SLEEPLESSNESS
Successfully Fought in this Scientific Way

When a thousand different thoughts keep you from falling into peaceful sleep—REMEMBER KOENIG'S NERVINE. Contains no habit forming drugs. For years a household by-word of proven merit in the treatment of Nervousness, Nervous Indigestion and Nervous Irritability. Agencies All Over the World.

AT ALL DRUG STORES
Generous FREE Sample Bottle Sent on Request
Koenig Medicine Co. Dept. 0009 1045 No. Wells St. Chicago, Ill. Formerly "Pastor Koenig's Nervine"

KOENIG'S NERVINE

Welcomed Cooling Shower

Memories of the tortoise-hare race, renowned in fable, were revived at Northampton, Mass., in the forest fire area. Out of the blazing woods, hustled a rabbit and a turtle, almost side by side. The spray from a fire hose was swished in their direction and the two creatures appeared to welcome the cooling touch on their superheated bodies. The rabbit skipped around in circles under the shower, while the turtle stretched out its neck eagerly into the cascading water. Later the rabbit allowed itself to be picked up and fondled by one of the firemen.

To Cool a Burn
Use HANFORD'S
Balsam of Myrrh
All dealers are authorized to refund your money for the first bottle if not suited.

STOP THAT COUGH
the safe easy way before worse troubles follow. Take
HALE'S HONEY
OF HOREHOUND AND TAR
The tried home remedy for breaking up colds, relieving throat troubles, healing and soothing—quick relief for coughing and hoarseness.
30c at all druggists
Use Pike's Toothache Drops.

ENLARGEMENTS
Send your negatives for 8x10 enlargements beautifully colored in oils—one dollar. Uncolored sixty cents.
KENT STUDIOS
Box 453 - Washington, D. C.

An Ominous Meaning

Chairman Young of the federal reserve board, said in Washington about high prices:

"Well, anyhow, high prices generally mean prosperity. Low prices, though, always have an ominous and sinister meaning.

"A school teacher said to a butcher's little boy:

"'Now, Jimmy, if your father had a beef weighing 400 pounds, and sold it for 8 cents a pound, what would it be worth?'"

"The butcher's boy answered with a sneer:

"'It wouldn't be worth a darn.'"

Music in the Church

A short time ago one of the most distinguished church musicians in England gave up a valuable position in order that he might form a school for training church musicians. Music has always been an essential part of church worship, but the class of music has frequently been of such a character as to raise a protest from those who desire to have music in keeping with the sacred nature of worship.—Montreal Family Herald.

Queen Bee Airplane Passenger

One of the smallest but most aristocratic of travelers went by plane from Boston to New York state for a fare of 15 cents. She is a queen bee, who with four attendants was shipped to a purchaser in Syracuse, N. Y., by Lewis Konces, nineteen-year-old North Abington raiser of bees.

Violation of Rules

"They have expelled my favorite waiter from his brotherhood," said one hotel patron.

"Yes," replied the other. "He accidentally smiled and said 'Thank you' a dollar's worth for a fifty-cent tip."

Not So Good

"Algy says I am his inspiration."

"You should be proud of that, girlie."

"Well, I don't know. He can't sell his work."

Responsibility educates.—Phillips.

CONSTIPATED?
Take NR—NATURE'S REMEDY—tonight. Your eliminative organs will be functioning properly by morning and your constipation will end with a bowel action as free and easy as nature at her best—positively no pain, no griping. Try it.
Mild, safe, purely vegetable—at druggists—only 25c
FEEL LIKE A MILLION, TAKE
NR TO-NIGHT TOMORROW ALRIGHT

Dr. J. D. KELLOGG'S ASTHMA REMEDY
No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and $1.00 at druggists. If unable to obtain, write direct to: NORTHROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

PILE-O-CHASE
"Brings Joy to Pile Sufferers." $2 a jar. Piles go in 7 days or money refunded. Pile-O-Chase Chemical Co., Foxburg, Pa.

Dr. Peery's "Dead Shot" kills and expels worms in a very few hours. One dose sufficed. It works quickly and surely. All Druggists 60c.
Dr. Peery's Dead Shot for WORMS Vermifuge
At druggists or 372 Pearl Street, New York City

PISO'S for COUGHS
PISO'S gives quick, effective relief. Pleasant, soothing and healing. Excellent for children—contains no opiates. Successfully used for 65 years. 35c and 60c sizes.
QUICK RELIEF

Careless Washing Spreads Disease

When Spray Residue Is Not Removed From Fruit Storage Rots Result.

(Prepared by the United States Department of Agriculture.)

Washing fruit to remove spray residue is another of the newer practices which add to the market value of the product when the job is properly done. But when carelessly done washing may be the means of spreading storage rots, according to the United States Department of Agriculture.

Washing Proves Value.

For the past two years the washing treatment has been used commercially and has proved its value, says D. F. Fisher of the bureau of plant industry of the department, who is conducting investigations in this phase of fruit handling. "Comprehensive studies and surveys covering important shipping points and all the larger marketing centers," he points out, "have shown conclusively that both in storage and on the market washed fruit holds up as well or better than that which is unwashed, and in addition it usually offers a more attractive appearance.

"The principal hazard in washing apples, aside from increases in rots due to punctures resulting from extra handling, is caused by soluble arsenic, derived from the spray residue itself. This injury is usually localized at the blossom end," says Mr. Fisher. For this reason, he says, varieties characterized by a large proportion of open calyx tubes—such as Jonathan, Staymen, Winesap, Spitzenburg, and sometimes Delicious—should be sprayed rather than immersed in the cleaning solution. Other varieties such as Rome Beauty, Winesap, Ben Davis, Arkansas Black, and Yellow Newtown may be immersed without danger of starting core rots.

Change Washing Solution.

The department recommends that the washing solution be changed after about 500 bushels of apples or the equivalent in other fruits has been treated in each 100 gallons of chemical solvent. It also advises that fruit be dried as quickly as possible after the washing.

Continuous Corn Land Helped by Using Manure

Results from the use of manure on farm land are measured mainly by increases in crop yields. This, however, is not the only benefit derived. A good illustration is had from the Morrow soil fertility plots at the Illinois experiment station. A comparison is made of land that has been in continuous corn since 1876, one plot receiving manure, the other receiving no manure. Aside from increased yield in favor of the manure, the most striking comparison was of the physical condition of the soil. With both plots fall plowed, the land that had no manure was puddled and run together the following spring, whereas the land that had manure was ready to work 10 to 14 days earlier.

GROW NURSERY STOCK TO ORDER TO ELIMINATE MUCH GUESSING

Nurseryman Knows in Advance What Is Wanted.

(Prepared by the United States Department of Agriculture.)

One of the new ideas in fruit growing is that of having nursery stock grown according to specification. It is true that orchardists now specify the particular varieties they want, but other than that they know very little about the stock they plant. Closer co-operation between fruit growers and nurserymen would make it possible for the growers to get stock from high-producing strains and at the same time would allow the nurseryman to know in advance what stock will be wanted.

Such an arrangement would be highly advantageous to the nurseryman since a large amount of nursery stock is annually consigned to the trash pile for the simple reason that it is impossible to predict the demand for all types of stock. If growers placed their orders far enough in advance so the nurseryman could grow the desired stock for delivery two or three years later it would guarantee sale of the lot and justify special attention to it.

This suggestion comes from Dr. L. C. Corbett of the United States Department of Agriculture. Doctor Corbett says that such a plan would be beneficial to the grower because it would eliminate much of the guessing now prevalent in the nursery business. With the knowledge that all of his stock is sold if it meets specifications, the nurseryman could devote more time to producing a high quality product.

Manufacture Pecan Oil From Waste Products

Pecan oil, described by chemists of the United States Department of Agriculture as of very mild, agreeable, and characteristic flavor, is one of the latest additions to the long list of products manufactured from what were formerly farm wastes.

Fine nut fragments accumulate at the pecan shelling plants. Chemists have made experimental pressings of this waste and determined the properties and composition of the oil. This oil is of excellent quality and can be used for making salad dressings or other edible products. It is necessary to express the oil before the nut waste becomes rancid, otherwise, however, the oil would not be edible.

Potatoes Are "Gassed" to Incite Sprouting

Science has awakened an extra amount of ambition in the common potato and literally "kidded" it out of its usual winter vacation. Everyone knows that spuds like to rest about four months before they begin to sprout. At the Nebraska agricultural college experiment station, the spuds are "gassed" and made to believe that the long winter is over. They begin to grow within three weeks after they are dug in the fall. They are dipped in a liquid called ethylene chlorohydrin for a minute, then put in an air-tight container to be gassed for 24 hours.

Mower Is Continuously Operated at High Speed

One of the farm machines which must continuously operate at high speed and under adverse conditions is the mower. Under the most favorable mowing conditions, the mower is under constant strain. Because it is called upon to do a variety of jobs, from cutting heavy hay in the field to cleaning weeds out of a fence row or along a ditch, it is highly important that the mower be in perfect working condition. Checking the alignment of the cutter bar, seeing that the knives are centered properly on the guards and giving careful attention to lubrication often help to lighten its draft and to improve the quality of work done.

A type of mower has been developed which can be operated at either of two speeds, at high speed in heavy hay where the going is hard, or at low speed when the hay is light and the cutting easy. This 2-speed mower operates on the same principle as the transmission on an automobile. It can be operated with either tractor power or horse power.

Market All "Weed" Trees Suitable Only for Fuel

Farmers owning woodlots should cull them as the dairy farmer culls his herds, says Parker O. Anderson, forester with the agricultural extension service of the University of Minnesota.

"The discouraging part of this woodlot business is that the owner is usually killing the goose that lays the golden egg," says the forester. "Many valuable trees cut and marketed for cordwood would, if left to grow, be better suited in time for a special and more desirable market and thus yield a higher return. We have weed trees in the woods as well as weeds in other crops—trees which are slow growing but of species that are crowding out the more desirable kinds.

"Weed trees are just as desirable for fuel purposes as the better, fast growing varieties of woodlot timber. Good woodlot management recognizes the same principles inculcated in dairy husbandry—elimination of the undesirables. Woodlots can be conserved and made a never failing source of income by means of selective and improvement cuttings."

Fresh Air Movement of Benefit to Seed Corn

Seed corn should be kept where there is good air movement so that the products thrown off by respiration may be readily moved away from the corn, or there may be a loss of viability. After the corn has become thoroughly dried out, respiration becomes lowered and ventilation is not so important, nor will materials put on the corn prove so injurious, but even then it is best to apply nothing to the corn.

Perhaps you can arrange to hang the corn on wires so the mice cannot reach it.

Agricultural Squibs

Spraying potatoes to control blight and insects pays well.

* * *

High quality potato seed can become ordinary seed as a result of poor storage.

* * *

Business farmers will answer letters just as promptly as will any other business men.

* * *

It does not pay to treat black locust posts since this species is already very durable in contact with the soil.

* * *

That a farmer is ahead in applying a preservative treatment to his fence posts has been clearly demonstrated from the dollars and cents viewpoint.

* * *

Every farmer who keeps chickens should study the winter needs of his poultry flock and will find it worth while to take time to supply these needs.

* * *

Duck eggs are successfully hatched in incubators at about the same temperature as hen eggs. The main thing is to provide plenty of moisture, which seems difficult sometimes.

* * *

Roughage for live stock must usually be produced on the farm where it is fed if a profit is to be made from the live stock. Such feeds are so bulky that hauling them any distance is costly.

* * *

The incubator is a success, which has come to stay and which should be considered as necessary upon the farm as a plow or separator. Its operation calls for no heavy manual labor and no remarkable degree of skill.

Embroidery Touch

A black flat crepe frock of real distinction has a round collar and tab front of unusually lovely old embroidery in an ivory tone. The tight, long sleeves have winged tabs of the same at the cuff.

Collars for Day Dress

The high collar is the smart one for day wear whether on wool tailored dress, silk blouses for wear with suits, or silk afternoon dresses for semi-formal wear.

Chiffon Frocks

As rivals of the satin frock, which suddenly stepped into such prominence as an evening fashion, there are lovely things of plain colored chiffon with even ankle-length skirts, or with ends which reach the floor.

Introducing Color

A new way to introduce color into a delicate evening frock is by using bright pumps and one of those exquisitely fine but ridiculously large chiffon handkerchiefs.

Makes Life Sweeter

Children's stomachs sour, and need an anti-acid. Keep their systems sweet with Phillips Milk of Magnesia!

When tongue or breath tells of acid condition—correct it with a spoonful of Phillips. Most men and women have been comforted by this universal sweetener—more mothers should invoke its aid for their children. It is a pleasant thing to take, yet neutralizes more acid than the harsher things too often employed for the purpose. No household should be without it.

Phillips is the genuine, prescriptional product physicians endorse for general use; the name is important. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

Vast Siberian Section Awaiting the Explorer

An immense new mountain range, covering an area as large as the Caucasus has been discovered in Yakutsk, northeastern Siberia. The new mountain range has been named "Cherski" after the Russian geologist and geographer I. Cherski, who headed an expedition sent out in 1891 by the Russian Academy of Science to this region and who died as a result of exposure to the rigors of the Siberian winter. It was Cherski's idea that there were undiscovered mountains forming one great range with the Arctic mountains, and the discoveries made by the Obruchev expedition have confirmed this view. Very few expeditions have been made to this region, on account of its inaccessibility, the first having gone there over two hundred years ago, and over 500,000 kilometers of land, an area as large as France or Germany, remains unexplored to the present day.

The Bad Bachelor

The brilliant and eloquent Rabbi Wise, of New York, said on his return from Europe:

"Promotors are promoting a tunnel from Gibraltar to Africa and a tunnel under the channel from England to France, but the authorities show an enmity towards these tunnels that is foolish and harmful.

"The authorities, opposing a good thing, remind me of the bachelor whose girl friend said wistfully:

"'Statistics prove that marriage is a preventive of suicide.'

"'Better still,' growled the bachelor, 'they prove that suicide is a preventive of marriage.'"

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping. 25c a box. 372 Pearl St., N. Y. Adv.

Misled

The Hindu seer Tagore left America in a huff, complaining that he was ill treated. He stated some of his grievances, but not all of them and from time to time, a new one comes to light. The latest comes from Seattle.

It seems that when Tagore landed he was not in the best of health and was ordered onto a strictly sea-food diet. He liked our clams and our crawfish. Then scanning the menu for more sea food, he ordered for dessert—sponge cake.

But Might Be Sad

"Shall we see that film?"

"Is it a sad picture?"

"I can't say. It's billed as a comic."

Garfield Tea
Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Feeling Run Down?
Over 400,000 women and girls who were weak, "blue," nervous, rundown, and unable to do their work properly, have improved their health by taking Lydia E. Pinkham's Vegetable Compound. By accurate record, 98 out of every 100 report benefit. You can be almost certain that it will help you too.
Lydia E. Pinkham's Vegetable Compound

PARKER'S HAIR BALSAM
Removes Dandruff-Stops Hair Falling
Restores Color and Beauty to Gray and Faded Hair
60c. and $1.00 at Druggists.
Hiscox Chem. Wks. Patchogue, N. Y.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiscox Chemical Works, Patchogue, N. Y.

Health Giving
SunshinE
All Winter Long
Marvelous Climate—Good Hotels—Tourist Camps—Splendid Roads—Gorgeous Mountain Views. The wonderful desert resort of the West
Write Oregon Chamber of Commerce
Palm Springs
CALIFORNIA

Will Heat Water Direct From Your Faucet Continuously—Instantaneously.
Operates on 110 to 120 volts DC or AC. Furnished with attachment wires ready to plug into electric socket. Slips on or off any faucet. Size 6"x3"x3".
KWIK ELECTRIC CO., 41 42nd St., Evington, N. J. Price $6.50. Agents wanted. Postage prepaid if remittance accompanies order.

W. N. U., BALTIMORE, NO. 48—1929.

Adrift With Humor

WHY HE FAILED

A young man undergoing an examination was asked to describe different electric batteries, among them one named the Daniel cell.

His reply was: "About Daniel's cell very little is known, but it is generally supposed to have been a bear den furnished with lions. As Daniel is dead and the lions are dead, what on earth is the good of raking up an old story?"

JUST TO GET THERE

"What do you walk so much for, Jim?"

"To get to the places I want to go to, Bob."

See the Point?

A porcupine lay sleeping
Bob stopped to pluck a quill.
He got what he was after—
In fact, he got his fill.

While It Lasted

Mrs. Howard—When my daughter first married she lived at the rate of $50,000 a year.

Mrs. Jay—How long did they keep it up?

Mrs. Howard—For their seven-day wedding trip.

A Word to the Wise

Knicker—That florist surely keeps in touch with the slogan, "Say It With Flowers."

Knocker—What's his method?

Knicker—Sends a bunch of forget-me-nots with each bill.

Hah!

"I can't sleep at night," began the man with a long tale of woe.

"Well, that saves you from having bad dreams," snapped his intended victim, as he hurried on.—Cincinnati Enquirer.

Summer Reading

"Did you do much reading while you were on your vacation?"

"Yes, a whole lot."

"What did you read?"

"Mostly signposts and route numbers."—Pathfinder.

A DRESS FOR EVERY DAY

"She says she has a dress for every day in the week."

"Yes, I've seen it, dear."

Model A Owner's Note

He passed the cop sans any fuss,
He passed a load of hay,
He tried to pass a swerving bus,
And then he passed away.

No Favoritism

Husband—All you think of is clothes. Haven't you any other thought than dresses, dresses, dresses?

Wife—Yes, let me finish. I need two hats, a coat and some shoes.—Lustige Kiste.

Fixing His Class

"How is that comedian?"

"A woman in the audience dislocated her jaw."

"Laughing?"

"Yawning."

Her Day Off

Mr. Dadmore—Mother won't be home to dinner this evening, honey; so you will have to take her place.

Little Ethel—Do you mean I won't have to be polite and respectful to you?

Dieting

He told the cook to dish up a lot of unappetizing messes.

When asked why, he explained: "To make it easier for my wife. She has to refuse everything."

A Timid Brother

Blinks—So you have no desire to go up in an airplane, eh?

Jinks—No. A good many years ago I fell off a horse and discovered even from that distance the ground was anything but a soft place to hit.

He's Had Enough

"Ain't you going to get up and fight? I told you you've got him going."

"That's all right, you tell me when he's gone."—Passing Show.

So She Made Him Eat Dirt

They were discussing the disappointed lover.

"I didn't suppose he'd have the sand to propose to you?"

"Oh, he did all right; but he didn't have the dust."

Turn, Turn

"Who is the man turning the crank?"

"The cameraman. His daily task is a hard one, they say."

"Yes, a painfully grind."

The Kitchen Cabinet

(©, 1929, Western Newspaper Union.)

Too much idleness, I have observed, fills up a woman's time much more completely and leaves her less her own mistress than any other sort of employment whatever.—Burke.

HELPFUL SUGGESTIONS

After middle age when the average person, man or woman, begins to notice the thickening of the waistline, it is necessary, if one keeps fit, active and ready for the enjoyment of all of the good things that nature provides us, to cut down on starchy foods, eat less of meat and more of the natural fruit juices, which are invaluable in neutralizing the acid ash of heavy foods. Acidosis, rheumatism of various forms, get us if we don't watch out.

When heartburn (an acid stomach) rolls up to choke you, take a good glass of fresh orange juice and see how quickly the discomfort will subside.

Drink orange juice daily as much and as often as the stomach demands it. With a system well nourished daily with citrus fruit juice, whether lemon, lime, grapefruit or orange, the dreaded arthritis is routed and the body is kept in perfect condition—provided the food supply is reasonable.

Young people who work off so much steam in exercise may eat more freely of hearty foods, but inactivity and overeating is the cause of a large proportion of disease and death.

Nowadays the wise mother begins with the citrus fruits. She gives her three-month-old babe a teaspoonful of strained orange juice between feedings. The vitamines and mineral matter found in orange juice builds up the tissues and bones and gives the body resistance to colds and infection.

The small glass of orange juice is part of every well-appointed table for the first meal of the day.

As a nation we are being dieted to death. Without a physician's advice it is not dangerous but often fatal to attempt any strenuous method of dieting. One may be perfectly safe to cut down on some of the starches, eat less of hearty foods, but the normal way to diet is to eat what you enjoy and can digest and assimilate well, and take plenty of out-door walking and exercise. The over-fat person can safely cut down on the food, feel better for it, and with plenty of citrus fruits instead of heavy desserts, will get back to normal weight slowly, which is the only safe way to diet.

Fresh vegetables, especially the green-leaf vegetables, like lettuce, chard, spinach and brocolli, should be part of the menu of every dinner. Uncooked onions if eaten at night are both wholesome and a good antiseptic. They also insure solitude, which is another necessity for a normal person occasionally.

The best diet then is plenty of vegetables, citrus fruits and enough starchy and protein foods to keep in normal weight.

Cold Weather Dishes.

Now that the season is here for heartier foods, more roasts, pastry and richer puddings, we need to remember that we must include in this diet plenty of fresh fruits and vegetables, if we are to have a well-balanced diet and keep well.

Pot Roast With Vegetables.—Place a two or three-pound pot roast in a small iron kettle or Dutch oven with some suet. Brown well on all sides, then season and add a tablespoonful of boiling water. Cover tightly and cook over a simmer burner for two or three hours. An hour before serving add potatoes and onions, placing them around the meat. Cover and steam until the vegetables are tender. This makes an easy meal to prepare on a busy day, as one has all the meat and vegetables cooked in one receptacle.

Deep Dish Fruit Pie.—Peel and slice enough apples to serve the family, add sugar, orange juice, the grated peel of a lemon, and if the apples lack tartness add some of the lemon juice. Cover with a biscuit dough and bake until the crust is brown.

There is no punch or cocktail that will give a greater zest to a meal or leave one with less regret for the indulgence, than fresh fruit cocktail.

Dinner Punch.—Take two-thirds of lemon juice, one cupful of orange juice, one cupful of sugar sirup—made by cooking together sugar and water to make a heavy sirup. Combine the fruit and sugar sirup and just before serving pour over two bottles of ginger ale, adding plenty of crushed ice.

Lemon Mincemeat.—Take one cupful of raisins, three cupfuls of finely chopped apples, one-half cupful of chopped nuts, one-fourth cupful of finely minced candied orange peel or (orange marmalade may be substituted) one-half cupful of orange juice, two cupfuls of sugar, one-half teaspoonful of salt, two teaspoonfuls of cinnamon, one teaspoonful each of cloves and ginger. Scald, drain and chop the raisins. Mix all the other ingredients. Add one-fourth cupful of melted butter. This makes two pies.

Nellie Maxwell

Scientific "Follies"

The so-called seven follies of science are the quadrature of the circle; the duplication of the cube; trisection of the angle; perpetual motion; transmutation of metals; fixation of mercury; the elixir of life.

Must Be Clean Within

A man cannot raise himself to the height of his stature while the limbs are cramped in the armor of hatred; he suffocates in the atmosphere of continued suspicion.—Maude Royden

Ancient Bank Note

Bank notes were in existence in China as early as 2697 B. C. It is stated that in the Asiatic museum at Leningrad there is one dated 1399 B. C., bearing the name of the imperial bank, date, number of issue and signature of a mandarin.

Variety

Wins Wife as First Prize!

IF you don't think your whole life can be changed by chance, read this. It is the story of a young man who was pretty well down and out, but he figured he might win a prize if he took some advice.

"As far back as I can remember I had been a weakling," says Mr. Calvin L. Floyd of Orlando, Florida. "A headache, it seemed, was to be my life companion. I was always dizzy in the mornings. Nothing I ate seemed good for me. Then I attended a health lecture in a sanatorium and the physician talked on 'faulty elimination.' That was certainly my trouble. One of the patients asked him about Nujol. He recommended it highly. I decided to try one bottle to see if there was anything in what he said about natural lubrication for the human body.

"Long before I had finished the first bottle my 'companion-headache' was gone. No more tired out feeling. I get a real kick out of life now. By the way, I almost forgot to tell you I found a new life companion, too!"

Many a life changed by a message like this one.

Perfectly simple, wasn't it? Mr. Floyd just learned the normal natural way to get rid of bodily poisons (we all have them) and nature did the rest. Why shouldn't *you* be well?

Nujol is not a medicine. It contains no drugs. It is effective, so you will be "regular as clock-work." You can buy it at all good drug stores in sealed packages for less than the price of a couple of good cigars.

Begin today. Millions have found that Nujol makes all the difference in the world. Nujol will make you feel fine and you can prove it.

Criticism's Effect

There is no truer test of a man's qualities for permanent success than the way he takes criticism. The little-minded man can't stand it. It pricks his egotism. He "crawfishes." He makes excuses. Then, when he finds that excuses won't take the place of results, he sulks and pouts. It never occurs to him that he might profit from the incident.—Thomas A. Edison.

There are some men who build a $100,000 house in the country and move into it to get out of society.

Hoaxing the Hens

Quartz glass used in the windows of a hen house is said to induce hens to lay more eggs. The glass admits ultra-violet rays, which are also said to speed up the process of incubation.

When a quartz mercury are giving off ultra-violet rays was used in an incubator, 20 per cent of the eggs were hatched from 24 to 48 hours sooner than other eggs not treated with the rays.

Older one grows, the fewer people seek one's advice. It is just as well.

Does your mirror reflect rough, pimply skin?
THEN USE
Cuticura
And have a clear skin!
ANOINT the affected parts with Cuticura Ointment. Wash off in a few minutes with Cuticura Soap and hot water and continue bathing. Pimples, rashes and all forms of skin troubles quickly yield to this treatment.
Ointment 25c., 50c. Soap 25c. Talcum 25c. Sample each free. *Address:* "Cuticura," Dept. B7, Malden, Massachusetts.

Diplomat

"I always have the last word in discussions with my wife."

"How do you manage it?"

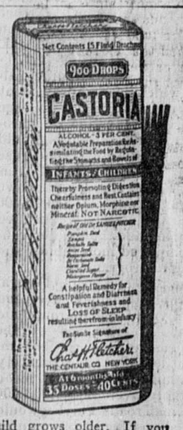
"I say, 'Quite right, my dear.'"—Buen Humor (Madrid).

Profitable Fad

The Customer—I understand your hobby is coin collecting. Have you a large collection?

The Waiter—Fairly satisfactory, sir. Mostly quarters and halves.

Children CRY for it



It may be the little stomach; it may be the bowels are sluggish. No matter what coats a child's tongue, its a safe and sensible precaution to give a few drops of Castoria. This gentle regulation of the little system soon sets things to rights. A pure vegetable preparation that can't harm a wee infant, but brings quick comfort—even when it is colic, diarrhea, or similar disturbance.

And don't forsake Castoria as the child grows older. If you want to raise boys and girls with strong systems that will ward off constipation, stick to good old Castoria; and give nothing stronger when there's any irregularity except on the advice of a doctor. Castoria is sold in every drugstore, and the genuine always bears Chas. H. Fletcher's signature on the wrapper.

Immense Poultry Farm

A million pounds of chicken feed is used every year on a poultry farm near Los Angeles, one of the largest in the world. Three hundred thousand laying hens produce almost $5,000 worth of eggs a day.—Popular Science Monthly.

Just Another

McAndrew—Hoorny! The wind has changed.

Convalescent Wife—Well, mon, what of it?

McAndrew—Ye ken the doctor said ye needed a change of air.—Boston Transcript.

Needless Pain!

People are often too patient with pain. Suffering when there is no need to suffer. Shopping with a head that throbs. Working though they ache all over.

And Bayer Aspirin would bring immediate relief!

The best time to take Bayer Aspirin is the moment you first feel the pain. Why postpone relief until the pain has reached its height? Why hesitate to take anything so harmless?

Read the proven directions for checking colds, easing a sore throat; relieving headaches and the pains of neuralgia, neuritis, rheumatism, etc.

You can always count on its quick comfort. But if pain is of frequent recurrence see a doctor as to its cause.

BAYER ASPIRIN
Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid