

FROM PERSONAL EXPERIENCE

Mrs. Bradford Recommends Lydia E. Pinkham's Vegetable Compound

Phoebus, Virginia.—"Having this opportunity I just cannot refrain from saying a word of praise for the Lydia E. Pinkham medicines. I have used them as occasion required for twenty years, and my throes have also used them, and always with the most gratifying results. During the Change of Life I had the usual distressing symptoms—hot flashes, insomnia, etc.—and I am pleased to testify to the wonderful results I obtained from the Vegetable Compound. I heartily recommend it to any woman and I will be pleased to answer any inquiries that might be sent to me through the publication of my testimonial."—Mrs. H. L. BRADFORD, 109 Armistead Street, Phoebus, Virginia.

Consider carefully Mrs. Bradford's letter. Her experience ought to help you. She mentions the trials of middle age and the wonderful results she obtained from Lydia E. Pinkham's Vegetable Compound.

If you are suffering from nervous troubles, irritability, or if other annoying symptoms appear and you are blue at times, you should give the Vegetable Compound a fair trial. For sale by druggists everywhere.

STOP THAT COUGH
the safe easy way before worse troubles follow. Take

HALE'S HONEY OF HOREHOUND AND TAR
The tried home remedy for breaking up colds, relieving throat troubles; healing and soothing—quick relief for coughing and hoarseness.

Use Hale's Throat Drops.

ITCH!
Money back without question if HUNT'S LYE fails to relieve the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 75c at druggists, or direct from A. B. Richards Medicine Co., Sharna, Tex.

CHILDREN'S BEAUTIFUL FOUR-PIECE brushed wool sets, \$4.25. All colors. Men's sport coats, \$13.50. Money refunded. MOSS, 17 West 42nd Street, NEW YORK CITY.

Rheumacide
GIVE AT THE JOINTS FROM THE INSIDE

Have you **RHEUMATISM** Lumbago or Gout?
Take RHEUMACIDE to remove the cause and give the relief from the system.

AS ALL DRUGGISTS

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

PARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair

HINDERCORNS Removes Corns, Callouses, etc., gives all pain, restores comfort to the feet, makes walking easy.

Comfort Your Skin With Cuticura Soap and Fragrant Talcum
Soap 25c, Ointment 25c and 50c, Talcum 25c.

SAVE YOUR EYES!
Use Dr. Thompson's Eye Liniment

Were Suspicious.
Mrs. Hash-Brown, a seasoned boarding-house proprietor, entered a butcher shop and was cordially greeted. "Can't I sell you some nice chickens today?" asked the butcher. "Nope," said the lady with marked decision; "I can't serve chicken for at least a week now."

"On account of my facetious boarders my parrot died yesterday."



Vaseline
A Splendid First Aid Remedy for Colds, Cuts, Burns, Wounds, Etc.

CHESBROUGH MFG. CO., CONSD., 27 State St., New York

Something to Think About

By F. A. WALKER

OUT OF DARKNESS

TO THINK rightly is to sharpen perception and sound judgment. He or she who is always blundering, getting in trouble with employers and friends, never remembers important events accurately, is in constant danger of failure.

As the mind directs so goes the body. The shambling, irresponsible creature, misguided by a rusty mind is much like a vessel at sea which has unshipped its rudder. He may be towed to port by a friendly hawser, or sent to the bottom by an opposing storm.

To make sure of your destination, keep your mind on the splendid things you would like to accomplish. Ponder them at every opportunity. The thoughts to which you cling hourly are transforming you into an earnest, useful person, or a man or woman of no account.

If you want friends, be friendly. Cultivate the right mental attitude towards others and all will be well. Take a contrary stand, let the rust accumulate, exhibit cowardice, distrust, disloyalty, irritability, habitual moroseness, and nothing can save you from wreckage.

Lay hold of the great, potential forces of the universe and move along with them. Resolve to become a part of them.

Keep your mind bright by rubbing it against mists that are brighter, more capable, more alert than yours. Open the door to industry instead of idleness, to thinking instead of brooding, to faith instead of doubt, and you never will lack the energy with which to press forward and take your place among those who are making the world pleasanter and better.

Be frank, good natured and cheerful. Grip your load, whatever it may be, and pull with all your might. Have no fear of failure—no fear of anything or anybody but yourself.

Be patient and persevering. Put jealousy and hate in a weighted bag and throw them overboard. They will wreck the stoutest ship and blight the fondest ambition.

Be not disturbed about rivalry, except the rivalry existing between your good, and evil self.

It is only the mortal who overcomes himself who has the power to uplift humanity and lead others from darkness to light—capable at all times to measure strength with the mental Goliath, and equipped to hold his own in the sternest strife when storms beat hardest against him.

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ALL THE WAY

By DOUGLAS MALLOCH

LET us find our joy today, Not await tomorrow, There is little, anyway, In the joy we borrow, There is joy around us here, Very lovely, very near; Looking far ahead, my boy, You may miss a lot of joy.

Let us find our joy around, Not on yonder mountains; Near us now I hear the sound Of the crystal fountains, What the road a fellow goes, You will always find a rose, Every season, ev'ry hour, Has its fruit or has its flow'r.

Let us find our joy—we can Yesterday forgetting, For we never find it, man, Yesterday regretting, What is done, my lad, is done, But today another sun Makes the sky as blue again As the sky was ever then.

In the present, not the past, Let us do our living; Heaven we shall find at last Giving and forgiving, Not ahead and not behind Let us look, and we shall find Joy is always all the way, All around us all the way.

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SCHOOL DAYS



MEN YOU MAY MARRY

By E. R. PEYSER

Has a man like this proposed to you?
Symptoms: Dark, handsome, very young, very well. Treats you "fina." Talks of his ventures, how he made \$50,000 and so sit up and take notice, how he made \$50,000 without turning a hair, how he bluff'd "So-and-So" and made a clean \$10,000. How he bought a Rolls Royce, which, though you know him months never materializes; the great job he is about to get. Very excitable and temperamental; has an airplane, too, somewhere, which you haven't seen.

IN FACT He is always up in the air. Prescription for his bride: Make yourself able to believe anything. Love to be forgotten—admire his delightful lack of thought for anything as small as yourself. Absorb This: TO HAVE IS NOT ALWAYS TO SCOLD.

(© by McClure Newspaper Syndicate.)

Mother's Cook Book

Those persons and things, then, that inspire us to do our best, that make us live at our best, when we are in their presence, that call forth from us our latent and unexpected personality, that nourish and support that personality—those are our friends.—Randolph S. Bourne.

WHAT TO HAVE FOR DINNER

A MOST tasty and attractive serving of meat may be prepared by larding a beef tenderloin or two with very small strips of salt pork. Cut the lardoons from the firm salt pork nearest the rind—they will be firmer. Pull the lardoons through the fillet so that short ends will protrude on each side. By placing them at regular intervals a very pretty effect is made. Brush the meat with a quarter of a teaspoonful of mustard to each teaspoonful of salt, using a teaspoonful of salt to each pound of the meat. Arrange in a small roaster, place slices of salt pork at the side and on this place a fat roll of well-seasoned stuffing prepared from bread crumbs seasoned with sage and onion, enriched with egg and butter and seasoned well with salt and pepper. Parboil enough potatoes for the family with an onion apple. Place a potato, then an onion alternately around the roast. Cover and bake until the meat is brown and the vegetables tender. Serve with the meat in the center of the platter and vegetables and stuffing arranged around it as they were in the roaster.

Jellied Cranberries.
Add a cupful of water to a quart of cranberries and cook until they may be put through a sieve; add a cupful and a half of sugar—less if desired; return to the fire and just bring to the boiling point to dissolve the sugar. Too long cooking will make them bitter. Pour out into a mold and chill.

Benares Salad.
Take two cupfuls of finely-diced tart apples; add a cupful of fresh-grated coconut or well-washed dry coconut, soaked in milk to soften, a small red pepper, finely minced, and a small mild Southern onion, chopped very fine. Mix well and add a highly seasoned

French dressing. Serve on lettuce or endive.

Baked Mackerel.
Remove the head and tail from a split fish and put into a dripping pan, sprinkle with salt and pepper, dot with bits of butter and pour over two-thirds of a cupful of thin cream. Bake 25 minutes in a hot oven. Serve with lemon slices.

Nellie Maxwell
(© 1924, Western Newspaper Union.)

The Young Lady Across the Way



The young lady across the way says she's seen several pictures of eminent Egyptologists lately, and they look almost like Americans, and she would have supposed they were a good deal darker.

THE ROMANCE OF WORDS

"HASH"
COMEDIANS and others who profess to obtain merriment from the contemplation of the various ingredients which enter into the dish now known as "hash"—a form of food which runs a close second to prunes in its mirth-provoking propensities—owe a debt of gratitude to the French language, because we obtain "hash" almost directly from the French by the elimination of the final syllable of hashis.

The hashed-up or cut-up food in question did not begin to be known as "hash" until our fathers tired of calling it "hashie" in close imitation of the French word in which the final "s" is not sounded. This noun is derived from the verb hacher, to chop, or slice or shred, and, in its turn, came from the same Teutonic source as our own verb "hack." Being famous for their cooking, the French early recognized the tasty appetizing qualities of cooked meat, cut into small bits and highly seasoned with various kinds of sauces and condiments. This "hashis" made its appearance in England many years ago, but it did not take long for the word to be shortened by the elimination of the final "ee" sound, and now, speaking literally, "hash" is a synonym for a little of everything. There is no foundation, however, for the legend that name of the dish came from the fact that the cook who originated it conceived the idea while under the influence of "hashish" or hemp—from which the word "assassin" is directly derived.

(© by Wheeler Syndicate, Inc.)

No Place Like Home.
She—"I wonder why they put cornmeal on the dance floor?" He—"Oh, that's to make the chickens feel at home."

Dress Fastenings.
In Prague is a museum, devoted solely to a collection of dress-fastening devices of all kinds and of all ages.



SAY "BAYER" when you buy—Genuine
Proved safe by millions and prescribed by physicians for

Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

Genuine Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocrotic Acid of Salicylic Acid

He Was Safe.
Jones and his wife were always quarrelling about one thing or another. One day Mrs. Jones bought a new hat and told her husband the cost, which was \$15. "Heavens!" Jones exclaimed. "Fifteen dollars! Why, that's a sin." "Never mind," was the wife's quick reply. "It will be on my own head."

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, luster and life shortly follows a genuine tanning up of neglected scalp with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drug store.—Advertisement.

Wire Troubles.
Animal interference with telephone service includes bears that mistake the humming of wires for a swarm of honeybees; squirrels that chew holes in the lead sheath of cables; ants and beetles that eat metal, and spiders that throw their webs across open wires causing short circuits when dew gathers on the web.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 25 cents.—Adv.

Proof.
"And what gave you the impression that the man was drunk?" asked the English magistrate. "Well, sir," replied the witness, "he dropped a penny into the pillar-box outside the house of commons an' stood staring up at Big Ben, an' when I questioned him he said he was waiting to have his weight told."

If your eyes smart or feel scalded, Roman Eye Balsam, applied as going to bed, will relieve them by morning. Adv.

A woman is seldom in a position to command until she has given her promise to obey.

Taking Her Back.
After the young thing at the party had concluded her second encore the old lady leaned toward her and said: "Thank you so much for your songs, my dear. They took me back to childhood days on my father's farm. There were times, when you sang, that I could shut my eyes and fairly hear the old frost gate creaking in the wind."

Sure Relief FOR INDIGESTION
BELLANS FOR INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief
25c AND 75c PACKAGES EVERYWHERE

CHERRY-GLYCERINE COMPOUND
COUGHS COLDS BRONCHITIS
JAMES BAILY & SON

Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.

Type of Wrongdoing.
Those who injure some to benefit others are acting as wrongfully as if they were turning other persons' property to their own use.

Copper Coins in China.
There are now about 40,000,000,000 copper coins in circulation in China—so many that it is no longer profitable to mint them.

Children Cry for Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

SMITH BROTHERS
S.B. COUGH DROPS MENTHOL
Famous since 1847