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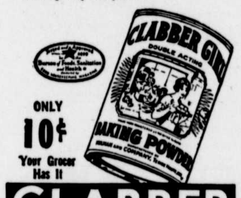

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"Morning sickness"—is caused by an acid condition. To avoid it, acid must be offset by *alkalis*—such as magnesia.

Why Physicians Recommend Milnesia Wafers

These mint-flavored, candy-like wafers are pure milk of magnesia in solid form—the most pleasant way to take it. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly, then swallowed, they correct acidity in the mouth and throughout the digestive system and insure *quick, complete elimination* of the waste matters that cause gas, headaches, bloated feelings and a dozen other discomforts.

Milnesia Wafers come in bottles of 20 and 48, at 35c and 60c respectively, and in convenient tins for your handbag containing 12 at 20c. Each wafer is approximately one adult dose of milk of magnesia. All good drug stores sell and recommend them.

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35c & 60c bottles • 20c tins

THE ORIGINAL TOURIST

By STANLEY CORDELL

© Associated Newspapers.—WNU Service.

BILL RUSSELL runs a tourist camp halfway across the state of Nebraska on the Lincoln highway.

In conjunction, he operates a restaurant and store for the accommodation of his guests.

Bill's place is clean and comfortable, and whenever I am out that way I put up with him. We are friends of long standing.

Last week when I drove up in front of his office he greeted me with his usual pessimistic grin and discouraged manner.

Business was bad.

Life was pretty drab way out there on the plains.

And tourists—tourists gave him a pain in the neck.

They always had.

"I'd like to meet one," he said, "just one, mind you, who is different from the usual run. My gosh, without exception they have the same story to tell and the same questions to ask." He gave what he thought was an imitation of a tourist asking questions. "Is it always as hot as this here? Do you have much snow in the winter? Don't you ever get lonesome? Well, we drove 420 miles today. Got 19 miles to the gallon. Say, back East the country's nothing like this at all. Ever been back East?—My gosh, they give me the horrors! All alike. And the worst of it is, every danged one of 'em thinks he's the first to make those remarks. Why, I hear 'em day in and day—Excuse me a minute. Here's one of 'em now."

Bill left me abruptly and hustled over to a car bearing Maine number plates that had just drawn up.

His whole attitude, as he greeted the driver, underwent a change.

He smiled pleasantly, he became animated and eager. He gushed.

"Good evening, sir. Way from Maine, eh? Say, you're a long way from home."

The driver yawned.

"Yep. Drove 380 miles today. Easy to make time on these roads. Nothing like Maine. Got 18 miles to the gallon. Got a nice, clean cabin?"

"Yes, sir. Be ready in a jiffy, sir. Double cabin with running water.

"Don't These Filling Station Guys Give You the Horrors, Though?"

Maine's a great state, they tell me. Three-eighty, eh? Say, that's some driving. How long ago'd you leave home?"

"Five days ago. Ever been back East?"

"No. I'd like to, though. Just drive over here, sir, and I'll help you unload. Restaurant's inside, when you're ready."

Five minutes later Bill returned to where I was standing.

His face was sad once more and there was an "I-told-you-so" look in his eyes.

"What'd I tell you. Did you hear his remarks? Just like all the others. Gosh, these birds must think we're awful dumb out here. Those cracks they make give me the horrors. I'd like to meet one, just one, who's different."

Throughout the evening I sat out front and talked with Bill and watched him greet the tourists as they came in.

He was right in his estimate of them.

They all acted as though they were pioneers, blazing a path through the wilderness.

With only slight variation they made the same remarks.

I could see easily why Bill's job got on his nerves somewhat.

I marveled at the manner in which he kept up a cheerful front, gave each newcomer the idea that his cracks were new and interesting.

After a while I began to hope, too, that one of the tourists who drove up would advance a remark that was different from those preceding him.

But this didn't happen.

I left Bill still stewing over his sad plight. Still wishing for an original tourist.

The following morning I rose early and after breakfast drove my car over to the gas tanks to get filled up before leaving.

While Bill was winding in the fuel a machine bearing New York tags approached.

The driver got out and watched while Bill filled his tank.

"Nice morning, sir," Bill said affably. "Getting an early start?"

"Yes. We want to get beyond Cheyenne tonight."

"Say, that's some drive!" Bill laughed. "Couldn't do that back where you come from."

"No, I don't expect we could. Rather hilly there."

"Thought so. You're a long ways from home. When did you leave?"

"Five days ago."

"Some traveling."

Bill took the money the driver tendered him, but instead of going inside to make change he seized a cloth and went to wring it out preparatory to scrubbing the car's windshield. The driver, noticing my number plates, came over to pass the time of day.

"Nice day. Traveling far?"

"Beautiful. I expect I'll go through to the coast," I said.

"That so?"

The driver smiled.

"Say, did you hear the remarks that attendant made?"

"Yes," I said, and grinned.

It occurred to me then that the driver, who was standing back to Bill, thought Bill was inside making change and not within earshot.

He grinned back at me.

"Don't these filling station guys give you the horrors, though. Every last one of 'em's the same." He gave what apparently he thought was an imitation of Bill. "Nice morning. Getting an early start? . . . Some drive . . . Long ways from home. When did you leave?" He shook his head. "Lord! And the worst of it is they all think they're original. Say, I've traveled the length and breadth of this country, met all kinds, and, mister, they're all the same. Boy, would I like to meet one that's different! Just one. What a relief it would be!"

Behind the driver, Bill coughed. The driver turned, but Bill was en route to the store to make change.

Five minutes later the New York car had driven on. Bill and I looked at each other. I waited.

"Well," said Bill, "by gosh!"

"By gosh is right," I agreed. I grinned. "It seems," I said, "to work both ways."

"Now don't it, though," said Bill.

His grin broadened.

He looked up the road in the direction taken by the New York car.

"At last, an original tourist! What a relief. By gosh. From now on—" He looked at me suddenly. "If I ever ask you how far you've come today or how far you're going, or remark that you're a long ways from home or that it's a nice day—hit me over the head with a hammer."

"I will," I said.

Watch Child's Posture to Avoid Later Illness

When the child is old enough to sit, stand, or walk alone, we must continue to be on our guard against the formation of faulty habits in the use of his body. Poor posture and weak muscles will follow if he does not bear his weight evenly on his feet; if he does not hold his feet in a parallel position, rather than toeing out; if his ankles sag inward; or if he walks on the inside of his foot. A child will not have a straight spine if he sits crookedly, or sits habitually on one foot; if his clothing pulls heavily or unevenly on the shoulders; or if he is made to use adult furniture which does not fit his body.

A child may have one shoulder higher than the other, one shoulder blade on a different level from the other, a hollow back, and a flat chest, and yet his mother may not be conscious that he is anything but the perfect specimen she would like him to be! Those of us who do health examinations can see this demonstrated daily. Mothers do not see it because they have not been taught to look for it. They see their children through a rosy glow of mother love which can be almost blind. Train yourself to look at your child when he is undressed for his bath—really look at him; cultivate a seeing eye. Note whether he uses both sides of his body equally well, and see whether he is symmetrically formed or not.—Dr. Josephine H. Kenyon in Good Housekeeping.

Hear, Hear!

Each winter brings a prevalence of colds in the head and chest. Women are less susceptible to colds than men, writes Feminist in the New York Times.

The most vulnerable spot in man is across his shoulders and it is safer to face a draft of cold air than to expose one's back to it. The front of a man's vest is of cloth, while the back is of cotton textile. Tailors are a most conservative guild and there is no prospect of ever seeing a cloth-backed vest unless a miracle occurs in Tooley street. It seems a pity that man can choose from 40 brands of whisky but only one brand of waistcoat when his health is to be safeguarded.

Careless Pedestrians Are Blamed for Most of Deaths Caused by Motors

Suicide is what you think about for a long time, and then do when you can't stand it any longer. Suicide is what you try to justify when you argue that if a man is tired of it all he can take a run-out if he wants to. But sudden and wholesale suicide is the kind 17,000 people didn't think of last year, not even one minute before they said, "So long, see you tomorrow," and stepped out in front of cars without looking.

Carl F. Zeigler, writing in the Review of Reviews places the blame upon pedestrians in 85 per cent of deaths inflicted by motorists.

"Motorists," he says, "have been catching all the devil for car deaths—but they can't hold a candle to pedestrians in carelessness. All the traffic laws are made for the motorists. They have to stop at lights, keep to the right, stay in the roadway, go slow [illegible] street when they please—even if motor traffic has the green light. They can go where they're not looking and engage old friends in conversation in the middle of the street. They can run or walk, jump out and jump back. And they do all these things every day while motorists dodge the dozens, but hit one.

"One would think that the human body, the most flexible piece of machinery in the world, could keep itself out of traffic jams. It can start and stop on a dime; shift right or left in a flash. All its parts respond instantly.

"That is the chief trouble," according to Mr. Zeigler. "It's too easy to navigate the human body. You can do it without thinking—and you do mostly. The fellow behind the wheel has to keep awake and know what's happening. He has the accelerator to feed the clutch to engage the gear to shift [illegible]

Print or Plain, Just So It's Linen

By CHERIE NICHOLAS

WEAR linen in the morning, at noonday, during the afternoon hours, and when "the shades of night are falling fast," then wear linen formally. This spring and summer is destined to go down in history as a banner linen season.

The beauty about modern linens is that through ingenious processing they are being made practically crush resistant.

The glory of this season's monotone linens is their remarkably handsome colorings. For the tailored jacket suit and sports and travel costumes, emphasis is on plain, firm, medium weight linens in such deep rich tones as Dubonnet and oxblood reds, dark blue, navy, also skipper blue, Biarritz green, the voguish spice brown, popular violet shades and other equally as attractive colors. Shrimp pink and coral hues are especially noted. As to white and natural tones they will lead in the summer parade.

Prints, perhaps, provide even more exciting news. Printed linens are making a bid for the formal as well as the daytime hours. Imagine an exquisitely sheer handkerchief linen (sheers in linen are latest word) in rust, brown and white done in an authentic paisley patterning. It is linens like this that are providing new thrills in the way of media for smart evening gowns.

If your fancy happens to run to modernistic florals in vivid colorings, we suggest that you select for your next party dress one of the very new gorgeous printed linens carried out in daring orange red and green on a navy background. Speaking generally in regard to printed linens, whether for day or evening wear, a liking is expressed for widely spaced bouquet arrangements, for bizarre peasant patternings, also motifs of Chinese character as well as mystic far-east figures and hieroglyphics. Scroll designs that meander in linework all over the background are particularly good style.

The illustration demonstrates how smartly and effectively monotone linens combine with linen prints. To the left you see the suit, a new Creed model, as it looks with the jacket worn. This stunning ensemble is made of a dark green canvas type of linen for the classically tailored jacket and skirt, using crisp white linen for the blouse patterned in a green and tangerine linework crossbar print design. The linen is the finest possible quality, coming as it does from Moygashel, Ireland, noted for its beautiful high grade linens. Observe the slight fullness at top of jacket sleeve, giving the new broadened shoulder line. The skirt has a single knife pleat at its left front to give necessary fullness.

Removing the jacket of the suit, there comes to view, as pictured in the foreground, the smart chantel print Moygashel linen blouse. Its tangerine and green tones complement the monotone of the linen suit most pleasingly. The waistline of the blouse is slightly fitted. Two outstanding style details are the short puffed sleeves and the fact that instead of buttoning it is laced up the front, tiny cord lacing in and out through hand-embroidered eyelets.

© Western Newspaper Union.

JEWELRY FOR EVERY HOUR IN THE DAY

Jewelry for every hour in the day is now in vogue.

Collecting precious, real jewelry has become the fad of ladies of fashion.

Women who already own fine collections of jewels are having them re-set. Now that gold settings are again smart, many colored stones enhanced by this treatment are being remodeled.

The suit is the perfect setting for a fine fob watch—a beautiful wrist watch, or a brooch or a clip watch.

Brooches, worn at the neck of the new frilly blouses are smart and if they support a fine and distinguished jewel, they give tone and elegance to the street tailleur.

Pearls are worn with all types of blouses. Pearl earrings are rapidly gaining in popularity.

No jewel or decoration of any kind is as uniformly becoming and flattering to the wearer as pearls.

Fluffy Bow at Neck Gives Ingenue Air to Wearer

A new trick of the moment is to fasten a fluffy bow made of dozens of layers of pleated net, with a little nosegay of spring flowers in the middle, at the neckline of your new spring print. You'd be surprised at the gay ingenue air it gives you.

Or you may choose one of the new "lace paper doily" collar and cuff sets, to give a last minute air to that long-suffering black crepe daytime dress.

The new neckwear is shown in all the accessory colors of the moment, such as violet, tulip pink, rust, London tan, mimosa and, of course, white.

Sports Perfume

In time to scent your spring tweeds, knitteds and your smartest riding habit appropriately and glamorously comes a new sports perfume created by one of the greatest French couturieres. It's named after one of the choicest kinds of leather, yet it is delicate and unmistakably feminine too.

SMART FOR SPORTS

By CHERIE NICHOLAS

The divided skirt costume is recognized as eminently practical for active sports wear. This simply cut dress is tailored to perfection of quality-kind linen imported from Moyashel, the finest flax producing section of the north of Ireland. It buttons up under the collar like a pinafore, with buttons running down under the arm. Its divided skirt means all the action you want on the golf links or tennis court.

New Shades

Spring's top ranking colors include imperial blue, aurora, Formosa blue, spinner's red, the zinnia shades, petunia and Devon green.

Latest Tips From World Centers of Fashion

Belts these days show striking designs.

Drapery plays a big role in evening frocks.

Prints are making a strong bid for a comeback again.

Chinese designs and colors are exceedingly important.

Natural colors, coarse fabrics rough weaves—these are the choice of the smartly gowned woman.

Necklaces of flowers are worn like leis.

Perky wee bows run down blouse fronts instead of buttons.

Check patterns in silks or sheer crepes are a fashion favorite for juniors' and misses' new season frocks.

By wrapping yards of tulle around a head the French designer, Agnes, has launched a new mode in evening millinery.

Uncommon Sense

By John Blake

© Bell Syndicate.—WNU Service.

Back to the Woods

If you feel run down and tired, and things aren't going so well with your job, try to steal a week or so away from the town and make a short trek through the woods.

I recommend a short trek, because it takes a tenderfoot a little while to get accustomed to sleeping out of doors, and eating the sort of camp food that he is likely to cook for himself.

But perseverance will help you along.

Don't load yourself down with a lot of dunnage. Take some good serviceable food like potatoes and bacon and bring along a couple of blankets and a rubber sheet to put over you when it rains.

Three or four days of hard pelting rain, which penetrates your clothing to the skin and trickles down the back of your neck will be likely to discourage you.

Learn how to make a tent out of your rubber blanket, and to pitch it on high ground, so that you won't wake up in the night and think you have fallen into a mountain torrent.

Don't have any particular objective.

• • •

If you see a hill top that looks as if it would provide an interesting view, climb to the crest of it, and look around at the landscape.

Learn how to build a cook fire—just a little one, the kind that an Indian makes.

If you make a big one you will have to stand ten or fifteen feet away from it, and then the heat will not reach you.

You can crouch above a little one, and cook your bacon over it without burning your fingers.

Take a compass along, for some people have no sense of direction, and you may be one of them.

• • •

Keep your eyes open all the time. When you hear some kind of an animal rustling in a tree, stop and stand motionless. By and by his curiosity will get the best of him, and you can get a look at him.

There is no better fun in the late summer or in the autumn than trekking through a strange country, growing more and more sure of yourself and of your ability to live on very little food, and still never be hungry. If you can, choose a terrain near a mountain side or a sizeable river, with a deep high wood not very far away.

Before you start learn about mushrooms and the kind that can be eaten. Bring a bird book and an animal book along and a good pair of field glasses.

If you are careful you won't need any guide, and it will tickle you to think how well you can get along without one.

Don't go alone if you can find the right kind of a companion. But don't be afraid to go alone if you can't.

No right thinking intelligent person will ever be afraid of a friendly forest.

• • •

Knowledge

I do not know what kind of newspapers the Borgia boys had, if any.

But if they had newspapers, or even a poor substitute for them, you can make up your mind that there was no free press in their day.

As soon as knowledge became as much as 10 per cent universal, the kind of tyranny that was prevalent in medieval days disappeared.

As soon as the public—even long before there was any such thing as general suffrage—began to know what was going on, oppression was doomed.

People had learned to read long before Louis the Fourteenth established his absolute monarchy.

But there was no honest newspaper to let the public know what was going on in Versailles. Had there been the people of Paris would not have waited so long for the revolution that started them on their way to freedom.

• • •

In every country where there is freedom of the press and freedom of speech there is liberty.

You may not agree with the newspapers you read. You may not fully agree with any newspaper.

But if there were no newspapers you would never find out what is going on, or what was likely to happen.

Editorial comment is made of course, but the news from the White House comes to you exactly as it is issued.

And that is as it should be.

• • •

Your newspaper is the window through which you look out on the nation and on the world.

If you read it every day, and from one end to the other, you will be a well informed man, and from the information you thus receive you can make your own opinions, and shape your own political course.

All over the world trained and intelligent men are finding out for you what has happened during the last twenty-four hours, and are ready to tell you about it.

Don't skim your paper. Read it.

It gathers for you the news of the world, it opens to you a broad avenue to education.

Without its aid you would be powerless to make a decision on election day, or to understand the meaning and trend of the events of the day.

I believe that the first hour in every school day should be devoted to a thorough reading of a good, honest, upstanding newspaper.

Sugar Cane Culture

The cultivation of the sugar cane was introduced into the region now embraced in the United States by some Jesuits in 1751. They planted it near New Orleans and in 1758 a sugar mill was built. The first sugar was made in 1764, but the industry never could be brought to complete success. When Louisiana was handed over to Spain in 1769 sugar making ceased. It was revived in 1795 through the efforts of Etienne de Bore, and from that time it has grown steadily into vast proportions.

New Slit Sleeves and Youthful Bodice Go With This Spectator Sports Frock

Pattern No. 1868-B

Some are chosen and some are not, as you remember. And this is one of the "summer" chosen! A pretty bad pun, but this perfectly stunning spectator sports frock makes up for it. And you can wear it yourself when summer sets in if you'll send for the pattern now.

It is surprisingly easy to make, and with the aid of the step-by-step chart, illustrating the cut and fit of the new slit sleeves and the way to pleat and stitch up the youthful bodice, you will immediately realize how automatically it goes together. The bodice has a lot of blouse to it, even makes you suspect that it's held underneath by an elastic band and the side pleats of the skirt harmonize beautifully with the action pleats in the back blouse.

Barbara Bell Pattern No. 1868-B is available in sizes 14, 16, 18, 20; 40 and 42. Corresponding bust measurements 32, 34, 36, 38, 40 and 42. Size 16 (34) requires 4½ yards of 39 inch material. Send fifteen cents for the pattern.

The Barbara Bell Pattern Book featuring spring designs is ready. Send fifteen cents today for your copy.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third St., New York, N. Y.

© Bell Syndicate.—WNU Service.

OF INTEREST TO THE HOUSEWIFE

Grease spots can be removed from washable materials with warm water and soap as in ordinary laundering if care is taken to rub spot thoroughly. Soap containing naphtha or kerosene is efficient.

• • •

To remove soiled places on the children's rompers and play clothes dip garments in water, sprinkle with granulated soap powder, roll up and put to soak in the bottom of tub.

• • •

Soiled white window shades may be successfully painted on one side with a coat of flat white paint and with green paint on the other side.

• • •

A cloth dipped in vinegar and rubbed over the kitchen stove before it is blacked will remove all the grease that may have accumulated on it.

• • •

Paste an envelope on the inside cover of your cook book to hold recipes you have clipped and want to save.

• • •

One teaspoonful of onion juice added to each quart of potatoes gives them a different flavor.

• • •

When making gravies, allow one and one-half teaspoons of flour to each cup of liquid. Mix flour to a paste with cold water and add to hot liquid.

© Bell Syndicate.—WNU Service.

Rosa Ponselle Breaks Arm While Playing Opera Role

Rosa Ponselle, Metropolitan opera soprano, has a broken left arm as a result of the enthusiasm with which she and Rene Maison, the tenor playing opposite her, enacted their roles in "Carmen" in the company's appearance of the season in Baltimore. The small bone in her left forearm was broken near the elbow when Mr. Maison threw her to the stage floor.

NO MORE ANTS

Just sprinkle Peterman's Ant Food along window sills, doors, any place where ants come and go. Peterman's *kills* them—red ants, black ants, others. Quick. Safe. Guaranteed effective 24 hours a day. Get Peterman's Ant Food now. 25c, 35c and 60c at your druggist's.

PETERMAN'S ANT FOOD

This story will interest many Men and Women

NOT long ago I was like some friends I have...low in spirits...run-down...out of sorts...tired easily and looked terrible. I knew I had no serious organic trouble so I reasoned sensibly...as my experience has since proven...that work, worry, colds and whatnot had just worn me down.

The confidence mother has always had in S.S.S. Tonic...which is still her stand-by when she feels run-down...convinced me I ought to try this Treatment...I started a course...the color began to come back to my skin...I felt better...I no longer tired easily and soon I felt that those red-blood-cells were back to so-called fighting strength...it is great to feel strong again and like my old self. © S.S.S. Co.

"Yes, I have come back to where I feel like myself again."

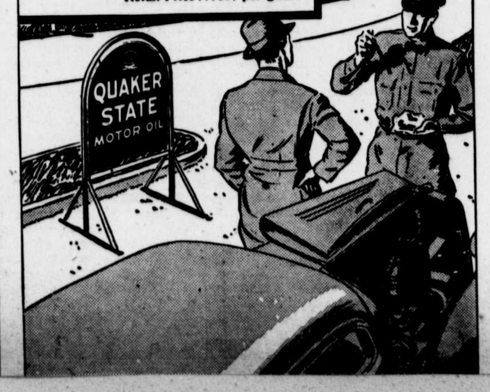
S.S.S. TONIC Makes you feel like yourself again

HOW FAR CAN YOU GO... BEFORE HE SAYS... "You need a quart!"

The "FIRST QUART" Tells the Story

Out of the experience of thousands of motorists has been developed a simple method of comparing oil performance . . . the "First Quart" Test. It is just a matter of noting how many miles you go after a drain-and-refill before you have to add a quart. If you are obliged to add oil too frequently, try the "First Quart" Test with Quaker State. See if you don't go farther before you have to add that tell-tale first quart. And, the oil that stands up best between refills is giving your motor the *safest* lubrication. Quaker State Oil Refining Company, Oil City, Pa.

Retail Price . . . 35¢ per Quart



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