HEADACHES GONE TIRED NO MORE

Gives Credit to Lydia E. Pinkham's Vegetable Compound. Hopes Other Women Will Benefit by Her Experience

Skowhegan, Me.—"I was sick most of the time and could not get around to do my work without being all tired out so I would have to lie down. One day when I was reading the paper I saw the Lydia E. Pinkham's Vegetable Compound advertisement and saw what it did for other women, so I thought I would try it. I have taken three bottles, and cannot begin to tell you what it has already done for me. I do all my work now and keep up the whole day long without lying down. I have no more headaches nor tired feelings. I hope every woman who takes the Vegetable Compound will get as much benefit out of it as I have."—Mrs. PERCY W. RICHARDSON, R.F.D. No. 2, Skowhegan, Maine.

You have just read how Lydia E. Pinkham's Vegetable Compound helped Mrs. Richardson. She gave it a trial after she saw what it had done for other women. For nearly fifty years Lydia E. Pinkham's Vegetable Compound has been thus praised by women. For sale by druggists everywhere.

Has Ancient Flavor

At the Coffee Club Friday, among other witty jokes, this one was told:

"The rudder and the anchor of a ship entered into a dispute over the issue of which was the most important to the vessel. Each felt that it occupied this pre-eminent place. But after a time the anchor grew tired of the argument, run itself out and told the rudder that "you can now go where you dern please."

The president of the club tried to prove that this one came from Joe Miller's joke book, but failed.—Houston Post.

Good health depends upon good digestion. Safeguard your digestion with Wright's Indian Vegetable Pills and you safeguard your health. 372 Pearl St., N. Y. Adv.

Worse

"Did the speaker electrify his audience?"

"No, he merely gassed it."

Borrowing is not much better than begging.—Lessing.

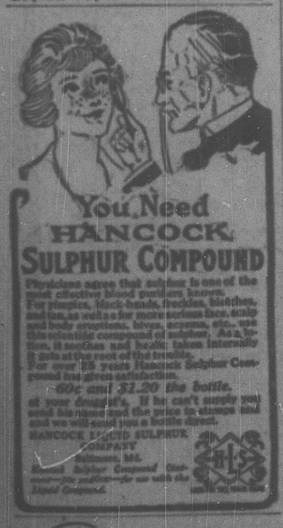
Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION

6 BELL-ANS Hot water Sure Relief

BELL-ANS

25¢ AND 75¢ PACKAGES EVERYWHERE



You Need HANCOCK SULPHUR COMPOUND

Physicians agree that sulphur is one of the most effective blood purifiers known. For pimples, black heads, freckles, blotches, and kindred skin troubles, for more serious troubles, scalp and body eruptions, itch, eczema, etc., use this scientific compound of sulphur. As a lotion, it soothes and heals; taken internally it gets at the root of the trouble. For over 39 years Hancock Sulphur Compound has given satisfaction.

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.

Hancock Liquid Sulphur Compound—Hancock Sulphur Ointment—Hancock Sulphur Soap.

Penmanship

taught by mail by one of America's finest penmen. By my system you can become an expert penman during your spare time. Write for beautiful penmanship circular. Rene Ballard, 1818 Sherwood Ave., Evanston, Ill.

DR. J. D. KELLOGG'S ASTHMA REMEDY

No need to spend restless, sleepless days and nights gasping for breath. Quickly relieved and real sound by using the remedy that has helped thousands of sufferers. 25 cents and $1.00 at druggists. If unable to obtain, write direct to NORTHROP & LYMAN CO., Inc., Buffalo, New York. Send for free booklet.

PARKER'S HAIR BALSAM

Restores Color and Beauty to Gray and Faded Hair. 60c. and $1.00 at Druggists.

HINDERCORNS Removes Corns, Callouses, etc. Stops pain at once, assures comfort to the feet. Makes walking easy. At druggists or mail 15c. Hinder Chemical Co. Philadelphia, Pa.

The KITCHEN CABINET

(©, 1924, Western Newspaper Union.)

The ladder of life is full of splinters, but they always prick the hardest when we're sliding down.—William Brownell.

SEASONABLE GOOD THINGS

Where fresh fish are obtainable the following dish will be enjoyed:

Fish Pudding.—Cook one cupful of rice in boiling water until tender, drain and pour through it enough cold water to separate the grains. Cook two pounds of pickerel, bass or other fresh fish, until well done, cooking by steam in a steamer or tie in a cloth and drop into boiling water. Flake the fish after removing all the bones and skin. Combine the rice and fish, add two well-beaten eggs, one cupful of fish stock and the same of milk. Season with two teaspoonfuls of salt, one-half teaspoonful of pepper, two tablespoonfuls of butter, using the seasonings between the layers of the fish and rice. Bake one-half hour and serve hot with drawn butter sauce.

Boiled Fish With Butter Sauce.—Drop the fish well-dressed, tied in a cheese cloth, into boiling water and cook at the simmering temperature until tender. Use onion, bay leaf or parsley in the simmering water. Drain the fish and serve with a rich white sauce to which the juice of a large lemon has been added and a tablespoonful of butter with salt and pepper as needed. Serve hot or cold with the fish.

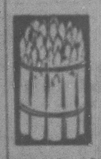
Stuffed Fish.—For a three-pound fish, fry one minced onion with two ounces of diced bacon and a large tomato peeled and chopped. Add two tablespoonfuls of butter, one cupful of bread crumbs, three-fourths of a teaspoonful of salt, one-half teaspoonful of pepper, one tablespoonful of parsley, three tablespoonfuls of water to moisten the crumbs, or soak them and squeeze dry. Mix well and stuff the fish which has been well-salted and peppered inside and out. Sew up and bake, basting with butter and water during the baking.

Fish Salad.—To one cupful of cold, cooked fish add the same amount of chopped cabbage and celery, season well and serve with a good boiled dressing on lettuce. Salmon makes a delicious salad; add chopped pickle and a half-cupful of fresh grated coconut and the usual salad dressing; serve on head lettuce and garnish with white of egg cut into fancy shapes.

A person's character is the reality of himself. His reputation is the opinion others have formed of him. Character is in him. Reputation is from other people.

SPECIAL GOOD THINGS

When cooking asparagus try the stalks with the thumb nail; if tender and easily penetrated it will cook quickly; the tougher portions should be cut off and cooked first, then remove them and add the tender portions; this saves all flavor. If one likes the asparagus served without cutting into bits, tie up and cook in the bunch. Then serve three or four stalks with butter sauce on toast.



Fried Chicken.—Prepare a chicken by cutting it into serving pieces, then marinate for three hours in one part of lemon juice to three of olive oil, with such herbs and seasonings as one desires. Drain and dip each piece in beaten egg, season well with salt and pepper and fry in deep fat. Drain, place on a platter and pour round it a sauce prepared with a cupful each of milk and veal stock, thickened with egg yolk, and seasoned with minced parsley, mushrooms and a little lemon juice.

Raspberry Whip.—Take one cupful of canned raspberries, two to four tablespoonfuls of powdered sugar, one-half pint of cream and two egg whites. Whip the cream, then the egg, and combine the two. Stir in the raspberries and the sugar. The fresh berries are best, but canned will do. Mash the fresh berries and mix with an equal amount of sugar.

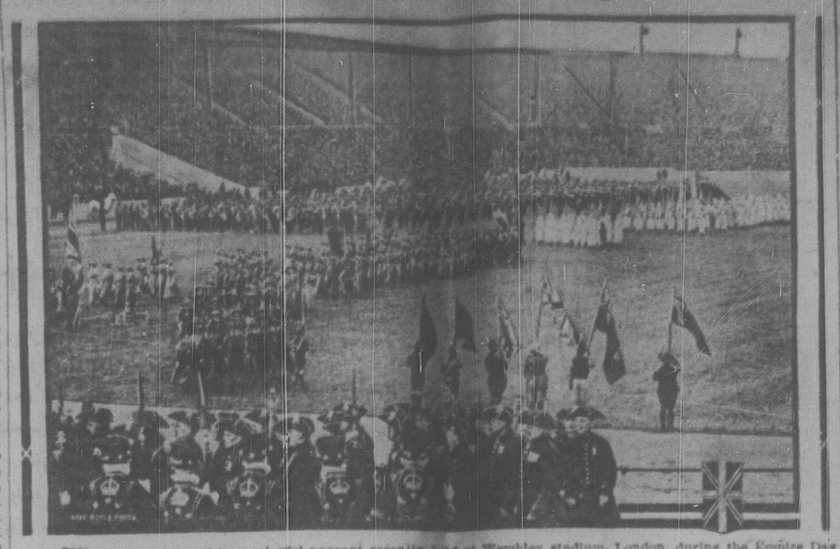
Caramel Sponge.—Soften one-fourth of a package of gelatin in one-fourth of a cupful of water, brown one-half cupful of sugar, add one cupful of boiling water, stir until dissolved, add the gelatin and stir over ice water until thick. Have ready two egg whites beaten stiff, add them to the gelatin mixture, continue beating until stiff. Turn into a mold and serve with thin cream.

Club Salad.—Take one and one-half cupfuls of cooked chicken, twelve slices of bacon, three tomatoes and a bunch of lettuce. Arrange the lettuce on individual plates, place on each a peeled tomato, a little diced cooked bacon and some mayonnaise dressing, top with some of the chicken, more mayonnaise and a sprig of parsley. Around the dish arrange toast points spoke fashion, using four or six.

Cherry Betty.—Take fresh ripe cherries and well-buttered crumbs; put a layer of cherries, then of sugar and crumbs; repeat until the dish is full. Bake until the cherries are well done. Serve with a hard sauce.

Nellie Maxwell

British Nurses Take Part in Pageant



British nurses take part in a colorful pageant recently held at Wembley stadium, London, during the Empire Day pageant.

Republicans Hold National Convention

This is the official photograph of the Republican national convention in session at Cleveland. The inset is Frank W. Mondell of Wyoming, permanent chairman of the convention.

Insulin Inventor Takes Bride

Left to right—Miss Marion Robertson of Elora, Ontario, photographed leaving her uncle's home after her marriage to Dr. F. C. Banting (right) world famous discoverer of insulin, the cure for diabetes. They first met when Doctor Banting was in the Ex-Service Men's hospital, Toronto, where Miss Robertson was an assistant in laboratory work.

PRESIDENT'S COUSIN

This is Miss Mary F. Cooledge of Atlanta, Ga., the pretty southern cousin of President Coolidge, who has been entertained at the White House. She's the daughter of Mr. and Mrs. F. J. Cooledge, and the Civil war caused the loss of her grandfather's fortune. When he started a new business and had a lot of stationery ordered, the printer misspelled his name, making it "Cooledge." Rather than lose all the paper, he decided to let the new spelling stand.

Entertaining the War Casualties

President and Mrs. Coolidge entertained for the disabled service men in the army, navy and public health hospitals in the vicinity of Washington and several thousand veterans enjoyed their hospitality in the lovely White House gardens. President Coolidge is shown signing the hospital bill drafted by the veterans' bureau and passed by both houses which appropriates $5,800,000 to carry on the hospital program to take care of the disabled veterans.

CAMPAIGN CANDY NOW

Miss Emily Smith, Gov. Alfred E. Smith's daughter, sampling candy from new "campaign box," replacing cigars in these days of equal suffrage.

GIVE OUT POLICY FOR LOAN BODIES

Bank Secretary Says Regulations Will Be Strictly Observed by Association

NO VIOLATIONS PERMITTED

Interesting News Items, Briefly Condensed, Picked Up At the Departments Which Are of Interest to the People of the State.

Harrisburg, Pa.—Charging of fees by officers of building and loan associations for placing second mortgages will not be countenanced by the State Department of Banking, Peter G. Cameron, secretary, declared in announcing a set of regulations which will apply to the conduct of the societies' businesses. The commissions are illegal, Secretary Cameron asserted and collections must stop.

The Secretary said department examiners will examine every new application for the incorporation of a building association and that he would not approve applications if the reports indicate commissions are to be charged or permitted. Failure to discontinue the practice after a notice by the department will result in the officers being summoned to show cause why "possession of the business and property of the association should not be taken by the Secretary of Banking on the ground that the association is conducting business in an unauthorized and unlawful manner."

After declaring the "vast majority of the building and loan associations in Pennsylvania are being conservatively and lawfully managed," Mr. Cameron added: "It has only been within the past few years that the practice of participating in syndicate loans, the charging of commissions or the permitting of commissions to be charged, the extensive loaning upon the security of ogice buildings, apartment houses, hotels, garages, etc., and other objectionable practices have been indulged in."

Clerks Held for Embezzlement.

Arrest of two employes of different banks in Beaver county on similar charges resulting from misappropriation of funds was announced by Peter G. Cameron, state secretary of Banking. The men arrested were Marian Kopp, manager of the foreign department of the Ambridge Savings and Trust Company, charged with withholding deposits of $9,000, and Frank Tisnpano who held a similar position with the Federal Title and Trust Company of Beaver Falls, charged with misappropriating $10,000 in remittances to be sent abroad. Each was held under $5,000 bail.

Rural Electric Service.

July 9 has been fixed by the Public Service Commission as the date for a hearing with respect to rural electric facilities and service. The commission is making the inquiry on its own motion, and is to establish rules for proper standards of rural electric service, as affecting the safety and accommodation of the public. This will be in line with the giant power plan being worked out for Pennsylvania and other eastern states. Companies serving rural communities and local organizations will be notified of the hearing.

Will Outline Program.

The building program of the state, which will be much discussed by the 1925 legislature because of the fact that the commonwealth has been doing little construction work since before the war will be mapped out by a special committee named by the governor prior to the session. The governor said that the program will be a far-sighted one that will contemplate building at the normal schools, state hospitals, and the future development of capitol park and the memorial bridge.

Analyze Drinking Water.

Analysis of drinking water along State highways was begun by officials of the State Department of Health. An ambulance converted into a field laboratory took to the road at the extreme eastern end of the Lincoln Highway, opening the movement designed to protect the health of motorists who use wayside drinking water. As soon as the tests are made, results will be sent field engineers who will trail the analysis for the purpose of posting the drinking water stations.

Many Apples From State.

Apple growers in Pennsylvania shipped 3,500 cars of fruit from the leading producing centers in 1923, the Bureau of Markets of the Agricultural announces. This is about 500 more cars than in 1920, when a heavy crop was produced. Of the thirty-six counties of the State contributing to the total, Franklin was the first with 1,861 cars and Adams was second with 1,977. Cumberland is credited with the shipment of 438 cars and York 338.

The Same Old Backache!

Does every day bring the same old backache? Do you drag along with your back a dull, unceasing ache? Evening find you "all played out"? Don't be discouraged! Realize it is merely a sign you haven't taken good care of yourself. This has probably strained your kidneys. Take things easier for a while and help your kidneys with *Doan's Pills*—a stimulant diuretic to the kidneys. *Doan's* have helped thousands and should help you. *Ask your neighbor!*

A Pennsylvania Case

James Graham, 335 Eighth Ave., New Brighton, Pa., says: "A pain across my back hurt all the time and I couldn't sleep well. Sometimes when I bent down a stitch caught me and I could hardly straighten. My kidneys acted too frequently and I had to get up during the night. Doan's Pills drove away the backache and put my kidneys in good shape."

DOAN'S PILLS 60c

STIMULANT DIURETIC TO THE KIDNEYS

Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

PEACE!

Relief from agony is within your grasp. Don't go on suffering! "Munyon's Guide to Health" will be sent to you free. Write today. Get these famous remedies at any good drug store:

Munyon's Paw Paw Tonic
Munyon's Diarrhoea Remedy
Munyon's Constipation Ointment
Munyon's Grip Remedy
Munyon's Paw Paw Laxative Pills
or any other Munyon Remedy you may need

"There's a Munyon Pill For Every Ill"

Doctor's Advice FREE

Munyon's, Scranton, Pa.

"There is Hope"

Baby Loves A Bath With Cuticura Soap

Mixed and Anything to Tender Skins.

Twins Her Specialty

Mr. and Mrs. Thomas Connolly of South Boston, parents of twins born March 17, had little difficulty in picking out their names. Of course it was Patrick for one and Patricia for the other. Besides, they had had experience in naming twins. This made the fourth set. The eldest are twelve years, Edward and Eleanor; the next, eight years, Frank and Frances; the next, four years, Joseph and Josephine; last, and noisiest, Patrick and Patricia.

BABIES LOVE MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label.

At All Druggists

REAL ESTATE BUSINESS in all branches. Complete course taught by mail. Easy terms. Bulletin free. Penn Realty School, Ellsworth and 19th Sts., Phila., Pa.

$10-$20 WEEKLY Spare time at home; address, mail circulars; instructions 25c coin. GORDON SUPPLY CO., CB-156, Clinton, Ia.

SUCCESS BOOK, "MASTER KEY" 416 pages, $2.00. Illustrated catalog Psychology, Health and Prosperity books. SHEPPS, 1014 Belmont, CHICAGO, ILL.

Salesmen—$50 per Week Bond Easy selling custom shirts from factory to wearer. Large assortment of exclusive patterns with new patterns every ten days should increase your income 100%. Liberal commissions and exclusive territory. APAWA SHIRT CO., 487 Broome Street, NEW YORK.

FREE TO YOU—Write for new booklet, MONEY IN OIL LEASES. Complete money-making information. C. W. WEBSTER, 1061 W. T. Waggoner Bldg., Fort Worth, Texas.

"SUNNYSIDE FARM" FOR SALE Beautifully situated, well kept farm of 12 acres; orchard with good variety fruit. Pleasant 8-room house; excellent well, automatic electric pump supplying water to house, barn, garden. Electric lights; telephone. On improved road and car line. Four miles from Conneaut Lake Park and two miles from Linesville. Near good schools and churches. Write or call and see the place and talk with owner. Stop 48 on car line. NELL SPLITSTONE, LINESVILLE, PA.

AFFLICTED WITH RHEUMATISM, STOMACH trouble or other ailment? Don't use drugs. Use my herbs. Have never failed for past ten years. Free circular. Chief Weather-Strain, Original Pueblo Indian Herb Medicine Man, 443 E. 76th St., New York City.

Modern Poultry House—20x20 ft. or multiple. Adapted to any climate. Warm floors, splendid ventilation; good light. Complete working drawings and specifications, $2.00, postpaid. No stamps. Louis Greenleaf, Glen Ridge, N. J.

AGENTS WANTED to sell our household articles. 100% profit. Every home buys one or more. Send 25c for sample. Central Mfg. Co., 22 Lafayette Pk., Dept. B, Lynn, Mass.

Opportunity to Sell Latest Novelty artificial silk bed spread bolster sets which ordinarily retail $10. You can sell for $10, liberal prof. Campbell Bros. & Co., 54 Leonard, New York.

Pure Silk Brocaded Crepe, $2.50; crepe de chine, $1.95; silk knitted crepe, $1; fancy rayons $1.—All colors; free samples. Novelty Fabric Co., 666 E. 32nd St., Paterson, N. J.

Gold Tooth Fortune, 50c, scientifically with "Chart" in lithographed colors. Size, 1¼x2 1¼. Delightful pastime. Please mail cash. Include 10c for postage. DREM CO., Box 2848, Kens. Station, PHILADELPHIA, PA.

Any Man Out of Work Can Go into business and make $15 to $25 a day with our Massive Photo Machines. Big, new complete Col. Cat. Free. Sussex Camera Co., 25 Desbrosses, New York.

Dr. Isaac, Specialist, EYEWATER HELPFUL EYE WASH 238 Bowery, Dept. N. Y. Bazaar.

W. N. U., PITTSBURGH, NO. 25—1924.