

All Tired Out?

Are you burdened with a dull, nagging backache? Does any little exertion wear you out? Does it seem sometimes as if you just can't keep going? Modern life with its hurry and worry, and lack of rest, throws a heavy strain on the kidneys. The kidneys slow up and that tired feeling and constant backache are but natural results. Use **Doan's Kidney Pills**. Doan's have helped thousands. They should help you. Ask your neighbor!

A New Hampshire Case

Mrs. Fred Goodrich, 17 Center St., Wolfeboro Falls, N. H., says: "I suffered from dull, nagging backaches and a distressing pain across my kidneys. My kidneys also caused me a great deal of annoyance, too. I had headaches and spells of dizziness and morning sickness. I felt tired and languid. Doan's Kidney Pills quickly corrected the trouble and I have had no return of it."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

KILLS PESKY BED BUGS P. D. Q.

A 35c box of P. D. Q. makes a full quart of the strongest bug killer on earth. The new chemical, P. D. Q.—Pesky Devil's Quicker—puts the everlasting bed-bugs, roaches, ants and fleas. Pesky bed-bugs can't exist where P. D. Q. is used, as it leaves a coating on their eggs and prevents hatching. A box of P. D. Q. goes farther than a barrel of old-fashioned bug killer. P. D. Q. will not rot or stain clothing, kills fleas on dogs. Your druggist has it or he can get it for you, or send prepaid on receipt of price by the Great Chemical Works, Terre Haute, Indiana.

Used for 70 Years
Through its use Grandmother's youthful appearance has remained until youth has become but a memory. The soft, refined, pearly white appearance it renders leaves the joy of Beauty with you for many years.

Gouraud's **Oriental Cream**
FRENCH HOPKINS & SON, New York

FRECKLES

POSITIVELY REMOVED BY Dr. Barry's Freckle Ointment—Very Druggist or by mail, Dr. Barry Co., 257 1/2 Michigan Avenue, Chicago.

WOULD ALSO LIKE TO KNOW

Problem Put Up to Private Kelly Was Something Over Which He Had Been Pondering.

Kelly had drawn a summary for being absent from post while on guard duty.

"Where were you," demanded the judge advocate, "when the sergeant of the guard passed just in front of your post?"

"At the rear."

"Where were you when the corporal passed just behind it?"

"At the front."

"And now," triumphantly, "where were you when the sergeant and the corporal walked around your post from opposite directions without seeing you?"

"Judge," said Kelly hopefully, "that's been worrying me. Where was I?"—The American Legion Weekly.

Haw, Haw!

"I must be getting absent minded," remarked the first doctor. "The other day when filling out a death certificate I placed my name in the space reserved for cause of death."

"Huh!" commented the second doctor. "What makes you think that you are getting absent minded?"—Cincinnati Enquirer.

A mind filled with trifles cannot get the swing of large affairs.

"Cold in the Head"

is an acute attack of Nasal Catarrh. Those subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system, thus reducing the inflammation and restoring normal conditions. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Animals Cause Asthma.
Certain people are liable to attacks of asthma when brought into contact with cats, dogs, etc. This is due to an emanation from the skin or fur of the animal.

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Historical Knowledge.
"Who was the first highwayman on record?"

"Atlas; he held up the world."
SAY "DIAMOND DYES"
Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

"CORNS"

Lift Right Off Without Pain



Doesn't hurt a bit! Drop a little "Frezzone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Frezzone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

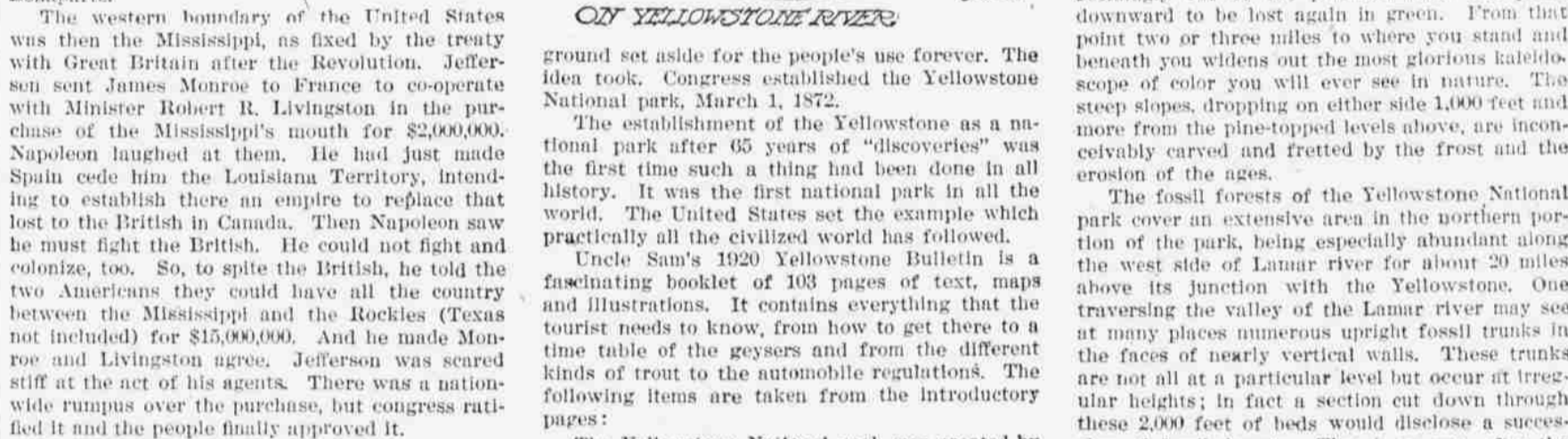
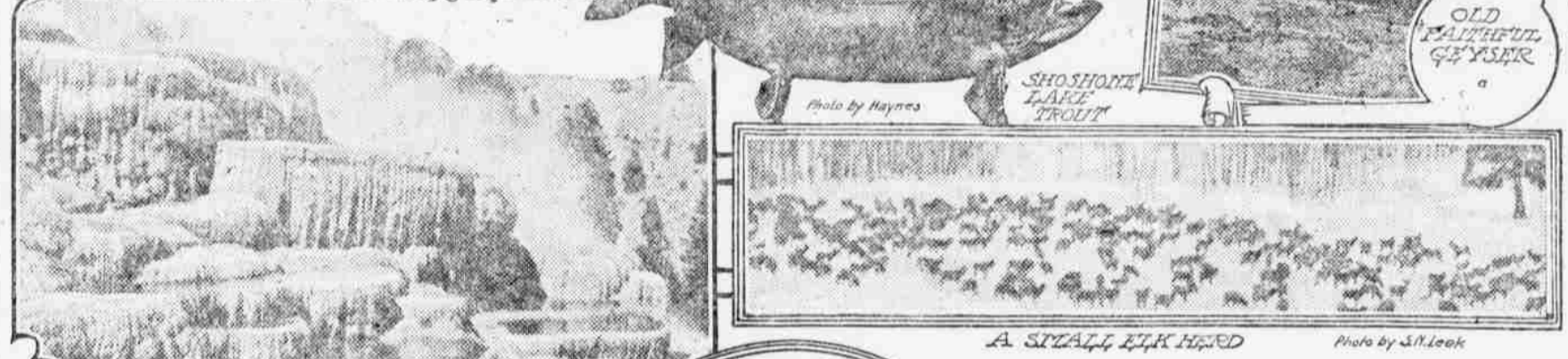
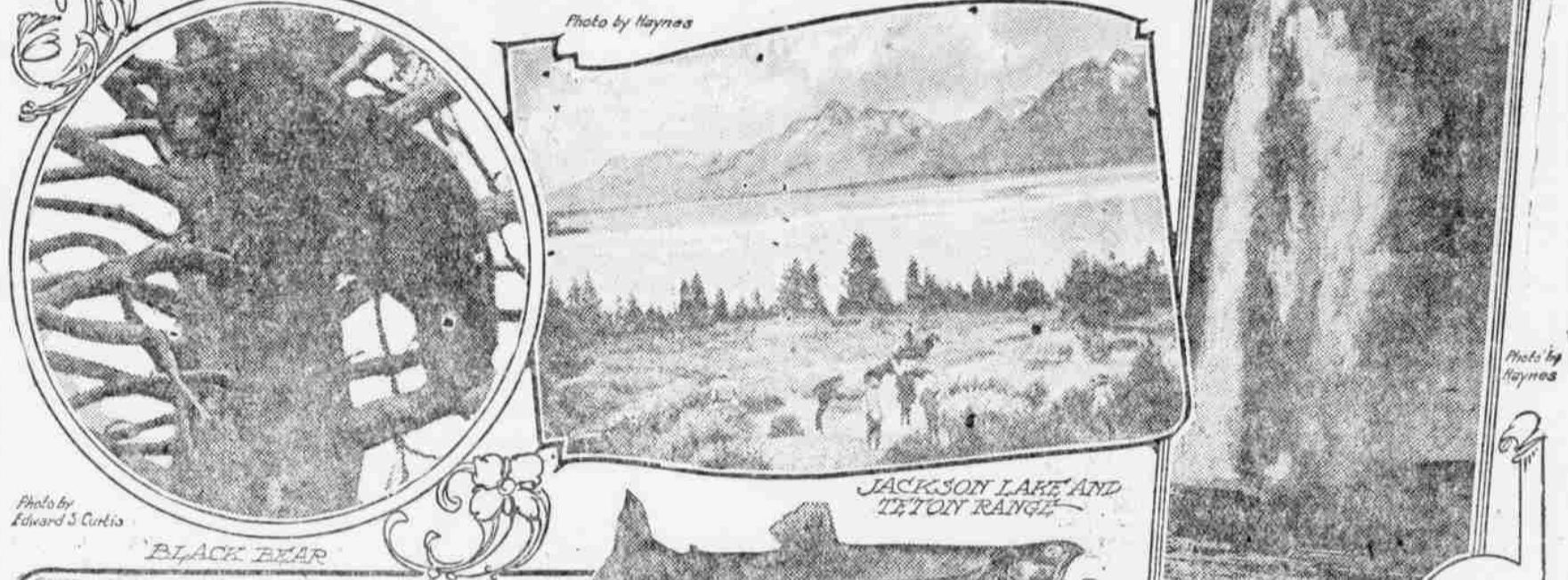
SAW SOLDIERS OF FIVE WARS

John Pemberton Oak Has History Probably Unequaled by That of Any Other Tree.

Soldiers of five wars have been drilled beneath the John Pemberton oak tree, Bristol, Virginia-Tennessee, nominated for a place in the hall of fame of the American Forestry association at Washington by Mrs. H. F. Lewis, secretary of Virginia for the Daughters of the American Revolution. Under this tree Col. John Pemberton mustered his troops for the battle of King's Mountain. A marker has been placed on the tree by the Shenandoah Sholars chapter, says the American Forestry Magazine, in making the announcement. The soldiers of the War of 1812 met here. Then came the Mexican war and the old tree saw men again leave their homes to fight. Next came the struggle between the states, and the oak witnessed the drilling of men to fight one another in their own country. Then came the World war and again the veteran oak saw our boys answer their united country's call.

Their Method.
"In the days of the cave man," remarked the man on the car, "the girls wore their hair loose down the back, so they would be easy to catch."—Toledo Blade.

YELLOWSTONE: First National Park



GOING TO "Colter's Hell" this summer?

If so, be sure to take with you Uncle Sam's 1920 bulletin, just off the government press. It tells you all about "Colter's Hell"—which is to say, the Yellowstone, oldest and most famous of our 19 national parks. Why "Colter's Hell"? Well, it's an interesting story and not everyone knows it. The story of John Colter and "Colter's Hell" properly begins away back in 1803, when Thomas Jefferson, our third president, bought the Louisiana territory from Napoleon Bonaparte. The western boundary of the United States was then the Mississippi, as fixed by the treaty with Great Britain after the Revolution. Jefferson sent James Monroe to France to co-operate with Minister Robert R. Livingston in the purchase of the Mississippi's mouth for \$2,000,000. Napoleon laughed at them. He had just made Spain cede him the Louisiana Territory, intending to establish there an empire to replace that lost to the British in Canada. Then Napoleon saw he must fight the British. He could not fight and colonize, too. So, to spite the British, he told the two Americans they could have all the country between the Mississippi and the Rockies (Texas not included) for \$15,000,000. And he made Monroe and Livingston agree. Jefferson was scared stiff at the act of his agents. There was a nationwide rumpus over the purchase, but congress ratified it and the people finally approved it. Jefferson had not the slightest idea what the United States had bought and in the spring of 1804 he started the Lewis and Clark expedition from St. Louis to find out. This famous expedition went to the mouth of the Columbia river and returned to St. Louis in 1806, after having been given up for lost. It passed a few miles to the north of the Yellowstone, without even suspecting its existence. John Colter was one of the private soldiers of the expedition. Before it reached St. Louis he got his discharge and returned with two trappers to the headwaters of the Missouri for beaver. In the spring of 1807 at the mouth of the Platte he met Manuel Lisa and again turned back. Lisa built Fort Lisa at the confluence of the Yellowstone and the Big Horn. Colter, going alone to summon the Crows to the fort for trade, passed to the south of the Yellowstone through Jackson's Hole to Pierre's Hole at the west of the Yellowstone. Returning thence to Fort Lisa, he passed diagonally through the Yellowstone, the first white man to see its wonders.

Colter, after adventures and travels that give him a front rank among explorers of the west, returned to St. Louis in 1810. He recounted his adventures and he told of the marvels of the Yellowstone. St. Louis believed some of his tales of adventure, but would have none of the geysers, boiling springs and paint-pots of the Yellowstone. They derisively dubbed it "Colter's Hell," laughed over it for a time and then forgot it. Gen. William Clark, his commander, was the only one to believe him. On the official map of the Lewis and Clark expedition is a dotted line from Fort Lisa to the Yellowstone and return, with the legend, "Colter's route in 1807."

The Yellowstone was discovered the second time about 1827—this time by Jim Bridger, one of Gen. William H. Ashley's lieutenants in the Rocky Mountain Fur company. Bridger was the discoverer of Great Salt Lake, a map-maker without an equal, a mountaineer, plainsman and guide with no superior. But he had a hobby—big yarns. It is he who made up those classic "whoppers" of the west—the obsidian cliff, boiling spring, echo and alum creek stories. So, when he told about the wonders of the Yellowstone, a scoffing frontier said, with laughter: "Oh, just another of Jim Bridger's yarns."

Warren Angus Ferris described the Upper Geyser basin of the Yellowstone in 1842—and was not believed. Prospectors in the Montana gold excitement of 1862 again described the Yellowstone; they were set down as liars. Newspapers and magazines would not publish the stories; lecturers were stoned. In 1869 the semi-official Montana Washburn-Langford expedition did succeed in getting a hearing. In 1870 the federal government sent an official expedition which officially put the Yellowstone on the map.

Cornelius Hedges, September 18, 1870, by a campfire in the Yellowstone, proposed that the wonderland be made a national park—a play-

ground set aside for the people's use forever.

The idea took. Congress established the Yellowstone National park, March 1, 1872.

The establishment of the Yellowstone as a national park after 65 years of "discoveries" was the first time such a thing had been done in all history. It was the first national park in all the world. The United States set the example which practically all the civilized world has followed. Uncle Sam's 1920 Yellowstone Bulletin is a fascinating booklet of 103 pages of text, maps and illustrations. It contains everything that the tourist needs to know, from how to get there to a time table of the geysers and from the different kinds of trout to the automobile regulations. The following items are taken from the introductory pages:

The Yellowstone National park was created by the act of March 1, 1872. It is approximately 62 miles long and 54 miles wide, giving an area of 3,348 square miles, or 2,142,720 acres. It is under the control and supervision of the national park service of the interior department. The Yellowstone is probably the best known of our national parks. Its geysers are celebrated the world over because, for size, power, and variety of action, as well as number, the region has no competitor.

The Yellowstone National park is located in northwestern Wyoming, encroaching slightly upon Montana and Idaho. It is our largest national park. The central portion is essentially a broad, elevated, volcanic plateau, between 7,000 and 8,500 feet above sea level and with an average elevation of about 8,000 feet. Surrounding it on the south, east, north, and northwest are mountain ranges with culminating peaks and ridges rising from 2,000 to 4,000 feet above the general level of the inclosed tableland.

The entire region is volcanic. Not only the surrounding mountains but the great interior plain is made of material once ejected, as ash and lava, from depths far below the surface. Geological speculation points to a crater which doubtless once opened just west of Mount Washburn.

There are five active geyser basins, the Norris, the Lower, the Upper, the Heart lake, and Shoshone basins, all lying in the west and south central parts of the park. The geysers exhibit a large variety of character and action. Some, like Old Faithful, spout at quite regular intervals, longer or shorter. Others are irregular. Some burst upward with immense power. Others shoot streams at angles or bubble and foam in action. Geysers are, roughly speaking, water volcanoes. They occur only at places where the internal heat of the earth approaches close to the surface. Their action, for so many years unexplained, and even now regarded with wonder by so many, is simple. Water from the surface trickling through cracks in the rocks, or water from subterranean springs collecting in the bottom of the geyser's crater, down among the strata of intense heat, becomes itself intensely heated and gives off steam, which expands and forces upward the cooler water that lies above it. At last the water in the bottom reaches so great an expansion under continued heat that the less heated water above can no longer weigh it down, so it bursts upward with great violence, rising many feet in the air and continuing to play until practically all the water in the crater has been expelled. Nearly the entire Yellowstone region is remarkable for its hot water phenomena. The more prominent geysers are confined to three basins lying near each other in the middle west side of the park, but other hot water manifestations occur at more widely separated points. Marvelously colored hot springs, mud volcanoes, and other strange phenomena are frequent. At Mammoth,

at Norris, and at Thumb the hot water has brought to the surface quantities of white mineral deposits which build terraces of beautifully incrustated basins high up into the air, often engulfing trees of considerable size. Over the edges of these carved basins pours the hot water. Microscopic plants called algae grow on the edges and sides of these basins, painting them hues of red and pink and bluish gray, which glow brilliantly. At many other points lesser hot springs occur, introducing strange, almost uncanny, elements into wooded and otherwise quite normal landscapes.

The Grand Canyon of the Yellowstone affords a spectacle worthy of a national park were there no geysers. Standing upon Inspiration Point, which pushes out almost to the center of the canyon, one seems to look almost vertically down upon the foaming Yellowstone river. To the south a waterfall twice the height of Niagara rushes seemingly out of the pine-clad hills and pours downward to be lost again in green. From that point two or three miles to where you stand and beneath you widens out the most glorious kaleidoscope of color you will ever see in nature. The steep slopes, dropping on either side 1,000 feet and more from the pine-topped levels above, are inconceivably carved and fretted by the frost and the erosion of the ages.

The fossil forests of the Yellowstone National park cover an extensive area in the northern portion of the park, being especially abundant along the west side of Lamar river for about 20 miles above its junction with the Yellowstone. One traversing the valley of the Lamar river may see at many places numerous upright fossil trunks in the faces of nearly vertical walls. These trunks are not all at a particular level but occur at irregular heights; in fact a section cut down through these 2,000 feet of beds would disclose a succession of fossil forests. That is to say, after the first forest grew and was entombed, there was a time without volcanic outburst—a period long enough to permit a second forest to grow above the first. This in turn was covered by volcanic material and preserved, to be followed again by a period of quiet, and these more or less regular alternations of volcanism and forest growth continued throughout the time the beds were in process of formation.

The Yellowstone National park is the largest and most successful wild animal refuge in the world. It is also, for this reason, the best and most accessible field for nature study. Its 3,300 square miles of mountains and valleys remain nearly as nature made them, for the 200 miles of roads and the four hotels and many camps are as nothing in this immense wilderness. No tree has been cut except when absolutely necessary for road or trail or camp. No herds invade its valleys. Visitors for the most part keep to the beaten road, and the wild animals have learned in the years that they mean them no harm. To be sure they are not always seen by the people in the automobile stages which whirl from point to point daily during the season; but the quiet watcher on the trails may see deer and bear and elk and antelope to his heart's content, and he may even see mountain sheep, moose, and bison by journeying on foot or by horseback into their distant retreats. It is an excellent bird preserve also; 200 species live natural, undisturbed lives. Eagles are found among the crags.

Trout fishing in Yellowstone waters is unexcelled. All three of the great watersheds abound in trout, which often attain large size. Yellowstone lake is the home of large trout, which are taken freely from boats, and the Yellowstone river and its tributaries yield excellent catches to the skillful angler.

The criticism often made by persons who have visited granite countries that the Yellowstone region lacks the supreme grandeur of some others of our national parks will cease to have weight when the magnificent Teton mountains just south of the southern boundary are added to the park. These mountains begin at the foot of the Pitchstone plateau a mile or two below the southern gateway and extend south and west. They border Jackson lake on its west side, rising rapidly in a series of remarkably toothed and jagged peaks until they reach a sublime climax, 30 miles south of the park, in the Grand Teton, which rises cathedral-like to an altitude of 13,747 feet.

These amazing mountains are, from their nature, a component part of the Yellowstone National park, whose gamut of majestic scenery they complete, and no doubt would have been included within its original boundaries had their supreme magnificence been then appreciated. Already Yellowstone visitors have claimed it, and automobile stages run to Moran and back on regular schedule. In time, no doubt, part of it will be added formally to the park territory.

Every Kid Likes Good Things To Eat

So every kid likes

POST TOASTIES

—says Bobby

Made by Postum Cereal Co. Inc., Battle Creek, Mich.