

YOUNG MOTHER NOW STRONG

Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It

Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. FRED. P. HANSEN, 662 Symonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration.

If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles.

The letters we publish ought to convince you; ask some of your women friends or neighbors—they know its worth. You will, too, if you give it a fair trial.

ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake Into Your Shoes
And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Callouses, and gives rest and comfort to hot, tired, smarting, swollen feet.
More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war.
Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, freshens the feet and gives new vigor. Nothing relieves the pain of tight or new shoes so quickly. Sold everywhere.
In a Pinch, Use ALLEN'S FOOT-EASE

Cuticura Soap

The Healthy Shaving Soap

Cuticura Soap shaves without tug. Everywhere.

Memory.
A joke is being told on an absent-minded eastern professor. He was talking some students to the country to study rocks. At the station he said, "We haven't a watch. We'll need one or we'll miss the train back. John, run home and get mine."
"Have I time before the train comes?" John asked.
"Yes," said the professor, pulling out his watch, "you have about 15 minutes."
No faculty of the brain is as unreliable as memory. That's why man makes the same mistakes over and over.

No ugly, grimy streaks on the clothes when Red Cross Ball Blue is used. Good bluing gets good results. All grocers carry it.—Advertisement.

Grateful Better.
It was her first visit to the races. On being introduced to a famous jockey, she said: "I think it was just too sweet of you to win that three dollars for me."

One doesn't need philosophy to support his spirit through life; he needs to be busy.

Stop That Backache!

Those agonizing twinges, that dull throbbing backache, may be warning of serious kidney weakness. Serious if neglected, for it might easily lead to Gravel, Dropsy or Bright's disease. If you are suffering with a bad back look for other proof of kidney trouble. If there are dizzy spells, headaches, a tired feeling and disordered kidney action, get after the cause. Help your weakened kidneys with Doan's Kidney Pills. Doan's have helped thousands and should help you. Ask your neighbor!

A Nebraska Case
Mrs. Elizabeth Manion, 302 W. 8th St., North Platte, Neb., says: "I had a very severe attack of kidney complaint. I was lame and the pains across my kidneys were severe. I had to go around all stooped over and I could not straighten. Doan's Kidney Pills cured me and I have never had an attack since."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Rats in the Cellar, Mice in the Pantry, Cockroaches in the Kitchen
What can be more disagreeable than a home infested with pests? Destroy them with Stearns' Electric Paste, the standard exterminator for more than 43 years.
Kill rats, mice, cockroaches, waterbugs or ants in a single night. Does not blow away like powders; ready for use; better than traps. Directions in 15 languages in every box. Money back if it fails.
2 oz. size 35c. 15 oz. size \$1.50.

Uncommon Sense . . .

By JOHN BLAKE

REAL COURAGE

To be feared of a thing and yet do it, is what makes the prettiest kind of a man.—Robert Louis Stevenson.

IF YOU have read "Kidnapped" you remember the quotation. It was spoken by Alan Breck after the boy, David, had stood for a minute terrified on the brink of a roaring torrent, and then, still sick with the fear of it, leaped across.

To Alan Breck, the leap meant little. It required no courage for him to make it, for he knew very little of fear. But for the boy, who did the thing he feared as he feared death, it was a real act of heroism.

The only real courage consists in doing the thing we are afraid to do. The hulking prizefighter of the John Sullivan type, who has as much imagination as a grizzly bear, is not brave. He is sure he is going to win. It takes no courage to go into a winning fight.

The bully is never brave. In fact he is always a coward. Feeling sure that his superior size will carry him through, he picks quarrels as a pleasant method of passing his time.

Put this same bully into the ring with a large hungry tiger, face him with a man who looks as if he enjoyed shooting bullies as much as the bully enjoys thrashing his physical inferiors, and all the courage oozes out of the bully.

You will never know whether you are brave or not till you find yourself in a position where you are afraid to do something that ought to be done.

If you do it, you have courage. If you shrink from it and quit, you have not.

Never mistake a physical willing-

Something to Think About

By F. A. WALKER

GIVE THE BEST

TO GET the best from life you must give the best.

In whatever position you may be, there should be no reluctance to make a fair exchange in which measure for measure is given on both sides in absolute sincerity.

That you should make a fashion of doing this encourages others who are taking note of you to do likewise.

They find through experience that there comes with continued actions of this kind an inexpressible gladness which fills their hearts with friendship and lightens their countenances with sunny complacency.

There are no pleasurable experiences of this sort felt by those who are constantly complaining about the shortcomings of others, forgetful all the while of their own.

You cannot feel the balmy air of spring mornings unless you go forth into the glorious outdoors and become a part of it, nor can you give to others if you have nothing to give.

That you should waste your days in ignorance of this fundamental truth underlying happiness is a deplorable error, which, as the years pass softly over you, graying your hairs and marking little lines upon your face, often becomes a burden almost too heavy for self-respect.

You cannot have the best without divorcing from your heart all forms of selfishness, egotism, jealousy, covetousness, doubt and pride.

Your kit of fine sentiments may be packed to the top, but unless you shall stoop, open the bag, take out each sentiment one by one and use them as a

Mother's Cook Book

"Our cares are the mothers, not only of our charities and virtues, but of our best joys and most cheering and enduring pleasures."

WHAT TO EAT

IF ONE has an old fashioned Scotch kettle with an iron cover there are so many toothsome dishes which may be prepared by cooking in it.

Chicken, the ordinary fried chicken, never tastes half so appetizing as when it is cooked in this little iron kettle, covered so tightly that all the flavors and juices are caught and stay in the delicious morsels of tender meat. Put the chicken with a little butter and sweet lard mixed into the hot kettle and stir until each piece is lightly browned, then add a tablespoonful of water, cover tightly and cook slowly, adding a tablespoonful of water occasionally as it is needed when the meat gets brown. The secret of this kind of cooking is in keeping as little water as possible to steam and cook the meat. Each piece will be moist, brown, and well cooked. The seasoning is added when the chicken has been first browned.

Paranips.

Cook fresh hard paranips in boiling salted water until tender. Peel and

ness to take a chance, to attempt some dangerous thing for the kind of courage that counts.

It is not a brave but a very foolish man who walks a tight rope over Niagara falls. It is a brave man, who not wanting to die, and knowing that an operation may send him out of the world, cheerfully goes to the table, to take the one chance that may mean his continued support of his wife or his dependents.

Often the timid school boy, who fears to quarrel, and tries his best to keep his peace with his fellows, gets the name of coward. But when this same boy has to fight for what he thinks is his honor, or to save a little boy from a bully, he becomes a very dangerous fighter.

Real courage is not daunted by pain. The boy or the man who fights when he is afraid to, stops being afraid of anything, pain, or a black eye, or punishment. He fights because he has courage, and he usually wins.

There is more real courage in this world than you fancy. It is behind all great achievement. If you have it, you are fortunate. But don't be sure, either that you have or that you haven't it till you have done or refused to do something you were afraid to do.

(Copyright.)

SCHOOL DAYS



plumber uses his tools in daily life, the opportunity to get the best in life will never come to you.

Like diamonds, such inspirations must be cut and polished to bring out their beauty, brilliancy and worth.

High-born ideas, unless put to use at their birth, soon become rusty and of no value.

In your privacy you may fondle them and dream of the wonderful things you intend to do, but if you replace them time and again in the old worn bundle without attempting to test their value in noble work you are not making an effort to get the best, or even a portion of the best, waiting anywhere for every man and woman willing to sacrifice, help others and give the best within them.

(Copyright.)

THE ROMANCE OF WORDS

"QUARANTINE"

THE origin of a term of 40 days—a "quarantine"—as a sanitary precaution against the spread of various diseases is lost in the dim mazes of early oriental history. Forty days was the period devoted in ancient times to the burial of the dead. The spies of the Israelites spent 40 days in Canaan before they submitted the report. Jonah gave the residents of Nineveh 40 days in which to consider his prophecy and repent. Christ, Moses and Elijah each fasted for 40 days—the Christian observance of Lent being a commemoration of the most notable of these. Under William the Conqueror no man was permitted to remain in England more than 40 days without paying a tax of some kind, while under the Magna Charta it is provided that a widow shall remain 40 days in the house of her deceased husband before being allotted her dowry.

The modern sanitary adaptation of the quarantine was established by the French along the Mediterranean in order to prevent the introduction of plague from the eastern countries, but apparently the only reason for the arbitrary setting of such a "time is that it forms one of the periods resulting from a division of the lunar year by the mystic number nine.

(Copyright.)



His Opinion. A hermit is a man who gets along pretty well without the world. "It's a frizee." Money makes the blind man see.



ASPIRIN

SAY "BAYER" when you buy Aspirin.

Unless you see name "Bayer" on tablets, you are not getting the genuine Bayer product prescribed by physicians over 22 years and proved safe by millions for

- Colds
- Toothache
- Earache
- Headache
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacturers of Monoaceticacidester of Salicylicacid.

Knickerbockers. "Maw-uh!" "Yes, Tommy?" "Lookit the lady in rompers." The impossible happens occasionally, and then everybody murmurs "Of course." It is better to turn back than go astray. An ant may be extremely industrious, but a butterfly never gets tepped on. One thread does not make a rope.

Highest Quality—Lowest Prices

The entire Goodyear effort of many years has been toward one result—the tire buyer's advantage. Goodyear has taken two methods to achieve that result.

One has been to raise the quality of Goodyear Tires. The other, to lower Goodyear prices.

Goodyear has succeeded in both—to your great advantage.

Goodyear Tires are better today than ever—larger, heavier and stronger. Many users tell us they are getting double the mileage from them they got from Goodyears ten years ago.

Goodyear prices are lower today than ever. On the average they have decreased more than 60% from the prices of 1910.

Look at the figures listed below.

Think of the fine performance of the Goodyears you have known, and remember that Goodyear Tires are giving even better performance now.

You can get these tires at your Goodyear Service Station Dealer's. See him today.

30 x 3 1/2 Cross-Rib Fabric Tread Cord	\$10.95	32 x 3 1/2 All-Weather Tread Cord	\$25.50
30 x 3 1/2 All-Weather Tread Fabric	\$14.75	32 x 4 All-Weather Tread Cord	\$32.40
30 x 3 1/2 All-Weather Tread Cord	\$18.00	33 x 4 All-Weather Tread Cord	\$33.40

GOOD YEAR

Putnam Fadeless Dyes 10c Package Why Pay More For Any Dye? So Easy to Use Colors Silk, Wool and Cotton All at the Same Time

THE CHEERFUL CHERUB

I have a cinder in my eye, A feeling that I much despise. I spose I should rejoice because I haven't one in both my eyes.



Broiled Finnan Haddie. Soak the fish twenty minutes in warm water, drain and dry thoroughly. Brush with melted butter and broil until browned on both sides. Transfer to a hot platter on which has been poured a cupful of cream or white sauce. Set into the oven a minute to heat the cream and serve hot with baked potatoes.

No Inducement. "We start you without a dollar," read the unemployed person. "Humph!" he snorted. "That's nothing. I'm that way now."—Retail Ledger, Philadelphia.