

### Ring in Health With Christmas Seals

In the olden days anyone could be a bell ringer. Sometimes a citizen had to pay for the privilege; if he abused the honor he had to pay a fine. In All Saints' Church, at Hastings, England, these words may still be seen:

"This is a heavy that is free  
For all those that civil be,  
And if you please to chime or ring  
It is a very pleasant thing."



All through history since the 16th century, which was the golden age of bells, chimes have called out to people their cheerful messages, usually telling a story. For example, with the passing of the old year the bells were tolled in sadness, then, when midnight had struck, the merry peals changed forth their welcome to the new year. Before the invention of the newspaper the town crier focused the attention of the people by lustily clanging a bell before he shouted the important news it was his duty to spread throughout the city. Since bells have so often served to proclaim victory it is not surprising to find that the design of the modern cup presented as a token of victory in sport is in reality an inverted bell.

It is equally fitting that on the gay little Christmas seal for 1929 a bell ringer should be portrayed tugging at a heavy bell, announcing once again to the nation that further victorious advances have been made against the enemy tuberculosis. Each year the seal brings its message of health at the Christmas season to remind people that sickness can be prevented.

Although the stamps are now well known, they originated in a modest manner only twenty-five years ago as the invention of a Danish postal clerk, who devised them to raise money for a tuberculosis hospital for the children of Copenhagen. Miss Emily P. Bissell of Wilmington, Delaware, was the god-mother of the Christmas seal in this country. She also was seeking for a method to raise money for a tuberculosis institution in her state and in 1907 found the solution to her problem in a magazine article describing the Danish seal and its successful mission. Through her efforts a fund of \$3,000 was raised and the project begun. The following year the first nation-wide sale of tuberculosis Christmas seals was undertaken, and women's clubs, religious bodies and business groups gave their support to this cheerful method of raising money. In 1919 the then young National Tuberculosis Association took over the sale of the seals and has directed it ever since. The seals therefore should be called tuberculosis Christmas seals.

Thanks to the tiny seal, state after state has been organized to attack tuberculosis with a scientific program. Together, led by the national body, they have brought into existence much of the present-day community machinery that combats tuberculosis. Through the intensive educational work made possible by the Christmas seal, health laws have been passed and are being enforced; tuberculosis specialists and nurses reach the most remote country districts; printed matter on disease prevention is circulated in schools, homes and factories, and there is an active public interest in tuberculosis control among civic, political, commercial, social and religious groups.

This year again the seal carries its message of health throughout the country, giving everyone a chance to be a bell ringer as in olden days—a proclaimer of the important tidings that health is the best insurance for happiness and that tuberculosis may be cured if discovered in time. And as millions of letters and packages decorated with Christmas seals travel from one end of the country to the other during December they will spread the message, "Ring in a year of health with Christmas seals."

Two of the great enemies to youth and vitality are delayed elimination and intestinal poisons. To keep yourself free from both these common difficulties will help you to stay young.

With the use of Nujol you can do it too. For Nujol absorbs body poisons and carries them off, preventing their absorption by the body. Nujol also softens the waste matter and brings about normal evacuation. It is harmless; contains no drugs or medicine. It won't cause gas or griping pains, or affect the stomach or kidneys. Every corner druggist has Nujol. Make sure you get the genuine. Look for the Nujol bottle with the label on the back that you can read right through the bottle. Don't delay, get Nujol today.

### Keep youth longer! cleanse the system of poisons

Two of the great enemies to youth and vitality are delayed elimination and intestinal poisons. To keep yourself free from both these common difficulties will help you to stay young.

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### THEM DAYS ARE GONE FOREVER (A New Tune Each Day)



Up-to-the-Minute Modes  
Prepared Especially for This Newspaper



TUCK-IN FOR SPORTS

The shirtwaist fashion is with us again, but it is a vastly different affair than the starched, ample-busted shirtwaist of last decade. The blouse of today is supple and youthful, and usually tucks into a skirt that defines the high waistline without being wasp-like or corseted in appearance. The sports interpretation of the new silhouette. We call it a two-piece frock, for that's what it really is. The flat collar and double tie are smart features of this frock, while the skirt has a double-breasted effect in a close hip yoke, and inverted pleats.



The YELLOW PENCIL with the RED BAND

Men and Women Regain Youth  
Do you wish the glow of youth, health, increased vitality? Then try this amazing new PEP-LIP YOUNG. Strongly recommended for those who are pasty, weak, thin, listless, and who are overworked. It is a natural, safe, reliable, tested, and guaranteed strengthener. It is the only one of its kind. Money back if not satisfied.

KC BAKING POWDER (double acting)  
Same Price for over 35 years  
25 ounces for 25c  
USE LESS than of high priced brands  
MILLIONS OF POUNDS USED BY OUR GOVERNMENT

MURINE For YOUR EYES  
Night and Morning to keep them Clean, Clear and Healthy  
Write for Free "Eye Care" or "Eye Beauty" Book  
Murine Co., Dept. H. S. 3, E. Ohio St., Chicago

Feen-a-mint The Laxative You Chew Like Gum  
No Taste But the Mint  
At Druggists—15c, 25c

LISTERINE THROAT TABLETS  
Antiseptic Prevents & Relieves Hoarseness Sore Throat Coughs  
Made by Lambert Pharmaceutical Co., Saint Louis, U. S. A.

### Local News

Mrs. Phil Reynolds wishes to thank friends for their gifts of books and flowers and for their kind expressions of sympathy during her recent illness.

FOR RENT—Furnished 8-room house With Garage; suitable for 2 families. 311 Cherry St.—Call East 7635—Adv.

FURNISHED ROOMS for Light-housekeeping or Single Rooms for Rent.—Mrs. L. McLamore—Phone TRinity 8841. —Adv.

FOR RENT—FURNISHED APARTMENT—Fred D. Thomas, WA11600.

FOR RENT—Newly decorated 7-room house; half block to Williams Ave. car. Reasonable to right party. Call AT. 1525 during week, and GA. 7523 on Sundays. Ask for Mrs. Cannady.—Adv.

### Open All Nite

PRIVATE BOOTHS  
Richardson's Cafe  
GOLDEN WEST HOTEL  
341 Everett

Even illiterate "backward" people object to the leadership of men who are merely tools of moneyed interests. Witness Haiti.

Up-to-the-Minute Modes  
Prepared Especially for This Newspaper



GIRLS' FROCK

Young girls' clothes to be smart must be simple. The junior frock may follow the current fashion but it is usually modified both in silhouette and detail. This simple frock carries out the low flare in a skirt of circular sections set in irregular outline on a bodice that blouses slightly over a belt posed at a modified high waistline. It is quite simply trimmed in double bandings of a contrasting material. The frock is shown here in a plain silk crepe trimmed with print, but it might advantageously be interpreted in jersey with contrasting jersey bands and a leather belt.

HEALTH GREETINGS 1929  
FOR ALL STOMACH AND intestinal troubles and disturbances due to teething, there is nothing better than a safe Infant's and Children's Laxative.

Babies Love It  
Mrs. Winslow's Syrup

Tuberculosis Kills 1 out of 5  
of all who die between 15 and 45



BUY CHRISTMAS SEALS  
The National, State and Local Tuberculosis Associations of the United States

TRY MADAM BURCH'S FAMOUS BEAUTY AIDS  
Strawberry Cream—gives you that velvety complexion.  
Bleaching Cream—takes tan off.  
Burch's Wonderful Hair Grower... guaranteed to grow luxuriant hair.  
Hair Dressing makes hair slick, soft and silky.

PATENTS  
Obtained. Send model or sketch and we will promptly send you a report. Our book on Patents and Trade-marks will be sent to you on request.  
D. SWIFT & CO. PATENT LAWYERS—305 Seventh St., Washington, D. C.—Over 34 Years' Experience

### The World's Most Expensive Talking Machine Fit For a Maharajah's Palace



They are building them better and better every year. Regardless of the statement by many wise acres that the Radio had spelled the death knell of the talking machine, there never was a talking machine that there is today. The reason for this is self evident. The radio is used because it brings news of the day together with music and entertainment. The radio, however, cannot take the place of any of the permanent recordings of favorite songs, favorite singers, or the favorite entertainers. For this reason, Brunswick, in their latest type Panatrop with radio, have incorporated new ideas, new discoveries and new designs of motors and reproducers, as well as sounding boxes, that in the past were unknown.

WAGES CUT? FIRED BY THE BOSSES?  
You cannot fight the bosses single-handed. THEY are organized. YOU need organized POWER behind you. Join the AMERICAN NEGRO LABOR CONGRESS  
For Information Write NATIONAL OFFICE, A. N. L. C. 235 W. 129 Street—New York City  
Organize Against Wage Cuts and Unemployment—Against High Rents and Rotten Housing Conditions  
JOIN NOW FOR PARTICIPATION IN NATIONAL CONVENTION, MAY 17 TO 19, 1930. In St. Louis, Mo.

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Will Promote a Full Growth of Hair. Will also Restore the Strength, Vitality and the Beauty of the Hair. If your Hair is Dry and Wiry, Try—  
East India Hair Grower



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