

WOMEN OF MIDDLE AGE

Relieved of Nervousness and Other Distressing Ailments by Lydia E. Pinkham's Vegetable Compound

Brooklyn, N. Y.—"I first took Lydia E. Pinkham's Vegetable Compound four years ago, and am taking it now for the Change of Life and other troubles and I receive great benefit from it. I am willing to let you use my letter as a testimonial because it is the truth. I found your booklet in my letter-box and read it carefully, and that is how I came to take the Vegetable Compound myself. It has given me quiet nerves so that I sleep all night, and a better appetite. I have recommended it already to all my friends and relatives."—Mrs. ENGLEMANN, 2032 Palmetto St., Ridgewood, Brooklyn, N. Y.



For the woman suffering from nervous troubles causing sleeplessness, headache, hysteria, "the blues," Lydia E. Pinkham's Vegetable Compound will be found a splendid medicine. For the woman of middle age who is passing through the trials of that period, it can be depended upon to relieve the troubles common at that time. Remember, the Vegetable Compound has a record of nearly fifty years of service and thousands of women praise its merit, as does Mrs. Englemann. You should give it a fair trial now.

Real happiness is cheap enough, yet now dearly we pay for its counterfeit.—Ballow.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder. Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound. Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

As a general thing, the boss of the house is the one who can be most disagreeable.



For Rheumatism - Quick relief!

The quickness, the sureness with which Sloan's brings relief has made it the standard remedy for rheumatic pain. Apply Sloan's to that sore, stiff joint or aching muscle. The pain that has seemed so unbearable disappears with amazing rapidity. Sloan's breaks up the inflammation behind most rheumatic pain. It goes to the source of the trouble. It scatters the congestion that causes the pain. All druggists carry Sloan's. Sloan's Liniment—kills pain! For rheumatism, bruises, strains, chest colds

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by taking LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1895. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation



Harmless, purely vegetable, infants' and children's regulator, formula on every label. Guaranteed non-narcotic, non-alcoholic. MRS. WINSLOW'S SYRUP The infants' and children's regulator. Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other troubles if given it at soothing times. Safe, pleasant—always brings remarkable and gratifying results. At All Druggists

Something to Think About

By F. A. WALKER

THE STEP BEYOND

JUST a step beyond the barriers which have so long defied us, and we are sure of our ground, certain of realizing our fondest hopes, and marching on and on with the victors. The thought thrills us with elation, but how hard it is to make the final stride when we are worn and weary. Human nature is prone to lose courage when the chase is tiresome. It inclines to become disheartened when carefully worked out plans and calculations fall immediately to produce anticipated results. The fatal fault with most of us is lack of patience, coupled with an inclination to be governed by impulse rather than reason at the turning moment when everything is dependent on calmness and firmness of purpose. We incline to haste when we should go slowly and take accurate account of our energy, where we should conserve it, that our minds may not be filled with fear and finally overcome with sickening apprehension. In business, as in love, most of our miserable failures result from our refusal to consider seriously the step beyond. For some paltry reason, a whim of

the fancy, or a laxity of activity, we find ourselves at the crucial moment weary of the chase. So we sit in the inviting shade of a friendly nook, while our more ambitious rivals steal a march upon us and capture the prize, only a step beyond our impatient reach. The blame is our own. But the truth never penetrates our souls until the clear perspective of years gives us a sharper vision which enables us to see our folly. It is not until then that we fully understand our shortcomings. To make amends for our own deficiencies, we proceed to pass around advice to our intimates, which, as a rule, falls on barren ground. They know us! There is but a step between success and failure, likewise but a step between hope and despair. When the occasion comes for action very few of us, alas, know how to make the step, though it is inviting and has an air of simplicity. And yet there is probably no other movement more vitally important to man's future success than the step just beyond. (© by McClure Newspaper Syndicate.)

CLAY
By DOUGLAS MALLOCH
A MAN, they say, is made of clay; Undoubtedly it's true. But then one finds so many kinds Of clay—now haven't you? Along the creeks are yellow streaks Of clay that wouldn't do. I know the mushy sort of slush Would never make a man; He'd fall apart before you start, Would crumble in the pan. That's not the ditch of clay in which Humanity began. And in the yard is clay so hard, So shrivelled up and dry, So rough and cold with musty mold And full of alkali. No love nor wit could soften it— You wouldn't even try. But there is clay beside the way That's solid yet will bend, That gives and takes—the kind that makes A fellow and a friend, That, once you choose, you never lose, That holds until the end. So don't begin with clay too thin, Nor start with clay too thick. The plastic kind you'll always find The best to do the trick. Just add a hand of good, old sand— And then you'll have a brick! (© by McClure Newspaper Syndicate.)

SCHOOL DAYS



up a little higher. If you have done one job well, find a tougher job, and do that better. That is what makes progress, and progress is necessary to the prosperity and happiness of every human being just as it is necessary to the prosperity and happiness of the whole human race. There will be plenty of hurdles to take. But when you have taken one make ready for another. For success is just one hurdle after another, and the man who takes them as they come is the man who wins out. (Copyright by John Blake.)

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Uncommon Sense

By JOHN BLAKE

THE NEXT HURDLE

PRIDE in past achievement gives you confidence. But you can easily have too much of it. Life is a good deal like a hurdle race. The next hurdle doesn't look so high when you have taken three or four like it. But it is the next hurdle, not the last one, that you must think about. However gracefully you cleared the last one, your problem is getting over the one just ahead. Take advantage of all the confidence you can get out of what you have done. But always remember that it is what is still to be done, that is going to count. Napoleon irritated his boasting generals by answering their stories of battles won with the query, "And what did you do the next day?" It is hard to be able to bask in the light of past accomplishments. Pleasant it is to sit back, after doing something difficult, and admire ourselves for doing it. But life is like a moving sidewalk. You have got to keep up with it or get off. And we are all born with an instinct that prompts us powerfully not to get off. Keep your eye on the next hurdle. That is the hurdle that is of vital interest to you. It is the one on which you must concentrate all your courage and all your energies. For if you don't get over it, you are out of the race, and all the hurdles you have taken before have gone for nothing. If you have had a little success, make it a big success. Put the hurdle

up a little higher. If you have done one job well, find a tougher job, and do that better. That is what makes progress, and progress is necessary to the prosperity and happiness of every human being just as it is necessary to the prosperity and happiness of the whole human race. There will be plenty of hurdles to take. But when you have taken one make ready for another. For success is just one hurdle after another, and the man who takes them as they come is the man who wins out. (Copyright by John Blake.)

Mother's Cook Book

The man who holds down the ladder at the bottom is frequently of just as much service as the man at the top. The mother in the home who is faithful to her duties is as invaluable as the breadwinner outside.

FOOD FOR THE FAMILY

NICE little company sandwich which is different, and served with a cup of cocoa or coffee will be enough for light refreshments is **Chicken Salad Rolls.** Mix one cupful of cooked chicken, one cupful of chopped celery and one-half cupful of chopped green olives with three tablespoonfuls of mayonnaise dressing, seasoning highly with salt and cayenne. Cut small rolls into halves, remove the soft centers, spread with softened butter and fill with the salad; press the halves together or serve open with the tops garnished to suit the taste.

For the Cooky Jar.

Take one cupful of shortening, two cupfuls of sugar, two eggs, one cupful of milk, three and one-half cupfuls of flour, a teaspoonful of flavoring, a little salt and one teaspoonful of baking powder. Mix, chill and roll as thin as possible. Sprinkle the tops with sugar just before going into the oven. For variety, cut with a doughnut cutter, sprinkle with sugar and cinnamon and add three halves of almonds, points to the center at equal distances. These are called sand tarts.

Raisin Butter Sandwiches.

Soften butter by working it with a spatula or wooden spoon until creamy. To one-half cupful of butter add one-

Has Anyone Laughed At You Because —

By ETHEL R. PEYSER

YOU LIKE TO ARGUE? You may be a bore or you may not with this propensity. Yet if you control it well you are a stimulating person to have about. Nothing is better for a crowd of lazy-minded folk than to have such as you around. You can argue on whether the moon has flowers, or rocks have life, or babies have rights, or women have hearts, or anything but politics and religion and still be popular and amusing. Argument and discussion can be the pep of a party if no one gets huffy. SO Your get-away here is: YOU KEEP THE CROWD AMUSED AND INTERESTED (© by McClure Newspaper Syndicate.)

Better Vision.

Upon retiring, as she seemed very wide awake, I told my little girl to close her eyes and count the sheep going over the fence. She closed her eyes tightly. A little later I glanced at her and she had her eyes wide open, looking up at the ceiling. I said: "Patricia, I thought I told you to close your eyes and count sheep?" "I can see them better with my eyes open," she replied.—Chicago Tribune.

ONCE IS ENOUGH



up a little higher. If you have done one job well, find a tougher job, and do that better. That is what makes progress, and progress is necessary to the prosperity and happiness of every human being just as it is necessary to the prosperity and happiness of the whole human race. There will be plenty of hurdles to take. But when you have taken one make ready for another. For success is just one hurdle after another, and the man who takes them as they come is the man who wins out. (Copyright by John Blake.)

SAVED LIFE SAYS MRS. WAGENAAR

Portland Lady Fell Off 40 Pounds, but Declares Tanlac Restored Her Fully.

"For nine years," declared Mrs. Ella Wagenaar, 208 Graham St., Portland, Ore., recently, "I was almost a nervous wreck and never knew what it was to feel well. "I was suffering from a general breakdown and, oh, it's just impossible to describe the pain and misery I endured. My stomach was so disordered I could scarcely retain a morsel of solid food. I lost forty pounds and was so weak I tottered like an infant when I walked. Many nights I never slept a wink, and I had weak spells, when I fainted dead away. "After spending over a thousand dollars trying to get well, my husband finally persuaded me to take the Tanlac treatment. Well, that was the turning point, for all my troubles are gone now, I have almost regained my lost weight, and I've never enjoyed finer health. I will always believe Tanlac saved my life, and I'm so happy and grateful that I just can't help praising it!" Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

Knew Her Mother. "And shall I speak to your father, dearest?" "Yes, but for goodness' sake, don't say a word to mother." "Why not?" "Because we don't want the engagement made public for two or three days yet."—Boston Transcript.

Baby Woke Up Crying With Pain at Night

"When my last baby was five months old," writes Mrs. J. B. Lightner, Route 3, New Brockton, Ala., "I had to give her the bottle. The change brought on bowel trouble. One night she woke up crying piteously with pain, and I just couldn't quiet her. When morning came, I sent for Teethina and gave her some that day and the next, and in a short time she was all right and is doing fine now." Mrs. Lightner's experience emphasizes the importance of keeping Teethina on hand for use in an emergency. Her baby would not have suffered so if Mrs. Lightner had started giving Teethina at the time she made the change in baby's food. Teethina is sold by all druggists, or send 30c to the Moffett Laboratories, Columbus, Ga., and get a package of Teethina and a wonderful free booklet about Baby.—Advertisement.

Smoke Bombs as Signals. Long Beach, California, life savers send up a smoke bomb when about to make a rescue, and need assistance. It has been proved that a boat can approach a father in distress more safely and rapidly from the seashore than if it were to start from shore through the breakers. The smoke bomb is the signal for the boat to leave immediately for the scene.

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for Colds, Headache, Toothache, Lumbago, Earache, Rheumatism, Neuralgia, Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

Ambiguous. "Sir, I am a woman of my word." "Yes, but which one?"—Boston Evening Transcript.

It takes a smart man to write an unimportant letter.

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adults. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago



When Run-down or Recovering from a Prostrating Illness, Here's Good Advice

Atlanta, Ga.—"During a time of the 'flu' epidemic, in a mining town in Tennessee, I found it necessary to close my store, that I might act as nurse. There were a great many cases there at that time. We found Dr. Pierce's Golden Medical Discovery to be the best tonic for convalescent patients. They all gained strength rapidly on this treatment. "My own case was no exception. The 'Golden Medical Discovery' gave tone to the digestive organs and enriched the blood, with the result of restoring me to a general healthy condition."—J. M. Kitchersid, 154 Whitehall St. Obtain the Discovery in tablets or liquid at your nearest drug store or send 10c to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for trial pkg., or write for free medical advice.

RUN DOWN PEOPLE NEED RICH BLOOD

YOU never heard a doctor say, "He is all run down, but his blood is pure and rich." The best thing—the biggest thing—that Gude's Pepto-Mangan does is to purify and enrich your blood. Then those weary, run down, dragged out feelings will disappear, and the oldtime vim and "pep" come back again. Get Gude's Pepto-Mangan today. At your druggist—liquid or tablets, as you prefer.

Gude's Pepto-Mangan Tonic and Blood Enricher

Red Flag of the Romans. The signal for battle of the Romans consisted of the unfurling of a red flag; the white flag has always been a sign of truce or peace. Indigestion produces disagreeable and sometimes alarming symptoms. Wright's Indian Vegetable Pills stimulate the digestive processes to function naturally. Adv.

Apparently, the restaurant world isn't thoroughly organized for vegetarians.

Sure Relief FOR INDIGESTION



SAWS

For FORDSON and larger mills, we have hundreds of Fordsons cutting 5-m. to 8-m. per day with three to four men, some clearing \$50 per day, the owner being the sawyer; no overhead expense. Our special 44-in. 10 gauge 28 tooth saw is recommended by all Fordson dealers. We send directions for operating saw and setting mill. Any hustler can make money. Saw mills in stock. Prompt saw repairing at each of our three factories. J. H. MINER SAW MFG. CO. MERIDIAN, MISS. COLUMBIA, S. C. SHREVEPORT, LA.

Clear skin! -poisonous waste removed!

Dr. KING'S PILLS -for constipation



INFLAMED EYES Don't treat sore, inflamed, smarting eyes with powerful drugs "dropped" in by hand. A soothing, effective, safe remedy is best. 25 cents—all druggists. MITCHELL EYE SALVE

CABBAGE PLANTS—Millions for quick delivery. Wakefields and Succession. Postpaid—10c, 25c, 50c, 75c, 1.00, \$1.25. Express—5.00 up, 5c. J. D. HOPE, Sharon, N. C. **LADIES—DO YOUR OWN HEMSTITCHING AND PICKING.** Attachment: fits any machine. Sent collect \$2.50. Agents wanted. Colorado Attachment Co., Box 2210, Denver, Colo. For \$3 Will deliver 12 Assorted Peach, Apple, pear and plum trees—selected home varieties. Montgomery Peach Co., Candor, N. C. Cabbage Plants—Finest quality, frost-proof, mailed prepaid anywhere for \$1.75 per 1,000. Delivery guaranteed. Local agents wanted everywhere. Horne Plant Co., Carrollton, Miss. **GLOBE TOMATO PLANTS** Postpaid: 100, 40c; 500, \$1.50; 1,000, \$2.40. W. G. COWARD, Nocatee, Fla. **WANTED—MAN WITH AUTO** to sell guaranteed TIRES and TUBES. Will arrange salary and expenses with right man. Amazon Products Co., Dept. A, Cleveland, O.

Hair Gray?

Mary T. Goldman's Hair Color Restorer restores the original color. Write for free trial bottle that fits on one lock of hair. State color of your hair. Address Mary T. Goldman, 1440 Goldman Building, St. Paul, Minn.