

THE HOUSE OF HAZARDS

By MAC ARTHUR



The Family DOCTOR

By JOHN JOSEPH GAINES MD.



THE ORGANS OF YOUR BODY. Proteids are non-crystallizable elements of animal and vegetable tissues, and are absolutely essential to human life; death follows the deprivation of this food element. It abounds in animal and vegetable substances. The "protein balance" in the human system is one of the finest points we have in our maintenance of healthy diet. It seems to me, a good understanding of the uses of proteins would do away with much of the nebulous chatter about hormones and vitamins.

Of course some protein is lower

666 SALVE for COLDS price 5c, 10c, 25c
Liquid - Tablets
Salve - Nose Drops



Are you one of these nervous people who lie awake half the night and get up feeling "all in"? Why don't you do as other light sleepers have been doing for more than two generations—take Dr. Miles Nervine?

One or two pleasant effervescent Nervine Tablets or two or three teaspoonfuls of liquid Nervine will generally assure a night of restful sleep. Perhaps you will have to take Nervine two or three times a day just at first.

Nervous people have been using Dr. Miles Nervine for Sleeplessness, Nervousness, Irritability, Restlessness, Nervous Indigestion, Nervous Headache, Travel Sickness, for more than fifty years.

Dr. Miles' NERVINE Liquid and Effervescent Tablets

in building power than others. Gelatin is a protein, but enough of it could not be eaten to sustain the body by itself. Meats are especially rich in protein. If more meats are eaten than needed, the nitrogen is "split off" and rapidly excreted—if the kidneys are equal to the task; if they are not, this element is retained, and sends the blood pressure aloft, sometimes to very dangerous limits. High blood-pressure demand kidney examination at once—and, certainly limitation of meat diet. Beans are of high protein content, cooked as they are in many forms with meat seasoning.

Men at hard labor can dispose of more heavy proteins than indoor workers; hence the predominance of kidney diseases in the latter class.

When we boil meat in water, we remove much of its flavor and other ingredients in the "extractive" or soup. Soups yield very little, if any, energy. They arouse appetite, however, and as they allay muscular fatigue, they are mild stimulants. We partake of the carbo-hydrate to modify and assist the proteids. Carbo-hydrates (starches) are stored in liver and muscles, if taken to excess, produce added weight or "fat." Excess of starch is very hard on the liver, and produces sugar in the urine. Both fat and starch protect the protein and are necessary to food-balance.

STRAWBERRY CO-OP
Farmers in Lawrence, Magoffin, Johnson and Floyd counties are forming a strawberry growers' cooperative. At the mouth of the Big Sandy Valley are Ashland, Portsmouth, Huntington and Ironton, with their industrial workers to be fed. Ohio, West Virginia and Pennsylvania cities should be their best customers.

DEAD COW KILLS OTHERS
A cow was killed when a power line fell at Klamath Falls, Ore. Another cow investigated, touched the dead one and received a terrific jolt which stunned her. A cat came along to see what it was all about and was electrocuted. Two jack rabbits also came to the same end.

The Akka, a wandering tribe of dwarfs in central Africa, was first reported in 1874.

Rid Yourself of Kidney Poisons

DO you suffer burning, scanty or too frequent urination, backache, headache, dizziness, loss of energy, leg pains, swellings and puffiness under the eyes? Are you tired, nervous—feel all unstrung and don't know what is wrong?

Then, give some thought to your kidneys. Be sure they function properly for functional kidney disorder permits excess waste to stay in the blood, and to poison and upset the whole system.

Use Doan's Pills. Doan's are for the kidneys only. They are recommended the world over. You can get the genuine, time-tested Doan's at any drug store.

DOAN'S PILLS

BRUCE BARTON Says:



Whole Truth Unknown

I do not know just whom Thomas Love Peacock had in mind when he wrote the following lines:

Not a scheme in agitation for the world's amelioration.

Has a grain of common sense in it—except my own.

As I look back over the years I see a long procession of gentlemen and ladies, each of whom was absolutely sure that the whole truth had been privately committed to his or her care. In the paragonage where I grew up were frequently entertained foreign missionaries. They were mostly hearty eaters, and they were on fire with zeal, impatience, and a considerable measure of intolerance. They knew exactly what ought to be done. The world should be saved on a big scale and immediately. This was the great call. Everything else was unimportant.

Following them came the leaders of the Anti-Saloon League. The only important menace to the country was drink. All others were subordinate. Anybody who was trying to build a hospital or contribute in any other way to social welfare was merely wasting time. Banish drink and, presto, all other human problems would automatically begin to solve themselves.

Then came the social settlement era. Ardent young men and women, following the inspiration of Jane Addams, left their pleasant dormitories to dwell among the poor. By this sacrifice and service, and in no other way, could the spectre of poverty and social injustice be removed. The Single Taxers belonged to the same generation. Woman Suffrage was the next Promised Land. And finally came the War to End All Wars.

I write this record in no spirit of discouragement. I am a believer in progress and, I hope, a worker in the vineyard. Almost every reform movement has some truth, none has

all. And progress is slowed up, whenever zealots are sure that no other program "has a grain of common sense in it...except their own."

"Little Saints" Annoy

One day in Mexico City I had an hour's conversation with General Alvaro Obregon, who at that time was expected to succeed General Calles as President. Something was said about the difficulties between the Church and the State, and the General said: "The common people of our country have a saying which contains much wisdom. They say: 'It is the little saints who annoy the Lord.'"

General Obregon did not succeed to the Presidency. An assassin's bullet cut him down only a few weeks later, but I always have remembered that remark, not as applying to the Mexican situation, about which I know very little, but as giving a clue to much of the troubles that have afflicted the world in all the years.

It was not the men of broad vision and true spirituality who annoyed the Master when He walked the streets of Jerusalem. These knew that "never man so spoke" and they "heard him gladly." The people who roused the rabble against Him were the little theologians and professional patriots who criticized Him for not observing the petty technicalities of their formalized religion.

It was the little Americans who made things difficult for Abraham Lincoln. While he was wearing out his heart in the bitter agony of saving the Union, they were pecking at him because he was uneducated and told funny stories, because his whiskers were untrimmed and his pants unpressed.

Bigness is tolerant. Lifeness will sacrifice everything for the jots and tittles. The more power that is given to little men the more they will slow down the wheels of progress by sprinkling sand in the gears.

TWO GOVERNMENTS TO AID BOY 3 YEARS OLD

Through the co-operation of the American and Australian Governments, Kelvin Rodgers, 3 will sail from Melbourne April 20 for the 10,000-mile trip to Philadelphia to have a nail in his right lung removed.

The Shipping Board announced free passage for the boy and his mother had been arranged on the Government-owned American Pioneer Line's motorship Jeff Davis, due in New York June 5.

Australian specialists have had the boy under treatment more than a year, but have been unable to remove the nail because of lack of special surgical equipment. Dr. Chevalier Jackson of Temple University hospital will perform the operation and hospitalization and maintenance of the mother will be provided by the university hospital.

Kelvin is one of the four children of a motor mechanic earning \$20 a week.

STATE WOMAN EDITOR WINS U. S. ACCLAIM

A group of twenty-three women, selected for outstanding achievements in widely varied fields, were honored Wednesday night by the New York League of the National Federation of Business and Professional Women at a dinner.

The women, their achievements, and birthplaces include Mrs. William Brown Meloney, Bardonia, Ky., editor of This Week, Sunday magazine of New York Herald Tribune and other newspapers.

FARM-TO-MARKET ROADS PLANNED BY WPA

More than half of the \$22,372,046 to be expended on W.P.A. projects in Kentucky will be used for improvements of highways, farm-to-market roads and streets, Harry L. Hopkins, Works Progress Administrator announced.

MARES BRING GOOD PRICE

Des Luckett, well known farmer of Garrard county, sold a pair of work mares last week to D. M. Brewer and W. H. Hays, of Boyle county for the sum of \$310. The animals were nice ones.

MODERN WOMEN

NEED NOT SUFFER monthly pain and delay due to colds, nervous strain, exposure or similar causes. Chiechsters Diamond Brand Pills are effective, reliable and give QUICK RELIEF. Sold by all druggists for over 45 years. Ask for

CHIECHSTERS PILLS

"THE DIAMOND BRAND"

CHICKENS, LIKE PEAS, DO BEST IN THE SPRING

Chickens, like peas and many other crops do best in the spring, points out Dr. J. Holmes Martin of the College of Agriculture, University of Kentucky. When hatching is early enough to give the chicks a good start by hot weather, success is almost assured. Hot weather retards growth, and diseases and parasites that come with it harass the chicks in more ways than one.

Green, tender feed, which is almost an essential for young chicks, is available more readily in spring. Early fliers sell best. Then, too, early winter eggs usually command the best price, only pullets hatched in March or April lay well in early winter.

LOUIS AND SCHMELING TO FIGHT IN NEW YORK IN JUNE

Joe Louis, the Detroit Brown Bomber and a strong contender for the heavyweight pugilistic crown now worn by James Braddock, has been signed to fight Max Schmeling, husky German, in a 15-round bout in New York in June. The fight probably will be held in the Yankee stadium and is expected to bring the second million-dollar "house" since the depression put the skids under the boxing industry.

EVERY SOVIET FAMILY TO OWN A COW

It is just barely possible that the reason Stalin wishes every Russian family to own a cow is that he has never squatted under one of those bad tempered heifers that would rather up and kick three gallons of milk all over a fellow's britches than to go ahead peacefully and eat her bran.—Enoch Grehan, Lex. Herald.

WHY WOODPECKERS PECK

A woodpecker pecks in order to dig out a nest and to obtain food, when he drums, however, it is either for pleasure, or it serves as a call to birds of the same species.

At the first SNIFFLE..



Quick!—the unique aid for preventing colds. Especially designed for nose and upper throat, where most colds start.

VICKS V-A-TRO-NOL

30c double quantity 50c

HOME FARM TO GIVE MORE ABUNDANT LIFE

Gathered in a county planning conference at Jackson, Breathitt county farmers turned to the old home farm as the way to more abundant living.

One or more milk cows on every farm to provide milk, cream and butter for the family; at least five hens for every member of the family, to provide eggs and meat; enough home-grown potatoes, and gardens large enough to furnish vegetables through the growing season and a surplus to can and store for winter, comprise the major planks in the county farm program.

Soil improvement, hay and pasture crops, more corn on fewer acres, and purebred sires, were other planks deemed worthy of important consideration, according to the report of county agent H. B. Cravens.

TWIN LAMBS BORN THREE WEEKS APART

Mr. O. B. Ellis, farmer of the Kidds Store section, tells a hard story to believe, but vouches for the truthfulness of it nevertheless. He says a lamb was born to one of his ewes the first of February and up until a few days ago the ewe mothered the lamb as any other ewe would mother its young, when the ewe refused to further acknowledge the lamb as her offspring and a young cow took charge of the lamb and mothered it for two or three days when the ewe gave birth to a second lamb and the ewe promptly took back the first lamb and is now mothering both lambs.—Casey County News.

AUDIENCE SHOWS APPROVAL OF PLAY BY APPLAUSE

Members of the senior class of the Harrodsburg high school Friday night presented their class play, "A Modern School for Scandal," in the high school gymnasium before a large crowd of applauding spectators.

The play, a three-act comedy, was well received by the audience who showed their approval through their frequent bursts of laughter and applause. Much credit is due the members of the cast and the director, Mrs. J. P. Williams, for their presentation of the comedy.

HOW MANY DEGREES COLD IS TWICE AS COLD AS ZERO?

Some inquisitive person has asked how many degrees cold it would be if it were twice as cold as zero. The question was submitted to the United States Weather Bureau. In reply thereto, the Bureau states that if it were zero weather today and twice as cold tomorrow that it would be 32 degrees below zero tomorrow.

Try an ad in our Classified column.

FOR HAIR AND SCALP JAPANESE OIL
Made in U. S. A.
The Antiseptic Scalp Medicine—Different from ordinary Hair Tonics—60c & \$1. FEEL IT WORK! At All Druggists Write for FREE Booklet "The Truth About The Hair." National Beauty Co., New York

TIDY UP WITH WHITEWASH

There is nothing which adds so much to the attractiveness of the rural homestead as application of common whitewash to fences and to buildings which would involve too much expenditure for paint. When slacking lime with water keep the vessel covered for about an hour and stir occasionally. Use of too much water lowers the heat and retards slacking while too little water caused incomplete slacking and burning. If a pint of molasses is added to each five gallons of whitewash it will penetrate wood and plaster much better.

AN APPLE TREE

An apple tree beside the way. Drinking the sunshine day by day According to the Master's plan, Has been a faithful friend to man.

Don't Guess But Know

Whether the "Pain" Remedy You Use is SAFE?

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations

THE person to ask whether the preparation you or your family are taking for the relief of headaches is SAFE to use regularly is your family doctor. Ask him particularly about Genuine BAYER ASPIRIN.

He will tell you that before the discovery of Bayer Aspirin most "pain" remedies were advised against by physicians as bad for the stomach and, often, for the heart. Which is food for thought if you seek quick, safe relief.

Scientists rate Bayer Aspirin among the fastest methods yet discovered for the relief of headaches and the pains of rheumatism, neuritis and neuralgia. And the experience of millions of users has proved it safe for the average person to use regularly. In your own interest remember this.

You can get Genuine Bayer Aspirin at any drug store—simply by asking for it by its full name, BAYER ASPIRIN. Make it a point to do this—and see that you get what you want.

Bayer Aspirin



This story will interest many Men and Women

NOT long ago I was like some friends I have... low in spirits...run-down...out of sorts...tired easily and looked terrible. I knew I had no serious organic trouble so I reasoned sensibly...as my experience has since proven...that work, worry, colds and whatnot had just worn me down.



"Yes, I have come back to where I feel like myself again."

The confidence mother has always had in S.S.S. Tonic...which is still her stand-by when she feels run-down...convinced me I ought to try this Treatment...I started a course...the color began to come back to my skin...I felt better...I no longer tired easily and soon I felt that those red-blood-cells were back to so-called fighting strength...it is great to feel strong again and like my old self.

SSS TONIC Makes you feel like yourself again

AUTO LOANS

ARE YOU IN NEED OF READY MONEY? We will make you a loan on your car or truck. We will also refinance your car, pay off your present balance and advance more money. Just bring your car and license receipt to our office. No endorsers required. No red tape. Loans made immediately. Ample insurance protection.

CAR REMAINS IN YOUR POSSESSION

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Gives you smooth, powerful anti-knock performance at no extra cost!

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