POISON
in Your bowels!

Poisons absorbed into the system from souring waste in the bowels, cause that headachy, sluggish, bilious condition; coat the tongue; foul the breath; sap energy, strength and nerve-force. A little of Dr. Caldwell's Syrup Pepsin will clear up trouble like that, gently, harmlessly, in a hurry. The difference it will make in your feelings over night will prove its merit to you.

Dr. Caldwell studied constipation for forty-seven years. This long experience enabled him to make his prescription just what men, women, old people and children need to make their bowels help themselves. Its natural, mild, thorough action and its pleasant taste commend it to people of all ages. That's why "Dr. Caldwell's Syrup Pepsin," as it is called, is the most popular laxative drugstores sell.

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LUNG SUFFERERS—Will gladly tell any one how I arrested my trouble. Jesse Miller, Station D, Dept. Z, Columbus, Ohio.

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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 FREE

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Don't let a few days each month bring pains. Don't worry about irregular or delayed periods. It is not necessary. EMSULES, an old prescription, brings relief. Recommended by doctors. Has made thousands of women happy. Be sure you get the original and genuine—red capsules in the yellow box. At all drug stores, or trial box on receipt of $2.00.

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competitive drill between the high schools and wondered about the annual outcome. Well, you know one school consists of the "nice children," while the other is inclined to be a bit scarlet. Accordingly, the former has all the necessary "pull" right in their own camp. Now, do you understand?

The aftermath of the Howard-Lincoln football tiff is really quite interesting. Each year Philadelphia tries to out-do Washington in entertaining and vice versa. Last Thanksgiving the hosts spent enough money in the halls and cafes to keep the managements in money until New Years! And the bootleggers! One very prominent one is buying gas now for an elegant motor that he had shipped from Canada.

Peter's Ford and Elevator

You must know about Peter. Last year Peter had his elevator job and rode to school in his Ford. Then mother bought a magnificent nine-passenger green and silver dream. Peter met Henry (who is mentioned above) and a charming cousin. Today, Peter, Henry, the Ford and the limousine are social dictators in their set and a few others. Both are as debonair two gentlemen we have. But with too big ideas.

The Johnson Trio

There is the Johnson trio. Ruth teaches school. Brother Ralph is a light in one of the insurance gangs, and Breck, who is really too good looking to be a boy, just plays his basketball. This family is the most discussed group in town. Breck is the most sought after college man in Washington. Ruth has no boy friends and Ralph has too many "wives." Then, father boasts of his sons not drinking and no one will tell him that they are two of the biggest sops in the shadow of the dome of the Capitol.

June Graduate

When the high school turned out its June graduates one young lady of smart and wealthy parentage (but hopelessly dull) languidly informed me that, "I'll probably go to Bryn Mawr. You know, Mother was '23 from there and the old man just cleaned up on the races. And girl, the rags I'm in for!"

Dora was among the first twenty-five in her class. But the others say that she should have been further back. Dora has relatives who are "up there," positionally speaking, and even you, my dear, can't get around THAT.

June Wedding

Tom and dear Helen had one beautiful June house wedding (at which I was bridesmaid). They went to live at his house. She craved parties and Tom didn't. So when she gave her first one Tom stole off to a hotel. Now, Helen has gone home to stay until Tom discloses the name of "the woman" he was with.

Whoever thought Eve would get married? But Eve foresaw possibilities in paying gambling debts, tuitions, buying clothes, financing a business and getting a car for one male (at large at the time). Last week she got a receipt for her troubles. Mrs. Harry Hall. And happy.

Gay En-Girls

But about the Gay En-Girls. I know you fumed when you read about their dance in New York City, last month. Well, they are as charming a group of teachers we ever knew, here in D.C. As an explanation for their refusing a girl an invitation to their dance, allow me to say that they were simply living up to their teachings. "If she isn't tsh, my dear, pass her up!" (I happened to have received one of the coveted invitations. Hence the bouquet...).

His Wife Was Home

When our amusement park was first opened only we titled ones filled the place from morn to night. But when a charming student friend of mine returned from the park one night with her escort and found his wife home, the trouble began. For friend-wife took her boy friend out there, too. Then said-husband cleaned it out. Since then the riff-raffs have held sway.

Swimming Pool

We had a pool built, hoping to discourage any "undesirable" company, but they showed up, as usual. We swim in our tubs, now.

Water and swimming brings up the issue of our swanky swank beach colony, the Lowlands. There you have to produce a true pedigree, to survive the race, a Dr. before your name, a pair of dice and a wife who can mix whisky and soda. If not, then you are "know not." If you want to laugh, go down but "don't-feed-the-animals."

Anyway, we like it.....

Howard's Co-eds

The cylinder whirls about the University, in Washington. To my mind, Washington is really no place for a college.... The collegians pay their tuitions to spend a few hours in class and then dash off in quest for a "bid" for a forthcoming frat dance. The cute co-eds (first families) don't worry about ratings. Clever tactics will attend to that. If your son drives a sharp roadster, and can "carry" his liquor, then send him over. He may make a name for himself.

Friday Functions

The Friday night functions that your town paper exploits weekly can't even be mentioned in the same category with those of Washington. Really, they are enviable...Ermine and opera cloaks out of be-chauffeured motor thoroughbreds with coy debutantes all wend their way under a canopy into a smart lobby. There they wait the lift. Up you go to a hall of magnificent proportions. Flowers, brown shoulders, diamonds and borrowed tuxedoes. It is all very elegant. Depression wasn't meant for Washington!

Strange enough the charming family of our Congressman do very little entertaining. They are socially "that way" back home, in Chicago, however.

Keeping Husbands at Home

Society matrons have a hard time keeping their husbands at home. Between the vivacious co-ed and the sophisticated school marm, they have a trying time trying to keep the old fogeys away. At all the young dances you will see them. White haired. Stoop shouldered. But the life of the dance.

Continued on page 4

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SWIMMING FOR FAME

The Story of
THE WATER STAR
Walter Johnson
FOREMOST U.S. SWIMMER

By GEORGE B. MURPHY, JR.

(Continued from last week)

"I am working on the English over-arm stroke now. This stroke gives the most power and push with the least effort; I am also brushing up on my ability to tread water. You see, you swim some distance on one side and then the muscles of that side get tight. When you tread water you bring an entirely different set of muscles into play, this allows the necessary relaxation of the tired muscles—changing the stroke—does the same thing for the body.

"You swim with your 'starboard' side, to put it nautically, and your heart or 'portside' high, facing the sun. To strengthen my lungs for better and more controlled breathing, I get into about seven feet of water, bob up and down fifteen or twenty times to the bottom of the pool, when my head breaks water I inhale through my mouth and exhale through my nose as I go down. I take this exercise every day, either before or after the long grind.

"Dixie Kid has a special gargle for me, which I take after each swim. This insures one that his lungs and throat and nostrils keep clear and clean. Right after this, I take a solution of eggs and milk and some other things, a special formula of Dixie's. Then I get a light body massage; a heavy massage takes off the fat.

The Daily Menu

"This business of eating is funny to me. It is very important that I eat slowly, and that I eat the things that make me fat. I may drink as much beer as I like as it adds fat to the body that is necessary in the body refueling process of a long distance swimmer. I drink orange juice every morning and after each practice swim. I can pack away as much ice cream as my system will hold.

"The following is a typical daily menu: Breakfast—orange juice, cereal, milk, ham and eggs and toast; dinner—potatoes, steak, vegetable soup and German meat balls; supper—lima beans, rice, milk, ice cream.

How He Feels about Future

"I went up to Toronto with the intention of winning that fifteen-mile swim. Everybody had confidence in me, why shouldn't I have confidence in myself. While I did not win this meet, there is still a lot ahead of me. I am still single and have no regular girl. Maybe some nice girl will come along later.

"And then there is my hobby of airplane building. I would like to be able to devote more time to that. Boy, that is a great hobby to have. I guess you would call it the creative stuff in it that makes it so absorbing. I have done quite a bit of model building, but I have had to give it up in the last few years to tackle the more necessary job of making some money to live on.

"I'll tell you another thing that I have always wanted to do, and that is the English Channel swim. I'll get around to it bye and bye."

And there it is: the story of these "water gypsies," Johnson and Pauline Jackson, a story of human pathos mixed with hope and liveliness, but never despair. And the gleam they are following—fame and money—the age-old gleam beckons to all humans of an adventurous mind.

THE END.

WORDS OF PRAISE FROM WOMEN WHO REALLY KNOW

"WHAT A WONDERFUL POWDER"

Says Miss Dolly McCormack, star of "Hot Chocolates" and "Lucky to Me."

"I love to use genuine Black and White Complexion Powder. It's so soft and fine and fragrant, and makes every woman more attractive. This powder is really wonderful."

Miss Dolly McCormack is prominent on the stage and in exclusive society circles.

HAVE GLORIOUS COMPLEXION BEAUTY WITH THIS FINE POWDER

What a thrill you'll get as you smooth this fine, new-process powder over your face and see how magically it blends with your complexion, bringing you new beauty and charm. Genuine Black and White Complexion Powder "stays on" for hours and its flowerlike perfume brings added freshness and lure to your personality. Five true-to-life tints: White, Flesh, Pink, Brunette and High Brown.

By comparison with many powders selling for 50c and $1.00, Genuine Black and White Complexion Powder not only maintains its position of leadership but also because of its large size package emphasizes the value for which it is world-famous. Go to your favorite drug store or toilet goods counter and ask for Genuine Black and White Complexion Powder. Price 25c. Accept no substitute.

Before you apply powder always smooth on Genuine Black and White Peroxide Cream to protect your skin and hold your powder on for hours. Large jar 25c.

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 COMPLEXION POWDER

LIFE IS TOO SHORT TO SUFFER CONTINUAL PAIN AND MISERY

Woman's lot is a hard one if she is a victim of wretched ills ... if she allows herself to become weak and run-down, "blue" and depressed, miserable and nervous. Men don't have patience with her. Healthy women avoid her. She is left to suffer alone, unhappy and unwanted.

Don't let yourself get in this condition. If you are just beginning to feel weak and tired-out or if you are already in the clutches of those wretched ailments so common to women—take St.Joseph's G.F.P. and be strong, vigorous healthy again.

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The Woman's Tonic