



MIDWAY THRILLS AT THE FAIRFAX COUNTY FAIR—Looking high up at the Ferris wheel which proved one of the best thrills at the Fairfax, Va., fair grounds recently. Left to right, Misses Delores Silence, Pauline Carter and Eunice Hall.

AFRICANS SAY:

"Africans have much in common with us as wit and wisdom expressed in their proverbs show. It is time

for us to get away from the notion that they are in an inferior and barbaric state. In more than one sense, we Americans are less civilized and more barbaric than they." — C. J. BENDER.

All stomachs are alike (growing children eat as much as adults).

Reminiscences

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lived five whole years, opens her hand and offers me one of two peanuts. I tell them about Peter Rabbit and their eyes are bright like Peter's. And their little dark hands, lying on their white dresses, are so expressive, so delicately moulded, that I forget about Peter Rabbit and everything else as I look at them.

(To Be Continued)

A Daily Menu

- TOMORROW'S MENU**
MORNING
 Grapes and Peaches
 Flaked Cereal
 Scrambled Eggs with Minced Ham
 Coffee Milk
NOON
 Creamed Salmon on Croutons
 Waldorf Salad
 Orange Bread Sandwiches
 Black Tea
NIGHT
 Sirloin Steak Gravy
 Browned Potatoes
 Sautéed Carrots
 Head Lettuce Salad
 Roquefort Dressing
 Prune Dumpling
 Lemon Sauce
 Coffee

How Can I?

How can the skins from beets be removed very readily?

ANSWER

Place the beets in hot water for a short time, drain off the hot water and immediately fill the vessel with cold water.

Modern Etiquette

Is it the best form to use the initials R.S.V.P. on cards or invitations?

ANSWER

No, as the well-bred person knows enough to acknowledge correspondence without being asked to do so.

In order to take proper care of shoes, every few nights, when taking the shoes off, rub them with a soft cloth slightly smeared with vaseline. They will wear much longer and will not require as frequent polishing.

Dip a soft cloth in milk and rub it gently over the soiled spots of gilt frames. Repeat several times if necessary.

Nagging Pains

are WARNING SIGNALS

TEMPORARY pain relief remedies may save you much suffering at the moment, but putting a mask over a warning signal does not clear up the condition it was telling you to avoid.

When periodic pains, due to a weak, run-down condition, distress you, treatment for the cause of the trouble should be started without delay.

Take Cardui to build up against the nagging symptoms of ordinary womanly ailments. It has been in use for over 50 years. So many women praise CARDUI, it must be good to have the widespread use that it has today. Sold at drug stores.

for WOMEN only

Why worry about delayed periods from unnatural causes. Get Quick Results using FEMINESE—Liquid-Tablet Relief. Used by doctors. Moves cases long overdue. Pleasant, safe, no interference any duties. Satisfaction guaranteed treatment \$2.95. Postage if C.O.D. Specially Compounded for Very Obstinate Cases \$5.00. Illustrated Folder Free with order. PETONE CO., Dept 18-F St. Louis Mo.

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 WITH A WRITTEN GUARANTEE
 Its Principles Will Help You.
 Information Free—Write or Call
 ALEXANDER'S PSYCHO AID, Inc.
 211 W. 137th St. New York, N.Y.
 THE ORIGINAL D. ALEXANDER

PUZZLING PROBLEMS

A solid metal ball, with radius of 4 inches, weighs 8 pounds. What is the thickness of a spherical shell of the same material and weight which is 10 inches in external diameter?

ANSWER

1.2 Explanation — Find the volume of the two spheres. (1.) Multiply 4-3 x 22-7 x 4 x 4 x 4, which equals 268.2. (2) 4-3 x 22-7 x 5 x 5 x 5 equals 523.8. Subtract 268.2 from 523.8; divide by 4-3, by 22-7, and extract the cube root; this gives 3.8, radius of hollow part; subtract 3.8 from 5.

WAKE UP YOUR LIVER BILE— WITHOUT CALOMEL

And You'll Jump Out of Bed in the Morning Rarin' to Go

If you feel soug and sunk and the world looks punk, don't swallow a lot of salts, mineral water, oil, laxative candy or chewing gum and expect them to make you suddenly sweet and buoyant and full of sunshine.

For they can't do it. They only move the bowels and a mere movement doesn't get at the cause. The reason for your down-and-out feeling is your liver. It should pour out two pounds of liquid bile into your bowels daily.

If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

It takes those good, old CARTER'S LITTLE LIVER PILLS to get these two pounds of bile flowing freely and make you feel "up and up." They contain wonderful, harmless, gentle vegetable extracts, amazing when it comes to making the bile flow freely.

But don't ask for liver pills. Ask for Carter's Little Liver Pills. Look for the name Carter's Little Liver Pills on the red label. Resent a substitute, 25c at all stores. © 1931 C. M. Co.

Don't Trifle With Coughs

Don't let them get a strangle hold. Fight germs quickly. Creomulsion combines the 7 best helps known to modern science. Powerful but harmless. Pleasant to take. No narcotics. Your druggist will refund your money if any cough or cold no matter how long standing is not relieved by Creomulsion. (adv.)



HOW TO HAVE LOVELY HAIR AND SKIN

Anyone can be more beautiful at very little cost. A good start is to use Exelento Quinine Pomade on your hair to make it soft, glossy, and easy to dress in the new styles.

For your skin, use Exelento Bleach Cream, a new cream that does three things at the same time: first, lightens the skin; second, removes pimples; third, makes the skin smooth and soft.

All Exelento beauty helps will please you. Try Exelento Beauty Aids the next time you want a fine face powder, vanishing cream, skin soap, or other aids to beauty.

FREE Write Miss Clarice Cain, EXELENTO MEDICINE CO., Atlanta, Ga., for her surprise package of Exelento beauty samples, and her Beauty Secrets Book. They will be sent you, FREE.

KEEP YOUR HAIR attractive and WELL DRESSED

It's Easy to Do With This Remarkable Black and White Hair Dressing

Choose the striking style of head dress that becomes you most. Arrange your hair in that style with Black and White Hair Dressing. See how EASY it is. See how QUICKLY you get results. Hours later you will be thrilled to see that your hair is still dressed, every strand in place. That's why women prefer this remarkable hair dressing. They know what Black and White will do. Try this sweet-scented, high quality Black and White Hair Dressing today. You'll see why it's such a favorite with women from Maine to California. Two kinds: Amber, 30c; White, 50c.

BLACK AND WHITE HAIR DRESSING

BLACK AND WHITE HAIR PREPARATIONS ARE SCIENTIFIC, SAFE, SURE

Here's the EASIEST and Most Economical Way to GROW LONG HAIR

Why pay more than 25c for a hair grower? There's no need to when you can buy Black and White Hair Grower at this sensible price. Black and White will make your hair grow long and luxurious because it's scientifically made to nourish hair glands and stimulate the scalp. It gets results and gets them QUICKER and BETTER. Ask for—

BLACK AND WHITE HAIR GROWER

Bobbed Hair Girls, Good Looking Men PREFER

Black and White POMADE DRESSING. Makes even the most stubborn hair lay down and stay down. It gives it that sleek, smart look that everyone desires. Contains castor oil and other scientific ingredients that are beneficial to hair and scalp. Large tin, economically priced, 25c.

BLACK AND WHITE POMADE DRESSING

Don't Take Chances! PROTECT YOUR HAIR From Burning, and Falling Out

Black and White Glossine (Pressing Oil) is a favorite in homes and beauty shops everywhere. Used with pressing irons and hot combs it gives finest results, protects the hair from burns and leaves it long, smooth, straight and soft. Also imparts gorgeous gloss and sparkling sheen. Large can, Black and White Glossine, is only 25c.

BLACK AND WHITE GLOSSINE

