

Lame, Tired, Achy?

Are you tired, lame, achy—worried with backache? Do you suffer sharp pains, headaches, dizziness and disturbing bladder irregularities? Perhaps your kidneys need attention. When the kidneys fail to properly filter the blood, body impurities accumulate and cause poisoning of the whole system. Such a condition may lead to serious sickness. Don't neglect it! If you suspect your kidneys, why not give Doan's Pills a trial? Doan's have been used successfully over thirty-five years— are recommended the world over. Ask your neighbor!

A Virginia Case

J. S. G. O'Connell, prop. of painting shop, 1210 King St., Alexandria, Va., says: "A dull, throbbing ache in my back seemed to be tearing my back to pieces. My kidneys didn't act normally. A druggist recommended Doan's Pills, so I tried a box. My back stopped aching and my kidneys acted naturally. I know Doan's relieved me."

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

BLACKHEADS
cannot be hidden. Get rid of them now by regular treatments with
Resinol

Your system needs
Hancock Sulphur Compound

If you suffer from rheumatism, gout, eczema or hives, or if troubled with pimples, blackheads, freckles, blotches or other skin eruptions, your blood and skin need the purifying and healing effects of this tried old remedy.

Physicians agree that sulphur is one of the best and most effective blood purifiers known to science. Hancock Sulphur Compound is the most efficacious way to use and benefit from sulphur. As a lotion, it soothes and heals; taken internally, it gets at the root of the trouble.

60c and \$1.20 at your druggist's. If he cannot supply you send his name and the price in stamps and we will send you a bottle direct.

D. J. KELLOGG'S ASTHMA REMEDY
No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to: NORTROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

PARKER'S HAIR BALM
Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair. Cleanses and Softens the Scalp. Largest Sale in the World. H. I. ROSS, Chem. Wks., Paterson, N. Y.

HINDERCORNS Removes Corns, Calluses, etc. stops all pain, restores comfort to the feet, makes walking easy. See by mail or at druggists. Hiseox Chemical Works, Paterson, N. Y.

Itching Skin Troubles
Yield Instantly to **FREEDOL** to Liquid. Clean and Easy to Use. Its penetrating, soothing, healing properties stop itching and burning instantly of Eczema, Itch, Pimples, Piles, Chafes, Itching Scalp, etc. Booklet sent free. Large bottle mailed on receipt of one dollar. G. A. Lyon & Company, Agents, 1034 Old South Bldg., Boston, Mass.

A New Instrument
An "Orpheus violin" is a new instrument that was recently exhibited in Paris. Music for the violin, alto and cello can be played on it. Air forced by an electric blower is emitted from 58 openings, and the sounds, it is said, have a peculiarly rich timbre.

New health in Tanlac
"Constant pain for nine years made me fear a malignant intestinal growth and forced me to quit work. Tanlac gave perfect digestion and built me up. Now I eat and sleep like a healthy boy." Emory J. Hinckley, 128 So. Grant St., Scranton, Pa.

This statement merely backs up what over one hundred thousand grateful users have said about Tanlac. Our files are packed with such testimony. If your system is run down, if you can't seem to eat or sleep, have lost weight or suffer from trying pain, why not let Tanlac start you back to vigorous strength and health. No long, wretched wait to get results! Tanlac starts right in to build you up. It cleans the blood, revitalizes digestive organs, fixes up the liver and makes you feel like a new person. For constipation take Tanlac Vegetable Pills.

W. N. U. BALTIMORE, NO. 19-1926.

SCHOOL DAYS



Among the NOTABLES
MAUD POWELL

How It Started
By JEAN NEWTON

MAUD POWELL was considered the greatest woman violinist of America, some say the greatest woman violinist in the world!

She was all American, though and through, though in the days when she was making a reputation for herself, an American birth was considered a misfortune. Those unlucky enough to be born here ran abroad to study and changed their names to very complicated and foreign-sounding titles and returned to take the American homage as a regular European. But not so Maud Powell.

She was born August 22, 1868, in Peru, Ill., and began studying the violin when she was a mere infant— one should begin young if possible, she said. At the age of nine she was a "child prodigy" and played at large public performances, using both piano and violin. She even made occasional tours through the middle western states.

She went to Chicago to study when she was thirteen, and in a few years sailed for Leipzig, and studied there, and in Berlin, also in Paris, learning the best from the greatest teachers in every country. She played, by command, before royalty in London, but saved her real debut for her beloved America. From that time she was on tour—Europe, America, even South Africa—her fame steadily growing. Her husband was an Englishman, but her home was in America. She owned one of the world's most precious violins, one made by Guarmanis del Jesu.

Besides bringing out the works of American composers, she wrote a great deal for musical journals. She died in 1920.

WHO SAID
"There is a spirit of resistance implanted by the Deity in the breast of man, proportioned to the size of the wrongs he is destined to endure."

CHARLES JAMES FOX, the author of these words, may justly be classed as one of the greatest of the English statesmen of the period when the American colonies were planning war on the mother country.

Throughout the conflict between England and her colonies across the sea, Fox took a liberal stand and urged upon the British leaders the error of their course in dealing harshly and unjustly with the Americans. Had the liberal ideas of Fox been accepted by his fellow statesmen, what is now the United States of America might still be a dominion of Great Britain.

Charles James Fox was born January 24, 1749, and was educated at Oxford. It is interesting to note that through the influence of his father he secured a seat in parliament before he was of legal age and began his active political career many years younger than many of his contemporaries. In the year 1770 he was appointed one of the lords of the admiralty, a position which he gave up two years later in order to accept the post of commissioner of the treasury.

For six years Fox was a supporter of the administration and then a quarrel with Lord North threw him into the ranks of the Whig opposition, where he and Burke and other liberals assailed the government to their hearts' content on the score of its American policy. A short time after on the defeat of Lord North and the accession of Lord Rockingham to the prime ministry, Fox was made secretary for foreign affairs. Fox, differing from his old friend, Burke, at first supported the French revolution, but later he changed his views on the subject. He died in the year 1806.

By George Matthew Adams.

PAIN AND SWEAT

By DOUGLAS MALLOCH

FISHIN' the Cedar in the spring. Or down along Duck Crick, Down where the brambles may be thick And thorns on everything, Although the brambles tore my clothes, I says, says I, "I don't suppose That any trout was landed yet Without a little pain and sweat."

Fishin' the Cedar in the May, Or down along the Duck, You learn that life ain't so much luck Also some folks seem to say, The berry bushes tear your hide, There's deadfalls by the water side, But nothin' man will ever gain Without a little sweat and pain.

Fishin' the Cedar all the years, And Duck Crick and the rest, I often found the fishin' best When gray the sky appears. On cloudy days they seem to bite; From fishin' I have learned a sight; God sends us bleasin's lots of ways, And lots of 'em on cloudy days.

Fishin' the Cedar in the spring, Or Duck, or where you will, I hope you keep on fishin' still Through thorns, through everything, You'll maybe learn the truth of life, That victories are won with strife, And nothin' good you ever get Without a little pain and sweat.

By DOUGLAS MALLOCH

Mother's Cook Book

One of the hardest lessons we have to learn in this life, and one that many persons never learn, is to see the divine, the celestial, the pure in the common, the near at hand—to see that heaven lies about us here in this world.—John Burroughs.

EARLY GOOD THINGS

A SALAD which is not only beautiful to look at and appealing to the taste is:

Asparagus in Baskets. Prepare four medium-sized tomatoes, scooping out the centers, and set to chill after being scalded and peeled. Take one-half bunch of asparagus, the tip portion, cook until tender, then chill. To one cupful of mayonnaise add three-fourths of a teaspoonful of grated horseradish, one teaspoonful of onion juice, salt and cayenne to taste. Brush the tomato cups with the mayonnaise, dip the asparagus tips into it and arrange in the cups. Garnish with a handle made of green pepper and top with a rose of mayonnaise.

Puritan Soup.

Wash and pare three good-sized potatoes and cook in boiling salted water until tender. Drain, reserving three cupfuls of the water. Press the potatoes through a potato ricer while still hot, then add the potato water and bring to the simmering point. Meanwhile, chop fine two cupfuls of watercress and add to the soup mixture, together with two cupfuls of hot milk, two teaspoonfuls of salt and one-fourth teaspoonful of pepper. Combine and add two tablespoonfuls of flour which has been well mixed to a paste in three tablespoonfuls of water. Stir until well blended, then add croutons of bread.

Celery in Cream.

Dice a quart of celery and cook in boiling salted water until tender. Heat one cupful of this cream to which a tablespoonful of butter has been added, one-half teaspoonful of salt, and a pinch of nutmeg and pepper. Drain the celery and pour the hot seasoned cream over it. Serve at once.

By DOUGLAS MALLOCH

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says it's always best to acknowledge it when you're wrong and if we had continued to stand out against entering the League of Nations the Dawes plan could never have been formulated.

By DOUGLAS MALLOCH

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

OVERCOMING MISFORTUNE

I WENT to a remarkable dinner the other night, and yet, unless one knew all the circumstances, it would have been considered quite an ordinary affair.

It was a dinner given to a Chicago doctor by about one hundred and fifty of his friends, the leading physicians of the city.

This dinner was to celebrate the fact that the guest of honor had completed fifty years of practicing medicine. That, too, is not remarkable. I recall dinners given to Fenger, Senn, Murphy, Jacob and other great men in the medical world but this one was even more remarkable than any of the others.

Why? Because the man to whom the dinner was given had been totally blind since he was twelve years old. Shortly after his twelfth birthday, an accident destroyed both of his eyes. Yet in spite of this fearful handicap, which would have made a helpless dependent of most men for life, he went through high school, took a full four-year course at the state university, graduated with honors, studied medicine and graduated at two well-known medical colleges and specialized on diseases of the heart, the only field in medicine where sight is not needed.

He has been successful far beyond the average man with all his faculties and has for many years been recognized, not only in this country but in England and Europe as well, as one of the leading authorities on heart disease.

After his colleagues, in their after-dinner talks, had told of their love and esteem for him, he rose to reply and without a trace of the self-centered sensitiveness which most afflicted people show, he talked about his blindness in a simple matter-of-fact way and, like all great men, he attributed all his success to his mother. He said: "After I lost my sight, there was one thing my mother repeated to me constantly as long as she lived. It was: 'Never allow yourself to be dependent upon anyone.' And so he taught himself to do without his eyes. He shaves every morning, not with a safety, but with an ordinary razor. He goes to the hospital and spends hours examining patients. He spends the afternoon in his office taking care of a large practice. He plays an unusually good game of bridge. He does everything anyone else does and he has lead a long, useful, honorable life because he refused to yield to misfortune but achieved success in spite of a handicap which would have made most men helpless dependents for life.

THE PASSING OF THE CUSPIDOR

STRAWS, says the old proverb, show which way the wind blows, which is simply a terse and expressive way of saying that little things often show the changes and advances in human affairs.

One of our national customs, to which foreign visitors used to refer as a universal habit, was spitting. It never was a pleasant habit but it used to be widespread and general. In railroad trains, street cars, depots and theaters it was common. Evidently it was just as common at home as it was in public.

Every one whose memory runs back for thirty years or more can remember the cuspidor (to use the more refined name for what was commonly called a spittoon) which ornamented nearly every home. A common tin or wooden one in the kitchen, a brass one in the library or sitting room, but in the parlor a lovely china hand-painted one. It was just as much a fixture as the marble-topped center table, the stereoscope with the views of President Garfield's funeral and of Niagara falls in winter or the heavy gilt cornice from which hung the stiff starched lace curtains that were then considered a mark of social standing.

In public places, cuspidors were not only conspicuous; they were even considered indispensable. No one ever thought of such a thing as getting along without them.

Every one has known that spitting, as a national habit, is rapidly passing away. No intelligent man, to say nothing of a well-bred person, thinks today of spitting in any public place and let us hope that it is as seldom done in private as it now is in public.

A surprising evidence of the passing of this nasty, disease-spreading and very unpleasant habit is found in the completion and opening of the new Union station in Chicago. The newest, the most elaborate and in many ways the most complete railroad station in the country if not in the world, and there isn't a cuspidor in the whole enormous building, not even in the smoking rooms and toilet rooms.

What has caused this change in our habits? Many things, no doubt, but one of them at least, I think, is the moving picture. Notice that when anyone spits in a picture now, even if it's only Snooky, the trained chimpanzee, everybody in the audience laughs. It always was a dirty habit and when it goes we will all live in a cleaner and healthier world.

STOP THAT COUGH

with **Boschee's Syrup**—the old reliable family remedy that has been in use for 60 years. Loosens and brings up the phlegm and eases the dryness and irritation. At all druggists. 30c and 90c. If you cannot get it, write to G. G. GREEN, INC., Woodbury, N. J.

Cuticura Soap

Is Pure and Sweet
Ideal for Children
Simples Soap, Ointment, Talcum Free. Address: Cuticura Laboratories, Dept. M, Malden, Mass.

By DOUGLAS MALLOCH

"BAYER ASPIRIN" PROVED SAFE

Take without Fear as Told in "Bayer" Package



Does not affect the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-five years for

- Colds
- Headache
- Neuritis
- Lumbago
- Toothache
- Rheumatism
- Neuralgia
- Pain, Pain

Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Drug gists also sell bottles of 24 and 100

Your shoes feel easy if you use ALLEN'S FOOT-EASE

Stops the pain of Corns and Bunions and you can walk all day in ease and comfort. Nothing gives such relief to hot, tired, aching, inflamed or swollen feet, blisters or calluses. A little ALLEN'S FOOT-EASE sprinkled in each shoe in the morning will make you forget all about tight shoes. It takes the friction from the shoe. Always use it for dancing and to break in new shoes. For free sample and a Foot-Ease Walking Doll, address ALLEN'S FOOT-EASE, Le Roy, N. Y.

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HALE'S HONEY OF HOREHOUND and TAR

There's nothing like this for breaking up colds—amazing relief to sore throats, head and chest—Safe—Money back. 30 cents at all druggists.

WRITE FOR FREE FLOWERS MAP and description Baker county land, only fifteen dollars per acre, two years to pay. I. E. AVITT LAND CO., Jacksonville, Florida.

VIRGINIA PEANUTS, one peck \$1, half peck 60c, postpaid. Raw or roasted. James Owen, 211 25th St., Newport News, Va.

Person Non Grata

He—Would you like to dance this one?
She—Yes. Would you mind hunting up a partner for me?

Sure Relief

BELLANS INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief
BELLANS FOR INDIGESTION
25c and 75c Pkgs. Sold Everywhere

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Barber—Sorry I cut through your cheek, sir.
Victim—Don't mention it. Luckily, I had my tongue in the other side of my mouth.

25c L-V DUST CLOTH

made of especially woven fabric "Crepefin" for only 10 cents and

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two weeks' dusting supply of Liquid Veneer. Nothing like it for dusting. A few drops on your cloth removes ALL dust, dirt and soot. Instantly, and leaves your piano, furniture, woodwork & pictures clean and beautifully polished. Moreover it preserves the finish indefinitely. Piano people use it to improve their brand new instruments. Send for your FREE bottle today. You'll be delighted. Remember, we include a Big Size L-V Dust Cloth if you send in one.

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By DOUGLAS MALLOCH