

YOUR DUTY

Be not diverted from your duty by any idle reflections the silly world may make upon you, for their censures are not in your power, and consequently should not be any part of your concern.—Epictetus.

NO UPSETS

The proper treatment for a bilious child

THREE STEPS



A cleansing dose today; a smaller quantity tomorrow; less each time, until bowels need no help at all.

ANY mother knows the reason when her child stops playing, eats little, is hard to manage. Constipation. But what a pity so few know the sensible way to set things right!

The ordinary laxatives, of even ordinary strength, destroy all hopes of restoring regularity.

A liquid laxative is the answer, mothers. The answer to all your worries over constipation. A liquid can be measured. The dose can be exactly suited to any age or need. Just reduce the dose each time, until the bowels are moving of their own accord and need no help.

This treatment will succeed with any child and with any adult.

Doctors use a liquid laxative. Hospitals use the liquid form. If it is best for their use, it is best for home use. The liquid laxative they generally use is Dr. Caldwell's Syrup Pepsin. Any druggist has it.

A Three Days' Cough Is Your Danger Signal

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

Quick, Complete Pleasant ELIMINATION

Let's be frank. There's only one way for your body to rid itself of the waste matters that cause acidity, gas, headaches, bloated feelings and a dozen other discomforts—your intestines must function.

To make them move quickly, pleasantly, completely, without griping. Thousands of physicians recommend Milnesia Wafers. (Dentists recommend Milnesia wafers as an efficient remedy for mouth acidity).

These mint flavored candy-like wafers are pure milk of magnesia. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly in accordance with the directions on the bottle or tin, then swallowed, they correct acidity, bad breath, flatulence, at their source and at the same time enable quick, complete, pleasant elimination.

Milnesia Wafers come in bottles of 20 and 48 wafers, at 35c and 60c respectively, or in convenient tins containing 12 at 20c. Each wafer is approximately an adult dose of milk of magnesia. All good drug stores carry them. Start using these delicious, effective wafers today.

Professional samples sent free to registered physicians or dentists if request is made on professional letter head.

SELECT PRODUCTS, Incorporated 4402 23rd St., Long Island City, N. Y.



STAR DUST
MOVIE AND RADIO

By VIRGINIA VALE

THEY do say that "Ship-mates Forever," the latest Annapolis picture, is going to make all of us burst into tears because it's so touching. Lewis Stone, Ruby Keeler and Dick Powell all gave excellent performances; in fact it's claimed that the director, Frank Borzage, has made an actor out of Powell.

The picture was shown the other afternoon in a projection room, for a few hard boiled



Dick Powell

—very hard boiled—movie magnates. At the end one of them gulped. "Must have caught a cold somewhere; I seem to be sniffing."

"You haven't caught a cold, you fool," retorted another. "You're crying, but you won't admit it!"

Influenza, one of the greatest menaces to picture-making, caught up with pretty Claire Trevor recently; it was a serious enough attack to worry every one who likes the blond star.

Of course every one in Hollywood who could get there went to New York for the Baer-Louis fight, partly because it was a big fight and partly because so many of them had known Max Bear when he was in California. Among those present were Richard Barthelemess (who of course had another reason for making the trip, as he was to broadcast with Rudy Vallee a few nights later), Ricardo Cortez, Edward Robinson, George Raft, Wheeler and Woolsey, Lee Tracy, Wallace Beery, George Brent, Arline Judge (who'd come east to arrange for her mother to get an inheritance that was left to Arline), Isabel Jewell, and so many other movie people that it's hopeless to try to name them all.

Meanwhile Marta Eggerth has settled down in Hollywood to make pictures for another company. Like Kiepura, she's an opera singer (he was a sensational success when he was with the Chicago Opera) and some do say that she and he are married and that it's being kept dark so that publicity can be obtained by statements about their great romance, while others claim that they're romantic about each other, but not yet married. Take your choice.

Have you old-timers wondered what had happened to May Allison? Prettier than ever, she arrived in New York for the big prize fight, with her husband, a Cleveland millionaire.

If you go to Hollywood, and like

Constance Bennett, and are a child, drop in at her house; she's left orders that she'll see all children who come to call. But—she doesn't want to see grown-ups who just bring children along as an excuse to get in.

About Claudette Colbert, whose newest picture is "She Married Her Boss": It's said that she doesn't make it any too easy for anyone else to have too good a role in one of her pictures.

But there's a good answer to that. The heyday of a screen star is very short. If she's starred in a picture she has to make it her picture—for the public will go to it, primarily, to see her. She can't afford to let someone else walk away with it. For instance, there's the case of Jack Benny, the radio favorite, in "Broadway Melody of 1936." Benny was one of the picture's big names, but he let little Sid Silvers write his own lines, and Sid walked off with the scenes they did together!



Miss Colbert.

ODDS AND ENDS . . . Norma Shearer is still looking for some one to play "Romeo" to her "Juliet" . . . Who'd ever have suspected that Vet Boswell, of the famous Boswell sisters; would keep her marriage secret even from the family for a year? . . . Now it's Mary Pickford who's trying to sign up the quintuplets for pictures . . . Robert Montgomery put on quite a bit of weight while he was on that European vacation . . . Lily Pons, the opera star, is taking her movie work very seriously . . . A radio sponsor offered the Crown Prince of Spain a fortune to go on the air, and was turned down.



OLD KING COLE
IS A MERRY OLD SOUL
NOW THAT HE EATS ROAST BEEF . . .
HE HAS HIS TUMS
IF HEARTBURN COMES . . .
THEY GIVE HIM QUICK RELIEF!

LEARN HOW TO EAT FAVORITE FOODS

Without Heartburn . . . Gas . . . Sour Stomach
MAKE the test that has switched millions to Tums. Munch 3 or 4 of them after eating a meal of your favorite foods or when too much smoking, hasty eating, last night's party or some other cause has brought on acid indigestion, sour stomach, gas, belching or heartburn. See how food "taboos" vanish. You are not taking any harsh alkalies which physicians say may increase the tendency toward acid indigestion. Instead a wonderful antacid that works in an unusual way, by dissolving only enough to correct stomach acid . . . just like candy. Only 10c a roll. At all drug stores.



FREE: This week—at your druggist's—Beautiful 5 Color 1935-1936 Calendar Thermometer with the purchase of a 10c roll of Tums or a 25c box of NR (The All Vegetable Laxative.)

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MOLER BARBER COLLEGE
This International System in the Scientific way. Some pay, 3 teachers. Write, call 227 SW Third Ave., Portland, Ore.

SING SOMETHING SIMPLE

A bandmaster in New York finally has broken down and written a march song, the words of which consist of a series of "la-la-la." His purpose, it seems, was to make the words easy enough to remember, so that a large audience could be induced to sing the song. The struggle that audiences usually have with the second verse of "The Star-Spangled Banner" suggests that he may have found the solution to one of the two problems in community singing. The other problem is to keep the audience on the tune.

MAN'S INHUMANITY

Americans who wouldn't wear a silk hat themselves think the men they have exalted politically ought to wear one on state occasions.

Week's Supply of Postum Free
Read the offer made by the Postum Company in another part of this paper. They will send a full week's supply of health giving Postum free to anyone who writes for it.—Adv.

Billion Rust Loss
An annual loss of more than \$1,000,000,000 is caused by rust.

The Choice of Millions
KC BAKING POWDER
Double Tested — Double Action
Manufactured by baking powder Specialists who make nothing but baking powder — under supervision of expert chemists.
Same Price Today as 45 Years Ago
25 ounces for 25c
You can also buy
A full 10 ounce can for 10c
15 ounce can for 15c
Highest Quality — Always Dependable
MILLIONS OF ROUNDS HAVE BEEN USED BY OUR GOVERNMENT

COME ON BOYS
MAKE SOME NOISE
IT'S CRINKLY, SWEET
A TREAT TO EAT
HURRAH, HURRAY I SAY, YOU SAY
GRAPE-NUTS FLAKES!

ONCE you taste Grape-Nuts Flakes, you'll cheer too! The flavor is something grand—and it's nourishing. One dishful, with milk or cream, contains more varied nourishment than many a hearty meal. Try it—your grocer has it! Product of General Foods.