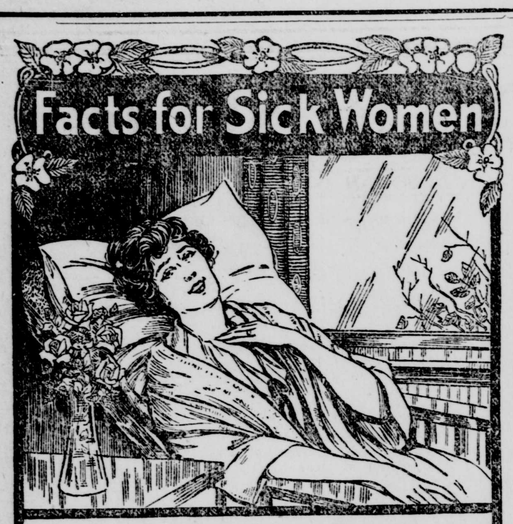


Reliable Information

All American women know of the great success of Lydia E. Pinkham's Vegetable Compound in restoring to health women who suffered from ailments peculiar to their sex, yet there are some who are skeptical and do not realize that all that is claimed for it is absolutely true—if they did, our laboratory would not be half large enough to supply the demand, though today it is the largest in the country used for the manufacture of one particular medicine.

The Facts contained in the following two letters should prove of benefit to many women:

Buffalo, N. Y.—"I suffered with organic inflammation and displacement. When lifting I had such pain and bearing down that I was not able to stand up, and it hurt me to walk or go up or down stairs. I was going to a doctor without any results and he said the safest thing would be to have an operation. I met a lady who told me she had three operations and was not well until she took Lydia E. Pinkham's Vegetable Compound.

I felt relief after taking two bottles of Vegetable Compound and I kept on with it until I was cured. I always use Lydia E. Pinkham's Liver Pills and they are fine. Everything used to turn sour on my stomach and the Liver Pills relieved that."—Mrs. A. ROGERS, 593 Fargo Avenue, Buffalo, N. Y.

Sacramento, Calif.—"I had organic trouble and had such terrible pain and swelling in the lower part of my side that I could not stand on my feet or even let the bed clothes touch my side. I gave up my work thinking I would not be able to go back for months. My mother advised me to take Lydia E. Pinkham's Vegetable Compound as it had saved her life at one time, and it put me in a wonderful condition in a couple of weeks, so I can keep on working. I work in a department store and have to stand on my feet all day and I do not have any more pains. I surely recommend your Vegetable Compound to all my friends and you may use these facts as a testimonial."—BERTHA J. PARKER, 3220 M St., Sacramento, Calif.

The fact is, the Best Medicine for Women is

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.



The newest and tallest hospital in the world, now under construction. Training school accredited by N. Y. State Educational department.

Beth Israel Hospital
NEW YORK
Nurses' Training School

Founded 1890. (Nonsectarian)

offers young women a complete course in nursing and in addition pays them $2[illegible] monthly, plus keep.

Most modern facilities. Best nursing conveniences. Three shift system. Group method of treatment. Every department in medicine covered, including Radium, Electro-Cardiograph, etc.

Applicants must have had one year high school instruction or its equivalent.

Under the new law a short course can be taken by those wishing to become

TRAINED ATTENDANTS

Only a complete Grammar School Education or its equivalent required. For further particulars address.

SUPERINTENDENT
Beth Israel Hospital, New York

MISTAKEN IN HIS SURMISE

Mr. Brown Somewhat Hasty in Blaming the Gramophone for Those Unearthly Sounds.

Perfect peace reigned in the Browns' household. The head of the family, his day's work over, was reading, in blissful anticipation of the evening meal which Mrs. Brown was busy preparing in the kitchen.

The gentle stillness was suddenly broken by eerie sounds, apparently coming from the next house—a weird moaning, developing into heart-rending wails and harrowing shrieks.

Mr. Brown jumped up.

"It's Mrs. Wood's confounded gramophone playing Tosti's 'Good-by'" he cried. "Lizzie"—to his oldest daughter—"go and implore her to stop it! Tell her I'm ill—tell her we're all ill, anything you like, only make her leave off!"

The child obediently hurried out, and two minutes later came rushing back.

"It's not Mrs. Wood's gramophone, dad," she said. "It's the Murphys down the street opening a tin of corned beef!"

"Ragtime" War.

"So you've bought a phonograph?"

"Yes," said Mr. Dubwaite.

"I thought you didn't care for 'canned' music."

"I don't but there are about 20 other phonographs in my neighborhood. I'm just going to start a little opposition, that's all."—Birmingham Age-Herald.

He Drank the Gravy.

"Too many cooks spoil the broth," but if there is no broth—well, here's the story as the young man told it:

"I went to a church luncheon and thought it mighty strange that the meat was brought in first and a few minutes later a bowl of soup.

"So I laid the meat aside, reached over for the soup and began dipping my spoon in it.

"There was a loud cry from the ladies giving the luncheon, and one of them rushed up, crying:

"'Goodness gracious, man, you're drinking the gravy!'"—Columbus Dispatch.

Not a Bit Curious.

Mrs. Smith was all dressed up, and that piqued Mrs. Rogers' curiosity as she met her on the road.

"Going to town, I suppose?" asked Mrs. Rogers.

"No," answered Mrs. Smith.

"Oh to see your sister at Blagesville."

"No," was the sententious answer.

"Going to see Cy's sister at the Corners, perhaps?"

"No, I'm not," came the positive answer.

"Well, my gracious!" exclaimed Mrs. Rogers impatiently. "Do you think I care a rap where you are going?"

Fair Enough.

"I will examine you for $10," said the specialist.

"All right, doctor," replied his patient. "If you find it, I'll give you half."—Boston Transcript.

The High Price of Sugar

makes one welcome foods which are rich in natural sweetness.

Grape-Nuts

—the ready-cooked cereal

requires no added sweetening, for it contains its own pure grain sugar, developed from wheat and barley by twenty hours' baking.

Sprinkle Grape-Nuts over ripe fruit or berries and you'll save sugar.

OUR FEATURE SECTION

Department Devoted to Attractive Magazine Material

Rann-dom Reels

By HOWARD L. RANN

THE MUFFLER CUT-OUT

THE muffler cut-out is an attachment which enables the automobile to talk out loud.

Until the muffler cut-out was invented the only thing about an automobile that would talk was money. It became necessary to get up something that would take the owner's mind off the cost of upkeep, hence the cut-out was introduced, with the result that its raucous snort may be heard on every country road from coast to coast.

The cut-out has a number of decided advantages, however. When a strong, lusty cut-out is coming around a sharp corner with its mouth wide open it is not necessary to sound the horn, as its language can be heard with perfect ease by anybody who is driving in the next township. By the judicious use of this device the life of many a joy rider who could be spared as well as not has been saved to the community, and the speed maniac who drives on the left side of the road has also been entirely preserved, including his arrow-shaped headpiece.

The muffler cut-out is also useful as a means of informing the driver whether his engine is still in the car or has dropped out through the crank case. Thousands of men drive along in fancied security until they step on the cut-out by accident and discover that two cylinders have laid off for the afternoon. The cut-out tells all about this and also causes the engine to stutter like a span of mules with the string halt.

In some communities the cut-out is so unpopular that the village constable is hired to suppress its conversation. Various attempts have been made to silence the operation of this device, but the only one that has been found effective is a fine of $10 and costs and thirty days in the county jail.

(Copyright.)



Step on the Cut-out and Discover That Two Cylinders Have Laid Off for the Afternoon.

History

By GEORGE MATTHEW ADAMS

HISTORY is a marvelous Teacher. From her pages speak events, experiences and thrilling deeds—all products of the human Brain.

You are now playing a part of the future History of the World.

Even the humblest man or woman has his part to play. And the part played must needs be recorded.

The work of your days and life—whether for good or ill, in its final summing up—is as sure to mark or influence some phase of the entire History of Histories, as each act you perform today is sure to give color and form to the final results of today.

Yes—you are now playing a part of the future History of the World.

It is the realization of this truth by men and women that inspires some to become great and notable while others remain obscure. For just as soon as people wake up to the fact that Responsibility presses down upon them, they begin to draw upon their Reserve Power. And it is Reserve Power that helps make History fascinating.

You are now playing a part of the future History of the World.

It is not necessary, however, nor is it possible for us all to become notable in History. History is universal. And so is the Mind that makes up the human Soul. You—doing your work in the best way you know how—are as great an element in History as Alexander, or Washington, or Cromwell or such as they. Study History. It will arouse you to big deeds. Live as you would like to have History say you lived.

Just Folks

By EDGAR A. GUEST

"IT'S A BOY."

The doctor leads a busy life, he wages
war with death
Long hours he spends to help the one
who's fighting hard for breath.
He cannot call his time his own, nor
share in others' fun,
His duties claim him through the night
when others' work is done,
And yet the doctor seems to be God's
messenger of joy,
Appointed to announce this news of
gladness: "It's a boy!"

In many ways unpleasant is the doctor's round of cares,
I should not like to have to bear the
burdens that he bears,
His eyes must look on horrors grim,
unmoved he must remain,
Emotion he must master if he hopes
to conquer pain,
Yet to his lot this duty falls, his voice
he must employ
To speak to man the happiest phrase
that's sounded, "It's a boy!"

I wish 'twere given me to speak a
message half so glad
As that the doctor brings unto the
fear-distracted dad.
I wish that simple words of mine could
change the skies to blue
And lift the care from troubled hearts,
as those he utters do.
I wish that I could banish all the
thoughts that man annoy
And cheer him as the doctor does,
who whispers: "It's a boy."

Whoever through the hours of night
has stood outside her door
And wondered if she'd smile again;
whoe'er has paced the floor
And lived those years of fearful
thoughts, and then been swept
from woe,
Up to the topmost height of bliss
that's given men to know,
Will tell you there's no phrase so
sweet, so charged with human
joy
As that the doctor brings from God
—that message: "It's a boy!"

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SCHOOL DAYS



Last Night's Dreams

—What They Mean

DID YOU DREAM OF HENS?

THIS is not a common dream but it is a most favorable one, partaking of that generally beneficent character which appertains to nearly all bucolic visions. Dream-hens and dream-chickens are equally of fortunate omen.

If the hens are making that peculiar noise called "singing" then is the dream more than ever propitious, as it foretells thrift, many children and domestic happiness. If you see a brood of chickens instead of hens it is true that you will probably have many petty cares and worries before you will attain your good fortune, but you will eventually get there and all your worriments turn out to your advantage.

Any one about to embark in a business venture attended with some risk should by all means dream of chickens, as it shows that his venture will turn out successful beyond his expectations. For a young unmarried woman to dream of an old mother-hen surrounded by her chicks is a sign that she will be married before the chickens have grown up to henhood, and the chickens of Dreamland mature into hens about as rapidly as other chickens. For any one to see in a dream a hen with a brood of chickens about her denotes that there will soon be a marriage in the family. It is but fair to state that most authorities made it a prerequisite for success in a business venture after dreaming of chickens that the dreamer should have with him plenty of determination.

If your dream-hens are running about cackling as if they had just laid one of those eighty-cents-a-dozen eggs we read about it shows that something will occur to mar your happiness—probably the price of eggs will go up still farther. Nor is it good luck to dream of killing a hen.

(Copyright.)

Pressed cardboard covers to protect the tops of school desks are the invention of a California janitor.

MOTHER'S COOK BOOK by Nellie Maxwell

September strews the woodlands o'er
With many a brilliant color;
The world is brighter than before,—
Why should our hearts be duller?
Sorrow and the scarlet leaf,
Sad thoughts and sunny weather!
Ah me! this glory and this grief
Agree not well together.

—T. W. Parsons.

Food for the Family.

A bran bread which is wholesome and easily made is a recipe which should be found in all households. The following is a good one:

Cabbage and Apple Salad.

Chop together one cabbage head, four tart apples, season well with salt and cayenne and mix with a good mayonnaise dressing. Serve at once.

Bran Bread.

Take one pint each of flour and bran, one cupful of buttermilk, or sweet milk will do, a teaspoonful of soda, a half teaspoonful of salt, three tablespoonfuls of molasses. Mix and bake one hour to one hour and a quarter.

Graham Popovers.

Take one cupful each of graham flour and white flour, one cupful each of milk and water, a teaspoonful of sugar and a half teaspoonful of salt. Beat the flour and the milk together then add the water and other ingredients, beat well with an egg beater, pour into hot gem pans and bake in a hot oven. These are light as a feather.

Prune Bread.

Wash a cupful of prunes and soak over night in water to cover. In the morning remove the pits and chop the prunes, add one quart of flour, one pint of graham flour, a teaspoonful of salt, a tablespoonful of sugar, one yeast cake dissolved in lukewarm water and enough warm milk to make a soft dough. Allow it to rise, stir briskly, put into a well buttered bread pan. Let rise again and bake in a moderate oven. This is a very healthful bread and one the children like.

Thousand Island Dressing.

Take one cupful of mayonnaise dressing, one cupful of whipped cream, one-half cupful of chili sauce or catsup, two tablespoonfuls of minced red pepper, one tablespoonful of chopped cucumber, one tablespoonful of Worchestershire sauce. Mix in the order given and serve at once.

Pecan Pralines.

Boil together one pound of brown sugar, one tablespoonful of butter, and four tablespoonfuls of water; when the mixture begins to boil add one-half pound of pecans, when it begins to bubble, remove from the heat and drop by spoonfuls on buttered dish or marble slab. Stir constantly while cooking.

(©, 1920, Western Newspaper Union.)



Father and Daughter Get Relief by Eatonic

R. J. Powell, Sweetwater, Texas, says, "Eatonic helped me at once, but it was my daughter who got the marvelous benefits. She could not even take a drink of water without awful misery, but it relieved her; she is feeling much better. All this from one box, so send me four more at once."

Hundreds of people now take eatonic; one or two tablets after each meal keeps them in good health, feeling fine, full of pep. Eatonic simply takes up the excess acidity and poisons and carries them right out of the system. Of course, when the cause of the misery is removed, the sufferer cannot help but get well.

You will find it a quick, sure relief for heartburn, indigestion, sour, acid, gassy, bloated stomach. It costs but a trifle and your druggist will supply you. If you don't feel well, you give eatonic a test. Adv.

Alike.

Grandfather was telling the group of men he was a self-made man. "It has been a struggle," he boasted. "Just see how much property I have now, and when I came into this state I carried all my earthly possessions on my back."

His grandson in the crowd grinned. "Well now, granddad," he chuckled, "that wasn't so bad. You see I could right now leave this state in exactly the same condition you entered it."

ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monoaceticacidester of Salicylicacid.—Adv.

Benefits in Disguise.

"This house is rather old, isn't it?" said the prospective tenant.

"Oh, no," assured the real estate agent. "This house is comparatively modern."

"But these stairs creak terribly," complained the prospective tenant.

"Oh," explained the agent, "this is the latest modern improvement in homes. That is a patent burglar alarm staircase. No burglar can get up to the bedroom floor without waking you up."

Cuticura Soothes Baby Rashes

That itch and burn with 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 everywhere.—Adv.

Forests to Pay Country's Expenses.

A scheme has been outlined for the county of Otsego in New York by which forests now existing and those to be planted will pay the operating expenses of the county in the near future. Each of the twenty-four townships in the county will undertake to plant 100 acres of trees and the profits of these tracts will soon be sufficient to take care of the running expenses of the county, so that taxes will be lowered to the minimum point.

A Leading Clue.

"What made the prohibition enforcement agents suspect a staid, respectable elderly women of having whisky bottles concealed about her?"

"I'm sure I don't know, unless it was her cork screw curls."

AND THAT WOULD BE ENOUGH!

Surgeon Knew Just Exactly How Much Talkative Convalescing Patient Would Suffer.

She is a talkative young school teacher and he a surgeon, who is not much given to speech. Recently when he operated on her, her chattering preceding the operation almost drove him mad. After the operation, though, he forgot all about that and did all he cou'd to alleviate her suffering.

The fourth day he dressed her wounds and made her comfortable in every way he could. Then she began to chatter and asked him question after question, the last one being, "Doctor, how am I really now?"

He remembered his experience with her talkative little tongue before the operation. "Oh, you're getting along splendidly," he retorted. "In fact all the suffering you will now have to endure is just to keep quiet."

When you have decided that the worms or Tapeworm must be exterminated, get "Dead Shot"—Dr Peery's Vermifuge. One dose will clean them all out.—Adv.

Naturally.

"When you go to Europe now, you have to have your birth certificate."

"Of course, you do. If you haven't, somebody else on the steamer might get your berth."

Back Lame and Achy?

Do you get up mornings tired and achy? Evening find you "all worn-out?" Likely your kidneys are to blame. Hurry and worry, lack of rest, and eating too much meat, throw a strain on the kidneys. Your back gives out; you are tired and likely suffer headaches and dizzy spells. Take things easier and help the kidneys with *Doan's Kidney Pills*. *Doan's* have brought new strength to thousands. Ask your neighbor!

A Virginia Case

B. C. Hall, 115 S. Payne St., Alexandria, Va., says: "My kidneys were so sore I could hardly get up or down and I was weak and lame across my back. I was always in misery and suffered from headaches and nervousness. My kidneys acted so freely at night I couldn't get any rest. I was advised to use Doan's Kidney Pills and was surprised at the quick cure I got."

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

Wonderful Phonograph Repeater

SAYS HUDSON MAXIM

Repeats any part or whole record at will. Commences and stops at will. No jumping up to stop or repeat record. Always sets needle to exact starting point. Simplifies playing and removing of records. Small, neat and easily attached. Patented. Send $1 for sample. Gold finish $2. "Simplex Phono. Controller and Repeater." 250 E. 72nd St., New York City.

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THE QUICK AND SURE CURE FOR
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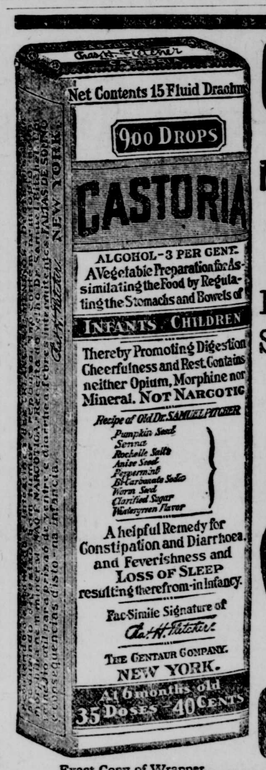
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Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation



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Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher*

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