

A LETTER FOR WOMEN

From a Woman Whose Serious Illness Was Overcome by Lydia E. Pinkham's Vegetable Compound.

Garnett, Kas.—"I first took Lydia E. Pinkham's Vegetable Compound for a complete nervous breakdown following the birth of my oldest child. I got up too soon, which caused serious female trouble. I was so weak that I was not able to be on my feet but very little and could not do my housework at all. I had a bad pain in my left side and it would pain terribly if I stepped off a curb-stone. One day one of your booklets was thrown in the yard and I read every word in it. There were so many who had been helped by your medicine that I wanted to try it and my husband went to town and got me a bottle. It seemed as though I felt relief after the second dose, so I kept on until I had taken five bottles and by that time I was as well as I could wish. About a year later I gave birth to a ten pound boy, and have had two more children since and my health has been fine. If I ever have trouble of any kind I am going to take your medicine for I give it all the praise for my good health. I always recommend your medicine whenever I can."—Mrs. EVA E. SHAY, Garnett, Kansas.

BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HARLEM OIL CAPSULES

The national remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.



GRAND ROYAL CROWN HORKE-VINO

A well spring of strength to those who need a system tonic.

Aids Digestion
Relieves Constipation
Restores Vigor
Builds Appetite
Gives "pep" to the tired and listless

TRY IT! It's Great

STEINBACH & CO.
Distributors for this district
1006 E. Baltimore Street
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IS IT SPIRITUALISM OR TRICKERY?

There life-after death? Can we converse with the spirits of the dead? The mysterious and fascinating of a spiritual seance presents a boundless field for pleasure and profit. Mind reading, table lifting, spirit rope ties, spirit communication, spirit photography, spirit materialization, spirit messages and all the priceless mystic phenomena revealed with simple directions so you can perform them in your own home. Large money giving exhibitions at clubs, parties, lodges, etc. Become a shipping star in your community. With full instructions complete for \$1.00. HIRSHMAN, 247 W. 50th St., New York City.

Cuticura Soap
The Healthy Shaving Soap

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The SANDMAN STORY

HOW IVAN WON

IVAN was a poor boy, but a very ambitious one. His father was a blacksmith, and when the great lords would come by in their armor to have their steeds shod, Ivan would sit by the forge and gaze in wonder at their handsome array.

One day Lord Raymond rode up with his beautiful daughter accompanying him on a pony. Ivan admired the young girl as she sat waiting for her father's horse to be shod. "Have you heard the news, father?" asked Ivan's mother of her husband the next morning at breakfast. "Lord

Raymond was last night called to the war by our king, and at noon today he and his 500 men will ride forth."

"But who will defend the castle if old Earl Edmond comes against it in the lord's absence?" asked the father. "I think there is small fear of that," replied the wife.

So at noon the long line of prancing steeds, headed by the lord, rode down the road and was soon lost to sight.

One September afternoon Ivan walked to the summit of a hill, from which he could see the surrounding country for miles. A flickering light caught his eye. There was a long procession of men winding across the valley, and all were clad in glittering armor. They were keeping close to the shadow of the woods, but when they crossed the sunlit path their swords flashed back the light brightly. At the head rode a huge man on a black horse and nearby another carried a banner on which was a black eagle.



"It is old Earl Edmond!" exclaimed Ivan. "He is coming to attack the lord's castle in the absence of the owner."

Then far below Ivan noticed that not far from the castle was a large bridge, and below it rushed a mighty river.

"The earl will camp on this side of the big bridge this evening in the woods," said the boy aloud. "And by morning will come over to take the castle. If the timbers holding it can be cut through tonight the wicked men will fall into the river."

With this he ran to his father's shop and got an ax. Within an hour he was at the bridge and had run to the other side, near the castle. Selecting one of the big, strong posts which upheld the weight, he began to cut, and for two hours he kept at the work. At last the beam was easily broken in two parts. He then took the other post, and after three long hours of heaving and resting, he managed to also sever that. The bridge would now fall apart were anyone to walk on it. But by placing several planks over the hole Ivan made it look as if nothing had been done.

At dawn he heard the tramp of men.

The heavy horses trotted on to the bridge, while Ivan hid in the bushes at the far end. At the head still rode Earl Edmond on his black charger. He heared the side leading to the castle. His horse came over the plank, it gave way and down steed and rider plunged into the river. The soldiers behind him could not stop their horses, and hundreds tumbled into the water after their leader.

Suddenly the sound of a bugle shrilled on the air and Ivan saw coming toward him along the river bank the same Lord Raymond who had marched away two months before.

Ivan told the lord how he had defeated the wicked earl and how the castle was now saved from any attack by the enemy.

"Well done, my lad!" cried the lord. "You have done better than I could have with all my men. You must come to the castle and be part of my guard, so when you are a man you can be a knight."

So Ivan took up his abode at the castle. Years afterward, when he was married to Adele and reigning over the surrounding land, he had a great pillar of stone erected at the bridge to mark the spot where one ax defeated hundreds of men.

BEAUTY CHATS
by Edna Kent Forbes

A DAINTY SKIN

A BEAUTIFUL skin will do more than any one other thing to make a woman beautiful. For a beautiful skin is the barometer of health and well-being. It is clear with a soft coloring, it shows that digestion is good, that exercise, bathing, right living, have all helped to build up a



Never Let the Skin Become Harsh or Coarse in Texture.

healthy system. No amount of external treatment can overcome internal neglect.

Of course, many skins are too oily; these need to be washed at least once a day with soap and hot water, they need occasional steaming to remove superfluous oils; they must not be treated with cold cream. At least, they must have only a greaseless cream, if any. Other skins are dry in texture; these need a cream dainty, and care just before exposure to sun or wind.

One of the daintiest things to use upon the skin is a lotion made by

HOW DO YOU SAY IT?
By C. N. Lurie

Common Errors in English and How to Avoid Them

"SHALL" AND "WILL"

AMONG the most common errors in the use of English, and one of the most difficult to avoid, is the confusion of "shall" and "will." The rule is that in the first person, either singular or plural, "shall" must be used to indicate a future action. For example, say "I shall go to church tomorrow;" "we shall meet you there;" do not say "will go," "will meet."

But if you desire to express determination, use "will;" for example, "I will go, and nothing shall prevent me;" "we will be obeyed."

In the second and third persons the usage in regard to "shall" and "will" is exactly opposite to the usage in the first person. The verb "will" expresses the future and "shall" is used to denote determination.

An amusing case of misuse of the words "will" and "shall" is found in the story of the Frenchman who fell into a river and cried: "I will drown, and no one shall rescue me!"

The rule in regard to "should" and "would" is the same as that governing the use of "shall" and "will."

ALICE CALHOUN



The rise of Alice Calhoun as a "movie" favorite has been rapid. She is one of the latest to be added to the growing list of motion picture stars. Originally Miss Calhoun was a Cleveland girl, and her education was received in that city. Her present home is on Riverside drive, New York city.

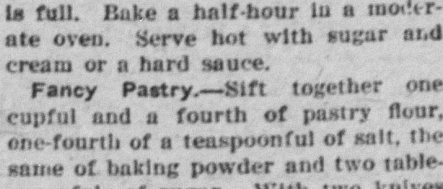
The KITCHEN CABINET

(© 1924, Western Newspaper Union)

There are two words in the English language, simple words in themselves, yet they have caused untold misery. They have broken friendships, disrupted homes, broken hearts and killed people. Those words are "they say,"—Hunter.

SOME EASY DESSERTS.

A canned berry pudding is delicious and may be prepared from any kind of berries. Spread slices of bread with butter and arrange in a baking dish; cover each layer of bread with berries, sweeten if necessary and repeat until the dish is full. Bake a half-hour in a moderate oven. Serve hot with sugar and cream or a hard sauce.



Fancy Pastry.—Sift together one cupful and a fourth of pastry flour, one-fourth of a teaspoonful of salt, the same of baking powder and two tablespoonfuls of sugar. With two knives work in half a cupful of butter, or butter substitute. Add an unbeaten yolk of egg; mix the juice of one lemon with half a tablespoonful of water and with the knife gradually work the liquid into the egg and flour mixture. Turn upon a board dredged with flour, pat and roll into a sheet, fold making three layers, fold and roll again, repeat the rolling after folding two or three times, then roll thin and use to line the tins. This pastry may be used for individual pies of any kind.

Lemon Cheese Cakes.—For the filling for five individual pies, take one egg, three tablespoonfuls of sugar, one-fourth of a teaspoonful of salt, the grated rind of one lemon, one large tablespoonful of lemon juice, one-fourth of a cupful of sifted sponge cake crumbs. Beat the yolk of the egg, add the sugar, salt, lemon rind and juice and the cake crumbs; mix thoroughly, then fold in the white of the egg, beaten dry and turn into small tins lined with pastry. Bake until the filling is set.

Banana Pie.—Press through a ricer enough ripe bananas to make a cupful, add one-half cupful of sugar, two tablespoonfuls of molasses, half a teaspoonful of salt, one beaten egg, one-half teaspoonful of cinnamon, half a cupful of milk, and one-third of a cupful of cream. Mix thoroughly and bake in a plate lined with pastry.

"The ill-timed truth we might have kept—
Who knows how sharp it pierced and stung?
The word we had not sense to say—
Who knows how grandly it had rung?"

WHAT TO HAVE FOR DINNER.

As oysters are again in the market the following dish will be a change from the ordinary way of serving them.

Oysters with Macaroni.—Cook three-fourths of a cupful of macaroni broken into inch pieces until tender. Scald one pint of oysters. Put a layer of buttered crumbs, macaroni, cheese, using three-fourths of a cupful of cheese and half a cupful of crumbs with a teaspoonful of salt, four tablespoonfuls of butter, a few dashes of paprika and the oyster liquor. Repeat until all the ingredients are used and cover with buttered crumbs. Bake thirty minutes in a moderate oven.

Cranberry Salad.—Cook together one quart of cranberries with one pint of boiling water twenty minutes. Put through a sieve and add two cupfuls of sugar; cook five minutes. Dissolve one and one-half tablespoonfuls of gelatin in a little cold water, add the hot cranberry sauce and stir until well mixed. Just before it begins to set pour half of it into an enamel pan which has been rinsed in cold water. Allow it to become firm, keep the rest warm over hot water. Sprinkle one cupful of diced celery one-half cupful of diced walnut meats over the stiff jelly and pour the remaining gelatin mixture over this, and allow it to set. When firm cut in slices and serve on lettuce leaves with mayonnaise dressing; garnish with whole nut meats.

Peanut Butter Biscuits.—Stir together two cupfuls of pastry flour, four teaspoonfuls of baking powder, and half a teaspoonful of salt. Put in three tablespoonfuls of shortening and add milk to make a dough that leaves the bowl. Turn on a flour dredged board and roll into a sheet. Spread the dough with peanut butter and roll as for cinnamon rolls. Cut it in pieces and bake in a buttered pan twenty minutes.

Duchess Cream.—Soak one-half cupful of tapioca overnight. Drain one-half a can of pineapple from the juice, divide one and one-half oranges into sections and cut the pulp in pieces. Add the juice from the oranges to the pineapple juice and add to the drained tapioca, with a few grains of salt and a cupful of sugar, and cook until the tapioca is transparent, adding a very little water if needed. Cool slightly, add one egg white beaten stiff, then turn in the pineapple and orange bits. Chill. Serve in sherbet glasses with a garnish of whipped cream and chopped maraschino cherries.

Nellie Maxwell

Help That Bad Back!

Why be miserable with a "bad back"? It's time you found out what is wrong! Kidney weakness often causes much suffering from backache, lameness, rheumatic pains, headaches, dizziness and kidney irregularities. Neglected, it may lead to dropsy, gravel or Bright's disease, but if taken in time it is usually easily corrected by using Doan's Kidney Pills. Doan's have helped thousands.

A Maryland Case

Mrs. K. L. Smith, 106 Beckford Ave., Princess Anne, Md., says: "I was in a bad way from severe backache. My back was very painful, especially when I stooped over. Sharp pains caught me when I straightened up. I learned of Doan's Kidney Pills and after using two boxes I was rid of the trouble. I can say nothing too good for Doan's."

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

Definition of a Friend.

Some one defined a friend as "one who is truer to me than I am to myself." We are not always true to ourselves, and one of the highest offices of friendship is to hold the life true to its best. The love that does not make us long to be better and stronger for its sake, and in gratitude for its possession, is not the highest type of love.

GREEN'S AUGUST FLOWER

The Remedy With a Record of Fifty-four Years of Surpassing Excellence.

Those who suffer from nervous dyspepsia, constipation, indigestion, torpid liver, dizziness, headaches, coming up of food, wind on stomach, palpitation and other indications of fermentation and indigestion will find Green's August Flower a most effective and efficient assistant in the restoration of nature's functions and a return to health and happiness. There could be no better testimony of the value of this remedy for these troubles than the fact that its use for the last fifty-four years has extended into many thousands of households all over the civilized world and no indication of any failure has been obtained in all that time where medicine could effect relief. Sold everywhere.—Adv.

Economy at Least.

Stubby—Let Perry umpire this game? Why, I should say not! What does he know about baseball?
Bobby—But that's not it. You see, his dad is a doctor and will be able to take care of him for nothin'.

"SE DIAMOND DYES"

Dye right! Don't risk your material in a poor dye. Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye a new, rich, fadeless color into old garments, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods.

Buy "Diamond Dyes"—no other kind—then perfect results are guaranteed. Druggist has "Diamond Dyes Color Card"—16 rich colors. Adv.

For Economy's Sake.

Mrs. Eze—What! You let your girl off every afternoon?
Mrs. Wye—Yes, indeed, and it's quite a saving. The more she is away the fewer dishes she breaks.—Boston Transcript.

A Treat FIRM FLUFFY FUDGE For the Children

Soak 1/2 envelope CHALKER'S Granulated GELATINE in 2 tablespoonfuls cold water; put 1 lb. sugar, 2 oz. chocolate, 2 eggs, 1/2 cup milk, pinch salt in pan over fire and stir until sugar dissolves. Add Gelatine and boil without stirring until syrup forms (see test in cold water). Set pan in water, when cold add 1 teaspoon vanilla, stir until stiff, pour on plate lined with cold water and cut in squares.

"PURITY"

GET HEALTH AND HAVE HAPPINESS

For your health's sake you should immediately correct any irregularity of the bowels by taking DR. TUTT'S LIVER PILLS. If your bowels are not working properly you cannot expect to keep fit. Take one or two at bedtime. Get right and keep right.

Dr. Tutt's Liver Pills

AN OPPORTUNITY

To buy direct fine hand knitting yarns, all shades, two dollars a pound; samples mailed. Agents wanted. Wonderful proposition. OLD COLONY MILLS, Manassas, Philad., Pa.

Bronchial Troubles

Soothe the irritation and you relieve the distress. Do both quickly and effectively by using promptly a dependable remedy—

PISO'S