

FROM GENERATION TO GENERATION

Mothers Advise Their Daughters to Rely upon Lydia E. Pinkham's Vegetable Compound to Keep Them in Health

A Mother's Advice Prevents Operation

Cuba, N. Y.—"I had a terrible pain in my left side and had to go to bed every so often. Doctors had told me I must be operated on, but I do not believe in the knife and would rather suffer than go through it. My mother also did not believe in it and she made me take Lydia E. Pinkham's Vegetable Compound because it had helped her. It has also helped me for I am better and able to do all my work. I recommend your medicine and give you permission to use my letter as a testimonial."—Mrs. J. BURCH, Jr., 11 S. Railroad Avenue, Geneva, N. Y.

A Sticky Child

Mahoningtown, Pa.—"I would like to say a few words about Lydia E. Pinkham's Vegetable Compound. About a year ago I thought it would be necessary for me to take my daughter out of school. She was being weighty, was nervous, and when she would come home from school she would drop into a chair and cry, and say, 'Mamma, I don't believe I can go to school another day!' I

gave her Lydia E. Pinkham's Vegetable Compound and now she is a healthy, happy, hearty, strong girl and weighs 120 pounds. She has no difficulty in doing her 'gym' work, and she works at home every night and morning, too. I am a mother who can certainly praise your medicine, and if it will be of any benefit you may use this letter as a reference."—Mrs. GEORGE E. WHITAKER, 821 W. Madison Ave., Mahoningtown, Pa.

Every girl wants to be healthy and strong, and every mother wants her daughter to do well in school and to enjoy herself at all times.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for young girls just entering womanhood. Mothers may depend upon it. Remember it is prepared from roots and herbs, contains nothing that can injure, and tends to tone up and strengthen the organs concerned, so that they will work in a healthy and normal manner.

For nearly fifty years it has been used by women of all ages, and these women know its great value. Let it help your daughter and yourself.

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.




SMITH BROTHERS
S-B COUGH DROPS MENTHOL
Famous since 1847

Choose Your War.
She was of uncertain age and single, but still coy.
"No, I have never married," she answered. "The only man I ever loved was killed in the war, at the battle of—"
"Gettysburg?" he asked.
"No," she answered. "The American Legion Weekly."
In truth, it is quite often somebody else who does the talking for you.

Sheep continue to run from the wolves until they can find another wolf to lead them.
A timid liver prevents proper food assimilation. Wright's Indian Vegetable Pills tone up the liver. They act gently but surely. 513 Pearl St., N. Y. Adm.
Masses May Get Tired.
Men who keep up to concert pitch through the music for the masses to dance by, and sometimes the masses get tired of dancing.

Something to Think About

By F. A. WALKER

PRACTICE PATIENCE

IT OUGHT to be impressed upon all of us, whether young or old, that patience is one of the higher attributes of good breeding and gentility.

No person, however accomplished he may be, can continue to hold the respect of others if he is given to frequent outbursts of ill-humor.

Patience, it is generally conceded, is something. It builds character, courage, thoughtfulness and friendliness. It never consciously ruffles another.

It is a subject about which in the present day probably nothing has been rightly spoken or written. We like to see its manifestation in others, but talk at its use ourselves when we are suddenly overwhelmed by a stress of passion which sweeps us off our feet and loosens an unruly tongue.

Poor, little, inconstant mortals that we are, swept hither and thither by adverse forces, we have at least the courage sometimes to commend others for their good deeds. But through some imperfection in our makeup, or laxity of spiritual strength, we fail to emulate their worthy examples.

For some undiscovered reason we seemingly prefer the gale and the swirling sea to the calm and quiet harbor. We often elect to rush into storm rather than to enjoy the quietude of our own friendly home.

We are so overwrought, so mentally unbalanced, that we are unable to compare ourselves or commune intimately with reason.

We risk our social position and good name by a stinging quip or an angry glare, caring not how deeply we may hurt our friends or injure ourselves.

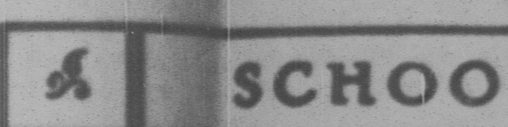
Failure to practice patience in the home has often robbed the inmates of

comradeship and love, both of which are indispensable to continued happiness.

Penetrate as far into the truth as you are able, and you will discover that patience results from our lives more joyous and inspiration than do many of our grosser iniquities. A pleasant smile and a kindly word are the good disciples of patience, always striving for peace and content. Let us become their intimates. (© 1923, by McClure Newspaper Syndicate.)

A NERVE SUITOR

You just understand, sir, I want my daughter to have a good husband after marriage is before. Well, you're not going to break up her keeping, are you?



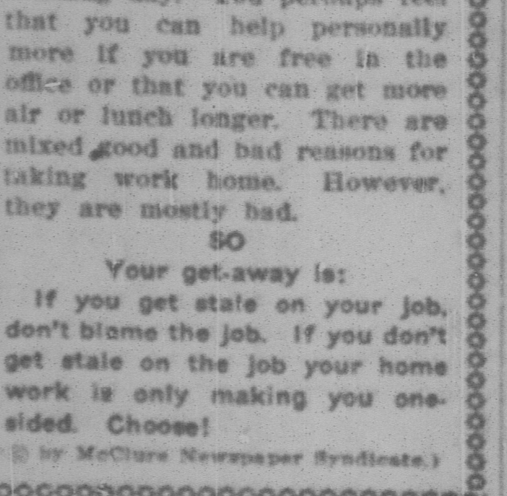
SCHOOL DAYS



Has Anyone Laughed At You Because—

You Always Take Work Home Over Holidays or Week-Ends? Maybe here the laughter has a good right to laugh. Maybe he hasn't. If you take your work home because there is no other way to keep your job, that is one thing. But usually you take it home because you haven't systematized your work enough in the shop to free you. Then, too, you are safe if you take work home because it does free you for other work during the working day. You perhaps feel that you can help personally more if you are free in the office or at lunch longer. There are mixed good and bad reasons for taking work home. However, they are mostly bad.

Your get-away is: If you get stale on your job, don't blame the job. If you don't get stale on the job your home work is only making you one-sided. Choose! (© 1923, by McClure Newspaper Syndicate.)



THE KITCHEN CABINET

The garden still is green And green the trees around, And the winds are flapping overhead And today on the garden path I planted an autumn leaf. How rush the seasons rush the years, And oh, how life is brief!

SEASONABLE FOODS

A most delectable pudding may be made with apples and butter steamed or baked, or a simple cottage pudding, baked like an inexpensive cake in an angel tin, or in a flat cake, and served with the following sauce:

Monroe Sauce.—Make a sirup of two cups of brown sugar and two-thirds of a cup of boiling water. Add four tablespoons of cold water to two tablespoons of cornstarch and stir until smooth; then add gradually, while stirring constantly, to the sirup and let simmer for forty minutes. Add four tablespoons of sliced apples and a tablespoonful of grated nutmeg and a tablespoonful of butter. Serve at once.

Hot Finnan Haddie Canapes.—Fry one-half tablespoonful of chopped onion and two chopped mushroom caps in three tablespoonfuls of butter five minutes. Add two tablespoonfuls of flour and two-thirds of a cup of this cream. At the boiling point add two tablespoonfuls of grated cheese, the yolks of two eggs, beaten, and one cup of flaked finnan haddie. Season with salt, cayenne and serve on toast.

Devonshire Pie.—Roll pastry one-quarter inch in thickness, cut three circles nine inches in diameter and prick with a fork. From one of the pieces cut a circle seven and one-half inches in diameter, leaving a ring of one and one-half inches. Bake the pie in a hot oven. Put cream between the two rings, either cooked flavored cream or whipped cream. On the top fill the center with fresh berries, sweetened to taste. The canned berries may be drained and added to the whipped cream when fresh fruit is not to be obtained.

Beet Rings and Endive.—Put two leaves of endive through rings of cooked beets. Arrange on lettuce and serve with French dressing to which three tablespoonfuls of chopped walnut meats have been added.

When you become so absorbed in the world of things and in the accumulation of things that you forget to be considerate, courteous and kind, you are not worth a cent to anybody.

FOOD FOR THE FAMILY

A simple but good layer cake with a well-flavored filling is always a welcome addition to the menu.

Take three tablespoonfuls of butter, cream it until soft and waxy, then add one cupful of sugar gradually until it is well blended with the butter. Measure one-half cupful of milk, two teaspoonfuls of baking powder, sifted and well mixed with

two cupfuls of flour; add a little of the milk and beat alternately until all are added; add two beaten eggs; flavor with a teaspoonful of flavoring, using one-half teaspoonful of almond extract and the remainder of the spoonful of vanilla. Beat well and bake in two layers. Put together with heated fruiting flavored with vanilla and one-half cupful each of finely minced walnut meats and raisins. For the frosting, take one cupful of sugar, one-quarter cupful of water; boil until like honey; take three tablespoonfuls of the hot sirup, drop over the white of egg, partly beaten, then finish beating the sirup until it holds and pour slowly over the egg white, beating briskly. When nearly cool add the nuts and raisins and use for filling and top of cake.

Walnut Cake.—Cream one-half cupful of butter; add one cupful of sugar gradually, the yolks of three eggs, well beaten. Add one-half cupful of milk, one and three-quarters cupfuls of flour, mixed and sifted with two teaspoonfuls of baking powder; fold in the stiffly-beaten whites of two eggs and add three-quarters of a cupful of walnut meats, broken; into pieces. Bake forty minutes in a shallow pan in a shallow pan. Cover with icing prepared as above, using the same egg white.

Beets Piquante.—Wash beets and cook in boiling water until soft. Drain and reserve one-half cupful of water in which the beets have been cooked. Flange into cold water, rub off the skins and cut into cubes. Boil-beat in the following sauce: Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and pour on the beet water. Add one-fourth cupful each of vinegar and cream, one teaspoonful of sugar, one-half teaspoonful of salt and a few grains of paprika.

Cheese and Currant Salad.—Mash a cream cheese and mix with finely-chopped lettuce. Shape into balls, arrange in lettuce leaves, pour over French dressing and over all a spoonful of preserved currants, if berries are not at hand.

THE UNSOUGHT

By GRACE E. HALL

SHE sits alone beside a dying fire, And sees her hopes to Seely ashes go; Bids sad farewell to feminine desire For love and praise that other women know; The baby head she visions on her breast Is her a sickening phantom, like the rest; The little bone she one-time planned, is dead, And mounded in silence, like the sacred dead. She sees her life as in years long past She saw his, towering high among his kind; In agony she sees him choose at last A painted doll, with neither heart nor mind; Beholds his home, where children are unknown, And knows his hopes, like hers, have sadly flown.

In secret she has dared to call his name, To clasp him to her breast with ardent wish, Has often expressed, without a blush of shame, The burning love no other e'er have heart; Has kissed the lips that only smiled, one day, And left her to her dreams—and wishes gray. (© David, Mack & Company.)

Uncommon Sense . . .

By JOHN BLAKE

Any sensible man out of a job will put up the best possible appearance before he hunts employment. It takes a man of character to go very far beyond clothes when he is hiring help. If a man is poorly dressed the prospective employer jumps to the conclusion that he can't be much good or he would be better dead. If he is well dressed the natural inference is that he is worth employment the applicant had better work enough to enable him to buy good clothes. There is no sense of cultivating advanced fashion in most styles. The flashy dresser is usually off from the job-hunting viewpoint, as the man whose trousers hang at the knees. But good clothes, well cared for, give an air of competence to any man, and are of vast importance to him in impressing others. The effect of clothing on a man's own morale is also highly important. (© John Blake.)

The Young Lady Across the Way

The young lady across the way says Pola Negri looks as white as anybody in her photographs.

126,000 Miles of Cloth for Cement Sacks

To keep cement moving from the mills to the many building jobs always under way, cement manufacturers require an astonishing quantity of sacks.

This year the industry has considerably more than 225,000 sacks. These represent enough cotton cloth to make a skirt for every woman and girl in the United States—126,000 miles of 30-inch fabric. Even a moderate sized mill which ships any 1,000,000 barrels a year must have 2,000,000 or so sacks.

When a customer returns a sack he gets credit for it, if it is usable or repairable. The convenient returnable sack means that each plant has to have large departments where men and women sew, sort, clean and count sacks continuously. This work alone costs the industry nearly \$1,250,000 a year.

And cement manufacturers keep increasing their sack inventories so that they can ship promptly. Last year they purchased a total of more than 100,000,000 new cotton sacks. For replacements alone over 50,000,000 were needed; for increased supplies over 30,000,000. In addition over 18,000,000 paper bags were used representing 7,000,000 pounds of paper.

This problem of containers causes a large and steadily growing investment by the portland cement industry.

PORTLAND CEMENT ASSOCIATION

111 West Washington Street CHICAGO

A National Organization to Improve and Extend the Use of Concrete

Branches in: Albany, Ala., Annapolis, Ark., Astoria, Baltimore, B. C., Boston, Buffalo, Cal., Chicago, Cincinnati, Cleveland, Colo., Dallas, Denver, Detroit, D. C., Evansville, Fla., Galveston, Genoa, Harlan, Houston, Ind., Jacksonville, Kan., Knoxville, La., Little Rock, Louisville, Memphis, Miami, Milwaukee, Minn., Mobile, Montpelier, N. C., New York, Norfolk, Okla., Omaha, Pa., Philadelphia, Pittsburg, Portland, Ore., Raleigh, Richmond, S. C., St. Louis, St. Paul, Tex., Toledo, Wash., D. C., Wichita, Wis., Youngstown.

Uncommon Sense . . .

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YOUR CLOTHES

CLOTHES do not make the man; but they advertise him. If they are good clothes he is well advertised. If they are sloppy clothes he is badly advertised.

If you are rich you can afford to neglect your personal appearance. If you are poor you cannot.

Clothes are as much a part of a man's business equipment as the square and triangle are a part of the equipment of the draughtsman.

An equitable income tax would make an allowance for a man's clothes on the ground that they were a business adjunct as well as a protection.

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After Every Meal

A universal custom that benefits everybody. Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEYS

a good thing to remember



Mothers of the World Mothers! Write for 32-Page Booklet, "Mothers of the World"

Lloyd Loom Products

Use This Coupon The Lloyd Loom Company, 1000 Broadway, New York, N. Y.

COME TO GEORGIA Buy a new land farm in an all new section of that state. Something new in 10 and 120-acre small farms. Ten-year terms. Under the direct of the Georgia & Florida Railway. A safe investment. A general farming, poultry, fruit and live stock country. (© 1923, Lloyd Loom Company, 1000 Broadway, New York, N. Y.)

AN EXCEPTIONAL OFFERING FOR THOSE desiring plain home sewing. So satisfying. City country. To prevent counterfeiting, please send for sample information. GOOD WEAR CLOTH CO., Inc., Ashbur Park, N. J.

Credit Pretty Good, Grace—Oh, Mr. Nocoxy! How lovely of you to bring me these beautiful flowers! How sweet they are, and how fresh! I do believe there is a little dew on them yet! Nocoxy—Well, yes, there is; but I'll pay it tomorrow.

It is almost as easy to achieve foolishness as it is to be born foolish.

Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 6 BELLANS Hot water Sure Relief BELLANS 25¢ and 75¢ PACKAGES EVERYWHERE

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY For the prompt relief of Asthma, Hay Fever, Cough, and all other respiratory troubles. Write for FREE SAMPLE. Kellogg & Lyman Co., Inc., Buffalo, N. Y.

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

WORMS in Children and Older Folk

Some symptoms of constipation, Flatulence, Headache, Indigestion, Irritability and Excitability. These usually indicate intestinal worms. Use Dr. Williams' Pink Pills for Pale People. They will kill the worms and restore the system.

Frey's Vermifuge

Is a safe, old-fashioned remedy for worms. In use for over 50 years. Frey's Vermifuge is a safe, old-fashioned remedy for worms. In use for over 50 years. Frey's Vermifuge is a safe, old-fashioned remedy for worms. In use for over 50 years.

E. & S. FREY 1000 Broadway, New York, N. Y.