

AFTER AN OPERATION

Mrs. Wilke Couldn't Get Back Her Strength Until She Took Lydia E. Pinkham's Vegetable Compound.

Rochester, Minnesota.—"I had a very serious operation and it seemed as if I could not get my health back after it. I suffered with pain almost constantly. My sister came to help take care of me, and she was taking Lydia E. Pinkham's Vegetable Compound for nervousness and a run-down condition. She had me try some of it, and in a very few days' time I began to feel better. In two weeks I hardly knew myself and after taking a couple of bottles more I was up and helping around, and now I am strong and healthy again and am still taking it. It is a pleasure for me to write this to you, and I hope that no other women who are suffering like I was will find out about your medicine. I will give any information I possibly can."—Mrs. JAMES WILKE, 633 E. Center Street, Rochester, Minn.

Remember, the Vegetable Compound has a record of fifty years of service and thousands of women praise its merit, as does Mrs. Wilke. Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Company, Lynn, Mass.

BATHE TIRED EYES

With Dr. Thompson's Eye Water. Buy at your druggist's or 1209 River, Prof. S. J. Bouquet.

BOSCHEE'S SYRUP

Alleviates irritation and soothes and heals throat and lung inflammation. The constant irritation of a cough keeps the delicate mucous membrane of the throat and lungs in a 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.

MADE THE SAME AS THIRTY YEARS AGO

FOR 30 years physicians have prescribed Gude's Pepto-Mangan because it contains a form of iron which is readily absorbed, does not upset the stomach or affect the teeth, and is a splendid tonic and blood enricher. At your druggist's, in both liquid and tablets.

Free Trial Tablets. To see for yourself the health-building 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., 63 Warren St., N. Y.

Gude's Pepto-Mangan Tonic and Blood Enricher

"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 Kidney Remedy, 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.

Test New Explosive

Hexamethylenetriperoxydiamine has been tested by the bureau of mines to determine its detonating value. It is an explosive that may be useful in armor-piercing shells.

Opportunities make us known to others, still more to ourselves.

Back Given Out?

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 Pills. Thousands have been helped by Doan's. They should help you. Ask your neighbor!

A Maryland Case

J. F. Blunt, Commerce St., Centreville, Md., says: "My back ached considerably and the muscles of my back were sore and it made it difficult for me to stoop. My kidneys acted irregularly also. I used Doan's Pills and they soon had me free from the backaches and my kidneys were in good order."

DOAN'S PILLS

60c
STIMULANT DIURETIC TO THE KIDNEYS
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

The SANDMAN STORY

BUSHY'S SURPRISE

BUSHY SQUIRREL had all his storehouses full. He was not lazy, even if he was too fond of mischief. After his work was done Bushy began to look about, peering into the pantries of all his neighbors. Grandpa Squirrel lived all alone, so of course he had to look out for his stores and take care of his home all himself, and such a neat and tidy place as it was quite provoked Bushy when he peeked in through the shutters and saw everything in apple-pie order. Bushy's eyes began to twinkle. "I'll have some fun," he said to himself. "I will turn everything in Grandpa's house topsy-turvy and I will hide all his nuts and put stones in place of them."

So the bad fellow went to work. He upset everything in Grandpa's sitting room first, and then he began on the pantry. But of course he could not carry away all the nuts in one day, so he didn't begin with those in plain sight. He dug a hole under the pantry and took the nuts that were stored the deepest. Day after day he worked, and by he had carried off all of Grandpa



Day After Day He Worked.

pa Squirrel's stores and put stones in place of the nuts. He watched when Grandpa came home and found his room upset. Bushy was disappointed that Grandpa did not make a fuss about it and call out of the door: "Who has been in my house?" Instead he went to work and put everything in place, whistling all the time just as if he liked it. "He won't whistle when he finds stones instead of nuts," said Bushy. "I guess he will be a surprised old Grandpa when he discovers that."

But just as Bushy went out of the house who should come along but Mr. Dog and Mr. Man with an axe. Mr. Dog barked and chased Bushy until he was glad to hide in a tree far from his home, where he had to stay for a long, long time, and when at last he did dare to run home his house was nowhere to be seen, for Mr. Man had cut it down and carried it off. And he must have taken the nuts also, for not a nut did Bushy find, though he looked all around.

He was a very forlorn-looking fellow when Grandpa Squirrel came along a little later and found Bushy sitting on the ground where his home had been. "What is the matter?" asked Grandpa Squirrel, and when Bushy told him, Grandpa said, "Come along home with me. I have plenty of room in my house and plenty of stores." Poor Bushy! He felt sorry for the

way he had treated Grandpa Squirrel. And he was glad enough to go, for it was cold and he knew that it would be a long, cold night for a little squirrel without a house.

When Grandpa Squirrel opened his door a nice bright fire was burning in the fireplace and everything was in apple-pie order. But it looked very different to Bushy now and he was glad to sit down in a nice big chair in Grandpa's tidy room.

Grandpa hurried about, making a nice nut soup. And as Bushy watched him he began to feel uncomfortable. "What if Grandpa found the nuts were gone and he had only stones in his storeroom," he thought.

It wasn't nearly the fun Bushy had expected it to be when he started out that day, and if Grandpa did not have any nuts he would have to go without his supper as well as Grandpa.

Bushy Squirrel felt and looked very much ashamed, but Grandpa laughed and said, "I know just how you feel, my son. I was young once myself, and I have not forgotten that I thought it was fun to eat old Miss Squirrel's nuts."

Bushy stayed with Grandpa and he would not let Grandpa do any work. He got up early mornings, made the fire and got the breakfast, and did all he could to make up for the pranks he had played on him and to repay him for his kindness in giving him a home.

And no more pranks did he play, for Bushy learned that many times what he thought fun was really plain unkindness.

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The Why of Superstitions

By H. IRVING KING

DROPPING KNIVES

THE superstition that the dropping of a table-knife means the coming of a stranger existed before forks were invented; when a man cut his food with a dagger and conveyed it to his mouth with his fingers. In those days a man carved his roast and his enemy with the same utensil. When men held their lives and their property by the sword they became much attached to their weapons; personified them; gave them names. As witness Arthur's Excalibur and Roland's Durandal.

There was, also, a survival of the primitive idea that an article closely associated by personal contact with a man came to partake of that man's personality. It can readily be seen how this idea would survive especially with regard to the sword—or to the lesser sword, the dagger—man's friend for defense and ally for aggression. This belief in sympathetic magic naturally caused the sword or dagger to be conceived of as endowed with certain supernatural powers. So when a sword or dagger dropped from his sheath without apparent cause—unsheathed itself as it were—it was a warning to its master of the coming of a foe—and foe and stranger were synonymous in those days.

Scott alludes to the superstition in "The Lady of the Lake" when Douglas' sword "Did self-unsheathed foreshow the coming of a secret foe." When for domestic purposes table-knives were substituted for daggers

the men attached itself to the substitute. When the knife dropped to the floor it still warned of the coming of a stranger; but stranger and foe were no longer synonymous. In many sections the men has been modified to include the coming of any visitor, stranger or otherwise. The belief sometimes run across that dropping a fork means the coming of a male visitor and a knife a female visitor is a modern variant of the old superstition suggested by the shape of the old-fashioned, two-pronged fork.

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Have You This Habit?

By Margaret Morison

ANOTHER'S MONEY

TRUMAN SMITH went over fifteen-year-old Elizabeth's lessons with her each evening. Elizabeth was no student, and Latin was the worst. "Aes alienum"—what does that mean?" asked Truman. "Another's money," said Elizabeth, glib as possible. Her father laughed. "Literally!" said he. Practically "another's money" is translated "debts."

Several years later Elizabeth remembered this conversation. Her first year out of school was gay beyond her wildest imagination. Her father told her that she was grown up now, and gave her an allowance. Her first month's income and her charge accounts started at the same moment; consequently her second month's income went to pay the first month's bills. After that the bills waited.

Gradually Elizabeth's financial policy developed. Her club dues were so small that they could wait. Her dressmaker's bills were too big to pay all at once—she would have to put them off entirely for a while. She consulted a woman friend. The friend assured her that the shops were too dependent upon such customers as they, to make indebtedness disagreeable! Then Elizabeth found that having forgotten her purse was very convenient when she and two or three friends were out together and it was a question of paying for tea. A month after Christmas she sold her watch, a present from her father, in a desperate resolve to begin to get square.

Then one day she went home to find the little Englishman who made her shoes for her waiting in the hall. As he stood there with his hat in his hand he told her the story of his wife's illness, for the necessity of her going away to the country if she was to get well, of the doctor's bills that they must meet, Elizabeth's long overdue account would make all this possible to them. "Aes alienum," "another's money," came from the forgotten but never obliterated records in Elizabeth's subconscious mind—"debts" means "another's money."

For the first time she went thoroughly over her accounts; for the first time she planned a budget. She was appalled at the unfairness of her own methods. With intelligence, foresight and a stiff backbone her income would be quite sufficient to meet her needs. Denial she must practice till she got even. And then she swore that in future she would acquire the habit of "pay as you go. Right spending and right paying."

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

Lew Cody



Lew Cody, known as the handsome villain of the "movies," was born at Waterville, Maine. He attended school in Montreal, Canada. His first theatrical experience was with a stock company. After a couple of seasons with his own company, he entered the moving picture business, and his rise to stardom is well known to the lovers of moving pictures.

The KITCHEN CABINET

(© 1924, Western Newspaper Union.)

There is no other happiness in the world except that of a soul content with its own condition. This is the way to carry heaven about with you.—A. de Sarra.

MAPLE SUGAR TIME

There are so many delicious dishes which may be made with sugar and sirup from the sugar maple that a few thoughts about it may be a sweet reminder of what we may enjoy. In frozen puddings, candies and many other ways we may use the delicious sugar and sirup.

Maple Fudge Frosting.—Take one cupful of maple sugar, one-third of a cupful of cream, one tablespoonful of butter, heat slowly until the sugar is dissolved. Now boil to the soft ball stage and beat until thick enough to spread without running off.

Maple Parfait.—Beat the yolks of four eggs until thick; add a little salt and pour over them a cupful of hot maple sirup; stir until smooth and the eggs well cooked, then fold in the stiffly beaten whites of the eggs, add a pinch of salt and a quart of thin cream. Freeze, pack and let stand to ripen.

An ordinary vanilla ice cream is delicious served with a maple sauce, hot, and sprinkled with chopped nuts.

Maple Biscuit.—Sift two cupfuls of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt, then rub in two tablespoonfuls of fat, add three-quarters of a cupful of milk. Mix and roll out to one inch in thickness and cut into rounds. Brush half of them thickly with grated maple sugar after spreading with butter and put together in pairs in the pan. Bake in a hot oven. Nice to serve with afternoon tea.

Maple Cake.—Cream one-half cupful of shortening, add one-half cupful of sugar and one cupful of maple sugar; beat well, add two whole eggs well beaten or the yolks of four, and one-half cupful of hot water. Sift two and one-half cupfuls of flour, one-quarter of a teaspoonful of salt and two teaspoonfuls of baking powder, add to the first mixture, add a flavor of maple and bake in layers. Put together with fudge frosting.

Maple Cream Pudding.—Sift together one and two-thirds cupfuls of flour, two teaspoonfuls of baking powder, cream one cupful of sugar with two tablespoonfuls of butter, beat well and add a yolk of egg well-beaten, two-thirds of a cupful of milk alternately with the flour mixture. Beat well, add a little salt and fold in the stiffly-beaten white of the egg. Pour into a shallow pan and bake in a moderate oven.

I know a garden sheltered, green,
Where all the joys of the year
are seen.
From frail crocus as seasons go
To the last herb that greets the snow.
But I love it best with morning dew
On satin roses clean and new.
—Louise Driscoll.

DO YOU KNOW?

That a bit of coconut, the fresh grated not the sweetened, added to a salmon salad makes it quite different.

That loaf sugar rubbed over orange or lemon will absorb the essential oil, and if kept in a tight container may be used to add to the flavor of a cup of tea.

That a cupful of finely-cut walnut meats—the black variety—added to a custard pie makes a delicious, tasty brown crust over the top when baked.

That a tablespoonful of vinegar added to tough meat when cooking will make it quite tender without changing the flavor.

That a quarter of a teaspoonful of cinnamon added to a gallon of chocolate ice cream gives a most distinctive and attractive flavor.

That a little lemon juice added to prunes improves the flavor; a little rind to apple sauce also is an improvement.

That boiled, mashed carrots or squash make quite as tasty pies as pumpkin and not nearly as much work to prepare from the fresh vegetable.

That a minced dill pickle added to potato salad is a change many like. A thinly-sliced dill pickle served on tongue for sandwich filling is an addition.

That ripe olives, a half-dozen or more, minced after stoning, added to the chicken gravy make a fine flavor.

That bananas baked with butter and lemon juice and served with steak make a dainty dish.

That pepper grass mixed with water cream makes a fine salad.

That marshmallows may be used on top of pie for a meringue or as a decoration for a meringue, adding to flavor and appearance.

That ground carrot and celery, with a bit of onion, makes a good sandwich filling for both the children and grown-ups.

Nellie Maxwell

WRIGLEYS

after every meal

Cleanses mouth and teeth and aids digestion. Believes that over-eaten feeling and acid mouth.

Its l-a-s-i-l-a-n-g flavor satisfies the craving for sweets. Wrigley's is double value in the benefit and pleasure it provides.



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Soap, Ointment, Talcum sold everywhere. Guaranteed Free of Quinine, Lethal doses, Dept. of Health, Wash.

About Ants
Among certain ants the ant hills fall into decay and degenerate females are produced when the parasites from which the ants obtain their intoxicants become very numerous.

Quarrels would not last long if the fault was only on one side.

Insist on TANLAC VEGETABLE PILLS For Constipation

FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

GOLD MEDAL HAARLEM OIL CAPSULES

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

those head colds

At the first sneeze, begin spraying the nose and throat with Zonite twice daily. It will help materially to destroy the seat of the trouble—usually germ infections somewhere in the nasal cavity. Zonite is the form of antiseptic which practically wiped infection out of the hospitals in France during the World War.

Zonite KILLS GERMS

W. N. U., BALTIMORE, NO. 16-1924.