

CRAMPS, PAINS AND BACKACHE

St. Louis Woman Relieved by Lydia E. Pinkham's Vegetable Compound

St. Louis, Mo.—"I was bothered with cramps and pains every month and had backache and had to go to bed and could not work. My mother and my whole family always took Lydia E. Pinkham's Vegetable Compound for such troubles and they induced me to try it and it has helped me very much. I don't have cramps any more, and I can do my housework all through the month. I recommend your Vegetable Compound to my friends for female troubles."—Mrs. Doris A. Sargent, 1413 Salisbury Street, St. Louis, Mo.

Just think for a moment, Lydia E. Pinkham's Vegetable Compound has been in use for nearly fifty years. It is prepared from medicinal plants, by the latest pharmaceutical skill, and superior methods. The ingredients are combined in the Compound correct the conditions which cause such annoying symptoms as had been troubling Mrs. Sargent. The Vegetable Compound stimulates a restorative influence of the most desirable character, relieving the trouble in a gentle but efficient manner. This is proved by the disappearance of one other member of the disagreeable symptoms.

Method of Administering:
A cowboy living near Big Spring was complaining to the new school marshall about his stiff legs.
"I think," she said, "a course in domestic would benefit you."
"How do you take that?" he asked.
"Do you take it with a spoon or does it come in capsules?"
"It's the kind of thing," she replied, "that you shake while taking."—Union Pacific Bulletin.

Sure Relief FOR INDIGESTION



16799 DIED

In New York City alone from 1919 to 1920, 16,799 women died from tuberculosis. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

GOLD MEDAL BRAND

The world's most famous remedy for kidney, liver, bladder and bile and troubles. Sold in 48-ounce bottles since 1858. 48-ounce bottles three dollars.

DOES PAIN DISTURB YOUR SLEEP?

The pain and worry of rheumatism can be quickly relieved by the use of Mitchell's Eye Salve. It is a powerful, soothing, and refreshing remedy for all eye troubles, and is sold in 48-ounce bottles for three dollars.

WATERBURY'S

Waterbury's is a powerful, soothing, and refreshing remedy for all eye troubles, and is sold in 48-ounce bottles for three dollars.

Reorganization of the U. S. Bureau of Education on University Lines

By JOHN T. TIGERT, U. S. Commissioner of Education



Under the administration of my predecessor, Dr. F. P. Claxton, the activities of the United States bureau of education were very largely directed by the commissioner personally. Dr. Claxton's experience before and during his ten years in the commissioner's office gave him a knowledge of education and its technique which, perhaps, no other man in America could have. In attempting to assume the duties which he had been discharging, it was impossible for me to continue on the activities of the bureau as he had done. It became necessary for me to make some kind of reorganization. I find that the bureau, in attempting to discharge its functions, has been undertaking a wide variety of activities, which may be divided roughly into three classes. First, the activities of the more or less routine character, which I have termed "stated" or "continuing activities." Second, the activities of highly trained experts in various fields of education, whom I have termed "specialized activities." Third, the activities of the technical staff.

There are seven divisions of the bureau, which are under the general direction of the chief clerk. The activities of the bureau are carried most efficiently in the bureau for more than a year.

To provide for more definite and efficient management of the technical staff, and in order to increase the efficiency of the bureau, I have promoted co-operation throughout the bureau, and have endeavored to bring all the activities of the bureau, and more especially the technical staff, under the review of a general advisory committee, composed of the heads of the various research divisions, together with the chief clerk, and I have made Dr. W. T. Edwards chairman, who has been designated assistant to the commissioner.

Final administrative authority with reference to the activities of the bureau and the executive power are exercised by the commissioner.

Is Woman to Sit Around Idle Because Society Forbids Her to Work?

By FANNIE HURST, in New York Herald

Shall a woman work? I thought that this question had long since been decided. It seems to me that work isn't a matter of sex or marital status; it is the contribution that the worker makes to society and the self-expression which he or she finds in that work. And this applies just as much to married women as to unmarried women or men for that matter.

A woman owes it to herself and to society to seek what is for her the highest self-expression. And whether she does this by taking care of her husband and children alone, combining the home with a job outside, or doing just a job in the industrial or business world, must be a matter for her to decide. Certainly, if we are to regard this as a woman, we are reverting to the Dark Ages.

Very few modern homes are sufficient to occupy the entire mind and time of a woman. And a woman to sit around idle, with half of her abilities stagnant, just because society forbids her to work because she doesn't have to support herself?

To Decrease the Automobile Accidents at Railroad Grade Crossings

By C. W. GALLOWAY, Vice-President, Baltimore & Ohio

It is now necessary for engineers to consider all construction from the standpoint of safe operation. With each recurring year the increase in the number of automobiles and the growing carelessness of the drivers make it very important that we devote some extraordinary effort to keep accidents at grade crossings. We are confronted with the fact that there are 10,000,000 motor vehicles now in use in the United States.

When we inaugurated the observation plan, we found that 80 per cent of automobiles failed to take proper precautions when crossing our tracks. In the three months of November, December, 1919, and January, 1920, we made 1,338 observations, and there was a total of 438 failures to take safety precautions, or 32 per cent. During the year of 1920 we extended our observations. In the twelve months of that year there were 43,565 observations with 5,232 failures, or 12 per cent.

In 1921 our observations became even more active, and in the first six months of the year there were 245,265 observations made, and the failures reached only 2,755, or 1.1 per cent.

The Academic Lawyer Has Done Much to Discredit the Profession

By ROBERT SHERMAN, Vice-President, Baltimore & Ohio

The academic lawyer has done as much to discredit the profession as any other man in America. He has done this by his failure to take any interest in the practical side of the law, and by his failure to take any interest in the welfare of the public. He has done this by his failure to take any interest in the law as a profession, and by his failure to take any interest in the law as a science.

SENATOR PENROSE PASSES SUDDENLY

SENIOR SENATOR FROM PENNSYLVANIA SUSCUMBS TO ATTACK OF HEART FAILURE

FELL OUT OF CHAIR TO FLOOR

Died Shortly Before Midnight Last of Year Before Doctor Could Reach Him.

Washington.—Senator Boies Penrose, one of the leading Republicans of the nation, died here just before midnight from an attack of heart failure. The senator was sitting beside his bed when he suddenly fell out of a chair to the floor. His personal physician, Dr. Roy Adams, was in the room with him and, when the doctor reached his side, the senator was dead.

No members of the family were present. Senator Penrose had been ill with a heavy cold for a week. His death, however, was entirely unexpected as he had been able to walk about his room during the day.

Death came at 11:30 o'clock. The senator was sitting in his private apartment at the Wardman Park Hotel, one of Washington's most fashionable hostleries. The International News Service was informed of the senator's death by Dr. Roy Adams, the senator's physician.

The senator seemed to be resting easily," said Dr. Adams. "He had been about the room during the day and was sitting beside his bed. He was apparently in good spirits as we had been talking about the New Year's celebration which had just started. The senator suddenly fell sideways on the bed and slipped to the floor. When I reached his side he was dead."

34 Die at Mob's Hands

Tuskegee, Ala.—Sixty-four persons were lynched during 1921, according to figures of the Tuskegee institute, which were made public in its annual report on the subject. The figure compared with 61 lynchings in 1920, and, according to the institute, brought the total number of mob victims to 4,625 in the 25-year period since 1895.

Law officers prevented lynchings in Louisiana, the report declared. Most of them being in northern states and 54 in the south. Armed forces were used to suppress mob lynchings in Louisiana.

Sixty-two of the mob victims during the year were lynched in southern states, the report declared. Four were burned to death and three were put to death and their bodies burned. The charges against those burned to death were murder and criminal assault and murder.

The others were charged as follows:

- Murder, 11; attempted murder, three; wounding men, four; furnishing ammunition to mob resistances, arrest, two; criminal assault, five; attempted criminal assault, three; killing men in altercation, four; no special charge, three; leaders in race clash, two; charge not reported, 3; assisting mob to escape who had killed an officer of law, one; making improper remarks to woman, one; threatening to kill another, one; entering woman's room, one; insulting woman, one; writing note to woman, one; attacking a man and woman, one.

The states in which lynchings occurred and the number in each state as set forth in the report follow:

- Alabama, 2; Arkansas, 6; Florida, 5; Georgia, 11; Kentucky, 1; Louisiana, 5; Mississippi, 14; Missouri, 1; North Carolina, 4; South Carolina, 5; Tennessee, 1; Texas, 7; Virginia, 1.

Germany and U. S. Resume Relations. Washington.—Diplomatic relations between Germany and the United States were resumed officially when Karl Laas, chargé d'affaires from the Berlin government, presented his letters of credence and was received by Secretary Hughes.

Railway Mileage Shows Decrease

Chicago.—Railway mileage in the United States declined 1,333 miles during the year 1921 and a new low record in improvements made and new equipment ordered and acquired was made, according to figures compiled by the Railway Age. Decreases in mileage were reported for the western, middle and southern sections, and the smallest number of miles and decreased mileage reported were for the north central section. The total mileage of the United States for 1921 was 225,000 miles, a decrease of 1,333 miles from the 226,333 miles reported for 1920.

Prayer Book for 1922

Washington.—The new prayer book for 1922, published by the United States Department of the Interior, is now available. It is a small, pocket-sized book, and is sold for 10 cents.

If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promise of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system, the remedy is recommended by those who have been benefited, to those who are in need of it. A prominent druggist says: "This for example, Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to such statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments, expelling urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper. Large and medium size bottles for sale at all drug stores. Advertisement.

Not From the Heart

He had come home with a breath—one of those breaths that makes a fellow about as popular with his wife as a fly in a candy kitchen. The Missus had company and tried to ease him through the hall to the kitchen, but he was feeling jovial and wished to say cute things. So he paid his wife an unusually high-powered compliment.

"Eh?" she blurted. "That didn't come from the heart. That come from a bottle!"—Indianapolis News.

STALE BLOOD BLURS LIVING

Gude's Pepto-Mangan Revives the Blood to Healthy State.

Stale blood blurs living. It dulls the love for pleasure, and weakens the spirit. Through it into an unrelieved dreariness and no gooding of the will, an illness. Where there was thrilling excitement, there is only an aching sensation of fatigue.

Gude's Pepto-Mangan takes regularly for a while puts a check to the debilitating effect of the water blood. It purifies the blood with and completely sets it up to its normal rich redness. Then it is that the pleasure of rhythmic living returns. The smoldering glow of life warms and brightens so that the pleasant sensations of eating, sleeping, walking in the golden sunshine breathing deep the health-giving air, again become thrilling and full of delight.

Druggists sell Gude's Pepto-Mangan in both liquid and tablet form. Advertisement.

Sure—if They Last That Long

When you've been married 50 years, you call it your golden wedding, don't you?
"Yes, my son."
"And 75 years is called a diamond wedding, isn't it?"
"Correct, my son."
"Then, when you've been married a hundred years, you'd call it your rubicund wedding, wouldn't you?"
"Mother, put this boy to bed!"—Science and Invention.

How's Your Stomach? and Your Liver?

Health is Most Vital to You. Duhon, N. C.—As for Dr. Pierce's Golden Medical Discovery, which I use constantly, I don't believe there is a better liver medicine made. I use it for indigestion, stomach disorders and torpid liver. It is not unpleasant to take and does not leave a constipated condition as so many of the liver pills and medicines do. It does its work and leaves one feeling like a new person.—Howard Holden, 1306 Clear St.

You can quickly cut yourself in a condition by going to your druggist and obtaining this Discovery of Dr. Pierce in tablet or liquid, or write Dr. Pierce, President Invalids' Hotel in Buffalo, N. Y., for free medical advice.



ITCH!

Money back without condition if HUNTS GUARANTEED CURE. Mitchell's Eye Salve is the best treatment for all eye troubles. It is sold in 48-ounce bottles for three dollars.

Heavy Cold? Chest All Clogged Up?

DON'T let it get a start. Dr. King's New Discovery will get right down to work, relieving the tight feeling in the chest, quelling the racing pulse, gently stimulating the bowels, thus eliminating the cold poisons. Always reliable. Just good medicine made to ease colds and coughs.

For fifty years a standard remedy. All the family can take it with helpful results. Ease the children's cough. No harmful drugs. Convincing healing cases that the kiddies like. At all druggists, etc.

Dr. King's New Discovery For Colds and Coughs

Feel Tired? Bowels Stagnant? Haven't any "zip" in work or play. You're constipated! The stimulating action of Dr. King's Pills brings back old time energy. All druggists, 25c. PROMPT! WON'T GRIPE. Dr. King's Pills

Comfort Your Skin With Cuticura Soap and Fragrant Talcum

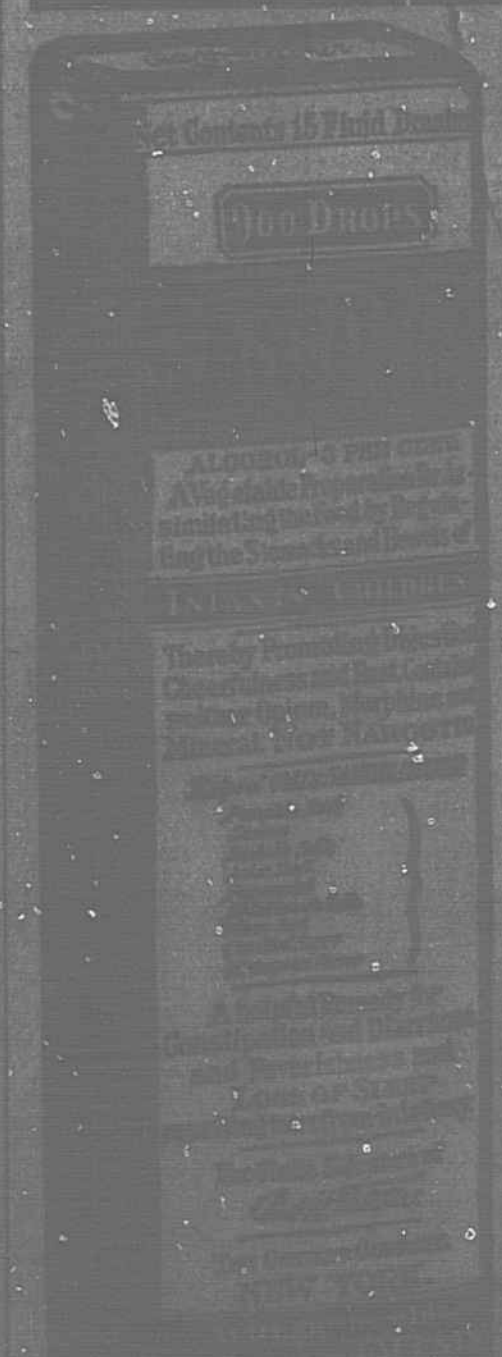
Cuticura Soap and Fragrant Talcum are the best for all skin troubles. They are sold in 48-ounce bottles for three dollars.

For Sale—Army Blouses, practically new, absolutely sanitary, made of cotton, and the finest quality gray, tan, olive, blue, and red. Regular \$2.00, now \$1.50. Free Catalogue. Remittance with order. Free Catalogue. Remittance with order. Free Catalogue. Remittance with order.

For Sale—Army Blouses, practically new, absolutely sanitary, made of cotton, and the finest quality gray, tan, olive, blue, and red. Regular \$2.00, now \$1.50. Free Catalogue. Remittance with order. Free Catalogue. Remittance with order.



W. M. U. CHARLOTTE, N. C. 1-1922



CASTORIA

For Infants and Children

Mothers Know That Genuine Castoria

Always Bears the Signature

of

WATERBURY'S

Use

of Our

Thinny Pills