

## OCEAN'S GENEROSITY

"I wonder if they throught I was selfish hetere," said Mother Ocean Mr Son was looking down upon her and was saving a police good aight tetore he went to sleet

He was wearing a very handsome mult of gold and god and he had cast hand of color right straight the run of the world it seemed. I am sure no one ever has thought

You were selfeb," said Mr Son Well " said Mother (heens, "I heard \* very curious thing today. Some peo-

ple were traveling on one of the great big boats I allow to pass over me. "It was the first trip they had ever

made upon the ocean, so they said They needed have said that, for I could realize from the speeches they made that they had not traveled on The comp before

Trachiless they know short coasts the land when I talk to my shore. Let its unfailing torch illuminate your cousins, the Rock family and all of path all through life and march on as

the strates

the sea should not de "discriments but there is a lot of oceast. We've been dot now for three

days, and we have been going steadly all the time and still we are not neurland And not snother heat to be seen We never they the month was so enor + marine

You they had be iden of 一点 八八 my presente I'm not one of your mean little builder of water.

They belong to the capable who are qualified to use them in the right way, i. The generate I'm very generate sot to the doubting inefficient and asvering, but to the courageons, the

strong

called upon to smudge your soul.

Ito not grumble if you happen to be

Think of the great men of today

won distinction, whose names are

written across the lands and seas in

Hold faith bigh above your head.

sured that the goal you have set your

difficult and your burden wearisome.

Do not falter if your road should be

Lifficulties are common obstacles

No one can get anything worth while

Affinence and power have their be-

ginning in small things, both capable of i

being won by well-directed thought

and a joyous countenance.

heart upon is just shead.

without overcoming them

in the lower ranks

Gaming letters.

WERE SERVICE

turn their faces in the darkest hour Oh, that's the road I want go. ffrom the sun of faith, shining always I want to have a friend or HELP YOURSELF EVERYTHING beneath the sun is on every cross and care,

Something to Think About

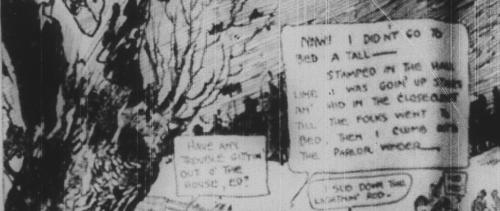
By F. A. DALKER

If you would help yourself to the available to the deserving so best there is keep track of your faults. reach out your hands and help your If inclined to procrastinate, take a lesson from the tides, the revolving earth. Will make me feel a boy industrious, persevering, charitable never delaying or hurrying

He methodical, even though it may toward the weak, respectful to the a the present day of haste and con- To have men called me which they did fusion he considered old fashloned. You must overcome foolish pride Train your mind to remember what The things they called me win a kid. and envy; he not straid to soll your your eyes see, keep your brain sensi- Is sweeter than the pra hands, but a veritable coward when it tized so that the impressions made That any datterer may giv omes to the point where you are upon it shall become permanent pic- Will help me more my line live. tures to which you can turn when they Go forth with a heart fail of faith

may be needed. Only what you can recollect in the The first the name of 7 vital moment is of any use to you, and I pray you, backward tun the page who came up from humble places and hlighted.

(@ hy McClure Newspaper Syndhests.) SCHOOL DAUS



Internal cleanliness protects against disease

**TN** CONSTIPATION, say intestinal I specialists, lies the primary cause of more than three-quarters of all illness, including the gravest diseases of life.

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend-only to aggravate the condition and often lead to permanent injury.

## Why Physicians Favour Lubrication

Medical science has found at fast in lubrication a means of overcoming-constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus, Nujol brings internal cleanliness.

Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water, it is harmless.

Take Nujol regularly and adopt this habit of internal cleanliness. For sale by all druggists.



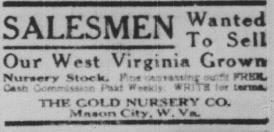


and the market price of crops is much higher. Virginia Lands valued at 40% less per acre produce crops worth 62% more than average for the United Seatia, as chown by the statistical rec-You can buy Virginia Land at 10% to 40" p lower price per acre and remains practically more set mostly for your crops. On account of Virginia being closer to bir Eastern, Markets prices are secured, less freight, Por instature, when the price of Costs in Virginia was \$1.00 per hundel it was 19 cents to 68 cents per boatsel in Western's leases, and the same is true i conjustions of all crops. The average yield per more in Virginia, with proper cultivation, is prac-tically that of the Wessern States. In Virginia von can grow all Grains, Grass, Fruits, Poulity, Live Snack, Fic. Mild winters, healthy clienste. Why not better your condition by location in this section. Write for Hand Shook, Maps, etc. G.W.KOINER, State Commissioner of Agriculture Richmond, Virginia





ouses one, stope all pain, ensured constort is in ent, makes waiking easy. Us by mail or at Drug data. Hiscox Chemical Works, Patchogue, N. T.





Sure Relief

FOR INDIGESTION

TA BELLANS

Back there in boyhood d

The last name is the name of ane.

THE PATTON CONTER

THE FIRST NME

By DOUGLAS MALL

And meet him with

And not unknown to walk in street

To call the fellows "Peter "Bill."

TAO KNOW the fellos

Connoticed all the while

Not "Mister" all the tin

Will keep me younger on a

Of life I have to climb-

And do the same for othe

in that moment, if you should fail to To innocence and truth remember, your whole future might be When I was young, and where you, And call me what they ne to do.

(d) by Mediture Newspaper

Loos and lots of me -

Marthane. Carporn . Cours

part . Perhaps they would like me to he scutter as they could travel all shows the world and get everywhere in

"That there is anoth it was to the What moved he the fun in thinking



Goodness. There is a Lot of Ocean."

if they were right around the corners to Hingham, Mass, named from the

and environments and people

event to go from one part of the com-老大学 たらみ 伝教の日本のサ

Mache they dream for years of the firme minen they'd see what the West toobs like if they happen to live East or what the East looks like if they to live Weather they may want to see it further North or down Nouth or along the Middle states.

lots of it Lots and inte to see "Ro is the organ renerous, I may

not have all the different sights that. the land has I may not have different FWS every time you look out at me from a ship as you would have if you looked out from a train window going across the country , but I have size .

contraction interest in the

"I have done what only a few others OWN AND AND DUTIES

Your Last Name **IS IT CUSHING?** 

though it may, in some in stances he derived from the French onin this authority d elater have be have a wind that the throw is derived from an older suf name Cusyn, from the French, meaning cook and that it is therefore an compative name like Cook. Other formers of the same manie are Coalse

HEI name of Cushing well known

in England and the United States,

derived from Couzon, a place

The Americana of the name car core America was discovered by olumbus. The first v se name and record are known was Thomas Cush Frank Hamilton Cushing was a noted by of Hardenham, England, whose will Hingham, England, had a son of Hard i father of Peter Coshing who was born in 1589, who came to this country

and in planning to see them some day Boston in 1658. Later they removed I don't believe they would lis an tinguished naval officer in the Civil Saxon times

war and Nathaniel (nation was a



Few people rich or poor, make the floured tin and bake twenty minutes increase the amount of in a moderate over. Cut into strips future enjoyment, they are when cool

on apt to love sight of their capabi for the present-leigh Hun!

## PUDDINGS AND CAKE

TT IS during the cold weather we en-A joy the pourings and sources. The following is a famous pucking which "Rescatting that is a baily of water the Savoy chef prepared and shipped result of the ocean. I have really ac- two tons of to America for heliday

English Plum Pudding.

bave some and they are all of my. Take twelve ounces of malaga raising the same of smyrna raising. "Why Mr Sun when you go to sleep cutrants, such and candied orange tonight I think perings you may dream peer. Ten ounces of bread crainbs, of the miles and miles and miles and nine ounces of flour, one other of relies and miles of ocean you've seen preserved ginger chopped, four ounces and you'll thick how beautiful it is to of chopped apple, one ounce of see me in the morning when you get chapped citron one teaspoonful of upcand in the evening when you go to sail, eight onnees of brown sugar six eggs and a could of milk. Mix and many travelers have said . steam five hours. This recipe makes

would never know which was seven pounds of pudding.

MANNAN MIGHTS heave antitier in the Revolution There aleb Coshing, born in 1900, an abie race their descent back to a period statesman in pre-t'ivil war days. He it was who confirmed the first treaty between the United States and China.

ethnologist and Jonathan Coshing was A ton has been governed by a Coat Tiffany.-This is an old English ozham, and his son Peter was the name derived from the word once Tail Censor. When his wife isn't pallpopularly used for Epiphany. Per- ing bis coat tail for him to sit down, it haps it was first adopted by one who is his daughter Daysey Mayne, Other with his wife Nazareth, settling in was born in the season of Epiphany- men get up in public and have their just after Christmas.

Rodd It is hard to trace this sur "or when thinking of their great oid hime of the Cushings in England name to its origin. One good au-There have been many prominent thority places it with a group of short like it if they could me it all in a day's Cushings in many different profes names that are probably contractions sions. William B. Cushing was a dis just longer first names usual in Angio-



monds. Mix and apread in a well-



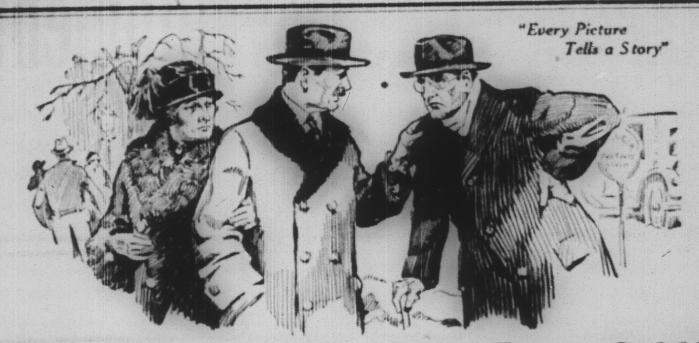
eret remains a secret

BELLANS

W. N. U., PITTSURGH, NO. 3-1925. At best, the music teacher's business

It's no fault of the fair sex if a Chronic hand shakers always have something up their slooves.

Children are the tomorrow of so clefy - Whately. The mosquite breeds only in water,



## Feel Stiff and Achy After Every Cold? Do You Have Constant Backache? Feel Old and Lame

and Suffer Sharp, Rheumatic Pains? Then Look to Your Kidneys!

OES every cold, chill or attack of grip

and rheumatic? Does your back ache with a ing bladder irregularities. dull, unceasing throb, until it seems you just can't stand it any longer?

· Then look to your kidneys! Grip. colds and chills are mighty hard on the kidneys. They fill the blood with poisons and impunties that the kidneys must filter off. The kidbecome congested and inflamed.

It's little wonder, then, that every cold leave you worn-out and utterly misera- leaves you with torturing backache, rheuble? Do you feel old and lame, stiff matic pains, headaches, dizziness and annoy-

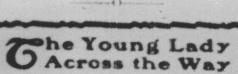
Don't delay! Get a box of Doan's Pills. Give your weakened kidneys the help they need. Assist them, also, by drinking pure water freely, eating lightly and getting plenty of fresh air and rest. Doan's Pills have helped neys weaken under this rush of new work; thousands and should help you. Ask your neighbor!

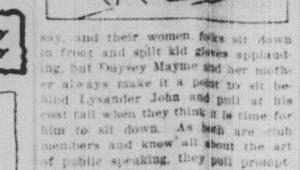
"Use Doan's," Say These Good Folks:

Stimulant Diuretic to the Kidneys

At All Dealers, 60c a Box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N.Y.

Nellie Maxwell





14.1 × 3 × 1

Daysey Mayme Applebin loves her

brother, Chauncey Devent the most

when it is necessary to mend to the

mucher's for five cents when of ilver.

If there is anything mate degrading a the pride of a princess than to mend

E). by George Matthew Adama.)

Liszt Knew Fame Karly

fore he was in his Teens.

Franz Liszt was a planist of note be

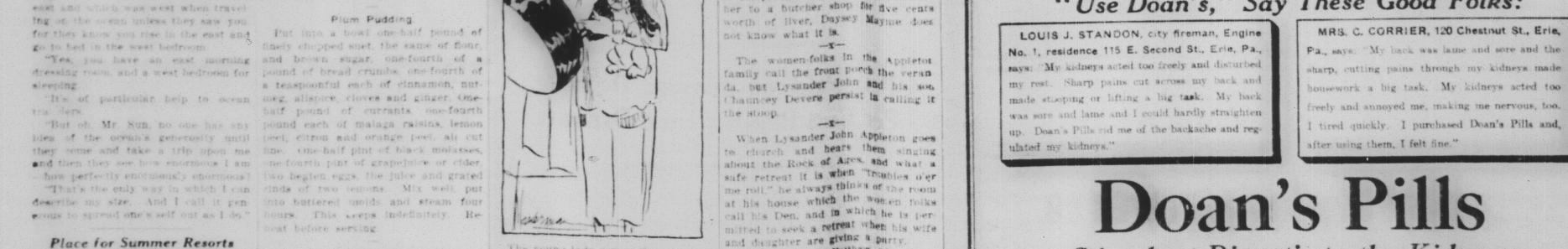
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ly and often.

The Appleton Family

I.I. his life Lysander John Apple-

Master Chauteres



Place for Summer Resorts

"What are the mountains for?" asked the teacher of the juvenile googranter chisse.

boy at the foot of the class.

Bishop Bread Take two cupfuls of brown sugar,

The young lady across the way says it must be awfully interesting to go ne-half cupful of butter, four eggs abroad in the steerage and see how The main copies one cake of they guide the ship, but she support "For summer resorts," answered the sweet chocolate grated and mixed (\* by Mclure Newspaper Syndicate.) they guide the ship, but she supposes