

# Alabastine

Instead of kalsomine or wallpaper



## You Can Not Be Deceived! This Package Protects You

You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

The Cross and Circle printed in red on the package is your guarantee of quality and results.

Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or aniline colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute.

Alabastine Company

347 Grandville Road

Grand Rapids, Mich.

### Feeding a Grudge.

"I see the railroad restaurant men are to have a banquet." "I'd like to supply the sandwiches."

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

### WHAT PEEVED THE RECRUIT

Little Discussion He Had With Corporal Left Him Disgusted With Relief From Guard Duty.

A couple of recruits of the latest vintage, who had enlisted in the hope of being sent to the Rhine, were discussing the pros and cons of army life. "It ain't so bad," confided one. "Most of it is all right, but it's that blasted relief from guard duty that gets me."

"Relief from guard duty?" ejaculated the other. "Man, you're cuckoo! There's nothing to being relieved from guard duty. It's being on guard duty that's hell."

"No," maintained the first. "It's the relief. Why, the other day they put me on guard for two hours, and it wasn't bad at all just standing round and watching the rest of 'em drilling and knowing that I didn't have to do it myself, but then when the time for relief came the corporal came up and gave me the devil."

"What for?"

"Nothing. Nothing at all. I just couldn't remember where I'd left my rifle."

### Stunned.

"If labor persists in its arrogance," said the town man, "the time will come when the hired man who does a full and honest day's work will be denounced as a traitor by his class."

"The hired man who does—good gosh!—what?" astoundedly yelled Farmer Feather. —Kansas City Star.

## Same Fair Price As Before The War

and the same pure, wholesome beverage so many have enjoyed for years.

# INSTANT POSTUM

has a pleasing coffee-like flavor but is more economical than coffee and has the added value of absolute freedom from caffeine or other harmful ingredients.

"There's a Reason"

Made by Postum Cereal Company, Battle Creek, Mich.

## Last Night's Dreams

—What They Mean

DID YOU DREAM OF LACK OF CLOTHING?

WHAT is called one of the "standard" dreams, one which is most annoying and one which everybody almost has experienced at least once in his life, some people many times, is the dream of finding oneself in a thronged street or in a room filled with people and suddenly realizing that one is only partially clothed or not clothed at all. In these dreams the people with whom we find ourselves do not appear to take any notice of our unconventional condition, but the dreamer is much disturbed and endeavors to escape. This dream has received particular attention from those scientists who for more than half a century have been investigating the phenomena of dreams regarded as purely mental (or more accurately psychic), or as physical manifestations. The dream in question is said to be the basis of Hans Christian Andersen's story, "The Emperor's New Clothes" and has been done into poetry by the German author, Fuld, in "The Talisman." It is called by the scientists a "standard" or "typical" dream because it is one which is experienced by all persons in an identical or almost identical manner; whereas most of our dreams are peculiar to ourselves.

The empirics, those who interpret dreams in the old, superstitious, traditional mystic and unscientific manner—declare the dream under consideration to be a bad omen, though they do not all agree just how bad. They say it signifies that people are conspiring against you; that you are soon to receive an insult; you will be disappointed in your friends and relatives and it is a warning to you to mend your ways.

Those scientists who strive to account for dreams by referring them to a physical source say that this dream is simply the result of sensations caused by the bedclothes slipping off. But that does not hold for we frequently have the dream when covered up warm.

Professor Freud, the latest and the most celebrated of investigators of dream sources, says in his book, "The Interpretation of Dreams," that the dream is based upon a recollection of our earliest childhood. When we were babies we were seen with indifference by relatives, strangers and servants scantily dressed and were not ashamed. These recollections of babyhood, imprisoned dormant and unrecalled in our waking hours, are liberated to us in the dream state. Our feeling of uneasiness and desire to escape though no one notices

## SCHOOL DAYS



(Copyright)

quently have the dream when covered up warm.

Our nudity, is a reflex from the "repression" of our later lives during which the habit of being properly clothed in public has become part of our normal existence.

(Copyright)

## The Unsalaries Drummers

By George Matthew Adams.

IF YOU are a Merchant or Manufacturer, the most valuable assets you have are the unrecorded ones in the form of Satisfied Customers—the Men and Women and Children that come into your store or other stores unannounced, and leave as unfussed, to carry on and on the Message of the value behind the Goods you sell.

It is the Unsalaries Drummer who makes it possible for you to win in Business.

Into every Town, City—Country, do The Unsalaries Drummers go—everywhere your Goods go, they go. And what your Merchandise is, they are—as Drummers. The people who read your Books, ride in your Cars, the Stenographers who run your Typewriters, those who wear the Clothes you make and the Food you prepare—each is an Unsalaries Drummer for you. Ever think of it this way?

Each time you lower the highest Standard of what you make or sell, you take away that much, maybe a million times, from the efficiency of your Unsalaries Drummers.

Every Man and Woman with sufficient Brains to Think, is a possible Drummer for you to sell—and each is your Drummer at NO COST to you. So that your greatest concern remains not for those merely under the range of your Eye, but those you never see—The Unsalaries Drummers—who daily, rain, hail or shine, distribute to the farthestmost points of the Earth, and hourly work at your Success or Failure—unannounced.

Oh, Business Man! In your mad fret and scramble for the Dollar, do not forget the endless number of Unsalaries Drummers that are able to Make or Break you.

## Mother's Cook Book

There is no situation in life so bad that it cannot be retrieved.—Dickens.

### Simple Good Things.

A simple dessert which is easy to prepare and wholesome for the children is:

**Rice With Prunes and Bananas.** Take well-cooked rice, mold in small cups or molds and around each place alternate pieces of cooked prunes and sliced bananas. Sprinkle lightly with sugar and cover with whipped cream. The addition of a bit of lemon juice with a bit of the grated rind of the fruit itself is rather flavorless.

Rice is also very nice served with fig sauce. Take one cupful of figs, stew in two cupfuls of water and a tablespoonful of sugar until they are very tender, add a teaspoonful of lemon juice and serve a tablespoonful of the sauce with each helping of the rice.

**Cabbage Salad De Luxe.** Shred tender crisp cabbage very fine; add shredded coconut and shredded blanched almonds. Add a mayonnaise to which has been added plenty of whipped cream. Garnish the salad with slivers of fresh green pepper.

Take the tender tops of sprouted turnips, dress with French dressing and serve as a salad. This will be something new and very good. One may spread the turnips out near the light, a bushel or so, and the tops may be cut from time to time, keeping a fresh green salad at hand.

Nellie Maxwell  
(Copyright 1920, Western Newspaper Union)

## SALTS IF BACKACHE AND KIDNEYS HURT

Stop Eating Meat for a While If Your Bladder Is Troubling You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

### More Than One.

That morning the teacher had been forced to thrash two very troublesome boys, and the memory of the happening was still fresh in the other children's minds that afternoon. She took up her history to give the assignment on the Civil war, which the class was studying. "This afternoon," she said, "we shall take 'the hammering campaign.'"

Everyone was amused when she said it but she, herself, led in the laugh when a tiny fellow ejaculated: "My, I thought we had that hammering campaign this morning!"

## BILIOUS!

Quick! Get Liver and Bowels Right with "Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food, which sours and ferments, forming acids, gases, and poisons. Cascarets tonight will give your bilious liver and constipated bowels a thorough cleansing and straighten you out by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or gripping Pills. They work while you sleep.—Adv.

### Father's Amendment.

"And what do you propose to do now, William?" asked the father of the son who has just come him after graduation at college.

"Oh," yawned the optimistic young man, "I think I'll go over to New York and look for a position at five thousand per—you understand? At five thousand per."

"Oh, yes," said the old man. "I understand. You mean at five thousand perhaps."—Pathfinder.

## WHEN THE DAY IS OVER

When the household cares and the worries of every-day life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by

Dr. Pierce fifty years ago.

### Nervous—Run-Down, Pain Here or There?

Kokomo, Ind.—"I can say something for Dr. Pierce's Favorite Prescription. For some time I suffered from nervousness and general run-down condition. I lost my appetite and the doctors did not seem to help me. I had one of Dr. Pierce's Common Sense Medical Advisers in the house and I started to read it. I found that 'Favorite Prescription' was what I needed. It helped me in many ways and built up my system. I regained my appetite and felt better. It gave me strength to do some work that I had not been able to do for some time previous."—Mrs. J. A. McGee, 821 E. Taylor St.

Lafayette, Ind.—"Several years ago I took Dr. Pierce's Favorite Prescription and it did wonders for me. It is the best medicine I ever found. I was troubled with weakness from which many women suffer. I was down sick. Would have such terrible smothering spells I did not know what to do, and I would have dizzy spells, too. The doctor could not help me. I tried 'Favorite Prescription' and it proved wonderful with me. It built me up and cured me and made me stout. I was in awful condition at the time."—Mrs. Elizabeth Kahl, 224 S. Fifth St.

Kokomo, Ind.—"Dr. Pierce's Favorite Prescription has helped me. I took it when in a delicate condition. I had been in bed most of the time, and whenever I tried to stand I would feel so sick; my stomach failed me. I knew my mother had taken the 'Prescription,' so I took three or four bottles and I was then able to be up and around."—Mrs. Roy Morris, 222 E. Arnett St.

51,000 SECURES good Indiana farm, 70 acres, all tillable, good buildings, good fruit, on pike near railroad town; 15 acres wheat. Write Avery Knowles, Cleves, Ohio.

## Rann-dom Reels

By HOWARD L. RANN

### THE TRAINED NURSE.

THE trained nurse is a ministering angel who is hired to let other people sleep.

There are two people who have proven that the world would be better off if sleep had never been invented. One of them is Thomas A. Edison and the other is the bright-eyed trained nurse who can sit up all night for a week and look as fresh as a plate of home-grown lettuce. Mr. Edison trained nurse who is accustomed to sit bolt upright for weeks at a stretch without uttering a blink of any kind.



"A nervous, highstrung business man with an ulcerated tooth which hangs on like a one-armed man at a club dance."

There is nothing more soothing than the entrance of a graduate nurse and has not used any graduate to speak of in his business for years, and his close friends and associates say that when he feels any coming his way he holds his head under the cold water faucet until the attack passes.

When a nervous, high-strung business man comes down with an ulcerated tooth which hangs on like a one-armed man at a club dance he refuses to allow any sleep to enter the house, thus making it necessary to engage a her soft-roll shirt waist into a home from which sleep has been banished by an able-bodied husband who has the galloping toothache and wants everybody in the block to know it. This enables a wearied wife to drop at full length

### MILITANT MARY

I have a friend who's just engaged who talks about her PRINCE. It makes me smile, for were he mine I'D TALK ABOUT MY QUINCE!



## Just Folks

By EDGAR A. GUEST

### PHILOSOPHY.

It's all worth while, he used to say When difficulties lined his way. I've never known a trouble yet I wasn't glad that I had met The minute I had seen it through. Because it proved what I could do. I've feared it, looking straight ahead, I've had my share of doubt and dread

And yet, when it was over, I Looked backwards with a laughing eye

And to myself I'd always say: You'll boast about that task some day.

I've never known a man so great That didn't hunger to relate The hardships and the cares he'd known Before success was his to own. The hunger that had made him white Had also helped to make him fine. The failures that had tried his soul And seemed a barrier to his goal Had changed their bitterness for sweet

And now are memories to repeat. Man's greatest joy beneath the sun Is to recall what he has done.

Today I laugh at yesterday And all the cares that came my way; The past is only grim to those Who left their courage with its woes. Who plods along new joys to win Looks back at trouble with a grin, And boastfully at times repeats The misery of his defeats. He tells his hardships with a smile And holds that they were all worth while.

For all the secret joys that last Spring from the hardships of the past.

So into every round of care And every battle with despair I plunge, remembering the fun That it will mean when I am done. What hurts me now will some day be A very pleasant memory. And laughingly I may recall In future years the present fall. What seems today a fearful test May be tomorrow's source of jest, And all that calls for courage stout. Some day I'll proudly boast about. (Copyright by Edgar A. Guest)