

MRS. EARLS TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Olean, N. Y. - "Every month my blood would go to my head and I would have such headache, dizziness, backache and pains that I could not do my work. At night I could not get my rest and nothing seemed to do me any good. I read some of your testimonials about what Lydia E. Pinkham's Vegetable Compound had done for others, so I decided to try it. I had only taken two bottles when I began to be better, and my back did not hurt me nor my head ache. I felt like a new woman. The Vegetable Compound is a splendid medicine and I will always recommend it." - Mrs. A. D. EARLS, 680 N. 6th St., Olean, N. Y.

Mrs. Kelsey adds her Testimony
Copenhagen, N. Y. - "I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others." - Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

His Condition. "Lafe Swiggins was drunk when he driv' past yur yesterday, wasn't he?" asked the constable.

"I d'know," replied Gap Johnson of Hampus Ridge, "but I noticed that he had one wheel off'n his wagon, for some reason or ruther, and was sorter chattering about how blame' wabbly the infernal contraptions went on three wheels." - Kansas City Star.

Some of the "wisdom of age" is gumption not to waste time pursuing the unattainable.

Stop Laxatives Which Only Aggravate Constipation
Nujol is a lubricant—not a medicine or laxative—so cannot gripe. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Try it today.

SLOW DEATH
Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES
bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation.

Ladies Can Wear Shoes
One size smaller and walk in comfort by using Allen's Foot-Ease, the antiseptic, healing powder for the feet. Shaken into the shoes Allen's Foot-Ease makes tight or new shoes feel easy; gives instant relief to corns, bunions and calluses; prevents Blisters, Callous and Sore Spots and gives rest to tired, aching, swollen feet. 1,500,000 pounds of powder for the feet were used by our Army and Navy during the War. Sold everywhere. For Free Sample and Allen's Foot-Ease, Le Roy, N. Y.

KEEP HALE'S HONEY OF HOREHOUND AND TAR
In the house. Don't let colds become influenza, pneumonia or other serious ailments. Use the dependable home remedy that quickly relieves coughing, hoarseness, sore throat, etc.; contains nothing harmful. 30c at all druggists.

Keep Your Skin-Pores Active and Healthy With Cuticura Soap
Soap 25c, Ointment 25 and 50c, Talcum 25c.

The SANDMAN STORY

BETTY'S DREAM

"YOU are going to sleep in the four-poster I had when I was married," said Aunt Polly, opening the door to her guest room and holding the candle so Betty could see, "and this silk quilt is made from pieces of my dresses and those of many of my friends when we were all young and danced as gayly as you do, my dear, though I dare say you think Uncle Peter and I are too old-fashioned to ever have danced."

"Oh, no, indeed!" answered Betty, as she looked at the pretty bits of silk in the quilt. "I can almost see which turned her completely over," she was so astonished. The silk quilt seemed to have lifted from the bed, and all the bits of gayly flowered silks and the plain ones as well were old-fashioned gowns—the styles were in the days of hoopskirts. One flowered silk gown that seemed to be more aristocratic than the others was rustling with indignation. "To think I am called old-fashioned when I was brought over from France for my lady to wear at the big ball! I am the latest style from abroad."

"You were very beautiful that night of the big ball, and your flowers are as bright as the night you danced the minuett." Betty saw all the gowns hurry to the footboard and look over. "What is the matter with you?" she asked. "You have lost—" "Yes," interrupted the spinet desk, "I have lost my soul—the things that made me beautiful—and no longer can I make sweet music. I must be forever silent."

Betty laughed right out loud. It looked so funny, and then to her surprise she saw the sun peeking in through the shutters. She sat up and rubbed her eyes. The black border of the beautiful silk quilt was on the floor at one side of the bed. She pulled it up and laughed at her dream and just then a tap sounded on the door and Aunt Polly's smiling face appeared to Betty's "Come in."

The Right Thing at the Right Time
By MARY MARSHALL DUFFEE
BAD BREEDING
Silver and gold are not the only coin; virtue, too, passes current all the world over.—Euripides.
IT IS always a temptation for those who discuss matters of politeness and etiquette to become arbitrary and to say that those who do thus-and-thus are ill bred, and that those who do so-and-so are well bred. Such a list would be bound to be unfair and could be interesting largely in giving the point of view of the one who wrote it. In matters of superficial etiquette we should not sit in judgment on others, especially in a land like ours where family and racial traditions vary so extensively. But there are some things that remain the same the world over—little acts that might be regarded as earmarks of bad breeding that were just as reprehensible a thousand years ago as they are today. Among them are these things: To permit oneself openly to "cut" a one-time acquaintance save for the most grievous offense. You would be

"What's in a Name?"
By MILDRED MARSHALL
FACTS about your name; it's history; meaning; whence it was derived; significance; your lucky day and lucky jewel

MADLINE
BIBLE history is responsible for origin of Madeline. The only possible source of the name is the New Testament story of the tragic figure, Mary Magdalen. Magdalen, it seems, is not a surname, but merely translates into "of Magdala," the village of the scarlet woman's birth, and is regarded as an adjective of place. So the soft harmony of "Magdalen" was not employed as a proper name at that time, but history records that various institutions, or rescue homes for unfortunate girls, sprang up under the name, until it began to be used as synonymous for fallen women. Writers, artists, and poets, who find fascination in portraying the type of Mary Magdalen, with her luxury, her embroidered robes and flowing hair, and her inevitable tears as a repentant sinner, kept the two names in vogue. But finally the "Mary" was dropped completely and only Magdalen persisted and waxed popular. Each nation has taken the name Magdalen and placed upon it the stamp of individual spelling. England

Colleen Moore



Unlike many leading ladies of the screen, charming Colleen Moore, the "movie" star, has never been on the speaking stage. She was born in Port Huron, Mich., and was educated in the convent of the Holy Name in Tampa, Fla. Miss Moore at various times has lived in a number of other cities. In private life, she admits being a plain person, with no hobbies, but a tremendous ambition to make good. Many of her admirers agree with one accord that her ambition has been realized. This is one of her latest pictures.

Justified in cutting the man who has robbed your safe or attempted your life or kidnaped your child or eloped with your wife, but just because Mr. A. has blackballed you in the club to which you hoped to belong, or because Mrs. B. has complained to the dogcatcher that your pet is going around unmuzzled, or because those C children throw putty balls at your front windows, is no reason why you should cut any of the A's, B's or C's.

To reveal any information of a confidential nature that has been revealed to you by anyone while a guest in your house. There is a law of hospitality that would prevent you from doing that whether you lived on this side of the world or the other; whether you lived a thousand years ago or a thousand years hence.

To reveal any derogatory information concerning any one that you have acquired through a purely professional relationship. The priest regards it as his religious duty to keep secrets that he hears in the confessional, no less so does the doctor keep a sealed mouth concerning his patients. It seems almost as much a matter of principle for the trained nurse or the seamstress who by chance learns something of a confidential nature concerning those who employ her to refrain from spreading the information broadcast.

Get Some of Life's Pleasures. Too many who are poor, or who are in moderate circumstances, are putting off happiness until they are wealthy. It is well to remember there is no happiness except in the present. No matter how little a man has, part of it should be spent in making life pleasant for his wife and self.—L. C. Dillman.

Use of "X" as Signature. The use of the X as signature of persons unable to write began when kings and nobles used it, whether able to write or not, as a symbol that they pledged themselves by the Christian faith to the truth of the matter to which they affixed it.

YEAR OF ADVANCE

Canada Rightly Proud of Its Achievements in 1922.

Has Bravely Met and Overcome Depression Following the War—Financial Standing as Nation High.

The year 1922 in Canada, Western Canada particularly, has been a year of quiet achievement. If there has been nothing in its development of a spectacular nature, there has been a steady growth, a resolute elimination of things immaterial to prosperity. The year 1923 is entered upon by the people of the West in high hope that it ushers in a period of prosperity based upon the productivity of the country and the vast riches of its natural resources.

Canada, in common with all other nations, has felt keenly the cycle of depression following the spurious activity and inflated business coming immediately after the cessation of the war. It has met and overcome many obstacles in the path of its prosperity. The year just passed, however, has seen the silver lining peep out from the edges of the dark cloud and has demonstrated to the world the celerity which this country can adjust itself to changed conditions. This is evidenced by the fact that Canada has been the first among 11 countries whose currencies fell below par to bring that currency back to par, and even for a time above par. It did this in the face of what seemed insuperable difficulties, increased its exports, lessened its imports, and generally set its business house in order.

The high standing of Canada as a nation is shown by the ease with which her bonds are absorbed and by the high prices paid for them, and Winnipeg, it may be mentioned, in a recent flotation obtained a higher price than even any provincial government for some time.

Western Canada in 1922 harvested its largest grain crop. Its production of grain, live stock, cereal and dairy products will, when all is marketed, produce in the neighborhood of a billion dollars. There has been, and there still is felt, considerable disappointment that the total value is not larger, but the fact remains that this vast sum of money has come to the West, or is in the process of coming, and if, as is undoubtedly true, much of it is used in the liquidation of obligations incurred in the past, it is but a safer and saner, if longer, road to that prosperity to which all are looking. In the process of reaching this prosperity it is inevitable that there must be some failures.

As a matter of fact, it is the opinion of many prominent business men that 1922 saw the corner definitely turned and that 1923 will commence the upward swing.—Advertisement.

Buying Him a Suit. This is the difference between mother and father. When mother takes him downtown to buy him a suit of clothes she knows just how much she is going to pay for it, and she'll keep the clerks busy showing suits until she finds what she wants at the price she wants. When dad takes him down he lets the boy pick out his own suit, and goes home only to be told that he has paid twice as much as he should.—Exchange.

Better that people understand you, the less often will they say "No" to your plans.

Do You Increase your cost of Portland Cement
AN unprecedented demand for Atlas exists right now—a demand that cannot be met unless the empty Atlas bags now in the course of a year close to \$5,000,000.00 worth of bags are needed by Atlas. This would be a heavy burden on cement users if the bags were not returned and reused, so cutting down the number of new bags needed. Return your empty Atlas bags promptly to your dealer. Help him, and help us, keep Portland Cement the cheapest of all manufactured products.

Aspirin

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 Monocettedester of Salicylicacid.—Advertisement.

Oil in Australia. The assistant government geologist employed by the Freney Kimberley Oil company sends a very hopeful report about the oil bore at Mount Wynne, Kimberley, Australia. The bore is down 128 feet, and between the one hundred and ninth and one hundred and twenty-first foot passed through broken strata with seams filled with asphalt, which must have migrated from oil-bearing beds below. The prospect area is now restricted within definite limits, which simplifies the work, and there are prospects of a successful issue before very long.

FOR OVER 40 YEARS
HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh. HALL'S CATARRH MEDICINE consists of an Ointment which quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists. F. J. Cheney & Co., Toledo, Ohio.

His Dislike. "You are a confounded liar, an infernal idiot and a dirty, blackguard!" cried one disputant. "And you are a driving idiot, a chronic thief and a lounging loafer!" yelled the other. "Oh, fie! fie!" said old Festus Pester, pushing forward. "Please explain what all this is about before you begin to fight. While I love trouble as much as any man, and more than most, I dislike to see my fellow citizens killed until I know what it is for."—Kansas City Star.

Cuticura Comforts Baby's Skin. When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

Something Like That. Teacher—Jonny, what were Julius Caesar's last words? John—Ouch. To relate your experience is usually the best advice.

ATLAS PORTLAND CEMENT
The Standard by which all other makes are measured
PARKER'S HAIR BALMS
HINDER CORNS
EYES SORE? EYEWATER
CASTORIA For Infants and Children In Use For Over 30 Years