

**Take It at Night
Makes Morning Bright**

**St. Joseph's
LIVER REGULATOR**
for BLOOD-LIVER-KIDNEYS
The BIG 25¢ CAN

Her Favorite
Tactless Lady Friend (to hostess)—
By the way, what birthday is this we
are celebrating?
Hostess—My thirty-fifth.
Lady Friend—But have we not cele-
brated that before?
Hostess—Oh, yes; it is one of my
favorite birthdays.—Stray Stories.

"DANDELION BUTTER COLOR"
A harmless vegetable butter color
used by millions for 50 years. Drug
stores and general stores sell bottles
of "Dandelion" for 85 cents.—Adv.

An Old One
"We have the same model in orange,
lemon, plum and strawberry," said the
saleswoman.
"I know how it's going to finish.
But, yes, we have no bananas!" re-
plied the jovial little man.

Always Keep Allcock's Plasters
in your home. Invaluable for all local
aches and pains. Inexpensive, abso-
lutely pure, safe and effective.—Adv.

Differential
Caller (to footman)—Are their
graces at home?
New Footman—His is—hers isn't.—
Punch.

**Sure Relief
FOR INDIGESTION**

**BELLANS
FOR
INDIGESTION**
25 CENTS

6 BELLANS
Hot water
Sure Relief

BELLANS
25¢ AND 75¢ PACKAGES EVERYWHERE

BOSCHEE'S SYRUP
Alleviates irritation, soothes and heals throat
and lung inflammation. The constant
irritation of a cough keeps the delicate
mucous membrane of the throat and lungs
in congested condition, which BOSCHEE'S
SYRUP gently and quickly heals. For this
reason it has been a favorite household
remedy for colds, coughs, bronchitis and
especially for lung troubles in millions of
homes all over the world for the last fifty-
seven years, enabling the patient to obtain
a good night's rest, free from coughing
with easy expectation in the morning.
You can buy BOSCHEE'S SYRUP wherever
medicines are sold.

"There is Hope"

Professor Munyon himself said
it years ago, and thousands are
echoing the words today. There
is hope for YOU! Write for
"Munyon's Guide to Health"
(free). Munyon's, Scranton, Pa.
At any first-class druggist's:
Munyon's Liver Remedy
Munyon's Paw Paw Tonic
Munyon's General Debility Remedy
Munyon's File Ointment
Munyon's Female Remedy
or any other Munyon Remedy you may need
"There's a Munyon Pill For Every Ill"
Doctor's Advice FREE
MUNYON'S, Scranton, Pa.

ARNICA CREAM
The Best for All Chaps and Shavers
A Lotion Par Excellence
Especially recommended
for promoting
A Youthful and
Beautiful Complexion
Superior for Chaps, Sunburn, Tan
and Freckles—Healing and
soothing to the most delicate skin.
Delightful after shaving.
If not at your druggist,
send us his name and we
will have you supplied.
ARNICA CREAM CO., Inc., Box 942, Roanoke, Va.

Cuticura Soap
Clears the Skin
and Keeps it Clear
Soap 25c, Ointment 25 and 50c, Talcum 25c.

A COLD TODAY - DON'T DELAY

CASCARA QUININE
Cures Colds in 24 Hours
LaGrippe in 3 Days
W. H. MILLER CO., DETROIT, MICH.
SAFE - SURE - RELIABLE

Something to Think About
By F. A. WALKER

ETERNAL MASTERS

TO CHOOSE the right color for a
sunset sky, or the exact tone for a
storming sea, flinging its foam against
the dripping rocks, is one of the many
perplexities of the earnest painter.

Living colors cannot be put on can-
vas at one stroke.
The tints, shades, lights and sha-
dows composing them must be "cod-
dled" and worked in until they meet
and blend in natural harmony, and
make a perfect whole, otherwise they
lack sincerity and fall short of truth.

To arouse admiration and hold it,
the gold and purple of the west must
flash, glint and shine; the grays,
greens, whites and umbers of the
ocean and cliffs must sing their
diapason notes in tune with Neptune's
roaring voice.

To paint the truth, the artist must
paint truthfully.

He must at every stroke of his
brush hold to sincerity.
A mere "daub" will not suffice for
the true painter. The picture over
which he works and ponders must be
a living, breathing offspring of Nature.

It must be an aesthetic creation of
exquisite beauty, showing in its at-
mosphere perspective and breadth,
boldness and delicacy of treatment.

An artist may spend a life time in
producing his masterpiece, just as a
musician may consume years in com-
posing an oratorio of stirring move-
ments and entrancing changes of suf-
ficient endurance to go singing and
dancing down the ages—down to mil-
lions of music lovers yet unborn.

If we people of lesser gifts would
give our homely endeavors such devo-
tion as the genius bestows upon his
we, too, would soon find ourselves ris-

ing to fame and honor and riding
proudly on golden streams.

The young man in the field, at the
forge or beside the desk, with his fu-
ture before him, has within him the
power to shape his own destiny. It is
for him to decide whether he shall be
a master builder or a tinker.

If he holds to truth, loyalty—fears
not to soil his hands in manual labor
—is patient, industrious and accepts
advice in the spirit in which it is
given, no opposing force can hold him
back in the race. Faith and industry
are the eternal masters of Fate.
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**Has Anyone Laughed
At You Because—**

By ETHEL R. PEYSER

You have a weakness for se-
crets?
You are laughed at because
so many folk pour out their
troubles in your copious ear and
you always seem to know why
he or she reacts a certain way!
Well, what of it? These confid-
erents wouldn't have told you if
you hadn't honor, honesty, a
"light" mouth and a bit of com-
"fort" dope. If you like "secrets,"
ask to be "in" on things then
laughter is prettily well deserved.
However, people wouldn't con-
tinue to tell you things if this
were so.

SO
Your get-away here is:
Every one likes to be "in" on
things—you're only a human
being after all!
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Have You This Habit?

By Margaret Morison

THE KNOCKING CLUB

THE Knocking club had met for
luncheon. There were Mrs. van
Vechten Brown, Agatha Pim, the nevel-
list; May Hendricks, who wore
knickerbockers most of the time and
smoked during her meals, and finally
Constance Welles, whose engagement
to John Wynne had just been an-
nounced. They had been nicknamed
the Knocking club in college, and
among their special circle the name
had stuck.

"Her husband talks too much," be-
gan Mrs. van Vechten Brown, whose
own husband had an impediment in
his speech.

"No," said May Hendricks; "that
isn't the reason they don't get in—it's
his wife, who dresses like a depart-
ment store window—she's such bad
form, you know."

"I shouldn't care how she dressed
if she wouldn't murder the King's
English." Agatha Pim spoke very con-
cisely and distinctly.

At this point Constance looked at
her watch. She had an appointment,
and it happened with John that afternoon,
and here with the Knocking club just
getting under way she found herself
making her excuses and leaving.

As she and John drove along the
avenue she repeated the conversation
at luncheon. To her chagrin John
made no comment. "Don't you think
Dolly Brown is amusing?" she in-
sisted.

"I think those three women are like
three old alley cats hugging the dark
corners and squalling at everyone who
goes along!"

Constance gasped. "John, dear, you
couldn't call Agatha Pim an alley cat!"

"No," said John; "I'd call her a

SCHOOL DAYS



pampered Persian pussy spitting upon
your passerby!"

"What do you mean?" asked Con-
stance.

"Take Mrs. van Vechten Brown,"
explained John. "Why does she cry
down a man that can talk easily? It
dignifies her own husband's not being
able to get through a whole sentence.
When May Hendricks talks about 'bad
form' in others she gives you the im-
pression that she knows what 'bad
form' is, and you accept her nicotine
fingers and her tobacco breath. And
so on and so on—what has Agatha

**THE
SPENDTHRIFTS**

By DOUGLAS MALLOCH

THE fools are not the ones who
haste

To spend what they possess,
The fools alone the ones who waste
Their hours in idleness.

These are the spendthrifts; they who
throw
Away some wealth that now they
know,

Some golden wealth they might re-
tain,
Some wealth they never can regain.

These are the spendthrifts; they who
spend

The riches doubly dear,
The good opinion of a friend,
The love of some one near,

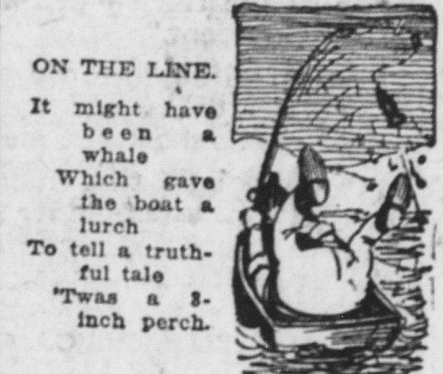
A spotless life, an honored name,
Exchanged for folly, sold for shame—
These are the fools, who throw
away

The simple things of every day.

Oh, better lose the gold you own
Than lose the hearts you hold;
The wealth for which a man is known
Is not his wealth of gold.

It is the wealth you need not lose,
To keep forever, if you choose,
The faith of friend, the love of wife,
An honored name, a spotless life.
(© by McClure Newspaper Syndicate.)

ON THE LINE.
It might have
been a
whale
which gave
the boat a
lurch
To tell a truth-
ful tale
'Twas a 5-
inch perch.



**ALABAB
ALABASTINE**

**Look for
the Cross
and Circle**

Printed in Red on Every Package of Genuine Alabastine

Alabastine
Instead of Kalsomine or Wall Paper

Because only genuine Alabastine will give you those soft delicate, artistic Alabastine
colors, which add so much to the beauty of your home.
Good decorators use Alabastine. Nearly all stores selling paints carry it in stock.
Ask your dealer or decorator to show you samples and explain the Alabastine-
Opaline Process—the newest and most beautiful method of interior decoration.

The Alabastine Company
Grand Rapids, Mich.

**Russian Chemist Makes
Strong Wire From Salt**

A wonderful discovery has been
made by a Russian scientist, who
claims to have found a method of mak-
ing wire stronger than steel out of
common rock salt. His discovery is
the result of a series of extraordinary
experiments in the mutability of
metals by structural chemistry.
The scientist found that by submit-
ting the rock salt to high heat pres-
sure before the elementary crystals be-
gan to decay he arrested the decay by
changing the structural arrangement
of the atoms and molecules, and this
change increased the durability and
ductility of the substance 300 times,
says London Tit-Bits. He is contin-
ing his experiments with other metal
substances.
If this discovery can be applied to
metals it will revolutionize the world.
It will mean, amongst other things,
trains capable of running at 200 miles
an hour and turbine steamers that
could reach Australia in ten days.

**Metal Star Marks Spot
Where Abe Lincoln Stood**

In front of Independence hall in
Philadelphia, stands a statue of George
Washington. It replaces the marble
statue of the great American which
was placed there by the contributions
of the school children of Pennsylvania.
The weather was causing the marble
to disintegrate and for that reason it
had been removed to a corridor on the
second floor of the city hall. On the
sidewalk, near the new statue, in front
of the cradle of liberty, is a metal star
which marks the spot where Abraham
Lincoln stood to raise a new American
flag during the Civil war. The body
of Lincoln reposed in state in Inde-
pendence hall during the period when
it was being conveyed to its place of
burial in Springfield. The bodies of
Henry Clay, John Quincy Adams and
others were accorded similar honor.—
Detroit News.

Not Quite

The Press Man (interviewing notori-
ous personage recently released from
prison)—And then shall I say that you
walked forth from the grim gates of
prison a free man?
The Notoriety—No, no, you can't say
that. I had the wife with me!—Hum-
orist.

Speed

Wise Guy—What's your idea of a
fast guy?
Mess Cook—I don't know. You tell
me.
"It's a guy that can turn the light
out and jump into bed before the room
gets dark."—Delaware Blue Hen.

An old bachelor says that most fash-
ionable young ladies are engaging
works of art.

**"They Can't
Put You in Jail
for That!"**

"Can't, eh?" said the man, "Well,
I'm here!"

After your sleepless night from
coffee drinking and your friends say
it's all imagination, remember the
sleepless night.

Also remember that Postum, the
pure cereal beverage, contains nothing
that can interfere with sleep. It has
every desirable quality of a mealtime
drink—cheering warmth, delightful
flavor and wholesomeness that makes
for health.

Postum
for Health
"There's a Reason"

Your grocer sells Postum in
two forms: Instant Postum
(in tins) prepared instantly in
the cup by the addition of
boiling water. Postum Cereal
(in packages) for those who
prefer the flavor brought out
by boiling fully 20 minutes.
The cost of either form is
about one-half cent a cup.

Mother's Cook Book

Christianity wants nothing so much
as sunny people, and the old are hun-
grier for love than for bread.

The oil of joy is very cheap, and if
you can help the poor with a garment
of praise, it will be better for them
than blankets.—Henry Drummond.

FOOD FOR THE FAMILY

A SLICE of ham placed over a dish
of scalloped potatoes just before
putting in the oven makes a tasty and
nourishing luncheon dish.

Parsnip Chowder.
Fry two tablespoonfuls of diced salt
pork until brown, add two tablespo-
onfuls of minced onion, cook until the
onion is slightly yellow, then add a
pint of boiling water, two cupfuls of
diced parsnip and one cupful of diced
potato. Cook until soft, then add a
quart of milk, seasoning to taste, and
a few milk crackers, soaked in boiling
water before adding to the chowder.

Sunshine Bananas.
Cut six bananas into halves and
again into halves crosswise. Add three
tablespoonfuls of butter and three
tablespoonfuls of maple sirup with a

little salt. Place in a baking dish in
the oven and baste often while baking.
When they are soft but still retain
their shape, serve at once with cream.

Green Cheese.
Take two ounces of parsley, one
ounce of watercress and one ounce
of celery. Wash and dry the parsley
and dry it in the oven. Chop the cress
and celery, add the crumbled parsley
and mix with four ounces of cream
cheese. Season with one-fourth of a
teaspoonful of cayenne and salt, mix
well, put through a colander and form
into small cakes to pass with the salad.

Rhubarb Sherbet.
Take two pounds of rhubarb cut fine,
two cupfuls of water, two tablespo-
onfuls of ginger root chopped, two and
one-half cupfuls of sugar. Cook until
soft. Add one teaspoonful of gelatin,
stir until well dissolved. Strain and
cool, add two tablespoonfuls of lemon
juice and freeze. This makes two
quarts.

**The Young Lady
Across the Way**



The young lady across the way says
a person should always be just her
natural self if she has to lie awake
all night thinking what to say and
how to act.
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Nellie Maxwell
(© 1924, Western Newspaper Union.)