SICK WOMAN MADE HAPPY

Entirely Restored to Health by Lydia E. Pinkham's Vegetable Compound

Mart, Texas.—"I have taken Lydia E. Pinkham's Vegetable Compound to build me up as I was all run-down, nervous and sick. I ached and hurt all over so that I was often compelled to go to bed, and I had to have most of my work done. No medicine seemed to help me until one of my neighbors who was taking the Vegetable Compound insisted on me trying a bottle of it. The medicine helped me from the first, and the best of all is that I can even sew again without that awful, nervous feeling I was used to having. And I used to take crying spells, with such a blue feeling that I cannot explain. Now all that has left me. I feel so cheerful, and I have gained in weight, sleep well and eat hearty. Oh! I wish I had words to express what this medicine has done for me! I am a housekeeper and do everything from the sewing to the washing now and it doesn't hurt me. You may use my letter in any way you wish. I will be glad to help any suffering woman to the road of health and happiness."—Mrs. B. F. BRANNON, 404 Travis Ave., Mart, Texas.

Clear Your Complexion with This Old Reliable Remedy—

HANCOCK SULPHUR COMPOUND

For pimples, black-heads, freckles, blotches, and tan as well as for more serious face, scalp and body eruptions, hives, eczema, etc., use this scientific compound of sulphur. As a lotion, it soothes and heals; taken internally—a few drops in a glass of water—it gets at the root of the trouble and purifies the blood.

Physicians agree that sulphur is one of the most effective blood purifiers known. Remember, a good complexion isn't skin deep—it's health deep.

Be sure to ask for HANCOCK SULPHUR COMPOUND. It has been used with satisfactory results over 25 years.

60c and $1.20 the bottle

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

HANCOCK LIQUID SULPHUR COMPANY
Baltimore, Md.

Hancock Sulphur Compound Ointment—30c and 60c—for use with the Liquid Compound

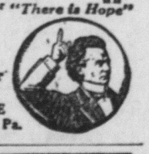
H·L·S
LOOK FOR THIS TRADE MARK

LIVE!

Your case is not beyond hope. Let Munyon's Remedies bring you back to health. Write now for "Munyon's Guide to Health"—a FREE medical work. Munyon's, Scranton, Pa. These wonderful remedies sold in any first-class drug store:

Munyon's Paw Paw Tonic
Munyon's Nerve Remedy
Munyon's Rheumatism Remedy
Munyon's Pile Ointment
Munyon's Blood Remedy
Munyon's Bladder Remedy
Munyon's Kidney Remedy
Munyon's Hay Fever Remedy or any other Munyon Remedy you may need

"There is Hope"



"There's a Munyon Pill For Every Ill"

Doctor's Advice FREE
Munyon's, Scranton, Pa.

Use Cuticura Soap And Ointment To Heal Sore Hands

Time to Quit

A very decided voice called up the club and asked: "Is my husband there?"

"Yes," replied an attendant.

"Playing poker?"

"Yes."

"Is he ahead of the game?"

"About two hundred, I think."

"Tell him to come right home."

The Awful Truth

Glee Clubber—What I want to know is, am I a bass or a baritone?

Coach—No, you are not!—Yale Record.

Take It at Night Makes Morning Bright

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

Something to Think About

By F. A. WALKER

THE BESTIAL PART

WHETHER in the quiet of the home or in the whirl of the noisy world, the bestial part of you is ever striving to pull you down to his level.

His unalterable purpose is to overcome and disgrace man, the exalted of creation, made in the image of his creator, "to have dominion over every living thing that moveth upon the earth."

So when this beast begins to purr and rub against you to be petted and stroked upon its glossy back, withhold your hand, summon your guardian angel to your assistance and soar with him to a loftier atmosphere where the environs are sweet and clean.

It is not possible to outwit and outmaneuver the despicable, invisible thing unless you do.

He is an adept creature capable of changing his spots at will, and simulating all human emotions—pride, humility, sympathy, hate, pity, piety and affection, any one of which he can arouse when he suspects that you are in a mood to yield to his wishes.

So intimate is he with your thoughts, desires, passions, strength and weakness that he knows when to purr. He has the daring of a lion and the humility of a saint.

He commends himself to the peoples of the earth with the most insinuating art, occupied night and day giving full play to his skill and cunning.

He comes upon you when you would be alone, when you would step forward toward some exalted ideal, wrenches you from your pleasant pedestal and casts you down so softly that in falling there is nothing but delicious sensations of pleasure devoid of every semblance of fear or degredation.

He makes a good job of it unless by your superior will you shake him off.

The bank clerk looking covetously upon stacks of money is being purred to by the intimate beast, not yet sure of his victim. The young man or woman who forgets the tender, loving pleas of his or her solicitous mother, is always in danger when listening to the persuasive purr of the beast feigning sympathy.

"My beast," said the old man, "is stronger than I, for there are times when I cannot shake him off. He has been the bane of my existence, the cause of my sorrows and failures. Beware lest he ruin you!" Hearing this, the brute chuckled, and curled up for a nap.

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Where Shall We Fly the Flag?

By DOUGLAS MALLOCH

WHERE shall we fly the flag?—above
The ranks of marching men?
Ah, yes, because that flag they love,
Would die to save again.
But not alone the soldier lad
The flag should proudly bear;
Let none parade the land he made
Unless the flag is there.

Where shall we fly the flag?—upon
Our ships that go to sea,
Whose flaming guns will light the dawn
For all humanity?
Ah, yes, and peaceful merchantmen.
East, West, and ev'rywhere—
In ev'ry port of ev'ry sort
Let men behold it there.

Where shall we fly the flag?—display
The standard of our sires?
Above the judge's brow of gray,
Upon our gilded spires,
Yes, over ev'ry altar rail
And ev'ry judge's chair—
Because we need no court nor creed
That does not want it there.

Where shall we fly the flag?—that all
The flag may learn to love?
O'er ev'ry college, great or small,
And ev'ry school above.
Yes, over ev'ry teacher's desk
With children in his care,
For in this room our buds will bloom—
We want no treason there.

Where shall we fly the flag?—that you
And I may understand
Our blessings, and our duty, too,
To home and God and land?
The greatest wealth, the highest wage,
Of mortals anywhere—
O'er fertile hill and busy mill,
Oh, let us fly it there.

Where shall we fly the flag?—with these
The treasures we possess,
Our liberties, our luxuries?
What better place, ah, yes,
What better place our love to show,
Our loyalty to wear?—
Where'er we roam, when we come home,
Oh, let us find it there.

Where shall we fly the flag?—that each
May understand and see;
Yes, all who toil, or trade, or teach,
Whoever we may be?
O'er marching men, o'er sturdy ships,
Schools, churches, ev'rywhere,
O'er mill and mart—and in the heart,
Oh, let us fly it there!

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The Young Lady Across the Way

The young lady across the way says it's mighty nice, of course, to own your own home, but it's cheaper to rent and not have the taxes cost you anything.

(© by McClure Newspaper Syndicate.)

Has Anyone Laughed At You Because—

By ETHEL R. PEYSER

You pun?

Never you mind, you get a laugh, don't you? They may laugh at you, but they do a lot of laughing with you, too. There are some awfully vapid puns, yet some of the wittiest people in the world have made puns, and a great bulk of the jokes that people pay for seeing in the "movies" are puns, some good and some bad. I remember a "movie" where the puns in the titles made the "movie" a success. So let the heathen laugh at you, because they will have a laugh with you for entertaining them—if you don't do it to excess.

SO

Your get-away here is:

Your puns are so clever that people who pun admit that you are a wit!

(© by McClure Newspaper Syndicate.)

Reflections of a Bachelor Girl

By HELEN ROWLAND

THE Wife Who Insists On Cheering a Man Up When He Is Feeling "Sorry for Himself" is Just a Spoilsport.

—

The first thing a bride has to learn, after the honeymoon, is that she is no longer a fascinating mystery but merely an accepted "fact." But, after all, FACTS are the only things which a man values, respects—and clings to.

—

At ten, a boy regards girls as pests; at twenty as a mystery; at thirty as a danger; at forty as a divine dispensation; and at fifty, as a rejuvenator.

—

The first sign of advancing age is a predilection for the "toddle"; the older and fatter a dancing man, the more violently he takes it.

—

Temperament is a "gift" if you have it yourself—and a "curse" if you are married to it. Because, then, you never know whether you are going to have bouquets, kisses, or the cream jug thrown at you.

—

A girl is not really in love until she discovers that a kiss can be just as satisfying and thrilling in a 1916 Flivver as in a 1924 Twin-six.

—

Never try to break the heart of a man of forty-seven. For if the woman of the moment fails him, there are still his philosophy, his work, his golf, his tobacco, his clubs, his books—and another woman—to console him.

(Copyright by Helen Rowland.)

SCHOOL DAYS

Mother's Cook Book

If I should be asked to name the quality most necessary to the best type of man, I should unhesitatingly choose optimism, for with it are sure to be associated ambition, enthusiasm and self-confidence.

GOOD THINGS TO EAT

IF YOUR family are fond of all kinds of shell fish they will enjoy:

Crab Meat and Red Peppers.

Remove the yolks of four hard-cooked eggs, mash and add two tablespoonfuls of fine bread crumbs; chop the whites of the eggs fine and add a tablespoonful and a half of chopped red pepper. Put into a saucepan four tablespoonfuls of butter; when melted, add the egg mixture and cook until smooth, adding, a little at a time, a cupful of cream. Now add a cupful of crab meat, season highly and serve on circles of toast, well-buttered.

—

Sweet Potatoes With Apples.

Put one cupful of boiled sweet potatoes cut in thin slices in a buttered baking dish. Cover with three-fourths of a cupful of sliced apples, sprinkle with one-fourth cupful of brown sugar, dot with two tablespoonfuls of butter, and sprinkle with one-half teaspoonful of salt; repeat. Bake in a moderate oven one hour.

—

Chicken Jelly.

Cut up a large chicken into small pieces. Pound each piece on a board until the flesh and bone is well-mashed. Put the chicken into a kettle; add a tablespoonful of salt and a quart of water. Simmer for several hours on the back of the stove, or put into a fireless cooker. Strain and pour into a mold. Serve on lettuce with mayonnaise dressing.

—

Different Dried Beef.

Put three tablespoonfuls of bacon fat into a frying pan, add one-half pound of dried beef, cut into small pieces with the shears. Frizzle for three minutes, then place on a hot platter. Cut three bananas crosswise and in quarters lengthwise; let them cook in the frying pan long enough to become thoroughly hot. Arrange around the beef and serve piping hot.

—

Head Lettuce, Roquefort Dressing.

Arrange the tender leaves of head lettuce in a bowl; sprinkle with finely minced roquefort cheese; add a French dressing which has been highly seasoned with cayenne and a dash of onion juice. Serve at once. The cheese may be stirred into the dressing and passed in a bowl if desired.

—

Corn Salad.—Cut corn from twelve ears, chop one head of firm cabbage, sprinkle the cabbage with salt and let stand three hours. Drain off the water from the cabbage and add the corn, one cupful of sugar, two tablespoonfuls of salt, one-half cupful of ground mustard, four small red peppers chopped fine, two quarts of vinegar. Cook all together until tender. Can and seal while hot.

Nellie Maxwell

(©, 1924, Western Newspaper Union.)

A few puffs

CLOSE doors and windows, then place a small quantity of Bee Brand Insect Powder on a piece of paper. Blow upward—the tiny particles of powder float about the room and kill these annoying household pests. Some prefer to burn the powder. It is also effective. The cost of using Bee Brand Insect Powder is amazingly low.

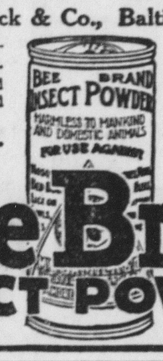
Insect Powder is one of the most effective insecticides. Bee Brand is the most effective Powder.

Bee Brand Insect Powder kills Flies, Fleas, Mosquitoes, Ants, Roaches, Water Bugs, Bed Bugs, Moths, Lice on Fowl, Weevil—and many other house and garden insects.

Non-poisonous — harmless to mankind, domestic animals and plants. Does not spot or stain—100% pure—no adulteration.

McCormick & Co., Baltimore, Md.

In red sifting-top cans—at your grocer or druggist. Household sizes, 15c and 35c. Other sizes, 70c and $1.25. Large Pump Gun—75c.



If your dealer can't supply you, send 35c for large household size. Give dealer's name. Get our free booklet, "It kills them", a guide for killing house or garden insects.

Bee Brand INSECT POWDER

End of National Debt

Secretaries of the treasuries of the United States and of Colombia living in 2024 will have the pleasant task of paying off the national debts of their countries without asking the citizens to dig up a cent—that is, provided the Banco Mercantil of Bogota or a successor is ready to come across with the $5,574,523,952,820 that will theoretically be due to the United States and Colombia under the terms of a deposit of $10 recently made in that bank by Henry G. Granger of Bogota to encourage the spirit of thrift. The contract between the bank and the depositor calls for the payment of compound interest at the prevailing rate for 1,000 years, when the total is to be split fifty-fifty between the United States and Colombia.

Proud of Tame Muskrat

Many visitors are being received at lock No. 4 of the Barge canal in Waterloo, N. Y., to see the pet of the lock operators. It's name is Charley and he is a tame muskrat. He will answer to his name and come swimming, from whatever part of the lock he is at that time, to the lock wall after the morsel of food he knows is waiting for him. Charley's diet consists of apples and corn.

Who Would Think It?

A $1 bill lasts about six months, says a United States treasury statement. How do they manage to do that?—Arkansaw Thomas Cat.

A Doubtful Compliment

Children often understand the purpose of remarks which they chance to overhear, especially if made concerning them, though the literal meaning of the words may not be grasped. This, evidently, had been the case with Martha, the four-year-old daughter of C. A. Jewett, for after he had offered thanks at dinner one evening recently Martha unfolded her small hands, and looking up to mother with about as much of admiration and affection as a child's face could express, and plainly wishing to say something nice of daddy, made this rather unexpected comment: "Mother, isn't daddy a perfect little devil?"

A Similarity

"Well, sir, I was reading last night about a feller, over there in Europe, som'rs, that held his hand in the flame of a lamp until it was burnt off," related Tobe Sagg of Sandy Mush. "He didn't flinch nor change expression while it was burning, neither."

"H'm!" returned the acquaintance addressed. "That's just the way I do when my wife gives me a raking—hold still and don't flinch. If she seed it hurt she would go right on for half the night."

Unstoppable

Magistrate—Not even Solomon with all his wisdom could stop a woman from slamming the door when she is in a temper.—London Tit-Bits.

Age 31 Has Tragic Meaning for Average Man or Woman

U. S. Life Tables show health span extends only from 18 to 31—Earnings fall off rapidly after 40

Physical freedom and full vigor—what are they worth to you? This is a question the average American can answer from his own bitter experience—for at age 31 the average American begins to slip. After 40 his earning power drops off rapidly. These appalling facts are shown by the United States Life Tables, 1920.

Age 31! The age at which men and women should be entering their period of greatest usefulness and happiness! The beginning of the supposed "prime of life."

Not the prime of life. The age of decay! What causes contribute to this fearful condition?

Unwise eating. Sleeplessness. The loading of the body with drug stimulants, which appear to *give* added energy, but actually *borrow* this energy from the body's own reserve.

Every school child is taught to avoid stimulants. Most mothers enforce the *no-coffee* rule for children. Then comes maturity—and the squandering of the reserve strength which the body has stored up. Figures show that the average American is able to stand the pace just 13 years. Then, with half his life yet before him, he hits the down grade.

Medical literature classifies caffein as a poison. Like strychnin, it is sometimes by doctors given in cases of heart failure. The average cup of coffee contains the usual dose of caffein administered in these cases.

Coffee contributes no nourishment to the body. Its only virtues, as a beverage, are its warmth and flavor. A hot, appetizing, *drugless* drink is a benefit with every meal.

People in 2,000,000 American homes enjoy such a drink in Postum. A drink with the rich, mellow, full flavor and fragrance of roasted whole wheat and bran—flavor which people in 2,000,000 homes like better than any other.

Try Postum for thirty days—you can't expect to rid yourself of the effect of a habit of years in a day or two. Know that you are enjoying a drink which *contributes*, rather than robs, reserve strength. We will give you—free—a full week's supply of Postum to start you on your thirty-day test.

Ask for either Postum Cereal (the kind you boil) or Instant Postum, the easiest drink in the world to prepare. Either kind costs less than most other hot drinks. With your week's free supply, we will have Carrie Blanchard—nationally famous for the goodness of her Postum—send you her own directions.

After 31, what? Take one easy step in the right direction, by sending for your first week's supply of Postum—*now!*

TEAR THIS OUT—MAIL IT NOW

POSTUM CEREAL CO., Inc., Battle Creek, Mich.
I want to make a thirty-day test of Postum. Please send me, without cost or obligation, one week's supply of
INSTANT POSTUM . . . ☐ *Check which*
POSTUM CEREAL . . . ☐ *you prefer*
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