

Importance of Mental Sunshine

By F. A. WALKER

THE title of this is stolen boldly and boldly from a tobacco advertisement, which is proof that it really pays to read the paid-for publicity, often the most useful as well as the most interesting part of our newspapers and periodicals.

Just what ordinary sunshine is we do not know.

We know that from it we get light and heat and that both are made up from vibrations in the ether and the atmosphere which separates the earth from the ether.

We know that a pane of glass will allow the passage through it of a maximum of the light and a minimum of the heat, and we know that a sheet of black iron will allow that the passage of a maximum of the heat and a minimum of the light, but the cause of the vibrations and what makes the difference between the light and heat vibrations are among the many unsolved problems of science.

Mental sunshine offers us no such enigma.

There is nothing through which the light of a smile will not penetrate.

There is nothing which will not show the effects of a warm hand-clasp.

There is no sun among all the billions of the heaven's luminaries that will reach into the depths of sorrow but mental sunshine will lighten those dark places and warm the coldness of a soul.

All that we see in this world is made visible by reflected light. The green of the fields, the blue of your sweetheart's eyes, all color and all form are visible to us only by the light which reflected from them and galling upon our retinas is telegraphed by our optic nerves to the opposite side of our brains. The reason we cannot see objects in the dark is because they reflect no light.

The man who cannot and does not

reflect mental sunshine is living in the dark, a lonesome and pitiable creature.

We cannot cultivate sunshine in the heavens, but we can encourage it in ourselves. We strive and deny ourselves for money. We make little or no effort to increase our mental sunshine. Yet money without happiness is an empty and useless thing, while happiness without money is a wealth we can spend unceasingly and never lessen the supply.

What do you say to spending five minutes a day letting our mental sun radiate its light and warmth on whoever and whatever is within its radius? If we begin with the five minutes it will shortly shine all through the 24 hours.

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Best Lookers From Brazil



Miss Lea Tora, the prettiest girl, and Olympio Guilherme, the handsomest man, of all Brazil, as they arrived in New York for a tour of the United States.

The BABY



No mother in this enlightened age would give her baby something she did not know was perfectly harmless, especially when a few drops of plain Castoria will right a baby's stomach and end almost any little ill. Fussiness and fever, too; it seems no time until everything is serene.

That's the beauty of Castoria; its gentle influence seems just what is needed. It does all that castor oil might accomplish, without shock to the system. Without the evil taste. It's delicious! Being purely vegetable, you can give it as often as there's a sign of colic; constipation; diarrhea; or need to aid sound, natural sleep.

Just one warning: It is genuine Fletcher's Castoria that physicians recommend. Other preparations may be just as free from all doubtful drugs, but no child of this writer's is going to test them! Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold.

The Great American Game



"WHO'S BEEN BATTIN' 'EM OUT HERE?"

Martha Martin Tells of the Zoo

"WHAT is the news?" asked the Camel.

"The lioness just had a tooth pulled," said the Zebu with the two humps.

"I heard a great roaring some time ago," said the Camel. "Was that what was bothering the lioness?"

"Oh, she feels all right now. Her jaw feels a bit sore, of course, but the toothache has all gone, for the tooth has gone.

"She was roaring with the toothache. That was the trouble."

"Oh, I see," said the Camel.

"Any other news?" asked the Camel after a moment, as she moved her mouth from side to side as though she were chewing.

"None that I know of," said the

Zebu. "Oh, yes, come to think of it. I have some news."

"Well," said the Camel, "why didn't you think in the first place?"

"Now look here, Cam," said the Zebu, "don't be so fussy or I won't tell you the news."

"Oh, very well," said the Camel quite pleasantly. "I would like to hear the news."

"They say that they're bringing to the zoo some of the smaller animals

no matter. I see you don't want to make any silly little jokes.

"Perhaps it is just as well. Then there is to arrive in the zoo a white-footed mouse, a bat, I believe, and a long-eared owl."

"Of course this is just what I hear. I can only tell you that."

"I believe a new Red Fox is coming to the zoo, too, and that the fox has sent word that he must have good food awaiting him of both meat and fruit."

"He also has sent word that he is bringing his mate with him. They're clever—those red foxes—and very smart—but they're good to each other, I'm told. Yes, fox mates are always very happy together."

"I don't believe I have any more news for you," the Zebu said.

"Well," said the Camel, "you've done very well. I couldn't do any better. In fact, I haven't had any news to tell you."

"But then, of course, I have been so much interested in watching my small son grow up into being a fine Camel like his Daddy that I haven't paid much attention to anything that was going on."

"I just thought today I'd like to know what the news in the zoo really was. As a matter of fact, I've thought there was no other news in the zoo except that of the birth of my son."

"That happened some time ago, too. But still it seems like news to me, great and glorious and wonderful news."

"I have been able to think of nothing else."

"I know that," smiled the Zebu. "I am in the yard next to you. I know you haven't been interested in anything or anyone else."

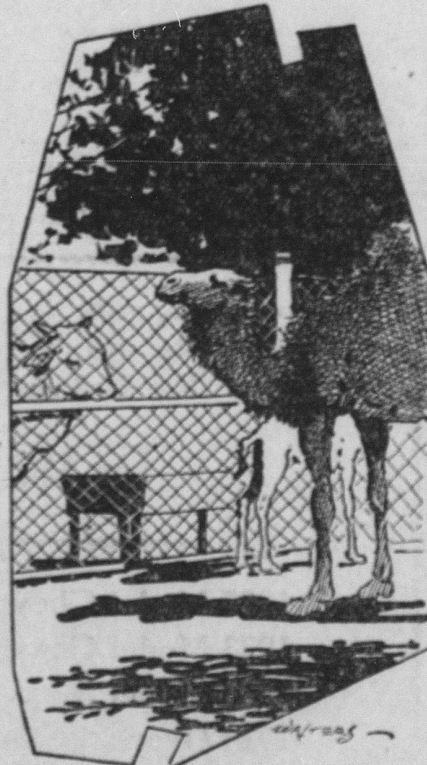
"Your son has been the most important thing to you."

"But he's not a 'thing,'" said the Camel.

"You'll admit he is important, won't you?" asked the Zebu.

"Oh, that is very different," grinned the Camel, as she turned to her son. "Of course you're important. You're the most important Camel that ever lived. And you are your mother's pride and her camel joy!"

(Copyright.)



"I Don't Believe I Have Any More News for You."

such as a flying squirrel, a chipmunk, a few rats."

The Zebu stopped for a moment.

"You're supposed to say 'Oh, rats' when I say that."

"And then I am supposed to answer, 'Yes, rats!'"

"Why should I go to all that trouble?" asked the Camel.

"Just for fun," said the Zebu. "But

Nellie Maxwell's Recipes

A GOOD cake is never out of place in the week's menu. Where the family is small it is wise to make cakes which will not dry quickly or do as one neighborhood does—bake a cake and divide it with another. Half of a cake is enjoyed to the last crumb.

Almond Chocolate Potato Cake.

Cream one cupful of butter and beat in one cupful of sugar and one cupful of sweet grated chocolate. Add the beaten yolks of four eggs, one cupful of fine almonds, two cupfuls of rice potatoes, two cupfuls of flour sifted with one-half teaspoonful of salt, two teaspoonfuls of baking powder, one teaspoonful of cinnamon and one-half teaspoonful of cloves. Add the flour gradually and alternate with

milk to make a thick batter, about three-fourths of a cupful. Fold in the stiffly-beaten whites of the eggs and bake in a well-greased tube pan.

Raisin and Green Pepper Salad.

Simmer one-half cupful of raisins in one-fourth cupful or more of orange juice until soft, add a teaspoonful of lemon juice. Arrange a bed of lettuce, cover with shredded green pepper and the raisins and pour over a thousand island dressing prepared as follows: Beat very slowly into a half cupful of mayonnaise one teaspoonful of vinegar, salt and paprika to season, one chopped red pepper, one green pepper chopped and a half dozen olives, also chopped. Mix well and season with scraped onion and serve with the above salad.

Favorite Apple Salad.

Core six red apples and cook them carefully in boiling water until tender but unbroken. Carefully remove the skins, scrape the red from them and paint the cheeks of the apples. Chill and arrange on lettuce. Fill the center with chopped nuts and celery and serve with a rich mayonnaise. Garnish the filled apple with a sprig of bleached celery and a nut or two.

Salmon and Pea Salad.

Take a can of salmon, removing all skin and bones, add an equal amount of cooked peas, season well and serve with highly seasoned boiled dressing to which a chopped sour pickle has been added. Serve on head lettuce with plenty of dressing for garnish.

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NEW TYPES OF RIFLES FOR INFANTRYMEN



Three new types of rifles, designed to take the place of the reliable old Springfield rifles now in use, were given final tests at Camp Mende, Md., under the watchful eyes of high army officers. The new Pedersen, Thompson and Garand semi-automatic, self-loading rifles, much faster than the Springfield, are held by, left to right: Maj. Gen. H. B. Crosby, chief of cavalry; Maj. Gen. Clarence C. Williams, chief of ordnance, and Maj. Gen. Robert H. Allen, chief of infantry; while Col. H. L. Cooper, extreme right, holds an old rifle.

Woman's Responsibility in Life

By LEONARD A. BARRETT

WOMAN'S most important responsibility in life is her relation to the social needs of her age. It is impossible to correctly appraise any age separated from the youth of that age. The future generation will reflect the standards of the children of the present generation. Directing the spirit of youth in the ways of stimulating realities is a tremendously important task. The most important thing a person can do is to mold a human life and set it voyaging toward eternity. The development of a child reflects the character of a mother. Like mother, like child. A woman's place in the world determines the progress of civilization because of her influence upon the child life of the age.

What, then is the meaning of woman's struggle for freedom? In what light is her entry into the economic world to be interpreted? Has her larger freedom come through the neglect of duties in the home? Has her liberty made her any less "mother"?

Woman has taken her place beside

man in the counting house, store and office. Her participation in industry is a marked characteristic of the present age. Her name shines luminously in the realms of science and the arts. These privileges are hers, achieved not through the neglect of other duties, but rather made possible by the invention of labor-saving devices which relieve her of many of the exacting details of housekeeping. It is leisure and not neglect of domestic responsibilities that has enabled woman to revalue herself in the light of her new liberty. The leisure thus released is directed toward important and constructive ends. Through her self-assertion in the economic and industrial world woman is lifting the level of life through the infusion of her ideals into the youth of a work-a-day world. By the intelligent application of these ideals to life, like heaven in the meal, woman is becoming an increasingly important factor in the progress of civilization.

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Children Cry for



Fawn "Sponged" Meal

One of the high-bred cows belonging to Benedict Gleogler, a Pocono (Pa.) farmer, lost steadily on her production of milk. A son of the farmer solved the mystery when he went to the pasture. A fawn was taking a meal while the cow munched grass contentedly. When its appetite had been satisfied the young deer left.

Argument for a week, laughter for a month, and a good jest forever.—Shakespeare.

Salts Fine for Aching Kidneys

When Back Hurts Flush Your Kidneys as You Clean Your Bowels

Most folks forget that the kidneys, like the bowels, sometimes get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean and the moment you feel an ache or pain in the kidney region begin drinking lots of water. Also get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is intended to flush clogged kidneys and help stimulate them to activity. It also helps neutralize the acids in the urine so they no longer irritate, thus helping to relieve bladder disorders.

Jad Salts is inexpensive; makes a delightful effervescent lithia water drink which everybody should take now and then to help keep their kidneys clean.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in trying to correct kidney trouble while it is only trouble.

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BOILS There's quick, positive relief in CARBOIL

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