

### 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 medicines. I took the 'Favorite Prescription' and used 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 Eoff St.

Your health is most important to you. Write Dr. Pierce, President of the Invalids' Hotel, in Buffalo, N. Y., and he will see that you receive medical advice free of all cost, in strict



OUGHS 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 drops gists. May be ordered ale

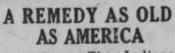
JOHN D. BEAR CO. Clearbrook, Va.

# HELP YOURSELF

TF 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.

It has helped thousands of invalids and convalescents to get back their strength, put on firm flesh, eat well, sleep well, feel well and BE well! Your druggist has Gude's Pepto-Mangan—liquid or tablets, as you pre-

## Gude's Pepto-Mangan Tonic and Blood Enricher





The Indians learnedthrough countless generations, the secrets of na-ture. For constipation, and other digestive troubles, they

used a combin ation of roots and plants. There was no secret to their skill for they freely communicated their

### 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. ARNICA CREAM COMPANY, Inc.

USE STUARTS PLAPAO-PADS

# Something to Think About By F. A. WALKER

thoughts.

### 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. Washington chose solitude when he prayed for strength and guidance in the forests; Lincoln knew nothing of loneliness when he lay upon the floor of his log cabin before the glow of a hearth fire studying by its faint light and pondering the subject matter of bis lessons; the late John Wanamaker

or The best in science, in art and in
literature comes from the people who solved his most difficult business problems in privacy.

The men and women of exclusion, illuminate the world by dazzling achievements, born to their in their quiet hours of isolation. Their works flare up like magic torches to light the paths of the faltering and disheart-

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

And so do painters and presidents, kings and capitalists, students and in-

There is nothing more inspiring to thinking minds than quietude; nothing so grandly sublime and impressive

# Uncommon

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 reli-

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. Sometimes he succeeded. Oftener

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

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 yery great, to the keenness and alertness of this implacable enemy.

We never succeed without buttles, and battles are always between ene-

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 playing.

Hugh Black.

TDO NOT think of Christ as God, Some delty beyond the sky; think of Christ as one who trod as a canopy of stars in a still night when one is far away from the noisy

And the to live-I think of Him haunts of men with one's own Finding His way through paths as dim

I do not think of Christ as one self, whence he came and stirred the Removed, a delty apart, people of his time with such oratory But one a-weary when the sun Real nobility of the soul dwells

only in the men and women who care I picture Him a man of toil, nothing for social gatherings and fri-A brother of the common soil, volities. Such men and women prefer

to be alone with their muses, where they find their greatest pleasure in study, meditation and exploration, I think of Christ as One who went from which the human family ulti-

SCHOOL DAYS

THE CRAYONS -

WILLIN' TO TRADE YOU

MY COPPER --

DON'T WENT THE CRAYOUS

I KNOW A SIMP WHO

HE LL TRADE FIR ANTHING,

her You bont know him

WHAT SAY? YESER NO?

THE LEAD PIPE-

choose seclusion in preference to the glamour of bright lights and the folly of merry-making among turbulent wowds, barely able to find their way about, add up a column of figures, or to tell offhand the number of square

(6): 1923, by McClure Newspaper Syndicate.)

Only in solitude can man find him-

self. It was in solitude on the sen-

shore that Demosthenes found him-

as had never been heard.

mately derive benefit.

feet in a square mile.

# **GETHSEMANE** By DOUGLAS MALLOCH

This earth, and had to live, to die,

As these of mine, as full of wrong-With just His faith to keep Him

Brought rest at last to limb and

A brother of the sea and road, A plain religion, simple code.

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-

CUBEBS AN'

WAS CRAYONS

ED! TAKE HIM

We both have known Gethsem-(C. 1923, 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

"Almost from the day I began taking Tanlac I commenced to feel stronger. So I kept picking up with every bottle until now I can easily do all my housework, for I am feeling fine. I wouldn't be without Taniac in the house. It is just grand."

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." Examine carefully every bottle of Extra tament and children old remedy for infants and children.

A reliable and speedy remedy since 17% Buy at your druggist's or John L. Thompson Sons & Co. 16 River Street, Troy, N. Y. BOOKLET FREE.

Bears the Gart Hetchers In Use for Over 30 Years, Children Cry for Fletcher's Castoria

for infants and children, and see that it

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 mafter now? Has your uncle called the goldenrod a weed

again?" she asked. "W-w-worse than that," was the tearful reply. "Just because it disturbed his n-h-nap--"

"He called the mocking bird a v-vvarmint."--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 pur-

chase today and read the bargain advertisements tomorrow. It is usually the girl who never had a proposal who boasts of having jilted

a number of men. When the book age: t 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

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

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

The Lesser Evil. Old Grump-Why doesn't Ethel mar-

ry that young idiot? I'm getting blamed tired of his coming here so much.

Prevent the "FLU" and **GRIPPE** by stopping

Coughs and Colds

FOLEY'S

Largest selling cough

medicine in the World

GREEN MOUNTAIN

quickly relieves the distressing paroxysms. Used for 55 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 causes, treatment, etc., sent upon request. 25c. and \$1.00 at druggists.

A COLD TODAY - DON'T DEL'AY

CASCARA QUININE

Cures Colds in 24 Hours La Grippe in 3 Days W.H. HILLEO, OETROIT.

EYES SORE? Dr. Isaac EYEWATER

EARN BIG MONEY SELLING POPULAB

to consumer. Our prices get the orders HOPE HOSIERY CO., NORWOOD, OHIO

Representatives Wanted—Each county this state, who can finance initial stock up to \$160. Big profits and easy sales. Kor-Ker Sales Co., 509 11th St., Washington, D. C.

CALLS FOR NEW DICTIONARY

New York Newspaper Condemns the

Present Ones as Cumbersome

and Disconcerting.

which we speak of reverently and nev-

er look at, the dictionary of our lan-

guage seems to be falling into dis-

use; 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, dis-

cuss it, and perhaps write to the

newspapers for a definition, but we

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 mean-

fings. This is disconcerting. There

may be room for a dictionary with the

obsolete and archaic words left ont a

true Twentieth-century dictionary that

shall be fool proof .- New York Herald.

don't consult the dictionary.

Like many books called classics,

COMPOUND quick!

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

The pessimist looks regretfully back; the optimist looks joyfully for

ward; 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.

#### To be a strong hand in the dark to another in the time of need, to be a cup of strength to a human soul in a crisis of weakness, is to know the glory of life.— food. Just the intelligent reading of some of the countless articles in books, magazines and papers will be A necessary part pline at a New England college-a sort some of the countless articles in books, magazines and papers will be of protector, apparently. On one ocof your diet a sufficient guide. In case of illness, casion he was called out of his room by some midnight escapade. He was of course, the physician's advice THE FAMILY FOOD obliged as a matter of duty to pursue should always be followed, but much ill health would be eliminated if more the disturbers, and with his long legs IF THE mother in the home is not he soon found himself gaining rapidly study were given to proper foods. interested enough in the welfare upon them. Then his solemn voice Fruits and vegetables are the great

/ARIETY 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

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

"There's a Reason"



and you can prove by your conduct that you are as sociable without as with the weed.

Your Get-a-way Here Is: You save money, you have a right to smoke or not to smoke,

# CURB BROKERS -

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them you make much better progress. | suaded to enjoy them. Try this com-

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

preliminary skirmishes, every little

you have a few of them; and a few able ones, you will be very seriously handicapped in the game you are

(@ by John Blake.)

You must meet and match brains bination-it is not common:

But whether you win or lose in the

battle sharpens your wits and strengthens your determination. Don't be afraid of enemies. Do not

Fry a medium-sized onion in a table spoonful of fat until a golden brown. Add one pint of stewed tomato, sea-

son 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 shalmake them unnecessarily, but unless low baking dish, then add a layer of the tomato sauce and repeat, having a layer of parsnips on top. "prinkle with two tablespoonfuls of cheese and cover with one-fourth of a cupful of buttered bread crumbs. Brown in a hot oven.

Scalloped Parsnips With Tomato.

# Vellie Maxwell

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 discirang 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 \_\_

who hold different opinions.

# You den't smoke? If you are a 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 guyed. 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

( by McClure Newspaper Syndicate.)

#### of her family to read and keep informed in regard to the proper feeding of her family, how can the health of a nation be conserved? It is not necessary that she be a trained teacher of household economics to be able to understand the balancing of a menu or the rationing of

Mother's Cook Book



properly blended tonics and foods which contain wonderful aids to digestion and the proper functioning of the nervous system and vital organs, and furnish bone and tissue building

Fruits and vegetables can be procured the year round and the neglect of their use will be some sort of a breakdown in the health.

We need all the acids, mineral salts and vitamines just as nature put them together, so when possible uncooked fruits and vegetables should be served to conserve these valuable properties.

If we use the fruits and vegetables as they come in season or that we are able to store for winter use, like the onion, beets, squash, celery, rutabaga, cabbage and carrot, we may, at little expense, have a variety of vegetables. For fruits we have the win-ter keeping apple; citrus fruits are with us all the year, and during the nonths when they are used and enloyed the most they are fortunately

he most plentiful and cheapest. Parsnips will soon be with as, as rell as saisify-both splendid vegeables which we will do well to serve s often as the family can be per-