

WOMEN OF MIDDLE AGE

Relieved of Nervousness and Other Distressing Ailments by Lydia E. Pinkham's Vegetable Compound

Brooklyn, N. Y.—"I first took Lydia E. Pinkham's Vegetable Compound four years ago, and am taking it now for the change of life and other troubles and I receive great benefit from it. I am willing to let you use my letter as a testimonial because it is the truth. I found your booklet in my letter-box and read it carefully, and that is how I came to take the Vegetable Compound myself. It has given me quiet nerves so that I sleep all night, and a better appetite. I have recommended it already to all my friends and relatives."—Mrs. ENGLEMAN, 2032 Palmetto St., Ridgewood, Brooklyn, N. Y.

Remember, the Vegetable Compound has a record of nearly fifty years of service and thousands of women praise its merit, as does Mrs. Englemann. You should give it a fair trial now.

RUN DOWN PEOPLE NEED RICH BLOOD

YOU never heard a doctor say, "He is all run down, but his blood is pure and rich."

The best thing—the biggest thing—that Gude's Pepto-Mangan does is to purify and enrich your blood. Then those weary, run down, dragged out feelings will disappear, and the oldtime vim and "pep" come back again. Get Gude's Pepto-Mangan today.

At your druggists—liquid or tablets, as you prefer.

Gude's Pepto-Mangan Tonic and Blood Enricher

PARKER'S HAIR BALSAM Removes Dandruff, Itchiness, Falling Hair, Restores Color and Beauty to Gray and Faded Hair. One and One-Half Dollars. Sold by Druggists, Chemists, and Grocers.

HINDERCORNS Removes Corns, Calluses, etc., stone all pain, ensure comfort to feet, makes walking easy. Sold by Druggists, Chemists, Grocers, and Shoe Stores.

Tutt's Pills SPEEDY RELIEF FOR CONSTIPATION

EYES SORE? Dr. Isaac Thompson's **EYEWATER** A reliable and speedy remedy since 1846. Buy at your druggists or John Thompson Sons & Co., 14 River Street, Troy, N. Y. BOTTLE FREE.

Knew Her Mother. "And shall I speak to your father, dearest?" "Yes, but for goodness' sake, don't say a word to mother." "Why not?" "Because we don't want the engagement made public for two or three days yet."—Boston Transcript.

A good cause makes a strong arm.

HAIR STAYS COMBED, GLOSSY

"Hair Groom" Keeps Hair Combed—Well-Groomed.



Millions Use It—Fine for Hair!—Not Sticky, Greasy or Smelly.

A few cents buys a jar of "Hair-Groom" at any drug store. Even stubborn, unruly or shampooed hair stays combed all day in any style you like. "Hair-Groom" is a dignified combing cream which gives that natural gloss and well-groomed effect to your hair—that final touch to good dress both in business and on social occasions. Greaseless, stainless "Hair-Groom" does not show on the hair because it is absorbed by the scalp, therefore your hair remains so soft and pliable and so natural that no one can possibly tell you used it.

Something to Think About

By F. A. WALKER

THE STEP BEYOND

JUST a step beyond the barriers which have so long defied us, and we are sure of our ground, certain of realizing our fondest hopes, and marching on and on with the victors. The thought thrills us with elation, but how hard it is to make the final stride when we are worn and weary. Human nature is prone to lose courage when the chase is tiresome. It inclines to become disheartened when carefully worked out plans and calculations fail immediately to produce anticipated results.

The fatal fault with most of us is lack of patience, coupled with an inclination to be governed by impulse rather than reason at the turning moment when everything is dependent on calmness and firmness of purpose. We incline to haste when we should go slowly and take accurate account of our energy, where we should conserve it, that our minds may not be filled with fear and finally overcome with sickening apprehension.

In business, as in love, most of our miserable failures result from our refusal to consider seriously the step beyond.

For some paltry reason, a whim of

the fancy, or a laxity of activity, we find ourselves at the crucial moment weary of the chase.

So we sit in the inviting shade of a friendly nook, while our more ambitious rivals steal a march upon us and capture the prize, only a step beyond our impatient reach.

The blame is our own. But the truth never penetrates our souls until the clear perspective of years gives us a sharper vision which enables us to see our folly.

It is not until then that we fully understand our shortcomings.

To make amends for our own deficiencies, we proceed to pass around advice to our intimates, which, as a rule, falls on barren ground. They know us!

There is but a step between success and failure, likewise but a step between hope and despair. When the occasion comes for action very few of us, alas, know how to make the step, though it is inviting and has an air of simplicity.

And yet there is probably no other movement more vitally important to man's future success than the step just beyond.

(© by McClure Newspaper Syndicate.)

CLAY

By DOUGLAS MALLOCH

A MAN, they say, is made of clay; Undoubtedly it's true. But then one finds so many kinds Of clay—now haven't you? Along the creeks are yellow streaks Of clay that wouldn't do.

I know the mushy sort of slush Would never make a man; He'd fall apart before you start, Would crumble in the pan, That's not the ditch of clay in which Humanity began.

And in the yard is clay so hard, So shriveled up and dry, So rough and cold with musty mold And full of alkali No love nor wit could soften it— You wouldn't even try.

But there is clay beside the way That's solid yet will bend, That gives and takes—the kind that makes A fellow and a friend, That, once you choose, you never lose, That holds until the end.

So don't begin with clay too thin, Nor start with clay too thick. The plastic kind you'll always find The best to do the trick. Just add a hand of good, old sand— And then you'll have a brick!

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SCHOOL DAYS



Uncommon Sense

By JOHN BLAKE

THE NEXT HURDLE

PRIDE in past achievement gives you confidence. But you can easily have too much of it.

Life is a good deal like a hurdle race. The next hurdle doesn't look so high when you have taken three or four like it. But it is the next hurdle, not the last one, that you must think about.

However gracefully you cleared the last one, your problem is getting over the one just ahead.

Take advantage of all the confidence you can get out of what you have done. But always remember that it is what is still to be done, that is going to count.

Napoleon irritated his boasting generals by answering their stories of battles won with the query, "And what did you do the next day?"

It is hard to be able to bask in the light of past accomplishments. Pleasant it is to sit back, after doing something difficult, and admire ourselves for doing it.

But life is like a moving sidewalk. You have got to keep up with it or get off. And we are all born with an instinct that prompts us powerfully not to get off.

Keep your eye on the next hurdle. That is the hurdle that is of vital interest to you. It is the one on which you must concentrate all your courage and all your energies.

For if you don't get over it, you are out of the race, and all the hurdles you have taken before have gone for nothing.

If you have had a little success, make it a big success. Put the hurdle

up a little higher. If you have done one job well, find a tougher job, and do that better.

That is what makes progress, and progress is necessary to the prosperity and happiness of every human being just as it is necessary to the prosperity and happiness of the whole human race.

There will be plenty of hurdles to take. But when you have taken one make ready for another. For success is just one hurdle after another, and the man who takes them as they come is the man who wins out.

(Copyright by John Blake.)

Has Anyone Laughed At You Because

By ETHEL R. PEYSER

YOU LIKE TO ARGUE? You may be a bore or you may not with this propensity. Yet if you control it well you are a stimulating person to have about. Nothing is better for a crowd of lazy-minded folk than to have such as you around. You can argue on whether the moon has flowers, or rocks have life, or babies have rights, or women have hearts, or anything but politics and religion and still be popular and amusing. Argument and discussion can be the pep of a party if no one gets huffy.

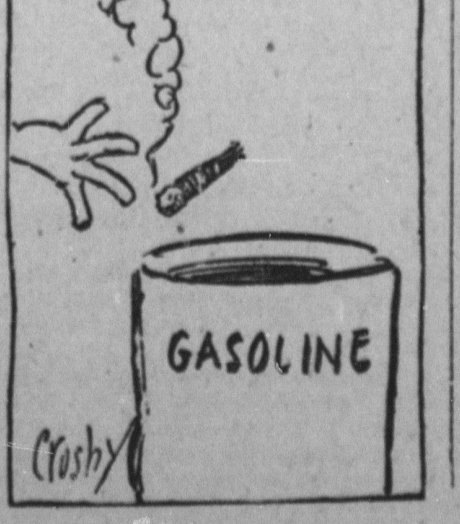
SO Your get-away here is: YOU KEEP THE CROWD AMUSED AND INTERESTED

(© by McClure Newspaper Syndicate.)

Better Vision.

Upon retiring, as she seemed very wide awake, I told my little girl to close her eyes and count the sheep going over the fence. She closed her eyes tightly. A little later I glanced at her and she had her eyes wide open, looking up at the ceiling. I said: "Patricia, I thought I told you to close your eyes and count sheep?" "I can see them better with my eyes open," she replied.—Chicago Tribune.

ONCE IS ENOUGH



Mother's Cook Book

The man who holds down the ladder at the bottom is frequently of just as much service as the man at the top. The mother in the home who is faithful to her duties is as invaluable as the breadwinner outside.

FOOD FOR THE FAMILY

A NICE little company sandwich which is different, and served with a cup of cocoa or coffee will be enough for light refreshments is **Chicken Salad Rolls**.

Mix one cupful of cooked chicken, one cupful of chopped celery and one-half cupful of chopped green olives with three tablespoonfuls of mayonnaise dressing, seasoning highly with salt and cayenne. Cut small rolls into halves, remove the soft centers, spread with softened butter and fill with the salad; press the halves together or serve open with the tops garnished to suit the taste.

For the Cooky Jar.

Take one cupful of shortening, two cupfuls of sugar, two eggs, one cupful of milk, three and one-half cupfuls of flour, a teaspoonful of flavoring, a little salt and one teaspoonful of baking powder. Mix, chill and roll as thin as possible. Sprinkle the tops with sugar just before going into the oven. For variety cut with a doughnut cutter, sprinkle with sugar and cinnamon and add three halves of almonds, points to the center at equal distances. These are called sand tarts.

Raisin Butter Sandwiches.

Raisin butter by working it with a spatula or wooden spoon until creamy. To one-half cupful of butter add one-

Porcupine Apples.

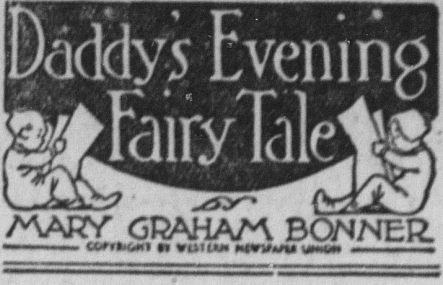
Select apples of uniform size and which will cook tender without losing their shape. To half a dozen apples prepare a sirup in which to cook them. When tender decorate with quartered, blanched almonds, sticking them into the apple as thick as desired. Pour the sirup around the apples and bake until the nuts are lightly browned. Serve as dessert with cream. The centers may be filled with bright colored jelly and they may be arranged on a platter if desired, with a spoonful of cream whipped stiff on each.

Nellie Maxwell (© 1922, Western Newspaper Union.)



A FAIRY STORY

"Pa, what is a fairy story?" "One that ends with 'so they were married and lived happily ever after.'"



NATURELAND NEWS

There had been another copy issued of the Natureland News which was a special issue telling of the recent society events in Natureland.

And now I will write for you the items which appeared in the paper as told to me by Billie Brownie.

The wedding of Mr. and Miss Robin took place yesterday at Greenlawn, the family home of the bride's parents. Mr. and Mrs. Robin will immediately take possession of their new home in Apple Tree Row. The groom's gift to the bride was a handsome worm set in soft rich earth.

Mr. Thomas Cat expects to give his first song recital of the season on the back fence, Monday evening.

It is requested that no tin cans or buckets of water be showered upon him. Mr. Cat shrinks from such applause.

The Elephant family have recently had their spring oil baths and their toe nails cut. They claim these things must be attended to before going into Elephant society, but that now they are in readiness.

A duel was fought Saturday last between General Sparrow and Colonel Starling. It is to be expected that it will be continued any day.

The Snakes have recently changed their skins and are now wearing their new summer suits.

The old ones had become too tight for them to wriggle in, it is said. Grandfather Porky Pig expects to celebrate his birthday on Wednesday next in the Pig Pen. He is hoping to



"A Large and Juicy Worm."

receive many gifts of food, but so far whenever he has celebrated his birthday (which he does very often) he has received no presents.

The Pigs have a way of keeping what they get for themselves.

Mr. Song Sparrow recently presented to Miss Song Sparrow of Three Four, Bird avenue, a large and juicy worm from Mother Earth's best market.

Rumor has it that the engagement of Mr. Song Sparrow and Miss Song Sparrow will be announced any day now.

Word has been received by the Editors of the Natureland News that a twenty-pound honey bear from Ecuador has arrived at one of the leading zoos in the country.

His favorite dish is of honey so he lives up to his name. Next to honey he cares for fruit.

He arrived on a splendid big steamer with a beautiful big name and on his journey he helped entertain the passengers by trotting around after his master and thinking up all sorts of mischievous things to do.

It is reported that there are some elephants who do wonderful acts in a theater. They make-believe to shave each other and end off this act by showing each other a mirror to see if the work has been done right.

Also they play baseball and when "foul" is shouted they do not try to run. They sometimes argue about points as they play—not that they care, but it greatly amuses the audience.

They think the silliest of all is to look in the mirror at themselves! Of course they do the tricks of lying down so as not to lie down upon the men who get under them. This is a difficult trick because they have to be so careful.

The Flowers which came out in May are much pleased to hear that there is an expression used when some one or a group are very welcome which goes like this:

"You're as welcome as the flowers in May," meaning that that person is so very, very welcome; so especially welcome, just as are the flowers in May so very, very welcome.

Of course the April flowers feel that such an expression should be about them for they're such early flowers and they have to be pretty brave for they never know if old Man Weather may send along some pretty trying days and nights.

Still the April flowers are not jealous of the May flowers for flowers have too sweet dispositions to be jealous!

Verses by Thomas.

Teacher (to Sunday school class)—Now, boys, in placing your offerings on the plate, I want each to write some appropriate verse.

Steven—"He that giveth to the poor, lendeth to God."

John—"God loveth a cheerful giver."

Teacher—Very good. To next boy.

"Come, Thomas, why do you hesitate? Speak, so all may hear."

Thomas—"A fool and his money are soon parted."

After Every Meal WRIGLEY'S

Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean, breath sweet, appetite keen.



Bad Break. "Tom says his heart is broken. I refused him." "Why so did I." "Then it's a compound fracture."

If your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them. Adv.

The average woman is so contrary that she has faith in her husband because nobody else has.

Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION 25 CENTS 6 BELL-ANS Hot Water Sure Relief

BELL-ANS GUARD YOUR HEALTH

Send for pamphlet giving simple home cures for:

- Indigestion
- Constipation
- Faulty elimination
- BAD HABITS
- Weak eyes
- Bad blood
- Falling hair
- Finger-nail biting
- Weak arches
- Bad teeth
- Foul breath
- Weak lungs
- Physical weakness
- Etc., Etc.

Tear out this ad and send 25c (coin or stamps) to

NATIONAL HEALTH SOCIETY Strayer's Bldg., 719 13th St., N.W. WASHINGTON, D. C.



Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by taking

LATHROP'S GOLD MEDAL HAARLEIN OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and lochia. In use since 1895. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.



Gray Hair

is not of fashion but of necessity—If you have abundant hair of the original shade by using Q-Ban Hair Color Restorer—Safe as water—try it. At all good druggists, 75 cents, or direct from Q-BAN, Ltd., Omaha, Omaha, Neb., U.S.A.