

Uncommon Sense

SON BLAKE

"STOP AND START" MEN

THE incompetent locomotive engineer is known on the railroad as a "stop and start" man. He can use the brake and the throttle, but he doesn't know how to take care of his engine.

The "stop and start" man is never given a good locomotive or an important train. Life and property are too valuable to be entrusted to ignorance.

To run a locomotive a man need not have a technical education or know how to build one. But he must have a good understanding of the principle of steam power, of the mechanism of the air brake. And he must, if he is worth his salt, know how to care for his engine so that, while it is in his charge, it will be most efficient.

Every human being lives and moves in a machine far more complicated than the most modern locomotive. And ninety-nine men out of a hundred know no more about this machine than the "stop and start" engineer knows about his locomotive.

It is no wonder that so many human locomotives spend so much time in the hospital repair shop, or break down and become worthless long before they should.

How it is constructed, how it should be operated, what kind of fuel and how much of it is required for the best results—all these are profound

mysteries, even to men who can conjugate Latin verbs or know the names of the Roman emperors in their order.

It is natural to desire long life. It is pleasant to look forward to a "green old age."

But these can be attained only by men who know enough about their bodily machinery to take care of it properly, and to keep it up to the work it is called upon to do.

It is not necessary or possible for everybody to study medicine. But every man can, with little trouble learn something more than how to start and how to stop his own machine.

He can learn how to feed it, how to exercise it, how to tell when something is working wrong, and when to call in the doctor, who is the technical engineer of the human railroad.

If all men would do that there would be far less work for the hospitals—which are the "shops" for human locomotives, and the doctors would find time to learn more about preventive medicine, which is the most important branch of medical science.

(© by John Blake.)

DAY BY DAY

By DOUGLAS MALLOCH

STEP by step we walk the way,
Stair by stair we climb,
Day by day we live—today
Makes the sum of time.
All our yesterdays are done,
With their smile or tear,
All our days are only one—
And that day is here!

Day by day, as chip by chip
Sculptors shape the stone,
In the moment's fellowship,
In the hours alone,
So we shape the thing we are,
Not the thing we seem,
What the yesterdays afar,
What tomorrows gleam.

Day by day! We cannot wait
For tomorrow. We
From the present must create
All we are to be.
What we are to be depends
On no future hour,
But the hand that plants and tends
Now the opening flower.

Day by day we upward go,
So we build the stair;
Do today the best you know,
Building firm and fair.
They who conquer in the strife,
They who win, are they
Who, through every day of life,
Do their best Today!

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Something to Think About
By F. A. WALKER

IMAGINATION

IN ALL that has to do with masterful effort and extraordinary achievement, there must first be in the mind of the prospective operator an imaginative activity.

In order to write a book or a play it is necessary in the beginning of the work of either, to set our imagination to work, going carefully step by step over the plots and characters, and picturing them to the limit of our ability as they appear when they make their debut to the public, for whose entertainment they have been produced.

This same principle applies to every form of labor, whether by the hand or the brain, the man or woman possessing the greater power of imagination having a decided advantage over those who constantly have to be told what to do and guided at every turning point.

The artist first visions his picture before he mixes his colors and takes up his brushes; the architect sees in his mind the outward form and proportions of a building or a bridge, prior to making the preliminary sketches, and so it goes at the start of everything created.

Without imaginative activity the world would soon retrograde.

Cities would become unsightly, there would be no music or art, no schools or colleges—nothing to give inspiration to the young and urge them on to surpass their elders.

The force of will, unless it is supported by imagination, rarely accomplishes anything above the ordinary—never pens a poem that will go down

SCHOOL DAYS



the ages, never chisels a statue whose grace and charm excite enduring adoration, never writes a song that millions of people love to sing over and over again long after the hand that wrote it is turned to dust.

The Pyramids, those impressive monuments near Cairo, Egypt, on the west side of the Nile, grew from imagination to imperishable piles which have excited the wonder and admiration of mankind for centuries.

"Where there is no vision," says the Book of Books, "the people perish."

If you are blessed with an imaginative mind, a conscious aiming at a result, give it free rein and let it lead you where it will.

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MEN YOU MAY MARRY

By E. R. PEYSER

Has a Man Like This Proposed to You?

Symptoms: Frowsy haired, beloved of women, adores adoration, unpunctual, wears bow collars to the naked point, vests with deep Vs. Music is his life and profession. You saw him first at a musicale and met him at a reception in his honor. He likes you because you are not a bubbler or a babler and, though liking admiration, he does get a bit fed up.

IN FACT

The Rapture club is his doing and his undoing.

Prescription for bride-to-be: Be a good carpenter and nail his feet to the floor.

Absorb This:

SOLOS ARE SAFER THAN DUETS. A GOOD ACCOMPANIST IS A RARE FIND.

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Mother's Cook Book

There are not enough lovers of beauty among men. Not enough who want the green hill far away, who naturally hate disharmony, and the greed, ugliness, restlessness, cruelty, which are the parents and children.—John Galsworthy.

GOOD THINGS FOR THE FAMILY

A NICE cake which is not too expensive and one which will keep for some time is:

California Pound Cake.

Clean one-half pound of butter until light and white, then add, gradually, one-half pound of sugar and beat the two until frothy. Break into the mixture, one at a time, five unbeaten eggs and beat each egg until it is thoroughly incorporated before adding the next. The success of the cake depends upon the foregoing directions. Sift one pound of flour with one-half teaspoonful of salt; slightly warm the mixture, sift again and add to the butter, sugar and eggs alternately, with one cupful of any fruit juice from canned fruit. Lastly, add one cupful of each of the following, all chopped fine: Canned cherries, blanched almonds and candied peel. Grease and flour the cake pan, and bake in a slow oven for forty or fifty minutes.

Rhubarb Frappe.

Boil three cupfuls of water and two cupfuls of sugar ten minutes; add the juice of one lemon and one quart of cooked rhubarb, strained through a colander; cool and freeze. Pour one

cupful of boiling water over one-half cupful of seedless raisins; let stand thirty minutes; strain, cool and pour over the frappe just before serving. Serve with fish.

Bran Bread.

Measure a pint of warm water, blend with one yeast cake, stir in one quart of flour and beat hard to a smooth mass. Cover and let rise in a warm place until light. Beat into one-half

ONCE IS ENOUGH

Pi. Prospa

cupful of lard one cupful of fine granulated sugar and two teaspoonfuls of salt. Add this to the yeast mixture and add four cupfuls of bran and one cupful of seeded raisins. Beat again; grease two bread tins and pour the mixture into them. Let rise in a warm place and bake in a slow oven for an hour.

Raisin and Rhubarb Pie.

A nice combination for a pastry shell is two cupfuls of rhubarb cooked with one-half cupful of raisins, thickened with a little flour; add butter and sugar; cover with the beaten whites of two eggs. The shell is baked before the filling is added. Brown the meringue and serve cold.

Nellie Maxwell

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A Budding Specialist.

"How awfully greedy you are!" said one little girl to another. "You took the biggest apple from the basket just as I was going to take it myself."

—Judge.

Separate Domicile, As It Were.

It is better to dwell in the corner of the housetop than with a brawling woman and in a wide mansion.—Solomon.

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

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Making a Lawn.

"My place is new," remarked a man who bought a home on Alter road, "and the soil doesn't seem to be able to produce a stand of grass. I have been told to plant oats with my grass seed. When the oats come up they are to be cut off and allowed to wilt and die. But their roots help to form a sod. This was a new one on me, and whether it's old or new, good or bad, I don't know."—Detroit News.

Cuticura Soothes Baby Rashes

That itchy and burn, by hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each.—Advertisement.

FINDS IT HARD TO GET AWAY

Scotsman Who Would Leave This "Land of the Free" Discovers Red Tape Intervenes.

"Immigrants who think it is hard to get into the United States should try to get out after once they are in, if they wish to encounter a real problem," said a native of Scotland, who has lived in Indianapolis several years and who has taken out his first naturalization papers.

The man wished to return to Scotland to live, and several months ago took up with the British representatives in the United States his proposal to quit this country for his old home.

"I have been in correspondence with several British representatives," said the Scot, "and there seems to be an endless amount of red tape in the procedure. The British representatives seem fearful lest I may become a charge on Great Britain. I have sworn to almost everything and hope soon to get my passports."—Indianapolis News.

JINX STRICTLY ON THE JOB

Good Reason Why Indianapolis Man Felt That His Week Had Started Out Wrong.

This story has to do with a man whose Christian name is Joseph and who works at a factory downtown.

Monday is wash day at his home. That, be it remembered, was the day when an explosion at the Indianapolis Light and Heat company's Mill street plant cut off electric current from many homes of the city. This man arose somewhat earlier than usual, wheeled out the electric washer, and tried to start operations. The washer would not work. He spent two hours trying to find what was wrong with the washer, and finally gave up in disgust, going to work, and arriving late, he found the power off there.

"H-m, that explains why I couldn't get that washer started," he said. "It surely started my week off wrong."—Indianapolis News.

Gluck! Gluck!

Her father is a doctor, a specialist with a large following. Little Miss Three-year-old was being entertained by her nurse the other afternoon, and the youthful miss decided that she wished to be amused with imitations. The nurse had run through her full list of mimicry when the command came to imitate the chicken.

"Make a noise like a chicken," the order came.

"Oh, I can't imitate a chicken," the nurse protested.

"Well, if you can't I'll ask daddy—he can. He treats 'em!"

Marital Reaction.

Flubb—Marriage seems to exercise a sobering influence on some men.

Dubb—Yes; it's a sort of aftermath to love's intoxication.—From Life.

WINTERSMITH'S CHILL TONIC

SOLD 50 YEARS — A FINE GENERAL TONIC

It has sold by your druggist, or the Wintersmith Chemical Co., Louisville, Ky.

Record Honey Crop.

The largest honey crop in the history of British Columbia was garnered in 1922, registering as it did a value of \$177,839, at wholesale prices. The year's output represents the remarkable average of 61 pounds a hive, that is 61 pounds a hive from 11,591 hives in 2,143 apiaries. In 1921 the average was 30 pounds a hive, from 10,329 hives in 2,072 apiaries. In 11 years the province's output has grown from 20 tons to 355 tons.

A FEELING OF SECURITY

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Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy.

The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

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A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try 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.

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Removes Corns, Calluses, etc., stops all pain, causes comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiseox Chemical Works, Patheon, N. Y.

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\$10 Buys Guarantee Option on 20 Bales of Cotton

No further risk. A movement of \$10 from option price gives you an opportunity to take \$200; \$5, \$100, etc. Write today for particulars and free market letter.

INVESTORS' DAILY GUIDE
Dept. R, 63 Wall St. New York

Wanted Young Men

To learn the barber trade and enroll course. Good jobs await our graduates. **Charlotte Barber College, Charlotte, N. C.**

Chinch Bug Pest.

The mild weather has favored the successful overwintering of the chinch bug, according to reports received by the United States Department of Agriculture. It is now found to be present in winter quarters in threatening numbers over the greater part of southern and central Illinois, in 65 counties; in southern Nebraska, from Jefferson county west to least to Furnas county, and in the northeastern corner of the state in Boyd county, where it is a southward extension of a serious manifestation in southeastern South Dakota; in eastern Kansas it seems to be more abundant than during average years. The temperatures have been above normal and very dry. Burning of hibernating quarters is being practiced throughout the state of Kansas.

Finance and Publicity.

"What are you going to do about this rumor that you have made a lot of money in speculation on inside tips?"

"Nothing," replied Senator Sorghum. "You can't stop a rumor, so we may as well take the individual benefit. At least, it will improve my credit."

Old-Fashioned.

"She's old-fashioned." "So." "She still has a dressmaker come to the house."

No "kick-back" in this mealtime cup

WHEN you find that coffee makes you nervous, keeps you awake at night, or causes frequent headaches, it's time to change to Postum.

This delicious, healthful cereal beverage gives you all the comfort and satisfaction of your usual morning-cup. It has charm without harm to nerves or digestion—cheer without fear of a dangerous "kick-back."

Postum FOR HEALTH

"There's a Reason"

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by boiling fully 30 minutes. The cost of either is about one-half cent a cup.

Made by Postum Cereal Company, Inc., Battle Creek, Mich.