Pure Exhilaration

THE amount of pure exhilaration that is inherent in an obstacle and a difficulty has never been adequately estimated. There is really no such stimulus known elsewhere. It is like a ladder set up that one may climb. It is a tacit invitation to command the outlook. It is the open door of opportunity. It is the intimation to look within and discover one's latent powers and use them. It is one of the most forcible intimations of immortality.—Lilian Whiting.

To please all, mind your own business.

OF INTEREST TO THE HOUSEWIFE

Umbrella plants should be liberally watered during the summer months. When shoots begin to grow out at base of plant, cut off to give plant shape, and water freely.

• • •

Half a cupful of milk added to most soups just before serving, makes them creamy and delicious.

• • •

To make radish roses, trim down to an inch of the stem. Cut off root, then cut down from the tip so that the red part of radish stands out like petals. Put in ice water for an hour or two and petals will curl up.

• • •

To prevent lilac suckers growing up around your lilac bush, cut a circular piece of linoleum about two feet wide, cut hole in middle for bush, slit linoleum from edge to center hole and place around bush.

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Relieve reddened EYES
MURINE FOR YOUR EYES

Inward Qualities

Be not dazzled by beauty, but look for those inward qualities which are lasting.—Seneca.

HOT? TIRED? Drink KOOL-AID
MAKES 10 GLASSES AT GROCERS 5¢

True Poverty

The poorest man in the world is he who has nothing except money.

Stop PAINFUL PINCHING
Apply New De Luxe Dr. Scholl's Zino-pads on any sensitive spots caused by shoe pressure or friction and you'll have instant relief. They stop pain of corns, callouses and bunions; prevent sore toes, blisters; ease tight shoes. Flesh color, waterproof; don't come off in the bath; economical. Sold everywhere.
Dr. Scholl's Zino-pads

Practical View

Truth is beautiful to contemplate but it is sometimes inconvenient.

Cardui During Middle Life

Women who are entering middle life will be interested in the experience of Mrs. L. C. McDonald, of Paragould, Ark., who writes: "I took Cardui during change of life. I was so weak, so nervous, I could hardly go. I just dragged around. I had fainting spells and would just give down. My back and head hurt. I read of Cardui. I took about seven bottles. It gave me relief and strength. I am now 60 years past, and can do a pretty good day's work in the house and garden."

Thousands of women testify Cardui benefited them. If it does not benefit YOU, consult a physician.

And Needs It

A wallflower girl has plenty o time to develop philosophy.

DETOUR DOGS
"BLACK LEAF 40"
Keeps Dogs Away from Evergreens, Shrubs etc.
Use 1½ Teaspoonful per Gallon of Spray.
Get from your Dealer

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FALSE PLATE WEARER
To try new scientific False Plate Cleaner, at our expense. Mail your request and Free samples will be sent you by return mail.
SYED LABORATORIES
3951 Gravois • St. Louis, Mo.

Miserable with backache?
WHEN kidneys function badly and you suffer a nagging backache, with dizziness, burning, scanty or too frequent urination and getting up at night, when you feel tired, nervous, all upset . . . use Doan's Pills.
Doan's are especially for poorly working kidneys. Millions of boxes are used every year. They are recommended the country over. Ask your neighbor!
DOAN'S PILLS

TOO MUCH IMAGINATION

By R. H. WILKINSON

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HAVING been married to Martha for five years, it appeared to me that a clash between her and Gail Ollis was inevitable.

The Ollises were the first people we met after arriving in Bradfield.

They were our next door neighbors, and when Jack Ollis learned that I had come down from 'Frisco to gather material for a historical paper I had contracted to write, he was more than helpful.

Gail was helpful, too, but unlike her husband, she was inclined toward loquaciousness, and volunteered a lot of information about the personal background of her family that I could have done splendidly without.

After a while another quality of Gail's began to make itself known to us.

Checking up on some of the facts she had given me about Bradfield and Bradfield's history, I discovered that more than 50 per cent of her information was erroneous.

This made Martha mad.

"She makes it up as she goes along," she said. "You ask her a question, and if she doesn't know the answer she'll make one up. And even though she does know the answer, she'll embellish it to such an extent that by the time she's through the information is useless."

Which was true.

You've probably met people like Gail—people who are pretty self-confident and sure of themselves, people who dislike admitting they don't know the answers to questions, and so make something up, never thinking that you might check on them.

It was true, and yet the Ollises had been nice to us.

We were strangers, and they took us in, as it were.

Save for this one quality in Gail, we enjoyed their company.

"The best thing to do," I told Martha, "is to let Gail talk and discount about half of what she says. You see,

Watched Martha Closely, Determined to Step Into the Breach If She Reacted in the Manner I Thought Was Now Inevitable.

Gail doesn't realize what she's doing. She has one of those rare imaginations. She imagines things so vividly that she believes herself that they are true. And when people believe something is true, it is true, as far as they are concerned."

"The trouble is," said Martha, "that you never know which half to discount. It wouldn't be so bad if Gail confined her windjamming to facts and fancies about this crumby old town of Bradfield, but now she's begun to get personal."

"Personal?"

"Exactly. Last week, I happened to meet a lady whom I had known years ago in Seattle. I mentioned it to Gail, and after a moment's thought, she declared she knew just who I meant, and went on to tell me the lady's history and all about her activities. The same thing happened two days later, only the lady in the case had been introduced to me. Gail knew all about her, and some of the things she said weren't particularly flattering. The trouble is, I'm not sure whether Gail really does know the people, or whether she's romancing. I don't like to ask the ladies themselves for fear I'll discover they never heard of Gail, and thereby find myself in an embarrassing position. And I don't like to dispute Gail because I'm not sure of my ground. Why, to hear her talk you'd think she knew everything and everybody. I'd just love to hear her say, 'I don't know' once, or find out definitely that she was wrong."

Watching Martha as she talked, I knew a faint sense of misgiving.

Martha is a stickler for honesty and facts and practicability.

She likes to get at the root of things, and toward hypocrites she holds a particular aversion.

Subconsciously, I knew that some day, during one of Gail's long and lengthy effusions, Martha would blow up and make a few caustic remarks on her own hook that would probably result in dissension between the two families.

I dreaded this moment, though I couldn't blame Martha, and I sought to postpone its advent as long as possible. We were new in Bradfield; it would not help our standing any to have trouble with our next door neighbors.

The climax came sooner than I expected, though it was of a nature that was wholly surprising.

We were spending the evening with the Ollises, and Martha was telling of meeting a Mrs. Harrison, president of some civic league club that met on the other side of the city, a prominent figure.

Martha began by describing Mrs. Harrison and her activities quite minutely, and then mentioned her name. Instantly Gail interrupted with:

"Mrs. Harrison? I think I know her. Yes, I'm sure I do. She's rather tall and slender, isn't she?"

Martha's lips set grimly.

In view of the fact that she'd just got through describing Mrs. Harrison as tall and slender, there was no alternative but to nod affirmation.

"I thought so," Gail went on. "She's president of the Women's Civic league. They meet once a week over on the East side. Last year, Mrs. Harrison—"

And so on and on for an uninterrupted ten minutes.

White-faced, Martha sat and listened.

She hadn't been allowed to finish her own sentence, and now she was forced to hear over again the very facts about Mrs. Harrison she'd just got through telling, and recited in a manner that would make you think Gail was presenting them for the first time.

I watched Martha closely, determined to somehow step into the breach if she reacted in the manner I thought was now inevitable. But there was no need.

As Gail continued to buzz about Mrs. Harrison, the expression on Martha's face gradually relaxed, and a suggestion of amusement came into her eyes.

I was puzzled.

Later, in our bedroom, I mentioned Mrs. Harrison, and Martha laughed out loud. "Wasn't Gail a scream!" she said.

"I don't get it. What's so funny?"

Martha stopped laughing.

"Darling, it's all a matter of using the head. Yesterday it occurred to me that if our suspicions about Gail's imagination were justified, others in Bradfield must have noticed it, too. And if so, how is it they let her continue? I hinted at the matter to Mrs. Ruggles, with whom I have become quite well acquainted. She smiled at me in a queer sort of way and admitted that our reaction was not unlike that of dozens of others when they first came to town. When I asked her how they bore up under it all, she declared that once you satisfy yourself in your own mind that Gail does make up stories, then you can look upon her lengthy recitations with amusement and really get a big kick out of her. So that's what I did."

"Did what?"

"Satisfied myself that her knowledge is really very limited, that all her big talk is really nothing more than a superiority complex, and that it's really more human to let her go believing you think she's a regular walking encyclopedia."

"But how? How in the world did you discover it was her imagination?"

"Why, haven't you guessed? I thought, of course, you knew what I was up to." She laughed again. "Darling, there's no such person as Mrs. Harrison or a Women's Civic league. I merely made that up out of my imagination. And Gail swallowed the bait."

Revive Superstition as to Magnetism of Body

The number of psychiatrists doing a thriving business may owe their good fortune to the carelessness of modern housewives, for less than 100 years ago the following thought was in vogue:

"The earth is a magnet with magnetic currents constantly playing around it. The human body is also a magnet, and when the body is placed in certain relations to the earth these currents harmonize, when in any other position they conflict. When one position is to be maintained for some time a position should be chosen in which the magnet currents of the earth and the body will not conflict. This position, as indicated by theory, and known by experiment, is to lie with the head toward the North pole.

"Persons who sleep with their heads in the opposite direction, or lying crosswise, are liable to fall into various disorders. When they go back to the right position, these disorders, if not too deeply impressed upon the constitution, soon vanish. Sensitive persons are always more refreshed by sleep when their heads point due north."

Use Old Stone Shaft

A stone shaft which served the Pilgrim Fathers more than three centuries ago still serves a useful purpose at Plainville, Mass. It is the Old Angle Tree monument, dating back to 1628. The shaft, 14 feet high, once divided the Massachusetts Bay colony from the Plymouth colony. Now it marks the south boundary of the town of Plainville.

Find Animals Gain More Weight Through the Use of Vitamin B Than Any Other

A new role for vitamin B, helping the body gain weight by building up fat, is suggested by experiments reported by Drs. Dorothy V. Whipple and Charles F. Church, of the University of Pennsylvania School of Medicine.

Animals given diets that contained no fat but plenty of vitamin B were able to gain more weight than their mates on the same fat-free diet but without the vitamin, the experimenter recently told the American Society of Biological Chemists. Comparing the average body composition of the animals, the investigators, according to Science Service, found that fat accounted for half the gain in weight made by the animals on the vitamin diet. Water accounted for the other half of the weight gain. The figures, they reported, suggest the possibility that vitamin B plays a role in the building up of fat in the animal body.

Vitamin B is found in moderate amounts in most natural foods, but its chief sources are whole-meal cereals, yeast, peas, beans, egg yolk, nuts, liver, kidney and heart. Lack of this vitamin causes beri-beri, a disease mostly found in the Orient, but which can occur anywhere if this vital food factor is omitted from the diet.

Consequently, fat persons cannot hope to lose weight by omitting vitamin B from their diet, even if the investigations reported today are confirmed and the vitamin is found actually to be important in weight-building. But thin persons wanting to gain weight may in the future be advised to add liberal amounts of the vitamin to their diet.

Art and Propaganda

"In order for an artist really to execute a work of an art, he must leave a message to deliver; but if any message is to sway people, then it is what is known as propaganda. Hence is it true, real art must be propaganda."—Edwin Shelly.

Lovely Lace Makes Lovely Brides

By CHERIE NICHOLAS

COMES now fashion's big moment to play up romance and the picturesque for the June bride-to-be is calling, calling for lovely gowns for herself and her attendants that shall group into a "perfect picture" on her wedding day.

What bride is not a "vision of loveliness"? Her gown is so carefully selected and fitted, her veil is made just so—to tune perfectly to her individuality, to drape correctly, at the same time begullingly over the head and down while the train must hang in just the right proportion and line with the dress.

Many a spring bride this 1936 found the expression of her dream of a vision of loveliness in a lace gown and veil. With its importance in the current fashion picture generally it but follows in the natural sequence of events that lace should become first choice with brides. Now that the early brides have demonstrated how really lovely lace is for the wedding gown, June and midsummer brides-to-be have taken their cue and are enthusiastically planning their trousseaux in terms of beautiful lace.

Not only does the lace gown in itself enhance feminine charm to the utmost but lace for the bride brings up the splendor and richness of former periods, when lace played so important a part in the costumes of historical and royal brides. The fact of the lure of lace for brides was dramatically brought out in a "Bride-of-Two-Centuries" showing recently held in New York, in which fifteen period bridal costumes copied from those worn by prominent ladies in the last two hundred years was the feature. This bridal show was topped by the modern bridal party, done entirely in lace, in shades of azalea pink.

Which brings us to a very important subject—that of the fashion approval of color for the bride instead of the traditional all-white. A modern bride may wear lovely blush pink or ice blue or any tone or tint of her fancy.

One of the attractions of a "lace wedding" is that lace offers every opportunity to work out fascinating color schemes, for this existing fain for lace is not exclusive with the bride but the theme is carried out for brides maids as well. One of the newest gestures is that of lace dresses, with cunning lace capes for each bridesmaid.

Brides, too, are looking into the future in the selection of the wedding gown, having in mind a dress that may be worn later to social events. This feature is admirably interpreted in the very chic and lovely gown in the illustration. Since the full long train is detachable at the waist, the dress alone becomes perfect for the cocktail or dinner hour. The sweep of the train, and the smooth silhouette of the gown cut on true princess lines are the more lovely because of the lace of fine alencon of which this bridal gown is designed. The dress with its narrow waist and tailored neckline, buttons all the way down the front. Tulle is used for the veil which falls in a beguiling drape over the face and hangs quite long at the back.

The bride in the foreground chooses exquisite chantilly lace for her gown It bespeaks an elegance of simplicity in every detail. The effective arrangement of the tulle veil adds greatly to the glory of the "picture."

© Western Newspaper Union.

HER SMART COAT

By CHERIE NICHOLAS

Mannish tailoring in suits and coats for grown-up ladies of fashion has its echo in boyish tailoring for the younger miss from toddlers to teen-agers. The cunning little girl here pictured in the double-breasted flannel coat is ready for an outing in the park, in a coat her little brother would envy. Broad lapels and wide notched collar are becoming. Fitted slightly at the waist for chic the coat is roomy and comfortable. Six smart bone buttons, masculine and substantial, trim the high double-breasted closing. This little model is the very sort that little girls are teasing their mothers to buy for them.

PASTEL TONES IN SUMMER TAILLEURS

Summer tailleurs are more fanciful than ever and synthetic fibers either are mixed with wool or replace wool entirely. Thiebaut-Brion has made a specialty of novel fabrics for this type of tailleur. His collection includes several rayon crepes with a woolen appearance and some rayon serges, either plain or chined. Some of his woolen fabrics show the same chine effect produced with twisted rayon yarns that fleck the surface.

There are new mossy crepes with a woolly texture, also a number of pastel-colored fine woolens, spotted with brown or black rayon nubs or tufts. Some of these fabrics have a tweed-like appearance and are seen in very delicate pastel tones, including sweet pea colors.

Lace Dresses Continue to Be Tops at Paris Show

Lace dresses continue to be tops in Paris. They're shown in amazing variety and startling numbers by all the leading designers. To emphasize the importance of this material in the feminine costume, a ball was held recently at the Hotel George V at which only lace dresses were worn. Dull albene laces were much in evidence, particularly in dark shades such as midnight blue, purplish blue, grenat, eggplant and a dark tone of tortoise shell brown.

Evening Sandals

Cutout sandals of gold or silver mostly with high heels are first in evening shoe fashions. It is considered very chic to wear these with very sheer pastel colored hose to either match or contrast with the dress instead of the perennial flesh colored ones.

Beaded Necklaces

Beaded necklaces as wide as collars and taking the place of collars are increasing in importance and desirability.

What Women Want to Know About Fashions

Seven-eighths length capes are favored in summer fashions.

Fruit prints are being offered in dimities, with buttons representing the fruit.

Sports skirts for fall and autumn will be short with ample room for walking.

Slim coats that also do duty as frocks with separate furs, are being promoted with much success.

Prints insist on their place in the fashion picture.

Smart London women once again are wearing touches of color.

Black vanquishes the old-time favorite pink as the preferred color for feminine evening wear.

For the summer wedding trousseau many enchanting new styles in underthings and gowns are displayed in the style market.

Uncommon Sense

By JOHN BLAKE

© Bell Syndicate.—WNU Service.

Don't Waste Pity on Yourself

Make up your mind that you will have more or less trouble as you journey through this world. You will meet with many disappointments. People whom you trusted may turn out to be "bad actors." If they are, drop them from your acquaintanceship.

But don't under any circumstances begin to believe that you are misused, that there are conspiracies against you, or that you are not getting a "square deal."

Sometimes you won't get a "square deal."

That may be no fault of yours.

But don't worry about it. Drop the acquaintanceship of people who have proved themselves to be mean and tricky, and choose friends that you can trust.

There are plenty of these.

• • •

Don't think for a moment that everybody is trying to get the best of you, that your boss is "exploiting" you, or that you haven't any chance to get ahead.

Your chances of getting ahead will be just about what you deserve.

Today you, like everybody else, have plenty of opportunity to educate yourself.

But to do that it will be necessary to work, and to work hard.

You will find people who will seek to crowd you out and get ahead of you.

You will come into contact with unscrupulous "office politicians."

But that kind of people always work themselves out of jobs before long, for they are so busy with their little venomous plans that they will have no time to win any sort of success.

Don't work on the principle that this is an ideal world, and that everybody gets an even break.

It is not that kind of a world. But its sordidness and selfishness are overrated.

• • •

Work out your own plans, and stick to them.

Pay no more attention to a rascally office mate who is trying to "tunnel" you out of a job than you would to a tree root that tripped you up when you were taking an afternoon walk.

Be helpful and considerate to other people.

If they repay you with backbiting, drop them, and find people who are a better sort.

Enough of these exist in your neck of the woods to help make life very pleasant for you.

Above all, do not whine.

Take things as you find them. Use them for your own good. Take care of your health and your disposition.

And in the end you will find that you have been more or less the architect of your own fortune, and that you deserved the kind that you got.

Foreign Words and Phrases

Ad valorem. (L.) According to the value, as certain customs duties.

Ab origine. (L.) From the origin.

Bon gre, mal gre. (F.) With good grace or with ill grace; willy-nilly.

Ars longa, vita brevis. (L.) Art is long, life is short.

C'est une autre chose. (F.) That is a different affair.

Dei gratia. (L.) By the grace of God.

Exeunt omnes. (L.) All go out.

Gay Cotton Print Dress Easy to Make and Sure to Please Sprightly Maiden

Pattern No. 1882-B

The time for gay little cotton prints both for older sister and the younger set is at hand, and nothing could be simpler than this darling dress—so easy to make—so comfortable for nimble dears—and so smart to wear.

The French bodice effect and buttoned panel are cunning details which all little maidens love, especially the flared skirt, because it provides ample freedom for playtime. Decorative features are hidden in the contrasting collar trimmed with ruffled edging, and brief puff sleeves. The material may be a printed percale, lawn linen or gingham. If it is made in a plaid or checked gingham, you can omit the ruffled edging from the collar and make the collar of plain white pique.

Barbara Bell Pattern No. 1882-B is available in sizes 2, 4, 6, 8, and 10. Size 4 requires 1⅞ yards of 35 inch material plus ⅛ yard for contrast. Send 15 cents for the pattern.

Send your order to The Sewing Circle Pattern Dept., 367 W. Adams St., Chicago, Ill.

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Uncle Phil Says:

Aspire to Humility

Aspiring to nothing but humility, the wise man will make it the height of his ambition to be unambitious. As he cannot effect all that he wishes, he will only wish for that which he can effect.

Every night count your blessings. Every morning count yesterday's mistakes and be careful.

No one is infallible. Even the weather man may get caught out in the rain without an umbrella.

All the success achieved in creative work is earned and hardly earned.

BUY ON PROOF OF PERFORMANCE

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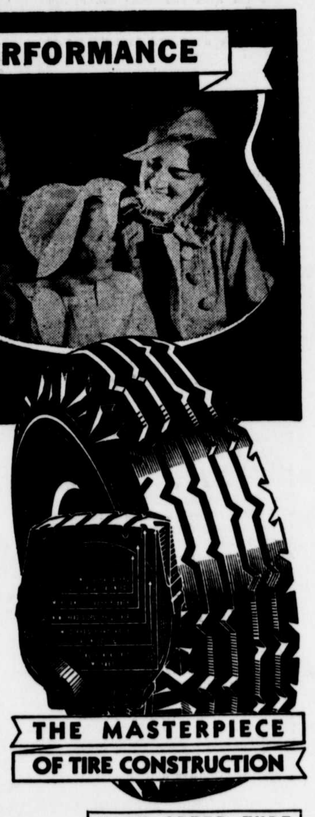
THE New Firestone
HIGH SPEED TIRE for 1936



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The new Firestone High Speed Tire for 1936 is the safest driving equipment you can buy. *Here is your proof:*

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A leading university made 2,350 tire tests and found that the new scientifically designed Firestone High Speed tread stops a car up to 25% quicker than other tires.

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Every year, since Firestone developed the Gum-Dipped Balloon tire, Firestone Tires have been on the winning cars in the gruelling blowout test of the Indianapolis 500-Mile Race.

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Others Proportionately Low

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4.50-21	5.60
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30x3½Cl.	4.33

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