

WAKE UP YOUR LIVER BILE— WITHOUT CALOMEL

And You'll Jump Out of Bed in the Morning Rin' to Go

If you feel sour and sunk and the world looks punk, don't swallow a lot of salts, mineral water, oil, laxative candy or chewing gum and expect them to make you suddenly sweet and buoyant and full of sunshine. For they can't do it. They only move the bowels and a mere movement doesn't get at the cause. The reason for your down-and-out feeling is your liver. It should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

It takes these good, old CARTER'S LITTLE LIVER PILLS to get those two pounds of bile flowing freely and make you feel "up and up." They contain wonderful, harmless, gentle vegetable extracts, amazing when it comes to making the bile flow freely. But don't ask for liver pills. Ask for Carter's Little Liver Pills. Look for the name Carter's Little Liver Pills on the red label. Remove a substitute. 25c at all stores. © 1931 C. M. Co.

for WOMEN only

Why worry about delayed periods from menstrual causes. Get Quick Results using FEMINESE—Liquid-Tablet Relief. Used by doctors. Moves cases long overdue. Pleasant, safe, no interference any day. Satisfaction guaranteed treatment \$2.95. Postage 4 C.O.D. Specially Compounded for Very Obstinate Cases \$5.00. Illustrated Folder Free with water. PETONE CO., Dept. 19 F. St. Louis, Mo.



Builds Healthy Blood

S-ALWAYS HAVE LUCK!-S

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THE CATFISH KID

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The fight had changed in a few seconds to a knock-down-and-drag-out affair, which certainly pleased the list of the crowd for blood and thrills. Billy Allen and myself were mighty pleased too at the showing our new fighter was making on his first real trial.

The thud of fists against flesh, the slither of feet over the canvas, and then there broke from the lips of the Slug Wilson contingent a long yell for the Catfish Kid.

"Go in and take him, Kid! He's your meat, Big Boy!"

Instantly the entire crowd, dazed at the sudden turn in the proceedings, joined in the shout, first a man or two here or there, then the whole crowd together, swaying as they stood and yelled, as Haitians sway when the tom-toms whisper to them the song of the jungle.

(To Be Continued)

AFRICANS SAY:

"Africans have much in common with us as wit and wisdom expressed in their proverbs show. 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.

Your friend has killed a sheep for you as his guest and your own sheep feels the pain (for it, too, shall be killed when you return your friend's favor).

When Your Cough Hangs On, Mix This at Home

For coughs due to colds, the best remedy that money could buy can easily be mixed at home. It saves money and gives you the most reliable, quick-acting medicine you ever used. The way it takes hold of stubborn coughs, giving immediate relief, is astonishing.

Any druggist can supply you with 2½ ounces of Pinex. Pour this into a pint bottle, and fill up with plain granulated sugar syrup or strained honey. It's no trouble at all to mix, and when you once use it, you will never be without it. Keeps perfectly and tastes good—children really like it.

It is surprising how quickly this loosens the germ-laden phlegm, and soothes the inflamed membranes. At the same time, part of the medicine is absorbed into the blood, where it acts directly on the bronchial tubes, and helps the system throw off the whole trouble. Even those severe coughs which follow cold epidemics, are promptly ended.

Pinex is a highly concentrated compound of Norway Pine, containing the active agent of creosote, in a refined, palatable form. Nothing known in medicine is more helpful in cases of severe coughs and bronchial irritations.

Do not accept a substitute for Pinex. It is guaranteed to give prompt relief or money refunded.

SCULPTURES YOU OUGHT TO KNOW ABOUT

From the book, "Emancipation and the Freed in American Sculpture," by Freeman Henry Morris Murray.

Edmonia Lewis, a Civil War Sculptor of Mixed African and Indian Parentage, Modelled "Freedom Group" which Attracted Attention of All New England.

As the war was drawing to a close, an entirely new and unexpected star burst forth in the firmament of American art in the person of Edmonia Lewis, a young woman of Indian and Negro blood. Her first work made public appearance in 1865 at a fair in Boston for the benefit of the Soldiers' Aid Fund. It was a portrait bust of Colonel Robert Gould Shaw, who had lost his life in the assault on Fort Wagner, in July, 1863, on which occasion his Negro regiment, the 54th Massachusetts, won immortal fame.

It was in 1867 that Miss Lewis brought out the "Freedwoman." The proper name for this statue should be "Forever Free," which is the inscription on its base. It is now the property of the family of George Glover, of Boston.

The man seemingly holds aloft his emancipation papers in his left hand. He accepts freedom as a glorious victory. The woman on her knees prays. She accepts freedom as a precious gift.

Like those who preceded her, Miss Lewis made the man frankly colored while the woman could pass for white.

There may have been some reason for this "toning" in Miss Lewis's day but fifty years of achievement have proved that what black folk really need and should strive for is not the Caucasian's physical features, but the Caucasian's opportunity.

This cultured young artist, though descended from the two races mentioned, was yet by American custom identified wholly with the Negro. When Miss Lewis was modeling her "Freedwoman," in 1867, reaction—re-enslavement, I had almost said—had set in.

The Sun of Emancipation which had risen in 1863, had seemingly reached its zenith in 1865 with the passage of the 13th Amendment prohibiting slavery. But already it was being obscured by clouds. Already the sheriff's hand-cuffs were taking the place of the former master's chains; already the chain-gang stockade was supplanting the old slave pen. Another constitutional amendment, the 14th, was being pushed to bolster up the 13th.

The freedwoman was being told that it would be better for her children, even in the North, to go to "separate" schools; and that it would be better, "for a while, anyway" for her people not to "thrust" themselves forward too much but to accept "separation" on public conveyances and in public places. She was being gravely assured that there was no degradation nor detriment in all this. "Of course," she was being told with a cajoling smile, "your people will be more comfortable" to have churches and a social circle all your own; public sentiment, you see,



"FOREVER FREE" A Freedom Group by Edmonia Lewis, now owned by the family of George Glover of Boston.

is not yet ripe enough—; you know you've got to begin at the bottom"; etc., etc.

Miss Lewis, being an intelligent and educated woman, could not help seeing, and feeling, and interpreting. And so, necessarily and rightly, she portrayed her "Freedwoman" as "overcome by a conflict of emotions."

Household Hints

To make starch, put 3 tablespoonfuls of wheat starch in ½ cup cold water; put this in 1 quart of boiling water and cook for 10 minutes. While cooking, add ½ teaspoonful of lard to make the starch smooth. Strain through cheesecloth and use while hot.

For polishing gilt frames, mix and beat the whites of 3 eggs with one-third this quantity (by weight) of javelle water. Paint the gilt frames with this solution.

Nat Turner's Grandson Buried



The funeral cortege of the Rev. John Jones leaving the Ebenezer Baptist Church, Baltimore, Md., which he founded in 1881 and had pastored since. The Rev. Mr. Jones was a grandson of Nat Turner. He was known by older members as "Pa" Jones and was 64 years old.

Reggie—Algy and I entertained a mind reader last evening.

Miss Sharpe—What an uninteresting evening he must have spent.

Try this

WORLD FAMOUS TREATMENT FOR SKIN TROUBLES

Genuine Black and White Ointment and Skin Soap is most effective for removing blemishes, bumps, mole discolorations, eczemic irritations and other skin disorders.

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