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all your walls

For sleeping rooms—formal parlors and reception halls—dining room and living room—for the library—and for public buildings.

Properly applied it won't rub off. Ask your dealer for Alabastine Colorchart, or write Miss Ruby Brandon, Alabastine Co., Grand Rapids, Mich. Alabastine—a 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.

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"Pa, what does the American eagle stand for?"
"Anything, my boy, anything."



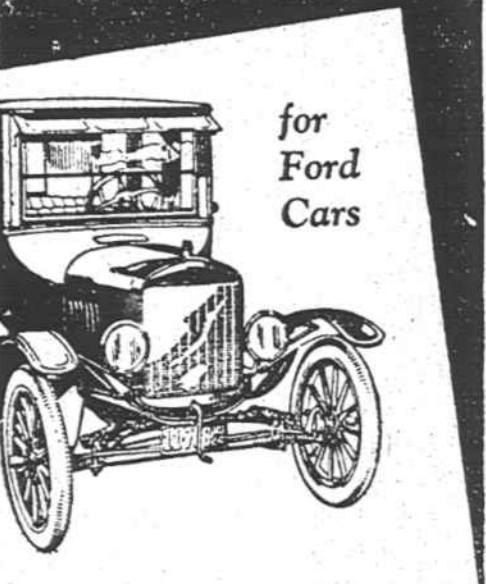
Baking in the Refrigerator?

Cold water doesn't affect Snow King Baking Powder. It works when you want it to work—in the oven. Your dough can be left in the ice-box all night and your biscuits will bake just as good the next day. It is the highest quality in a big can of—

25 OUNCES—for—25 CENTS

This world never seems any worse for the holidays we take out of its busy whirl.

for Ford Cars



The New **HASSLER** Rebound Check and Shock Absorber

Only **\$17.50**

FOR A SET OF FOUR—plus a small installation charge

This is the latest Hassler invention—even better than the original Hassler Shock Absorber. It has established a new record in Shock Absorber sales. You'll know why, once you ride in a Hasslerized car. Take a trial trip and get a new sensation in riding comfort.

Most dealers carry them. If yours does not, write Hassler Sales Agency, Inc. 521 East Main Street, Richmond, Va.

POINTS ON KEEPING WELL

Dr. Frederick R. Green,
Editor of "Health."

TICS

TRAVELING on a limited train recently, I went into the diner for lunch. The conductor seated me at a small table, opposite a well-dressed, intelligent-looking man of about thirty-five. After giving my order, I sat looking around idly. My table companion was intently reading a newspaper. Suddenly the whole right side of his face was contracted in a spasm. Watching him closely, I saw that about every three minutes the muscles of his face jerked, drawing his mouth, cheek and nose into a grotesque grin.

A middle-aged man, sitting across the aisle, also observed this peculiar performance. Following me into the smoking room after lunch, he said: "I see you were watching that man across the table from you. What do you suppose is the matter with him?" I said: "He has a tic." "Well, I'll be darned," he said, "I knew tics gave cattle fever but I never heard that tics made a man make faces."

Tics are not insects. They are habit spasms. They are habitual, purposeless muscular acts which the person afflicted with them indulges in, regularly and often unconsciously. The name comes from the German *ticken*, because the spasm comes with such clock-like regularity.

You have all known persons with tics. Perhaps you have one yourself. Some are spasms of the face, twitching of the nose, jerking of the corners of the mouth, winking or squinting of the eyes, frowning or raising the eyebrows. Other facial tics are snuffing, snaking or blowing noises with the lips, whistling, chuckling or growling. Some people have so gotten into the habit that they are unable to begin any sentence without making some peculiar noise. Jerking or shaking the head, grinding the teeth and biting the lips belong in the same group. The tic may take the form of slouching the shoulders, scratching or stroking some part of the face with the hands or fingers. One well known and brilliant actor shows in all his pictures, no matter in what part, a characteristic motion of touching his mustache with the knuckle of his right index finger.

Some persons, in walking, must always step on a crack in the pavement, others will as carefully avoid it. Stammering and stuttering are tics of speech. So is the habit of beginning every sentence with "I say," "Listen," "Look here" and other exclamations.

Tics are personal, habitual peculiarities. They are the results of habits formed usually in early childhood, sometimes through mimicking some older person. They are most commonly found in nervous high-strung persons. In adult life they are practically incurable.

Proper training and the development of self-control in children will prevent their being hampered by these strange, useless, and often ridiculous habit spasms in later years.

WHAT CAUSES GALL STONES?

MOST women over forty have gallstones. They are about three times as common in women as in men. They are most frequently found between fifty and sixty.

Gallstones are found in the gallbladder, a pear-shaped sac which is the overflow tank of the liver. In it the surplus bile, secreted by the liver, is stored until it is needed. If the lining of this tank becomes irritated and the bile in the tank becomes too thick, then the mucus secreted by the inflamed membrane unites with the thickened bile to form solid masses. It is claimed by some physiologists that the starting point of a gallstone is always a bunch of germs which have gotten into the gallbladder, started an inflammation of the lining and then become the center around which the gallstone forms.

Some gallstones are soft, others are hard. Some are very small, no larger than a pinhead, others may be as large as to fill the whole gallbladder. When a gallstone starts it grows like a snowball, but in layers. If a number start about the same time and grow with equal rapidity, they are squeezed on each other by the elastic pressure of the gallbladder and so have facets or sides.

Does the infection and inflammation of the gallbladder cause the gallstones or do the scratching and irritation of the gallstones cause the inflammation? Which existed first, the fowl or the egg?

Gallstones themselves do no harm. Probably every one past forty has one or more and never knows it. It is only when they become too large or too numerous or when they try to get out through the duct or canal into the small intestine that they cause pain, or by plugging up the canal and so preventing the flow of bile, they cause jaundice. Then they must be removed.

What causes them? Two things which are responsible for a good share of human ills. Eating too much and not working enough.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. F. H. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.)
(©, 1925, Western Newspaper Union.)

Lesson for February 8

CHRIST'S INTERCESSORY PRAYER

LESSON TEXT—John 17:1-26.
GOLDEN TEXT—"Holy Father, keep through thine own name those whom thou hast given me; that they may be one, as we are"—John 17:11.
PRIMARY TOPIC—Jesus Praying for His Friends.
JUNIOR TOPIC—What Jesus Prayed For.
INTERMEDIATE AND SENIOR TOPIC—Christ's Prayer for His Disciples.
YOUNG PEOPLE AND ADULT TOPIC—Christ's Intercessory Prayer.

I. His Prayer for Himself (vv. 1-5).
Fully conscious that the hour of His crucifixion was at hand He prayed to the Father saying, "Glorify thy Son, that thy Son also may glorify Thee." His coming into the world had as its supreme mission, the glorification of the Father. In order that the Father might be glorified it was necessary that the Son should be glorified.

1. To Him Had Been Given the Power to Give Eternal Life to God's Chosen Ones (vv. 2, 3). Eternal life is knowledge of and a right relation to the true God and Jesus Christ. Thus we see that eternal life is a relationship and not an entity.

2. He Declared That He Had Finished the Work Committed Unto Him (v. 4). The definite work which He came to do was to give eternal life to the chosen of God.

II. His Prayer for His Immediate Disciples (vv. 6-19).
1. Their Preservation (vv. 9-16). He did not pray that they would be taken out of the world but that they might be kept from the Evil One. It is not the divine will that we go to heaven at once when we believe because:

(1) Christ needs our ministry. Those who have been made partakers of the divine life are His representatives in the world.

(2) We need His grace strengthened and developed in us. Heaven is a prepared place and only those who have been prepared for it can be admitted into it.

(3) The world needs us. Christ declares that the disciples are the light of the world, the salt of the earth (Matt. 5:14). Only as the light of the Lord shines forth through the disciples can the people in the world find their way.

2. Their Sanctification (vv. 17-19).
(1) Sanctify means: First, to set apart; that means then that the disciples were to be set apart to do the specific work of representing Christ; second, to cleanse; those who are set apart as His representatives need the special cleansing grace to make them vessels fit for the Master's use.

(2) The instrument used (v. 17). They were to be sanctified through God's truth. God's truth is His Word.

(3) The purpose (v. 18). They were sanctified in order that they might be qualified for His service in the world.

(4) Jesus' own sanctification was for that purpose (v. 19). He is the grand example.

III. His Prayer for His Future Disciples (vv. 20-23).
1. Their Unification (vv. 20-23). His great concern was that all believers should be united.

(1) The grand pattern of this spiritual union is the union that exists between the Father and the Son (v. 21).

(2) The incentive making possible this union (v. 22). The vision of the glory of God in Christ (II Cor. 3:18) is the grand incentive which unites the believers.

(3) The purpose (v. 23). The supreme objective in the unification of the believers is to convince the world that God sent Jesus Christ to save it.

2. Their Glorification (vv. 24-26).
The disciple of Christ enjoys fellowship with the Father and the Son and fellowship with his fellow believer, but he also looks forward to the time when he shall be glorified.

(1) "I will that they be with Me where I am" (v. 24). There is a present glory enjoyed by believers.

(a) They are now children of God, although it does not yet appear what they shall be.

(b) They now possess eternal life and therefore shall never perish. While there is the present glory, Jesus wants His disciples to be with Him in Heaven. He said, "Except a grain of wheat fall into the ground and die, it abideth alone." We can reverently say that unless the believer is taken to Heaven Christ will be lonely.

(2) "Behold my glory" (v. 24). The believer shall share the ineffable glory of Christ (I John 3:1-3).

The Master-Word
The master-word of Christianity is love.

Charity
A bone to the dog is not charity. Charity is the bone shared with the dog when you are just as hungry as the dog.

Never Be Afraid
Never be afraid of giving up your best—and God will give you His better.

Men's Muscles
Men's muscles move better when their souls are making merry music.

Boschee's Syrup

Allays irritation, soothes and heals throat and lung inflammation. The constant irritation of a cough keeps the delicate mucus membrane of the throat and lungs in a congested condition, which BOSCHIEE'S SYRUP gently and quickly heals. For this reason it has been a favorite household remedy for colds, coughs, bronchitis and especially for lung troubles in millions of homes all over the world for the last fifty-eight years, enabling the patient to obtain a good night's rest, free from coughing with easy expectation in the morning. You can buy BOSCHIEE'S SYRUP wherever medicines are sold.—Adv.

Uses of Firemen
Returning from a fire, the Uniontown (Pa.) fire department stopped long enough to aid a woman who, having forgotten her key, was locked out of her third-floor apartment. The firemen obligingly ran a ladder up to the front window and opened the door from the inside.

MOTHER!

Baby's Best Laxative is "California Fig Syrup"



When baby is constipated, has wind-colic, feverish breath, coated-tongue, or diarrhea, a half-teaspoonful of genuine "California Fig Syrup" promptly moves the poisons, gases, bile, souring food and waste right out. Never cramps or overacts. Babies love its delicious taste.

Ask your druggist for genuine "California Fig Syrup" which has full directions for infants in arms, and children of all ages, plainly printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

The Cause
Woman—What are you crying for, little boy?
Little Boy—Cause mamma whipped me!
Woman—What did she whip you for?
Little Boy—Cause I was cryin'.

Strong and Active at 78.
Hanford's Balsam of Myrrh has healed Cuts, Burns, Bruises and Sores on man and beast during all these years. 3 sizes.—Adv.

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Fully 200 lines of steamships are in operation at the port of New York—a record not achieved by any other port in the world.

Too many quarrels are picked before they are ripe.

"CASCARETS" FOR LIVER AND BOWELS—10c A BOX

Don't Stay Dizzy, Bilious, Headachy, Sick or Constipated.

Feel fine! Let "Cascarets" clean your bowels and stimulate your liver. No gripping or overacting. Millions of men, women, and children take this harmless laxative-cathartic. It doesn't sicken you like pills, oils, calomel and salts. Tastes nice—acts wonderful. Sold at drug stores.

LEONARD EAR OIL

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Just for Curiosity

If you are curious about the results of using Calumet—bake a cake and use some other baking powder, then use the same recipe and employ CALUMET

THE WORLD'S GREATEST BAKING POWDER

Compare the texture of the two cakes—the way they look—the way they taste. The difference will make you join the millions who use Calumet daily.

Sales 2 1/2 Times Those of Any Other Brand

THERE IS NO SUBSTITUTE FOR CALUMET

Georgia Text
Growing at the weather never yet brought wet or dry. Since the Lord made it, the wisest plan is to let Him manage it.—Atlanta Constitution.

Says Brother Williams
"Ef de worl is 'goin' ter de devil," as some folks say, that'll jes' suit de ol' sinners, who is always in fer a hot time!—Atlanta Constitution.



ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 24 years for

Safe

Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

England's Great New Dreadnaught of Air

While America's new sky leviathans, the Los Angeles and the Shenandoah, have been amazing the world with their successful performances, England has been testing out its first winged superdreadnaught of the air—a deadly new coast-defense aircraft, said to be the largest single-engine airplane in the world.

This mammoth machine, known as the Culleroo Blackburn-Napier, recently completed a successful flight near Hull, England, says Popular Science Monthly. Driven by a huge 16-cylinder Napier motor of 1,000 horsepower, it can carry and launch from the air at a battleship a full-sized naval torpedo weighing 1,000 pounds. Its armament also includes great armor-piercing bombs, as well as machine guns for repelling air attacks. The plane is 54 feet long, 20 feet high, and its wing span is 88 feet.

For heated feeling and distressed breathing due to indigestion you need a medicine as well as a purgative. Wright's Indian Vegetable Pills are both. Adv.

Paid in Liberty Bonds

Pell—"What did he give the lawyer for obtaining his divorce?" Mel—"All the liberty bonds he owned."

Shave With Cuticura Soap
And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

Men never know as much about anything as women know about dress.

Good Liniment Soothes; Never Burns

AN IRRITATING, burning liniment would have aggravated this case of scalding. Mustang Liniment brought prompt relief because its amazing healing powers are quickly absorbed by the skin.

To do good, a liniment must work into the blood.

Make this simple test with any number of different liniments and decide for yourself the one that is most effective:

Rub the liniment into your palms. Then wash thoroughly. A few hours later you will notice the effect of Mustang Liniment in the urinary excretions—proving that it has been absorbed into the blood. What other liniment passes this test? Now you know why Mustang Liniment is spoken of so highly everywhere.

25c—50c—\$1.00 at drug & general stores.

MUSTANG Liniment

Prejudice roots on a tree from which facts are barred.

JOSEY 8-3-5 FOR TOBACCO

OPEN-FORMULA FERTILIZERS

JOSEY OPEN-FORMULA FERTILIZERS

GUARANTEED ANALYSIS
8-3-5 FOR TOBACCO

ACID	---	8.00%
AMMONIA	---	1.00%
FISH	---	75%
BLOOD	---	75%
DIAMMONIUM	---	3.00%
SODA	---	1.00%
POTASH	---	---
SULPHATE	---	5.00%

Also made in 8-3-3 or 8-3-4. There is a Salesman in every bag of Josey's Fertilizers.

On sale by the leading merchants almost everywhere. If there is no dealer near you write us.

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GUARANTEED ANALYSIS
8-3-5 FOR TOBACCO

ACID	---	8.00%
AMMONIA	---	1.00%
PERUVIAN	---	75%
BLOOD	---	75%
CYANAMID	---	50%
SODA	---	1.00%
POTASH	---	---
SULPHATE	---	5.00%

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