

THE RICHMOND PALLADIUM AND SUN-TELEGRAM

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The Executive Office

The American people will not look askance at any action congress may take to provide for the continuous exercise of the executive power. The charge on which President Wilson ousted Secretary Lansing leaves the palpable and obvious inference that he believes informal conferences of the cabinet during the incapacity of the chief executive to perform his functions are "a usurpation of executive authority."

If this is a correct interpretation, then the American congress without further delay or argument should legislate a lawful method whereby the uninterrupted performance of the executive branch of our government would be assured.

Few of us have sympathy with the stand taken by the president on this question. We believe the three fundamental departments of our government should function under every circumstance and in every crisis. The duties of the executive should never be interrupted. The exer-

cise of this function is as essential to the national welfare as are the operations of the legislative and judicial branches.

President Wilson invited intense criticism when he departed from American soil to participate in the peace conference. It was argued at that time that the place of the chief executive of the United States should be the White House. Developments since that innovation have intensified the feeling in the country that the president should not leave this country but should always be prepared to deal promptly with domestic problems.

"The executive must never lapse," says the Chicago Tribune. "That is an essential of public safety. Congress should consider its immediate and most imperative duty to provide that it does not lapse, that there shall be no shadow of doubt that in the case of the president's inability to perform his duties, either by reason of absence from the country or of physical and mental disability, these duties shall be performed by another designated official."

In this case, Secretary Lansing and the other cabinet members were not actuated by base motives to usurp power. They sought to promote the public welfare. They were members of the official family of the president, and in a time when he was physically unable to perform his duties, sought to carry on the work. Since this method has met with the disapproval of the president, congress should by law establish a method that cannot merit the censure of a chief executive.

THE GEORGE MATTHEW ADAMS DAILY TALK

THE RESERVE

The wisest man is always keeping something back—for use in emergency.

The strong bank has its reserves. The man with money in his pocket is always more cheerful. No general ever planned an important battle without large stores in the rear of his fighting lines. The squirrel gathers and lays up his winter supply of nuts. It is a principle of Nature to prepare for the future.

The tramp and loafer have no reserves, to their own knowledge. The shrewd man or woman tell only a fraction of what they know. Their learning is not posted for every passer-by.

People with substantial reserves hold their heads up and go right straight ahead!

A life, well lived, is a plan. Every time that you save—whether it be strength or money—you add power to your mind and muscles. The more you analyze life and puzzle over it, the more confused you become. In reality, it is a very simple affair. It's just doing your best—the most, each day. But as you accomplish, you must lay aside your crystallized experiences and gains, for you never know when you are going to need them both.

I have a wonderful reserve in my "handful friends." They inspire me to do my best. They tell me when I am doing my worst.

Are you bearing in mind the "rainy days?"

Mrs. Solomon Says— Being The Confessions of The Seven-Hundredth Wife. BY HELEN ROWLAND

(Copyright, 1919, by the Wheeler Syndicate, Inc.)

My daughter, ask me why I have worn furs in August, why I have worn the moon, why men grow bold, and why red haired women are irresistible. Ask me not, I beseech thee, WHY a man seeketh the companionship of one kind of woman—and weddeth the other kind.

For, it is too much for me!

Now, in Babylon, there dwelt a bachelor, whose name was "Phildar," which is to say, One who Rules.

His Own-Heart, and enjoyeth his freedom.

And the Matchmakers designed him, continuously, saying:

"Why dost thou not marry?"

But he closed one eye and answered:

"Nay verily! For my time hath not yet come!"

"Behold I am full of happiness, and possessed of every comfort. My shelves are covered with books, mine abode is bright with college pillows and the trophies of the field. My celarette is full, my pipe is good, and I have seventeen damsels upon my calling-list."

"Yes, peradventure, when my girth and mine income shall increase, and my hair beginneth to thin out, I shall seek a wife. But she shall be like unto none of these, who now divert me; neither a tomboy in smocks, nor a highbrow in gorgias, nor a 'remnant' from Reno, nor a flirt-flapper's clothing; but a REGULAR GIRL, who will make me a HAPPY HOME."

And it came to pass, even as he said

that his fortune grew fat and his hair grew thin, and he met the woman of his dreams.

And the Matchmakers rejoiced crying, "How perfectly lovely!"

And Phildar congratulated himself mightily. For she was every Man's Ideal Woman; even pink-and-white-damsel, with a list and a dimple, and domestic tastes, and a one-cylinder mind.

And lo, when they were married, she began at once, to make home "happy" for him.

Behold, she cast out the contents of his celarette, and replaced them with her fancy-work, and embroidery silks, and darning.

She CLEANED his desk, and bestowed his morris-chair upon the ashman; and his comfortable antiques, she exchanged for brand new mahogany furniture, until the house was full and running over.

She covered his college pillows with rose-pink satin, and hid his trophies away in the closet where they might not offend the eyes.

She flung his old pipes away, saying they scented up the curtains; and his woolen bathrobe, she replaced with "lounge-coat" of pure velvet.

And, upon his shelves she kept only the "pretty books;" but the dog-eared and well-thumbed volumes she sold for "old paper."

And, as for the seventeen damsels who had brightened his life, in his bachelor days, they were NOT in "best," and Lothario saw them no more.

Yet, when the comrads of his youth questioned him, Lothario smiled ecstatically, and assured them, saying:

"Verily, verily, my Wife is a wonder—and I am perfectly HAPPY! Yes, married life is the only life!"

And whether he spoke truly or falsely, he knew not.

Labor Calendar

Meetings of local labor unions scheduled for Wednesday night follow:
Barbers, President, Walter Hart, secretary, Vorn Pentecost, 7:30; place, T. M. A. Hall.

Constantinople to Be Internationalized by Allies

(By Associated Press)
LONDON, Feb. 18.—The Internationalization of the Dardanelles which had been forecast was decided upon definitely by the allied supreme council Tuesday. The details of the control of the waterway, however, have not been worked out.

Flu and Colds How They Can Be Prevented

Sleep Well—Eat Wisely—Exercise Regularly—Avoid Persons Having Colds—Don't Worry

KEEP AIR PASSAGES CLEAR

Inflamed Air Passages Make Ideal Breeding Grounds for Flu Germs.

Flu This Year is Milder
While we know very little more about the flu now than we did last year—the germ itself has never been positively identified—still most authorities agree that the flu germs are breathed in. If the system is in good shape and the membrane or lining of the air passages is in healthy condition—these germs are thrown off. A good plan is to melt a little Vicks VapoRub in a spoon night and morning and inhale the vapors, also apply a little up the nostrils several times a day, especially just before being exposed to crowds.

Treat All Colds Promptly
Above all, keep free from colds, as colds irritate the lining of the air passages and make them real breeding grounds for germs. Prompt use of Vicks VapoRub aids in preventing colds. For head colds, sore throat or hoarseness, rub Vicks well over the throat and chest and cover with a warm flannel cloth. For deep chest colds, severe sore throat or bronchitis, hot wet towels should first be applied to the throat, chest and back between the shoulder blades to open the pores. Then Vicks should be rubbed in over the parts until the skin is red—spread on thickly and cover with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, so the vapors, released by the body heat, may be freely inhaled.

These vapors, inhaled with each breath, carry the medication directly to the lung passages. At the same time Vicks is absorbed thru and stimulates the skin, thus aiding to relieve the congestion within.

Use of External Treatment for Colds Increasing

Vicks VapoRub is the discovery of a North Carolina druggist who found how to combine the Salve form, the standard time-tested remedies, Camphor, Menthol, Eucalyptus, Thyme, etc.—so that when the salve is applied to the body heat, these ingredients are liberated in the forms of vapors.

Vicks is particularly recommended for children's croup or colds, since it is externally applied and therefore can be used freely and often without the slightest harmful effects.

The best evidence of the value of Vicks is the steadily increasing number of people who have been converted to the use of this "outside" treatment. Beginning with the customers of a small retail drug store, the use of Vicks has grown—year by year—state by state—until now more than 17 million jars are used annually. And this in spite of the fact that Vicks is a new form of treatment to many folks in North and West. Vicks can be had at all druggists in three sizes—30c, 60c or \$1.20.—Advertisement.

The Horrible Handicap of Catarrh

You Must Drive It Out of the Blood to Get Rid of It Permanently.

Adam never had a handkerchief is another way of saying that Catarrh is an ailment that we owe to civilization and the effects of modern life. Catarrh is not a disease like pneumonia or typhoid fever. Catarrh is caused by impure blood, laden with irritating and poisonous matter acting upon cells lining the nasal passages and throat, that have already been inflamed, irritated and caused to over-work, by exposure to dust, dirt, sudden changes of temperature, abnormal dryness of the air, and germs. Catarrh cannot be cured by spraying or douching the nose and throat. The unhealthy condition of the blood must be overcome, purified and restored to a healthy condition.

You must realize that the disease itself, and not its symptoms, is what you have to cure. Of course, you know that when you are cured of any disease its symptoms will disappear.

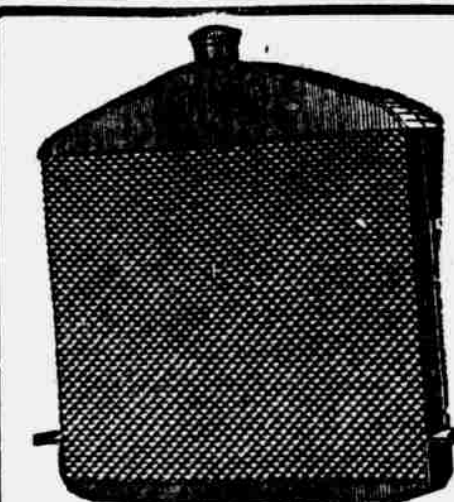
Catarrh manifests itself by inflammation of the delicate membranes of the nose and air passages which choke up and make breathing difficult. To get rid of these distressing effects you must remove their cause.

The blood is laden with the Catarrh germs, which direct their attack against the tender and delicate membranes of the nose and throat. These germs cannot be reached by sprays or douches, which, of course, have

no effect whatever upon the blood.

S. S. S. is a purely vegetable blood remedy, made from roots and herbs direct from the forest, which combat promptly any disease germs or impurities in the blood.

Once you get your blood free from impurities—cleansed of the catarrhal poisons which it is now a prey to because of its unhealthy state—then you will be relieved of Catarrh—the dripping in the throat, hawking and spitting, raw sores in the nostrils, and the disagreeable bad breath. It was caused, in the first place, because your impoverished blood was easily infected. Possibly a slight cold or contact with someone who had a cold. But the point is—don't suffer with Catarrh—it is not necessary. The remedy, S. S. S., discovered over fifty years ago, tested, true and tried, is obtainable at any drug store. It has proven its value in thousands of cases. It will do so in your case. Get S. S. S. at once and begin treatment. If yours is a long-standing case, be sure to write for free expert medical advice. We will tell you how this purely vegetable blood tonic cleanses the impurities from the blood by literally washing it clean. We will prove to you that thousands of sufferers from Catarrh, after consistent treatment with S. S. S., have been freed from the trouble and all its disagreeable features and restored to perfect health and vigor. Don't delay the treatment. For free medical advice address Swift Medical Director, 167 Swift Laboratory, Atlanta, Ga.—Advertisement.



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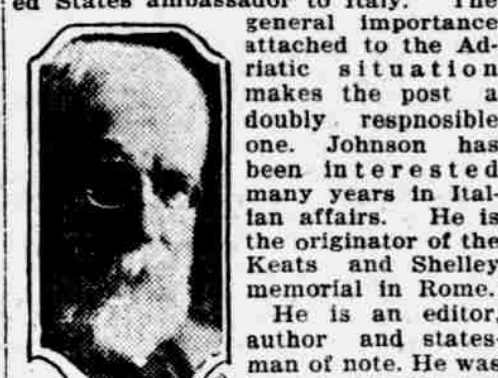
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Robert V. Johnson

RECENT word is that President Wilson will send to the senate the nomination of Robert Underwood Johnson of New York as the new United States ambassador to Italy. The general importance attached to the Adriatic situation makes the post a doubly responsible one. Johnson has been in the past a leading figure in Italian affairs. He is the originator of the Keats and Shelley memorial in Rome.



He is an editor, author and statesman of note. He was born in Washington, Jan. 12, 1853. After graduating from Earlham college he edited several magazines. He is credited with organizing and helping set on foot the movement resulting in the creation of the National Park. He has been secretary of the American Copyright league since 1888, and for his services in the cause of international copyright received an honorary A. M. degree from Yale and decorations of Chevalier of the Legion of Honor from France and Cavaliere of the Crown of Italy. He has been interested in forest preservation and other similar movements.

Dinner Stories

Willie came up to his mother with an expression of anxiety on his face.

"Ma," he asked, "if a poor little boy was to come to the back door and ask for something to eat, would you give him that piece of applepie that was left over from dinner?"

"Yes, Willie, of course, I would!" said the mother, genially.

Willie's face cleared.

"All right," he said, "just wait a minute till I run around to the back door."

A certain captain in the army was summoned to answer a charge of assault preferred against him by a sentry. The officer had no recollection of it. The sentry declared the officer was intoxicated.

Among those questioned was an Irishman, who protested vigorously that the allegation of the sentry was a slander—that he was sure the captain was perfectly sober.

Curse of Acid-Stomach Millions Suffer from It

"Makes the Body Sour"

Why do you see so many sick and ailing folks?

Why don't the food you eat make you strong?

Why do you now suffer miseries no one had years ago?

Millions of people have asked this.

Medical books tell the reason. It's an Acid-Stomach—that is, too much acid causes food to pass on a sour, fermenting mass. This sends poisonous germs and harmful acids all over the body, instead of strength and life.

Over seventy non-organic diseases can be traced to Acid-Stomach. It is excess acid, not the food you eat, that starts this trouble. Day and night it goes on, doing ceaseless damage, breeding millions of germs.

If you belch, if your food repeats, if you have heartburn, a miserable, tight puffed-up feeling after eating, sour stomach, headache, if you are losing weight, if you don't feel "peppy," sleep badly—in fact, ailing in any way—

Get rid of your Acid-Stomach. It's the first step to good health.

Eminent chemists, after years of work, have found a way to easily and naturally take up this excess acid and carry it out of the body.

It is a tablet called EATONIC, easy to remember. Within two years, over half a million people

have used it with marvelous benefits. You can prove this in your own case—FREE.

Take EATONIC for five days—see how much better you will feel. EATONIC contains harmless elements that absorb the acid and drive out the gas—in fact, you can fairly feel it work.

Because of its wonderful merit, 25,000 dealers have started selling and have guaranteed EATONIC for Acid-Stomach miseries in the last two years.

Over half a million people now clean out their excess acid with EATONIC. This keeps them well, strong, full of pep, gives them a good appetite, makes them sleep well.

No matter what you have tried—don't give up hope. Call on your druggist and get a big box of EATONIC. It costs but a trifle.

Give it a fair, honest trial for five days—let your own stomach be the judge.

If you are not pleased take it back. It won't cost you one penny unless it proves its worth to you.

Sickly, ailing people—with no pep, nervous, worn out, all in—should try EATONIC—it is guaranteed to help you. It is so easy to get relief—why feel bad any longer? You will never feel well with an Acid-Stomach. Get rid of it—see how much better you will feel.

"What's in a Name?"

BY MILDRED MARSHALL

Facts about your name; its history; its meaning; whence it was derived; its significance; your lucky day and lucky jewel.

Syndicate, Inc.)
(Copyright, 1919, By The Wheeler

LENORA

Made famous in this country by Poe, is in reality the Spanish transformation of one of the most ancient of feminine names—Helen. Its original root was "Helen," the Greek sun-god who drove his heavenly chariot around the heavenly vault day by day, the name signifying light and brightness. Every language, practically, has brought its distinguishing mark to the original name, and Lenora is one of the most beautiful and musical of the derivatives. In Italy, Lenora is one of the forms, Eleanora in England, Eileen in Ireland, and so on.

The original Spanish derivative was Lemora, in which the "n" gradually displaced the "m."

This jewel assigned to bearers of this name is the beautiful yellow jacinth—a stone formerly carried by travelers to insure them against accident and disease. A fantasy associated with this gem is that it warns its wearer of approaching danger by growing pale in color and it also is supposed to guarantee protection from bolts of lightning. The lucky day of Lenora is Sunday and six is her lucky number. To dream of her natal stone, the yellow jacinth is interpreted to mean success in any undertaking she may be interested in at the time.

Memories of Old Days

In This Paper Ten Years Ago Today

The Border Bolt and Nut Lock company, situated in West Richmond, passed into the hands of receivers. Business in Richmond and Wayne county was practically demoralized, as a result of zero weather and the 15 inches of snowfall which covered the county highways.

Hogs in local markets sold for \$9 per hundred, a price greater than ever before paid in the city.

Make sure the prize you chase is worth the price. If you cultivate your talents you'll always find an opportunity to use them.

Is Your Blood Starving For Want of Iron?

Modern Methods of Cooking and Living Have Made an Alarming Increase in Iron Deficiency in Blood of American Men and Women

Why Exhausted Iron so Quickly
Helps Build Up Weak, Nervous, Run-Down Folks—Over 3,000,000 People Annually Taking It to Increase Their Strength, Power, Energy and Endurance.

"Is your blood starving for want of iron? If you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally starve for want of iron."

Iron that gives it strength and power to change food into living tissue. Says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital:

"Modern methods of cooking and the rapid pace at which this country lives has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marveled at the large number of people who lack iron in the blood, and who never suspect the cause of their weakness, nervous, run-down state. Lack of sufficient iron in the blood has ruined many a man's nerves and utterly robbed him of that virile force and stamina which are so necessary to success and power in every walk of life."

"I strongly advise those who feel the need of a strength and blood-builder to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this trouble, then purchase only Nuxated Iron in its original packaging and see that this particular name (Nuxated Iron) appears on the package."

In commenting upon the value of Nuxated Iron as a means for creating red blood, strength and endurance, Dr. George H. Baker, formerly physician and surgeon, Mont-

mouth Memorial Hospital, New Jersey, says:

"What women need to put roses in their cheeks and the spring-time of life into the step is not cosmetics or stimulating drugs, but plenty of rich pure red blood. Iron is one of the greatest of all strength and blood-builders and unless this iron is obtained from our food it must be supplied in some form that is easily assimilated if we want to possess power, energy and endurance."

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