

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 113 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

Paste one on—the pain is gone.

PASTOR KOENIG'S NERVINE

For Epilepsy Nervousness & Sleeplessness

PRICE 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. 211-217 Fulton St. New York

CONSTIPATION BANISHED

No drugs. Complete instructions for use. Money refunded if not satisfactory. N.Y.C. Box 197, EAST RAN DIBGIO, CALIF.

Big Money Making Goods at Home, Spare or full time. Men, women. No experience necessary. Send for sample and full inform. H. E. Gillette, Box 158, 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, drowsy headaches and dizziness. A common warning of imperfect kidney action is scanty or burning excretions.

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

DOAN'S PILLS

STIMULANT DIURETIC FOR KIDNEYS. Roster-Milburn Co., Mfg. Chem., Buffalo, N.Y.

Alabaster Lamps

CHAPTER X—Continued

—18—

Dabbs looked pleased at the "us" but he frowned a moment afterward, and when Mary touched his arm gently, looked down at her warily.

"I'm trying to figure out, daughter, whether you're right about the money. I guess you are, though. As you say, Polly'd only use it to get further away from me, and that would keep us apart. Besides, it mustn't be money that brings Polly to me. It must be—you. You can see that."

"Of course, I can Mother's point of view, too," Mary admitted, wishing to be absolutely fair to the absent, which is always so difficult a task when sympathies are mostly with those present. "But I somehow feel on your side, Dad, and when the pinch comes, I'll warn you and we'll act together. Then we will see what Mother does. She's—well, surprising! You can never tell about Mother."

She moved toward the door. Mother would be waiting, and that was beginning to trouble her. "Oh, hurry after us to Venice, Father. We've got so much to say to each other, and there's no time left for us today. And," she paused to make this emphatic, "you must not come further than the elevator with me. If Mother saw me with you, she wouldn't say a word, but it would not be Venice."

"Just as you say, dear, and I suppose it's safer, but I hate it," Claude moved to the door with her, and as they reached it he said, hesitatingly: "Mary, do you need any money? I've plenty."

"Generous old dear," Mary thought, but what she said was: "Oh, I'm quite all right, as long as Mother's holds out. The question is, how long can you stand the pace Mother's setting?"

Claude started to speak and stopped himself. "Oh, I can hold out for some time," he told her cheerfully, "and there's always the grocery business."

Mary patted his arm. "Of course, and if it wasn't for Mother, I'd go back with you now like a shot and keep books or sell things behind the counter. Wouldn't it be fun? It's Mother who keeps me from doing it. Mother can't be left alone, you see."

Claude Dabbs put his arm about his daughter. "I knew it. I always knew you were all right, Mary. It won't come to leaving Polly. We'll try and arrange it so we can each have a share of you—sort of share and share alike."

Mary patted his hand, but looked a little dubious. She put an arm about his neck and drew his head down and kissed him. "I may have to lie a little for you," she warned him, "but surely in such a good cause, I'll be forgiven. At least I'll chance it."

The elevator came and she was gone, and he knew that the better part of valor should keep him from watching from his windows. But all the fears and cares of a family man, which begin with the child's birth and spread gradually and with decreasing force through the long years of the child's growth and maturity, had suddenly assailed Claude Dabbs, and he wondered, fiercely, what Polly could be thinking of to allow such a girl as his Mary to go about alone.

CHAPTER XI

Mary marveled that she was able to conceal from her mother the exciting fact that she had met and talked to her father. It seemed to her quite impossible that she could sit beside her mother, and think about her father, and her mother suspect nothing and think—well, Mary did not quite know what Mother was thinking about.

For the first time in her life Mary realized that souls could be lonely. People could be as close as Mother and she had always been, and yet so wide apart that when one deliberately drew down the curtain, the other sat in darkness and could know nothing of the thoughts and feelings behind the curtain!

Claude's heart and head were full of Mary. She occupied his thoughts to the exclusion of everything else. So absorbed was he in his own visions, that Ned, returning in triumph from a successful visit to the steamship office, for the first time in their acquaintance was at odds with Claude. His indignation was roused by the news that Claude had actually had Mary there, in the hotel, and yet had said nothing at all about Ned. As though that were not enough, Claude calmly demanded that he transfer their reservation to the next ship, sailing a few days later.

It had been a difficult matter for him to obtain passage on the same boat with the Johnstons and now these efforts were in vain.

When the change had been made Ned asked: "Why didn't you tell Miss Johnston I was in town?"

"Because I forgot you, and everything else, Ned. All I could think of was that Mary is my own girl and nothing that Polly does will keep me away from Mary—when she wants me."

Ned's feeling of exasperation gradually gave way to the thought that in reality Claude had done him a good turn. By not mentioning him to Mary, Claude had saved the explanation that he was not Carter, but Ned Carter Rangeley. Moreover, there would be no need, if they traveled on different ships, for her to know it until they met. There are some explanations that should come from the lover.

By Margaret Turnbull

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This was one. Mary still believed him the grocer's clerk.

The next morning Ned determined that, by hook or crook, he would have speech with Mary before the steamer sailed. He could easily get on board, and the chances were that he would be able to have a word alone.

He became aware that Claude was regarding him steadily across the breakfast table.

"Far be it from me, Ned, to worm myself into any business of yours, but if you should be thinking of looking up Mary before she sails, my advice is—Don't!"

"What's wrong with the idea, supposing I entertained it?"

"Everything," said Claude, all the kindness gone from the blue eyes. "It's a bad idea. It would mess up my plans. If necessary, I'm prepared to rope and tie you, to prevent it."

He leaned across the table, his eyes growing soft again: "Why boy, can't you see? There's some women you can rush, and others you've gotta let



Ned Even Accused Claude of Being Too Popular.

run a little before you throw the rope. Of course, I haven't been so successful in my own affair that I should set up for a guide, but I know about Mary. If I were you—I wouldn't."

"Enough said," Ned quickly agreed. "But once over the water, C. M., I'll play my game without interference."

Claude's caution prevented Ned meeting his father. Loren Rangeley had Mrs. Johnston an impressive farewell. He carried himself so paternally toward Mary that only her fear of antagonizing her mother prevented her from raging aloud against him.

The same jealousy, in a different degree, prevented Mrs. Johnston from telling Mary of Ned's message. The sight of his flowers, a modest bunch of violets chosen as befitting a grocer's clerk, annoyed her still further. It was not until New York harbor was well behind them that Mary was told.

Something in the way her mother gave the message, with the inference that Carter was a pushing, obnoxious creature, made Mary place his flowers conspicuously in the stateroom.

All this Mrs. Johnston received in silence, and Mary, sore at heart, could not understand it. After all, they were Americans and her mother had never been a snob. What could have made her take this attitude toward a perfectly nice young man who had saved her daughter's life? Mary decided not to blame her mother at all, but to put the blame on that detestable Mr. Rangeley, who had probably been quite difficult.

Why had her mother borrowed from him? Surely things might have been arranged with less haste. There seemed something inherently unjust to C. M. Dabbs in this wild desire to escape.

Just or unjust, she could not question her mother. Mrs. Johnston's face was set and worried, and though it changed a moment after to smiles and graciousness, as an old acquaintance greeted her, Mary remembered that anxious look. If her mother had promised to consider that awful Rangeley, Mary would have to warn her father.

(TO BE CONTINUED.)

Soldier's Name Well "Worth Army Corps"

When the French revolution flamed out, the aristocratic La Tour d'Auvergne, disdaining pleas of his fellow officers to leave France, threw in his lot with the revolutionists. Time after time he emerged from battle with his clothing torn by bullets, but unharmed, and so he gained his reputation of bearing a charmed life. Stories of his amazing courage reached the enemy and inspired terror.

This reputation enabled him to capture San Sebastian, Spain, single-handed. He arrived in a little boat bearing a tiny cannon, disembarked, marched to the citadel, announced he was the advance guard of the French army and demanded that the place be surrendered. The Spanish commandant was so intimidated that he was willing to surrender, but asked La

Polly told Mary nothing, and Mary danced, walked, talked, played games, flirted a little, stayed in bed and read when she grew tired of everybody on board ship.

Polly's routine was much the same, save that she spent more time in bed reading feverishly and without discrimination. They talked in the usual jolly, casual way at night. But certain subjects were avoided—Claude Hollow, Claude Dabbs, Ned Carter and Loren Rangeley.

Just three days behind them, on the same course, Claude Dabbs and Ned Carter followed. Ned was finding Claude a delightful traveling companion, utterly free from the shame of ignorance, and willing to acquire knowledge of all sorts. Ned also discovered that others found Claude attractive, and Ned even accused Claude of being too popular.

"Polishing up for Mary," was his explanation and excuse.

A curiously congenial pair they were, finding an infinite variety of things to talk about. They seldom mentioned Mary, and Ned wanted to talk about Mary. He had reached the stage when if the beloved's name is not mentioned by some one, there is no conversation. Some one, any one, every one must speak of her to him.

Claude, a charming companion in every other respect, was, on the one vital subject, dumb.

Ned fumed, in secret, knowing that with Claude Dabbs all half-measures were useless; he would either have to declare his whole purpose, or keep silent. Since he knew nothing yet of Mary's feelings, he kept silent.

He wished, heartily, that Claude and his Polly would play out their comedy by themselves and leave him a clear field with Mary. Mary in Venice! The combination would be heavenly, but not if everywhere that Mary went a mother and father, utterly estranged, followed.

As their journey brought them closer to Mary, the two men communed in their hearts with the totally different images they had set up of the same girl.

The real and very different Mary—in that instead of only being what they thought, was all that and more—slept as tranquilly as an Italian railway carriage would permit.

As the time drew near when she might reasonably expect her father to appear, Mary thought of nothing else, and grew nervous lest she should betray, in some unguarded speech, the thoughts that were uppermost in her mind.

Polly Johnston steadily refused to disclose her plans to Mary. Polly's nights were sleepless, her days restless. It was as though she felt some approaching change and strove to evade it.

Several wakeful nights followed their arrival in Venice, and one morning Polly awoke with a headache. Though she kept up valiantly until after luncheon, she was compelled finally to seek her darkened bedroom. Mary knew that Polly could not endure being read or talked to when her head was like that. So, when Mary proposed that she should spend the afternoon in St. Mark's, just around the corner, there was no excuse Polly could justly offer to oppose the plan, though she did not like it.

Mary laughed down all suggestions that she was quite too attractive to wander about alone. Mary was an American, though she had had a foreign bringing-up, and she reminded her mother of this, and that she knew how to take care of herself.

Polly, who had wandered about as she chose when Mary's age, realized she was being absurd.

She told Mary to go, but not to stay late, and if she, Polly, did not feel better, she would have her dinner in bed. In that case Mary might dine with the Farleys, whom they had met on the train. Mary acquiesced, somewhat absent-mindedly. Having made her mother comfortable, or at least as comfortable as a headache would allow, Mary set forth.

Venice, that lovely city of the sea, seemed to Mary to be looking her best that afternoon. The sun shone warm on the piazza. The shops had a sleepy look, their awnings like drooping eyelids, and the patches of shade were grateful to the eye. Mary thought Venice was like a lovely, seductive woman, who, past her first youth, stirred men's hearts to pity for all she had lost, and then to passion for the ageless beauty which she still retained.

Tour d'Auvergne to fire one shot, so it could not be said he had given up without being attacked. La Tour d'Auvergne obligingly consented. A volley replied and then the commandant capitulated.

Ancient Leaven

The leaven spoken of in the Bible used by the Jews is a simple form of yeast probably made from the wild yeast common in hot countries. It is in no way different in its action from the commercial yeast of today.

Character

Character is like bells which ring out sweet music and which, when touched, accidentally even, resound with sweet music.—Phillips Brooks.



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 Monocetate of Salicylic Acid

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.

Unnecessary Then

Frances—Vivian wasn't always so careful about concealing her age. Elfinor—No, that was before she reached the years of discretion.

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 rundown, and it never failed to build up his general health in a very short time."—Mrs. J. S. 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

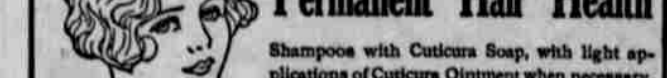
Shampoos with Cuticura Soap, with light applications of Cuticura Ointment when necessary, tend to free the scalp of dandruff and minor blemishes, and to establish a permanent condition of hair health.

Keep Dr. Cuticura Soap and Ointment in your home. Sold everywhere. Sample each free. Address: "Cuticura Laboratories, Dept. 23, Millis, Mass."

Cuticura Shaving Stick 25c.

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.



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