

Weekly Health Talks

Where Most Sickness Begins and Ends

BY FRANKLIN DUANE, M. D.

It can be said broadly that most human ailments begin in the stomach and end in the stomach. Good digestion means good health, and poor digestion means bad health. The minute your stomach fails to properly dispose of the food you eat, trouble begins to crop out in various forms. Indigestion and dyspepsia are the commonest forms, but thin, impure blood, headaches, backaches, pimples, blotches, dizziness, belching, coated tongue, weakness, poor appetite, sleeplessness, coughs, colds and bronchitis are almost as common. There is but one way to have good health, and that is to put and keep your stomach in good order. This is easy to do if you take Dr. Pierce's Golden Medical Discovery. It is a wonderful tonic and blood purifier, and is so safe to take, for it is made of roots and herbs. Dr. Pierce, of Buffalo, N. Y., stands behind this standard medicine, and it is good to know that so distinguished a physician is proud to have his name identified with it. When you take Golden Medical Discovery, you are getting the benefit of the experience of a doctor whose reputation goes all around the earth. Still more, you get a temperance medicine that contains no trace of alcohol or narcotic of any kind. Long ago Dr. Pierce combined certain valuable vegetable ingredients—without the use of alcohol—so that these remedies always have been strictly temperance medicines. If piles are torturing you, get and use Pierce's Anodyne Pile Ointment. The quick relief it gives is hard to believe until you try it. If constipated, take a few Pleasant Pellets—should be taken while using Anodyne Pile Ointment. Few are fed are the cases where these two remedies will not relieve and usually overcome. They are so good that nearly every drug store has them for sale.

Certainities of the War.

Mainly and strictly both very fast and very black, were flying down town in a street car and looking out at the bright tones across the aisle about the progress of the war. Mandy was about the center of the occasion, and spoke her convictions in an unobscured tone. "Eh, eh, all these talk and the war going on, it is a wonderful thing, but our cotton, eh? De las' war done make us see, didn't it? An' de las' war done make us all ladies and gentlemen."—Life.

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

His Deceptive Appearance. "Ah!" said the student of men and things, "You ride a motorcycle, a great deal of the time, I perceive?" "No," replied J. Fuller Bloom. "I was born with a lean disposition; that is 'skin and bones' the look this way."—Kansas City Star.

Shave With Cuticura Soap And double your shaving efficiency as well as promote skin purity, skin comfort and skin health. No stinging, no stinging soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

A Joker's idea of a good joke is one on the other fellow.

A Terrible Ordeal!

Gravel and Kidney Stone Cause Intense Suffering—Doan's Brought a Quick Cure.

Edw. J. Turesek, 3222 Eichelberger Ave., St. Louis, Mo., says: "I was plagued with a terrible pain across my back and every night I made it my habit to take a knife being driven into my back and twisted around it. It lasted half an hour, but soon came back and with it another affliction. The kidney troubles began to give me the flow was scanty and burned like fire when passing. I had severe headaches and my bladder got badly inflamed, but I noticed little particles of gravel in the urines. Doan's Kidney Pills had been recommended to me and I began their use. The first few took half hour brought relief and I passed a stone the size of a pea. I got more of the pills and they cured me. The inflammation left and there was no more pain in my back. I now sleep well, eat well and my kidneys act normally. Doan's Kidney Pills alone accomplished this wonderful cure."



Subscribed and sworn to before me at JAMES H. SHREVE, Notary Public. Get Doan's at any drug store. DOAN'S KIDNEY PILLS FOSTER-SILSBURN CO., BUFFALO, N. Y.

CONSUMERS' FISH CO.

NEW HERRING, round, 60, dressed 25¢. The Reduction on 12 Cans Fish. United States Food Fish Wholesale Co. 6-15122. W. N. U., DETROIT, NO. 7-1919.

The Housewife and Her Work

(Special Information Service, United States Department of Agriculture.)

CAN YOU TELL SILK FROM COTTON?



The Burning Test—Note How Silk on Right, Heavily-Loaded With Mineral Matter, Keeps Its Shape, White Ash of Pure Silk Crumbles.

DIFFERENT WAYS TO TEST FIBERS

Knowledge Given Will Save Housewife Money When Necessary to Buy Material.

LINEN IS QUITE EXPENSIVE

Office of Home Economics of Department of Agriculture Gives Practical Methods of Textile Identification.

There is such a great variety of fabrics on the market now, and most of us understand so little about how they are made, that it is hard to know which ones will give the best value for the money. Our grandmothers used to buy pure virgin wool, but new processes have been devised which utilize shoddy along with the wool in such a way that the goods are sometimes handpomer and more durable than the old kinds. Linen has gone up so in price that many of us cannot afford it and must content ourselves with cotton or cotton-and-linen mixtures.

An easy way of distinguishing between the highly sized and adulterated cotton damask and true linen damask is to hold a sample. After being wringed and ironed, if it is cotton, it will have a dull and somewhat fuzzy appearance, while the luster and smoothness of real linen will not be affected by this treatment. Mercerized cotton damask keeps more luster than untreated cotton, but less than linen.

Woolen and Worsted Fabrics. Since the price of pure, new wool is relatively high, other materials are often mixed with it, the most common being what is termed "shoddy." This is old woolen material, tailors' clippings, etc., put through a special machine which tears them apart and reduces them to fibers. Such goods have many uses. It is stated by woolen manufacturers that the best grade of worsted shoddy, which is of long staple, i. e., has long fibers, is superior to the long, short staple, new or virgin wool, also that it is impossible to get the texture and finish required for some of the best grade goods without the use of some shoddy. As shoddy is made from wool fiber it gives the same chemical tests as pure wool, and small amounts are almost impossible to detect, except by the use of the microscope.

Cotton is also used with wool. Such goods have many uses. It is a simple matter to detect the presence of cotton as wool is dissolved in alkalies and not affected by acids, while cotton is dissolved by acids and not affected by alkalies.

Detecting Over-Weighted Silk. When the gum is removed from silk produced by a silk worm, the silk loses from 20 to 30 per cent of its original weight. To make up for this loss in weight, large additions of various substances which do not change the looks, feel or structure of the silk, are often made. If no larger an amount than that of the weight of the gum boiled off is added, it is considered legitimate; but much silk is made which has as high as from three to four times as much mineral matter added to it as its original weight. This makes the silk brittle and weak, so that it wears out quickly. It is easy to determine heavily weighted material by burning a small sample. Pure silk burns rapidly, smells like wool and produces a small amount of brittle curled-up ash. Material which is heavily weighted will have an ash which is stiff and which often holds the shape of the sample.

Cotton is frequently mixed with silk. Such goods sold as mixtures have many uses. It is easy to detect cotton in silk by the microscope as the fibers of silk are round and smooth, while the cotton fibers are ribbon-like and fuzzy.

Another simple test to light the threads with a match, blow out the flame and examine the burnt ends. The cotton threads will have blunt ends, while the linen will be pointed.

TESTS FOR ADULTERATION OF TEXTILES

Table with columns: Kind, Appearance of Thread, Burning, Chemical. Rows include Bluing, Linen, Wool, Cotton, Silk.

SUNDAY SCHOOL LESSON

By Rev. P. B. FITZWATER, D. D., (Pastor of Second Church in the Moody Bible Institute of Chicago.) Copyright, 1919, Western Newspaper Union.

LESSON FOR FEBRUARY 16

THE TEN COMMANDMENTS.

LESSON TEXT—Exodus 20:1-17. ADDITIONAL TEXT—Lev. 19:11-15. LEVITICUS—Gives his commandments to Moses. Memory Verses—1 John 1:9; Luke 10:27. INTERMEDIATE TOPIC—Jesus and the ten commandments. SENIOR HIGH SCHOOL TOPIC—The commandments in modern life.

The ten commandments furnish us the world's greatest moral code.

I. The First Commandment (20:3). "Thou shalt have no other gods before me." Means literally, "Thou shalt have no other gods before my face." This commandment enjoins the obligation of single-hearted worship and service. It may be broken by (1) living for one's self; if life's activities center in self then one is an idolater. (2) Making pleasure the goal of living. (3) Being covetous (Col. 3:5). Every one who is greedy for gold is an idolater. (4) Actually worshipping idols.

II. The Second Commandment (20:4-6). While the first commandment is directed against false gods, the second is directed against the worship of the true God under false forms. It can be broken by (1) the use of images in worship; (2) putting man in the place of God; (3) putting God's ordinances and institutions in the place which he alone should have.

III. The Third Commandment (20:7). The Hebrew word "vain" translated means lying, deceptive, unclean. "Guiltless" is from the word meaning clean, unblemished. The meaning is that God will not hold to be clean and will not allow to go unpunished him who uses his name in a lying, hypocritical manner. This commandment may be broken by (1) profanity; (2) perjury; (3) levity and frivolity; (4) flattery, which is professing to live for God yet living for self.

IV. The Fourth Commandment (20:8-11). The command to rest six days is as binding as to rest on the seventh. The resting one day in seven applies to servants and horses as well as to the man and his family. This commandment has its lesson in (1) living in idleness; (2) working out of the rest apart for the worship of God; (3) engaging in carnal pleasures on the Lord's day.

V. The Fifth Commandment (20:12). This commandment tests the fact that parents stand to their children in the place of God. It may be violated by (1) disrespect to parents; (2) disobedience; (3) failure to give proper care to old age.

VI. The Sixth Commandment (20:13). The sanctity of human life is due to the fact that man was created in the likeness and image of God. This commandment may be broken by (1) sinful anger (Matt. 5:22); (2) hatred (1 John 3:15); (3) neglect of means to preserve life; (4) oppression of the weak; (5) suicide; (6) infanticide; (7) unrighteous wars.

VII. The Seventh Commandment (20:14). The sin which strikes at the home is most deadly, for it undermines the whole human fabric. It may be broken by (1) unclean imaginations, thoughts, and affections (Matt. 5:10; 5:27, 28); (2) unchaste conversation and wanton looks (1sa. 3:16; 2 Peter 2:14, 4:8). This which is for the most part, the root of all adultery.

VIII. The Eighth Commandment (20:15). This strikes at the sin of theft. Many things are legally right but morally wrong. This commandment may be broken by (1) taking what belongs to another; (2) false weights and measures; (3) extortion; (4) usury; (5) graft; (6) making assignments to escape payment of debts.

IX. The Ninth Commandment (20:16). The upright test of a man's religion is the use he makes of his tongue. This commandment may be broken by (1) open lying; (2) perjury; (3) slander; (4) talebearing; (5) breach of promise; (6) withholding truth; (7) flattery.

X. The Tenth Commandment (20:17). This commandment strikes at the desire for things which belong to another. It applies not merely to the open violation but to the very purpose of the heart. A Religion Worth Having. A religion that cannot be brought into every phase of life is not worth having; and the affairs of life that cannot be maintained side by side with Christ's teachings ought to be scrapped without delay. And until the probabilities rise to its responsibility and makes these facts plain, it will fall to the power it may be its privilege to become.

A Real Cure. Progress is the real cure for an over-estimate of ourselves.—G. Macdonald.

13 Dollars—13 Cents. When Swift & Company paid, say,—13 dollars per hundredweight for live beef cattle last year, the profit was only 13 cents! In other words, if we had paid \$13.13, we would have made no profit. Or, if we had received a quarter of a cent per pound less for dressed beef we would have made no profit. It is doubtful whether any other business is run on so close a margin of profit. This is bringing the producer and the consumer pretty close together—which should be the object of any industry turning raw material into a useful form. This remarkable showing is due to enormous volume, perfected facilities (packing plants strategically located, branch houses, refrigerator cars, etc.), and an army of men and women chosen and trained to do their special work. This, and many other points of interest, are found in the Swift & Company Year Book for 1919, just published which is brought out for the public as well as for the 25,000 Swift & Company shareholders. The Year Book also represents the packer's side of the Federal Trade Commission investigation, upon which Congress is asked to base action against the industry. Many who have never heard the packer's side are sending for the Year Book. Would you like one? Merely mail your name and address to the Chicago office and the book will come to you. Address: Swift & Company, Union Stock Yards, Chicago.

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Mean Insultation. A good story is told the rounds concerning Sir Hall Caine. It seems that the famous novelist, dining at a London restaurant, found himself seated next to a well-known newspaper paragonist, with whom he got into conversation. Sir Hall, after complimenting him on his work, asked him: "How on earth do you write twenty pages a day?" "With a typewriter," the newspaper man answered with a smile. "Is that so?" said Sir Hall meaningly; "I thought perhaps you used some sort of copying process?" Important to Mothers. Examining carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcherson. In Use for Over 30 Years. Children Cry for Fletcherson's Castoria. Keep Children Erect. To make a child maintain an erect position while writing at a school desk a German has invented a roll to be attached to a desk, terminating in a cup around the child's chin. Wood paving for roads was first used in Russia. When Your Eyes Need Care. T's Marine Eye Remedy. PISO'S Persistent Coughs are dangerous. Get prompt relief from Piso's Cough Syrup. Effective and safe for young and old. 25¢ a bottle.