

Gained Ten Pounds

Before Taking ZIRON, Alabama Man Was Weak, Nervous, Had No Appetite, But is Now Strong.

EVERY man and woman, who is in a run-down, weak condition, with bad complexion and poor appetite, due to lack of iron in their blood, should find Ziron helpful and strength-building.

It is a scientific, reconstructive tonic, composed of ingredients recommended by leading medical authorities.

Describing his experience with Ziron, Mr. George W. S. Lanier writes from Jones, Ala.: "Sometime back, I was in a terrible condition. I was weak and nervous, and had a tired feeling all the time. My skin was muddy. I

had no appetite, and in morning I didn't feel like getting up. I was reading of Ziron and decided I would try it . . .

"Will say that Ziron is a good medicine. I have gained ten pounds in four months. Am strong and have a good appetite."

Ziron is a mild iron tonic, good for young and old. It helps to restore the system, when run-down by overwork, under-nourishment, caused by stomach or bowel disorders, or as a result of some weakening illness.

Get Ziron from your druggist. He sells it on a money-back guarantee.

THE CHRISTMAS BADGE

By MRS. NAN CARLILE

Kate came home from school one day looking very cross, and slung her satchel into the corner with a slam that made her mother raise her eyebrows in surprise. It is enough to make anybody mad, explained Kate. Every girl in our class has subscribed to the "Christmas Guild of Help" except Lucy Brown. She's the meanest girl I know. "Perhaps," said Kate's mother quietly. Lucy has her own reasons for not subscribing. I should say she had very good reasons for subscribing. Kate a little purity. To begin with, she's my chum, and I'm treasurer for our class, and she knew I was just awfully keen on cars being the best; we only wanted one quarter more to win the badge. Just one quarter and she wouldn't give it, and now these horrid teeth let have got it. I call it downright mean. I'm afraid I don't understand, said Mrs. Dixon quietly. And we asked her to our Christmas party mother, you know, and on my birthday as well, and everybody knows the Browns never give any parties back themselves. I do think we are on the right side with Lucy Brown anyway.

Mrs. Dixon put down her sewing and Kate began to feel a little uncomfortable at the sight of her grave face. "I feel quite sure," she said, "that some of the very vulgar expressions I have just been pained to hear you use were picked up from girls very unlike my little friend Lucy Brown. When I sent you to a big day-school, my dear Kate, I trusted you to choose your companions better. What do you mean by saying that you are 'on the right side with Lucy'?" Kate shrugged her shoulders and gizzled foolishly.

"Well of course, everybody knows the Browns get more out of us than we do out of them," she began. Mrs. Dixon sighed. Do you remember

Kate what you wrote on the invitations you sent out for your last party? "Requests the pleasure of so and so's company." Well you had the pleasure of Lucy's company, and a very great pleasure it was to me to feel that you had for your friend such a nice child. I, for one, had more pleasure in Lucy than in any ten of your school-fellows. Was there any bargain made for a between visit?"

"Of course not mother." Kate's face was getting red. "Was it a condition of your Guild of Help," continued her mother, that the girl who collected most money was to have a badge? Then I think it a very harmful way of exciting interest, and I should be sorry to see my little girl rewarded because she happens to belong to the class containing the children of the richest or most indulgent parents. You remember perhaps that the half dollar you were so proud to give came straight out of your father's pocket, without any trouble or self-denial on your part. And it was for your own benefit, and to gratify your ambition to wear this wonderful little badge, that you expected Lucy to give what she could not afford, and no doubt too honest and considerate to ask her parents for. And you thought you were entitled to demand it in return for my hospitality. "But the money wasn't for me," protested Kate; "it goes to the cot in the hospital."

I am very sure you were not thinking of the poor children in the hospital when you uttered those bitter, spiteful words against your friend. "Of course," admitted Kate, "I am mad about losing the badge. And surely anybody can afford a quarter."

Not anybody can afford a quarter at your best, my dear. Lucy may well have many other uses for her quarters—not all, I am sure, selfish or unselfish one. I was calling at the Browns when Lucy came in from school to take the little one from her mother for an hour or two. Very glad was Mrs. Brown to be relieved of them I can tell you, though she is sorry for Lucy to give up bas-

ket-ball practice after school which you enjoy so much. We peeped into the nursery before I came away. There the three little ones sat, quiet as mice, listening open-mouthed to a fairy-story. Lucy was either remembering or making it up for she had no book, and all the time her fingers were busy. I asked her what she was knitting, and she told me she was knitting her old stockings. It was not Lucy but her mother who explained the matter to me. Lucy was distressed that she had nothing to give to the school Christmas guild, and hit on the plan of mending and knitting over some old stockings Mrs. Brown let her have for the purpose. She had unravelled still older ones to provide the wool, and is quite busy and happy with her labor of love. Her stockings will be a real comfort to some poor child leaving the hospital. I have just bought her a nice big skein of new wool.

"Oh mother, please may I go to Lucy's home at once? I want to see this minute to ask her to forgive me for the horrid things I said. I wonder if I could learn to knit? Do you think I could mother?"

You had better take lessons of Lucy, said her mother; but she smiled, for she knew her little lecture had gone home.

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People who have been rheumatic sufferers for years—yes, even so crippled that they were unable to help themselves—have been brought back to robust health through the mighty power of Rheuma.

Rheuma acts with speed; it often brings in only a few days the relief you have longed for. It helps antagonize and drive from the system the poisons that cause agony and pain in the joints and muscles, then all soreness should completely disappear.

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He had shot at pheasants, but had never hit one. He had tried partridges with similar lack of success. He had had no luck in securing wild ducks, he had tracked rabbits, but his prey had always been too clever for him, and his first twelve months had been a blank.

Then a friend reminded him that his hunting license had expired.

"Oh? What's that?" exclaimed the novice.

"Your game license expires today," repeated his friend.

"Let it," said the novice. "It's the first thing I've caused to expire since I bought this gun."

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