

Household Hints

When sewing on a large number of buttons, use heavy, coarse thread. The work is accomplished in much less time than with fine thread.

When packing eggs, coat each egg thoroughly with lard and butter. Use a large stone jar and place the eggs small end downwards in layers of dry salt.

To reduce, avoid starchy foods and fats. Take plenty of exercise. Also take a hot bath followed by a cold bath twice a week, and do not drink water with meals.

If you feel bad . . . like this

When you are bilious, or suffer from sour stomach, gas colic, heartburn, "muddy" complexion, bad breath, bitter taste, coated tongue, sick headache, —the trouble may be due to constipation, and Thedford's Black-Draught should bring prompt relief. Constipation dams up poisons in the intestines and causes many a bad feeling.

"I am glad to recommend as good a medicine as Black-Draught. I have known of it for years. One day when I was feeling unusually bad, I decided to try it. My head ached and I felt so dull and tired. A couple of doses relieved me so much. It seems to cleanse the system and make you feel fine. So now when I feel bad and have the headache, I take Black-Draught with good results." —(Miss) Dorothy Bayneris, New Orleans, La.



Get a 25¢ package of Black-Draught at the drug store and take it for your constipation troubles.

THEDFORD'S Black-Draught

Embarrassing Moments

Send your Embarrassing Moments to the Editor and it will be published.

OVERLOOKED THE FEE

The first time I went to a ball game I saw a man at the gate with a handful of score cards. He was saying, "Want a score card, want a score card?"

I went up to him and grabbed one away from him.

He yelled, "Hey, you, ten cents!"

Was I embarrassed? Not much.

—E. S.

Let's Be Savages

By ROSITA FORBES

Once upon a time the first man sat at the edge of a primeval forest gnawing a bone. The weather was fine. He was happy and contented.

Came along the second man, who was hungry. He started an argument about the ownership of the bone, and that was the beginning of lawyers.

Came along a third man, who tried to steal the bone, and that was the beginning of police.

The fourth man was cleverer. He also wanted the bone, so he suggested that there was something wrong with it. He said it really wasn't fit to be eaten. He was sure its owner had a pain, and that was the beginning of doctors.

Needless to say, the first man was no longer happy, for civilization had begun.

ENGLISH

Words Often Misused

Do not say, "We wrote them relative to the matter." Say, "We wrote to them in relation to the matter."

Words Often Misspelled

Chaperon. Observe the **on**, not **one**.

Words Often Mispronounced

Clear. Pronounce **clear**, e as in "he," not as in "her."

Synonyms

Forceful, forcible, able, mighty, strong.

for WOMEN only

Why hurry and get relief from menstrual pains, get Quick Results using FEMINESE—Lipid-Tolerant. Pleasant, acts as interference any other. Satisfaction guaranteed treatment \$2.95. Package of 4. 100. Specially compounded for Very Obstinate Cases \$5.00. Illustrated Folder Free with order. F. C. STINE, CO., Dept. 14 F St. Louis, Mo.

ONLY LIVING CIVILIZED MAN WHO REACHED THE NORTH POLE



HENSON 23 YEARS AGO dressed in outfit in which he battled 40 degrees below zero temperature to reach the North Pole.

NEW YORK CITY.—Matthew W. Henson, who 23 years ago April 6, was companion of Commander Robert E. Peary, white, when the latter discovered the North Pole.

They reached the point of 89 degrees, 57 minutes on April 3 and the following day Peary and Henson with four Eskimo dog drivers planted the flag on the Pole.

Henson, now 66, has been employed at the New York Custom House for 19 years. Friends have labored in vain for many years to secure for him a medal and pension from Congress as a reward for his achievement. Peary, now dead, explaining why Henson alone of all his country-

Many Women

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she commanded, handing it to him. "Swallow this, quick. It'll fix you up."

He took the pellet unseeingly and gulped it down hurriedly, taking a stiff bracer afterwards. Then, suddenly alarmed, he looked at her. "What was that?" he demanded.

She smiled slowly. "Snow," she said quietly. "In other words, dope. It won't hurt you. I use it all the time."

"You shouldn't have done that," he protested. "You'll get me into the habit of using that stuff before I know it, and then what good will I be?"

"Don't worry. Everything's all right," she soothed.

The tiny white pill worked wonders upon Ronnie. In a few minutes he was his old self again, strong and well and happy. That night he enjoyed himself; once again he was the life of the party. But in the morning only a cold, torturing agony remained. He craved more of the dope; he had to have another one of those pellets. He went back to Sylvia. And only then did he begin to realize how great an influence this woman was wielding in his life.

— TO BE CONTINUED —

men, was selected for the final dash to the pole, said he was the finest dog driver, surpassing even the Eskimos, and the most capable member of the outfit.

Sweat if You Want Bread and Beauty

By ANTOINETTE

Your bread isn't the only thing you must earn by the sweat of your brow. Your health is earned that way, too; and your beauty.

The purpose of the bath is to cleanse the skin. But cleanliness, it seems, is only half the job of making the skin function. And only by proper skin functioning is it possible to rid the body of the poisons and maldorous emanations from which it suffers. That the human body is a whole factory of poisons is one of the truths brought out by recent progress in chemistry.

The more sedentary the occupation the more susceptible one is to odors, is the rule. To prove the insufficiency of the bath as a hygienic means, Dr. Fernand Lagrange, writer of the article on sweating, cites the fact that certain characteristic odors due to emanations of the skin in persons who live too sedentary a life persist, notwithstanding the most minute care in cleanliness, and disappear under the influence of repeated sweatings. The tubbings com-

monly practiced simply open the door to escape for the substances which one wishes to eliminate. But a vehicle is needed to carry them off. This vehicle is perspiration.

People with whom the bath is little honored have the perspiration of the work day according to our information, to cleanse not only the surface of the body but the internal organs, their physical labors promoting the needed skin functioning to preserve them against maldorous embarrassment.



A Smooth Light Skin For You

A delicately soft smooth light skin is the secret of charming beauty . . . and it may be yours, quickly, surely and easily. Dr. Fred Palmer's Skin Whitener Ointment softens and lightens the darkest skin, clears up pimples, blotches and tan marks, and does away with that "oily, shinny" look. Use this preparation regularly to make your skin soft, delicate and charming. This amazing Ointment is made in the famous Dr. Fred Palmer's Laboratories where are also made those other beauty aids you know so well: Dr. Fred Palmer's Skin Whitener Soap, Skin Whitener Face Powder, Hair Dresser and Hot Deodorant, which may be had at all drug stores for 25 cents each or will be sent postpaid upon receipt of price. Dr. Fred Palmer's Laboratories, Dept. B, Atlanta, Ga.

Send in stamps for trial sample of Skin Whitener, Soap and Face Powder.

DR. FRED PALMER'S Skin Whitener

"KEEPS YOUR COMPLEXION YOUTHFUL"

ENJOY THE

Exquisite Loveliness

BROUGHT BY THIS FINE COMPLEXION POWDER



Genuine Black and White Complexion Powder is the favorite of beautiful women everywhere. This distinct preference is the result of its high quality and moderate price. This fine powder is made by an exclusive new process which causes it to blend in perfect harmony with your complexion and cling lastingly and smoothly. Its perfume is exquisite, and its tints of white, flesh, pink, brunette and high brown meet your exact beauty requirements better than any other powder you ever used.

Genuine
BLACK AND WHITE
COMPLEXION POWDER



If you paid four or five times more for face powder you couldn't get a finer more beautifying face powder than Black and White at 25c. Enjoy fine quality at an economical price by asking your favorite drug store or toilet goods counter for Genuine Black and White Complexion Powder in the black and white square box.

Builds Healthy Blood

Don't Gamble

with your kidneys and bladder

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