

# Are You Afraid of Old Age?

Are you afraid of old age? If so, dismiss your fears, for the years grow sweeter as the years roll by—if you live right in your youth. This is the opinion of a number of Baltimoreans

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To keep your skin from getting old and wrinkled use Genuine Black and White Cold Cream. This rich, fragrant cream nourishes the tissues and restores precious oils to the skin. Erases wrinkles and keeps your skin soft, firm and young. Big jar of genuine Black and White Cold Cream only 25c.



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**BLACK AND WHITE**  
**BEAUTY CREAMS**



## DECEMBER DAYS ARE SWEET, SAY CHEERY AGED, IF YOU LIVE RIGHT

How to Grow Old Gracefully

THE REV. J. W. NORRIS AT 90



Two poses of Mrs. Mary Handy (at the left) as she is today, and (above) as she looked in the gay nineties. Her skin is still as smooth and velvety as it was then. She never used rouge, she says.

**THE REV. J. W. NORRIS**  
Never think about age. Keep your thoughts young.  
Be moderate in everything. Intemperance shortens life.  
**MRS. MARY HANDY**  
Use plenty of soap and water and eat good food.

who have passed the half century mark.

To the Rev. J. W. Norris, an active elder in the Baltimore conference of the A. M. E. Church, the prospect of old age and death does not seem to be something to sit down and fret about. He believes in life.

In August, Dr. Norris, who is affectionately known as the "Grand Old Man" of the Baltimore Conference, will round out ninety milestones of a life that has always been characterized by intense activity.

Almost as straight as a ramrod, he not only gets about his district, attending to his church affairs, but goes from church to church giving lectures on various phases of the Bible. One needs only to hear him lecture once to know that his thinking faculties are alive and sharp. This is what he thinks about old

age and death as he nears the turn of ninety years of youth.

### Think Young

"The principal thing in a long life is the mind. If you want to keep young and active in body, then always think about living; never give much thought to dying. The fact that God made a Hell and a Heaven shows that we are going to live; that is, live right on out of our bodies. I think very little about dying. Why, dying is all a mockery, as far

as death is concerned. The important thing in a long life is to keep the mind occupied. I keep my mind active by reading a great deal and in doing a good bit of thinking.

"The care and attention you give to your body counts for a good deal, too. I think a good rule to follow is moderation in all things. I drink a little, for medicinal purposes I think there is much good in temperate drinking. If this were not true, God would not have put whiskey here.

"Now you take smoking, as another example of something that can ruin the body if indulged in too want to live as long as he can take care of himself.

"When I was a girl, the ministers would haul wood, and do other laborious tasks during the week and dress up on Sunday to go to church and preach. They don't do that nowadays. All of them have automobiles.

## For PAINS that many women suffer

"I HAVE taken Cardui for bearing-down pains in the lower part of my body, also for weakness in my back and pain in my side. I suffered a long time before I read about Cardui, but after I began taking it I felt better. After taking three bottles of Cardui, I didn't have any more trouble."—(Miss) Mary Ware, Hopkinsville, Ky.

Women who are run-down, or suffer every month, should take Cardui to build up their health, and in that way overcome painful conditions due to weakness. Cardui is a purely vegetable, harmless medicine. When you need Cardui, buy a bottle and take it regularly. Several bottles may be needed. Give it a fair trial and see if it will help you as it has helped so many women.



**CARDUI**

## WAKE UP YOUR LIVER BILE— WITHOUT CALOMEL

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

If you feel soggy 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 blasts 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 those 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. Resist a substitute. 25c at all stores. © 1931 C. M. Co.

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