

# WOMAN COULD NOT WORK

Made Strong and Well by Lydia E. Pinkham's Vegetable Compound

St. Paul, Minn.—"I took Lydia E. Pinkham's Vegetable Compound for a tired, worn-out feeling and painful periods. I used to get up with a pain in my head and pains in my lower parts and back. Often I was not able to do my work. I read in your little book about Lydia E. Pinkham's Vegetable Compound and I have taken it. I feel so well and strong and can do every bit of my work and not a pain in my back now. I recommend your medicine and you can use this letter as a testimonial."—Mrs. PHIL. MASER, 801 Winslow St., St. Paul, Minn.

Just another case where a woman found relief by taking Lydia E. Pinkham's Vegetable Compound. Many times these tired, worn-out feelings and pains about the body are from troubles only women have. The Vegetable Compound is especially adapted for just this condition. The good results are noted by the disagreeable symptoms passing away—one after another.

Lydia E. Pinkham's Vegetable Compound is a Woman's Medicine for Women's Ailments. Always reliable.

**Comfort Your Skin With Cuticura Soap and Fragrant Talcum**

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Fan Can Serve Two Purposes. The big, wheel-shaped fan placed at the top of the air shaft of a coal mine for ventilating the mine is sometimes designed for blowing air into the mine, and sometimes for drawing it out.

**Sure Relief FOR INDIGESTION**

BELLANS FOR INDIGESTION 25 CENTS  
6 BELLANS Hot water Sure Relief  
**BELLANS**  
25c and 75c Packages, Everywhere

WHITE STAINLESS  
**ALBASAN**  
PILE SALVE

Clean White Ointment—Will Not Stain Clothing  
If you suffer from Piles or Hemorrhoids of any kind and for a jar of ALBASAN get quick relief. ALBASAN will relieve where others have failed. We guarantee that if you are not satisfied with the results obtained after a fair trial, your money will be refunded.  
ALBASAN is sold and distributed only by the Albasan Company. Send direct to any address on receipt of \$1.00. SEND TODAY for a jar of this clean, white, soothing and efficient ointment to THE ALBASAN COMPANY  
duPont Building Wilmington, Del.

**SQUEEZED TO DEATH**

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

**GOLD MEDAL HAARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation

**"11" cigarettes**  
10¢  
They are GOOD!

IN USE FOR 35 YEARS  
**BABEK**

The Quick and Sure Cure for MALARIA, CHILLS, FEVER AND LA GRIFFE  
It is a Powerful Tonic and Appetizer  
Will cure that tired feeling, pains in back, limbs and head. Contains no quinine arsenic or habit-forming ingredients.

Refined Married Women Can Increase Their Income—Experience unnecessary. Send name address for information. Important to you. S. Antoville, 251 E. 49th St., Brooklyn, N. Y.  
W. N. U., BALTIMORE, NO. 27-1922.

## Something to Think About

By F. A. WALKER

### ENCOURAGING WORDS

TO FORM a pleasant background or a pleasing accompaniment to the drudgery of every day life, pass around among the hordes of weary mortals whose backs are bent under heavy loads a few encouraging words and observe, while you are doing it, the happy change that comes over their stoical countenances.

It takes but little kindness and manifestation of interest to brighten dull eyes and move sad faces to a smile.

As the lips curl at the corners, you comprehend with a new understanding the value of cheering words spoken in a kindly voice whose ring is sincere.

Whatever opinion you may entertain as to the influence helpful acts and speech have upon others, you will find upon intimate observation that it is always acceptable, uplifting and productive of friendship.

Encouraging smiles and words are like bright lights on a dark highway, guiding the tired traveler to his destination, who but a little while ago had lost his way and fallen into the "slough of despond."

Reason as you may, the tongue plays the leading role in the great drama of life, permitting itself liberties that make for peace or war an enemy or love, often forgetting in an unguarded moment its great responsibility.

No man or woman who indulges in gross speech can expect to get anything in return except that which arouses resentment.

## The Friendly Path

By Walter I. Robinson

### READJUSTMENT

"MONEY grows or money goes." But it will neither grow nor leave one of its own accord.

Many persons have had these facts brought home to them with a jolt. Unfortunately, however, they did not recognize the value of what they obtained when it came in fast.

Harsh lessons are usually well learned. The man who foolishly trusts a rotten plank to carry him across a whirling stream and then pays for his folly by a stiff fight for life, always is more cautious when he must walk another plank to follow his pathway on the other side of a stream.

The same logic may justly be applied to every walk of life. If one spends all he earns, the money naturally goes; but, if he is wise and saves something, what he saves is certain to grow if properly invested. And it is surprising how fast it will grow and what an assistance it will become when the source of supply becomes weak or slow in producing.

Whatever the difficulties one has faced during the period of depression incident to readjustment of economic conditions, he still has much for which to offer thanks. Long faces and grumbling are inclined to increase the world's pessimism and hamper the progress back toward normalcy. It is far better to be a good sport—if we be permitted to use gaming

If you should incline to prove this for yourself, scold your pet dog. If the opposite you would verify, fill your purse tomorrow morning with kind words of encouragement, crisp as new bills, and pass them around as you bend your way to business.

Give one to the old newsman on the corner, and see his face light up as the sun of happiness touches his heart and suddenly warms his whole being.

Hand them out all along the way until you are ready to assume your duties of the day.

You may marvel as you begin at the ease and gladness with which you take up your work.

The troublesome perplexities of yesterday have vanished, and there is a goodly spirit hovering over you, whose presence you have not felt for months, and all because you started the day by cheering others and thus unconsciously cheered yourself.

(Copyright.)

## SCHOOL DAYS



language—then one is more likely to see the brighter side.

Out of the struggles and discouragements the country and world at large have been experiencing, common sense will eventually rise to a higher plane than it has occupied for several years. And, though many may have foolishly spent all they earned when prosperity was with them and since have been finding it difficult to make both ends meet, when the tide turns back to normal, greater value will be placed on incomes, more caution will be exercised in spending, more money will be saved, simple and healthful pleasures will be appreciated and there will be wider appreciation of the privilege of earning fair wages or making fair profits on business done.

Painful though the lesson of readjustment is, it was necessary to assure honesty and happiness in the years to come.

(Copyright.)

## KIDDIES SIX

By Will M. Maupin

### THE DAY AFTER

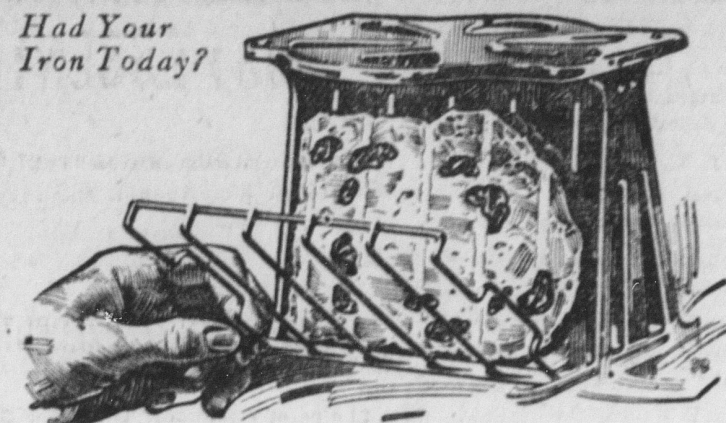
"L ICKED to a frazzie!" But, say, Home at the close of the day— Arms of our loved ones entwining, Out of the fret and the worry, Out of the din and the strife; Out of the battle and worry— Home and the joytime of life.

Downed in the battle! But, say, What is the profit in sorrow? Love is still lighting the way, On to a glorious morrow, Out of the turmoil and fuming, Out of the worry and wiles, Love with its welcome is looming Beckoning on with its smiles.

Whipped to a standstill! But, say, Still there is joy in the losing If love binds the wounds of the fray After the battle's confounding, Out of the smoke and the rattle, After the heat of the fray; After the din of the battle, Love lights the close of the day.

(Copyright.)

Had Your Iron Today?



## Toast It— Delicious Raisin Bread

DO this some morning and surprise the family: Serve hot *raisin toast* at breakfast, made from full-fruited, luscious raisin bread. Let your husband try it with his coffee. Hear what he says.

Your grocer or bake shop can supply the proper bread. No need to bake at home.

Made with big, plump, tender, seeded Sun-Maid Raisins, and if you get the right kind there's a generous supply of these delicious fruit-meats in it.

Insist on this full-fruited bread and you'll have luscious toast.

Rich in energizing nutriment and iron—great food for business men.

Make most attractive bread pudding with left-over slices. There's real economy in bread, like this.

Try tomorrow morning. A real surprise. Telephone your dealer to send a loaf today.



## 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-11-12, Fresno, Calif.

You never can tell what a woman jury is going to do. Nor a man jury.

### OLD NAMES BACK IN FAVOR

Dr. Peery's "Dead Shot" is the only vermifuge which operates thoroughly after one dose, and removes Worms and Tapeworm as well as the mucus to which they lodge and breed, without the need of castor oil. One cent, one dose, one effect. 171 Pearl St., New York City—Advertisement.

"Mary" and "Eliza" Again in Style After Having Suffered a Temporary Eclipse.

old-fashioned names are again in style, and the greatest of them all—Mary—heads the lists of present day Detroit brides, says Bert Maloney, marriage license clerk.

"I have a passion for the name of Mary," sang Byron, and many a poetical Detroit will experience a cuddly feeling at the news that the old names are back again.

The popular Sarahs Anns, Agneses and Janes of Byron's time gave way to the Ernestrades, Clarisses and Ysobels of recent yesterdays, but now they're coming into their own again.

Of course, "Mary" never went entirely out. There's something elemental in it that defies banishment. It's an ancient name of many tongues, symbolically connected with motherhood, with Isis and the moon and with the regeneration of man.—Detroit News.

In Fear of Trembling. One afternoon I was taking a party of friends to a theater in town from our home in a suburb. My fiancé had kindly insisted upon paying the fare. Neither of us noticed the words "Not transferable" at the top. When the conductor came in I handed him the ticket.

Fixing me with a glare, he exploded, "Are you Albert M. Curran?"

With fear and trembling I had to explain to him the whole situation, fearing all the while that he would put us all off at the next station and I had not enough money to pay our way back. Finally, most unwillingly, he permitted us to ride on the ticket.—Chicago Tribune.

Her Heart Upon Her Sleeve. From a Novel—"It is in her arms that a beautiful woman carries her soul." Not a big armful in most cases.—Exchange.

Robinson Crusoe did about as he pleased—yet he wasn't happy.

It Works That Way. Sillicus—"Does the Bible explain just why Methuselah happened to live so long?" Cynicus—"I think not, but my own private opinion is that some woman must have married him for his money."—New York Sun.

## Uncommon Sense

By JOHN BLAKE

### "NERVES," A LUXURY

IF YOU have an inherited fortune which some one else is taking care of for you, you can afford to have "nerves."

You can afford to be sensitive, to be easily irritated, to be extravagantly disturbed at small annoyances.

You will not enjoy this, but it may be some comfort to know that you can afford it.

But if you have your way to make, and are anxious to get as far as is possible with your particular mental equipment, you will find that "nerves" are too big a load to carry.

As you no doubt have discovered by this time, the world in which we have our being is not altogether a pleasant one.

In it there are loud and raucous noises, offensive sights, and displeasing people.

There is also a thing called labor, which viewed from the standpoint of the busy man is a good deal of a burden.

But this happens to be the only world you are in, for the present at least.

And if you permit all its unpleasant features to get on your nerves, you are going to be so busy with your unhappiness and your self-pity that you will have very little time to improve your natural gifts.

If you are nervous and touchy and sensitive, and always looking for offense, you might as well go directly to the poor house and give yourself up. You will get there in the end, and it will only be a waste of time to delay your arrival.

A good many cases of "nerves" were cured by the great war, permanently.

Young gentlemen who thought they could not eat, save from a nice mahogany table, spread with the best food, and who fancied they could not sleep if a trolley car was rattling by, discovered that they were mistaken.

After they had slept for a few days within the sound of exploding shells, they saw that they hadn't had much to worry about back in peace times.

Get rid of your nerves if you want to get along. Take the world as you find it, and put up with it. You may be able to improve it just the least bit later on, but you will have to become very able, and very great, before you can do so.

(Copyright.)

The juniper berry takes two years to ripen.

## Mother's Cook Book

Today may be all that is mournful—Our paths cannot always be bright. But tomorrow we'll somehow take courage. And trustingly enter the fight.

### EVERY DAY DISHES

WE WELCOME foods that give variety without adding to the expense of living, which is high enough with the best of management.

Date Surprise Cookies. Stone dates and stuff with whole almonds blanched. Roll out the cookie mixture very thin, cut in rounds and place a stuffed date in the center; sprinkle with sugar and lemon rind mixed; fold over the cookie and pinch the edges together. Bake in a hot oven.

Pear Bread Pudding. Slice canned pears in very small pieces; add lemon rind and juice and place half of them in a pudding dish. Mix one tablespoonful of butter with one-half cupful of sugar, one cupful of water and a pint of bread crumbs; spread all but a tablespoonful over the pears. Put more pears in the dish; add grated nutmeg and sprinkle with the tablespoonful of crumbs. Bake with a cover for an hour and a half, then remove the cover and brown. Serve with a hot sauce.

Rice and Asparagus Soup. Wash the asparagus and cut off the tougher portions. Put the tips into a quart of well-seasoned broth and one cupful of water and cook until tender.

Add one-half cupful of rice as soon as the broth and asparagus are boiling hot. Cook until very tender. This soup may be put through a sieve and is then ready to serve. Pass grated cheese with the soup.

### Sandwich Piquant.

Take one cupful of new cabbage, or cucumber chopped, one-half cupful of onion chopped, four tablespoonfuls of green pepper chopped, drain, add cayenne and seasonings and use on buttered bread.

Nellie Maxwell  
Copyright, 1922, Western Newspaper Union.

### THE CHEERFUL CHERUB

I like to hear the hymns in church, I feel uplifted in my heart, Especially when tenors sing Their extra, little, squeezed-in part R. J. CANN

