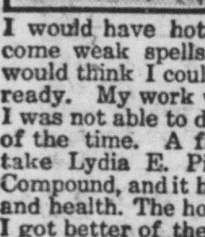


WOMEN OF MIDDLE AGE

Read How Mrs. Walsh Was Helped by Taking Lydia E. Pinkham's Vegetable Compound

Mannington, West Virginia.—"I took the Vegetable Compound when having the turn of life. I had been sick for seven years. I would get a little better, then I broke down again. It would be hard for me to describe how I was, for I was a perfect wreck. I suffered with a pain in my left side, then I would have numb spells and I would sink I couldn't live. I would have hot flashes, then would come weak spells. I was so weak I would think I couldn't ever get a meal ready. My work was a burden to me. I was not able to do my housework half of the time. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and it has given me strength and health. The hot flashes left me and I got better of the numb spells. That summer I could do my housework and worked in the garden a good bit. I tell all sick women what your wonderful medicine did for me, and will always recommend it. I was born in Marion County and still live in it. I am known to all my neighbors, and you can publish this statement because it is true."
—Mrs. JOHN W. WALSH, R. No. 1, Box 36, Mannington, West Virginia.



THE BEST WAY TO GET YOUR IRON

PHYSICIANS have prescribed Gude's Pepto-Mangan for 30 years because of its supply of iron. They found that it was readily absorbed, did not irritate the stomach and quickly toned and strengthened the system. At your druggist's, in both liquid and tablet form. Free Trial Tablets To see for yourself value of Gude's Pepto-Mangan, write today for generous Trial Package of Tablets. Send no money—just name and address to M. J. Breitenbach Co., 55 Warren St., N. Y.

Gude's Pepto-Mangan Tonic and Blood Enricher

RELIEF!

—from pain and suffering waits for you in Munyon's Famous Remedies. Why be sick? Act now! Write for the free medical work, "Munyon's Guide to the Relief of Suffering." Address Munyon's, Scranton, Pa.

Get these from any good druggist:

- Munyon's Paw Paw Tonic
- Munyon's Headache Remedy
- Munyon's Bladder Remedy
- Munyon's Liver Remedy
- Munyon's Pile Ointment
- Munyon's Paw Paw Laxative Pills

or any other Munyon Remedy you may need

"There's a Munyon Pill For Every Ill"

Doctor's Advice "There's Hope" FREE
MUNYON'S, Scranton, Pa.

Hard-boiled means the opposite to sentimental. Medium boiled is about right.

DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear if You See the Safety "Bayer Cross." Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Stolidity sometimes saves a man where reason wouldn't.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

When a woman of thirty looks into the future it appears as brief as a rabbit's tail.

Sure Relief FOR INDIGESTION

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

KEMP'S BALSAM

Don't cough! cough! cough!

Something to Think About

By F. A. WALKER

SOME OTHER TIME

THE individual who defers action, puts off until "some other time" what should be done now, is marked by the gods as being of no weight or worth.

At his best he shrinks from everything that calls for manliness and diligent endeavor, always a stumbling block to those high-powered souls pressing on to blaze across the skies a record of a heroic life.

He cannot see himself in his true light, or estimate his faults. He is affronted at the kindly advice of friends and dejected at his inability to make progress.

What he has done year after year without getting results, he continues to do with his customary complacency.

He is never quite ready to go to bed at night or to get up in the morning; his likes and dislikes are easy

as an old shoe, for he experiences no commanding emotions, no hurt or depression of feeling in the hours of dis-appointment.

He is neither a fighting man nor a man of peace, being as limp and lifeless as a wet rag, lacking the energy and mettle that stir men to go to battle.

Jazz, with its jumps and jerks, is his favorite music. As for literature or art he has no preference, for he seldom takes time to read a worthy book or look upon a painting. He has no ideals, and he is laid to his

credit, he will frankly tell you so if he finds you are disposed to listen.

And such a man without suspecting it, acts as a warning signal to the earnest men and women who give heed to their engagements or consider it a sin to break them.

He is the bane of his wife's existence, being always late at dinner, making trouble in the kitchen and driving away her carefully trained servants.

That he is alive, yet dead, is unbelievable except to those who know him, and the ease with which he will with the utmost seriousness make a promise and forget to keep it.

Nobody will take him on trust. Having failed to learn that punctuality is the chief ingredient of confidence, he is woefully lacking of friends from whom he has unconsciously cut off his means of profitable communication by being habitually late and un-trustworthy. "Some other time" has wrecked millions!
(© by McClure Newspaper Syndicate.)

SCHOOL DAYS



Have You This Habit?

By Margaret Morison

TIMOTHY RUGGLES

IF a stranger wanted to know the pools where the trout were in the spring, or his wife the hidden slopes where the first arbutus grew under the leaves, they asked Tim Ruggles. To Tim at fifteen, every square foot of his grandfather's broken-down farm was familiar and dear. When his grandfather died and the farm was sold, it was to the boy as if the end of the world had come. He did not at all understand. Then he heard someone explaining the old man's bankruptcy by his never having been "able to look ahead."

From that moment, fifteen-year-old Tim began to take count of stock. Although he felt as if he could not live away from the farm, he suddenly realized that the village offered him no future. He contemplated the few dollars that were his inheritance, and took a temporary job at the country store. After six months he made up his budget: so much for railroad fare, so much for living while on the hunt for employment, so much for margin. Then he said good-by to his river and his woods for many years.

In the big city wholesale house he deliberately set himself to work. For a year he ran errands. He was prompt

and reliable in all his work, and through contacts and reading he studied up both fundamentals and fine points of the jobbing business.

When a vacancy occurred in the sales department, he applied for it and proved himself worthy of a trial. Then he made good in it. So, as he worked at the present, his eye was always on the future. He had acquired the habit of "looking ahead." And as he looked ahead, he went ahead.

Eventually he married. When his son was seven years old, he heard that his grandfather's old farm was again on the market. He and his wife and the boy made an excursion over one Sunday to go to see it. It was the first time he had been back since he himself had been a boy. They hunted in the gnarled orchard for the little red apple tree that bore such sweet fruit. They climbed the high hill from which a glimpse of the sea was to be caught. They even discovered up in the garret a dried bunch of herbs that through all vicissitudes had hung undisturbed upon the rafters.

"How I wish we could afford to buy it!" sighed Tim Ruggles' wife, looking at their son.

"We have bought it," said Tim. "I knew you'd want it when you saw it. I've been saving up for this day ever since I was fifteen—ever since I began to 'look ahead.'"

HAVE YOU THIS HABIT?
(© by Metropolitan Newspaper Service.)

THE THINGS WORTH WHILE

By DOUGLAS MALLOCH

THE things worth while are not so many,

The things worth while are not so great;

Whatever else, there isn't any

Like hearts that love and arms that wait.

With all our working, all our scheming,

With all our labor, all our guile,

With all our doing, all our dreaming,

We often miss the things worth while.

All day we know the competition

Of other men on other guests,

We follow fiercely our ambition,

A thousand daggers at our breasts;

But, if we battle on undaunted,

Success may come, and fortune smile,

We yet may win the things we wanted—

And yet may miss the things worth while.

The things worth while, worth more than money,

Worth more than fame, or place, or pride,

That keep the road forever sunny,

The heart forever satisfied,

Are children's sturdy arms about you,

A neighbor's hail, a friendly smile,

Some soul that couldn't live without you—

These are the things, the things worth while.

If you have these, then cease repining;

Your wealth is won if you can turn

Tonight to where love's light is shining

In someone's eyes, where candles burn.

For rich or poor, or high or lowly,

If smooth the road or long the mile,

If you have these to make life holy

Your heart has found the things worth while.
(© by McClure Newspaper Syndicate.)

Mother's Cook Book

"Smile, and while you smile another smiles; And by and by there's miles of smiles, And life's worth while because you smile."

MAIN DISHES

A GOOD, substantial dish which is not hard to get ready for a good-sized family is

Alaskan Dish.

Cut two pounds of round steak into eight pieces for serving. Dice one-half pound of salt pork. Cook the pork, one cupful of minced celery and one large onion in the pork fat. Fry the steak until brown on both sides, add to the rest of the ingredients, blend two tablespoonfuls of fat with the same of flour, pour over the meat and simmer all together for thirty minutes. Just before serving add one cupful of cooked spaghetti and one pint of stewed tomatoes. Serve on hot platter.

Baked Lima Beans and Tomatoes.

Soak a pound of beans overnight, parboil for five minutes or longer to soften, rinse and cook until tender. Add one teaspoonful of salt to each quart of water used. Season a pint of tomatoes with salt and pepper and onion juice. Add it to the drained beans. Put into a beanpot with two thick slices of bacon or salt pork and bake until the bacon is crisp and brown.

Fricassee of Tongues.

Sheep's tongues or small calves' tongues may be used. Take four, cover with boiling water and simmer until tender, adding a few cloves and a small onion; season with salt when nearly done. Remove, cool, skin and cut lengthwise; season well. The next day, roll the tongues in flour and fry in butter and chopped onion until brown. Serve with a brown sauce seasoned with a dash of lemon juice. Serve with hot boiled rice.

The Young Lady Across the Way



The young lady across the way says she doesn't blame France for complaining a little after the way she was bled red.
(© 1924, McClure Newspaper Syndicate.)

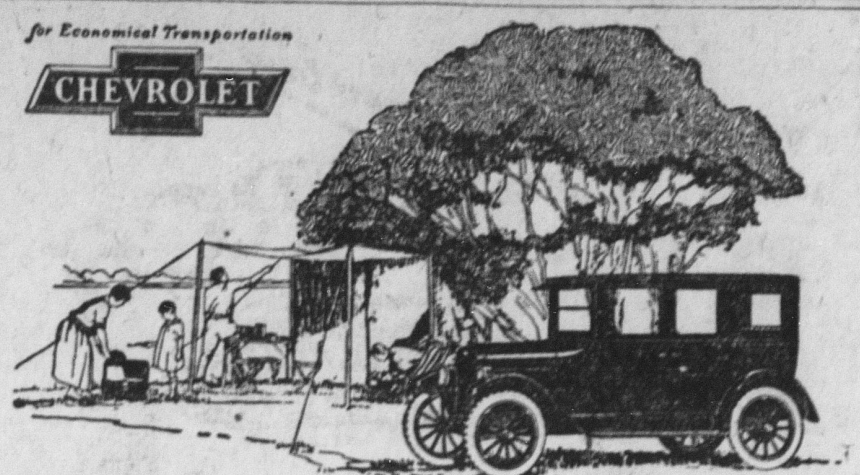
Nellie Maxwell

Has Anyone Laughed At You Because—

By ETHEL R. PEYSER

You Do Not Gamble? Many a good party you have missed, haven't you? Many a sneer has been leveled at you— isn't it too true? Yet when you hear of the doings in your heart of hearts you're glad that you stuck it out and didn't go back on your notion. You have missed a lot of things such as companionship, such as the half-fellow-well-met attitude of the crowd, three being included in everything. Yet the very missing of it has made the gang (only they wouldn't say it) think a "hull lot" of you. Who do they go to for advice, the fellow who sits up all night, and the fellow that treats money like dirt and chents his family out of necessities, or the fellow whose office keeps office hours with him in it? Who, I ask?

SO
Your get-away is: Gambling's losing, not gambling's keepings: Sleep, cash, job and RESPECT.
(© by McClure Newspaper Syndicate.)



Will Your Family Be Happy This Spring?

If yours is one of the few remaining families lacking an automobile, no doubt you have finally decided to get one within the next four months.

A low-priced modern automobile like the Chevrolet has become indispensable to the family of ordinary income. A million other families can easily prove to you that the better way is with Chevrolet. The beauties of nature, the interesting and educational features of other places and ways of living, remain things to read about or seem dimly in cold photographs until you are free to get to them at your convenience and pleasure.

But, suppose you have definitely decided to buy a Chevrolet this spring. This does not necessarily mean you are going to get it. Anyone posted on conditions in the automobile business will tell you that thousands of families are going to be unable to get cars this spring. This has been true almost every spring for the last ten years. There are just two ways of making sure of getting your Chevrolet for use when the flowers and balmy breezes of spring lure you to the country roads—buy it now or order it now.

If you do not want to pay for it in full at this time, any Chevrolet dealer will arrange terms to suit your convenience. You will be surprised to learn how easy it is to pay for a Chevrolet and use it while you are paying for it.

Please realize these statements are made by us in good faith and we mean just what we say about the possible difficulties of getting a car delivered to you this spring if you wait until then to order it. The only way to be sure of a Chevrolet this Spring is to order it NOW.

Prices f. o. b. Flint, Michigan

Superior Roadster	490	Superior Sedan	795
Superior Touring	495	Superior Commercial Chassis	395
Superior Utility Coupe	640	Superior Light Delivery	445
Superior 4-Pass. Coupe	725	Utility Express Truck Chassis	550

Fisher Bodies on all Closed Models

Chevrolet Motor Company, Detroit, Michigan
Division of General Motors Corporation

Trees Infected With Gypsy Moth Destroyed

Federal and state inspectors of the federal horticultural board recently discovered the shipment of 10 or 15 consignments of gypsy moth infested conifers from quarantined New England into Pennsylvania and New York. The trees were found, however, and were destroyed before this insect could establish itself in the new territory. The gypsy moth has been responsible for a great deal of damage through the southern part of the New England states, and its spread to other regions would be a calamity of nation-wide importance. In general, New England nurserymen are co-operating loyally with the government in maintaining the very necessary strict quarantine of the infested district.

Ill treatment curdles the milk of human kindness.
Wright's Indian Vegetable Pills are not only a purgative. They exert a tonic action on the digestion. Test them yourself now. 272 Pearl St., N. Y. Adv.

College Bars Autos

Students at Pennsylvania State college hereafter will be prohibited from taking their motorcars to college as a result of action taken at the annual meeting of the board of trustees. Parents of students are to be notified to this effect.

The resolution declared: "It is the opinion of the board of trustees that students of the college cannot keep automobiles for use while at college without interference with their studies and without considerable risk to their personal safety and health."—New York Sun and Globe.

Works Both Ways

Captain—If anything moves shoot! Sentry—Yessah; ah! If anything shoots, Ah move.—American Boy.

There doesn't seem to be enough radium in the world to fully prove its claims.

Why Pay the Penalty of Lying Awake?

MANY people spend hours at night, restlessly tossing from side to side, waiting for sleep. All because they drink coffee with their evening meal.

If the caffeine in coffee irritates your nervous system and keeps you awake when you should be asleep, recuperating your energies, why not stop coffee and drink Postum?

Postum is a pure cereal beverage, absolutely free from caffeine or anything that can disturb health and comfort. Many prefer Postum for its delightful aroma and flavor.

If you want to know the truth, change to Postum for a month or so, and see how much better you will sleep and feel.

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.