

BACK HURT ALL THE TIME

Mrs. Hill Says Lydia E. Pinkham's Vegetable Compound Removed The Cause.

Knoxville, Tenn.—"My back hurt me all the time, I was all run down, could not eat and my head bothered me, all caused by female trouble. I was three years with these troubles and doctors did me no good. Your medicine helped my sister so she advised me to take it. I took Lydia E. Pinkham's Vegetable Compound and the Liver Pills and used Lydia E. Pinkham's Sanative Wash and now I am well, can eat heartily and work. I give you my thanks for your great medicines. You may publish my letter and I will tell everyone what your medicines did for me."—Mrs. PEARL HILL, 418 Jacksboro St., Knoxville, Tennessee.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the same Gold Medal on every box and accept no imitation.

Looked Like It.
Clerk—You can't keep me down.
Employer—What are you trying to do, hold me up?

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of appetite, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Some men don't care whether they ride in an automobile or a patrol wagon—just so they get a ride.

Whenever there is a tendency to constipation, sick-headache or biliousness, take a cup of Garfield Tea. All druggists.—Adv.

No, Nora, painting the cheeks red is not a cardinal virtue.

When Nervous and Rundown

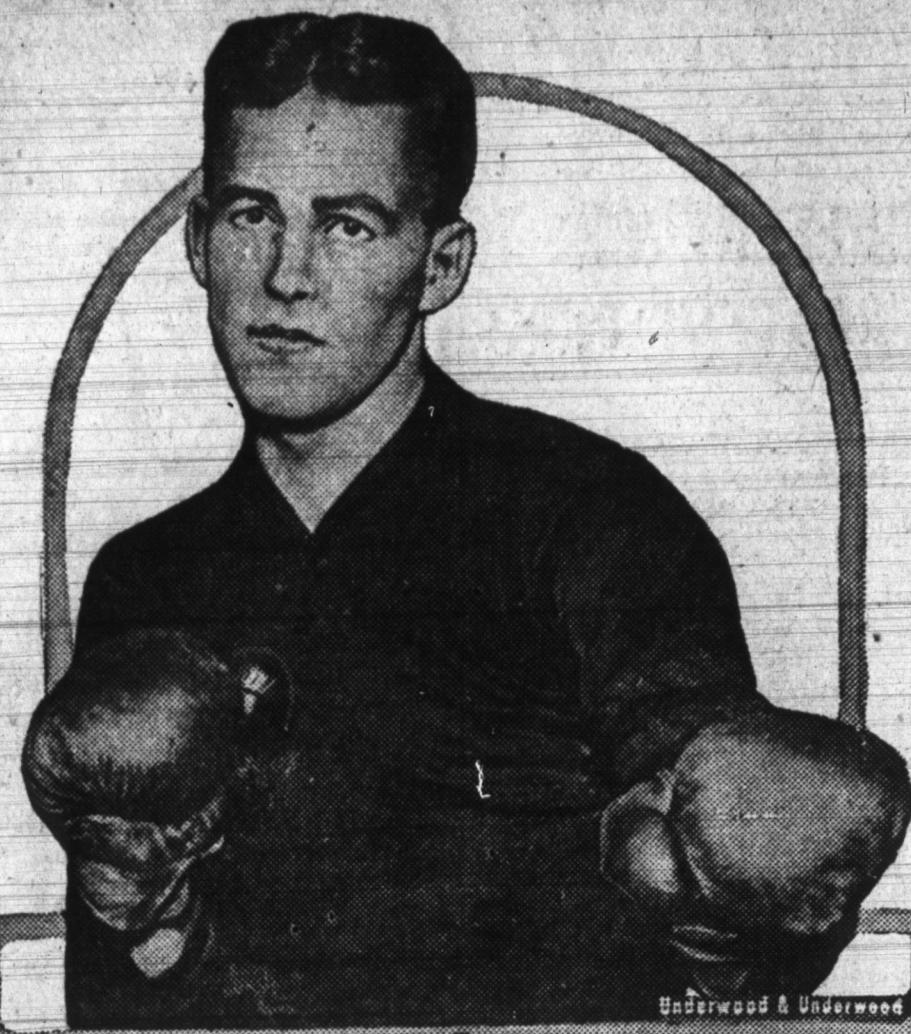
Advance, Ill.—"After a hard and serious illness I was restored to a perfectly healthy condition through Dr. Pierce's Favorite Prescription which I took as a tonic. It proved to be such a splendid tonic that I have taken it many times since then, whenever I have been nervous and run-down, and it has never failed to strengthen and build me up in health.

"I can also speak just as highly of the 'Golden Medical Discovery' as a blood purifier and a medicine that is safe to give to little children. When one of my daughters was only a year old she had scrofulous sores all over her head. I gave her Dr. Pierce's Golden Medical Discovery and it healed up every blotch and her hair grew nice and thick. She has grown to womanhood and has never had any return of blood disorder of any sort since that time. I give the 'Discovery' all the credit due it for this cure and take pleasure in recommending it."—Mrs. Eliza Lewis, care Mrs. P. M. Roberts, R. R. 1, Box 31.

Quincy, Ill.—"I am glad to tell what Dr. Pierce's Anuric (for the kidneys) has done for me; it is a fine remedy. I had been a great sufferer with my back and hip for years, but 'Anuric' did wonders for me. I have taken two small bottles and now tell every one what a good medicine it is."—Mrs. Stella Steckdill, 1532 Jefferson St.

All women who suffer from feminine disorders are invited to write the Faculty of the Invalids' Hotel, Buffalo, N. Y., for free confidential consultation and advice, no charge being made for this high professional service. This will enable every woman to benefit by the advice of the distinguished physicians.

BOXING TAKEN UP AS COMPETITIVE SPORT



Captain of Pennsylvania's Boxing Team.

Captain Heine Bourne of the University of Pennsylvania Boxing team, which is meeting those colleges of the East that have instituted this sport. Pennsylvania is one of the first colleges to take up boxing as a competitive sport.

NOTES of SPORTDOM

Charles B. Cockran sailed without Jack Dempsey's autograph.

England boasts 4,000 professional association football players.

Stanford university wants the western Olympic games tryouts.

Princeton will have 16 veterans of the football squad available in 1920.

Philadelphia has 1,800 soccer players registered in open league matches.

England's public schools and colleges promote boxing competition among pupils.

University of Minnesota has decided to build a new stadium to replace Northrup field.

Miss Alexa Stirling and Walter Hagan are likely to compete in the British golf classics this year.

England wants catch-as-catch-can wrestling added to the Olympic program.

The Queen's university, Kingston, Ont., will spend \$70,000 on a new stadium and hockey rink.

It makes one's head dizzy these days reading about the big amounts wanted by performers in various lines of sporting activity.

Several of the states are engaged in the gentle pastime of shooting the Dempsey-Carpenter fight away from their confines.

Halifax is to hold an international exposition in 1924 and wants the Olympic games as an added attraction for its success.

Mlle. Suzanne Lenglen and Andre Gobert, the leading French tennis players, are expected to visit this country this summer and compete in tournaments.

The University of Kansas at Lawrence, plans to model its new stadium after Princeton's athletic field. The new Kansas stadium is to cost \$1,000,000.

FOR

APRIL 26, 27, 28, 29
MAY 3, 4, 5, 6, 7, 8, 9
JUNE 1, 2, 3, 4, 5, 6, 7, 8, 9
JULY 1, 2, 3, 4, 5, 6, 7, 8, 9
AUG. 1, 2, 3, 4, 5, 6, 7, 8, 9
SEPT. 1, 2, 3

PAPER

APRIL 22, 23, 24, 25
MAY 1, 2, 3, 4, 5, 6, 7, 8, 9
JUNE 1, 2, 3, 4, 5, 6, 7, 8, 9
JULY 1, 2, 3, 4, 5, 6, 7, 8, 9
AUG. 1, 2, 3, 4, 5, 6, 7, 8, 9
SEPT. 1, 2, 3

ALL THE

APRIL 20, 21, 22, 23
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JULY 1, 2, 3, 4, 5, 6, 7, 8, 9
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SEPT. 1, 2, 3

LIVE

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AUG. 1, 2, 3, 4, 5, 6, 7, 8, 9
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SPORTING

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NEWS

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HURLER RUTH TELLS SECRET OF BATTING

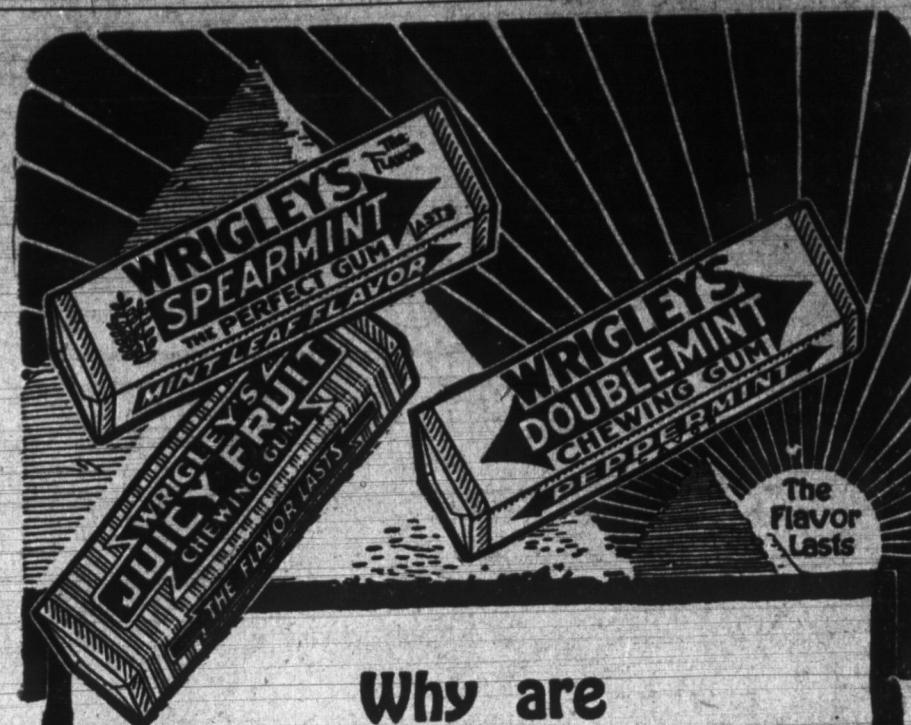
Home Run King Says "Keep Your Eye on the Ball."

New York Yankee's Newly Acquired Pitcher and Outfielder Tries to Follow Advice Given Him by Veteran Player.

"Keep your eye on the ball!" Sounds like golf, but Babe Ruth, leading manufacturer of home runs, was speaking about baseball. Babe, who was recently purchased by the New York Yankees from the Boston Red Sox, doesn't do much batting off the field. He doesn't believe in trying to score base hits with his chin, but every once in a while he can be persuaded to go to bat in the conversational league, and when he does generally knocks a couple of verbal home runs.

Naturally, the all-important question for Ruth to answer is "What is the secret of successful batting?" It was in reply that Ruth unhesitatingly answered:

"When a pitcher is preparing to deliver a ball try to guess what he intends to throw, a curve or a fast one," continued Ruth, "but just because you have made up your mind he is going to throw a curve do not be too sure of it. Always remember the pitcher is also trying to outguess the batter. That is part of a pitcher's work. Once he releases the ball never take your eye off it. If you do are gone. Watch it all the way. Watch it as it breaks and watch it as you start your swing. The batter who watches the ball only part of the way in its flight to the plate seldom becomes a good hitter, for if the pitcher



Why are

WRIGLEY'S

flavors like the pyramids of Egypt?

Because they are long-lasting.

And WRIGLEY'S is a beneficial as well as long-lasting treat.

It helps appetite and digestion, keeps teeth clean and breath sweet, allays thirst.

CHEW IT AFTER EVERY MEAL

Sealed Tight—Kept Right



A10

NEEDFIRE OLD FOLK CUSTOM

Part of the Ritual of Purification That Has Survived in Scotland Until Recently.

is throwing a curve it seldom breaks until it is within a few feet of the plate. It is almost impossible to tell whether a thrown ball is going to curve or not until the actual break occurs. For this reason it is necessary for a batter never to take his eye off the ball.

"When I was a youngster just beginning to play any kind of real baseball a veteran player impressed upon me the necessity of keeping my eye on the ball, and I have never forgotten it. It has become second nature with me, and yet I never step to the plate that the warning 'Keep your eye on the ball,' does not flash through my mind.

"Next to keeping his eye on the ball a batter must learn to hit with a free and easy swing. Getting started quickly toward first base is something that demands close attention. Many a base hit has been lost by a slow start from the plate and many a base hit has been made by getting away quickly.

"There are many more things about batting, but these are the chief things to remember and practice."

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