QUESTIONS AND ANSWERS.

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"No pleasure is comparable to the standing upon the vantage-ground of truth." -BACON.

#### WHY ONLY HIGH SCHOOL PLACE?

Is Cedar Rapids like a man who wears new shoes but dirty socks? Are houses unfit for habitation permissible as long as they are inconspicuously situated? The city has ordered the abandonment and removal of a group of alleged unsanitary houses prominently situated near Washington high school. Why not continue the cleaning until every owner of every unfit building in the city has been notified to bring his property up to standard, or remove the blight from our city?

There are shacks and other apparently unfit buildings dignified by being called houses, that may be seen from the railroad trains passing through the city, or by tours through different parts of the city. Simply because these buildings are not close to high schools does not indicate that they do not endanger public health, demoralize the standards of living and undo the work the schools are trying to accomplish. Probably bad housing makes as many bolsheviks as bad politics.

It would be interesting for the civic committees of the luncheon clubs and the Woman's club to make tours of inspection through every part of the city.

One wonders what reactions our city fathers, our welfare workers, our ministers of religion, our enthusiastic efficiency boosters and our newspaper men would have if they were compelled by misfortune to live in some houses that stand in unsanitary ugliness as menaces to ambition and success. How can schools, business houses, or factories expect good results from children and adults whose homes are depressing and unhealthy? If our housing situation were met as it should be met, our Community Chest would be reduced in size immediately.

#### MAKE IT UNANIMOUS.

"Nothing should be printed that all should not read." This admonition has been given to the newspaper men of America by a Missouri editor. It is a fine ideal. Why not apply its principle generally? For example, it would mean that nothing should be said that all could not hear without harm; nothing done that all might not do; nothing seen that all might not see without harm. As a matter of fact, if nothing should be printed that all should not read, the Bible might be found a little strong in some places for children, medical books would have to be suppressed as they might be bad for morons and some children and morally weak adults.

If we attempt to apply the rule to newspapers, there would be those who would object to a newspaper fighting against political unrighteousness, on the ground that its exof graft would cause innocent trusting young patriots to lose faith in man-

kind and in their country If a newspaper decided to print nothing that any one should not read and left the matter to public judgment, the newspapers would distribute blank pages. Even the publication of church service notices has been opposed on the ground that America does not officially recognize any religion and that the newspapers as public service institutions should have nothing to do with religion Clearly, the public never could agree as to what the newspapers should publish, the artists paint, the novelists write and the moving picture industry produce

Censorship by the public is not a success. The whole question of censorship is one that must be left to the individual editor, artist and playwright Public sentiment will be respected whenever it is honest, fair and sufficiently standardized Publishers of new-papers, magazines and books and producers of films who like to flounder in filth, are not in the major-The average newspaper is edited and published by men who look on their business as a puttic service offered for the good of the community.

#### ENCOURAGEMENT.

"Ninety-nine per cent of the people want encouragement as the time and one per cent or only twenty tree hars and fifty-nine minutes each day the comment in the common desire for eac uragement was made by a writer who is incided to emphasize his point by exaggerate his the value if encouragement hardly can be exaggerated. Possibly we do not need or want as reach as the writer indicates but we all want tand all our institutions need it at times. Men grow weary of being successful. I ven exceptionally prosperous persons want encouragement at times The encouragement market seld on s oversupplied

Like courtesy, encouragement is inexpensive, but stimulating I co much of it is weakening to personality. It discourages self-lelp, but not many have been injured in that way Most of us get enough knocks to keep us balanced.

Because most persons are a nest we have fear that we may seem to be insincere. Most of us dislike flattery and emoty praise. We need encouragement, but we want it to be sin- death.—Davenport Democrat

cere. Our western civilization is less emotional and less expressive than that of the old world. We are a practical people. We demand efficiency of each other. We are critical THE HEALTH IN THE AROMA write about it, I don't mind telling

When there is special occasion, we are wonderfully kind. Floyd Collins touched the heart of America. But, under ordinary circumstances, we keep our flower for the graves of our friends, not for their blue days. This country has an unappreciated asset in the latent power of unexpressed encouragement. Our present attitudes toward prosperity and toward the outcome of civilization are largely psychological. Many persons are in a state of mind that needs the stimulus of encouragement. Many people need a renewal of hope and courage. They need the sympathetic encouragement of friends who have faith in

#### SCRAMBLED SENTIMENTALISM.

This is not a discussion of murder, but of the confused sentimentalism that has been expressed in regard to a triple tragedy in any lowa town. A former service man shot and killed his aged parents and himself. He left an explanation in a letter in which he said that his parents were incurable and that his parents of a good cook. A good cook never drives off the aroma when she is preparing cone. A good cook. A good cook never drives off the aroma when she is preparing cone. A good cook. A good cook never drives of the aroma when she is preparing cone. A good cook never drives of the aroma when she is preparing cone. A good cook never drives of the aroma when she is preparing cone. A good cook never drives of the aroma when she is preparing cone. A good cook never drives of the This is not a discussion of murder, but of

pity for them enabled him to sacrifice his own life in order to relieve his father and mother form lives that promised little except suffering. The story of the tragedy says that, this in this word "understood" there is another tragedy. Did the community understand? Did the neighbors of the victims of this terrible tragedy understand that the young man say have been selfish rather than sacrificing. He may not have had the courage to face possible months, or years of devotion to his parents. Did the community really understand the effect it would have on society by sentimentally condoning a double murder and making a hero of a murderer and suicide?

In France, a few weeks ago a court freed a woman who had killed her lover to release him from suffering. About a week later another woman followed the example of the limits would like it to limit the later of the tannic acid is extracted from the training of the constant dictions. It is in plind when making a hero of a murderer and suicide?

In France, a few weeks ago a court freed a woman who had killed her lover to release him from suffering. About a week later another woman followed the example of the limits of the later o

first and made a plea for her freedom on the ground that the court had dismissed the other

Society never can afford to concede to the individual the right to take the life of another, even when it is claimed that the highest motives are involved. There is no motive that society can hold to be higher than the motive of respecting life and .personality. There is no motive that nullifies the law against murder. Society strikes its foundations when it sentimentally condones any violation of the fundamental laws on which the safety and welfare of society rest.

#### Money Ruined Him By DR. FRANK CRANK

EVERYBODY is seeking for money, but it is the seeking which counts, as money is not always a blessing when it comes. The man who won \$20,000 for suggesting the name

"Liberty" to a popular magazine is now charged by his wife with the abandonment of her and his four The first thing he did with his prize money, his wife said, was to buy a six-cylinder touring car and a

quart of liquor. She also said that he kept paying \$5, \$10 and \$15 tips to taxicab chauffeurs and bootleggers. "Before he won that prize we were in pretty poor circumstances," said his wife. "We were in debt, but

at least we were happy." The question in life is not only who is going to receive the prizes, but what people are going to do

with them. Winning a beauty prize may mean moral and spirit ruin to the successful contestant. Beauty is of

no advantage unless used beautifully, Many a man has found it harder work to take care of his money when he got it than to get it in the first place. If he makes a large amount of money he finds all society arrayed against him. Beggars assail him, tradesmen overcharge him, and the government taxes him. He finds that the possession of money renders him a marked man.

A man with a large fortune is in one respect like Cain, for every man's hand is against him.

So there are two sides to success. It is a question whether success is more valuable as a goal to be attained than it is as a goal which has been attained Those on the way up to it get plenty of advice and sympathy from others. Those who have arrived do not receive much sympathy. .

It takes considerable training to be able to take care of money. And often people who are suddenly raised to affluence do not know what to do with their possessions.

Certainly if receiving a large sum of money induces a man to take up extravagant and bad habits and to desert his wife and his children it is a bad

The same thing is true with the possession of any talent. A man may be a great violinist, a great planist, or a great speaker, and his success may ruin hini as a man. It is very difficult for anyone who is extraordinarily endowed in any way, either in money or talent, to keep his faculties in balance.

The best condition for a man is one of struggle and uncertainty. While he is struggling he is automatically kept normal and in check. That the majority of the human race are not on Easy Street is a good thing for the race

If every man were a millionaire the world would speedily go to the devil. It is the fact that most people need to worry and struggle along with obstacles that keeps the world sound and sane. (Copyright, 1923 by The McClure Newspaper Syndicate.

IN 25 YEARS.

With what swift strides does civilization drive for-With what swift strides does civilization drive forward. How unbelievable, even a quarter of a century ago would have been the tale of the fight against diphtheria in Nome, the town of the golden beach which was the scene of the wild gold rush of 1900. It is marvelous enough that we should know daily what is going on at Nome And with plans for sirplane flights from Fairbanks to casty the anti-toxis that is one of the amazing triumphs of modern medicine, how incomprehensible would the story be to the adventurers of 1900 who knew nothing of air flight or of serums. Will all our marvels seem as commonlace. scrums Will all our marvels seem as commonplace to the men of 1950 -Boston Post.

#### MR. HOOVER WHERE HE IS.

Herbert Hoover would make a good secretary of agriculture, undoubtedly, but he is of more use where he is. We are rather surprised that President Cool-Because most persons are a nest we have dige thought of moving him, and glad that Herb de-restrained our encourgement of thers for of the things the farmer buys, by instituting reforms it the domain of the commerce department, he will admirably supplement the best work of whoever takes the job left vacant by Secretary Wallace's untimely

#### PERSONAL HEALTH SERVICE

sional man to have to attend his lunch club and eat a second breakfast or a first dinner right in the middle of the day.

Some people like the aroma of coffee, their own coffee. I prefer the aroma of my neighbor's coffee. The flavor of coffee is largely in the aroma, and though others may prefer to inhale their coffee I prefer to drink mine.

Here is another test of a zood cook. A good cook never drives off the aroma when she is preparing coffee, but keeps it in the pot until you are ready to drink it. If you snift the coffee in the hall and even saway out by the front door or up-

drink, that drives men to the club. be it the Bon Ton or the Corner bar. It makes 'em feel bitter. Now I am not just indulging in nonsense. I believe there is really an important psychological bearing concerned here, that one's physical and giental well being may be determined by the character of the coffee one has for breakfast, and I believe the devise here were and in some homes and il's brew served in some homes and more restaurants in the name of cof-fee is an indirect incentive to crime. It sends the victim off in anything but a cheerful mood. And let me here add that I am not fond of any special brand of coffee. I am referring here to coffee, just coffee. Neither am I saying anything about the amount of crime and misdemeanor brewed daily in many a church supper room. Aside from the psychological damage, boiled coffee is cruelty ical damage, boiled coffee is cruelt

to to the channer work when I am last man up in the morning, feed the canaries, or amuse the, cat, but not to make the coffee. I'm so tender hearted, for a doctor, that I can't bear to break the egg, and so, to settle the thing, I don't make any coffee. But lest anybody should

### Thin Men Skinny Nen Run Down Men

son to gain 10 pounds in 30 days and for old people with feebleness overtaking them they work won-

# MCOY'S Cod Liver Oil Compound Tablets 60 Tablets 60 Cents

Home of Irene Castle Cortecelli **Fashions PALAIS ROYAL** 

QUALITY IS ECONOMY

Armstrong Clothing Co.

The Store for Men and Boys-lowa's Largest

#### TRADES UNION COUNCIL CAR RAPIDS

By WILLIAM BRADY, M. D., Noted Physician and Author.

of institutions, public servants and of our neighbors who do not come up to standards.

When there is special occasion, we are wonderfully kind. Floud Colling to the property of the kind lady who makes a huge how coffee should be made. It is not unfortunates she wishes to matter the property of unfortunates she wishes to matter the property of the

ical damage, boiled coffee is cruelty to evon a tough stomach, for it is as bad as tanning the stomach.

This is a subject I hate to discuss, for it is sure to bring a lot of questions from readers who want to know just how I make coffee. I don't make it, except in rare emergencies. I am perfectly willing to do the chamber work when I am last man up in the morning, feed

# Nervous Men

You're behind the times if you don't know thrat Cod Liver Oil is the greatest flesh producer in the Because it contains more vitalizng Vitamines than any food you

ing Vitamines than any food you can get
You'll be glad to know that Cod
Liver Oil comes in sugar-coated tablets now, so if you really want to put
10 or 20 pounds of solid healthy
flesh on your bones and feel well
and strong ask Boyson Drug Co.,
Montrose Pharmacy, Horak Pharmacles or any druggist for a box
of McCoy's Cod Liver Oil Tablets.
Only 60 cents for 60 tablets and if
you don't gain five pounds in 30 you don't gain five pounds in 30 days your druggist will hand you back the money you paid for them. It isn't anything unusual for a per-

ders.—Advertisement.

#### New Mayonnaise Recipe

ing gam cleans

the teeth and act

as a mild anti-

A prominent phy-

sician urges its

meal to keep the

teeth free from

"After Every Meal"

DIFFERENT

FLAVORS

Same High Quality

septic in the

mouth.

Try mayonnaise dressing with lemon juice in place of vinegar for more tang-and zeat, for dain-tier flavor. All famous chefs and thousands of women now make their mayonnaise like this. This is the more healthful way also. It brings vitamines and rare salts and soids to aid digestion.

One teaspeon mostard; I teaspeen selt; i leaspeon pipper; it teaspean paprim; a iny bit of segment; I say yell; i shie-pens leman jules; I is oute saind atl. Use California lemone, practically seedless, juicy, tart, to get the best results.

California Lemone

never will be a 5c edition of

Tight

Kept Right

#### Oh Henry! because a 5c bar

can't be made as good as Oh Henry! has to be!

10c a bar

A STORE FOR ALL THE PEOPLE



**JUST FOLKS** 

hickory nut, sometimes it almost dis-

appears, then comes back when she has a large washing or ironing. It is only sightly lame. Would it be the effect of strain? Would a leather

wrist supporter do good? (H. D. J.)

Answer — Perhaps a "weeping sinew" or ganglion, the result of some injury. It may disappear permanently in a few years. I know of no good remedy except surgical excision.

(Copyright, National Newspaper Service)

Dr. Brady will answer all nigned letters pertaining to health. Writers names are never printed. Only inquiries of general interest are answered in this sellumn, but all letters will be answered by mail if written in ink and stamped, self-addressed envelope is incleased. Requests for diagnosis or treatment of individual cases can not be sensidered. Address Dr. William Brady, in care of this paper.

QUESTIONS AND

ANSWERS

And Mother said:

"You may get

a package of Wrigley's too"

Wise mother:~

she rewards the

little errand runner

with something

delicious, long-

lasting and ben-

Happy, healthy

children. with

Wrigley's - and

best of all - the

cest is small!

eficial.

MA AND I.

We've had our little ups and downs, We've walked from youth to middle We've had our ins and outs, I know I've frowned my share of frowns

From middle-age to gray, And can't recall at any stage When magic smoothed the way.

Keen disappointments we

BY EDGAR A. GUEST.

known
Of loss we've felt the pain,
I've heard Ma use a bitter tone,
She's heard my language plain;
I've done my work from day to day,
Been foolish now and then,
But Ma has always found the way
To set things right again.

There's nothing marvelous at all About our stretch of life,
We were determined not to fall we were determined not to tall
Apart, as man and wife;
So arm in arm we've logged along
Neath fair or cloudy sky,
And here we are, still going strong,
Your lovely Ma and I.

in the Norristown Daily Herald and

Chapel, Patriots Hall, Tower and

Library. It is perpendicular Gothic

Q. What is a chinook wind and why is it so-called? H. E. V.
A. The chinook wind is a strong, warm, dry south or west wind descending the eastern slopes of the Rocky mountains into Montana and Wyoming. Chinook if an Indian name of various tribes, which originally settled on the Columbia river. The name was given to the wind by the white settlers at Astoria because it came from the directoria because it came from the directoria security.

toria because it came from the direc

36 to 40 feet. Careful measurements man." The sermon was published were again taken in June, 1917, in the Norristown Dally Herald and when repairs were made. They showed that at present the distance the idea followed up. The memorial the idea followed up. The memorial from the top of the forehead to the bottom of the chin is 40 feet.

And seen her share of pouts;

And had our share of play, Time was I wooed as lovers do

When Ma was young and fair, And she was pretty just like you With ribbons in her hair;

And then there came our wedding day
When all her people cried,

But choked their sobs enough to say She made a lovely bride.

Well, that was twenty years ago, And twenty years of life Bring nearly all there is to know Unto a man and wife;

There's been no magic in our years
To whisk despair away;
We've shed our share of bitter tears

J. J. P

A. China is referred to as the middle kingdom. This is a translation of Tchang-Kove. The name was adopted on the belief of the Chinese that their kingdom was the center of the world.

Q. How can a rabbit be forced out of its hole? S. S.

A. The biological survey says

A. The biological survey says

Q. How can a rabbit be forced out of its hole? S. S.

A. The biological survey says that a rabbit may be removed from a hole by smoking it out, or by pushing a piece of barbed wire through the hole and attaching it to the rabbit's fur. It may then be drawn out.

Q. How much does our export trade amount to? H. M. D.

A. The department of comparces says that in 1924, the export business reached the vast sum of \$4,590,000,000.

Charge is an undesirable under age discharge, it is considered an honorable discharge, and you would be entitled to make application for the bonus.

Q. How many wave lengths can be used in the United States? D. W. T.

A. The department of commerce says that there are leighty-six different wave lengths available if the stations are kept ten kilocycles apart and the assignment of wave lengths staggered an honorable to make application for the bonus.

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On the days. It does not seem possible for a human being to live six days without water. A scientific report of your remarkable endurance would be of great interest.

Lump on Wrist.

Lump on Wrist.

What causes a lump on the back of a woman's wrist, the size of a that forming the forehead is from the state survey that forming the forehead is from the back of a woman's wrist, the size of a that forming the forehead is from the state survey that forming the forehead is from the back of that forming the forehead is from the state survey that a dog team had traveled in 35 days under great difficulties.

A. According to the Mountain' in Bix

A. According to the Mountain' in Bix

A. According to the Mountain' in Bix

A. According to the State survey that a dog team had traveled in 35 days under great difficulties.

A. The idea for a memorial chapel at Valley Forge was first mentioned by the Rev. William Herbert Burk information Bureau, Frederic J. Haskin, at all Saints' Church, Norristown, the Church stamp for return postage. Be brief. All forming the forehead is from the back of the state survey that the same of the state survey that the survey of the Rev. William Herbert Burk in a sermon delivered Feb. 22, 1903, at all Saints' Church, Norristown, stamp for return postage. Be brief. All forming the chin to the top of the state survey that the same of the state survey that the same of the state survey that the same of the same of the state survey that the same of the same of

Q. How much faster is airplane service than dog team? P. T.
A. In experimental service between Fairbanks and McGrath, an airplane covered a distance in six Q. Please give some information hours that a dog team had traveled

in style.



## 5,000,000 Women Have adopted this new way

IN fairness to pasself you should know about this new way in per-sonal hysiens — employed today by 5 million women. At least you should say it for yourself.

This new way is Kotez. It is a super-absorbest sanitary pad made of Cellucotton—5 times as absor-bent as corton. It absorbe instantly

Keess is easily disposed of just like a piece of tiesue. Packed in sanitary sealed packages of 12—Kotex cosses in 2 stem Regular, and Kotex-Super (som large).

Get Kotex Desdarized, in the blue

Each Kotez pad is an active

16 times its own weight in molning. box with white string, at most stores.

CHLLUCOTTON FRODUCTS CO., 166 West Jackson Benlevard, Chingo



# OPERATION ONLY HOPE, MRS. CLARK WAS TOLD

Dubuque Woman Could Hardly Bear Weight Of Clothes On Stomach And Eating Was Agony.

# KARNAK BRINGS HER **COMPLETE RELIEF**

Amazing New Medicine Makes Her Feel Like A New Person-Children's Health Built Up, Too.

champion of the merits of Karnak undergo an operation

champion of the merits of Karnak is Mrs. Russell Clark, highly esteemed resident of 197 Valley street, Dubuque, Ia., who reports that this famous new treatment has relieved her from ulcers of the stomach and liver disorders, and has ended her dread of having to undergo an operation which had been advised for her troubles.

"Seven bottles of Karnak have simply been worth their weight in gold in my case," declares Mrs. Clark. "My case of stomach trouble was one of the worst in Dubuque. I had suffered from ulcers of the stomach for years, and just felt so sore I could hardly bear the weight of my clothes. It simply caused me agony to eat anything. My liver was dreadfully disordered, too, my tongue was coated, and I had such awful headaches and dizzy spells it just seemed like my head wouldn't let me get any restful sleep, and my condition finally be.

Another ardent and enthusiastic | came so bad that I was advised to

