates that poles treated with such water-soluble preservatives as zinc chloride, are not immune for an indefinite period to fungus attack in the vicinity of the ground-line, the most vulnerable point, because of the tendency of the salts to gradually creep up to the upper part of the pole.

Many a good man has strayed into the crooked path by following the direction of the corkscrew.

## ANSWER TO LAST WEEK'S PUZZLE

H	A	M	S	T	I	C	K	S	A	W	
A	N	A	C	A	N	O	E	A	D	A	
S	Y	N	T	A	X	D	E	P	L	O	Y
S	H	I	R	I	S	D	E	L	E		
H	O	R	D	E	C	R	E	A	S	E	
E	T	F	O	R	U	R	N	P	T	O	
D	E	F	E	R	M	I	N	E	P	E	
S	L	I	M	Y	A	K	B	O	L	E	
U	P	T	A	M	E						
G	E	O	R	U	S	R	U	G	E	D	
A	T	R	M	I	D	S	A	R	E		
P	E	R	P	R	O	S	E	P	A	W	

## Honor Car Conductor

There was an unusual scene at the awarding of degrees in the great hall of Vienna University the other day when several hundred street car conductors in uniform mingled with the students in their colored caps and sashes to see Franz Sailer, a tram conductor, receive the degree of Doctor of Laws.

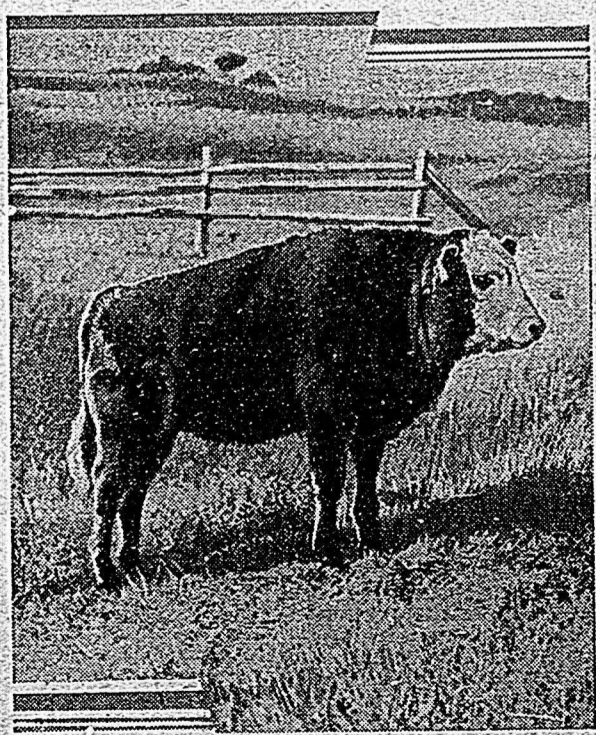
Sailer, who is 33 years old, married and the father of two children, is the son of a Vienna caretaker. During the war he matriculated and was then called to the colors. After the war he became a bank clerk, but lost his post on the failure of his bank and eventually obtained a job in the municipal street car service. For seven years he has been attending lectures and studying in the mornings and collecting fares and punching tickets on the cars in the evenings.

## THRILLS

The big-game hunter was showing an acquaintance his trophies. He pointed proudly to the wonderful collection of heads round the wall, tiger-skins on the floor, and all the other things that hunters collect.

"Very, very interesting," muttered the guest, peering at them through his spectacles. "Perhaps you'll drop in some evening and see my butterfly collection."

## + Do You Know? +



That in Wainwright Buffalo Park, Alberta, experiments have been carried out in cross-breeding buffalo and Angus cattle in an endeavor to produce a milk and food animal capable of withstanding the rigors of the very far North? The curious-looking beast in the photograph is the result of this experiment and is known as a "cattalo".

## Canada Reduces Buffalo Herd

### Great Herd in Alberta, Has to Be Kept Within Grazing Capacity of Reserve

Ottawa.—Upwards of half a million pounds of buffalo meat was placed on the Canadian market during the autumn as a result of the slaughter of some 1,200 animals from the herd in Buffalo National Park at Wainwright, Alberta. The disposal of these members of Canada's great national herd was made necessary by the grazing limitations of the immense fenced reserve at Wainwright and the 1,200 slaughterers are the equivalent of the 1932 increase. This reduction brings the herd down to approximately 6,200.

The annual reduction of the herd at Wainwright, Alberta, which is administered by the Department of the Interior through the National Parks of Canada, calls to mind Canada's success in bringing back the buffalo. The herd at Wainwright developed from the Pablo herd purchased by the Dominion Government in 1907. A total of 716 animals were bought from the shrewd Montana half breed and 671 of these were established in Buffalo National Park while the remainder formed the nucleus for the present herd of over 1,000 in Elk Island National Park. The animals placed in Buffalo Park have increased rapidly during the twenty-five years since the establishment of the park. A total of 6,573 was shipped north to Wood Buffalo Park near Fort Smith, Northwest Territories, including this year's number a total of 8,650 have been slaughtered and the meat, heads, and hides disposed of; which together with the 6,300 still remaining in the park make a total of 12,633 animals.

The practice followed in this year's disposal of the surplus animals at Wainwright was the same as in the several years since a reduction of the herd became necessary for its future well being. The entire herd was rounded up and the animals selected were separated and placed in special corrals conveniently close to the abattoir. They included 500 orer four years of age, 400 three year olds, 250 two year olds, and 50 aged buffalo. Each day since November 23 when the work began, a certain number were slaughtered and the carcasses inspected and placed in refrigerator cars for shipment to the larger centres of population throughout the Dominion. Vancouver, Edmonton, Calgary, Regina, Winnipeg, Toronto, Ottawa, and Montreal all receive allotments and thereby citizens in every part of the Dominion were given an opportunity to enjoy a real treat. Buffalo meat has all the juicy tenderness of the finest beef and is highly prized as the carcasses from the slaughter, including the fifty aged buffalo were set aside to be dried and later distributed among the Eskimo to relieve cases of distress.

The buffalo heads are mounted for sale, while the skins are made up into robes and rugs, and coats for both ladies and gentlemen. By careful treatment the weight of the coats has been reduced so that they compare favourably with other skins in this respect. For warmth, durability and appearance they rank with the best from other Canadian fur-bearingers.

## Injections for the Drowsy

A woman of forty-five was always tired. She had to sleep about thirteen hours out of the twenty-four, and at last getting up in the morning became an agony.

Four weeks of treatment by injection with gland extract enabled her now to get up every morning early with ease. This and other cases of the kind, says Dr. Jean Bannin in *Jeune* (Paris), owe everything to a recent discovery of Dr. Leopold Levi, pioneer of endocrinology in France.

His knowledge of the internal secretion glands prompted him to experiment until he had tested extracts from sleepy-heads. A suprarenal gland extract seems most potent with those who want to get up early. We read:

An Egyptian woman, in a condition of profound weakness, was able, after fourteen injections of cortico-suprarenal extract, to get up at seven in the morning instead of at ten, a result unattainable hitherto.

A young woman, an invalid, was affected by a persistent sleepiness. She went to bed without waiting to eat her dinner so intense would be her desire to sleep. A multiglandular treatment, with suprarenal extract, made it easy for her to get up in the morning at a quarter past six, ridding her of her drowsiness besides.

A doctor, having passed his fiftieth year, could not get up early. After a course of treatment through the energy glands—from the ninth medical visit, in fact—he could get up early without difficulty, and at the same time he was freed from nervousness and pain.

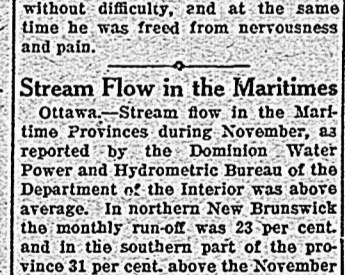
## Stream Flow in the Maritimes

Ottawa.—Stream flow in the Maritime Provinces during November, as reported by the Dominion Water Power and Hydrometric Bureau of the Department of the Interior was above average. In northern New Brunswick the monthly run-off was 23 per cent. and in the southern part of the province 31 per cent. above the November average; these above normal conditions were mainly due to heavy rains during the last few days of October. The highest November flows were registered on the first day of the month and thereafter diminished. In Nova Scotia run-off was about 8 per cent. above average the lowest run-off occurring during the early part of November and the maximum on the 21st of the month.

## that sluggish feeling

Put yourself right with nature by chewing Feen-a-mint. Works mildly but effectively in small doses. Modern—safe—scientific. For the family.

## Feen-a-mint



A hope unaccompanied with a godly life had better be given up, and the sooner the better; for, if retained, it will prove as an spider's web when God shall take away the soul.—Aughy.

## Owl Laffs

**My Dog and I**  
Old pal, the years are slipping by,  
Our leaning shadows eastward fall,  
It won't be long till you and I  
Will hear and heed our Master's  
Call;  
I don't know where we'll go from here,  
Or what we'll be or what we'll do,  
And I don't care—if only fate  
Will grant me just one friend like  
you.

**Friend**—Did you ever attend a school for stuttering?  
Stutterer—No-no, I just p-p-p-picked it up.

**Men are like boys.** They'll work much harder to amuse themselves than they will to make money. You know 'em, don't you?

**Visitor**—What nice buttons you are sewing on your little boy's suit. My husband once had some like that on his suit.  
**Minister's Wife**—Yes, I get all my buttons out of the collection plate.

**Stolen kisses may be sweeter,** but a little enthusiastic co-operation does not hurt anything.

**Medlin**—I hear that when Gerald Snyder was in the hospital he had to have two nurses night and day.  
**Herbin**—Yes, his wife wouldn't trust him alone with just one.

**Modern Love Song**  
Believe me, if all those adhering young charms  
Which I view with admiring dismay,  
Are going to rub off on the shoulders and arms  
Of this suit which was just cleaned today,  
Thou wilt be adored with my usual zeal,  
My sweetheart, my loved one, my own,  
But I'll sternly repress the emotions I feel—  
I'll love you, but leave you alone.

**Johnson**—Women don't interest me. I prefer the company of my fellow men.  
**Sellers**—I'm broke too, brother.

**It's Hanuary Now in San Hossay**  
New President—"I stopped over in San Juan and—"  
**Old President**—"Pardon me, but you should say San Huan. In California we pronounce our J's like H's."  
New President—"Well, you'll have to give me time. You see, I've been in the State only through Hune and Huly."

## Condensed Geography

**Teacher**—"What are the products of the West Indies?"  
**Boy**—"I don't know."  
**Teacher**—"Come, come! Where do you get sugar from?"  
**Boy**—"We borrow it from the next-door neighbor."

**At April 1st, 385 morning newspapers had 14,391,417 net paid circulation; 1,543 evening newspapers had paid circulation of 25,678,674. These figures are within one per cent. of the net paid as of Summer, 1929.**—Editor and Publisher, New York.

**Sonny**—"Daddy, the dog has littered up the living room again."  
**Daddy**—"Break anything?"  
**Sonny**—"Oh, no, but she has six puppies."

**Wife**—"I've invited one of my old sweethearts to dinner. Do you mind?"  
**Husband**—"Mind! Heavens, No! I always love to associate with lucky people."

## Non-Transferable

**Teacher**—"Tommy, come up here and give me what you've got in your mouth."  
**Tommy**—"I wish I could—it's the toothache."

## FAIR QUESTION

A couple of men were playing a golf match, but not very seriously, for they managed to get a good deal of fun from the encounter. The climax came at a hole where one of them, attempting a terrific drive, saw the head of his club sail away at the end of yards of "whipping" and fall into a stream.

"Now look here," said his opponent, in mock annoyance, "which is it going to be—golf or fishing?"

"Uncle, you're not married, are you?"  
"No, darling."  
"Then who tells you what you ought not to do?"

## NURSE LOSES 7 LBS.

"I weighed 145 lbs.," writes a nurse, "when I bought the bottle of Kruschen Salts which I have just finished. I have taken a good half-teaspoonful in a glass of hot water every morning. Now I weigh 138 lbs., a loss of 7 lbs. I am very glad to have lost weight, especially without trouble."—M.H.R. (Trained Nurse).

Unlike most salts, Kruschen isn't simply a laxative. When you take Kruschen Salts you not only stimulate your liver and kidneys to function naturally and perfectly, but you supply every internal organ, gland, nerve and fibre in the body with Nature's own revitalizing and re-juvenating minerals.

Get a bottle of Kruschen Salts today, and take one-half a teaspoon in a glass of hot water every morning before breakfast.

Before the bottle is empty you'll feel years younger—eyes will brighten—step grow springy—nerves steadier—you'll sleep sound, enjoy your meals, and after a hard day's work you'll be ready for wholesome recreation—one million women already know all this.

## Banff National Park

Ottawa.—Banff National Park is the oldest, second largest and best known of the National Parks of Canada. The first reservation was made in 1885 following the discovery of the remarkable hot springs which are one of the main attractions of the park. The mountains in the park reveal two distinct formations with the line of division in the neighbourhood of Castle mountain. To the east is a veritable "sea of mountains" with ranges rising in parallel lines sloping east. Upwards to the west and breaking sharply off at the crest like waves of an ocean. West of Castle mountain the rock has been lifted straight in the air so that the strata lie horizontally and the mountains take a more massive, block-like form with pyramidal or dome-shaped heads.

## NO HURRY

"Henry," said Mrs. Glipping, in tearful tones.  
"Well, my dear?" asked Henry, looking up from the paper. "What is it?"  
"If I were to die tonight, would you marry again?"  
"Not tonight."

## Classified Advertising

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A list of wanted inventions and all information sent free. The Massey Company, World Patent Office, 273 Bank Street, Ottawa, Canada.

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Well written stories find a ready market today. The McKinnon Course of Instruction for home study purposes will develop your creative power and lead you to success. Write for Free Ability Test.  
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Milk Cans, Ice Cream Packers, etc. Hoops. Your old cans made like new for less than half cost of new. New tins returned at your own price.  
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5,000 TO BE GIVEN AWAY  
Any sufferer from this disease who has not yet read the book recently published at 3/6d. by Ernest Jones, M.D., on the treatment of Tuberculosis, may have a copy which the supply lasts, sent free of charge to any address. Applications to Ernest J. Zwicker, New Germany, N.Y.

**OPPORTUNITY**  
Become a part owner in a business having no competition. Manufacturing under patented process line of chemicals now being imported from foreign countries. Sale of output assured. Opportunity for large profits from small investment. Write for particulars.  
Chemical Producers Limited,  
WILSON BUILDINGS,  
73 ADELAIDE STREET WEST,  
TORONTO, ONTARIO.

**SOURD ON THE WORLD?—THAT'S LIVER**  
Wake up your Liver  
—No Calomel necessary  
Many people who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, cathartics or chewing gum, or ignoring what only moves the bowels and rots the liver.  
What you need is to wake up your liver. Start your liver pouring the daily two pounds of liquid bile into your bowels. Get your stomach and intestines working as they should. Once more,  
Carter's Little Liver Pills will soon get you up. Purely vegetable. Safe. Sure. Quick. Ask for them by name. Refuse substitutes. 25c. at all druggists.

## "NOW I FEEL FULL OF PEP"

After taking Lydia E. Pinkham's Vegetable Compound  
That's what hundreds of women say. It steadies the nerves... makes you eat better... sleep better... relieves periodic headache and backache... makes trying days unendurable.  
If you are not as well as you want to be, give this medicine a chance to help you. Get a bottle from your druggist today.

## Shampoo Regularly with CUTICURA SOAP

Precede by Applications of CUTICURA OINTMENT  
Soap 25c. Ointment 25c. and 50c.

## FOR CONSTIPATION