

How One Woman Lost 20 Pounds of Fat

Lost Her Double Chin
Lost Her Prominent Hips
Lost Her Sluggishness

Gained Physical Vigor
Gained in Vivaciousness
Gained a Shapely Figure

When your vital organs fail to perform their work correctly—your bowels and kidneys do not throw off that waste material—before you realize it—you're growing hideously fat!

Take one half teaspoonful of KRUSCHEN SALTS in a glass of hot water every morning—cut out pastry and fatty meats, go light on potatoes, butter, cream and sugar—in 3 weeks get on the scales and note how many pounds of fat have vanished.

Notice also that you have gained in energy—your eyes sparkle—you feel younger in body—keener in mind. KRUSCHEN will give any fat person a joyous surprise.

Get an 80c bottle of KRUSCHEN SALTS from any leading druggist anywhere in America (lasts 4 weeks). If this first bottle doesn't convince you this is the easiest, safest and surest way to lose fat—if you don't feel a superb improvement in health—so gloriously energetic—vigorously alive—your money gladly returned.



Felt Weak and Faint

"I am twenty-seven and have a child five. In my younger days I worked very hard and as I grew older I suffered from female weakness, I was so dizzy and rundown that twice a day I had to lie down. Lydia E. Pinkham's Vegetable Compound made a new woman of me. It gives me vigor and strength. I recommend it to women in poor health."—Mrs. Elenora Pollard, 455 E 31 St., Apt. S. Chicago, Ill.

98 out of 100 Women
REPORT BENEFIT FROM
Lydia E. Pinkham's
Vegetable Compound

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A personal message to WOMEN

If you suffer from headaches and convulsive pains a few days each month, or if you are irregular or delayed, take the remedy doctors prescribe—EMSULES—and get relief. This old prescription has brought happiness to thousands of women. List on the original and genuine. Red capsules in yellow box. At all drug stores, or trial box on receipt of \$1.00.

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How Pastor Harten's Dog Sermon Made Songwriter a Preacher

Gave Up Music Publishing Game to Become an Evangelist

Organizer Still Tries to Help Find Jobs for Actors and Bands in Course of Travels

When the Rev. Thomas Harten, Brooklyn's fighting parson, delivered his famous sermon on dogs at the Shiloh Baptist Church in Philadelphia, two years ago he did not know that the Rev. William Pritchett was in the audience.

In fact there wasn't any Rev. William Pritchett, evangelist, extraordinary lecturer and organizer of the American Citizens Association. Two years ago there was only William Pritchett, publisher of torch songs, hot ditties and jingle jazz tunes.

But Pritchett, a dyed-in-the-wool sinner at that time, was there and he listened to Dr. Harten tell how New York in general and Harlem in particular, were going to hell because the people thought more of their dogs than they did of their children.

Pastor Harten also told how he was converted to the ministry, how he was thrown out of the gambling houses that he used to frequent when he got on his knees to pray.

All these things William Pritchett heard and all these things he digested and, try as he would, he could not get them off his mind.

Wrote Many Songs

He went back to his publishing house and looked over some of the songs he had written in company with his partner, August H. Perry.

In the list he saw such titles as "Shake Your Blackbottom," which was made famous by Annie Bell on records for the Q. R. S. Corporation. There also was "Rock 'em Roxie," and several tunes popularized by Margaret Johnson for Okey records. There was "The Heavy Burden Blues," the "Cut and Slash Blues" and many others.

There was also the number dedicated to the late Florence Mills, titled "She Gave Us the Sunshine in Song." There was also "She's My Sugar Baby Now," and "I'm Goin' to Buy a Coupe for My Baby."

Pritchett, a tall gentleman of dignified bearing, thought about Harten more and more. "You look something like him," said one hearer to Pritchett. And "you talk something like him," said another.

And the Rev. William Pritchett evolved. He stopped writing hot numbers and instead he and his partner started composing spirituals. They began to arrange hymns instead of songs and they started singing and preaching, and the Lord has blessed their work.

Among his acquaintances are Johnny and Slim Waters, the brothers of Ethel Waters. Johnny is a piano player and composes a number or two himself. At present he is associated with the Victor Recording Company, of Camden, N. J. Slim holds a good position as a driver for the city of Camden. Ethel also had a sister by the name of Hazel. Ethel Waters, who is now the star of "Rhapsody in Black," got her start at the "Green Dragon Cabaret" in Philadelphia, under the wing of Tom Delaney. Some of the songs that made her famous were "Down Home Blues" and "You May Look Good to Somebody Else," both from Delaney's pen.

The Rev. Mr. Pritchett still has a fondness for his old associates of the theatre. He maintains that many actors and even chorus girls, are deeply religious. Many attend church regularly. He cited Bill (Bojangles) Robinson and many others who do not let their profession interfere with their reverence for the church.

The American Citizens Association which is an organization founded by the Rev. Mr. Pritchett to promote business as well as religious life, also includes an amusement project.

He has on file lists of a number of places and promoters interested in obtaining talent, bands and orchestras of all types. He can be reached at 562 Preston Street, Baltimore.

Are They Religious? Maybe



The Rev. William Pritchett says many show folk are great church-goers and this trio of stars from "Hot Chocolates" could just as well be dressed for church as for the theatre, but of course, the minister would have a hard time keeping his mind on his text. They are, from left to right, Pearl McCormack, Charlotte Lewis and Clare Campbell.

Retired Caterer, 87, Had 62 Years of Happy Married Life in Baltimore



"JUST FINE"

"ABOUT a year ago I was very tired. It seemed like my strength was all gone. I did not feel like doing anything. My appetite was poor and I was very nervous.

"My mother told me to try Cardui. The first bottle helped me. I ate more, so had more strength. I was much less nervous. I took more Cardui and felt just fine. I recommend it to my friends."—Mrs. Ada Parks, 168 N. Depot St., Dalton, Ga.

Many women have reported "just fine" after taking Cardui. Get it at your druggist's, today.



Keeping a capable and trustworthy working force is a caterer's hardest job, according to Richard P. Mack, caterer, now retired at the age of 87, and living quietly at his Biddle Street home in Baltimore.

The responsibility of handling crews of men in the city's finest homes, and of taking care of a large stock of silver, glass and chinaware, is no small item, Mr. Mack said this week, and lauded the late J. W. Hughes, as a caterer, who had not invested heavily in expensive tableware, but used simple equipment, which, if broken or stolen, could easily be replaced.

Mr. Mack said he had known caterers in serving a party, to lose one expensive piece of silverware, and that this loss wiped out the entire profits of the day's work.

He often lost equipment, but could recall only one case in which the host of the affair suffered a loss. In this case, he said, a Mt. Vernon patron lost a gold vanity case. Detectives quickly recovered it when the thief attempted to dispose of it in a pawn shop. The culprit, he found out, was not one of his regular employees, but one whom he had put on as a substitute in a last minute rush.

According to Mr. Mack, if he had to live his life over, he would not choose the caterer's business. He named the Waters, Shipley and Jenkins companies as caterers of this city who are extremely well thought of.

Mr. Mack has been twice married. He and his first wife lived a happy life together for 43 years. At the age of 67 he was married again to a bride of 21. This second wife died recently, after 19 years of wedded bliss. Mr. Mack said he will not try a third marriage.

Mr. Mack has a daughter, Mrs. William Lomax, and a son, "Buddy" Mack of Atlantic City, whom he has not seen for two years.

THANKSGIVING

By MARTHA ALLEN

We're thanking Thee, God, for a heart of youth
And a faith in right and love of truth,
And trust that looks to Thee,
And whether the years of our life be few,
Or whether our locks be gray,
For the blessing ours and the grace we know
We would offer thanks to-day.
We're thanking Thee, God, for our woolen warm,
For our tattered garb, and poor,
Thou hast sent the sun,
Thou has sent the storm,
But Thy love is always sure,
As our fathers knelt, we humbly kneel;
As our fathers knelt and prayed,
And we praise Thy name with The Holy zeal,
As we keep Thanksgiving Day,
Raleigh, N. C.

AFRICANS SAY:

"Africans have much in common with us as we and wisdom revealed in their proverbial sayings. It is time for us to get away from the notion that they are in an inferior and barbaric state. In more than one sense, we Americans are less civilized and more barbaric than they."—C. J. BENDER

Fish poison (in the water). Beware (do not drink it!) (Beware of busy bodies; they may bring you into trouble.)

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"Black-Draught is a fine physic. It will cleanse the body of waste matter. It is also good for colds, to open the bowels."—Walter D. Miles, 923 12th Ave., N., Nashville, Tenn.

This pure, powdered herb medicine acts on the digestive system in an easy, healthful way, without such sickening effects as often result from the use of powerful mineral drugs.

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