

SEVERE CRAMPING SPELLS, PAINS IN BACK AND SIDES

My trouble has been periodic cramping spells... says Mrs. C. C. Draper, of Atlanta, Texas. For several years these have come on me so bad that I had to quit my work and go to bed. Every month I would stay in bed from one to two days. The pains in my back and sides were awful.

This went on for several months after I was married until, one time when I was having a bad spell, my husband suggested that I try Cardui. I said I would try it, so he got me a bottle at the store and I began to take it.

cramping spells at all, and my health was as good as anybody's. I am feeling fine now and I give all the credit to Cardui, for I had been suffering for years before I took it. Cardui is a vegetable extract, containing no harmful ingredients. It is made from mild-acting medicinal herbs with a gentle, tonic, strengthening effect upon certain female organs and upon the system in general. Its users have testified to its special value at the time of entering womanhood at maturity and at the time of the change of life.

RAPS EXAGGERATION OF DEFECTIVE VISION

Committee Head Says People Unduly Alarmed.

Detroit, Mich.—"Exaggerated statements concerning the amount of defective vision among school children are being made continually with the motive of alarming people into obtaining spectacles," declared Lewis H. Carris, managing director of the national committee for the prevention of blindness, in an address before the annual meeting of the American Public Health Association here.

"My impression that the nation is rapidly going blind or that more than half of our school children need to wear glasses is an exaggeration," declared Mr. Carris.

Mr. Carris pointed out that although estimates have placed the extent of defective vision among school children as high as 80 per cent, a nationwide investigation which has been conducted by the national committee for the prevention of blindness during the last year indicates that for the country at large an average of only 12.1 per cent of school children have defective vision.

Uniformity Lacking in Tests. "There can be little question," Mr. Carris said, "that the eyes of most children reported as having normal vision may have some slight degree of ocular defect; but physical vigor and general health tone enable the child to have standard vision in spite of eye imperfections. Until there is some more uniform procedure throughout the country in giving examinations this percentage must be accepted as a fair indication of the size of the problem which defective vision presents to school authorities.

"It would appear from the reports received that the percentage of defective vision in rural districts is generally higher than that of city districts. The figures from Pennsylvania are representative. In rural districts 16.8 per cent of children were found to have defective vision. In cities of 10,000 to 30,000 the percentage was 12.3. In cities of more than 30,000 the percentage was 8.5.

"The probable explanation of this difference is that the follow-up and corrective measures in the cities are superior to those in the rural districts. The difference can also be accounted for by the inferior lighting of rural schools and rural homes as compared with urban schools and homes."

Nature of Tests Important. Mr. Carris pointed out the importance of determining to what extent defects in vision and diseased eye conditions would be discovered by examinations which it is practical to conduct in schools.

"In actual practice," he said, "examinations are given by medical examiners, by nurses, by teachers or by a combination of these. According to reports from approximately 300 cities of more than 10,000 population received by the national committee for the prevention of blindness, eye examinations are now being conducted by the following agencies:

"In 20 per cent of the cities the examinations are made by school physicians alone.

"In 25 per cent of the cities the examinations are made by nurses alone.

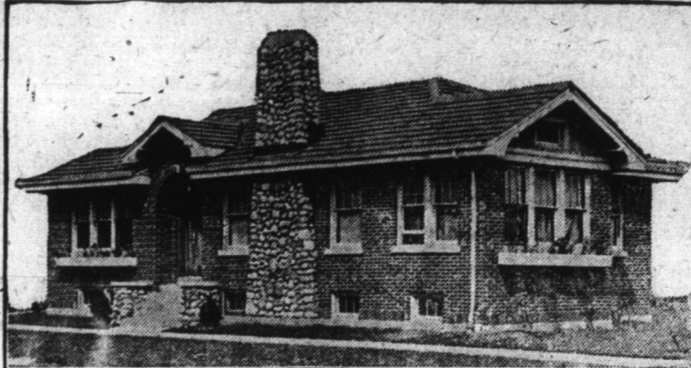
"In 20 per cent of the cities the examinations are made by physicians and nurses in co-operation.

"In 15 per cent of the cities the examinations are made by classroom teachers alone.

"In the other 20 per cent of cities the examinations are made by combinations of the three."

Mr. Carris announced that a study looking toward the development of standards of making eye examinations is now being conducted jointly by a committee of the National Education Association and the American Medical Association with the co-operation of the National Committee for the Prevention of Blindness.

Charming and Unusual Brick Home Borrows Apartment House Ideas



By WILLIAM A. RADFORD. Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only inclose two-cent stamp for reply.

Apartment builders, when apartment building was rather an experimental proposition, were forced to take their ideas for the most part from those developed from years of experience in building separate homes. And it is high time that the apartment returned the compliment and presented some ideas which can be used with gain in the erection of the detached home.

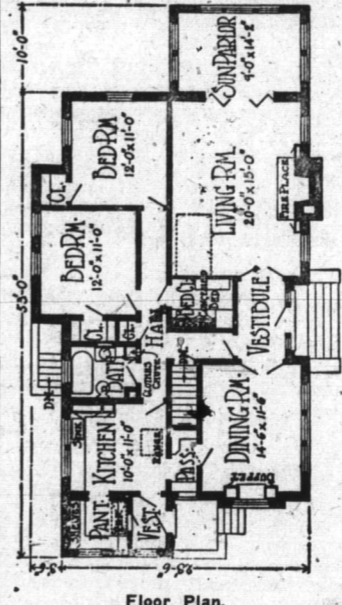
This is exactly what has been done in this charming and unusual home of brick, for while the floor plans show only five rooms, the home really has the efficiency of a six-room house through the use of a closet-bed, such as are so generally utilized in the planning of modern apartments.

The home as shown is designed for a corner lot, with the unusual arched entrance in the center of the long side of the building. The fireplace chimney of field stone is a decorative touch.

The arched entryway opens into a vestibule which gives access to the living room, the dining room and a hall which leads to all other parts of the home.

But the center of interest in this home is the large and very "livable"

living room, with its size increased by the dimensions of the sun parlor which practically is part of the room. And entirely out of sight and detracting nothing from the room is a bed



Floor Plan.

which can be utilized when needed, solving the problem of the spare room without the extra expense.

The arrangement of the two bedrooms, the kitchen and the efficient pantry will repay careful study.

Moderate Priced House Is Now the Chief Need

That the need of today is for homes of moderate price and moderate size, is the opinion of William Elder, Indianapolis real estate man. During the times of apparent unrest in business, the greater part of the building population is beginning to be dubious as to the benefit in building houses, the price of which ranges above \$5,000, he said. Mr. Elder said the present business conditions are merely reactions which had to follow the war and also that the country was once again shifting back to the preparer period. He believes that the natural course taken will be one of less building.

"Today the thing needed is houses of moderate price," he said, "so that the ordinary working man who has only the average chance of paying his debts will be able to pay for his home. It is a long pull for the average man to pay for a home on terms regardless of the price. A house is not like a piece of furniture that can be bought one week and paid for the next. A house takes time, as anything that runs in the thousands of dollars does."

If a man has the "payment habit," which results in his spending a dollar of his pay roll here and another there, the profitableness of his buying a home on payments is doubtful, Elder said. It sometimes proves to make the home buyer wish to save his money, but this is seldom the case with the man who spends all his money this way, he said.

If all the prospective home buyers who are holding back because they want houses of the quality that now cost \$10,000 or more, would be satisfied with houses of the bungalow type, to cost not more than \$5,000 or so, and would go ahead and build them, Mr. Elder said, industry would be tremendously stimulated.

Concrete Block Used Now for Building Entire House

In addition to its strength concrete block first became popular with builders because of the fine appearance of the rock-face block in basement walls, its convenience in laying and economy. Providing as it does from 20 per cent to 50 per cent dead air space, a concrete wall affords great protection from the cold than solid masonry, and it will not sweat like solid masonry.

Many residences have been built entirely of concrete block construction in the walls and they make extremely comfortable homes, splendidly protected from the cold in winter and the heat of summer.

Small Suite Houses

In many cities the house built after the manner of the small apartment suite is popular. Wall beds are provided in several rooms and are cheaper than building more rooms.

Lighting Service Rooms

In the kitchen, pantry and cellar it is essential to provide direct lighting fixtures, so that light can be thrown down upon the working plane.

Things About Plumbing Householder Should Know

The trap is a curved pipe permitting the last of a flow of water to remain in the pipe to prevent a back flow of sewer gas into the house. There are many different types. The grease trap is used to separate grease from water in large or institutional kitchens and saves plumbing bills. Traps must be in plain sight under the sink.

The house sewer is that part of the main drain or sewer extending from a point two feet outside of the outer front wall of the building, vault or area, to its connection with the public sewer, private sewer or cesspool.

The house drain is that part of the horizontal drain and its branches inside the walls of a building, vault or area and often dug to and connecting with the house sewer.

The soil line is the vertical line of pipe having outlets above the flow of the first story—the toilet.

The waste line is the vertical line of pipe having outlets above the first floor for fixtures other than the toilet.

The vent pipe is applied to any special pipe provided to ventilate the system of piping and prevent trap siphoning and back pressure. Fresh air outlets and main traps are to prevent odors and gases entering the house from the sewer.—From the Designer Magazine.

Weather Stripping Way to Protect Furnishings

An all-warm house in winter time is a practical impossibility without weather-stripping. Buildings settle even on the best foundations; doors and windows adjust themselves; air passages appear, and drafts and heat waste result. Realizing this, many inventive minds have developed weather-strips for doors and windows calculated to be practical and efficient, and last indefinitely.

In the old days the weather-strip was considered simply a cold weather advantage. Now, however, they have been found as necessary and effective in excluding dust and dirt. Good weather-stripping of doors and windows protects rugs, drapes, wall paper, painting and good furniture against soiling and deterioration from the dust, smoke, soot and dirt sifting in from the outside.

Let us consider the scientific basis of weather-stripping. It is a fact that burning fuel at full-blast "spots" heat at certain points. These points are too hot, while exposed places near doors and windows and the areas fairly distant from the heating plant are cold.

Two Baths Better

For the small additional expense the family of any size will find it a great convenience, especially when several members of the family must be ready to leave the house at about the same hour, to have two bathrooms.

Basement Convenience

If possible, plan the house with an outside basement entrance for convenience in the laundry and in emptying ashes.

Children Cry for Fletcher's CASTORIA. Includes illustration of a woman holding a child.

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrup, prepared to relieve Infants in arms and Children all ages of Constipation, Wind Colic, Flatulency, Diarrhea, To Sweeten Stomach, Regulate Bowels. Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates.

Why They "Joined Up" for Better or Worse. Little did I think what an interesting task I had set myself when I set out to inquire why some wives and husbands had married.

Let us get over the unpleasant part first. I asked a young wife why she had married, since she apparently took little interest in her husband and home.

"Oh, I wanted to be free. Mother wouldn't let me have a latchkey, and if I was ten minutes late coming home at night there was as much fuss as if the house had caught fire. So I escaped with the first 'boy' who asked me. He's not much of a catch, either."

Incidentally, that woman finds it impossible to do exactly what one likes even when married. Her husband "watches the clock" when she's out, too!

Next a man told me he married his wife because he was sorry for her. She was unhappy at home and he couldn't bear to see her cry. Now he sees what a fool he's been, and from what I gather it is he who makes her cry nowadays. It's to be hoped that no other man will come along and pity her.

"Why did I marry?" echoed another man. "Why, because she is the sweetest, best and dearest little girl in the world, and I just couldn't have lived without her." Pleasant hearing words like that, isn't it?—Vera Leslie, in Edinburgh Scotsman.

Ring Lore

The origin of the finger ring reaches back to ancient Greek mythology. Prometheus is said to have worn the first ring. Prometheus stole fire from Heaven with which to cook his food and so brought upon himself the displeasure of Jupiter, who condemned the daring mortal to be chained forever to a rock. Jupiter later repented and released Prometheus, but ordered that lest he might forget his punishment and perhaps dare to steal from the gods, he should always wear a chain about his finger to which a fragment of rock was attached, and thus technically at least, carry out the original sentence of being chained to a rock forever. In this is seen both the origin of the ring and also the practice of setting rings with precious stones.

Early Envelopes

When envelopes were first made the sealing flaps were ungummed and were closed by applying at the point of the sealing flap a wafer of sealing wax. About 1540 there appeared on the market envelopes with a small "lick of gum" about half an inch square at the point of the sealing flap, and this very soon supplanted the wafer of wax. When, however, as a still further improvement, some manufacturers began to gum the whole of the sealing flap, many protested against it; and while willing to moisten the small spot of gum, for sanitary reasons they were not willing to "lick" the entire flap. After some time this prejudice was overcome and envelopes with gummed flaps rapidly came into favor.—Pathfinder Magazine.

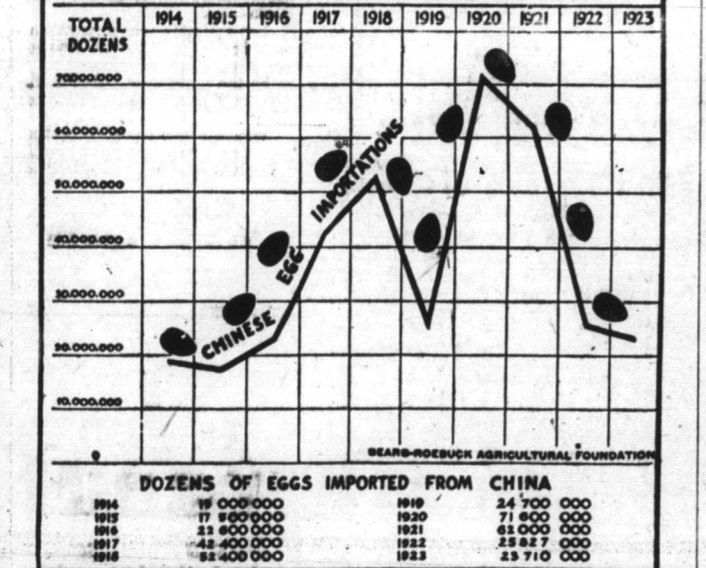
No Change at All

"You've heard of a person being in a quandary, haven't you?" Peterson asked.

"Sure," replied Brown. "Why?" "Well, I just had a letter from an old friend, and he's in one. He's been in rather bad health for some time, so the other day he went to see a doctor, and the doctor advised him to take two or three months' complete rest. That's where the quandary comes in. He's been working for the government for 15 years and doesn't know where to look for a more complete rest."

Strange Inconsistencies. Here is one of life's inconsistencies: A mouse is afraid of a man, a man is afraid of a woman, and a woman is afraid of a mouse.—Exchange.

CHINA SHIPS MILLIONS OF EGGS TO U.S. EVEN WITH GREAT INCREASES IN OUR OWN EGG PRODUCTION AND A TARIFF WALL, IMPORTATIONS ARE HEAVY.



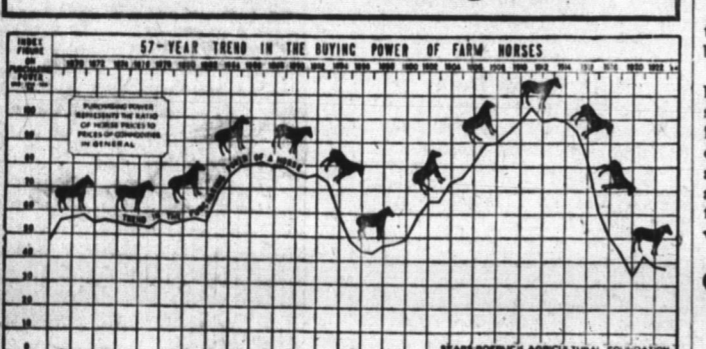
Chinese hens are laying millions of dozens of eggs to be beaten into American cakes and candies, in spite of the increased height of the tariff wall. Enough Chinese eggs are coming into the United States annually to furnish approximately one dozen for every family. But the Chinese hen does not compete with the American hen in supplying the eggs for the breakfast table. Of the 23,710,000 dozens coming in last year practically all were in the dried or frozen form, according to the Sears-Roebuck Agricultural Foundation.

The American hen cannot be accused of loafing on the job. In addition to furnishing all the eggs needed for American use, she produces a huge surplus for export. Last year this surplus amounted to 30,000,000 dozens—8,290,000 dozen more than were imported. The American exports were largely eggs in the shell, which sell at higher prices than the frozen and dried eggs from China.

In 1914, just a decade ago, there were 19,000,000 dozen Chinese eggs imported. By 1918 the imports totaled 52,400,000 dozen, and in 1920 the number had climbed to 71,800,000 dozens. In 1922 the year the tariff went into effect, only 25,827,000 dozens were imported. Last year the number was still further reduced, with only 23,710,000 dozen coming in.

Present prices are not especially attractive to imports. The demand is for strictly high quality eggs, the production of which for the home market the American hen monopolizes.

Horse Markets Coming Back



Horse markets are coming back. As both farm and city are demanding more and better horses, better prices may ultimately result, according to the Sears-Roebuck Agricultural Foundation based on a study of the trend in the buying power of farm horses during the past 57 years.

Low prices probably will continue to discourage horse and mule production and cause a falling off in the equine population until average prices return, the Foundation believes. But already horse breeding operations have begun to expand in the districts possessing the kind of foundation stock capable of producing the sort of horses the market wants. Attractive prices are now being paid for all good, big sound shapely drafters coming to market and good horses of the wagon type weighing 1,400 to 1,600 pounds. Prices have advanced from the extreme depression of two years ago.

How soon the turning point will be reached on the rank and file of horses is uncertain. Previous cycles of horse and mule prices as shown by the accompanying chart have varied greatly in length. The first lasted eleven years from depression to depression, the second eighteen years and the present cycle is already twenty-seven years. It seems logical to believe that an upward turn in prices which will last for a decade or longer will start before long and that good horses and mules produced from matings in the next few years will get the benefit of that advance by the time they reach marketable age. Good horses are the exception on farms today. It is unthinkable that good farmers will be content with plows for long.

Ancient Gold Mines. The oldest gold mines for which we possess literary evidence are the auriferous of Hyperborea (Tibet) in Herodotus; the oldest by inference are the alluvial of India; the oldest by inscriptions and modern survey are the Isharee alluvial of Egypt, nineteenth century before Christ.

Feminine Perversity. Even the woman who wants to talk all the time isn't satisfied unless her husband wakes up long enough to say yes or no, now and then.

Actual Replacement Costs Only Exempted

Washington.—Taxpayers may deduct from gross income only such amounts as actually are expended for replacement of property each taxable year, the United States board of tax appeals ruled in an appeal of the case of William J. Osthelmer of Philadelphia, a restaurant keeper. A lessee of chattels is not authorized to deduct from gross income funds set aside annually for use in replacing property "as good as new" upon expiration of the lease, the board decided.

Gas and Poison Clear Island of Rabbit Pest

Tacoma, Wash.—A barrage of gas, combined with the use of poison, has eradicated the rabbits on Smith Island, in the straits of Juan de Fuca, the entrance of Puget sound.