

**Tell Your Shoe Repairman You Want "U.S." SPRING-STEP Rubber Heels**

**A Better Heel to Walk On**

And for the best shoe sale you ever had—

**USKIDE**

—the Wonder Sole for Wears

United States Rubber Company

**YOUR BAKING COMING OUT RIGHT WITH DAVIS BAKING POWDER**

As Always

"It's the woman who pays."

"Yes, after you've handed over the money."

**Alabastine**

**It's easy**

to get perfect walls with Alabastine. Alabastine is a dry powder in white and tints. Packed in 5-pound packages, ready for use by mixing with cold or warm water. Full directions on every package. Apply with an ordinary wall brush. Suitable for all interior surfaces—plaster, wall board, brick, cement or canvas. It won't rub off, properly applied. Ask your dealer for color chart and suggestions or write Miss Ruby Brandon, the Alabastine Company, Grand Rapids, Mich.

**save money**

**Garfield Tea**

Was Your Grandmother's Remedy

For every stomach and intestinal ailment. This good old-fashioned herb remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

**NO FEAR OF TEACHER SENDING HER HOME**

USE KIL-VE on her head. If all mothers did the same, children would not have vermin on their heads. KIL-VE is a non-toxic, non-sticky, vermin destroyer; doesn't interfere with color or growth of hair. No fine comb needed if KIL-VE is used. Don't be deceived to ask for it. At all drug stores—25c, 50c and \$1.25.

**SCHWARZ'S KIL-VE**

DESTROY'S VERMIN ON CHILDREN'S HEADS

**KEEP EYES WELL!**

It's important to keep your eyes clear. Use the eye drops of Dr. F. W. Borden.

**Something to Think About**

By F. A. WALKER

**WORDS OF CHEER**

If you cannot give frequent, encouraging words of cheer to your home-mates and to those with whom you come in contact during your working hours, it would be better to bridge your tongue and seal your lips.

A rough word roughly spoken produces nothing but evil and drives away a sensitive soul to despair. It arouses animosity and hate, quite the opposite of a kindly word which awakes kindling emotions and kindles a beneficent flame of love.

It may at times, especially when you are not in a pleasant humor, cost a great effort to launch the cheerful word, but if you will brush aside your own turbulent feelings and send forth the cheer and sunshine of which you are capable of doing, you, too, to your amazement, will participate

in their delicious sweets and enjoy the thrill of an unanticipated pleasure.

From the first moment when you begin to practice the scattering of cheering words, the whole atmosphere around you changes.

The world somehow seems drawn closer to heaven, and everything and everybody about you appears brighter and happier.

In reality, there is no change except in yourself. You have sown happiness and are reaping happiness.

You have flung broadcast the sanctified blessings and they are returning to you from every point of the compass, filling your soul with a joy unexpressible.

It is you who are nearer heaven, participating in its delights without knowing it, growing more lovable as the years speed by, dim your eyes and whiten your hair.

God sends you to you in their sorrow for comfort.

The boys and girls go out of their way to meet and greet you.

Even the derelicts have in some manner heard your praises sung and respect you.

Their bleary eyes brighten and their tough old hearts soften when your name is spoken, in spite of their general belief that they are invulnerable to the gentle touches of kindness.

The greatest workers for the uplifting of humanity are the little words of cheer, which, when fitly spoken, often change beasts to men, spur them to loftier endeavor and turn their terrible night into a glorious day.

(By McClure Newspaper Syndicate.)

**Your Last Name**

**IS IT GORMAN?**

GORMAN seems to have first been used as a surname in Ireland, but the first name from which it was derived was Anglo-Saxon and was used throughout the British isles in early days. This was the name Gormund. Mund in these old first names had the significance of protection and the first syllable "ger" may have come from a word meaning war. The name Gormund then would mean war-protection. Eventually the first name came to be Gorman and this was adopted in Ireland as a last name with O'Gorman, which meant simply son of Gormund.

The Gormans and O'Gormans in this country all seem to have come from Ireland. Both families have contributed members to congress. There is a Senator James K. O'Gorman and there was a Senator Arthur Poe Gorman of Maryland and a Representative James Gorman from Indiana.

Senator Arthur Poe Gorman was born in Maryland in 1839. The son of Peter and grandson of John Gorman, who came to this country from Ireland about 1800, settling in Harrisburg, Pa. From that state they went to Maryland and there the family settled.

James Hodgwick, a grandson of Edward O'Gorman of county Down, Ireland, was representative from Indiana.

Note—There are two suggested sources for this name. It is certainly sometimes derived from the word gorm, which is a north of England and south of Scotland word for gorm, the medieval name of the man who kept the news—the place where the hawks were kept while moulting. There was such a person attached to every feudal castle while hawking was in fashion and it would be but natural if some of these men derived their surname from their occupation.

(By McClure Newspaper Syndicate.)

**SCHOOL DAYS**



**Mother's Cook Book**

ALL please your Honour, quoth the peasant. This sauce is very pleasant.

**ECONOMICAL DISHES**

**GOOD soup** is often all the dish one needs for a substantial meal. Serve with bread to supply the carbohydrates and butter the bread if the soup is not too rich.

**Bean Soup.**

Take one pound of dried beans, soak over night and drain off the water in the morning, after bringing to the boiling point, repeat the draining twice, then cook at a simmering point for five hours, or longer, until the beans are soft enough to put through a colander. After the draining add one-half pound of salt pork and let it cook with the beans five hours. The pork should be so well-cooked that it will pass through the colander, if so desired.

**Fried Tripe.**

For those who enjoy tripe:

Use honeycomb tripe, wash well and put into a large kettle of cold water, add a teaspoonful of salt and a pinch of soda, bring quickly to the boiling point, then put back on the stove and simmer slowly for four hours. At this time remove the tripe, drain it, and after dipping in a fritter batter, fry until brown in butter.

**Sardine Salad.**

Skin and bone a dozen sardines, add a cupful of mashed hard-cooked egg yolks, two tablespoonsful each of chopped olives and celery, a pinch of dry mustard and lemon juice to moisten. Mix and shape into balls, roll in boiled rice and serve garnished with roses of mayonnaise.

Salt codfish, soaked and shredded, added at the last, with a quart of

milk, omitting the tomatoes, the parsley and lemon, makes a most tasty chowder. Add half a dozen milk crackers soaked in hot milk to the stew. Just before serving.

**Nellie Maxwell**

(By McClure Newspaper Syndicate.)

**The Young Lady Across the Way**

The young lady across the way says prevention is better than cure and everybody ought to go to a good physician once a year and have a thorough post-mortem examination.

(By McClure Newspaper Syndicate.)

**MA IN WINTER**

By DOUGLAS MALLOCH

I GUESS I have the things of old As well as Father does. But I ain't crazy for the cold Like he is—see the size! Of course in winter time, my dears, A lot of fun we had— But when you get along in years A coal-stove isn't so bad.

I recollect occasions when We traveled in a sleigh— And I was nearly frozen then. I recollect many Of horse-riding parties to come Where we wore our white and green. But winter's joy is purty from Inside a house.

Perhaps to drive for twenty mile Half froze was lots of fun, But Father makes me smile— Why, how he likes to run Around the corner in a show! . . . But, drive or don't or what, A movie for amusement, though I had to be.

And when he talks about the way These smarties used to wash Our faces in the snow—well, say, I want to fight by gosh! However funny it may seem To Father now, perhaps I recollect we had no cream. He'd be a good pre- scription for the chaps.

They say that the distance lends enchantment to the view; The sight of things well, my friends, Makes things too good to you. My Father of the days of old To talk with you, when safe and snug from wind and cold. He'd be a good pre- scription for the chaps.

(By McClure Newspaper Syndicate.)

**MILK MUST BE SOLD IN BOTTLES**

Sales in Hotels and Restaurants Must be in Original Packages

**OTHER BILLS ARE SIGNED**

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

Harrisburg, Pa.—It will be unlawful in Pennsylvania for any hotel, restaurant, lunch room, fountain or dining car employee to serve or sell milk for drinking purposes except in the original container. The law in which only bottled milk can be sold to restaurants of eating places was approved by Gov. Gifford Pinchot. It was sponsored by Senator Woodward of Philadelphia.

One of the specific provisions of the new law is that milk cannot be served by the glass from bulk. It is also provided that the bottled milk must comply with the standards for milk fixed by the state.

The penalties for violators range from \$25 to \$50 for each offense or imprisonment for not less than 30 days or more than 90 days. The law does not prevent the serving of cream, skimmed milk or butter milk from bulk, nor does it prevent the sale of mixed drinks at soda fountains. The Department of Agriculture is given the police power to enforce the law.

The governor also signed a series of five amendments to the school code introduced by Senator Lanus of York. One of these laws provides for extra rate appropriations to districts employing teachers for special classes of physically or mentally handicapped children. It is provided that in districts of the first class 25 per cent additional shall be paid and in other districts 30 per cent additional of the minimum salaries prescribed for elementary teachers. The total amount paid to any school district on account of these special teachers shall not exceed 50 per cent of the salary actually paid the teachers.

A second of the Lanus laws makes provision for defraying expenses of deaf pupils in addition to blind now provided for by law, provided these pupils are in any college or university.

**Sunday Fishing Bill Defeated.**

The Fisheries bill permitting fishing on Sunday with one rod and two hooks was defeated by the house by a vote of 141 to 48. When the bill came up it precipitated a lengthy debate. "The bill is based on good common sense," declared Representative Sargis, Berks, in supporting the bill. "It would permit workmen to enjoy a day's fishing when they are prevented from doing so during the week. The 'blue laws' should be enforced if they are right and if not repeal them."

**HELP FOR MOTHERS OF AILING DAUGHTERS**

Mrs. Quigg and Mrs. Betton Tell in the Following Letters What Is Best To Do



DAUGHTER OF MRS. QUIGG  
210 MAIN STREET, ROYERSFORD, PA.

My daughter is a lot better. With the first bottle everybody could see a big change. She can go to school every day and can eat just as much as any one else when before she did not have any appetite. We have told others about the medicine, and we are perfectly willing for you to use these facts as a testimonial. We are also willing to answer letters from other women concerning the help my daughter has received from the Vegetable Compound. Mrs. JOSEPH BETTON, Ridgely, Maryland.

with girls who have these troubles." —Mrs. QUIGG, 210 Main Street, Royersford, Pa.

**Mrs. Betton's Letter**

Ridgely, Md.—"I want to tell you how much good your Vegetable Compound has done my daughter. Before she started taking your medicine she was in a nervous, run-down condition, so that she could hardly sleep at night. She always had a pain in her side and sometimes cramps so that she would have to go to bed. She is a school girl and was going to school only half the time because she was so weak and run-down she could not stand it to walk there some days. She was this way for three or four years. She had been reading your advertisements in the different newspapers and she noticed that some of the girls and women had suffered just as she had. So she took Lydia E. Pinkham's Vegetable Compound and is a lot better. With the first bottle everybody could see a big change. She can go to school every day and can eat just as much as any one else when before she did not have any appetite. We have told others about the medicine, and we are perfectly willing for you to use these facts as a testimonial. We are also willing to answer letters from other women concerning the help my daughter has received from the Vegetable Compound." Mrs. JOSEPH BETTON, Ridgely, Maryland.

**Speedy English Vessel**

The fastest single-screw merchant ship in the world is the steamship Royal Scot, which was built to give a speed of 22 knots, and plies between London and Edinburgh.

**A Quick Shift**

"Doctor, I owe you my life." "Oh, you exaggerate. But you do owe me \$80." "Why, sir, that is outrageous!" —Louisville Courier-Journal

**Children Cry for**



**Fletcher's CASTORIA**

MOTHER—Fletcher's Castoria is a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrup, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

**Olive Cultivation**

Twelve million acres of land in the Mediterranean basin is devoted to the cultivation of the olive, over 400 times the acreage in the United States.

**Angels No Longer Working**

In doing de bes' you kin, de sayin' in dat de angels could do no mo'; best de angels knocked off fum work long an' long ago.—Atlanta Constitution.

**Build your body back to Health**

TANLAC is a great natural builder. It revitalizes the blood, stimulates the digestive organs, rejuvenates the liver and pepes you up all over.

From the four corners of the earth we gather the roots, barks and herbs that go into Tanlac. We compound them after the famous Tanlac formula that has brought health to millions.

Our files are crammed with testimonials from men and women in every walk of life, who state gratefully that Tanlac has brought them back to vigorous strength.

If you suffer from indigestion, loss of appetite, can't sleep or rest; if rheumatism is making life a torture; if your liver is out of sorts and your body has run down to skin and bones, get a bottle of Tanlac at your druggist's and start taking it right away.

You'll be amazed to note the improvement that comes at once. For the first time in months you'll feel like eating some good solid food. You'll wake up in the morning rested and refreshed, ready for a good day's work. First thing you know you'll have some color in your cheeks and the sparkle of health back in your eyes.

Don't put off taking Tanlac. Begin now if you want to build your body back to health and vigor.



**TANLAC FOR YOUR HEALTH**

**THE BEST RECOMMENDATION**

—FOR—

**BARE-TO-HAIR**

Is the number who are trying to imitate it. If Bare-to-Hair was not growing hair on bald heads there would be no imitators. If there is baldness or signs of it, you can't afford to neglect to use "Forest's Original Bare-to-Hair."

Correspondence: Forest Personal Attention

**W. H. FOSTER, Mfg.**

SCOTSDALE, PENNA.

**Your Health**

By ANDREW CURRIER, M. D.

**ULCERS**

AN ULCER is simply a sore upon the skin or mucous membrane, in other words, a breaking down of the cells, frequently with only slight tendency to get well.

In the latter respect ulcers differ from healthy wounds which begin to get well almost as soon as they are formed or made.

Ulcers may be caused by injury, by burns, and by poor nutrition of the tissues where they occur.

They may be accompanied with sloughing or destruction of the tissue, and perhaps by absorption of dead and poisonous material.

They are often attended with hemorrhage and with great weakness in consequence of the prolonged discharge which comes from them, and which means loss of tissue.

This is particularly the case with ulcers which accompany such diseases as syphilis and tuberculosis.

Ulcers which accompany these diseases are often curable unless means are found to cure the diseases which caused them. The treatment of ulcers should be constitutional and consist in building up the general condition, and also local, which is directed to the sore.

The first will include all necessary hygienic means, comfortable and well ventilated housing, sleep, exercise in the open air, good food, including an abundance of milk, and perhaps such tonics as cod liver oil, quinine, strychnine and iron.

Local treatment includes cleanliness and frequent dressing of the ulcer, and the application of astringent and stimulating substances, especially such minerals as lead, copper, zinc, mercury and silver.

In ulcer of the stomach, a strict diet is almost imperative—that is, the stomach must be kept just as little work as possible.

(By Dr. J. C. Foster, Buffalo, Ala.)