

PAINS IN CHEST AND HOARSENESS STOP IT QUICK

Don't Risk Fooling Away Time on 25c Remedies; Get Busy Now.

BALTIMORE MAN TELLS HOW TO DO IT EASILY

"I know how it feels to have a violent cough, chest soreness and to be so hoarse you can't speak above a whisper, because that is just the way I felt. Those spasms of coughing got so bad it felt like I would tear my lungs loose, so when I saw a Hypo-Cod advertisement in the paper I sent for a bottle of the same, taking a tablespoonful before meals and on going to bed. Right away I could see I was getting better. It relieved my cough. It vanished after the second bottle and I gained nearly ten pounds in weight. It did me much good in addition to curing my cold and cough that my wife took it to build and tone herself up and it worked like magic for her, too." declared Joseph A. Knight, 455 Calvin St., Baltimore, Md.

If your system is too weak to throw off a cold and cough like that-get busy and build yourself up so nature can get in fighting shape again. Then watch how your system throws off the cold. Watch how good and brisk you feel and full of pep. Note how nicely you sleep and what an enormous appetite you have. It is the grand and glorious feeling to feel good these wet, cold days. Don't risk being sickly these dangerous pneumonia, grippe days. Hypo-Cod is pure, wholesome, modern and powerful, and it costs very little compared with results. Avoid substitutes. All druggists have Hypo-Cod.—Advertisement.

Worse Still.

"Your husband has been ill?" asked the vicar who was paying his monthly call.

"Yes," replied the worried-looking woman. "He has been feeling very bad. I do my best to please him, but nothing seems to satisfy him."

"Is his condition critical?"

"It's worse than critical," she answered, with a sigh; "it's abusive."—London Tit-Bits.

Don't Forget Cuticura Talcum

When adding to your toilet 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.

Doctors Plan "Black List."

Doctors in London are suggesting a "black list" of patients who go from one medical man to another instead of paying their bills.

Dr. Peery's "Dead Shot" is powerful but safe. One dose is enough to expel Worms and Tapeworm. No castor oil necessary. Adv.

The first lesson in charity is to give away things you don't need.



Stearns' Electric Paste

is recognized as the guaranteed exterminator for Rats, Mice, Ants, Cockroaches and Waterbugs.

Don't waste time trying to kill these pests with powders, liquids or any experimental preparations.

Ready for Use—Better than Traps

2-oz. Box, 35c 15-oz. Box, \$1.50

SOLD EVERYWHERE

GREEN MOUNTAIN ASTHMA COMPOUND

quickly relieves the distressing paroxysms. Used for 15 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. 50c and \$1.00 at druggists. J. H. GUILD CO., RUPERT, VT.

Rheumacide

GET AT THE JOINTS FROM THE INSIDE

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system.

"RHEUMACIDE OF THE INSIDE PUTS RHEUMATISM ON THE OUTSIDE"

At All Druggists

Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

Hair Gray?

Mary T. Goldman's Hair Color Restorer restores the original color. Write for free trial bottle—sent it on one lock of hair. State color of your hair. Address Mary T. Goldman, 144 D Goldman Building, St. Paul, Minn.

ELIXIR BAEK A GOOD TONIC And Drives Malaria Out of the System. "Your BaeK" acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Szymanski, St. Stephen's church, Perth Amboy, N. J. Elixir BaeK, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

Tutt's Pills

SPEEDY RELIEF FOR CONSTIPATION

EYES SORE? Dr. Isaac EYEWATER

A reliable and speedy remedy since 1786. Buy at druggists or by Parcel Post, prepaid, from 10 River Street, Troy, N. Y. BOOKLET FREE

Something to Think About

By F. A. WALKER

MOVING FORWARD

LET no day of your existence pass in which you do not proceed toward loftier thoughts and higher ideals. Keep thinking and pressing ahead. Let neither fear nor doubt of ability retard you. Growth, activity of mind and body are essential to the proper development of the mental and physical forces which have been given you to make them fit to battle with and overcome the obstacles that impede your path to greater efficiency and larger achievement.

All nature calls for activity. Nothing is dormant. The winds and the tides are in constant motion. The sun and the stars are always shining, performing their part in the marvelous scheme of things, of which scientists, with their great worldly knowledge know but a smattering.

The idle pool of water becomes stagnant, but within it there is an in-

sidious activity, producing foulness, decay, disease and death.

To be active in the right direction ought to be the chief purpose of every human being.

The habit of creative activity, when once it is formed, soon becomes as tenacious as the besetting practice of indolence, with none of the latter's tendencies to tear down, demoralize and destroy.

All the world's industries, all enduring literature and art, all that contributes to happiness, all the advancements made in the thousands of wonderful fields of human endeavor, had their beginning in the minds of men and women who kept pressing toward a definitely defined object, determined in their purpose to overcome.

They could vision the sunlight through the darkest clouds.

They refused to falter in their course though often worn and hungry. They locked arms with Faith and Faith never forsook them, giving them strength, cheer and courage as they pressed forward.

Trials and discouragements, of which there were many, were brushed aside, never being permitted to cool their ardor or weaken their spirit. In the final hour of their struggles they stood with joyous hearts among the victors, beckoning you to follow!

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Uncommon Sense

By JOHN BLAKE

THE SOFT SNAP

DON'T look for a soft snap. If you find you are in one, get out of it as soon as you can.

A man with a soft snap doesn't have to work. And he stands as much chance to get along without work as a tree stands to bear fruit or give shade without growing.

If you've ever been around an office you know what becomes of the chaps who hold soft snaps. They stay right where they are while other men who have to work go ahead of them.

Rich men's sons who succeed do so in spite of their wealth, not because of it. And there is a far smaller percentage of them who amount to anything than there is of poor men's sons. Go over the list of the Presidents of the United States and you will find that not one of them had a soft snap in his youth.

They got where they were because they had to work hard when they were boys, and the habit of hard work sticks in after years.

An arm or a leg injured so that it cannot be used soon gets feeble and worthless.

A mind that is not used, deteriorates just as quickly.

The man who is looking for a soft snap in life is really looking for hard luck, although he may not know it. And if he finds the one he will be absolutely certain to find the other.

A soft snap means opportunity for idleness, idleness at best means lack of any further mental or physical development. It is likely to mean more than that, for it is the man with nothing good to do that finds something bad to do, and gets into trouble.

Seekers of soft snaps are very plentiful. It is fortunate that so few of them find what they are after.

The hardest worked wage slave is better off than the man in a soft snap. He may be able to advance—he al-

SCHOOL DAYS



ways can be working and thinking to better himself.

But the man with a soft snap will never get anywhere but into jail or the poorhouse, unless somebody else gives him the money to live.

And a man who does not make his living by his own efforts is altogether too useless to live.

(© by John Blake.)

THE ROMANCE OF WORDS

"PORCELAIN"

THE strange beliefs which surround substances of unknown or misunderstood origin have been responsible for a number of words now used in everyday language, but probably none of these is as unusual as "porcelain."

When this material was first introduced into Europe in the sixteenth century there were many rumors concerning its origin. The very fact that it was imported from the Orient cast a glamour about it, a romance of the East, an almost legendary account of its formation. Fragile and beautiful, it was supposed by some to have been made from the rarest of minerals, tinted with the colors of the sunset and molded with the aid of magic arts. But the story which seems to have gained the greatest credence is that the substance was buried underground for a hundred years in order to impart the peculiar translucent and delicate beauty which is the mark of the true porcelain.

It was for this reason that the French applied to it the phrase "four cent annus"—for a hundred years—later combined in the single word "porcelain" which was imported intact across the channel and finally, stripped of its Gallic pronunciation, found its way into accepted English.

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MRS. J. MILLER TELLS OF GAIN

Declares Tanlac Overcame Stomach Trouble, Restoring Health, Strength and Weight.

"I am now strong and happy and go about my household singing, so I think it is only natural that I should praise Tanlac, since that is what has given me such splendid health," declared Mrs. J. Miller, 119 Johnston Ave., Kearney, N. J.

"For a year before I started taking Tanlac I was simply in wretched health from stomach trouble and a run-down condition. My appetite left me, I was eating scarcely enough to keep going, and was often so weak I could hardly do any housework. My food often disagreed with me, and I would have suffocating spells and heart palpitation that nearly drove me frantic.

"My mother had been helped wonderfully by the Tanlac treatment, and when she advised me to take it I started right in. It has built me up five pounds, my digestion is perfect, my appetite splendid, and I am always talking Tanlac now. It is simply grand.

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

Question.

"My youngest sister is engaged." "Well, girl?" "I was just wondering." "About what?"

FROM GENERATION TO GENERATION

Mothers Advise Their Daughters to Rely upon Lydia E. Pinkham's Vegetable Compound to Keep Them in Health

A Mother's Advice Prevents Operation

Corona, N. Y.—"I had a terrible pain in my left side and had to go to bed every so often. Doctors had told me I must be operated on, but I do not believe in the knife and would rather suffer than go through it. My mother also did not believe in it and she made me take Lydia E. Pinkham's Vegetable Compound because it had helped her. It has also helped me. I am better and able to do all my work. I recommend your medicine and give you permission to use my letter as a testimonial."—Mrs. J. Busch, Jr., 11 S. Railroad Avenue, Corona, N. Y.

A Sickly Child

Mahoningtown, Pa.—"I would like to say a few words about Lydia E. Pinkham's Vegetable Compound. About a year ago I thought it would be necessary for me to take my daughter out of school. She was losing weight, was nervous, and when she would come home from school she would drop into a chair and cry, and say, 'Mamma, don't believe I can go to school another day!'

gave her Lydia E. Pinkham's Vegetable Compound and now she is a healthy, happy, hearty, strong girl and weighs 120 pounds. She has no difficulty in doing her 'gym' work, and she works at home every night and morning, too. I am a mother who can certainly praise your medicine, and if it will be of any benefit you may use this letter as a reference."—Mrs. GEORGE E. WHITACRE, 621 W. Madison Ave., Mahoningtown, Pa.

Every girl wants to be healthy and strong, and every mother wants her daughter to do well in school and to enjoy herself at all times.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for young girls just entering womanhood. Mothers may depend upon it. Remember it is prepared from roots and herbs, contains nothing that can injure, and tends to tone up and strengthen the organs concerned, so that they will work in a healthy and normal manner.

For nearly fifty years it has been used by women of all ages, and these women know its great value. Let it help your daughter and yourself.

Traces of the most ancient cave-men found in Europe seem to identify them with the Eskimos. Avoid disputes. Argument is like a watermelon—good only when served cold.

WITH YOU

By DOUGLAS MALLOCH

Oh, to have a Spring with you! That would be a joy—Sharing every thing with you, Just a girl and boy Through the woodland wandering Where the rivers wind, Hithering and yondering, All the world behind!

Oh, to have a Summer, dear, Hand in hand with you!—Greeting every corner, dear, Every bird of blue, With a song together, dear, Strolling here and there In the Summer weather, dear, World without a care!

But, if not the merry way Ours the joy to know, Any way's a fairy way We together go; I could walk the dreary road, What the weather be, If you went the weary road Side by side with me!

Progressive. A better tomorrow is born of a good today.—Boston Transcript.

ONCE IS ENOUGH



Mother's Cook Book

Constant striving for the unobtainable frequently results in neglect of important matters close at hand.—A. Edward New-1923

VARIOUS GOOD THINGS

RECIPES for a nice salad or a good filling for sandwiches are always usable.

Tomato Jelly Salad.

Take a can of tomatoes, three stalks of celery, a small cupful of cold water, a small onion, a piece of bay leaf,

three cloves, salt and paprika to taste. Soften three-fourths of a package of gelatin in the cupful of water. Cook the other ingredients together one hour and pass through a sieve. Add the gelatin and stir until dissolved. Pour into individual molds and put in a cool place to set. Serve with lettuce and mayonnaise dressing. This jelly may be cut in various forms and used as a garnish for meats.

Mock Crab Sandwich.

To a quarter of a cupful of grated cheese add a quarter of a teaspoonful each of salt, paprika and mustard, a teaspoonful of anchovy paste, a tablespoonful of chopped olives, a teaspoonful of lemon juice and two tablespoonfuls of creamed butter.

Arcadia Salad.

Mix one cupful of diced grapefruit with one and one-half cupfuls of diced celery, one cupful of diced pineapple, one cupful of diced avocado and one cupful of seedless raisins soaked in one-half cupful of cider or orange juice for several hours; add one cupful of diced orange just at the last. Line salad bowl with lettuce, cover with mayonnaise, after heaping the salad in the center. Garnish with red and green peppers and ripe olives.

Nellie Maxwell (©, 1923, Western Newspaper Union.)

The New Question.

The question used to be: Can a man love more than one woman at one time? The modern question is: "How can he help it?"—Richmond Times-Dispatch.

Has Anyone Laughed At You Because —

By ETHEL R. PEYSSER

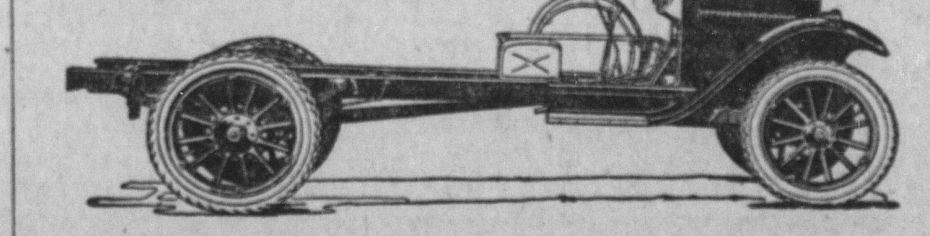
You Only Like Technical Books? Measure their laugh waves, and keep on plunging! You have it "on" them. You are learning one side of the universe that they never will appreciate. They accuse you of being unimaginative! Pooh!—best sellers haven't in their whole make-up the imagination or poetry that is in the discussion of radio, radium or bridge building. Then too, the illustrations in the technical books are like fairy tales. In fact, fairy tales are weak stuff compared to latest inventions. Imagination, imagination, who has the imagination?

SO

Your get-away here is: That it takes all kinds of people to make a reading public. (© by McClure Newspaper Syndicate.)

CHEVROLET

Utility Express Truck Chassis Only \$575 f. o. b. Flint, Mich.



Utility Express is the lowest-priced quality truck in the world capable of fast heavy-duty service. It hauls your heavy loads quickly and economically. It is reliable.

Long grades and deep mud are mastered by it without racing the motor or boiling the water because the 3-speed transmission provides correct gear ratios to meet any condition of load or road.

You get fast, heavy-duty service at the lowest operating and maintenance cost with this truck. It leads in high mileage on gasoline, oil and tires, living up fully to the Chevrolet reputation for unequalled economy.

Prices f. o. b. Flint, Michigan
Superior 2 Pass. Roadster . \$510
Superior 2 Pass. Touring . \$525
Superior 2 Pass. Utility Coupe 650
Superior 4 Pass. Sedanette . \$550
Superior 5 Pass. Sedan . \$600
Superior Light Delivery . \$10
Superior Commercial Chassis 425
Utility Express Truck Chassis 375

Chevrolet Motor Co., Detroit, Mich.

Division of General Motors Corporation

Dealers and Service Stations Everywhere



Illustration at left shows Utility Express Truck with standard general purpose body