

Build Up Your Health With Dr. Pierce's "GMD"

### GOLDEN MEDICAL DISCOVERY

A Tonic Which Dr. Pierce Prescribed When in Active Practice

Liquid or Tablets. All Dealers

If you are run-down, you're an easy mark for Colds and Grip.

**Pass Fame in History**

Khyber pass is the principal northern passage from India into Afghanistan. It is ten miles west of Peshawar, extending about thirty-two miles towards Jellalabad, lying between lofty cliffs varying from 600 to 1,000 feet in height. It was forced by British troops led by Colonel Wade on July 26, 1839, and again in 1842 by Gen. Sir George Pollock.

### Guard Against "Flu" With Musterole

Influenza, Grippe and Pneumonia usually start with a cold. The moment you get those warning aches sub on good old Musterole.

Musterole relieves the congestion and stimulates circulation. It has all the good qualities of the old-fashioned mustard plaster without the blister.

First you feel a warm tingle as the healing ointment penetrates the pores, then a soothing, cooling sensation and quick relief. Have Musterole handy for emergency use. It may prevent serious illness.

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.



**CARBUNCLES**

Carbol draws out the core and gives quick relief

**CARBOIL**

GENEROUS 50¢ BOX

At All Druggists - Money Back Guarantee

Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

**MRS. WINSLOW'S SYRUP**

brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

**Leaves From Queen's Coffin**

Among the gifts left to his son by Mr. Theodore Hall Hall, barrister-at-law, are "the flowers and leaves which fell from Queen Victoria's coffin at Paddington station, and were picked up by me after the departure of the funeral train, and were mounted by me, with their frame and the brass casket in which they are kept."—London Tit-Bits.

### Sure Relief

The great value of Bell-Ans is the relief of digestive disorders of the stomach and bowels is proved by its substantial increase in use every year for the past thirty years. Promptly and properly taken we have never known it to fail. Send for free samples to Bell & Co., Inc., Orangeburg, N. Y.

Perfectly Harmless to Young or Old

**BELL-ANS FOR INDIGESTION**

25¢ and 75¢ Pkgs. Sold Everywhere

**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.

**IRRITATING RASHES**

For quick, lasting relief from itching and burning, doctors prescribe

### Resinol

### 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 SAMPLES. Northrop & Lyman Co., Inc., Buffalo, N. Y.

Dr. J. D. KELLOGG'S REMEDY

### SCHOOL DAYS



THE VERNAL STAR

### SOMETHING TO THINK ABOUT

By F. A. WALKER

#### THE LITTLE THINGS

THERE is reluctance among many of us to accept at face value the intrinsic worth of little things, which in some way or another have an intimate bearing on our happiness.

If we will stop for a moment in the bustle of our frenzied existence, when our brains are cool and in condition to receive impressions and retain them, we will perceive how trifles often affect our attitude toward our fellow beings.

A sharply spoken word, suddenly flaring up between life-long friends has been known to foment an enmity that endured till death.

A little thing, to be sure, but tremendous in result.

A falling apple led Sir Isaac Newton to the discovery of the law of gravitation.

A caress and kiss from his adoring mother made Benjamin West a great painter.

Lincoln's famous speech at Gettysburg, November 19, 1863, comprising only 265 words, stirred the whole world by its sublime eloquence and its touching appeal to human hearts.

Large fortunes have their beginning in the saving of dimes.

The trusted bank clerk starts his ruinous career by little pilferings.

It is the little things that often take us to the heights, or to the valleys.

The commonplace mite in the end becomes the overpowering mammoth, and leads us gayly to good or evil.

Give serious thought to every word and act, to habits in the forming, to our deportment, our duty to one another, not forgetting duty to ourselves and those dependent on us.

To disentangle the different emotions that enmesh us, when we come face to face with the overwhelming deluge of little things, is indeed difficult, but if we go about our duty seriously and earnestly, we shall see our way clearly.

The road to success or failure will be well defined, and we shall know which direction we are taking.

Let us hope that we will not make a pitiful job of it. Let us make certain that the faults that almost overcame us in the beginning are no longer feared, and that we are now climbing the hills to a good and useful life, singing as we go.

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#### DESIRABLE DESSERTS

**Betty's Pudding.**

Take one and one-half cupsful of flour, one cupful each of brown sugar, suet, raisins, currants or prunes chopped, grated carrot, grated potato, one-half of a grated orange peel, one grated lemon peel, one-half grated nutmeg, one teaspoonful of cinnamon, one teaspoonful of cloves. Mix and steam three hours.

**Cherry Pudding.**

Beat one egg, add one-half cupful of milk and one-fourth cupful of sugar, one teaspoonful of melted butter, two teaspoonfuls of baking powder, one-fourth of a teaspoonful of salt and one cupful of cherries; steam for an hour and a half. For the sauce add equal parts of whipped cream and cherry juice with sugar and almond extract to taste.

**Date Pudding.**

Beat two eggs, add one cupful of sugar, the same of walnut meats and dates, one teaspoonful of baking powder, the same of vanilla, three tablespoonfuls of flour, three tablespoonfuls of milk. Bake in a slow oven for forty minutes. Serve with whipped cream.

**Peach Custard.**

Arrange alternate layers of cake and sections of canned peaches in a dish, cover with boiled custard. Bananas, sweet oranges or preserves all are good.

**Tapoca Pudding.**

Cook one tablespoonful of minute tapioca fifteen minutes, add a pint of milk, dissolve a tablespoonful of gelatin in one-half cupful of cold water, add one-half cupful of sugar and the beaten yolks of two eggs. Pour over stewed dried peaches and one-half of a sliced banana. When cool stir in one-half cupful of whipped cream.

**Foamy Sauce.**

Cream two tablespoonfuls of butter, add one cupful of powdered sugar gradually, one beaten egg, salt, flavoring, beat well and add one cupful of whipped cream.

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### THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she grows more tolerant as she grows older and does not blame so much as she pitied those who are tempted away from the primrose path of duty.

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### SOME PICTURES

By DOUGLAS MALLOCH

I'D LIKE some pictures I could hang in our new house, but where to go to find the artist I don't know. He'd have to understand the gang. That used to play around the creek—

I'd like a portrait made of Mick, The freckled boy who made us smile. But Mick has wandered many a mile, And all the kids I knew of yore Who hung around the harness store.

I'd like a picture of a horse, A certain horse—no noble steed And yet the finest horse, indeed, I ever saw—raw-boned, of course, But that's the horse I used to ride Around the old-time countryside. I'd like to have a picture of That one-eyed pelter that I love For wife to hang above the fire Beside the portrait of her sire.

I'd like a picture of our barn, Our old red barn, to deck the wall, And our old house—but best of all Was that old barn where many a yarn Was spun, where many a dance was held, And pop was there, and peanuts shelled.

I'd like a painting of the place Our brand-new drawing room to grace, When 'round about the young folks prance, To bring me back a good, old dance.

I'd like some pictures, but the wife, I don't suppose she'd stand it, though. She says, "I wish you wouldn't, Joe, Keep telling folks of our old life. You know we've left that all behind." And that's the saddest fact I find, I'd like some pictures, but I guess, The only ones I will possess Are just the pictures memory's art Has hung within my lonesome heart.

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### THE WHY OF SUPERSTITIONS

By H. IRVING KING

#### TOUCHING THE DEAD

IN MRS. BERGEN'S "Current Superstitions" appears the following communication: "I have noticed at funerals of the aged that when elderly people passed by the casket they would touch the forehead of the dead person. I was confident there was some superstition connected with the act because the same look was apparent on every face; but on being asked why this was done they pretended it was bidding an old comrade good-by. At last one told me that it was that they might not dream of the dead or see them."

It would be interesting to know how widespread this superstition is. It is probably more general than most people imagine. People who "hold by" such superstitions are apt to be extremely reticent about them when talking with "unbelievers," partly from a fear of ridicule and partly because of that feeling which causes certain savage people to "hold his fetish from the white man's gaze apart."

The superstition in question is patently a survival of that most ancient belief in the power of the touch. A good example of this is the custom of touching for the king's evil, alias scrofula, which was practiced by the English monarchs down to the time of Queen Anne. Homer tells us how, some four thousand years ago, Agamemnon "touched the chiefs and steeled their many souls." Look over the long list of definitions in the dictionary of the word "touch" and see how nearly all of them have in them the idea of the exertion of a mental or spiritual power by the toucher over the touched. It is an idea of primitive man who appears to have conceived a sort of magnetic spiritual fluid flowing from the finger that touched. When we touch the dead, as in the superstitious practice mentioned, we exert the power of the "touch" over their disembodied spirits to keep them away from us.

(© by McClure Newspaper Syndicate.)

**smokers**

Ease irritated throats, relieve coughs and sweeten the breath with

**LUDEX'S MENTHOL COUGH 5c DROPS**

Luden's.

**GIRIGAGAG**

How many years has the "Pain King" been calling at your home? More than 50 years ago, in 1871, Dr. Porter originated the idea of leaving medicine on a year's trial. Hundreds of thousands of bottles of Porter's Pain King are distributed every year on this fair plan by The Geo. H. Ruddle Co., Piqua, Ohio.

There is such a steady, all-the-year-round demand for Porter's Pain King, the original liniment, and Porter's Pain King Salve, that dealers everywhere now carry these standard home remedies in stock, and you need never be without them.

Many users have written letters telling how good Porter's Pain King is, how many things they use it for, and often adding, "I would not be without it." Read the directions wrapped around the bottle.

"It used to be it was good dope for a lunchroom to advertise home cooking," says Cynical Sue, "but nowadays that sort of thing is more likely to destroy confidence."

### "I'll Tell the World" Says Harry McLoud

Well-known Sparrows' Point man a wreck at 45. Now hale and happy, gained 35 lbs. and gives all credit to Tanlac

Mr. McLoud lives at the Eldred Hotel in Sparrows' Point, Md., and is a well-known figure in ship building circles, as well as in fraternal organizations. His close friends know him as "Happy Mac."

"From childhood I was fragile," he says, "and the family doctor predicted I would never see 21. Well, I did, and for many years afterwards led a gay and hearty life. But by 45 I paid dearly for it. I was a complete physical wreck. I felt 'all in' and at the end of my rope.

"Well, sir, I took Tanlac and I'll tell the world it put me back on my feet. My weight had fallen to 140 lbs., and I could hardly drag myself around. Everything seemed to have gone wrong inside me. But Tanlac built me back to 175 lbs., and I've never before felt so full of life and energy. My nerves are strong as steel and I eat and sleep like a child. My own friends are amazed at the change and I tell them that Tanlac is entitled to exclusive credit for the transformation."

If you are run-down and weak, if your system needs a revitalizing tonic and builder, start taking Tanlac without further delay. It is nature's own tonic, made from herbs, roots and barks. Your druggist has it. Over 52 million bottles sold.



#### Extremes of Heat and Cold in Park

While skating through the frozen forests of Yellowstone National park this winter on an inspection patrol, Chief Ranger Sam T. Woodring, writing for "Nature Notes From Yellowstone Park," tells of taking a bath in one of the hot springs near Lake Yellowstone, after crossing the lake on ice.

In his record of the trip the ranger and his companion made a complete circuit of the park in a two-weeks' ski trip, visiting all of the isolated posts, manned by other men in the service.

"We skied directly across Yellowstone lake and found the snow conditions fine," Woodring reports. "The following day we skied five or six miles up the Old Faithful road from the ranger cabin on the lake shore so as to break a track and make the traveling the next day a little easier. Returning, we enjoyed a fine bath in natural hot water from one of the springs between the station and the lake shore."

#### DEMAND "BAYER" ASPIRIN

Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

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 26 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

#### Stock Regions Little Bothered by Wolves

The large gray, or lobo, wolves have been so reduced in the stock-raising regions of the West by the unremitting activities of the biological survey of the United States Department of Agriculture against them that their depredations are almost ended. Whenever the presence of scattered individual wolves is reported by stockmen the best available hunters of the district are sent to trap or poison the animals.

In New Mexico only eight wolves were taken during the past year, as against 31 the preceding year, although increased efforts were made to get the last wolf in the state. Arizona reports that 18 wolves were taken during the year and that no wolves are now known to be within its borders. It is necessary to maintain a constant patrol along the New Mexico and Arizona boundary to prevent invasions of timber wolves and mountain lions from Mexico.

A slothful man never has time.

**smokers**

Ease irritated throats, relieve coughs and sweeten the breath with

**LUDEX'S MENTHOL COUGH 5c DROPS**

Luden's.

**Porter's Pain King**

A Liniment

Quickly Checks Coughs and Colds. Used Since 1871

How many years has the "Pain King" been calling at your home? More than 50 years ago, in 1871, Dr. Porter originated the idea of leaving medicine on a year's trial. Hundreds of thousands of bottles of Porter's Pain King are distributed every year on this fair plan by The Geo. H. Ruddle Co., Piqua, Ohio.

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Many users have written letters telling how good Porter's Pain King is, how many things they use it for, and often adding, "I would not be without it." Read the directions wrapped around the bottle.

**PARKER'S HAIR BALSAM**

Removes Dandruff Stops Hair Falling Restores Color and Beauty to Gray and Faded Hair

**HINDERCORNS** Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail or at drug-sta. Hindercorn Chemical Works, Patchogue, N. Y.

**Saved**

Billy—Is papa's ink indelible? Mother—No, dear. Billy—That's good. I spilled it all over my new white suit.

### Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach fls and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

**CHERRY-GLYCERINE COMPOUND**

FOR COUGHS COLDS

FOR SALE BY ALL DEALERS

**SKIN BLEACH**

Wonderful and sure. For proof use one complete box of KREMOLA. Cures the most stubborn cases of freckles, blemishes, acne, etc. Agents wanted. FREE BOOKLET. Dr. C. H. Berry Co., Dept. K, 2725 Michigan Ave., Chicago.

### 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.

#### AGENTS WANTED

Big opportunity offered. Make good money acting as our salesman for the highest quality fruit trees grown. Also ornamental trees, shrubs, roses, etc. Write today.

Virginia Nurseries, Richmond, Va.

The Secret of Beautiful Hair. A simple preparation costing only few pennies to prepare at home. Contains no peroxide or other dangerous chemicals. Full directions 25c. Peggy Talbot, 464 Montclair Ave., Bethelme, Pa.

**BABY CHICKS, TEN LEADING BREEDS.** Hollywood Leghorns 25¢-30¢ egg breeding. Also White, Buff, Brown Leghorns; Rocks, Red, Wyandottes, Orpingtons, Anconas. Send for big 28 page catalog. CHICK HATCHERY, New London, Ohio.

**WANTED—SALESMAN WITH CAR** to travel and sell cigars to retail dealers. Responsible party financed. Shelby Cigar Co., Dept. B, Shelby, N. C.

**MAKE YOUR HAIR MORE BEAUTIFUL** with Bobette Shampoo Comb and save your eyes with self threading needles. Particulars free. MARY SMALL, WAHES CO., Lombardy St., Newark, N. J. Agents wanted.

#### Cash for Old Books

We pay cash and freight for old books. Just pack and ship to us via FREIGHT, NOT EXPRESS. Mail us bill of lading and we will forward check.

**THE BOOK OUTLET**

1201 Broadway - New York City.

**Beautiful Flowers**—Wonderful collection \$1 each, all \$1.95. 8 Dahlias, 2 Peonies, 12 Iris, 10 Cannas, 40 Pansies. Many others; lowest prices. Stoneroad, Yeargstown, Pa.

**Ladies: Why Get Burnt, Handling Hot Flies,** cakes, draining vegetables, etc.; a security. Sample 5c. Agents' half profit. Handy Handie Co., Halford St., Rochester, N. Y.

**Your Personality Glands**

Wonderful course of lessons telling all about "them."

**Marvelous and Mysterious**

little glands which make or mar you. Read and understand yourself, friends, lover and strangers. Special to large book but in manuscript form. \$1.10 brings it complete. Circular for two stamps.

**PERSONALITY INSTITUTE**

400 Gates Bldg. - Kansas City, Mo.

**Shenandoah Valley Farm**

Wealthy Estate. 3000± Acres. Equipped. Big Income. Horses, Cows, Hogs, 100 Hens, Grain, Hay, potatoes, implements, vehicles included; on macadam road, mile live town, R. R. and Bus lines, high school, 15 acres very productive. 24 acres stream watered blue grass pasture. Fine woodland, fruit orchard, alfalfa grows to perfection. 15 room mansion, tenant house. Electricity in all buildings, 80 ft. barn, silo, other buildings. Owner left alone, rare bargain \$12,500. Terms: J. H. Donnelly, Middletown, Va.