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Est. Parker House Smoked Sausage. It's simply delicious. Send for 1 lb. package (Postage paid). Parker House Sausage Company, 4655 S. State Street, Chicago

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Will gladly tell anyone how I treated my trouble. Jesse Miller, Dept. Z, Sta. D, Columbia, Ill.

AGENTS WANTED in every community to represent the famous WAVINE HAIR LIGHTENING and other Waxine Toilet articles. We have a wonderful proposition to offer. Write now. Particulars will be sent without obligation of your part. The Boyd Manufacturing Co., Birmingham, Alabama.

WOMEN when delayed or irregular use Olan Monthly Regulator, most stubborn cases often relieved in 48 hours; absolutely safe and harmless. Double strength postpaid \$2. 50 boxes \$5. OLAN PRODUCTS CO., Dept. T-2, 6082 N. Ave. Chicago.

HIGH BLOOD PRESSURE

quickly reduced. Send for FREE booklet which tells how thousands have rid themselves of this dangerous ailment which leads to paralysis, apoplexy, etc. Alberts Inc., Dept. F, Atlanta, Ga.

SWELLING REDUCED

And Short Breathing relieved when caused by unnatural collection of water in abdomen, feet and legs, and when pressure above ankle leaves a dent. Trial package.

COLLUM MEDICINE COMPANY, Dept. 561, Atlanta, Ga.

Advertisement for 'for WOMEN only' medicine, featuring a woman's face and text about menstrual health.

Do You Want a Baby?

Doctor Offers to Send Free. Any woman denied the blessing of a baby should write at once to Dr. DeFew, Suite 111, Quaker House, Kansas City, Mo. The doctor is offering free (postpaid) for the next 30 days, his regular dollar size non-specific treatment, based on glandular activity, which has been used with happy results by thousands of women. No C. O. D. no cost. Dr. DeFew writes: 'I never had a sick day. I became the mother of a fine 4 1/2 pound baby. God only knew our joy. I hope every woman longing for motherhood will take your medicine.' Mrs. White, Pa., writes: 'Married 11 years, doctors told me I could never have children. I tried your medicine. Now I am to be a mother in October. My dearest wish realized.' Simply send your name, and \$1 treatment will be mailed free in plain wrapper with booklet, 'Childless Marriages.' Write at once as only a limited supply of these treatments will be sent free this month. Adv.

\$-ALWAYS HAVE LUCK-\$

Advertisement for 'LUCKY' charms, featuring a woman's face and text about good fortune.

HEALTHY, ENERGETIC WOMEN ARE ALWAYS MORE ATTRACTIVE TO MEN

Men haven't much patience with sickly, ailing women. Women who are always talking about how bad they feel always get on a man's nerves. The woman, whose face beams with radiant health and whose sprightly step reflects vigorous activity, always makes a hit with men. If you are a weak, ailing woman who is allowing yourself to miss many of the thrills of life, snap out of it and determine right now to conquer your own weakness. Thousands of women everywhere have found St. Joseph's G.F.P. a real friend in need. This rich vegetable tonic contains roots

SWIMMING FOR FAME THE WATER STAR Pauline Jackson

By JIM JAMS

(Continued from Last Week)

In this installment Miss Jackson completes her story of her experiences in marathons races.

"I had a canvas kit with a pair of bathing shoes, a pair of trunks, two blankets, three Turkish towels, a bar of pine tar soap, the smell of which I had always liked since I was a child, a box of tooth powder, a tooth brush and fifteen packs of chewing gum. I don't smoke but chew gum extensively.

"I wore the first pair of knickers I had ever worn in my life. I don't believe I walked more than five miles during the whole hike. The motorists along the way were splendid.

"I was pretty hungry when I got to White Sulphur Springs. When I saw Prof. Washington I felt relieved. He has trained some of the best athletes in the country. I found out that he had arranged a swimming exhibition for the benefit of the guests at the hotel. And so the next morning I did my stunts and was well received.

"The guests at the hotel generously got up a collection and I received sixty dollars. This enabled me to pay for my fare to and from Toronto, and with the bit of change that I already had, it looked as if I was going to do pretty well financially. That evening I took the train for Toronto. When I arrived I went immediately to the exhibition grounds and took my examination after having registered.

"It seemed funny to me at the time, that I should worry about my breath control, but the doctors told me that I had a chest expansion of four inches, which is unusual in a find out how I was feeling. They kidded me about coming in. 'You woman, I did not have a great deal of time as the swim was scheduled for the next day, so I hurried from the grounds to the wholesale druggist to get thirteen pounds of vaseline. This was then mixed with graphite which gives it the necessary slicking quality. My boat and the boy who was to row were engaged through the International Swimmers Association at a small fee, as I didn't have money enough to hire two boys.

"As excited and nervous as I was, I hurried to Mother Mathews's house in Dundas Street and went to bed, sleeping soundly till five the next morning. I awoke as fresh as a daisy, but with little appetite. You know how the excitement and tenseness of a race take away your appetite—you just don't think about food, your mind is on the race. I ate a couple of soft boiled eggs and drank some grapefruit juice.

"I got out to the grounds at 7:30 and prepared to get into my grease coat. It was lots of fun having people of many nationalities applying the grease and graphite to my body. I had so much help that I had to shoo some of them away. Good sports, those people.

"At 10 a.m. I hit the water along with 273 other swimmers from every

where on the face of the globe. I spied my boat one mile out from swimmer can meet his boat nearer the shore line. The rule is that no than a mile to the shore line. I got into my stride. The water was pretty choppy. It meant that we zigzagged for seven and one-half miles. During this time the doctors, in motor boats passed me every now and then to see not going to get me this time,' I called, but they kept watch.

"When I had covered seven and one-half miles, I learned that all the winners were in, so I turned around and swam back to shore. It was 3:15 and I had been in the water (between 48 and 58 degrees) a little over five hours up to this point. As it was I outclassed some noted natators. I was just five minutes behind Gertrude Ederle.

"When I got back to shore, Johnny Walker a noted trainer, told me that my work was of good calibre. He predicted a future for me. He had trained ten girls, most of them Canadians. They had money, and equipment, yet

most of them didn't get over a mile out in the water.

"I went around cheering the swimmers who had lost. It was a great blow to some of them and they cried as if their hearts would break. I did not feel badly, as I knew that I had made more progress each time I had participated in the meets. I had used the side stroke with greater precision this time. As usual I lost about ten pounds. After two or three days of rest and good meals I pulled out for home. Well wishers and friends had given me three hundred dollars in good will money, and so I returned to New York, happy as a lark, to be greeted by my mother and dad who have always stood by me.

"I now knew two things definitely about long distance swimming. It is of the greatest advantage to have two oarsmen in your pacing boat. This makes for greater efficiency, as one can relieve the other. The other thing is that the four-beat crawl is of incalculable help to the swimmer who goes in for long distances.

Take Skin Troubles In Early Stages; Avoid Woe Later

By ANTOINETTE

First, I would urge mothers, interested in the development of good looking daughters (and what mother shouldn't be?) to watch the small daughters around 11, 12, 13 and 14 closely for the symptoms of later acne cases. Inspection for signs of acne should be made early with children. And there should be no sparing of soap and water to spoil the perfect school girl complexion.

Especially at the age of puberty, when the blackhead formation begins to show clearly, make the girls wash their faces three and four times a day with a good, bland soap and warm water and always insist that they follow this with a cold rinse.

The proper diet at this period must be observed, too, and any constipation tendency corrected, even if medical aid has to be solicited.

For the advanced stages, where the removal of blackheads is difficult, the use of a local application becomes necessary. There is a well known lotion commended by reputable skin men, called lotio alba, highly effective

in acne treatment. In having the lotion prepared, note in your instructions that the ingredients be dissolved separately before mixing them. Better have the lotion prepared by a good reliable chemist.

The formula is one dram each of potassium sulphuret and zinc sulphate in four ounces of distilled water. Apply enough lotion, preferably on retiring, to create a visible film of powder on the skin. In obstinate cases make more frequent applications. Don't use any oily cosmetics while you are treating the face. And be most particular to remove all make-up applications with a good soap and water cleansing.

Ivy Poisoning

The poison causes inflammation of the skin. When this is suspected, the area of the skin exposed should be washed with warm water and soap, followed by alcohol to remove any of the only substance which causes the irritation.

A 1 per cent solution of aluminum acetate should be put on the inflamed area with gauze once or twice a day. After the skin becomes dry or scaly, a calomine lotion should be put on after the preliminary washing, during the daytime, and carbolyzed zinc oil at night.

Attention Ambitious Women! EARN GOOD PROFITS

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IF THERE is one good old stand-by skin treatment whose praises have been sung all over the world, it is Genuine Black and White Ointment and Skin Soap. This marvelous combination treatment lightens the skin and makes it soft, smooth, clear and attractive, quickly removing all blemishes, bumps, mole discolorations, eczemic irritations and other skin disorders. Thousands of women, men, girls and boys will use nothing else because they know from experience that Genuine Black and White Ointment and Skin Soap is in a class by itself.

While Genuine Black and White Ointment is the largest selling ointment of its kind in the world, we have had many requests from people whose skin requires a softer and milder product. For this purpose we recommend the use of Black and White Skin Whitener. It is a mild and harmless cream which clears, lightens and whitens the skin in the most natural manner. Sold by all druggists everywhere at 25c a box.

Everybody's Favorite

TONIGHT---DO THIS

Cleanse the skin with the rich, pearly lather of Genuine Black and White Skin Soap. Then apply Genuine Black and White Ointment according to directions on the package. From the first application you will see marked improvement. The 50c box of Genuine Black and White Ointment contains three times as much as the 30c size. Generous bar Black and White Skin Soap, 25c. Be sure to ask for Genuine Black and White. Accept no substitute... there's nothing just as good.

If you cannot get Genuine Black and White Products from your dealer, send us his name and address together with retail prices of products desired and we will see that you are promptly supplied through your dealer, all charges prepaid. Address Black and White Company, Chicago, Ill.

Genuine BLACK AND WHITE OINTMENT and SKIN SOAP

SMILE, MEN, SMILE

Now For Shaves Without A Razor

Here it is! Manufacturing wizardry have turned another trick to make life easier—a powder, known as Magic Shaving Powder, which you simply mix with water and put on your face and your beard washes off quicker and closer than you can shave it off with any razor.

Hair is dissolved clean to the skin, and grows back same as if you shaved the old bothersome razor way.

It is so antiseptic it is used by Hospitals and Beauty Parlors. Prevents ingrowing hairs. Clears skin of bumps and pimples and is so gentle on skin even women find it priceless for removing superfluous hair.

If your druggist does not have Magic Shaving Powder, by all means send 35c in stamps today for big, full-size package. Address: Magic Shaving Powder Co., Dept. A., Savannah, Ga. (Adv.)



Lovely Light Skin

Spread this fragrant, white bleach lightly on your face and neck at night

then watch how QUICKLY pimples and other skin blemishes vanish

and how as though by magic your complexion becomes shades and shades LIGHTER and BRIGHTER.

Wavine Skin Whitener and Ointment is the name of this wonderful bleach that gives you clear, light, lovely skin. Price only 25c at drug stores or by mail postpaid from The Boyd Mfg. Co., Birmingham, Ala.

