

Belief in Self

IF A man thoroughly believes in himself, and has the physical stamina which makes him master of the situation, equal to any emergency, he is released from the slavery of worry, anxiety and doubt which cripple the efforts of the weak. The success aspirant ought to be jealous of any expenditure of force, any drain upon his vitality not absolutely necessary, because it cuts down the percentage of his possible achievement.—O. S. Marden.

No smoke without some fire.



My Favorite Recipe

By Mrs. Ruth Owen Rohde

Grapefruit Jelly Ring

1 1/2 cupfuls grapefruit juice.
1/2 cupful orange juice.
1/2 cupful lemon juice.
2 1/2 tablespoonfuls gelatin (general measure).
1 1/2 cupfuls sugar.
1/2 cupful cold water.
1 cupful hot water.
Soak gelatin in cold water five minutes. Boil sugar and hot water three minutes, or until clear; pour over the soaked gelatin and stir until dissolved. Let cool, then add fruit juice, a few grains of salt and pour into ring. Set aside in cool place for several hours to harden.
Copyright.—WNU Service.

Value of White House

It has been estimated that the valuation of the White House grounds in Washington, D. C., is \$15,700,000 and of the building itself \$2,300,000.

Don't Sleep When Gas Presses Heart

If you want to really GET RID OF GAS and terrible bloating, don't expect to do it by just doctoring your stomach with harsh, irritating alkalies and "gas tablets." Most GAS is lodged in the stomach and upper intestine and is due to old poisonous matter in the constipated bowels that are loaded with oil-causing bacteria.
If your constipation is of long standing, enormous quantities of dangerous bacteria accumulate. Then your digestion is upset. GAS often presses heart and lungs, making life miserable. You can't eat or sleep. Your head aches. Your back aches. Your complexion is sallow and pimply. Your breath is foul. You are a sick, grouchy, wretched, unhappy person. YOUR SYSTEM IS POISONED.
Thousands of sufferers have found in Adierika the quick, scientific way to rid their systems of harmful bacteria. Adierika rids you of gas and cleanses your bowels out of BOTH upper and lower bowels. Give your bowels a REAL cleansing with Adierika. Get rid of GAS. Adierika does not gripe — is not habit forming. Leading Druggists.

As a Stream

A man may be slow and dull and still not shallow.

Poorly Nourished Women—They Just Can't Hold Up

Are you getting proper nourishment from your food, and restful sleep? A poorly nourished body just can't hold up. And as for that run-down feeling, that nervous fatigue,—don't neglect it!

Cardul for lack of appetite, poor digestion and nervous fatigue, has been recommended by mothers to daughters—women to women—for over fifty years.

Try it! Thousands of women testify Cardul helped them. Of course, if it does not benefit YOU, consult a physician.

BLACK WALNUT KERNELS

Bought in Large and Small Quantities Highest Prices—Absolute Responsibility Write for information, circular and prices R. E. FUNSTEN COMPANY, St. Louis, Mo. Also car load buyers of Pecans

CLASSIFIED DEPARTMENT

MUSIC

Hawaiian Guitar, Spanish Guitar, Mandolin, Violin, etc., given free with each home study lesson. SUNRISE HAWAIIAN CONSERVATORY OF MUSIC, Charleston, S. C.

FLOWERS

Rose Bushes—Guaranteed to bloom. 3 yrs fieldgrown budded stock. Ever blooming varieties 15c ea. Postpaid. Catalogue. TTEK ROSE NURSERIES, Tyler, Texas, Dept. A

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By REV. HAROLD L. LUNDQUIST, Dean of the Moody Bible Institute of Chicago. © Western Newspaper Union.

Lesson for November 1

LAW, LOVE, AND TEMPERANCE (International Temperance Sunday)

LESSON TEXT—Romans 13:1-14. GOLDEN TEXT—It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth. Rom. 14:21.

PRIMARY TOPIC—Why We Keep Rules. JUNIOR TOPIC—Junior Citizens. INTERMEDIATE AND SENIOR TOPIC—What Shall We Do About Drinking? YOUNG PEOPLE AND ADULT TOPIC—Law, Love, and Temperance.

Revolution, political disorder, anarchy—these are words which characterize much of the world's news of our day. What should be our attitude toward government? Should a Christian participate in revolts against government? These are questions that stir the hearts of men.

The Bible has an answer, and it is found in our lesson for today. Let us study it with care and seek God's message for us and for our nation in these utterly confusing days.

We consider together a portion of Paul's epistle to the Romans in which, having laid his superb doctrinal foundation, he turns to a practical application. Let us ever remember that while right doctrine is necessary to right living, it is never sufficient to hold the doctrine and fail to permit it to control our daily walk. Good citizenship of the true type is the result of staunch Christian character. Much of the weakness in our political and social life can be traced to the neglect of the things of God in the home, the school, and the church.

Paul presents the Christian as one who has the right attitude toward his neighbors, and toward his own daily walk. The Christian is

I. Politically-Intelligent and Loyal (vv. 1-7).

Lectures on political economy are well worth while. School children should learn to love and honor their country. But for real intelligent citizenship we must have a study of God's Word. For all governmental authority is dependent on a God-given power. No man has any right to rule over any other man except as God delegates that right to him.

No "divine right of kings" is justified by this passage, but clearly it does teach that government is ordained of God and functions by his providence. To resist such authority is to resist God.

Must we always obey the government? Yes; until it commands us to do that which is clearly contrary to the laws of God. We do not resist or question the authority of any properly appointed governmental agency, no matter how weak, or even wicked the agent may be, as long as he acts as "a minister of God . . . for good." Any government is better than anarchy. But no government has the right to command any man to disobey God.

In our land we have a powerful agency for the correction of governmental weakness and error — the ballot box. Let every Christian use it discreetly and in the fear of God.

Before leaving the passage, note that the Christian does not dodge, "fix," or leave unpaid the taxes which support the government under whose benefits he lives and works. There is too much dishonesty at this point, and we need to correct it.

II. Socially-Honest and Loving (vv. 8-10).

"Love thy neighbor as thyself" and there will be no social dishonesty, strife, and ill-will. Remember the lesson of last week on love—I Corinthians 13.

III. Personally-Clean and Spiritual (vv. 11-14).

The time when our redemption is to be fully completed—that is, when the Lord himself returns — is at hand. We therefore will not live as those who walk in darkness, but as children of the light, clean in life and thought. We will "put on the Lord Jesus Christ."

In these days when almost every wayside store and hundreds of thousands of city buildings have been converted into drinking places far worse than the old-time saloon, when men and women are making drunken sots of themselves, it is indeed time for Christians to raise their voices in protest and to act to protect the boys and girls of America.

But above all—let us win them to Christ, for if they "put on Christ" they will "make no provision for the flesh to fulfill the lusts thereof."



Pretzel Benders in a Reading Factory.

Prepared by the National Geographic Society, Washington, D. C.—WNU Service.

WHEN historic Georgetown, D. C. still was the metropolis of the north bank of the Potomac and the city of Washington was little more than a beautiful plan on paper, a bridge was thrown across Rock creek to connect the two.

There were 13 stones on the face of the arch of the bridge. Upon them were inscribed the abbreviated names of the 13 states that had created and successfully defended the Union. On the keystone of that arch were the letters "Pa."

Whether that was the origin of the nickname of the Keystone State or only testimony of it earlier use remains a matter of debate, but the sobriquet was aptly descriptive of its role in American history and industry.

The congress that gave America its Declaration of Independence met, deliberated, and acted on Pennsylvania's receptive soil. The convention that forged the Nation's Constitution labored amid that Commonwealth's genial atmosphere.

The financial wizard who averted the economic disaster which threatened to overwhelm the young nation was that patriotic Pennsylvania banker, Robert Morris.

The fine old philosopher and master of humanized science who won international recognition for the struggling child among nations, and brought us alliance with France, with history-changing consequences, was the revered and picturesque Ben Franklin.

So it has been through the generations. When ship sails no longer met the demands of maritime commerce, Robert Fulton, a native of Pennsylvania, laid the foundations of steam navigation around the world.

Development of Its Industries.

The industries of the Atlantic seaboard became so vast that wood no longer served for fuel, and Pennsylvanians developed their coal resources.

Pittsburgh's Scotch-Irish empire builders expanded the iron industry to a point where Pennsylvania practically equipped the factories of the Mississippi valley and produced both the rails and the rolling stock of the nation's railways.

When whale oil and other animal fats and oils no longer yielded adequate lubricants and illuminants, it was in Pennsylvania, at Titusville, that Col. E. L. Drake drilled the first oil well.

Pennsylvania's industrial pioneers inaugurated the reign of steel, thus ushering in the era of skyscrapers in a thousand cities, and the speeding of traffic on the railroads of the country.

To the present hour, the land of William Penn goes forward as one of the foremost industrial communities of the world. Before the depression it was making one-fifth of the world's electrical machinery, refining one-sixth of its sugar, mining a like share of coal, and producing an equal proportion of the world's steel.

The federal census of manufactures shows that among the nation's 51 major industries Pennsylvania ranks first in 17 and holds third place or better in 15 others.

In 42 of the nation's products its factories lead those of every other state. From artificial limbs to zinc products these wares of Pennsylvania's primacy run the gamut of the alphabet. In such diverse industries as coal mining, chocolate and cocoa manufacture, pig-iron production and silk making, steel rolling and wool pulling, cement grinding and lace weaving, coke burning and hosiery knitting, Pennsylvania is first by a wide margin.

Romance in Its Story.

Pennsylvania's history is filled with stirring chapters. The story of its wild life, from the days of primal abundance to virtual extinction and back again to abundance under intelligent human protection, is a true romance of forest and stream. The tenacity with which the many religious sects, drawn there by the broad tolerance of the founder, have adhered steadfastly to their centu-

ries—old customs, and frequently their costumes, constitutes a fascinating story of quaint survivals in a progressive age.

Within Pennsylvania's borders are more people born of native white parents than in any other state of the Union. It has nearly a million more than New York, its closest rival, although the total population of the Empire State is approximately three million greater. In fact, the people of native white parentage in Pennsylvania exceed the total population of any other state with the exception of New York, Ohio, Illinois, Texas and California.

The Pennsylvanian's tendency to migrate is no new phenomenon. For more than a century and a half its restless citizen families have been moving from the old home roof, and, with their children and their children's children, have pushed out to the changing frontiers of the country. Their first outpouring was in the colonial period, when large numbers moved down into the Shenandoah valley of Virginia and on into western North Carolina and eastern Tennessee.

Leads in Home Ownership.

Although Pennsylvania has furnished more migrants than any other state in the Union, both in the colonial era and up to the present time, the state is still America's foremost land of home owners. The last census shows more dwellings occupied by their owners than in any other state, a total of 1,198,000 owner-occupied homes.

When William Penn came to America, he had title to some 28,000,000 acres of woodland, mountain, and dale. For a dozen decades these forests yielded only to the settler's ax and his new-ground ripping plow. Then larger towns and cities began to grow and there was born an insistent demand for lumber.

This havoc went on until there was left in all the 28,000,000 but a beggarly 20,000 acres of virgin timber. The lumberman had left his tree tops and his sawdust piles to make the most dangerous of fire hazards on millions of acres and to render a thousand streams unfit for fish life.

Forest fires completed the destruction, and millions of blackened, barren acres stood as mute witnesses of the profligacy of man in wasting one of the Commonwealth's principal assets.

Floods became more frequent, since barren lands cannot hold back water and give it a chance to soak into the ground. Low-water stages of streams occurred oftener, springs in barren lands cannot collect sufficient water to keep the streams fed in dry weather. Fish by the millions perished when streams were transformed for long periods into dry river and creek beds.

Forest Lands Restored.

Then the thinking citizens of Pennsylvania awakened to the menace the wasteful methods had wrought. State agencies and private interests joined in reforestation, and in protection against forest fires.

Today one finds that thirteen millions of acres in the Keystone State are accounted to be forest land. A major portion is in young trees. Wander along the Delaware river, through the Poconos, follow both branches of the Susquehanna and cross their watersheds, travel the Roosevelt highway across the state from east to west, dip down to Emporium, Williamsport, and Jersey Shore, climb Bald Eagle, Tuscarora, Laurel Hill, and South Mountain, and you will begin to understand why some one has proposed that Pennsylvania be renamed the Sapling State—because of its tremendous number of young trees.

Reforestation is beginning to bear major fruit. Floods are becoming rarer and less destructive, for water is absorbed instead of rushing pell-mell riverward. Springs constantly fed by seeping water in turn fill the streams with a more constant current. Fish are accordingly increasing in substantial numbers due to steadier stream flow, seasonal restrictions, bag limits, and artificial propagation.

It Is My Aim

TO KEEP my health!
To do my work!
To live!
To see to it I grow and gain and give!
Never to look behind me for an hour!
To wait in weakness and to walk in power.
But always fronting forward to the light,
Always and always facing toward the right,
Robbed, starved, defeated, fallen wide astray,
On with what strength I have!
Back to the way!
—Charlotte Perkins Gilman.

Household Questions

Add a tablespoon of cream to roast beef or lamb gravy. It makes it a delicious brown.

A few bread crumbs added to scrambled eggs improves flavor and makes an extra serving possible.

A tablespoon of lemon juice added to the egg in which fish is dipped before frying gives it a delicious flavor.

Knit and crocheted frocks should never be hung from closet hooks or hangers if they are to keep their shape. Even eyelet cotton frocks will stretch less if folded and laid flat, or hung doubled across a wooden hanger.
© Bell Syndicate.—WNU Service.

If You Have a Child

ASK YOUR DOCTOR THIS



Ask Him Before Giving Your Child an Unknown Remedy

Practically any doctor you ask will warn: "Don't give your child unknown remedies without asking your doctor first."

When it comes to the widely used children's remedy—"milk of magnesia," the standard of the world is established. For over half a century many doctors have said "PHILLIPS' Milk of Magnesia." Safe for children. No other is "quite like it."

Keep this in mind, and say "PHILLIPS' MILK OF MAGNESIA" when you buy. Now also in tablet form. Get the form you prefer. But see that what you get is labeled "Genuine Phillips' Milk of Magnesia."



PHILLIPS' MILK OF MAGNESIA

WNU-7 44-36

WEEKS of thrilling entertainment

For Every Member of Your Family Will Be Found in

Gone With The Wind

The novel which tells the real story of the Civil War and Reconstruction as never before described.

1037 pages—equal to FIVE ordinary novels. \$3.00

SEND COUPON TODAY

THE MACMILLAN COMPANY 60 Fifth Avenue, N. Y. C.

Send _____ copy(ies) of GONE WITH THE WIND to

Name _____

Address _____

RFD _____ State _____

Check M. O. C. O. D.