

COULD HARDLY STAND AT TIMES

Hips, Back and Legs Would Have That Tired Ache

Everett, Washington.—“For several years I have had trouble with the lowest part of my back and my hips and my legs would ache with that tired ache. I could hardly stand on my feet at times. I was always able to do my work although I did not feel good. I saw Lydia E. Pinkham's Vegetable Compound advertised and having heard several praise it I decided to try it. I feel first-rate at the present time. It has done wonders for me and I keep it in the house right along. I always recommend it to others who are sick and ailing.”—Mrs. J. M. SIMS, 4032 High St., Everett, Washington.



To do any kind of work, or to play for that matter, is next to impossible if you are suffering from some form of female trouble. It may cause your back or your legs to ache, it may make you nervous and irritable. You may be able to keep up and around, but you do not feel good. Lydia E. Pinkham's Vegetable Compound is a medicine for women. It is especially adapted to relieve the cause of the trouble and then these annoying pains, aches and “no good” feelings disappear.

It has done this for many, many women; why not give it a fair trial—now.

They'd Met.

Church was over, the congregation filed slowly out and gathered in little chattering groups in the churchyard.

Presently the vicar came up and joined a select little party. He introduced an old sea captain to the leading light of the village, a wealthy Mr. Smith.

“You must have seen each other in church today,” said the beaming vicar.

“Sure,” said the old salt. “E was sleepin' in the next bunk to me.”—London Answers.

“Vaseline” Carbolated Petroleum Jelly

is an effective, antiseptic first-aid dressing for cuts, wounds and insect bites. It helps prevent infection.

CHESEBROUGH MFG. CO. (Consolidated) State Street New York



TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1895. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation

USE

Glenn's Sulphur Soap

Soft, Clear Skin

Boland's Styptic Cotton, 2c

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it, 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

DR. J. D. KELLOGG'S REMEDY

Kill All Flies! THEY SPREAD DISEASE. FLY KILLER attracts and kills all flies. Heat, clean, ornamental, convenient and safe. Kills all house flies, mosquitoes, and other annoying insects. Made of metal, can't spill or tip over, will not soil or injure anything. Guaranteed.

FLY KILLER

5 by EXPRESS, prepaid, 41¢.

HAROLD SUMMERS, 120 Du Sable Ave., Brooklyn, N. Y.

Something to Think About

By F. A. WALKER

WHO WANTS TO KNOW

IF YOU are sincere in your desire to know how to achieve, how to make yourself worthy of the highest confidence and thus become competent to hold a place above the ordinary, you will lose no time in acquiring the necessary knowledge.

You will not waste a single hour in idleness or unproductive effort, the basic cause of disappointments and failure.

You will go to your task seriously with unyielding determination to win. In your pursuit, which in a little while will have become an exhilarating pleasure, you will discover that all the men and women who are holding the prominent places in the beginning of their careers just what you are doing.

They squandered no time in the foolish chase of rainbows, coasting instead the companionship of wise counselors and the pursuit in their spare time of instructive books, seeking truths and principles upon which they could build a substantial foundation for the erection of their life-work.

They tossed the chaff to the winds

and stored with utmost prudence the golden grain.

The greatest men of today, the conspicuous leaders in the professions, the arts and the crafts, struggled hard in their youth to get a foothold upon the hills. They knew what they were seeking and never relinquished their high purpose or slackened their pace, though they often slipped and went to bed hungry.

Their experiences with the world gave them an understanding of men and affairs with a fullness impossible otherwise.

Their present wealth, power and influence are envied by the thoughtless, who sneeringly talk among themselves of “chance” and “luck,” those misnomers for work and pluck.

Being envied is a high distinction. And this is especially true when it is based on the admitted ignorance and regret of men and women who covet distinction but invariably lack courage to take a place in the front and bear the brunt of battle.

The youths of the present who want to know, who are brushing aside obstacles, who are exerting every effort to learn, will in the future be found among the foremost workers and thinkers in the world's great activities, simply because they have with their resolute hearts the spirit and faith, without which no man or woman can hope to win a glorious name.

(Copyright.)

Uncommon Sense

By JOHN BLAKE

CANNOT HOARD TIME

IN A certain time you can make a certain amount of money. You can put the money away for years later, but you can't put the time away.

Money, called by the economists frozen labor, might also be called frozen time.

But time is more than money. It can be turned into many things that can be stored away—education, cultivated taste, pleasant and profitable memories. But time itself you cannot hoard. You must use it as it passes, or it is gone forever.

Time spent in recreation is not wasted, unless you spend more than a due allowance for recreation.

But time spent in absolute idleness, or in activities that are worse than idle, is sheer criminal waste.

If you could go back over your life and gather back the hours that have never been improved, you would still have enough time to do great things. But those hours are gone.

You can only, as Shakespeare says, “regret your dear time's waste” and resolve to waste less of it in the future. Many men whose time had never been turned to account until they were past forty have still had enough left to accomplish great things in the world.

But these are the most sincere mourners for the years that might have been utilized.

If you will begin today to bear in mind that time cannot be hoarded, and if every hour of it is converted into something that can be hoarded, you may lay the foundation for a fortune. You will certainly lay the foundation for happiness by and by.

Count your hours, and allot each one to some task or to some profitable

SCHOOL DAYS



recreation. See that none of them slip by. They are as water through a mill, which if sent over the wheel creates valuable energy, but which spilled over the dam is gone forever.

(Copyright.)

KIDDIES SIX

By Will M. Maupin

JUNE TIME

SINGIN' o' June, when the roses blow;
Littin' a song when the sun hangs low;
Whistlin' away
Through th' livelong day—
Singin' an' whistlin' a merry tune
To the rosiest month of them all—
that's June.

Watchin' the clouds as they hasten by,
Catchin' the gleam of the bright blue sky;
Lazyn' 'round
On th' sun-kissed ground—
Hearin' th' win' through the wood'land
creeper

Her songs to the rarest of months—
that's June.

Off through th' meadows cool an' sweet,
Where th' violets bloom in their dim retreat;
Dreamin' dreams
By the purlin' streams,
As they hasten by with their rhythmic rume

To the rosiest, fairest month—that's June.

Home at eve when the moon hangs low
And the sky gleams bright with a silver glow;
Just lazyn' there
In the old arm chair
A watchin' th' man who lives in the moon

And laughs at th' fairest of months—
that's June.

(Copyright.)

The Friendly Path

By Walter I. Robinson

EVERYONE MUST PAY

EVERYONE must pay for what he gets.

There is a law of recompense which cannot be evaded or ignored.

If one prizes his happiness he must expect to pay. Eventually the bill collector will demand his toll. Unless payment is made a rough pathway lies directly ahead.

Many constantly fear the bill collector who comes and demands money toll. But he is the most harmless of all the collectors. The real collector to be feared is the one which takes the form of conscience. It is impossible to dodge this one or to frighten him off with a double-barreled gun.

Those who imagine they have ended the collector when in the form of conscience are foolishly deluded. But even though they may get some enjoyment out of life because they think they have satisfied themselves that their consciences were wrong, they can always expect another collector which takes the form of law to hound them until the debt is paid.

In this age when many fathers and mothers are worried concerning the future of their children, there is good reason to impress upon the young people the importance of being on the square—on the square with the world as well as with themselves. Too many start into their world's pathways bent on getting as much as they can—both in material value and pleasure—without paying for its worth. If parents allow boys and girls, when their characters are in the making, to get this false impression of the way best to get on, sorry days are likely to be ahead not alone for the sons and daughters and their children, but for the fathers and mothers as well.

“The law of compensation is inexorable.”

(Copyright.)

Mother's Cook Book

“A fig tree looking on a fig tree becometh fruitful,” says the Arabian proverb. And so it is with children; their first instructor is example.

EVERYDAY GOOD THINGS

NOW is the time to go forth and pluck the early watercress, the wholesome dandelion, the dock and poke, the new shoots of milkweed and marsh marigold or cowslips, all giving the needed zest to the food of spring.

Fresh Dandelion Salad.

Those who appreciate the value of the tender bleached heart of dandelion like it with a bit of salt without any dressing. For a salad the bleached leaves are best, but the tender green shoots, cut and mixed with a small green onion and served with French dressing is a salad not to be despised. Cut the dandelion close to the root, with all the tender green buds. Wash carefully and slice the root from the base, buds and tender leaves for an inch above the root. These use for a fresh salad; the rest of the leaves may be cooked for greens. Another addition to this salad is a thinly sliced tomato, which adds a bit of acid and softens the bitter of the dandelion. Using mayonnaise on the fresh green dandelion is another appetizing method of serving it.

Cooked Dandelion Salad.

Cook the greens until tender, which will take two hours or more unless the greens are very young, then serve with the following salad dressing: Rub a small bowl with a cut clove of garlic, add one-half of a teaspoonful of salt, a few dashes of paprika, two tablespoonfuls of orange juice and four to five

Nellie Maxwell

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Uncle Eben.

“De man dat thinks he knows enough to run de earth,” said Uncle Eben, “in mos' cases don't actually know enough to drive a mule or put a tire on a flivver.”

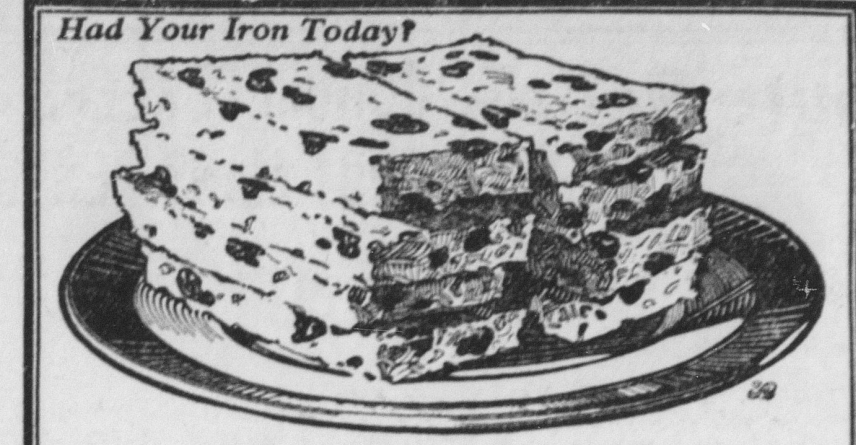
Giddap.

A traveled friend has observed how differently the horsemen of different lands urge on their steeds. The British click their tongues; the Norwegians make a sound like a kiss; the Arabs roll a long “r” and the Neapolitan coachman barks like a dog.

THE CHEERFUL CHERUB

I don't care what the future brings
Or what advantages I lack;
I'm so in love with life today
That thrills are running down my back!

(Copyright.)



Let's Have Raisin Bread Tonight

HOW long since you've had delicious raisin bread—since you've tasted that incomparable flavor?

Serve a loaf tonight. No need to bake it.

Just telephone your grocer or a bakery. Say you want “full-fruit bread—generously filled with luscious, seeded, Sun-Maid Raisins.”

The flavor of these raisins permeates the loaf. A cake-like daintiness makes every slice a treat.

Serve it plain at dinner or as a tasty, fruited breakfast toast.

Make delicious bread pudding with leftover slices.

Use it all. You need not waste a crumb. Raisin bread is luscious, energizing, iron-rich. So it's both good and good for you.

Serve it at least twice a week. Start this good habit in your home today.

But don't take any but a real, full-fruited genuine raisin bread.

Your dealer will supply it if you insist.



Sun-Maid Seeded Raisins

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers
Membership 13,000
Dept. N-11-3, Fresno, Calif.

Blue Package

NATURALLY OBJECT OF ENVY

After All, What is Power and Wealth Compared With Quality That Vincent Possessed?

Vincent wanted fame more than anything else when he was a young man, and he bent all his energies to attaining it; but though it came to many of his friends, it passed him by.

Later, he thought that, after all, he would rather have money, for money could buy almost anything, but every venture that promised success turned out to be a failure. He became somewhat bitter, for money seemed to come of itself to others.

He had many friends who held corporations, titles, and in some cases almost the country, in their power. He looked on in envy, for though he tried with every power within him, he could not make others follow, and his friends seemed to do it easily and naturally.

He hated women. But they followed him around. Everywhere he went some woman was sure to dog his footsteps.

And all the other men, who won other things in life, looked on in envy at the ease with which he won them.

—Katherine Negley in Judge.

GUARDS WOOL FROM MOTHS

New Preparation Said to Preserve the Fabric From Depredations of the Pests.

A preparation has been discovered in Europe which, it is claimed, makes wool immune from the ravages of moths. It is in the form of a powder, which, before it is applied, is mixed in water with a small quantity of sulphuric acid for all-wool goods, formic acid being used for half-wool.

The wool itself is said not to be affected by the application, and only a few colors, very slightly. In case no alkalies are brought into contact with it the wool remains moth-proof when washed. Tests made with two pieces of woolen cloth exactly alike, in which moth eggs were placed, resulted, in the course of six months, in the entire disappearance of the untreated fabric, whereas the wool which had been treated remained intact.

Have an Idea.

Adv.—“Wanted, an experienced designer to design latest designs for carpets for carpet factory.” A trifle vague, but we think we understand what's wanted.—Boston Transcript.

Even the aristocratic passenger on a sleeping car doesn't object to a lowly berth.

Let the children share this mealtime beverage

No NEED to warn the little folks away from the table beverage when Postum is served; every reason to invite every member of the family to join in the enjoyment of this wholesome, satisfying drink.

Postum is made from Nature's best grain—wheat, and contains nothing to harm nerves or digestion.

You'll greatly relish its full-bodied flavor and aroma.

Your grocer has Postum in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for fully 20 minutes.

Postum for Health

“There's a Reason”

Made by Postum Cereal Company, Inc.
Battle Creek, Michigan

