

## TO RELIEVE PAIN AND BACKACHE

Women May Depend upon Lydia E. Pinkham's Vegetable Compound

Minneapolis, Minn.—"I had heard so much about Lydia E. Pinkham's Vegetable Compound that when I realized I needed to take something to relieve my pains and backache, and to help build me up I began to take that. I had been sick off and on for years and barely weighed a hundred pounds, but now I have had such good results that I am recommending the Vegetable Compound to every one."—Mrs. J. J. BIERER, 3535 15th Ave. South, Minneapolis, Minn.

**Finds a True Friend**  
"Every woman who values her health should be proud to have a true friend like the Vegetable Compound," says Mrs. W. E. Shaw, 3227 Walnut Street, Chicago, Illinois. "I had female weakness so badly that I could not stand on my feet. Half of my time was spent in bed and I had pains in my back which were unbearable. I tried everything I could think of to help myself, and when a friend advised Lydia E. Pinkham's Vegetable Compound I began taking it at once. I recommend it without hesitation."

**Bad Breath**  
Is Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

**Nujol**  
A LUBRICANT—NOT A LAXATIVE

**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. As a skin softener, 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 efficacious remedies known. Remember, a good complexion isn't skin deep—it's a 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.

**WATCH THE BIG 4**

Stomach-Kidneys-Heart-Liver

Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

**LATHROP'S GOLD MEDAL MAARIEM OIL**

The National Remedy of Holland for centuries. At all druggists in three sizes. Guaranteed as represented.

Book for the name Gold Medal on every box and get our new booklet.

**Stearns' Electric Paste**

It is recommended as the guaranteed preventative for Cuts, Bruises, Aches, Cuts, Scalds and Sunburning.

Don't waste time trying to kill these pests with powders, fluids or any experimental preparations.

**Ready for Use—Better than Traps**

5c. box, 50c. 15c. box, \$1.50

**SOLD EVERYWHERE**

Superficials that quickly removed this New Way. Remove it yourself in 2 minutes. Royal, the new, safe, sure, harmless depilatory actually dissolves the hair roots, leaves skin soft, smooth, clear. To prove this we send any lady full treatment. Pay if when pleased, otherwise nothing. Send name today—no money. Michigan Distributors Co., 919 St. James, Monroe, Mich.

## MIGHTIEST FORCE IS LOVE

No Other Human Emotion So Strengthens the Character and Makes for Aims That Are Noble.

"We are shaped and fashioned by what we love."—Goethe.

Love is the great purifier of the soul. It strengthens the character and gives a higher motive and a nobler aim to every action of life. It gives both to man and woman those higher attributes of the soul—courage, faith, nobility, strength, tenderness. It guides the life toward nobler, stronger manhood or sweeter, truer womanhood. It is the noblest gift with which a human being can be endowed. He who holds the love of another holds Heaven within his grasp. And he whose heart gives love to another enriches not only his own soul, but likewise enriches the soul of every man, woman and child whose life he touches. Love is the most potent thing in the world!

Love—true love—is indestructible. Indifference, abuse, ingratitude, rejection cannot destroy true love; through all this true love lives on. Love simply loves, asking nothing in return. It purifies, ennobles and refines character with the touch of a Midas; it is always constructive, never destructive. Genuine love is a force that is ever uplifting. Even when sorrow, barren soil it is not wasted; it always chastens, beautifies and enriches the life of the one who loves.

"If there be one thing pure, where all beside is sullied, and that can endure when all else passes away—if aught surpassing human deed, or word, or thought, it is a mother's love."—Spaldara.

## WHY RIGHT HAND IS USED

Was Necessary in the Days When the Heart Was Guarded by the Left Arm.

The Pathfinder prints an interesting theory of why we are right-handed. Most persons are right-handed. Only one in every twenty is left-handed. Why are people right-handed? They may have been born that way. It's true, but why? There's a reason for most things, if you can only puzzle it out. Away back in the beginning the chief occupation of man was fighting. In battle he carried a shield in one hand and a weapon in the other. It was not much work to carry the shield, but the quick action required by the hand and arm which did the fighting soon developed that arm. It also developed the nerves and the half of the brain that governed the right side of the body. Those who shielded their left side—thus protecting the heart—were the ones who usually came out victorious. Down through the ages this selection continued, the right hand gradually becoming more proficient.

## Woman Sacred in Albania

"Everywhere in Albania a woman is safe and sacred. These wild and savage looking people, in the farthest mountains, will protect you with their lives even from the slightest discourtesy. One's only difficulty will be an embarrassment of attention, for men will attach themselves to your party in order to travel among their blood enemies in safety," writes Rose Wilder Lane, in World Traveler Magazine.

"No man may be insulted or killed in the presence of a woman. And there was once a man with a blithe sense of humor, whom I engaged as a guide, who took me a day's journey out of my way, merely to go through a tribe that was bound in honor to kill him on sight. He enjoyed the entertainment, the courtesy, the coffee and cigarettes which my presence forced from his enemies, and it never occurred to him that I might not enjoy the joke as well as he."

## Fabre's Rebuttal

Others again have reproached me with my style, which has not the solemnity, nay, better, the dryness of the schools. They fear lest a page that is read without fatigue should not always be the expression of the truth. Were I to take their word for it, we are profound only on condition of being obscure. Come here, one and all of you—you, the sting-bearers, and you, the wing-cased armor-clads—take up my defense and bear witness in my favor. Tell of the intimate terms on which I live with you, of the patience with which I observe you, of the care with which I record your actions. Your evidence is unanimous; yes, my pages, though they bristle not with hollow formulae nor learned smatterings, are the exact narrative of facts observed, neither more nor less; and whom comes to question you in his turn will obtain the same replies.—Jean Henri Fabre.

## House Was Divided

A northerner was hunting in the South and one afternoon he got drenched through. A southern farmer took him in, gave him a suit of clothes to wear while his own clothes dried, and insisted that he stay all night. The northerner, of course, was profoundly touched by this display of southern hospitality.

Just after supper as the contented northerner, full of good food, was going upstairs to his bedroom for his pipe, he met the lady of the house coming down with a huge book under her arm. As he had her husband's clothes on, she mistook him for her husband in the dim light and brought the book down on his head with a bang.

"That!" she hissed. "That's what ye git for askin' him to stay all night!"—Savannah News.

## President Greeting His Friends in the West



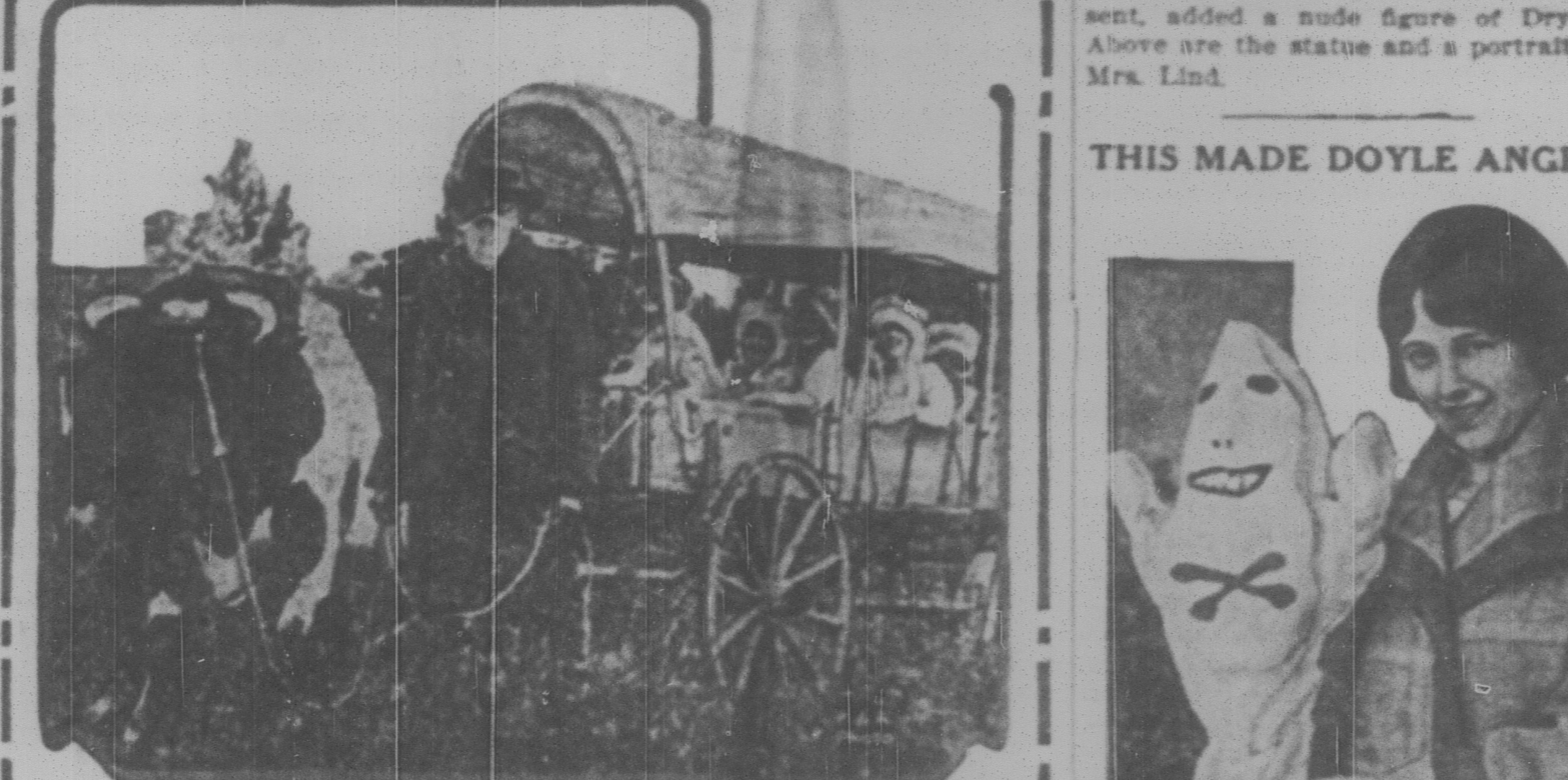
This photograph represents a scene that was frequently repeated as President Harding traveled through the western part of the country, for he made a great many little speeches from the back platform of his car.

## Girls Load Near East Relief Ship



A crowd of pretty girls from southern California high schools and colleges, garbed in overalls, served as stevedores and "longshorewomen" when 600 tons of goods gathered by the Near East Relief were loaded on the steamer Mexican at Los Angeles harbor for transport overseas.

## Oregon Trail Opened at Portland



The Portland end of the Old Oregon trail was dedicated as the opening event of the annual Rose festival at Portland, Ore. Miss Lucy Lee, queen of the festival, and her maids, in sunbonnets and calico dresses, were hauled into the city in an old prairie schooner of pioneer days.

## Old Family Custom Is Observed



Thomas Reynolds Porter, Jr., of Omaha, being rocked in the "Samuel Fuller cradle" at Plymouth, Mass. The little boy, accompanied by his parents, Mr. and Mrs. Thomas Reynolds Porter, traveled all the way from Omaha, a matter of 2,100 miles, in order to fulfill the family custom of having their son rocked in the old cradle which was used first 300 years ago.

## BITS OF INFORMATION

Life is very serious to Mohammedan men, who rarely smile or joke.

In spite of their entrance into politics, the women of Egypt are not abandoning their veils.

Girls born in May are, according to the old belief, amiable, good-looking, long-lived and happy.

Members of the Women's party of South Africa are refusing to pay taxes until they get the ballot.

Knights were frequently killed in the tilting contests of olden days.

The unemployed in the United States numbered 1,300,000 in 1922.

When rock is relatively dry it is not greatly damaged by exposure to freezing.

In the largest telegraph and telephone company in the world the majority of stockholders are women.

Out of 12,000 women students who have passed out of Oxford university, England, only 407 have married.

## The KITCHEN CABINET

(© 1922, Western Newspaper Union.)

I see the beauty in my work. The cookstove's flames that roddy dash and soften. The rainbow made the brightly gleaming pan. I see it—but I see it much too often.

—P. McCann.

## SANDWICH SUGGESTIONS

A sweet sandwich takes the place of cake and is much more wholesome for a child's lunch than cake.

For afternoon tea sandwiches the following may be helpful:

**Date-Ginger Sandwiches.**—Chop a handful of dates and add chopped, preserved ginger and the ginger syrup to taste; add a bit of lemon juice and simmer until soft over slow heat. When cold spread on thin slices of bread well-buttered.

**Raspberries and Peanut Sandwiches.**—Put a cupful of seeded raspberries through a food chopper, add one cupful of peanut butter and a little creamed butter. Spread on buttered slices of whole wheat bread.

**Raspberry Jam Sandwiches.**—Cut sponge cake into thin slices. Put together with raspberry jam or blackberry jam. Cut in rounds or triangles.

**Orange Marmalade Sandwiches.**—Beat cream cheese with a little softened butter or thick cream until soft and smooth enough to spread. Butter thin slices of bread, spread with the cheese, then cover with orange marmalade.

**Orange Sandwiches.**—Take two tablespoonfuls of orange juice, one teaspoonful of lemon juice and one cupful of confectioner's sugar; beat until smooth. Butter wafers crisp in the oven and cooled are spread with the filling, sandwich fashion.

**Sandwich Filling.**—Finely chop hard-boiled eggs in each egg add three slices, one-fourth of a cupful of raisins. Moisten with salad dressing and spread on buttered bread.

**Radish Sandwiches.**—Slice firm radishes in very thin slices and cover with French dressing. Let them stand for 10 to 15 minutes, drain and place them on buttered bread, cover with another slice. The sandwiches may be opened if desired, adding a bit of minced green pepper and cream cheese for a garnish. The cheese, if softened with cream, may be piped on in any design with a pastry tube.

Who sees his duty is a question. The complex to be solved by me. But he, I venture the suggestion, does part of two, that pleases a tree.

—Lowell.

## WHAT TO EAT

The daily problem of planning and preparing three meals a day is like house work—powerful constant. To spend wisely and profitably, acceptable meals is no small task. The majority of housewives do their own marketing, preparing and serving all foods. Three times three hundred and sixty-five meals is enough to discourage anybody, and when the family complains the burden is often too heavy to bear. During the summer let us try to make the work as light as possible without depriving the family of the required amount of food.

In probably 80 per cent of the homes of America the rest of every bit of food must be carefully planned, to keep within the budget. It is in these homes where a knowledge of food values is so important, for they should have food which represents the highest food value for every penny spent.

In homes where there are eight and ten at the table there will not be much to spend for luxuries. Substantial stew with vegetables, soups that are full of nourishment, green peas when they are plentiful. A garden where one may go for green vegetables during the summer may prove a big saving. One family of nine had served for a meal just green peas with bread and butter—the peas were well-cooked and seasoned with butter and milk—and each had all he wanted of the food provided. This method was used very often in serving foods, making a meal easy for the mother to prepare with the help of the children. They grew up to be sturdy men and women well-couraged and with fine minds.

If the mother will balance her meals for the day so that if food principles are lacking in one meal they appear in another of the same day, there will be no fear of undernourished children. When one is poor it is vitally important that the mother knows how to buy cheap, nourishing foods.

**Rose Salad.**—Take one cupful of boiled beets finely chopped, one cupful of celery, two hard-cooked eggs and one small green onion finely chopped. Mix with French dressing and garnish with small cooked beans cut like a rose. Serve the salad in nests of watercress.

Dispatches from Europe say King Boris of Bulgaria has asked for the hand of Princess Elena, youngest daughter of Queen Marie of Rumania. She is only sixteen years of age, and the king is twenty-nine years old.

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## Aspirin

Say "Bayer" and Insist!



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

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

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monacraftsdealer of Salicylicacid—Advertisement.

**Cruel Questions.**  
Highbrow—Have you read "The Way of All Flesh"?  
Fratgirl—Isn't get personal.

Men who like to talk about themselves are frequently go-getters. You can excuse them.

## Help That Achy Back!

Are you dragging around, day after day, with a dull, unceasing backache? Are you lame in the morning, bothered with headaches, dizziness and urinary disorders? Feel tired, irritable and discouraged? Then there's surely something wrong, and likely it's kidney weakness. Don't neglect it! Get back your health while you can. Use Doan's Kidney Pills. Doan's has helped thousands of ailing folks. They should help you. Ask your neighbor!

## A Pennsylvania Case

Mrs. C. I. Clark, 837 Morton St., New Castle, Pa., says: "There was a heavy bearing down back and if I attempted to lift anything my back gave out entirely. If I stooped to pick up anything, sharp pains seemed to dig in deeper. My kidneys were weak. I used Doan's Kidney Pills. After taking a box of Doan's I was cured."

Get Doan's of Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
POSTER-MILBURN CO., BUFFALO, N. Y.



## PILLS ON A PULLMAN

WHO put the "sleep" in Sleeping Car?  
Nobody!  
It was a PILL.

A pill made it possible to sleep restfully in a Pullman, and leave the train next morning with clear head, bright eyes—full of enthusiasm for breakfast and "pep" for the new day.

Here's how: Just before you peel down the sheets, take two Beecham's Pills. This is the pleasant, sure way to attune the organs of digestion and elimination to normalcy, and thus assure a night of tranquil repose.  
At All Druggists—25c and 50c

## ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY  
For the prompt relief of Asthma and all other respiratory troubles. It is a safe, sure, and effective remedy for all cases of Asthma, Hay Fever, Cough, and all other respiratory troubles. It is sold by all druggists and is guaranteed to give relief.

DR. J. D. KELLOGG'S  
ASTHMA REMEDY

Comfort Your Skin  
With Cuticura Soap  
and Fragrant Talcum  
Sung 2c, Ointment 25c and 50c, Talcum 25c.