

Summer Find You Miserable?
It's hard to do one's work when every day brings morning lameness, throbbing backache, and a dull, tired feeling. If you suffer thus, why not find out the cause? Likely it's your kidneys. Headaches, dizziness and bladder irregularities may give further proof that your kidneys need help. Don't risk neglect! Use **Doan's Kidney Pills**. Thousands have been helped by **Doan's**. They should help you. Ask your neighbor!

An Ohio Case

S. B. Hayes, 505 S. Market St., Waverly, Ohio, suffers from stiffness and pains in my back which made it hard for me to sit down. The muscles of my back were sore. The action of my kidneys being irregular most of the time, being too weak, I took **Doan's Kidney Pills** and in a short time I was free from the backache and kidney complaint.

Get **Doan's** at Any Store, 60¢ a Box

DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

**Chips off the Old Block**

NR JUNIORS—Little **NRs**—One-third the regular dose. Made of same ingredients, then candy coated. For children and adults. **SOLED BY YOUR DRUGGIST**

**HINDERCORMS**

Removes Corns, Calluses, etc., since all pains, ensures comfort in the feet, making walking easy. Bo. by mail or Drug.

DRUGS CHEMICAL WORKS, Philadelphia, Pa.

DARNING MACHINES sent for six inches and 56c. Darns socks, hose, under-wear, everything. G. L. Roberts, Mass. Ind.

BEVERAGE INFECTION—Vick's "Salve Hygienic," used for removing festering sores, pus. Prevents infection. See E. B. Vick Chem.

6129 Eberhart, Chicago. Agents wanted.

GAPES—USE NO-GAPE

Cure guaranteed. Enough to cure gapes in all your chickens. 1.00 delivered in THE MIN CO. Woodstock, Vt.

For Cures—20-40 Per Cent Increase in Power and Mileage. Automatic vaporizer, no tapping. Order now. Price \$3. Agents wanted.

R. A. REED, 13 Budget Ave., Medford, Mass.

What Made the Sangamon Famous?

A teacher in Illinois set for her pupils the task of writing a composition about the Sangamon river, which flows through the town, and told them to say at least three things about the river. The shortest and pitifulst paper was handed in by a youngster, who had written:

"The Sangamon River: I have lived near it. I have skated over it. I have fallen into it."—Youth's Companion.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

The kidneys are not in a healthy condition; they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper—Advertisement.

The Literal Husband.

Wife—Where's the chicken I told you to bring home?

Husband—Nothing doing.

Husband—You told me there'd be a lot of them, and for me not to take the first one they showed me—

Wife—Yes—

Husband—Well, you told me to pick one for myself. And there wasn't one there that hadn't already been picked thoroughly.

It's easier for a dentist to fill an aching void than a long-felt want.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

LATHROP'S GOLD MEDAL
HAARLEM OIL CAPSULES

The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks. Threshers, all druggists. Look for the Gold Medal on every box and accept no imitation.

Cuticura Soap SHAVES Without Mug
Cuticura Soap is the favorite for safety shaving.

W. N. U., FORT WAYNE, NO. 29-1923.

OUR MAGAZINE SECTION

Interesting Features for the Entire Family

Uncommon Sense . . .

By JOHN BLAKE

LEARN TO AIM

BEFORE the soldier is permitted to shoot his rifle he is taught to aim it. Over and over again he must practice holding his weapon, and sighting it.

It is discouraging work. With the target before him the recruit naturally wants to try to hit it.

But to permit him to fire too soon would be fatal to his efficiency. He will never shoot well unless he first learns to shoot correctly.

And the long drill in holding the rifle properly, and aiming it properly is never wasted.

These rules are as necessary in life as they are on the rifle range.

It is easy enough to aim high, but it is not easy to reach your target.

Before you actually set out to accomplish your ambition you must learn how to accomplish it. This means long and often uninteresting toil, but without it all your aiming at the target will be useless.

There can be no success without training, severe and continuous.

You can no more become a bank president without learning how to be a bank president than you can to go to Chicago without knowing how to get there.

Emerson's advice to hitch your wagon to a star is excellent advice, but it would have been of more practical value if he had added a few details as to how it is to be accomplished.

Do not begrudge the months or the weeks on the years that you spend in learning how to aim. You'll get far more hits if you put in hard work at training than you will if you fire before you have learned to hold your rifle.

Genius can sometimes fire at sight, but even genius often misses unless it learns how to fire. And genius succeeds more often than does ordinary ability because it is great enough to recognize the value of hard work.

No one worked harder than did Michelangelo or Keats or any of the geniuses whose names will endure forever.

Alas as high as you can, always. But then learn how to aim before you fire.

(© by John Blake.)

Misunderstanding

By GRACE E. HALL

Y OURE far away tonight, my dearie, dearie, dearie,
The sunshine has been mocking me all day;
I've strained my eyes 'till they are weary, weary,
Longing to see you passing by this way;

Within my heart a pain is growing, growing.
The truth insists that I shall heed and know

That further still you're ever going, going,
And oh, I love you dearie, love you so!

The world is very cold, my dearie, dearie,
Outside the magic circle of your arms;

My heart is pleading to be cheery, cheery,
Safe locked against your breast from all alarms;

The tears persist tonight in falling, falling.
The breezes whimper of an unknown woe,

And 'cross the silence I am calling, calling—

Come back to me, I love you, love you so!

(© by Dodd, Mead & Company.)

SCHOOL DAYS**Has Anyone Laughed At You Because—**

By ETHEL R. PEYSER

You are fussy about the way folk handle books!

"Don't be an old fuff!" This is what the unbookish and sometimes the bookish huff at you.

Never mind! You really love a book and you can't stand being a witness to its mutilations.

Books mean something to you—probably the laughers couldn't stand seeing you hurt their field glasses, or their tennis rackets, etc.

A book is a marvelously-contrived thing, going through hundreds of processes between the brain of the writer and store counter.

You, owning it, appreciate it, and appreciation is jealous always of depreciation.

Books are one of the greatest of man's possessions, and as such deserve a little more than casual care, especially by book-lovers and collectors!

SO

Your get-away here is:

At the worst—you are over—"fussy" over something worth being "fussy" about.

(© by McClure Newspaper Syndicate.)

Mother's Cook Book

Every task wrought out in patience
Brings a blessing to the door;
Joy comes to the waiting worker;
But eludes the swift pursuer.

GOOD THINGS FOR OCCASIONS

THE olive is such an appetizer and adds so much zest and flavor to many dishes that it should always be found on the shelf.

For garnishing dishes one may cut

into a queen olive with a sharp knife and keeping close to the stone, pare in a spiral fashion. This will leave the olive still shapely without the stone and serve at once.

Zwieback.

Zwieback is often not obtainable and a recipe for it will be cherished by many.

Take a yeast cake softened in one-half cupful of warm water, two table-spoonfuls of sugar, and mix well. Add flour to make a thin batter, about half a cupful. Set aside to rise in a warm place, covering well with a cloth. An hour later, when bubbles form on top, add two more table-spoonfuls of sugar, two table-spoonfuls of melted lard, two well-beaten eggs, cinnamon and salt to taste and two cupfuls of flour a bit more. Beat well, cover and let rise again in a warm place. When light make into two small loaves and bake in a hot oven fifteen minutes. Take from the oven, cool; cut in half-inch slices and bake until brown on both sides, in a hot oven. Keep air-tight. Fine for babies and convalescents.

Cheese Salad.

Break a cake of cream cheese into pieces and mash to a paste with two

Washington Sidelines**Navy Building Program Is Outlined**

WASHINGTON.—The navy

building program for the coming year comprises eight cruisers, four river gunboats and three cruiser submarines.

This announcement, calling for only eight cruisers, created surprise in the ranks of naval observers, because of the known opinion of Secretary Denby that the fleet is markedly deficient in the cruiser class. Considering cruisers less than ten years old, the United States would be represented in any international ratio by "zero," while Great Britain has 214,000 tons and Japan 51,000, it was pointed out. Counting vessels now building, however, the United States has 75,000 tons, Great Britain 249,000 and Japan 157,000 tons.

Report on this year's war games stressed the lack of fast scouts for the navy. This need was placed second only to the deficiencies of the Panama canal defenses. Technical advisers of the Navy department were understood to have agreed that seventeen 10,000-ton cruisers would be necessary to maintain a 5-5 ratio with Japan, and nineteen would be needed if a 5-3 ratio was to be sought, as planned.

In submarines of less than 1,000 tons the United States is ahead of both Great Britain and Japan, but a major

ity of the American craft, notably the "S" boats, have never reached the operating efficiency which would permit their being considered for other than coast defense.

As to submarines of more than one thousand tons, the United States has three built and three building; Great Britain, nine in service and two building, and Japan, none in service and twenty-five building. After the World War all of the first power admiralties agreed that naval submersibles should be of more than one thousand tons, in order to operate out of touch with their nearest base.

It has been predicted that Mr. Denby would make some recommendation as to aircraft carrier tonnage, of which the treaty permits the United States and Great Britain to maintain 125,000 tons and Japan 81,000 tons. The Langley of 12,700 tons is the sole representative of the type in the United States navy.

The Lexington and Saratoga, being converted from battle cruisers, will raise tonnage to 72,000 tons. The British navy has 44,000 tons in service, and 38,500 tons on the ways. Japan has one ship of about ten thousand tons in service, two under construction and is converting the battle cruisers Amagi and Akagi.

MRS. HICKEY SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

Worcester, Mass.—"I had some trouble caused by a female weakness and got so run-down and weak from it that I could hardly stand or walk across the floor. The doctor gave me all kinds of pills, but nothing helped me. I happened to meet a friend who had taken Lydia E. Pinkham's Vegetable Compound, so I thought I would try it. After

taking it a week I began to improve, and now I feel strong and am doing all of my housework, including washing, ironing and house cleaning. I have recommended your medicine to my friends, and I am willing for you to use this letter as a testimonial, as I would like to help any one suffering the way I did from such a weakness."

Mrs. DELIA HICKEY, 4 S. Lindley St., Worcester, Mass.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request.

Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental container. Used all season. Made of metal, so it won't get hot or cold. It will not injure anything. Of course, it is safe. Sold by dealers, or **Harold Somers**, 130 De Kalb Ave., Brooklyn, N. Y.

French Turn Cotton to Wool.

A new French process for making wool from cotton effects such a change in the fiber that the cotton burns with the characteristic odor of wool, which is owing to the protein with which it is impregnated.

The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At all grocers.—Advertisement.

Facial Blemishes

Sallow, muddy, roughened or blotched complexions are usually due to constipation. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving.

Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

Nujol is a lubricant—not a medicine or laxative—so cannot grip. Try it today.

Nujol

A LUBRICANT—NOT A LAXATIVE