### THIS C. & O. CONDUCTOR GAINS 35 LBS.

"I enjoyed Christmas this time with more pleasure than I had in years," remarked W. L. Mahone, 410 Charlottesville, Va., the other day, in telling of the benefits he has derived from the use of Tanlac. Mr. Mahone has been a railroad conductor for nineteen years. He runs on the Chesapeake & Ohio from Charlottesville to Washington, D. C., and Richmond, Va.

"My stomach and digestion had been bad so long that I can hardly remember the time I could eat without suffering afterwards. I gradually grew weaker until I was often having to lay off from my run. In this rundown condition I contracted pneumonia in both lungs and came near losing my life.

"After this spell my stomach troubled me worse than ever and I remained almost as weak and helpless as a baby. While sitting around reading the papers I was attracted by the statements about Tanlac, which had such a sincere ring that I was led to believe the medicine might help me up the hill, and it pulled me clean up to the top. My appetite never fails, stomach misery is all gone, and I have gained thirty-five pounds in weight. Tanlac keeps me feeling 'spick and span,' too, so I can make my runs and still feel fine."

Tanlac is sold by all good druggists. Over 35 million bottles sold.-Advertisement.

Sad Result. "I thought she married that young

millionaire to reform him." "She did, but it worked the other way. Now even his fortune is dissipated."

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds Headache Toothache Lumbago Earache Rheumatism Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

Garcon, L' Addition! Mrs. Totten (in restaurant)-"Is that our waiter?" Mr. Totten-"All but the final payment."-Life.

#### SHE DYED A SWEATER. SKIRT AND CHILD'S COAT WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, tains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—Advertisement.

New Discoveries.

"What are you getting out of your car these days?" "Parts I didn't know existed," replied the disgusted

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 Chart Hitchire

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Patience is a necessary ingredient of genius. Don't Forget Cuticura Talcum

When adding to your tollet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum).

25c each everywhere.-Advertisement. Success is still operated on the selfservice plan.

Granulated Eyelids, Sties, Inflamed Eyes relieved overnight by Roman Eye Balsam. One trial proves its merit. Advertisement,

Loafing is stealing, let every employee remember.

#### Something to Think About By F. A. WALKER

#### YOUR TOMORROW

A S YOU go about your duties today, acquiring a larger knowledge of your obligations to others and a betare paving your way to a better to-

If you are careful, conscientious, even-tempered and loyal today, determined to make every stroke tel', you will not be lacking in these excellent qualities tomorrow.

By holding steadily to such a course, there will come to you gradually a new-born strength which will ease your burdens and inspire a new confidence in your ability.

Power is not given to ordinary mortals to go at one stride to the top. The summit of hope can be reached only extraordinary control of the heart, the hand and the tongue.

If you succeed in mastering yourself today, it is likely that tomorrow will be less imperious in its demands upon you, and yield a little in its inclination to get you in trouble.

Upon the other hand, if you are indifferent, careless and indisposed to make the best of opportunities today, tomorrow will hold these shortcomings against you, and begin at the breakfast table to make you un-

It will follow you as you go to work, snapping at your heels like a true. surly dog. And when you confront your task you will feel the sweep of contrary cross-currents and inconstant squalls, ready at the first drop of an

# Uncommon

#### YOUR GRIEVANCES

BEFORE you complain, analyze your complaint.

The chances are you will find that it isn't really a complaint at all. For example, many men feel aggrieved because others, doing apparently the same work, are better paid. Watch them a while, and you are pretty sure to find that they are either loing more work or better work than

If they are brothers or cousins of the boss, and are better paid for that reason, charge that up to human nature. You are bound to run into cases of that sort. They are not grievances, but just the ordinary facts of life

which you have got to meet. If you are aggrieved because your clothes cost too much, find out if you can't get perfectly good clothes at cheaper prices by looking somewhere

else. Nine times in ten you can. And anyway, if you start a little investigation into your personal expenditures you will discover that you are spending, without any complaint whatever, extravagant amounts on things

that you do not need. There is no denying that for most people the fight for existence is pretty

But it isn't tougher for you than it is for anybody else."

And all around you men are getting into better positions, carning more money, accomplishing important things. And most of them started with exactly the same chance that you have. Don't complain of your luck; hard

ugly word to make you thoroughly miserable.

It is too late now for regrets. You have lost a day and are slipping down ter understanding of your work, you hill, while the "still small voice" is calling in your ears to be steady,

dutious and thoughtful of your future. Thousands of light-headed, variable young men and women have missed their goal through their unconcern of tomorrow.

Instead of looking forward, sharpening their wits, keeping their vision | O. ... unclouded, and giving each hour the best that is in them, they play fast and loose with today, and thereby misstep with the progressive and fall behind.

Though they rail against the Fates, which they feel will bring them the frown of tomorrow, they shun helpby repeated steps, sometimes hard and ful faith and courage, forget their painful, calling for patience and an prayers and slip hopelessly down and down to the yawning abyss of despair, too weak to rise or turn their faces toward the still smiling countenance of Hope.

( by McClure Newspaper Syndicate.)

luck isn't a complaint, it is necessary discipline. It comes to everybody, and unless you can succeed in spite of it, you don't deserve to succeed.

Sickness, bereavement, accidents you can't help. They are real grievances. But 90 per cent of your grievances are only fancied.

Analyze them and see if that isn't

(Copyright by John Blake.) He Had Some Fast Food. "Whacha sellin'?"

A yawning taxicab driver asked the question of a negro sandwich vender near the Union station. The negro, solemnly drawing back the white napkin covering the contents of his basket, answered:

"Ah has some fast food. Ah sells the climbin' bird and the runnin' boy." Which was the negro's way of saying squirrel meat and rabbit.—Kansas City

#### EASY By WILL M. MAUPIN

BOUGHT my wife a meerschaum

And kept it hid away; Until I could hand it to her Upon last Christmas day.

For me she bought a collarette-A sealskin beauty, too. She hung it on the Christmas tree And said: "Dear, it's for you."

That evening, when 'twas time to dine, We both sat down to sup, She with the pipe, I with the fur-And traded, even up. (Copyright by Will M. Maupin.)

#### MEN YOU MAY MARRY By ETHEL R. PEYSER

Has a Galoot Like This Proposed to You?

Symptoms: He's awfully

smiling and affable. He hasn't a share in any oil company . . . but . . . no one has it on him for olliness. Slippery! If you think you have him in one hand, he will slip through the other. When he goes anywhere, he can make bitter enemies think that he agrees with both sides. . . . It doesn't matter how many miles of railroad stretches between the two opinions. His clothes look slick enough if you don't call out the Public Service Commission to investigate the dizzy, crag-like edges of collars and cuffs. He always has a small job and is continually olling his friend's inclinations for a possible new

IN FACT

He is the Original of the "Call-me-olly-Mother-Dear" type and the World's best Base Slider. Prescription to Future B.ide: R Some sand in all your food.

Absorb This: Of Sliding and Striding, Striding's Abiding. ( by McClure Newspaper Syndicate.)

## SCHOOL DAYS



## Mother's Cook Book

for women," or "Every woman for her-self."-Edward Sanford Martin.

FOOD FOR THE FAMILY

WE TIRE of the sameness of food, served. "Variety is the spice of life." Let us remember this and vary the

Grape Juice. Cook a kettle of grapes with a very little water until the juice has been well drawn from the fruit. Drain and add one cupful of sugar to each quart of the juice. Boll, skim and pour into bottles boiling hot. Seal with paraffin. Apple juice or the juice of any fruit may be bottled in the same way and will be nice to use not only as drinks but for pudding sauces and in various other dishes.

Scalloped Potato With Ham. Take six cupfuls of diced potato. two cupfuls of diced ham, four cupfuls of hot milk, one-third of a curpful of flour, one-third of a cupful of ham fat, one and one-half teaspoonfuls of salt, one-fourth of a teaspoonful of pepper, two tablespoonfuls of parsley. Melt the ham fat, add the flour, stir until smooth, add hot milk and bring to a boiling point, stirring

It is a great office to make life pleasant, constantly; senson. Cut cold boiled to make it worth living. So far as it is potatoes in half-inch dice, dice the not by women whose motto is "Women ham. Put all in a casserole and bake twenty minutes. When serving, add parsley.

Detroit Salad Dressing. Take one-fourth of a cupful of no matter how well prepared and mayonnaise, one-fourth cupful of



heavy cream beaten stiff, one hardcooked egg chopped, two teaspoonfuls of chives, one green onion or shallot, both chopped, one tablespoonful of powdered sugar, two teaspoonfuls of cooked chopped beets, the same of parsley, and red pepper, one-half teaspoonful of salt, two teaspoonfuls of caviar, two teaspoonfuls of chili sauce, one-fourth teaspoonful of paprika and one tablespoonful of tarragon vinegar. Mix thoroughly and allow the mixture to stand in a cool place to become seasoned. Serve with lettuce.

Tip Top Omelet.

Boil one-half cupful of milk, add a tablespoonful of butter and mix with one cupful of bread crumbs. Season well, add the yolks of three eggs well beaten, stir in slowly the stiffly beaten whites and brown in a well-buttered frying pan.

(©. 1923, Western Newspaper Union.)

An Offset. "He thinks he's flying high with his golf talk," "Come back at him with polo."

MAYBE? She: I used to think you were one man in a thousand. He: And now you're disappointed because I'm not the other 399.

## Daddy's Evening BY MARY GRAHAM BONNER MR. PEACOCK'S STORY

"I have heard," said Mr. Peacock, 'that a number of children have asked to hear about me and about my ways and about the ways of the Peacock family.

"I am pleased that they should want to hear about me, for it shows that they are very intelligent to want to near about a handsome bird such as [ am.

"Of course, that doubtless sounds a ittle conceited coming from me. It would have been better if some one else had said that of me. But I cannot wait for some one else to say that at just this moment, though, for all I snow, many people in different parts of the world may be speaking at this very moment of the peacock's beauty

"Then, too, I am proud of my beauty. I am not modest. I am vain. But just see what I have to be vain about! Some may look at themselves and be pleased.

"And yet there may be no reason for such pleasure.

"I look at myself and am pleased, and there is every reason for such pleasure.

"It takes time to get our peacock beauty. When we are born we are lit-'tle fuzzy brown things, and we look much like chickens and act much like

"In fact, we are very similar in our ways to the members of the chicken family and the turkey family-par ticularly to the chicken family. "We're so very much like them.

"We look like our mothers for a time. We have simple gray suits.

"We begin to show signs of beauty, at the end of the first year of our lives, with green touches upon our chests and about our necks.

"At the end of the second year we show still greater improvement and, ah, the glory and splendor of it-or of us-at the end of the third year our trains are perfect.

"I hope you will never speak of my beautiful train as a tall.

"I have a tall. It is underneath my

train. And it helps to support my "My traff is the beautiful part of me which I raise up in so becoming a

"People have wondered why we did not run away when we were given so much freedom-in fact, when we are

absolutely free. "We bed come used to our strutung ground and we get so we know our home. Then we don't run away from it. We're like roosters. They don't

run away from the farm. "Little peacocks are able to look after themselves as soon as they are hatched.

"Our home used to be in India, and although there it was warm, while



here it is cold in the winter time, we do not complain about the weather. "In fact, we do not mind the snow at all. We roost out-of-doors, up in the trees or on top of the buildings here at the zoo where we make our

"We used to live in a wilder part of the world, but we're not wild at all.

We don't fight. "We shed our feathers every June and get our new ones in January. You can see how nice mine are becoming now. In the spring our feathers look their very best. Then they are beau-

"Our voices are not pretty. We make a great deal of noise, but we can't have everything, can we? And beauty of looks is so much more important than beauty of voice. The peacocks think so, anyway.

"The ladies in our family lack our beautiful trains. They do not go in for beauty, but why should they when they can always have the pleasure of admiring ours? "They lay two or four or six eggs.

People do not know what their reason s for always laying an even number of eggs. Sometimes it is only two, now and again six, and more often four. The reason for this is a peacock secret and will be kept a peacock secret. If we let a few outsiders know the secret it might very possibly be a secret no longer.

"We aren't pets exactly, but we will take food from our friends' hands, and we're fond of home even though we don't want to be babled.

"Of course it is true that we like to show off, but is it not natural when you stop to think of the wonderful eye spots in our train and the brilliant blues and greeus and golden browns of

### WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased Pain in the back, headache, loss of am-

bition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper .- Advertisement.

Though we travel the world over to find the beautiful, we must carry it with us or we find it not .- Emerson.

#### Quick Relief From Colds

Bear's Emulsion Has Been Found a Sure Remedy by Hundreds.

Colds are dangerous because very often they develop into more serious nickness. The system becomes weakened and the patient is much more liable to be the prey of consumption. For that reason it is highly important to stop a cold as soon as possible and to run no chances of graver conse-

quences. There is no remedy known that is more effective in breaking up coughs and colds than Bear's Emulsion. It has been known to break up colds of long duration, in cases where the pa-

tient had despaired of relief. Not only does Bear's Emulsion stop disagreeable colds but it is a great aid in building up strength. People who have become weak, run-down and nervous find that it tones up the entire body and helps them to put on weight

and to gain renewed health. Bear's Emulsion is made of natural products and is pleasant and easy to take. It can be secured from any of the leading druggists or can be ordered direct from the manufacturer

JOHN D. BEAR CO. Clearbrook, Va.

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Guaranteed to give immediate relief or money refunded. Pretirely different from all other ca-Our chief chemist has just per-

fected this remedy after years of experimental work. Seat Prepaid With Full Directions on Receipt of \$1.00

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