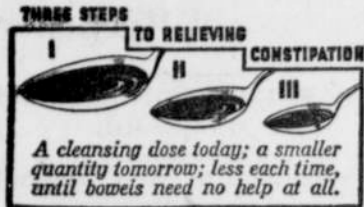


Learn One Thing Well; Dare to Be What You Are

Give up trying to know everything, to embrace all. Learn to limit yourself, to content yourself with some definite thing, and some definite work; dare to be what you are, and to learn to resign with good grace all that you are not, and to believe in your own individuality.—Amiel.

DOCTORS KNOW

Mothers read this:



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

Why do people come home from a hospital with bowels working like a well-regulated watch?

The answer is simple, and it's the answer to all your bowel worries if you will only realize it: many doctors and hospitals use liquid laxatives.

If you knew what a doctor knows, you would use only the liquid form. A liquid can always be taken in gradually reduced doses. Reduced dosage is the secret of any real relief from constipation.

Ask a doctor about this. Ask your druggist how very popular liquid laxatives have become. They give the right kind of help, and right amount of help. The liquid laxative generally used is Dr. Caldwell's Syrup Pepsin. It contains senna and cascara — both natural laxatives that can form no habit, even in children. So, try Syrup Pepsin. You just take regulated doses till Nature restores regularity.

CUTICURA



ECZEMA

Get quick relief with Cuticura. A world-wide success! Sold everywhere. Soap 25c. Ointment 25c. Write "Cuticura," Dept. 12, Malden, Mass., for FREE sample.

No Need to Suffer "Morning Sickness"

"Morning sickness"—is caused by an acid condition. To avoid it, acid must be offset by alkalis—such as magnesia.

Why Physicians Recommend Milnesia Wafers

These mint-flavored, candy-like wafers are pure milk of magnesia in solid form—the most pleasant way to take it. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly, then swallowed, they correct acidity in the mouth and throughout the digestive system and insure quick, complete elimination of the waste matters that cause gas, headaches, bloated feelings and a dozen other discomforts.

Milnesia Wafers come in bottles of 20 and 48, at 35c and 60c respectively, and in convenient tins for your handbag containing 12 at 20c. Each wafer is approximately one adult dose of milk of magnesia. All good drug stores sell and recommend them.

Start using these delicious, effective anti-acid, gently laxative wafers today. Professional samples sent free to registered physicians or dentists if request is made on professional letterhead. Select Products, Inc., 4402 23rd St., Long Island City, N. Y.



The Original Milk of Magnesia Wafers

STAR DUST

By VIRGINIA VALE

THERE seems to be an epidemic of quarrels around Hollywood at the moment, our male stars being the ones to suffer most. James Cagney started it, and George Raft has come in for his share, with Paramount keeping the upper hand.

According to reports, it all started with a camera man. Mr. Raft felt that the beautiful Carole Lombard was favored by the gentleman in question, and that her best angles, rather than his, would be all-important in the shooting of the picture first called "Concertina" and more recently, "A Princess Comes Across."

So Mr. Raft was told that he could face the camera with Carole's favorite camera



MacMurray

man in charge, or step out. He stepped out. Fred MacMurray, who has advanced so rapidly since he appeared as one of the boys in the band in "Roberta," was given the role. And now MacMurray has added to the difficulties by refusing to play the part unless he is given a new contract with a raise in salary. The only thing that's sure seems to be that Carole Lombard will make the picture, with her favorite camera man shooting it.

Carmel Myers (surely some of you old-timers remember her as a movie star!) announced recently that radio was a perfect field for a husband and wife. She knows whereof she speaks: her years in Hollywood have shown her what a motion picture career is likely to do to a marriage, and she's been broadcasting long enough to see how much more happily married people can co-operate on the air. And see how many radio teams support her contention. Jack Benny and Mary Livingston, Fred Allen and Portland Hoffa, (and in the days when they were on the stage, Portland just appeared in minor roles in her husband's productions), May Singhi Breen and Peter de Rose, Julia Sanderson and Frank Crummit, Ozzie Nelson and Harriet Hilliard — the list goes on and on.

Incidentally, Harriet Hilliard isn't going to have much time for broadcasting. She has made a hit in Hollywood, and is going to make another picture very soon. And just to prove that she's famous, a new carnation was named for her the other day.

Marlene Dietrich isn't too happy over the new shake-up at Paramount. She liked having Ernst Lubitsch at the head of things, and now Winfield Sheehan, who formerly ruled the roost at Fox, has stepped in, which probably means wholesale changes. Sheehan has the reputation of being loyal to the men who, through the years, have been loyal to him—which is more than you'd think likely.

It looks as if Donald Duck, the Disney character, would ruin the speech of a lot of Americans. If you've seen the grand new polo game picture that Mr. Disney recently turned out, and heard Donald's furious and not wholly incoherent squawks, you've also heard about half the audience imitating him as they left the theater. Whole conversations can be carried on by means of those squawks, without a real word being said—and more

than one exasperated mother is going to have to tell Junior and Sister that they'll leave the table without any dinner if they can't stop imitating that fascinating duck and his strange language.

Here's a brave man! One radio headliner after another has refused to take the broadcasting time opposite Major Bowes' Amateur Hour, but Vincent Lopez says he wouldn't mind it with a first-class orchestra.

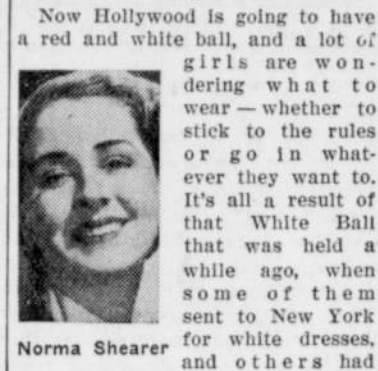
He has been touring the country, and has learned that all of us who listen to the radio want real music, melody and harmony and not a lot of so-called "arrangements" that ruin the tune for us. And he has been making music for the public long enough to know.

The Robert Montgomerys have a brand new son, named for his father, and maybe they're not happy! Even in the artificial world of Hollywood, it's babies that are more important than anything or anyone else.

The new Chaplin picture certainly was worth waiting for; Charlie is so delightful when he sings that you wish he'd talk, too, but he probably never will do that in a picture, because he speaks with an Oxford accent that wouldn't do for his famous tramp character at all. Paulette Goddard is so pretty and such a good actress that now everyone is clamoring to see her in another picture, and Charlie has promised to direct her in one very soon. At present she and her moth-

er and he are off on a vacation trip, with Honolulu as the first stop.

Lily Pons didn't like her first picture, "I Dream Too Much," as well as everybody else did, which is hard to understand; it's one of the most delightful and amusing pictures made in a long time. She'll be back on the RKO lot this spring, making another.



Norma Shearer

Now Hollywood is going to have a red and white ball, and a lot of girls are wondering what to wear—whether to stick to the rules or go in whatever they want to. It's all a result of that White Ball that was held a while ago, when some of them sent to New York for white dresses, and others had new frocks made in Hollywood—and then Norma Shearer wore blue, and Jeanette MacDonald wore red, and both stood out against all the white frocks like sore thumbs! People who don't like Miss Shearer have called her calculating, and after that party the rather unkind designation was once again brought into use.

ODDS and ENDS . . . George Brent has sold his plane—and bought a faster one . . . "Timothy's Quest" is one of those sweet, old-fashioned pictures that we all like . . . Ann Sothern has a new RKO contract, for seven years . . . And Ida Lupino has a new trailer for her automobile that's a whole cabin . . . While Warren William has bought land for a private landing field, adjoining his ranch . . . Which reminds me that the reason Major Bowes doesn't join more of his units in the field is because the Major doesn't like to fly.

The Almost Forgotten Art of Whittling May Be Restored

Important in Building of Engineer Models.

Columbus, Ohio.—The art of whittling, once a favorite hobby of men and boys with "time on their hands," but now almost forgotten, may be revived to become an interesting and useful profession—that of building models for engineering purposes.

That's the opinion of Samuel T. Carpenter, for the last two years a member of the engineering faculty at Ohio State university and now on the staff at Swarthmore college, whose views were expressed in an article written for the Engineering Experiment Station News, published at Ohio State university.

According to Carpenter, the engineer who is handy with a knife has a distinct advantage with the increased use of models in engineering. And he adds, "Model engineering is in its infancy."

"Building models has often been thought a hobby, the making of an elegant sailing ship for the mantelpiece being the goal of every home craftsman. It has become much more," Carpenter said.

"The hobby followers have unconsciously developed their art of representing detail to the point where engineers, beset with problems of analysis and verification, have elected to use models to help them in their calculations."

He cited as examples the San Francisco-Oakland bridge and Boulder dam, both of which were verified by models.

In the old days of engineering,

Records Minute Action

A new electric measuring device records the action of one millionth of an ampere, or about one-tenth of the "wing-power" of a house fly; and the newest X-ray machine produces rays that can penetrate three inches of solid steel.—Collier's.

PRIDE AND INGRATITUDE

Pride is of such intimate connection with ingratitude that the actions of ingratitude seem directly resolvable into pride as the principal reason of them.—South.

Find Out

From Your Doctor
if the "Pain" Remedy
You Take Is Safe.

Don't Entrust Your
Own or Your Family's
Well-Being to Unknown
Preparations

BEFORE you take any preparation you don't know all about, for the relief of headaches; or the pains of rheumatism, neuritis or neuralgia, ask your doctor what he thinks about it—in comparison with Genuine Bayer Aspirin.

We say this because, before the discovery of Bayer Aspirin, most so-called "pain" remedies were advised against by physicians as being bad for the stomach; or, often, for the heart. And the discovery of Bayer Aspirin largely changed medical practice.

Countless thousands of people who have taken Bayer Aspirin year in and out without ill effect, have proved that the medical findings about its safety were correct.

Remember this: Genuine Bayer Aspirin is rated among the fastest methods yet discovered for the relief of headaches and all common pains . . . and safe for the average person to take regularly.

You can get real Bayer Aspirin at any drug store—simply by never asking for it by the name "aspirin" alone, but always saying BAYER ASPIRIN when you buy.

Bayer Aspirin



If You Have "Acid Indigestion"

ALKALIZE YOUR STOMACH THIS WAY



Alkalizes
Disturbed Stomach
Almost Instantly

YOU can relieve even the most annoying symptoms of acid stomach in almost as little time now as it takes to tell.

The answer is simple. You alkalize your stomach almost instantly this way:

Take — 2 teaspoonfuls of Phillips' Milk of Magnesia 30 minutes after meals. OR—take 2 Phillips' Milk of Magnesia Tablets, the exact equivalent.

That's all you do! Relief comes in a few minutes. Your stomach is alkalized—soothed. Nausea, and upset distress quickly disappear . . . It's amazing.

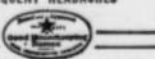
Results come so fast because Phillips' Milk of Magnesia is a potent natural alkalizer. Everywhere people—urged to keep

their stomach alkalized—are finding this out.

Try it. Get a bottle of the liquid Phillips' for home use. Only 25¢ for a big box of Phillips' Tablets to carry with you. Watch out that any bottle or box you accept is clearly marked "Phillips' Milk of Magnesia."

SIGNS WHICH OFTEN INDICATE "ACID STOMACH"

PAIN AFTER EATING SLEEPLESSNESS
FEELING OF WEAKNESS INDIGESTION
NAUSEA MOUTH ACIDITY
LOSS OF APPETITE SOUR STOMACH
FREQUENT HEADACHES



PHILLIPS' MILK OF MAGNESIA