

Mrs. Clarence Richards



Beauty and Health

Wheeling, W. Va.—"Dr. Pierce's Favorite Prescription gave me health and strength when all other medicines had failed to help me. I suffered for over a year with feminine weakness. I had sick-headaches all the time, my back hurt me, I had pains in my side and bearing pains. I was nervous, could not sleep and was really in a miserable condition when I was advised to try Dr. Pierce's medicine. I took the 'Favorite Prescription' and the 'Lotion Tablets' and the 'Healing Suppositories' and by use of these medicines I was completely restored to health—cured of all my ailments. I have been well and strong ever since." Mrs. Clarence Richards, 3618 East St.



COUGHS and colds expose you to dangerous lung and bronchial diseases. Bear's Emulsion brings relief from coughs, colds, bronchitis and weak lungs. Breaks up colds quickly—pleasant to take, builds up the run-down system.

For sale at leading druggists. May be ordered direct from JOHN D. BEAR CO., Clearbrook, Va.

HELP YOURSELF GET WELL FAST

If you have been ill, and it seems as if you never would get your strength back, you need the wonderful strengthening and rebuilding qualities of Gude's Pepto-Mangan.

Gude's Pepto-Mangan Tonic and Blood Enricher

A REMEDY AS OLD AS AMERICA

The Indians learned through countless generations, the secrets of nature. For constipation, and other digestive troubles, they used a combination of roots and plants. There was no secret to their skill for they freely communicated their knowledge and experience to those with whom they were friendly.

Wright's Indian Vegetable Pills

ARNICA CREAM

"The Best for All Chaps" A soothing lotion for chapped hands, lips and skin, and for sunburn, tan or freckles. Delightful after shaving. If not at your druggist, send us his name and we will have you supplied.

RUPTURED? USE STUARTS PLAPAO-PADS

Something to Think About

By F. A. WALKER

LOVE OF SOLITUDE

THE truly great, the large-souled men and women who delight in going afield in the mystic realm of thought, you will find are ardent lovers of solitude. They are never lonely wherever they may be, for they have found the way to happiness by getting acquainted with themselves, whose companionship they prefer to any other.

The greatest writers do their best work in solitude, often in the nighttime, when voices are hushed and silence is supreme.

Uncommon Sense

By JOHN BLAKE

YOUR ENEMIES

ONE of the most successful public men in this country began life by making an enemy. This enemy was the kind of an enemy that Mark Twain called "permanent and reliable."

He was on the job all the time. He had a diabolical ingenuity, which he employed in devising ways and means to keep the public man out of office and to blight his political ambitions.

For the very fact of his enmity kept the other man keyed up to the highest pitch.

He knew that a single mistake of judgment would bring his enemy down upon him. He avoided even the appearance of evil lest he be put into a false position.

And he himself confesses today, that he owes his present eminence, which is very great, to the keenness and alertness of this implacable enemy.

He never succeed without battles, and battles are always between enemies.

The course of success is as rough as the course of true love.

Moving along slowly and easily dulls the senses, as slipping downstream over the water in a canoe induces drowsiness.

To go upstream in a boat you must battle with the current. The battle develops muscles, and after a few of

as a canopy of stars in a still night when one is far away from the noisy haunts of men with one's own thoughts.

Only in solitude can man find himself. It was in solitude on the seashore that Demosthenes found himself, whence he came and stirred the people of his time with such oratory as had never been heard.

Real nobility of the soul dwells only in the men and women who care nothing for social gatherings and frivolities. Such men and women prefer to be alone with their muses, where they find their greatest pleasure in study, meditation and exploration, from which the human family ultimately derive benefit.

The best in science, in art and in literature comes from the people who choose seclusion in preference to the glamour of bright lights and the folly of merry-making among turbulent crowds, barely able to find their way about, add up a column of figures, or to tell offhand the number of square feet in a square mile.

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GETHSEMANE

By DOUGLAS MALLOCH

I DO NOT think of Christ as God, Some deity beyond the sky; I think of Christ as one who trod This earth, and had to live, to die, And die to live—I think of Him Finding His way through paths as dim As these of mine, as full of wrong— With just His faith to keep Him strong.

I do not think of Christ as one Removed, a deity apart, But one a-weary when the sun Brought rest at last to limb and heart. I picture Him a man of toil, A brother of the common soil, A brother of the sea and road, A plain religion, simple code.

I think of Christ as One who went The very way that I must go, Who met and mastered each event And learned our common lot to know.

I think of Christ as one who stood With mortal men in brotherhood. This thought has brought me to my knees— We both have known Gethsemanes.

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SCHOOL DAYS



Curd Brokers - Copyright

them you make much better progress. You must meet and match brains with those of other men.

If they are strong and energetic, and cunning and crafty, it will take all the mental alertness you have to defeat them.

But whether you win or lose in the preliminary skirmishes, every little battle sharpens your wits and strengthens your determination.

Don't be afraid of enemies. Do not make them unnecessarily, but unless you have a few of them, and a few able ones, you will be very seriously handicapped in the game you are playing.

(© by John Blake.)

suaded to enjoy them. Try this combination—it is not common: Scalloped Parsnips With Tomato.

Fry a medium-sized onion in a tablespoonful of fat until a golden brown. Add one pint of stewed tomato, season with salt and pepper, a bit of cayenne and a pinch of clove or two whole cloves, one teaspoonful of sugar. Simmer until a smooth mixture is obtained.

Place a layer of diced, boiled, salted parsnips in a shallow baking dish, then add a layer of the tomato sauce and repeat, having a layer of parsnips on top. Sprinkle with two tablespoonfuls of cheese and cover with one-fourth of a cupful of buttered bread crumbs. Brown in a hot oven.

Nellie Maxwell

(© 1923, Western Newspaper Union.)

Fairly Warned. Members of the faculty of one of our universities tell a story of the days when a certain distinguished educator was a tutor in charge of student discipline at a New England college—a sort of protector, apparently. On one occasion he was called out of his room by some midnight escapee. He was obliged as a matter of duty to pursue the disturbers, and with his long legs he soon found himself gaining rapidly upon them. Then his solemn voice rang out suddenly into the night: "Gentlemen, gentlemen, if you don't run a little faster, I shall be obliged to overtake you!"

Has Anyone Laughed At You Because

You can't smoke? If you are a man haven't they said: "Are you afraid of being feminine?" If you are a woman, haven't they said, "You are a prude?" Suppose they have! Smoking is but a habit. It has nothing to do with your character. It does test your character, though, to be gayed. Let them laugh; the longer you stick to your belief the stronger you are. Of course, you'll come out all right if you don't look down on others who hold different opinions.

SO Your Get-a-way Here is: You save money, you have a right to smoke or not to smoke, and you can prove by your conduct that you are as sociable without as with the weed.

(© by McClure Newspaper Syndicate.)

AT AGE 71, FINDS HOUSEWORK EASY

Mrs. Jennings Says Tanlac Restored Strength After "Flu" Attack and Ended Stomach Trouble.

"I was almost an invalid and Tanlac built me up to a strong, well woman. I consider it my best friend," is the grateful and characteristic statement of Mrs. Emma Jennings, residing at Clearwater, Cal. "An attack of the grippe left me completely broken down. My stomach felt sick, my legs and arms so tired and weak I could hardly use them, and I scarcely had energy and strength to dress myself. I just kept getting weaker in spite of all I could do and, as I am seventy-one, I had begun to think my age was against me ever getting well.

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

The Magazine Man. "Why don't you read your own magazine?" "I know there's nothing in it I care to see."

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 Dr. J. C. Watson.

Children Cry for Ketcher's Castoria

Awful. Bluebelle is spending some time with her uncle, who has a plantation in the far South. Bluebelle is a sensitive flower. It really distressed her when her uncle made disparaging remarks about the goldenrod. But later her mother found her weeping audibly.

"What's the matter now? Has your uncle called the goldenrod a weed again?" she asked.

"Worse than that," was the tearful reply. "Just because it disturbed his n-n-nap—"

"Well?" "He called the mocking bird a v-v-variant."—Chicago News.

Hookworm Almost Universal. It is estimated that 900,000,000 people live in countries where hookworm infection is a serious menace to health and working efficiency.

There's the Rub. Love-making may be an art, but in that case it is likely to drift into artfulness.

If you would be happy don't purchase today and read the bargain advertisements tomorrow.

It is usually the girl who never had a proposal who boasts of having flirted a number of men.

When the book agent confesses that few families have sufficient culture to appreciate the work, the set is sold.

Many a woman marries for money because she can't think of any other excuse.

If one is suspicious of resolutions, just try amending one's ways without a resolution.

Let a poet write a rich man's will and he cares not who writes the nation's poems.

"FLU"

Prevent the "FLU" and GRIPPE by stopping Coughs and Colds

WITH FOLEY'S HONEY TAR

Largest selling cough medicine in the World

GREEN MOUNTAIN ASTHMA

COMPOUND quickly relieves the distressing paroxysms. Used for 50 years and result of long experience in treatment of throat and lung diseases by Dr. J. H. Guild. FREE TRIAL BOX. Treatise on Asthma, its cause, treatment, etc., sent upon request. 25c and \$1.00 at druggists. J. H. GUILD CO., RUPERT, VT.

A COLD TODAY - DON'T DELAY

Cures Colds in 24 Hours La Grippe in 3 Days

EYES SORE? Dr. Isaac Thompson's EYEWATER

EARN BIG MONEY SELLING POPULAR price silk men's and ladies' hosiery direct to consumer. Our prices are the lowest. HOPE HOSIERY CO., NORWOOD, OHIO.

Representatives Wanted—Each county this state, who can finance initial stock up to \$169. Big profits and easy sales. Kor-Ker Sales Co., 459 11th St., Washington, D. C.

CALLS FOR NEW DICTIONARY

New York Newspaper Condemns the Present Ones as Cumbersome and Disconcerting.

Like many books called classics, which we speak of reverently and never look at, the dictionary of our language seems to be falling into disuse; we seldom consult it. If a strange word "swims into our ken" we regard it as an impertinence or we use it as a kind of game; we argue about it, discuss it, and perhaps write to the newspapers for a definition, but we don't consult the dictionary.

Perhaps the reason for our neglect is that the unabridged dictionary is too cumbersome and it gives too many meanings, though thin papers cut the ordinary bulk. Simple words therein are found to be both noun and verb (spelled alike), and sometimes they have more than a dozen distinct meanings. This is disconcerting. There may be room for a dictionary with the obsolete and archaic words left out, a true Twentieth-century dictionary that shall be fool proof.—New York Herald.

The Lesser Evil. Old Grump—Why doesn't Ethel marry that young idiot? I'm getting blamed tired of his coming here so much.

His wife—I believe I'd prefer to have him come here—if he marries her he'll stay here.—Boston Transcript.

In the Majority. The pessimist looks regretfully back; the optimist looks joyfully forward; the ordinary mortal just groans and smiles, through today.—Boston Transcript.

Try to get a grip on grippe before it gets a grip on you. Narrow minds overlook a charitable act and search for the motive.



VARIETY in foods is essential, of course, but in providing variety do not overlook the importance of nourishment.

Crisp, delicious Grape-Nuts is a highly nourishing cereal food in unusually compact form. It supplies the rich nutrition of wheat and malted barley, including the mineral elements of these splendid grains, without which health and strength cannot be maintained.

Grape-Nuts, with good milk, is a complete food. Economical, too, because a moderate amount provides unusual nourishment.

Sold by Grocers Everywhere!

Grape-Nuts THE BODY BUILDER "There's a Reason"

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