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Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were too weak to do anything . . . that you did not have the strength to do your work?

Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine.

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If you will write to the Lydia E. Pinkham Medicine Company, Dept. B-1, Lynn, Mass., we will be glad to send you a trial bottle.



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FASHIONS



228—This little girl looks as though she will grow up into a smart woman. It observes the season's style points in the use of buttons, pleats and geometrical lines, and as a final touch uses the soft full sleeve so favored by the slightly older generation. This is one model nicely adapted for silk or wool or a combination of both.

Designed in sizes 6, 8, 10, 12 and 14. Size 10 requires 2 3/4 yards of 36-inch material or 2 1/2 yards of 39-inch material.

105—The very younger generation is taking its fun where it finds it and that usually happens to be a very sandy lot, a tarry road or some construction work. The little girls are just as energetic as the little boys and consequently come home just as dirty. Therefore, the mother who thinks little girls are fun to dress will appreciate this frock with its smart, crisp appearance and the ease with which it can be laundered. A good sturdy cotton broadcloth would be a nice choice of fabric.

105 comes in sizes 2, 4, 6 and 8. Size 4 requires 2 1/4 yards of 36 or 39-inch fabric.

Simplified illustrated instructions for cutting and sewing are included with each pattern. They give step-by-step directions for making these dresses.

UP-TO-DATE FASHION BOOK, 15 CENTS

Address orders to the Illustrated Feature Section, 628 N. Eutaw St., Baltimore, Md.

Please write very plainly your NAME AND ADDRESS, STYLE NUMBER and SIZE of each pattern ordered.

Bright Sayings of the Children

Send them to us and they will be published.

What Do Yours Say?

Mary, who has just started kindergarten, goes to school in the morning. Her brother Bob is in the third grade. Little Mary says: "Yes, Bob, you can go back to school all day, but they lay me off every noon." **E. N. W.**

The guests were seated at the dinner table and ox tail soup was served.

After eating her soup, Dot, aged

4, pointed to the meat and requested:

"Mama, I'll have a dog bone, if you please." **J. H. C.**

Little Jay's father was an automobile dealer, so she heard of trading in old cars towards new ones. When her mother said that her coat was getting old and she must get a new one, Jay said: "Can't you trade in your old coat for a new one?" **L. C. C.**

Dodo, aged 3, was supposedly taking a nap. He always wanted to sleep with his socks on, so I was surprised when I went upstairs to him, to find his socks off. He said: "Momie, I took my socks off so my toesies could breathe." **A. N. H.**



HE WANTED TO USE HIS FIST.—Howard Bishop and his daughter, Rebecca. "Pa" Bishop testified he found his daughter and Laurence Gwynn, Friendship Md., teacher, in the latter's room recently. Gwynn's held in the Annapolis jail without bail.

Let the Good Cooks Note These Recipes

New recipes, by Chef C. Jacques Henderson, of 617 R Street, n.w., Washington, D.C.

Mr. Henderson is a former chief of the Fred Harvey System, and has cooked on the Illinois Central, Southern Railway, Cot on Belt, and Seaboard Air Line.

He has also been chef at the Arlington Hotel, Memphis; Youree Hotel, Shreveport, La.; Redmont Hotel, Birmingham; Continental Hotel, Washington; American Hotel Corp.; Stewart, Newbitt, Washington; Dagmar, Hagerstown; Fairland Inn, Chattanooga; Signal Mt. Hotel, Chattanooga.

Of the AFRO Cooking School, held recently, Chef Henderson said:

"Miss Laura Kennedy's recipes are very simple. Simplicity in diet is the watchword of all men and women of the present day. There are numbers of lessons in the eating habit which you will note in Miss Kennedy's lectures. Simple foods, balanced meals, and health dishes are more in demand. People all over the land are enjoying plain food because they find they can work better by so doing. Those of us who have spent an entire lifetime in the art of cookery realize that there is a definite need for more educational demonstrations touching specifically on every-day cooking problems."

Here are Chef Henderson's recipes for readers:

Oysters Lenora

Season some oysters on half shell with salt, pepper and a little Worcestershire sauce, cover with tomato catsup, sprinkle with grated Italian cheese, put a small pie of butter on each, and bake in their own shells for five minutes. This makes a good dinner appetizer.

Bancker Pudding

Sift one-half pound of flour into a sauce pan, and add a pint of boiling milk and four ounces of butter. Stir with a wooden spoon until the flour is free from the bottom of the pan. Then remove from the fire and add four ounces of sugar and the yolks of eight eggs, four ounces of chopped candied fruit, and the whites of six eggs beaten very hard. Put in a mould and cook in bain marie in moderate oven. When done remove from mould and serve with apricot sauce flavored with kirschwasser.

Strawberries Sisserette

Put some nice ripe strawberries in a bowl and place in ice box until very cold. Make a sauce by mixing one half pint of strawberry pulp, made by passing some strawberries through a fine strainer, one-quarter pound of powdered sugar, the juice of one lemon and a half-pint of whipped cream. When well mixed pour over the strawberries and serve on cracked ice.

Fried Spring Chicken, My Fancy

Unjoint a two-pound spring chicken. Sprinkle with salt and pepper, and roll in paprika flour. Saute in sweet butter on both sides until well browned. When done serve the chicken on pieces of well cooked French toast and broiled sliced pineapple and strip of medium bacon.

Poached Eggs a la Roland Hayes

Stuff medium ripe half tomato with chopped Virginia ham and fresh mushrooms mixed with rice. Bake in moderate oven. Place on platter. Poach two eggs medium

and place on top each tomato. Mix a rich cream sauce with some tomato puree and pour over all and serve with melba toast.

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Science has now found a way of supplying the body with gland secretions which certain glands often fail to produce sufficiently and which are absolutely necessary for building health, strength and vitality. You can have free proof. Send today for this new wonderful GLAND TONIC—GOLDGLAN—and

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This successful treatment has brought pep and strength to thousands of run-down, weak men and women. It should quickly do the same for you! NO LETTER NECESSARY. Just send this ad with name and address and 10¢ for postage and packing. Medical Aid, 529 S. La Salle St., Chicago, Dept. GN-75

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WOMEN who get into a weak, run-down condition can hardly expect to be free from troublesome "small symptoms."

Where the trouble is due to weakness, Cardul helps women to get stronger and thus makes it easier for nature to take its orderly course. Painful, nagging symptoms disappear as nourishment of the body is improved with the assistance of Cardul.

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AND many of the other ailments that are at the root of these distressing conditions soon yield to its wonderful healing properties. Planten's C & C or Black Capsules will certainly bring you quick relief. So soothing to that awful burning of the urinary tract. Do away with getting up at night. Reduce the inflammation. During its 80 years of use thousands have gained lasting results. Why suffer any longer? Get them now! Look for the trademarked label on the yellow box and be sure you're getting the best. At your druggist or send 60¢ for a trial box.

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