

## BACK ACHED TERRIBLY

Mrs. Robinson Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Amarillo, Texas.—"My back was my greatest trouble. It would ache so that it would almost kill me and I would have cramps. I suffered in this way about three years; then a lady friend suggested that I try Lydia E. Pinkham's Vegetable Compound. I have had better health since, keep house and am able to do my work. I recommend the Vegetable Compound to my friends as it has certainly given me great relief."—Mrs. C. B. ROBINSON, 608 N. Lincoln St., Amarillo, Tex.

The Vegetable Compound is a splendid medicine for women. It relieves the troubles which cause such symptoms as backache, painful times, irregularity, tired and worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. Robinson writes as well as by one woman telling another. These women know what it did for them. It is surely worth your trial.

Housewives make a great mistake in allowing themselves to become so ill that it is well-nigh impossible for them to attend to their necessary household duties.

## BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

### LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The national remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation

### Put HANCOCK SULPHUR COMPOUND in your BATH

For Eczema, Rheumatism, Gout or Hives

Expensive health resorts, sought by thousands, have grown around springs containing sulphur. Hancock Sulphur Compound, utilizing the secret of the famous healing waters, makes it possible for you to enjoy Sulphur Baths in your own home, and at a nominal cost. Sulphur, Nature's best blood purifier, is prepared to make its use most efficacious in

#### Hancock Sulphur Compound

Use it in the bath, as a lotion applied to affected parts, and take it internally.

60c and \$1.20 the bottle.

If your druggist can't supply it, send his name and address and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY  
Baltimore, Md.

Hancock Sulphur Compound One ounce—50c and 10c—for use with the Liquid Compound.

## LOOK OLD?

Gray, thin, straggly hair makes people look very old. It isn't necessary—a bottle of Q-Ban Hair Color Restorer will bring back original color quickly—stops dandruff. At all good druggists, 75c, or direct from Housh-Elli, Chemist, Memphis, Tenn.

W. N. U., CHARLOTTE, NO. 21-1923.

### Really Not Her Fault.

One day Norma had done something that she had been forbidden.

Mother became angry and said, "Why do you do that when I tell you so often that it isn't nice, Norma?"

"Oh, mother! Truly, I was unconscious when I did it," exclaimed the distressed child.

Time flies, but money can beat it for any distance.

Quick minds don't always think out the big problems.

## Back Given Out?

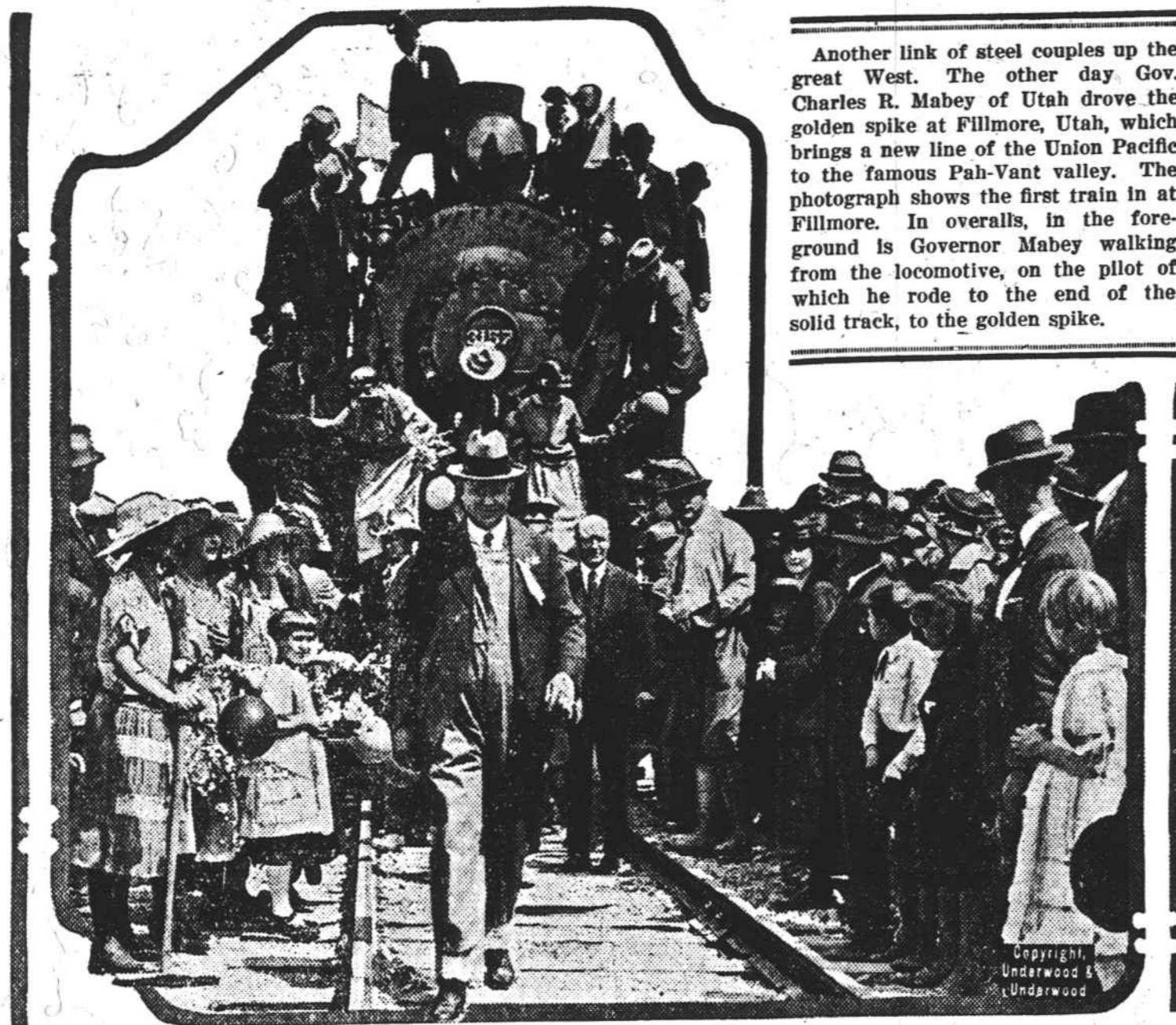
IT'S hard to do one's work when every day brings morning lameness, throbbing backache, and a dull, tired feeling. If you suffer thus, why not find out the cause? Likely it's your kidneys. Headaches, dizziness and bladder irregularities may give further proof that your kidneys need help. Don't risk neglect! Use Doan's Kidney Pills! Thousands have been helped by Doan's. They should help you. Ask your neighbor!

### A North Carolina Case

G. W. Harrell, retired farmer, E. Granville St., Tarboro, N. C., says: "My back was weak, stiff and lame and ached. My kidneys were weak and I had to pass the kidney secretions often and they contained sediment. I used several boxes of Doan's Kidney Pills and my back was stronger and my kidneys didn't give me any more bother."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## Pah-Vant Valley in Utah Now Has a Railway



Another link of steel couples up the great West. The other day Gov. Charles R. Mabey of Utah drove the golden spike at Fillmore, Utah, which brings a new line of the Union Pacific to the famous Pah-Vant valley. The photograph shows the first train in at Fillmore. In overalls, in the foreground is Governor Mabey walking from the locomotive, on the plot of which he rode to the end of the solid track, to the golden spike.

## Commemorates War Work of the S. A.



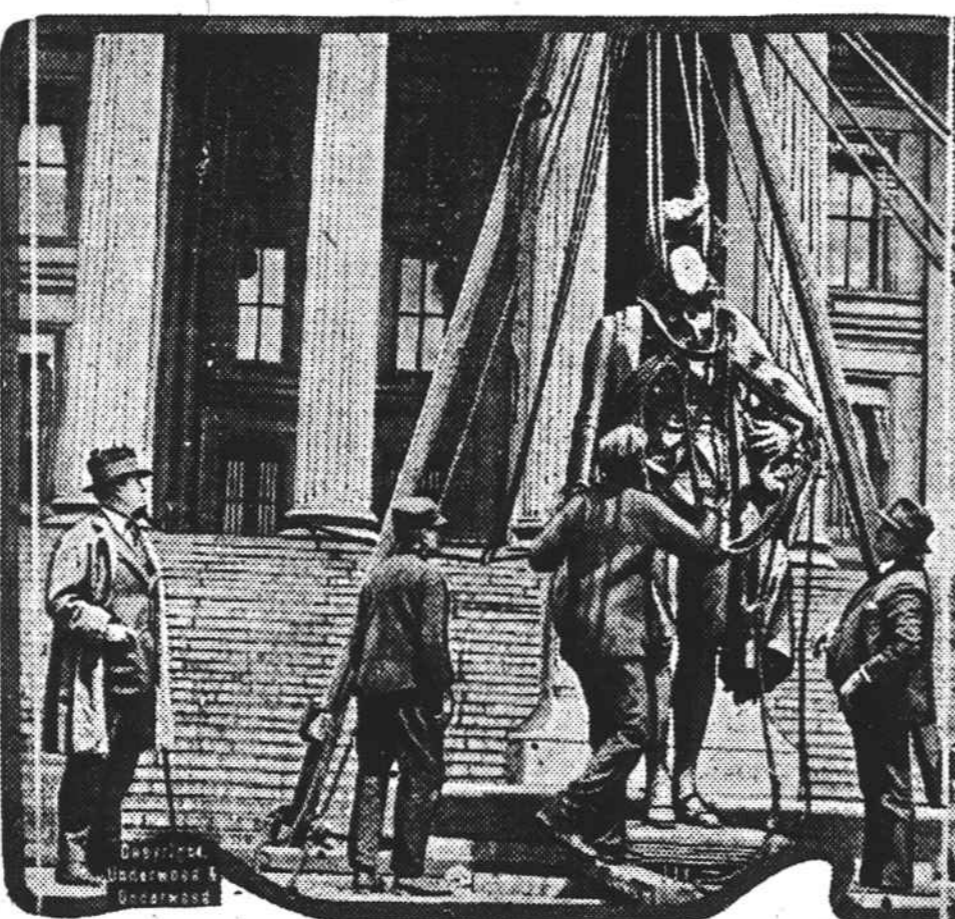
St. Thomas' Episcopal church in New York city has commemorated the war service of the Salvation Army with a wood carving on one of the miserere seats on the epistle side of the choir, representing the effective work done by the Salvation Army workers with the American soldiers in France. The center figure in the carving represents the Salvation Army lassie with her tray of doughnuts and on each side of her are "doughboys" in posture of appreciation and gratitude. At the lower right-hand side are the tambourine, trumpet and Bible, and in the other corner a coffee pot with two cups and two plates.

## Performing Long Distance Wedding



Justice Hal P. Hughes of Fort Worth, Tex., performing the ceremony that made Helen Satterwhite, seated beside him, the bride of Horace W. Keller, sailor, who at the time of marriage was 2,000 miles from his bride, confined to his bed with pneumonia at a hospital at Bremerton, Wash. A total of 4,000 miles of telegraph wires was necessary for the routing of the nuptials.

## Hamilton Statue at the Treasury



J. E. Fraser, New York sculptor, supervising the erection of his statue of Alexander Hamilton on the south steps of the treasury at Washington. The statue, which is of bronze, represents the first secretary of the treasury as standing hat in hand gazing across the Mall toward the Washington monument. It was unveiled on the afternoon of May 27 with appropriate ceremonies.

## RECORD BEARD



This, the longest beard in the world, has been growing since 1881, and is now 12 feet 3 inches long, making Zach T. Wilcox of Carson City, Nev., the champion whisker grower of the world.

## FINE GIFT TO HARDING



Mme. Tomas Jonnecou, noted French-Rumanian artist of Rumania, called at the White House recently and presented President Harding with a book of Rumanian art. The book was compiled by the Queen of Rumania and Mme. Jonnecou and is a very beautiful piece of art. The photograph shows Mme. Jonnecou with the volume.

### What She Says.

"Does your wife object to your playing golf on Sunday mornings?" "Not at all. When I get out of bed at 7:30 o'clock she merely yawns and says: 'It's all right. I only wish you'd get up that cheerfully the Sunday mornings I want you to go to church.'"

# Wall HARMONIES

The Cross and Circle is printed in Red on every genuine package

HAVE your interior walls tinted the exact color. Exercise your own good taste in just the color tones to bring out the best features of every room. There is only one sure way.



# Alabastine

Instead of Kalsomine or Wall Paper

### Literature.

"What has become of the dialect story?"  
"Nowadays they tell it in slang."

## Baby Ceased to Fret After He Had Teethina

"When my baby began to cut his teeth he was so fretful and feverish I couldn't do a thing with him. It took all my time to nurse him and I couldn't look after my housework," writes Mrs. Annie Reeves, Route 31, Roswell, Ga., "but as soon as I began giving him Teethina he stopped fretting and has given me little trouble since."

Teethina is far superior to soothing syrups and similar preparations for quieting a fretful child. It contains no opiates and is therefore perfectly harmless. Weak, sickly children thrive on it and doctors recommend it.

Teethina can be had at any drug store or sent 30c to the Moffett Laboratories, Columbus, Ga., and receive a large package and a free copy of Moffett's Illustrated Baby Book.—(Advertisement.)

### Her Easter Eye Open.

"Your wife is a close observer, isn't she?"  
"If you spell it c-l-o-s-e-r."

### GENIUS OF THE SIGN BOARD

After All, What is the Small Matter of an Apostrophe "Between Friends"?

Some years ago I watched a sign-painting genius while he put the finishing touches on a masterpiece: "Ladies and Gent's Restaurant."

"Pardon my inquisitiveness," said I "but why do you put the apostrophe before the s?"

"The which before the what?" he questioned courteously.

"The little curly-tailed mark after that e and that t. Some call it an apostrophe."

"Posserphe, is it? Well, young fellow, I seen and I make that dingsus a hundred times, and I never knew that it had a name. Posserphe! That's a good one; I'll have to spring it on the gang. Some painters always paint it after the s, but I always put it before the s, because I think that it looks more artistic there. Otherwise, it don't make no difference where you put it."—De Laval Monthly.

### Music and Food.

"They didn't pay much attention to my speech at the banquet given in my honor."

"No," replied Senator Sorghum. "But they liked the food and the music 'was fine."

"Did they play 'Hail to the Chief'?"  
"Maybe. But it sounded to me more like 'Hail to the Chef.'"

This is the time when you must positively use care in selecting foods—when you must use care in selecting articles of food, to be sure that you get the real food values that help build up good health.

You must have the vital elements in foods if you want to keep well. These vital elements cause the food you eat to assimilate—it means health and growth in children—also in grown-ups. It means replacement of worn out tissue, the building of lost bodily vigor. In fact, it is absolutely necessary to life itself.

Many food authorities agree that pure baking powder and good plain flour are much better for food value and health than many self-rising flours.

For the best of health—for the most economical results—use only plain flour and good baking powder.

YOU, AS A GOOD HOUSEWIFE know that the time to add anything to flour is just before you begin your baking, not months before and you also know that no prepared mixtures such as the self-rising flour can be as fresh—can be as certain in results—as the good old fashioned straight flour and pure baking powder.

For best results use—**Calumet Baking Powder** and a good plain flour.