

DISEASES OF HEART LEADS U. S. DEATH RATE, SAYS DR. HURTY

(By Associated Press) INDIANAPOLIS, March 3.—Heart diseases have the lead as the causes for the national death rate in the last four years. The pneumonia influenza epidemic ranked second and tuberculosis has been cut down to third as a cause for national mortality, according to Dr. J. N. Hurty, secretary of the Indiana state board of health.

"These heart disorders are caused by a number of modern day habits of living," says Dr. Hurty. "Intemperance in eating is one of the 'crimes' that Dr. Hurty considers is retarding civilization's progress.

"And the worst of it is," says the doctor, "that my work is to seek to preserve the weak. Unless there is a change, the weak and the patched-up will predominate in modern civilization, and then there will be a pretty condition."

Gauge Nation's Strength

The strength of a nation, Dr. Hurty believes, may be gauged by the number of old men that it has living. The "dead-line" under which a nation dare not fall, if it hopes to continue, is 15 per cent of the men living, over 60 years of age. "The Balkan states, although they are warring constantly, have the world's highest percentage of old men," says Dr. Hurty. "The United States census has no figures listed."

Modern civilization is rapidly approaching a "hairless and a toothless age," Dr. Hurty declares. "People don't eat the right foods. Overeating of some foods and under-nourishment of other foods is what is depriving people's bodies of the elements necessary to make hair and teeth. And good teeth are born with a child. The mother must have the necessary elements for making the perfect enamel necessary for the perfect teeth."

Highly milled flours and inland salt deprive men of elements essential to the growing of hair and teeth, Dr. Hurty says. Canned goods in time produce scurvy if eaten alone, he says. Dr. Hurty recommends greens as an essential part of every diet.

GIVES ROAD FIGURES

(By Associated Press) INDIANAPOLIS, March 3.—There are 1,825 miles of gravel roads, 815 miles of stone roads and 170 miles of earth roads under the jurisdiction of the maintenance department of the state highway commission at this time, according to Lawrence Lyons, director of the state highway commission.

You can't be an expert on odors and use Blue Devil Cleanser in your home. —Advertisement.

Original Recipes for Using Canned Foods

Here is a handsome booklet containing over 40 solid pages of new recipes that tell the housewife how to serve canned foods more attractively. These original recipes are so fine that they are being used by teachers in many of the leading schools of domestic science.

The back of the book there is a complete index listing in alphabetical order 27 different kinds of soups, and enumerating a total of 236 recipes, including everything from apple dumplings to white sauce.

It has been said that any woman who gets this book of recipes will wear it out from use—and when she does she can have a new one. No charge except two cents in stamps for return postage. Write your name and address clearly on the lines of the coupon.

(Do not send the coupon to The Palladium. Mail it direct to Washington, D. C.)

Frederic J. Haskin, Director, THE RICHMOND PALLADIUM Information Bureau, Washington, D. C.

I enclose herewith two cents in stamps for return postage on a free copy of the booklet "Recipes for Canned Foods."

Name _____
Street _____
City _____
State _____

Garfield Notes

The new board of publication of Garfield junior high school met Feb. 20, 1922, in order to organize. The new members are: Clara Mayer, Marion Harrison, June Kehlenbrink, Freeman.

WOMEN MEN ADMIRE

Men admire a pretty face, a good figure, but more than all a buoyant disposition and the charm of happy content. There is no question but what a light-hearted woman is the joy of a man's life, but no woman can be happy and joyful when dragged down by the ailments that so often develop headaches, backache, nervousness and "the blues."

We are continually publishing in this paper letters from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after doctors and other medicines have failed to help them. If you are ill, why not give it a trial?—Advertisement.

2 BIG SPECIALS

That we are now offering during our

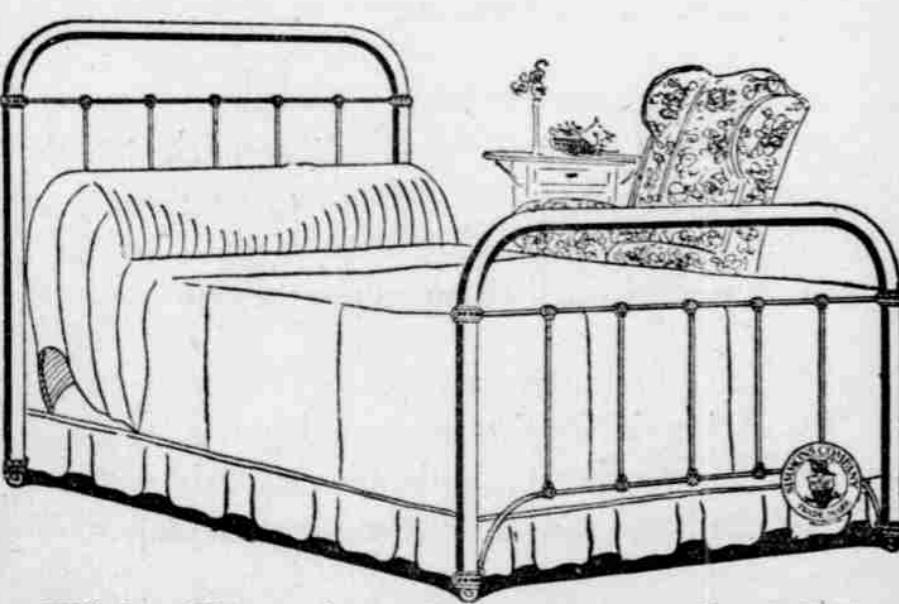
March Sale!



This LAUREL GAS RANGE
Exactly as here pictured—
\$3750

This High Oven Laurel

Gas Range is without question the Best Buy for the money on the market today. We have just a few left to offer at this very special low price.



This Genuine Simmons **\$6.95**
Steel Bed

This 2-inch post Simmons all steel Bed, exactly as here pictured, is now being offered at the price above mentioned during our sale.

Weiss Furniture Store
505-13 Main Street.

Harris, Edward Wilson, Mary Jane Snyder. The old members are Thelma Sharritt, William Campfield, Pearl Dipon. The new officers are Pearl Dipon, chairman, and Mary Jane Snyder, secretary.

The work in the gym for girls consists of educational gymnastics which include exercise with dumb-bells and clubs, marching, dance steps, folk dancing and games. The teacher this year is Miss Lorehr, of Greencastle. The general language classes are studying languages of the cavemen. They are also studying picture writings used by the North American Indians hundreds of years ago.

The 7-B class had a treat when Mr. Manning gave a talk on Panama. Mr. Manning lived there three years.

The sewing and cooking classes in Garfield junior high school are going on with their regular work. The 7-B classes are making caps and aprons. The 7-A's are making dresses.

Although the school has been divided there are over 100 pupils buying lunches every day at Garfield.

Births

BENTONVILLE, Ind., March 3.—Mr. and Mrs. Lambertson are the parents of a daughter.

Divorce Rumored



Freedom is sought from her husband, it is reported, by Lady Ashbury (above), a former London Gaiety girl, and a daughter of J. C. Donnelly, New York.

TAKE NO CHANCES ON GAS

(By Associated Press) KENTON, Ohio, March 3.—City officials aren't taking any chances on Kenton's gas supply. Common pleases court has granted an injunction preventing both the Hardin-Wyandot and the Medina gas companies from shutting off the city's source of supply.

INGROWN TOE NAIL

TURNS OUT ITSELF

A noted authority says that a few drops of "Outgro" upon the skin surrounding the ingrown nail reduces inflammation and pain and so toughens the tender, sensitive skin underneath the toe nail, that it can not penetrate the flesh, and the nail turns naturally outward almost over night. "Outgro" is a harmless, antiseptic manufactured for chiropodists. However, anyone can buy from the drug store a tiny bottle containing directions.—Advertisement.

NEW SPRING STYLES in SPORT MODEL SUITS—

Kennedy Clothing Co.
Most Everything for Men and Boys.
803 Main Street

VALENTINE'S

Valspar Varnish Stains

Valspar Varnish

Valspar Enamels

Complete Assortment in All Size Packages

A. G. Luken Drug Co.

626-628 Main Street

Happy stars that make happy homes

Can you imagine Old Man Gloom existing in a home where Al Jolson, Ted Lewis, Nora Bayes, Frank Crumit, Bert Williams, Van & Schenck, Marion Harris, Dolly Kay, Paul Biese, Furman and Nash, Deiro, and such stars are present?

Wherever there is a home that enjoys the best song and dance hits, popular ballads, comic opera tunes,—there you will find a home filled with real happiness.



You follow the crowd to find a good show. Follow the popular record fans and you'll find what you want at some Columbia store.

Columbia Records

Here's the Pick of the List

FOX-TROTS

Marie
Ted Lewis and His Band
Down the Old Church Aisle
from Greenwich Village Follies of 1921
A-3538 75c

Stealing Intro. "I Hold Her Hand and She Holds Mine," Medley—The Happy Six
Why Don't You Smile
The Happy Six

Remember the Rose Piano Duet
Frank Banta and Cliff Hess
Roll On, Silvery Moon Intro, "Glow, Little Lanterns of Love" Piano Duet
Frank Banta and Cliff Hess

April Showers Eddie Elkins' Orchestra
June Moon Eddie Elkins' Orchestra

Wabash Blues The Columbians
Tuck Me to Sleep (In My Old Kentucky Home) The Columbians

Yoo-Hoo The Happy Six
Fancies The Happy Six

Cho-Cho-San Eddie Elkins' Orchestra
Tea Cup Girl Eddie Elkins' Orchestra

Way Down Yonder in the Cornfield Columbia Stellar Quartet

S. R. Henry's Barn Dance Columbia Stellar Quartet

Sweet Genevieve Columbia Stellar Quartet

You're the Flower of My Heart, Sweet Adeline Columbia Stellar Quartet

When the Corn is Waving, Annie Dear Columbia Stellar Quartet

Old Black Joe Columbia Stellar Quartet

Kathleen Mavourneen Columbia Stellar Quartet

Loch Lomond Columbia Stellar Quartet

Swanee River Moon Columbia Stellar Quartet

Hold Fast in a Baby's Hands Duet Reardon and Mellor

Dear Old Girl Peerless Quartet

My Gal Sal Columbia Stellar Quartet

You're the Only Girl That Made Me Cry Henry Burr

Drifting Peerless Quartet

QUARTETS

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S. R. Henry's Barn Dance Columbia Stellar Quartet

Sweet Genevieve Columbia Stellar Quartet

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CONCERT

Mighty Lak' a Rose Soprano Solo

Hulda Lashanska \$1.00

Ay, Ay, Ay Bass Solo

Jose Mardones \$1.00

El Arriero Bass Solo

Jose Mardones \$1.00

Believe Me, If All Those 79155

Endearing Young Charms \$1.00

'Cello Solo Pablo Casals

Barefoot Trail Baritone Solo

Oscar Seagle \$1.00

Lassie o' Mine Baritone Solo

Oscar Seagle \$1.00

Ideal Baritone Solo

Riccardo Stracciari \$1.50

Liebesfreud Violin Solo

Toscha Seidel \$1.50

Ship o' Dreams Mezzo-Soprano

Barbara Maurel \$1.00

One Fleeting Hour Mezzo-Soprano

Barbara Maurel \$1.00

OPERATIC

Carnevale di Venezia (Carnival of Venice) Soprano Solo

Florence Macbeth \$1.50

Linda di Chamounix (Guiding Star of Love) Soprano Solo

Florence Macbeth \$1.50

Samsom and Delilah—Mon. coeur s'ouvre à ta voix \$1.50

Jeanne Gordon \$1.50

Mira, di acerbe lagrime Duet Rosa Ponselle and Riccardo Stracciari \$2.00

Norma—Casta Diva Soprano Solo