

ASK YOUR NEIGHBOR

Women Tell Each Other How They Have Been Helped by Lydia E. Pinkham's Vegetable Compound

Perryburg, Ohio.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my sides all the time. I can't remember just how long I suffered, but it was for some time. One day I was talking with a lady I met on a car, and I told her how I was feeling and she said she had been just like I was with pains and nervous troubles, and she took the Vegetable Compound, and it cured her. So then I went and got some, and I certainly recommend it for all women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

Pyorrhea. To check incipient pyorrhea or to avoid the disease, have your teeth inspected regularly by your dentist, throw away flavored, pleasant tasting mouth washes and use Zonite at least once a day.

Zonite. To check incipient pyorrhea or to avoid the disease, have your teeth inspected regularly by your dentist, throw away flavored, pleasant tasting mouth washes and use Zonite at least once a day.

Take Sulphur Baths at home for RHEUMATISM. Gout, Eczema, Hives, etc. Right in your own home and at trifling cost, you can enjoy the benefit of healing sulphur baths.

HANCOCK SULPHUR COMPOUND. Nature's own blood purifying and skin healing remedy—SULPHUR—prepared in a way to make its use most efficient. Take one bath as often as you wish.

Occasionally, a loud laughter surprises you by being as mean as the dickens. Plans human nature too often likes to feel happy rather than to feel righteous.

Sure Relief FOR INDIGESTION. BELLANS INDIGESTION TABLETS. 6 BELLANS Hot Water Sure Relief. BELLANS. 25¢ AND 75¢ PACKAGES EVERYWHERE.

Headache Remedy Tablets, the first-aid doctor in households, restaurants, and women's boxes. Should be in every home, summer, winter, spring and fall. Save your money doctor bills. Buy upon receipt of this Headache Remedy Table, 416 Fourth Avenue, Pittsburgh, Pa.

LOCOMOTOR ATAXIA. If you or any friend wishes to learn of a successful treatment, address BOX 48, WY. CLERMONT, MICH.

ASTHMA. DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents a bottle. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

DR. J. D. KELLOGG'S REMEDY. Take one pound of hamburger steak, fry until brown, cover with two quarts of water, add three large potatoes and three onions put through the meat

Something to Think About

By F. A. WALKER

KEEPING IN TUNE

If you are not willing to sing in tune with the inspiring music of industry ringing and roaring all about you, there will come upon you the bare and beggarly days which are set apart by the Fates as a pittance for sluggards. In the strength and buoyancy of youth you may think that you can escape them. There is no fear in your mind, no prompting to be up and doing, no worthy aspiration. To go fluttering and sailing about like a butterfly when the air is soft and filled with the fragrance of flowers, is your one desire. There is pleasure in the world, and you are going to get your share while you have the capabilities to enjoy it. The years call to you with a voice of idle laughter. In your case, they are not made for noble endeavor of hand or brain.

You proudly proclaim your manly or womanly independence. You assert with emphasis that you will not be subjected to the beck and call of anybody. There is but one "what shall say to you" and "nay," and that one is your arrogant, foolish self, out of tune with reason, singing false notes so like the confused souls of Babel that they fill the hearts of your parents with a terror unspeakable. They implore you to sing in tune. Your answer is a cackle and a strut. It is received with sighs and tears. Thousands of pleading fathers and mothers like yours have waited and waited for a distant note, faded their hands in disappointment and gone to sleep.

It is a story as old as the tomb of Tut-Ankh-Amen, yet young as the budding twigs of spring, true to the tradition of centuries which affirms and

Uncommon Sense

By JOHN BLAKE

WASTING ENERGY

SINCE the beginning of time men have wasted millions of years of energy in trying to solve the unknowable.

The mysteries of life and death, the puzzle of space, these things are beyond the grasp of the human mind. Let them alone. There is abundant knowledge that can be learned, useful knowledge that will help you with your career.

Study that kind of knowledge. Take mental food that your mind can digest. Take it in abundance. Work hard to get it. But do not torture your mind with problems that are beyond your reach. A scientist, searching for truth, determines as soon as he can in what directions he can make progress. And his researches follow in these directions. Where he sees a stone wall set up against him, he turns aside. There is no use trying to travel any further in that way. There is plenty of work to do that can be done. And that is the work that occupies the investigator's mind.

Learn to take yourself less seriously. Think how little of a ripple it would make on the surface of the universal waters if you were to go under. This is nothing to grieve over or regret, but it should make us smile at ourselves and our exaggerated regard for our own importance.—Doris T. Lister.

Mother's Cook Book

Learn to take yourself less seriously. Think how little of a ripple it would make on the surface of the universal waters if you were to go under. This is nothing to grieve over or regret, but it should make us smile at ourselves and our exaggerated regard for our own importance.—Doris T. Lister.

RECIPES THAT OTHERS LIKE

HERE is a griddle cake for a chilly morning which will be enjoyed by the whole family.

Corn Slippers. Take two cupfuls of white cornmeal, one cupful of flour, a tablespoonful of shortening, one well-beaten egg, one cupful of sour milk, a half-teaspoonful of soda and a teaspoonful of sugar. Scald the cornmeal with a cupful of boiling water, then add the other ingredients and bake on a hot griddle.

Date Bar. Separate the whites and yolks of two eggs, beat well. To one-fourth of a cupful of sugar add the beaten yolks, flour, one cupful of dates which have been cut into bits after removing the stones, add one cupful of chopped walnuts, six tablespoonfuls of flour, one teaspoonful of baking powder, one-eighth of a teaspoonful of salt. Fold in the stiffly beaten whites and spread in a baking pan a foot square. Bake until brown, cut into strips. Cover each with whipped cream and garnish with cherries for special occasions.

Chili Soup. Take one pound of hamburger steak, fry until brown, cover with two quarts of water, add three large potatoes and three onions put through the meat

You never speak of the disorders you have caused. You continue to proceed on your imperious way until the clouds lower about you and your path lies dark and forbidding ahead. Then in a moment your inclinations change and your heart changes with them. You do your utmost to convey to others your new purpose but your notes still ring untrue, though you may be doing your best to save a rag of honor at the eleventh hour, unsupported by love.

You proudly proclaim your manly or womanly independence. You assert with emphasis that you will not be subjected to the beck and call of anybody. There is but one "what shall say to you" and "nay," and that one is your arrogant, foolish self, out of tune with reason, singing false notes so like the confused souls of Babel that they fill the hearts of your parents with a terror unspeakable.



THE average man will need all his brains and all his energy studying things that can be found out. We do not mean things that are already known. If you stopped with those, the world would forever remain in its present ignorance, which is vast compared with what it will know in the future.

But where life comes from, why it flickers for a brief space and dies, and what is beyond the stars is something that until we receive hitherto unheard of light, we shall never know. Waste no time on these problems. They are as vain as the efforts of the alchemist to turn base metals to gold, which occupied brains that might have been better used on learning more useful things.

Learn first the limitations of the subject that you study. That will dispose of much puzzle and worry, and enable you to go ahead and give it the time and thought that may add to the world's store of wisdom, and will certainly add to your own. (By John Blake.)

YOUR HAND

WHILE the average student of palmaristry reader of the hand will have of some few occasions to suspect his subject of a predisposition toward self-destruction or suicide, still it is well to enumerate the indications in the hand which have been found in the past to accompany such predispositions. Who can tell that, such signs being interpreted with accuracy, the rash act may not be averted?

Therefore, it is well to know that chiromancers have seen a tendency toward suicide in the following signs in the hand: An exaggerated first phalanx of the second finger in a hand that is otherwise weak. A mount of Jupiter (underlying the first finger) that is exaggerated with the line of the head joined to the line of health, also a poor line of fate and many lines crossing the line of life. If there is a star at the termination of the line of fate, with another star on the mount of the moon, it is also an evil sign in this regard.

Chopper. Season well with salt and pepper and cook until the vegetables are done. Now add one cupful of kidney beans and a quart of strained tomato with a teaspoonful of chili powder. Simmer one hour. For variety add a little canned corn and a few stalks of celery. Serve with hot boiled rice or with crackers.

Nellie Maxwell. (By Ethel R. Peyser)

Has Anyone Laughed At You Because— You are always having your clothes pressed? They may say it wears your clothes out, but when you wear them you feel like a "regular fellow" whether you are man or woman. A woman in a baggy tailor-made is a thing fit for internment. The beauty of the tailor-made is her neatness. The man whose clothes are baggy will rarely get a high post—because he looks untidy and uncared for. It may be the style of some folk to go "unpressed." You'd be depressed if you did or you could make little impression if you didn't.

Your get-away here is: Pressed clothing make the best impression, and make you feel more like a useful citizen. (By McClure Newspaper Syndicate.)

YOU

By GRACE E. HALL

You came from the shadowy some-where one morn. To dwell near the gate of my heart; I felt a delight that was suddenly born. And strength under impulses start.

You gave a new tint to the blossoms that swayed on the trellis, that morning in Spring; The pendules in far deeper hues were arrayed; The birds found a new wing to sing.

You came—and the world was a garden of bloom. Each day was a rose, sweet and red; You went—and the world is a garden of gloom. And the roses are withered and dead.

(By Dodd, Mead & Company)



Howard S. Fisk.

THE AMERICAN LEGION

LEGION MAN OF MANY TASKS

Howard S. Fisk, Historian of District of Columbia, Has Had Many Interesting Experiences.

Howard S. Fisk, now historian of the American Legion in the District of Columbia, was considered during the war as one of the most resourceful of executives in amount of his expert knowledge concerning automobile transportation.

Fisk was born in New York City and, on removal to Washington, became a newspaperman. From this lively career he arose through various departments of a city daily until he became automobile editor of the newspaper. As a result of his work in this connection he became familiar with all phases of automobile transportation, and has edited several books on this subject.

He was identified with the District of Columbia Naval Militia during the Spanish-American war, and was pay clerk on board the U. S. S. Form the first ship to enter Havana harbor after the Maine was blown up.

IN HONOR OF AMERICAN DEAD. Battle Monuments Commission Named by President Harding to Supervise Erection.

The American battle monuments commission authorized by the Sixty-seventh congress, and some time ago named by President Harding to supervise the erection of all monuments overseas erected in honor of the American troops, will decide on definite plans for these monuments, so that any memorials to companies, regiments, divisions or units will be in keeping with the plans of the commission.

Luella Says. PAUL USED TO SAY THAT HE THOUGHT EVERY WOMAN OUGHT TO ALWAYS MAKE A FUSS OVER HER HUSBAND—BUT MARY JED, ALTHOUGH IT MIGHT BE NATURAL FOR SOME WOMEN—SHE IN NEVER BEEN ONE OF THE KIND TO MAKE A FUSS OVER NOTHING.

The alimony some wives demand in lieu of their husbands' society is rank fatality.

There's a good deal in the papers about the youngest grandma, but what about grandpa?

TOAST TO WORLD'S LAST WAR

Bottle of Ancient Wine to Be Passed On, to Be Drunk When Strife Ends.

When the world fights its last war, some veteran of an American war may drink a bottle of wine preserved for years for the cooling of such an event.

The wine recently occupied the place of honor on the banquet table of the Last Man club, formed from the survivors of Company B, First Minnesota Volunteers, a Civil war organization. The club was formed thirty years ago with 34 members. There was an understanding that a reunion should be held each year. The wine preservation and it was agreed that the club members should attend the banquet, and drink the rare old wine to the vacant chairs of his departed comrades.

This year only three were present at the meeting, which was held in Stillwater, Minn., on the anniversary of the battle of Fall Run. Peter Hall, president of the club, declared during the meeting that the requirements of the constitution would make the next occasion too sorrowful, and suggested another way to mark the passing of the organization. He offered a plan that the last two survivors should drink a toast, and the remainder of the wine in the bottle, and pass it on to the American Legion in Stillwater, with similar stipulation as to its retention, or until all nations join to make war impossible. Then the Stillwater Legion men are expected to become possessors of the wine, perhaps to be passed on to some other veterans organization founded from another American war.

Peter Hall, Atwater, Minn.; John Goff, a guest at the Minneapolis Soldiers home; and Charles Lockwood, Chamberlain, S. D., were the guests at this year's meeting. One other survivor, Emil Graf, of St. Cloud, Fla., was kept from the meeting because of physical infirmities.

The unique event attracted national attention, and the proposal to pass on the rare wine to the American Legion, not to be touched until war has become impossible, has resulted in considerable speculation as to whether the World War veterans would drink the final toast.

Unscrupulous dealers in real estate are said to have taken advantage of former service men in the state of Oregon, which by law has provided for a "home loan" feature of compensation for veterans. Officials of the American Legion, to whom have been reported a number of instances in which the veteran has faced loss of his investment, have issued a communication to members of that organization, warning them against assuming too heavy a financial burden under the plan.

The law, as passed by the state legislature, was intended by its sponsors to finance the purchase of homes or farms for veterans, when they have sufficient income to carry the payments.

According to the Legion leaders, certain real estate men are showing a tendency to speculate or discount the loan of the veteran, or to demand additional cash down. Some firms have claimed that the plan outlined by the law was not feasible to handle, and that the business was conducted at a loss.

There have been 400 bonus loans in Oregon to date, according to the records of the state officials. Of this number, only seven veterans face foreclosure on property, a refutation of the statement that realty dealers had found the plan unworkable.

The principal difficulty has been, Legion investigators say, to keep the veterans from paying too much for homes or farms. Payments on property selling at \$5,000 or more are heavy, and veterans are urged to consider the fact that in case they pay a second mortgage on their place to a realty dealer, they must pay the state a certain sum in addition to that due the real estate man.

Has Community "Gym." A community gymnasium with a paid instructor has been established by the DuPont-Daniel post of the American Legion of Eastland, Tex. The post now owns the building in which the "gym" is located, and other portions are used for Legion clubroom purposes. The athletic director is maintained at an annual cost of \$2,500. The organization is recognized as one of the most active groups of men in the entire county. C. D. Caldwell, is post commander, and his leadership has won much praise for the post.

Pound His Bones. If you are a Buddhist monk and you die, they bury part of you and eat the rest of you in hoty and burn you. If you have been especially saintly, your bones will be pounded down, made into a paste and molded into an image of the Buddha, to be placed in the monastery.

A Difficult Problem. Man's ineffectiveness to man generosity results from the struggle over who shall run things.

Americans eat 15 pounds of butter per capita each year.

The largest car at present used on British railways is less than 90 feet long.

It is said many barber shops are growing in Moscow. That's a hopeful sign. Dwellers the anarchists and it may gentillize them some.

Men may not be more philosophical, but you'll notice that a bachelor doesn't feel ashamed and cheated when his younger brother marries.

Some men are so far-sighted in business that they could look over somebody's shoulder in a correspondence school examination.

WRIGLEYS

Take it home to the kids. Have a packet in your pocket for an ever-ready treat.

A delicious confection and an aid to the teeth, appetite, digestion.

Sealed in its Purty Package

WRIGLEY'S JUICY FRUIT CHEWING GUM

EVERY OFFICE AND HOME IN AMERICA

Needs and Should Use Blue Ribbon POLISHES, SOAPS AND AUTO SPECIALTIES

For Sale—Direct From Owner, a Virginia Farm. 124 acres in Buchanan County. Has a good three-room brick cottage, stone good barn, buildings around house, watered by springs and small pond, etc. Call on or write to J. W. FLYNN, 1110 Broadway, New York, N. Y.

AGENTS WANTED—\$100,000—\$100,000—\$100,000. Agents wanted in every state. Make big money. Write for details to J. W. FLYNN, 1110 Broadway, New York, N. Y.

Stomach Trouble. Here is quick relief for the commonest ailment "feels in her to."

JACQUES CAPSULES. Easy To Take. Place one in the mouth, with a swallow of water. Beneficial results follow promptly. Jacques Capsules relieve stomach trouble, indigestion, heartburn, gas and constipation. Taken regularly after meals they help obtain ease, and prevent indigestion. Economical and convenient. At all druggists or 50 cents by mail postpaid from Jacques Capsule Co., Inc., Pittsburg, N. Y.

JACQUES (JAKES) Give Quick Relief. W. N. U. PITTSMORE, N. Y., 1923.

The Drama of the Sea. Twenty-two days in an open boat on the ocean affords an experience not often equaled in the records of the sea.

According to the Legion leaders, certain real estate men are showing a tendency to speculate or discount the loan of the veteran, or to demand additional cash down. Some firms have claimed that the plan outlined by the law was not feasible to handle, and that the business was conducted at a loss.

There have been 400 bonus loans in Oregon to date, according to the records of the state officials. Of this number, only seven veterans face foreclosure on property, a refutation of the statement that realty dealers had found the plan unworkable.

The principal difficulty has been, Legion investigators say, to keep the veterans from paying too much for homes or farms. Payments on property selling at \$5,000 or more are heavy, and veterans are urged to consider the fact that in case they pay a second mortgage on their place to a realty dealer, they must pay the state a certain sum in addition to that due the real estate man.

Has Community "Gym." A community gymnasium with a paid instructor has been established by the DuPont-Daniel post of the American Legion of Eastland, Tex. The post now owns the building in which the "gym" is located, and other portions are used for Legion clubroom purposes. The athletic director is maintained at an annual cost of \$2,500. The organization is recognized as one of the most active groups of men in the entire county. C. D. Caldwell, is post commander, and his leadership has won much praise for the post.

Pound His Bones. If you are a Buddhist monk and you die, they bury part of you and eat the rest of you in hoty and burn you. If you have been especially saintly, your bones will be pounded down, made into a paste and molded into an image of the Buddha, to be placed in the monastery.

A Difficult Problem. Man's ineffectiveness to man generosity results from the struggle over who shall run things.

Americans eat 15 pounds of butter per capita each year.

The largest car at present used on British railways is less than 90 feet long.

It is said many barber shops are growing in Moscow. That's a hopeful sign. Dwellers the anarchists and it may gentillize them some.

Men may not be more philosophical, but you'll notice that a bachelor doesn't feel ashamed and cheated when his younger brother marries.

Some men are so far-sighted in business that they could look over somebody's shoulder in a correspondence school examination.

WRIGLEYS

Take it home to the kids. Have a packet in your pocket for an ever-ready treat.

A delicious confection and an aid to the teeth, appetite, digestion.

Sealed in its Purty Package

WRIGLEY'S JUICY FRUIT CHEWING GUM

EVERY OFFICE AND HOME IN AMERICA

Needs and Should Use Blue Ribbon POLISHES, SOAPS AND AUTO SPECIALTIES

For Sale—Direct From Owner, a Virginia Farm. 124 acres in Buchanan County. Has a good three-room brick cottage, stone good barn, buildings around house, watered by springs and small pond, etc. Call on or write to J. W. FLYNN, 1110 Broadway, New York, N. Y.

AGENTS WANTED—\$100,000—\$100,000—\$100,000. Agents wanted in every state. Make big money. Write for details to J. W. FLYNN, 1110 Broadway, New York, N. Y.

Stomach Trouble. Here is quick relief for the commonest ailment "feels in her to."

JACQUES CAPSULES. Easy To Take. Place one in the mouth, with a swallow of water. Beneficial results follow promptly. Jacques Capsules relieve stomach trouble, indigestion, heartburn, gas and constipation. Taken regularly after meals they help obtain ease, and prevent indigestion. Economical and convenient. At all druggists or 50 cents by mail postpaid from Jacques Capsule Co., Inc., Pittsburg, N. Y.

JACQUES (JAKES) Give Quick Relief. W. N. U. PITTSMORE, N. Y., 1923.

The Drama of the Sea. Twenty-two days in an open boat on the ocean affords an experience not often equaled in the records of the sea.

According to the Legion leaders, certain real estate men are showing a tendency to speculate or discount the loan of the veteran, or to demand additional cash down. Some firms have claimed that the plan outlined by the law was not feasible to handle, and that the business was conducted at a loss.

There have been 400 bonus loans in Oregon to date, according to the records of the state officials. Of this number, only seven veterans face foreclosure on property, a refutation of the statement that realty dealers had found the plan unworkable.

The principal difficulty has been, Legion investigators say, to keep the veterans from paying too much for homes or farms. Payments on property selling at \$5,000 or more are heavy, and veterans are urged to consider the fact that in case they pay a second mortgage on their place to a realty dealer, they must pay the state a certain sum in addition to that due the real estate man.

Has Community "Gym." A community gymnasium with a paid instructor has been established by the DuPont-Daniel post of the American Legion of Eastland, Tex. The post now owns the building in which the "gym" is located, and other portions are used for Legion clubroom purposes. The athletic director is maintained at an annual cost of \$2,500. The organization is recognized as one of the most active groups of men in the entire county. C. D. Caldwell, is post commander, and his leadership has won much praise for the post.

Pound His Bones. If you are a Buddhist monk and you die, they bury part of you and eat the rest of you in hoty and burn you. If you have been especially saintly, your bones will be pounded down, made into a paste and molded into an image of the Buddha, to be placed in the monastery.

A Difficult Problem. Man's ineffectiveness to man generosity results from the struggle over who shall run things.

Americans eat 15 pounds of butter per capita each year.

The largest car at present used on British railways is less than 90 feet long.

It is said many barber shops are growing in Moscow. That's a hopeful sign. Dwellers the anarchists and it may gentillize them some.

Men may not be more philosophical, but you'll notice that a bachelor doesn't feel ashamed and cheated when his younger brother marries.

Some men are so far-sighted in business that they could look over somebody's shoulder in a correspondence school examination.

Every table should have its Daily Portion of Grape-Nuts. There's a Reason.