

IS A HEALTHIER STRONGER GIRL

Because She Took Lydia E. Pinkham's Vegetable Compound

The fertile valleys of Oregon help to supply the tables of America. This is possible through the magic of the humble tin can. In one of the canning establishments, Julia Schmidt was employed. It was complicated work because she did sealing and other parts of the work. It was strenuous work and she was not a strong girl. Often she forced herself to work when she was hardly able to sit at her machine. At times she would have to stay at home for she was so weak she could hardly walk. For five years she was in this weakened condition. She tried various medicines. At last, a friend of hers spoke of Lydia E. Pinkham's Vegetable Compound and she gave it a trial. "Everyone says I am a healthier and stronger girl," she writes. "I am recommending the Vegetable Compound to all my friends who tell me how they suffer and I am willing to answer letters from women asking about it." Julia Schmidt's address is 114 Willow St., Silverton, Oregon. Girls who work in factories know just how Miss Schmidt felt. Perhaps they, too, will find better health by taking the Vegetable Compound.

Callouses

Quick, safe, sure relief from painful callouses on the feet. At all drug and shoe stores.

Dr. Scholl's Zino-pads

Put one on—the pain is gone.

PASTOR KOENIG'S NERVINE

for Epilepsy Nervousness & Sleeplessness

PRICE \$1.50 AT YOUR DRUG STORE

Write for free booklet KOENIG MEDICINE CO. 1045 N. WELLS ST. CHICAGO, ILL.

"A God-sent Blessing"

is what one mother writes of Mrs. Winslow's Syrup. "Thousands of other mothers have found this safe, pleasant, effective remedy a boon when baby's little stomach is upset. For constipation, flatulency, colic and diarrhoea, there is nothing like MRS. WINSLOW'S SYRUP"

The Infants' and Children's Regulator. It is especially good at teething time. Complete formula on every label. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients.

At all Druggists Write for free booklet of letters from grateful mothers. ANGLO-AMERICAN DRUG CO. 215-217 Fulton St. New York

CONSTIPATION BANISHED

No drugs. Complete instructions for 25c. Money refunded if not satisfactory. N.Y.E. Box 297, EAST SAN DIEGO, CALIF.

Big Money Making Goods at Home. Spare or full time. Men, women. No experience necessary. Send for sample and full inform. H. E. Gillis, Box 236, Oakland, Calif.

Catty

"My husband," she said, "always wants me to look my best, no matter what it costs."
"Well," her friend replied, "one can hardly blame him for feeling as he does."—Boston Transcript.

Because the show's over for the man of fifty, why should he dampen the enthusiasm of the younger men?



"You Need a Diuretic!"

To Be Well There Must Be Proper Kidney Function.

THE kidneys are the blood filters. If their action becomes sluggish they do not thoroughly cleanse the blood of poisonous wastes. Such impurities make one dull, tired and achy with often nagging backache, a crowning headache and dizziness. A common warning of imperfect kidney action is scanty or burning excretions.

Doan's Pills, stimulant diuretic, aid the kidneys in their eliminative work. 50,000 users have publicly recommended Doan's. Ask your neighbor!

DOAN'S PILLS

66c
STIMULANT DIURETIC KIDNEYS
Foster-McClellan Co. Mfg. Chem. Buffalo, N.Y.

JUST HUMANS

By GERE CARR



"WHO'S BEEN BATTIN' 'EM OUT HERE?"

Mother's Cook Book

Follow the true course of your life, but keep your eyes open for all beautiful sights and the ears responsive to all harmonious sounds, as you go steadily forward.

GOOD THINGS TO EAT

A GOOD cake is never out of place in the week's menu. Where the family is small it is wise to make cakes which will not dry quickly or do as one neighborhood does—bake a cake and divide it with another. Half of a cake is enjoyed to the last crumb.

Almond Chocolate Potato Cake.

Cream one cupful of butter and beat in one cupful of sugar and one cupful of sweet grated chocolate. Add the beaten yolks of four eggs, one cupful of fine almonds, two cupfuls of rice potatoes, two cupfuls of flour sifted with one-half teaspoonful of salt, two teaspoonfuls of baking powder, one teaspoonful of cinnamon and one-half teaspoonful of cloves. Add the flour gradually and alternate with milk to make a thick batter, about three-fourths of a cupful. Fold in the stiffly-beaten whites of the eggs and bake in a well-greased tube pan.

Raisin and Green Pepper Salad.

Simmer one-half cupful of raisins in one-fourth cupful or more of orange juice until soft, add a teaspoonful of lemon juice. Arrange a bed of lettuce, cover with shredded green pepper and the raisins and pour over a thousand island dressing prepared as follows: Beat very slowly into a half cupful of mayonnaise one teaspoonful of vinegar, salt and paprika to season, one chopped red pepper, one green pepper chopped and a half dozen olives, also chopped. Mix well and season with scraped onion and serve with the above salad.

Favorite Apple Salad.

Core six red apples and cook them carefully in boiling water until tender but unbroken. Carefully remove the skins, scrape the red from them and paint the cheeks of the apples. Chill and arrange on lettuce. Fill the center with chopped nuts and celery and serve with a rich mayonnaise. Garnish the filled apple with a sprig of bleached celery and a nut or two.

Salmon and Pea Salad.

Take a can of salmon, removing all skin and bones, add an equal amount of cooked peas, season well and serve with highly seasoned boiled dressing to which a chopped sour pickle has been added. Serve on head lettuce with plenty of dressing for garnish.

Nellie Maxwell
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What Does Your Child Want to Know?

Answered by BARBARA BOURJAILY



WHY IS DAMP AIR UNHEALTHFUL?

A million plants too small to see Can grow where it is damp. These get into our lungs and there Make trouble where they camp.

WHEN I WAS TWENTY-ONE

BY JOSEPH KAYE

At 21 Louis Joseph Vance Was Driven to Write for Pay.

WHEN I was twenty-one I had been a husband three years, and a father one year. The weekly stipend of \$18 on which I braved the adventure of marriage didn't go far toward the providing for the needs of three souls. I was heavily oppressed by debt; I must have owed at least \$100, or more, and something had to be done about it. So I wrote a story—because I had heard that as much as a cent a word was sometimes paid for stories, and couldn't think of any other way to raise the wind. I had always been scribbling, more or less aimlessly.

The story was called "The Death of the Dawn." I submitted it to my father for an opinion. He was a veteran of the Civil war and an old newspaper man; and it so happened that my manuscript got into his hands at a time when he was entertaining another veteran of that conflict, though one that had fought on the southern side, Col. Prentiss Ingraham—author of something like over two thousand novels, of which "Montezuma the Merciless" attained a sale of more than two million copies.

Now my story was a Civil war story and for that reason, I presume, those two old soldiers liked it and praised it and assured me that any editor in his right senses would jump at the chance to publish it.

It must have been that all the editors who saw it were imbeciles—or something was wrong. Many years later I sold that story to Anna Steese Richardson for the McClure short story service. It fetched \$25 for copyright and all rights.—Louis Joseph Kaye.

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SAWS

By Viola Brothers Shore

FOR THE GOOSE—

WHEN the neighbors is cookin' cabbage, you can't rejoice. But you can shut the window.

Envy is its own reward.

Your mouth'll tell what you are, even if you keep it closed.

It's a good dope to know a foreign language. But not to talk it in your neighbor's house.

FOR THE GANDER—

Anger is a good gun, but temper is the kind that don't touch the feller it's aimed at, but half-kills the guy that's holdin' it.

Besides, every woman knows that the smaller the kettle, the quicker it's hot.

With a woman, it's better to be wrong than flustered.

Women adore presence of mind.

In fact, they like any kind of presents.

(Copyright.)

THE FARMER'S HAPPY LOT

By DOUGLAS MALLOCH

THE farmer in the olden time A hard row had to follow. The farmer used to make a dime Where now he makes a dollar. I wouldn't have you get me wrong: To wealth he doesn't add it; Of course he doesn't keep it long. But anyway he had it.

He used to chase a one-horse plow All over eighty acres. But he has something better now, Accordin' to its makers. In ev'rythin' that he's about Machinery's a factor, And now he shakes his daylight on A-ridin' on a tractor.

Oh, happier is the farmer than Before he had improvements. He used to love his fellow man. But now he's joinin' "movements." Of course his father had his fun, What all of us are after, But I am certain sure the son Must fairly shake with lafter.

The radio, the limousine, Just think of all the pleasure! I'm sure the smell of gasoline The children long will treasure, What hardships in the early days The farmer's lot attended! The world has changed in many ways— Now ev'rythin' is splendid!

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For Meditation

By LEONARD A. BARRETT

WOMAN'S PLACE

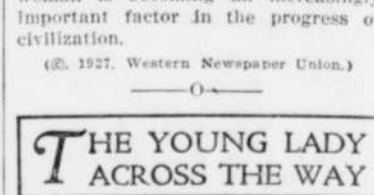
WOMAN'S most important responsibility in life is her relation to the social needs of her age. It is impossible to correctly appraise any age separated from the youth of that age. The future generation will reflect the standards of the children of the present generation. Directing the spirit of youth in the ways of stimulating realities is a tremendously important task. The most important thing a person can do is to mold a human life and set it voyaging toward eternity. The development of a child reflects the character of a mother. Like mother like child. A woman's place in the world determines the progress of civilization because of her influence upon the child life of the age.

What then is the meaning of woman's struggle for freedom? In what light is her entry into the economic world to be interpreted? Has her larger freedom come through the neglect of duties in the home? Has her liberty made her any less "mother"?

Woman has taken her place beside man in the counting house, store and office. Her participation in industry is a marked characteristic of the present age. Her name shines luminously in the realms of science and the arts. These privileges are hers, achieved not through the neglect of other duties, but rather made possible by the invention of labor-saving devices which relieve her of many of the exacting details of housekeeping. It is leisure and not neglect of domestic responsibilities that has enabled woman to revalue herself in the light of her new liberty. The leisure thus released is directed toward important and constructive ends. Through her self-assertion in the economic and industrial world woman is lifting the level of life through the infusion of her ideals into the youth of a work-a-day world. By the intelligent application of these ideals to life, like leaven in the meal, woman is becoming an increasingly important factor in the progress of civilization.

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THE YOUNG LADY ACROSS THE WAY



The young lady across the way says hay fever is said not to be hereditary but it's just as well to be on the safe side and keep away from anybody who has it.

(© by McClure Newspaper Syndicate.)



ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years.

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocetateester of Salicylicacid

Clock Has Ten Hands

With ten hands, each giving the correct time in as many places throughout the world, a clock has been placed in a railway station in Berlin. The dial is divided into the 24 hours of the day and night together, and the hands are marked with the names of the place for which they tell the time.

Salts Fine for Aching Kidneys

When Back Hurts Flush Your Kidneys as You Clean Your Bowels

Most folks forget that the kidneys, like the bowels, sometimes get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean and the moment you feel an ache or pain in the kidney region begin drinking lots of water. Also get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is intended to flush clogged kidneys and help stimulate them to activity. It also helps neutralize the acids in the urine so they no longer irritate, thus helping to relieve bladder disorders.

Jad Salts is inexpensive; makes a delightful effervescent lithia water drink which everybody should take now and then to help keep their kidneys clean.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in trying to correct kidney trouble while it is only trouble.

Diphtheria Hits at Adults

"There is no reason why there should not come a time when we can throw all our diphtheria signs into the waste basket," says Health Commissioner Henry F. Vaughan of Detroit.

As Doctor Vaughan reiterated, everyone can be immunized against diphtheria. It is just a reasonable, ordinary precaution to be so immunized. Most adults exercise their arbitrary authority to have their children inoculated. But adults say: "Oh, that's a child's disease, I won't get it." They are wrong, but inquire among your friends and see how many have been inoculated.—Detroit News.

Aged Driver of Auto

Isalah Cross of Belfast, Maine, at the age of eighty-seven, has just learned to drive an automobile. He motored down to Cape Cod to see what changes nature and man had made in the 72 years since he was last there. The trip covered 256 miles and he made it without mishap or inconvenience, although the traffic was extremely heavy.

Broadcasts Good News

Whittier, Calif.—"Dr. Pierce's Favorite Prescription and the 'Golden Medical Discovery' have been used in our family off and on for a long time and they have always given us entire satisfaction. I have taken the 'Favorite Prescription' and so has my mother. It was a wonderful benefit to us. I think it has no equal."



"My father always took the 'Golden Medical Discovery' when he felt run-down, and it never failed to build up his general health in a very short time."—Mrs. J. B. Hilyard, 113 S. Whittier Ave.

If your druggist is out of the "Medical Discovery" or "Prescription," send 65 cents to Dr. Pierce, Buffalo, N. Y., for a package of the tablets.

W. N. U., PORTLAND, NO. 43-1927.

Cuticura Promotes Permanent Hair Health

Shampoos with Cuticura Soap, with light applications of Cuticura Ointment when necessary, tend to free the scalp of dandruff and minor blemishes, and to establish a permanent condition of hair health.

Shampoo each time. Address: "Cuticura Laboratories, Dept. 31, Malden, Mass."

HOW ARE YOU TODAY?

How often does that friendly question find you full of pains and aches caused by kidney, liver and bladder troubles? Keep your health while you can. Begin taking Gold Medal Haarlem Oil Capsules at once. Hardy Hollanders have used this remedy for over 200 years. In sealed boxes, at all druggists. 3 sizes. Look for the name on every box.

GOLD MEDAL HAARLEM OIL CAPSULES