

DEMOCRAT WANT ADS GET RESULTS



PRINCESS WATAHWASO
MEZZO SOPRANO

Indian Songs, Dances and Folk Lore.
Friday Evening, May 14 at the Gym.

As a messenger from a departing race—noble, picturesque, yet little understood—comes beautiful Watahwaso ("Bright Star"), Princess of the Panoscot tribe and flower of one of the last families of unmixed Indian blood. The Children will be delighted.
The Grown Ups captivated.

FRIDAY EVENING AT THE GYM
CHILDREN, 15c. ADULTS, 25c

SOCIETY DOINGS

Club Calendar

Thursday
Evangelical Ladies' Aid—Mrs. Felix Graber.
Loyal Workers' Class—Mrs. Lillie Hammond.
Mt. Pleasant Mite Society—Mrs. Frances Fuhrman.
Eastern Star—Masonic Hall.
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U. B. Church Ladies' Aid—Mrs. Jesse Schwartz.

Friday
Loyal Daughters—Mrs. E. B. Kern.
C. E. Social—Presbyterian Manse.
Pocahontas Needle Club—After Lodge.
M. E. Mite Society—Mrs. Geo. Roop.

The Pocahontas Needle club will meet Friday evening immediately after lodge. All members are requested to be present.

The Loyal Daughters of the Evangelical church will meet Friday evening with Mrs. E. B. Kern. Members are requested to be present.

The Mite society of the Methodist church will hold its regular meeting tomorrow afternoon after the Fordyce funeral at the home of Mrs. George Roop on Tenth street.

ORANGE DESERT

Peel oranges, one in dish alternate layers of sliced oranges and prepared coconut. Sprinkle a little sugar on the layers of orange.

Harry Lauder is going into the movies—"I am going to make the first real living pictures in the world," he says. The talking and singing picture has at last been perfected, he declares.

How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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MENTAL HABITS.

No one escapes trouble, so whatever may be your condition you have no monopoly in suffering. You have your compensations. Don't whine and get the complaint habit. "Make the best of things." This homely phrase is, after all, the shibboleth of life. It is the faculty of seeing some good—of drawing some inspiration from the most hidden source, that makes life endurable, that glorifies it. Life is pleasant or unpleasant, hard or easy, according to the way you look at it, the way you think of life. Thoughts govern action, and he who governs his thoughts is master of his destiny. Destiny is not about you, but within you. Healthful, hopeful, optimistic thoughts are essential to strong minds and bodies.

Worry is one of the very bad mental habits; it injures beyond repair certain cells of the brain; and the brain being the nutrient center of the body, the other organs become gradually injured, and when some disease of these organs or a combination of them arises, death finally ensues. Thus may the habit of worrying kill. Only too often mental habits are morbid in their nature, and consequently cast a morbid influence upon the physical system over which they rule. Especially is this true when our minds are centered on the involuntary functions of the body. A man who has his mind constantly upon his digestion will soon have indigestion. Nature purposes to run her own machinery, and when we undertake to supplement it by human plans or artificial ways we destroy the natural process and disease results.

Thinking of what is eaten during or after meals is a dangerous practice, and if continued until it becomes a habit will be a greater obstacle in the way of curing any disease of the stomach than any other factor.

A person who suffers pain, and suffers his mind to revert to it constantly, establishes a nerve habit of pain, and the sense of pain grows, while the capacity to endure pain lessens. There can be no greater calamity to chronic invalids than that they get together and tell their ailments to each other. Such a course is but nursing disease and rendering it less curable. It should always be the aim to cultivate reverse habits of expression to those we feel during illness. Sickness is not the least of the opportunities in life. It is the time for reflection. It does not come by accident usually, but is the effect of a cause. Reason and reflect upon the cause rather than the effect. The break in the wrong modes of living which is present affords the best opportunity to change the bad mental habits and a start in better ways.

Many people go into society just for the purpose of telling their aches and pains and troubles. Such people should be sent to the pest house and kept in quarantine until they are cured; they are as untouched by the myriad happy influences of life as the mole is by the light of a star or the flash of a comet. They say "No one is as bad off as I am." Their salutation is always one that plunges at once into the condition of the liver, stomach, nerves, or some bodily ailment. Forget it! Don't get the habit of talking about sickness with every one you meet. Can't you find a topic of conversation more elevating than that of your aches and pains and troubles?

Cheerfulness is to the body what sunshine is to vegetation. Hence with a person who is in search of health, the essential thing to do is to cultivate cheerfulness, hopefulness, courage, and not allow one's self to think of his ills, much less to talk about them, except to those who may find it necessary to know them in order to properly direct his life. LEARN HOW TO LIVE.

Life is the interval between one breath and another—he who only half breathes only half lives, but he who uses NATURE'S rhythm in breathing has control over every function of his being.

Many people treble their troubles, making three out of one, by looking forward, looking on, and looking back. Troubles grow mightily, if you brood over them.

Fatigue which is not recovered from after a night's rest, is incompatible with the leading of a normal, efficient, wholesome, and happy life.

The aim of life is to produce the perfect man, so one must watch over one's integrity of mind and body.

The requirements of health are good air, good food, suitable clothing, cleanliness, and exercise and rest.

Work keeps the human being in contact with stimuli from without that are necessary to his health.

Self-distrust will destroy you; trust, surrender, abandon yourself; believe and thou shalt be healed.

The way to live long is to live wisely, and especially to be moderate in all things.

MAY CONTINUE THE WHEAT GUARANTEE

Washington, May 13.—(Special to Daily Democrat)—A conference of government officials, congressmen and railroad executives to discuss the possible necessity of continuing the guaranteed wheat price after June 1, when it expires, according to present laws, has been called by Julius Barnes, director of the United States grain corporation to meet in Washington, May 19th.

In a telegram to Congressman Barnes he expressed grave concern over the results that may follow the discontinuance of the grain corporation stabilizing the wheat price at about \$2.25 a bushel.

NEVER SAW ANYTHING BETTER

For colds that "hang on" and for lingering coughs that follow the "flu," there is one safe family cough medicine sold from the Atlantic to the Pacific. Mrs. A. B. Griffith, Box 151, Andrews, Ind., writes: "Last winter my family all had the 'flu.' I tried Foley's Honey and Tar and never saw anything better. From now on I will not be without it in the house." Don't let children suffer from croup or whooping cough when this reliable remedy can be so easily procured. Sold everywhere.

COFFEE CAKE

One cup cold strong coffee, one cup butter, one cup chopped raisins, one teaspoonful soda, one teaspoonful cloves, one teaspoonful nutmeg, five cups flour. Bake in loaf. This can be made without the raisins, and can be baked in layer cake.

THE BEGINNING OF A NEW LIFE

Bulgarian and Oriental Europe Produce Sturdiest People

Do you want to feel from 10 to 20 years younger?

Do you want to know the joy of Perfect Health?

You can get back the spirit of youth, your eyes will sparkle with new life and the rich glow of health will replace the faded yellow skin.

Bulgarian Blood Tea, used for centuries in Oriental Europe, is the most remarkable medicinal family preparation known in the world today. Composed of choice and rare herbs, just brewed by yourself and taken once or twice a week, will be the beginning of a new life for you. Your blood will become rich and pure; the flame of life will be rekindled—no more headaches, biliousness, constipation, indigestion or bone-racking aches or pains. Bulgarian Blood Tea is guaranteed to contain just pure herbs of marvelous medicinal and curative power gathered from fields, mountains and valleys of Europe, Asia and Africa. All drug stores now keep Bulgarian Blood Tea in stock, but owing to the enormous demand immediate application to your druggist is urged on account of the limited source of supply. Distributors of Bulgarian Blood Tea are authorized to return the full purchase price if it does not materially improve your health in three weeks time. This evidence of faith in the power of Bulgarian Blood Tea is the guarantee of the Marvel Products Co., Marvel Building, Pittsburgh, who authorize this public announcement.

Architect Charles Weatherhogg of Port Wayne attended to business here today.

FOR SALE—Late 1919 Coupe. See this. A Bargain. Shannah Conroy Auto Co. 114-21

Hard Workers
need sturdy, building
food to repair daily
wear and tear.

Grape-Nuts

is essentially a building food, and while a delight to the taste and easily digested, it differs from the usual prepared cereal by containing constructive elements very necessary to maintaining health.

"There's a Reason"

Do YOU make it a practice to
SEE YOUR BANKER FIRST

when investing? Right along we find that propositions which look good on the surface are not sound.

It costs you nothing to get reliable and unbiased information through this bank. No one but you and the officer you come to will know that you are seeking it.

FIRST NATIONAL BANK

You Are a Stranger Here But Once.

A Tasteless Castor Oil

A remarkable new process, perfected by Spencer Kellogg & Sons, Inc., one of the world's largest manufacturers of castor oil, has made castor oil absolutely tasteless. Strength and purity remain the same. Nothing has been removed but that nauseating taste. This valuable new form of the good old family remedy is strongly recommended by up-to-date doctors and druggists. Children take it without even knowing it is castor oil. Take no substitutes. If you want a really tasteless castor oil, insist on Kellogg's Tasteless Castor Oil, laboratory bottled, plainly labelled

KELLOGG'S TASTELESS CASTOR OIL

Two Sizes—35c and 65c

Sold by the Following Druggists

The Holthouse Drug Co.
Smith, Yager & Falk
The Enterprise Drug Co.
Callow & Kohne

The HOOVER
IT BEATS ... AS IT SWEEPS AS IT CLEANS
SCHAFFER HDW. CO.

Wizard Helps to Cleanliness

Among Wizard products you will find a host of conveniences for use in cleaning. Their uniformly high quality will recommend them to every housewife.

Wizard Polish



A thoroughly scientific polish for furniture, woodwork and floors. Can be used on the finest finish. Will protect and preserve its beauty. Wizard Polish produces a hard, dry, brilliant luster, which does not show finger marks or streaks, is not gummy or sticky, and to which dust will not adhere.
4 ounce bottle 25
12 ounce bottle 50

Wizard Mops



are the convenient triangular shape. They can be had in either the chemically treated style for gathering dust, or treated with Wizard Polish for cleaning, polishing and preserving the floor finish. Mop is made of the best yarn. Smooth handle has the adjustable elbow, for getting under furniture. Does not make floors oily or slippery.
Price \$1.50 and \$1.75

Wizard Wax Paste



Polishes and preserves the finish on floors, furniture, woodwork, leather, knoleum. Easily applied with a cloth and polished with another cloth. It forms a thin coat that protects the surface and leaves a clean, hard, rich, subdued lustre that is a joy to behold. Wizard Wax Paste is especially adapted for use on floors.
5 1/2 oz. can 35c

Wizard Duster



The most sanitary type of duster made; it does not stir up and scatter dust. Its chemically treated yarn gathers and holds the dust. When it becomes soiled you can wash it without injuring its chemical properties. Needs no renewing. Convenient in shape.
Price \$1.00

The Holthouse Drug Co.
SEE WINDOW DISPLAY