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A pleasant and agreeable sweet and a-a-a-t-i-n-g benefit as well.

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For Eczema, Rheumatism, Gout or Hives

Expensive health resorts, sought by thousands, have grown around springs containing sulphur.

Hancock Sulphur Compound, utilizing the secret of the famous "Saratoga" waters, makes it possible for you to enjoy Sulphur Baths in your own home, and at a nominal cost.

Sulphur, Nature's best blood purifier, is prepared to make its use most efficacious in Hancock Sulphur Compound.

Use it in the bath, as a lotion applied to affected parts, and take it internally.

60c and \$1.20 the bottle.

If your druggist can't supply it, send his name and address and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY
Baltimore, Md.

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The remedy with a record of fifty-seven years of surpassing excellence. All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming-up of food, wind on stomach, palpitation and other indications of digestive disorder, will find GREEN'S AUGUST FLOWER an effective and efficient remedy. For fifty-seven years this medicine has been successfully used in millions of households all over the civilized world. Because of its merit and popularity GREEN'S AUGUST FLOWER can be found today wherever medicines are sold. 30 and 90 cent bottles.

W. N. U., BALTIMORE, NO. 17-1924.

The SANDMAN STORY

LITTLE BLACK COCK

ONCE there lived in a barnyard a very little Black Cock, with the finest red comb in the world and feathers as shiny black as a brand-new stove.

He had bright yellow legs and the ovellest long tail-feathers, the kind the women wear on their best hats.

Oh, he was a perfectly gorgeous creature, but that was no reason for strutting about as he did and bragging. For he was very little, and compared to the big Grandfather Cock of the barnyard he was no larger than a thimble beside a big spool of thread.

Of course, being so little he could not have a very big voice to crow with, but that did not stop Little Black Cock from bragging that he could



"Why Do You Crow So Hard?"

crow as loudly as Grandfather Cock and that some day he expected to crow louder than he did.

Said the Little Brown Hen with the speckled wings, "Why do you crow so hard? Some day, I do declare, you will burst your throat wide open."

"Oh, no, I shan't," said Little Black Cock, tossing his head and puffing out his chest. "I intend to become the finest cock in the world. I am handsomer than any other now, and all I need is practice to crow louder than any other bird."

"You are a very vain little cock," said Little Brown Hen, scratching for a worm. "Better be satisfied with your fine feathers and not try to do such loud crowing. Your throat was never meant for that."

This made Little Black Cock angry and he grew vainer and vainer than ever. Every morning, long before it was light, he was up crowing as hard as he could crow. All the neighbors were awakened from pleasant dreams and out of the windows came night-capped heads to say dreadful things about Little Black Cock—but he did not stop crowing.

One morning while he was making his best efforts to crow loudly Grandfather Cock came strolling out of the chicken house. "You annoy me," he said, flapping his wings several times. "What are you trying to do—sneeze?"

"I can crow just as well as you can," replied Little Black Cock, in a terrible rage.

This answer amused Grandfather Cock so much that he stopped flapping his wings. "Prove it, my young fellow. Come to the top of the stone wall and if you can crow louder than I you shall be proclaimed cock of the walk and I will give you my title."

Up to the top of the wall they flew, while all the barnyard folk gathered around to listen. Grandfather Cock

flapped his wings three times and crowed.

Oh! what a crow it was. It must have been heard for miles around the countryside.

"There now, it is your turn," he said to the Little Black Cock.

Little Black Cock began to feel a little scared, for he knew that he must crow louder than ever before to even crow as loudly as Grandfather—not to think of beating him.

He puffed himself until he was filled with air, then solemnly flapped his wings three times and began to crow. Louder and louder he crowed. Even Grandfather Cock felt a bit nervous.

Louder and louder and louder, and then off the wall tumbled Little Black Cock and landed a heap of feathers in the dust.

Doctor Duck was there in a jiffy, and pretty soon Little Black Cock opened one eye and then the other, and looked about. "He pushed me off the wall because he was jealous of my beautiful crowing," weakly piped Little Black Cock.

"Oh, no; you tumbled off because you tried so hard to crow you almost burst your throat, my young friend," quacked Doctor Duck. "You take my advice and be satisfied with a voice the size of your body."

"I told you so," said the Little Brown Hen, and then above him poor Little Black Cock heard the loud crow of Grandfather Cock, and he sadly picked himself up and went under a currant bush to think it over.

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The Why of Superstitions

By H. IRVING KING

ST. ELMO'S FIRE

FEW superstitions of the sea are better known than that which attached to the electric phenomenon known as St. Elmo's fire—those ghostly lights which, in certain conditions of the atmosphere, burn at the top of masts or on the end of yards. They are, of course, natural electric lights, easily explainable by anyone with the slightest knowledge of electricity. But it must be confessed that they don't look so, especially if they jump about in the rigging with that weird rustling sound.

The first notice we have of these lights is in the story of the Argonauts, when they appeared shining about the heads of the images of Castor and Pollux on the ship Argo in the midst of a storm and assured the safety of the vessel. From thence down through the classic ages the lights were known as the Dioscuri—the twin brothers, Castor and Pollux—and seem generally to have been regarded as a good omen. But Porphyry, writing in the Third century says: "It is now asserted on the contrary by sailors that Castor and Pollux are generally a menace."

Yet many centuries later, when the lights appeared on Columbus' ship on his second voyage, "the sailors sang prayers and litanies to St. Elmo, confident that in these storms where he appears there can be no danger."

Elinor Fair



Handsome Elinor Fair, the screen star, was brought up in the midst of motion-picture production. Although born in Richmond, Va., she went to the coast when but a small child. She studied the violin in Germany until the war broke out, when she returned to this country. Her first theatrical work was in a Los Angeles theater. Her beauty and talents brought her a good opportunity to enter the "movies," in which she has been seen to good advantage. Miss Fair's favorite hobbies are dancing and playing the piano.

The Kitchen Cabinet

(©, 1924, Western Newspaper Union.)

We would ask for kindly guidance to give only of our best—We would ask to be unselfish, and be equal to life's test—To meet duties—as our pleasures—with a heart clasp and a smile—To make life well worth the living and make living worth the while.

—Caroline Sumner.

SOMETHING FOR DINNER

A soup which is somewhat out of the ordinary and provides a nourishing dish for the bill of fare is:



Cauliflower and Tomato Soup.—Rub a head of cooked cauliflower through the colander, mix with two cupsful of sifted tomato, add two cupsful of broth in which the bones of a turkey or roast have been cooked. Season with three teaspoonfuls of salt and one teaspoonful of minced onion in three tablespoonfuls of fat until brown. Stir in four tablespoonfuls of flour and add the vegetable pulp and stock. Stir until boiling. Serve with rings of sweet pepper as a garnish.

Apple Delmonico.—Butter a baking dish and lay in a layer of tart apples cored, pared and cut in rings. Sprinkle with ground almonds and sugar, cover with another layer of apples, add crushed macarons, pour over sweet preserve juice or jelly and bake three-quarters of an hour in a quick oven. File on whipped cream and serve.

Virginia Sweet Potatoes.—In Virginia, the home of this delicious vegetable, this is the popular way of cooking it: Parboil the potatoes, peel and slice while hot. Lay in a buttered dish, sprinkling each layer with salt, sugar and bits of butter. Cover with a layer of buttered crumbs, add a few tablespoonfuls of hot water, cover closely and bake until the upper layer is browned.

Green Peppers Stuffed With Rice.—Cut the stem ends from green peppers, remove the white fiber and seeds, parboil for five minutes then dip in cold water, drain and stuff with seasoned rice. Pour a cupful of stock around the peppers and place in a hot oven to bake, basting three times with the broth. Serve as a luncheon dish.

"Take a dash of water cold, And a little heaven of prayer, A little bit of sunshine gold Dissolved in morning air; Add to your meal some merriment And a thought for kith and kin; And then as a prime ingredient, A plenty of work thrown in; But spice it all with the essence of love And a little whiff of play; Let a wise old book and a glance above Complete a well spent day."

MORE THINGS TO EAT

Rabbits are dishes quick to prepare and make a hot dish which most people like.

Mexican Rarebit.—Melt one tablespoonful of butter, in it cook one green pepper cut into squares. When softened a little add one pound of common cheese, cut into small bits and stir constantly until melted; add two-thirds of a cupful of fresh or canned corn, one-half teaspoonful of salt, one-half teaspoonful of paprika, two eggs well beaten and two-thirds of a cupful of tomato. Stir and cook until smooth and well blended; when thoroughly hot serve on rounds of toast, toasted on one side.

Berry Cake.—Butter the inside of a baking dish and fill for one-half inch with buttered crumbs, toasted. Fill the dish with canned or fresh fruit, adding sugar if needed. Blueberries are especially good. Bake in a moderate oven for three-quarters of an hour. Serve cold with whipped cream or with lemon gelatin whipped cream, sweetened and chilled.

Finnan Haddie.—Cut the fish into strips and put into a baking pan; cover with boiling water and allow it to heat slowly on the back part of the stove. Simmer for half an hour; drain and separate into flakes, using two forks. Add one-half cupful of thick cream, four hard-cooked eggs, thinly-sliced, and seasoned with cayenne; add a tablespoonful of butter and sprinkle with chopped parsley.

Kimmel Torte.—Beat two eggs until light, add one cupful of sugar, six tablespoonfuls of bread crumbs, mixed with two teaspoonfuls of baking powder and one cupful each of dates and nuts all well chopped. Mix well and bake in a shallow pan in a slow oven for three-quarters of an hour. Serve cold with whipped cream.

Cabbage Salad.—Shred a hard head of cabbage very fine, put into cold water to become crisp. Just before serving drain and dry well and dress with thick sweetened cream, sugar, salt and a dash of vinegar. Some like the cabbage bruised with a potato masher before adding the dressing.

Orange Cream.—Whip one-half cupful of cream, add orange extract and a little of the carefully prepared fruit. Serve in sherbet glasses.

Nellie Maxwell

Sure Relief FOR INDIGESTION



USE Glenn's Sulphur Soap

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Money back without question if HUNT'S SALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 25c at druggists, or direct from A. E. Richards Medicine Co., Shrewsbury, Tex.

Hire Whites First

In Queensland the arbitration court has ruled that colored labor is not to be employed in the sugar fields if white labor is available.



St. Joseph's LIVER REGULATOR

for BLOOD-LIVER-KIDNEYS The BIG 25¢ CAN

How He Helped

First Loufer—"Did you help at the fire last night?" Second Loufer—"Yes, a bit. I got out of the way of the fire engine."—Punch.

Genuine BAYER ASPIRIN

Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe Accept only a 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 Manufacturing of Mononitrochloride of Salicylic Acid

ASTHMA

DR. J.D. 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. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J.D. KELLOGG'S ASTHMA REMEDY

"What's in a Name?"

By MILDRED MARSHALL

FACTS about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel

VERA

THERE are comparatively few Russian names in vogue in this country. Vera is the exception to the general rule which excludes such popular Slavic appellatives as Tatiana and Anastasia. Vera, indeed, is not purely Russian, since it appears in Spanish nomenclature; but in both languages it bears the same significance: that of "faith."

It is one of the twelve Slavic names which appears in the "Monument of Faith," a sort of devotional prayer book applied to each day of the year with the names of each saint appearing in the Russian calendar. For that reason, Vera has always been exceptionally popular as a Russian feminine name.

It is doubtful, however, if her derivation is responsible for her vogue here. Possibly she is the result of the

Have You This Habit?

By Margaret Morison

JOHN STARK

"THE habit of regret is four-fifths laziness and one-fifth self-indulgence," was John Stark's slogan. John knew something about the habit of regret. Up to the time he was twenty-two years old, he had lived at home in his father's house. His father's regret was the good old times. John was brought up to feel that the best things the world would know had passed before he was born. With them lived a maiden aunt who kept house. She was a kind of personification of regret, but what she had lost John never knew until he was a big boy of sixteen or so. Then he learned that she had been disappointed in love.

Then the boy's father died, and he

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