

because of their insidious attacks. Heed the first warning they give that they need attention by taking LATHROP'S

and action, in most cases, however, too late to be of any use to them. If you will look about you, you will see them among the sad-faced and

chant principle for future judgment

The Alternatives A married man has two choices: 1. To be boss in his home and be hated. 2. To be bossed in his home and be despised .-- Richmond Times-Dispatch.

A LUBRICANT-NOT A LAXATIVE



The world's standard remedy for these disorders, will often ward off these discases and strengthen the body against furtherattacks. Threesizes, all druggists. Look for the name Gold Medal on every box and accept no imitation

# W. N. U., BALTIMORE, NO. 29-1923

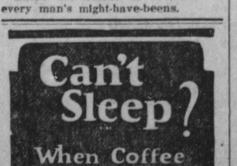
## LONG RECORD OF GOOD WORK

#### American Sunday School Union Has Completed Its 106th Year of Service-Its Activities.

The American Sunday School union. oldest Sunday-school organization in when it is about to burst, forth into winds beat hardest against them in the country, has just completed its a violent quake, you will have nothing their darkest night. to fear. 106th year of service. Since its founding, the Christian Work (undenominational) tells us, the union has organized 138.000 . Sunday schools, into which it has gathered 5,500,000 pupils. During the last year it either organized or reorganized 1,800 schools, issued a dozen Sunday-school periodicals, with a circulation of some 2,000,-000, and published 200,000 books, booklets and other Sunday-school requisites. Further,

"More than five thousand persons, young and old, have professed conversion in connection with its work during the past year, and forty-seven churches of various denominations have grown out of its schools. Its work covers the whole United States and is supported by some twenty-five thousand givers-people who believe that union, evangelical work of this sort is the salvation of our outlying rural districts."-Literary Digest.

Understanding is the first great need in all human relations.



forlorn, eking out a bare existence in a lowly station from which they are unable to rise because of their ungovernable spirit.

When an automobile has been wrecked by a careless driver it serves To the man or woman who can con- Has Anyone Laughed restore the car.

Just so do foolish persons who have riches. ruined their life prospects through

impetuous impulse serve as warnings to the observing and thoughtful. And yet the world goes on, a large

part of it unmindful of what is taking place under its very eyes.

In matters of art, intellect and self-The true conclusion is obvious: if restraint they are always at home, you will apply the experience of sure of themselves in every field of others to yourself, profit by their fol- human endeavor, confident that they lies and hold your spirit in check can "make good," even when opposing

opportunity or advancement.

(@. 1923, by McClure Newspaper Syndicate.)

For canapes olives are indispens-

able. Cut eight rounds of bread and

spread with softened butter. The

rounds should be about two inches in

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ment the world is willing to yield its

The eyes of employers ever watch-

ing such men and women, taking note

Such persons do not have to beg for

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of their worthiness.

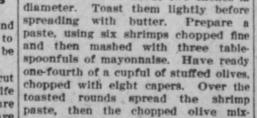


Every task wrought out in patience Brings a blessing to the doer; Joy comes to the waiting worker. But eludes the swift pursuer.

GOOD THINGS FOR OCCASIONS

THE olive is such an appetizer and adds so much zest and flavor to many dishes that it should always be found on the shelf.

For garnishing dishes one may cut into a queen olive with a sharp knife and keeping close to the stone, pare in a spiral fashion. This will leave the olive still shapely without the stone.



olive and serve at once.

Zwieback.

Garnish with a slice of stuffed

Zwieback is often not obtainable and a recipe for it will be cherished by many.

half cupful of warm water, two tablespoonfuls of sugar, and mix well. Add flour to make a thin batter, about half a cupful. Set aside to rise in a warm place, covering well with a cloth. An hour later, when bubbles form on top, add two more tablespoonfuls of sugar, two tablespoonfuls of melted lard, two well-beaten eggs, cinnamon and salt to taste and two cupfuls of flour or of Canada, of Great Britain and of the a bit more. Beat well, cover and let British empire, is the Union Jack, in rise again in a warm place. When which are combined the crosses of St. light make into two small loaves and George for England, St. Andrew for bake in a hot oven fifteen minutes. Scotland and St. Patrick for Ireland. Take from the oven, cool, cut in half. The Union Jack is the only flag that inch slices and bake until brown on may properly be flown from Canadian both sides, in a hot oven. Keep air flagpoles. It is the only flag that regu-

Cheese Salad.

SUMMER HOME At You ETHEL R. PEYSER Because -

MOVES INTO HIS

#### You are fussy about the way folk handle books! "Don't be an old fuss !" This

is what the unbookish and somestand seeing you hurt their field glasses, or their tennis rackets, etc. A book is a marvelouslycontrived thing, going through hundreds of processes between the brain of the writer and store counter. You, owning it, appreciate it, and appreciation is jealous always of depreciation. Books are one of the greatest of man's possessions and as such deserve a little more than casual care, especially by book-lovers and collectors! 80

Your get-away here is: At the worst-you are over-"fussy" over something worth being "fussy" about. (@ by McClure Newspaper Syndicate.)

tablespoonfuls of cream and one of softened butter. Season well with salt, cayenne, and add eight large olives, pitted and chopped, one plmento rubbed to a smooth paste and one tablespoonful of parsley chopped. Add a pinch of thyme and mix all together. Press into a wet mold and chill thoroughly. Serve unmolded on

Lelie Maxwell (@. 1922, Western Newspaper Union.)

Canada's National Flag.

The national flag of the Dominion tight. . Fine for bables and convalese larly flies from flagstaffs on the parliament buildings, Ottawa; the legislative buildings in provincial capitals; the custom houses and postoffices of Can-

height as a sugar maple in the same period of time, and maples have been used more widely than oaks for street ornamentation, despite many unsatisfactory characteristics. Elms are given second place in desirability for city streets by the government experts, and sycamores third. Maples are considered less desirable than has been generally supposed. Except the Lombardy poplar, most varieties of poplars are not recommended.

ficult to transplant. A white oak,

however, which is one of the slow-

growing varieties, will reach the same

## Man-Made Scenery.

Next to lower taxes and a good five-cent cigar, what this country needs more than anything else is to rid its highways of the billboard scenery that has sprung up like mushrooms along the principal routes. Where once we rede through the country to admire the scenery, we now return saturated with the merits of underwear, gasoline, hotels, soft drinks, collars, cheese, tires, garages, candy, overcoats, dollar watches, foot powder, cold cream, curling irons, soap, shoes, etc. etc. etc. And the presentation isn't even artistically done, for the average billboard, a monstrosity in itself, is made doubly so by the color combinations it is daubed with. Man has improved on nature in many things, but not on scenery, particularly commercialized scenery. Give us a rest from pills and pains in our leisure moments .--- Grit,

## City Garden Work.

The local campaigns for the cleaning and beautifying of cities and the promoting of gardening were reinforced by the "national garden week." This is a worthwhile work, and Indianapolis should realize with some pride that it was one of the first cities to take it up. It began with the cultivation of vacant lots by people who were glad thus to eke out their living. The man who introduced the idea was Mayor Pingree, of Detroit, who, in the hard times of the latter nineties, obtained the use of lots over a bed of lettuce or sliced as an indi- the city. The papers at first saw only the absurd side of it, and poked fun at the mayor by calling him Potato Pingree, but since then thousands have had reason to bless the man who started the plan .- Indianapolis News.

# Roses for Beautifying.

As a means of beautifying the city, the St. Charles (Ill.) Garden club is urging that roses be planted in every garden, preference being given to the Columbia rose, which is hardy and blossoms all summer.

#### A Model City.

Adelaide, the capital city of South Australia, is a "model city," laid out TANNER, Secretary, BLUEFIELD, W. VA with a central town in perfectly square blocks, containing public and usiness buildings. Outside of that is a belt of public parks and gardens.

## Cuticura Soothes Itohing Scalp.

On retiring gently rub spots of dandruff and itching with Cutlcura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday tollet preparations and have a clear skin and soft, white hands .--- Advertisement.

## Eliminate Vibration.

Vibrations transmitted to the hands of users of pneumatic hammers are eliminated in a new tool in which hammering and driving members are automatically disconnected as blows are struck.

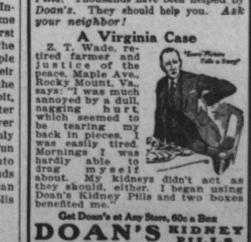
#### 41,000 Autos in Spain.

There are 35,000 motorcars and 6,000 trucks in Spain.

Many a man becomes a jailbird through too strenuous efforts to feather his nest.

# Summer Find You Miserable?

It's hard to do one's work when every day brings morning lameness, throbbing backache, and a dull, tired feeling. If you suffer thus, why not find out the cause? Likely it's your kidneys. Headaches, dizziness and bladder irregularities may give further proof that your kidneys need help Don't risk neglect! Use Doan's Kidney Pills. Thousands have been helped by Doan's. They should help you. Ask your neighbor!



DOAN'S HIDNE FOSTER-MILBURN CO., BUFFALO, N. Y.

MONEY-Making polished marble, granite, face bricks, blocks, tile from common common, Write Spencer Inst., Dept., Eisinore, Calif.

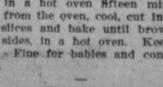
ARKANSAS LEASES FOR SALE One dollar per scre up. Money back if not satisfied. LEASE CLEARING HOUSE. Box 53. HOT SPRINGS, ARKANSAS

AGENTS WANTED-Earn \$1 to \$5 per hor Article sells on sight Sample 121.00-520% profit. Write for da ATOLAROFF & GUSSETT, El Par



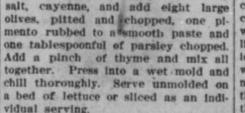
Take a yeast cake softened in one-

ture.



cents.

Break a cake of cream cheese into ada and all Canadian citadels, armories eces and mash to a paste with two and public buildings.



times the bookish hurl at you. Never mind! You really love a book and you can't stand being a witness to its mutilations. Books mean something to youprobably the laughers couldn't