

FROM GENERATION TO GENERATION

Mothers Advise Their Daughters to Rely upon Lydia E. Pinkham's Vegetable Compound to Keep Them in Health

A Mother's Advice Prevents Operation

Corona, N. Y.—"I had a terrible pain in my left side and had to go to bed every so often. Doctors had told me I must be operated on, but I do not believe in the knife and would rather suffer than go through it. My mother also did not believe in it and she made me take Lydia E. Pinkham's Vegetable Compound because it had helped her. It has also helped me for I am better and able to do all my work. I recommend your medicine and give you permission to use my letter as a testimonial."—Mrs. J. BUSCH, Jr., 11 S. Railroad Avenue, Corona, N. Y.

A Sickly Child

Mahoningtown, Pa.—"I would like to say a few words about Lydia E. Pinkham's Vegetable Compound. About a year ago I thought it would be necessary for me to take my daughter out of school. She was losing weight, was nervous, and when she would come home from school she would drop into a chair and cry, and say, 'Mamma, I don't believe I can go to school another day!' I

gave her Lydia E. Pinkham's Vegetable Compound and now she is a healthy, happy, hearty, strong girl and weighs 120 pounds. She has no difficulty in doing her 'gym' work, and she works at home every night and morning, too. I am a mother who can certainly praise your medicine, and if it will be of any benefit you may use this letter as a reference."—Mrs. GEORGE E. WHITACRE, 621 W. Madison Ave., Mahoningtown, Pa.

Every girl wants to be healthy and strong, and every mother wants her daughter to do well in school and to enjoy herself at all times.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for young girls just entering womanhood. Mothers may depend upon it. Remember it is prepared from roots and herbs, contains nothing that can injure, and tends to tone up and strengthen the organs concerned, so that they will work in a healthy and normal manner.

For nearly fifty years it has been used by women of all ages, and these women know its great value. Let it help your daughter and yourself.

Good for Burns.

Equal quantities of sweet oil and lime water mixed is a splendid remedy for burns.

Idler Without Value.

An idler is a watch that wants both hands, as useless if it goes as if it stands.—Cowper.

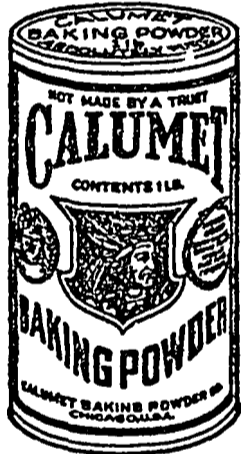
2 or 3 Cans of Baking Powder

Are Not Worth the Price of One

If they are the "big can and cheap" kind because they may mean baking failures.

CALUMET

The Economy BAKING POWDER



BEST BY TEST

Don't let a BIG CAN or a very low price mislead you.

Experimenting with an uncertain brand is expensive — because it wastes time and money.

The sales of Calumet are over 150% greater than that of any other baking powder.



THE WORLD'S GREATEST BAKING POWDER

KEPT RECORD OF ADMIRERS

Indianapolis Girl Conducted Her Love Affairs on a Basis That Was Strictly Business.

Now Betty is an Indianapolis stenographer with many man admirers and she shares her experiences with them to the other girls in the office. They often wonder how she remembers all of them and doesn't mix them up. The other day they discovered her method.

Breathlessly she rushed in from lunch. "Oh, girls," she began. "I met an old beau of mine today. I hadn't seen him for two years. He was so handsome and prosperous looking I just wanted him back again," she giggled. "And do you know I had forgotten his name."

Some one asked her whether she told him so. "Oh, no," she returned, "that would have ruined everything. I'm to see him tomorrow. Tonight I'll hunt up his photograph. When I put it away I wrote his name on it. Oh, I'll be ready for him tomorrow."—Indianapolis News.

The Quivering Earth.

It has been pointed out that, in addition to the many tremors due to seismic, or earthquake, influences, which modern delicate instruments detect, there are certain pulsations which seem to have some other origin. Some of these are diurnal, and are probably due to the influence of the sun and the weather on the ground. In wet weather the sides and bottom of a valley carry a heavier load than the bounding ridges; in dry weather the case is reversed. Even the transpiration of moisture by plants may produce perceptible effects upon the tilth of the ground. Thus the face of mother earth is almost as sensitive to external influences as the skin of a living creature.—Exchange.

Sentence Passed on Humanity.

"Your judges have sentenced you to death," said a friend to Socrates. "And has not Nature passed the same sentence on them?" quickly responded the sage old philosopher.

Don't rob yourself by calling other people hard names.

What to Eat and Why

A Natural Supply of Vitamin

The word "Vitamin" is new, but the thing itself is as old as the human race. It is the energizing, vitalizing, growth-producing element in the right food. Its absence is a serious fault of the wrong food. When the food is right, there is no need to go to the drug store for Vitamin.

Grape-Nuts, the famous ready-to-eat cereal, supplies the natural Vitamin from the wheat, and a further supply is included in the cream or milk with which Grape-Nuts is eaten.

Grape-Nuts is delightfully crisp and appetizing, with a flavor which happily suggests the wholesome, health-building goodness which the food contains. Phosphorus and iron, as well as Vitamin, with a

bran content to stimulate intestinal action, are supplied by Grape-Nuts. Many of our modern, "refined" foods lack these vitally necessary elements.

Grape-Nuts digests easily and is assimilated quickly, and is splendidly nourishing and energizing. You'll find better health and fitness, in the natural way, with Grape-Nuts as a regular part of your diet.

There's genuine economy in Grape-Nuts—many servings of this exceptionally nourishing food to the package. At your grocer's—ready to serve. Grape-Nuts—the Body Builder. "There's a Reason." Made by Postum Cereal Co., Inc., Battle Creek, Michigan.

Beads and Platings Used;

Coat-Dress, Exploits Novelty

WHAT a relief it is to know for certain that the crepe frock still occupies its niche in the fashion hall of fame. Modes may come and modes may go but it is truly to be hoped that the tried and true crepe frock remain in lasting favor. At any rate we are safe for this season, for the prestige of the graceful ever-to-be-repeated crepe dress is assured.

Of course the crepe frock comes to us in new form, just to convince us

note of interest is that black frocks must reveal some gorgeous touch of color to qualify as correct style.

An era of the coat-dress is at hand. This costume is destined to prove a wonderful interesting proposition, including the materials of which it is made to the finished detail, for novelty is expressed every step of the way. Perhaps the picture herewith tells the story better than words, for it illustrates two models, one for



Two Models in Afternoon Frocks.

of its eligibility among advance modes. At the moment the latest crepe creations claim distinction through elaboration of the platings. It is the particular pastime of Dame Mode to plait and plait, along lines shown in the crepe frock shown to the right in the accompanying illustration. A fastidious touch is added to this rust-brown crepe dress in the way of a bronze iridescent Oriental beaded and embroidered girdle.

When her ladyship, Madame Fashion, wishes diversion from her plaiting hobby, she turns her attention to beading. Perhaps this is a bit of

the happy-go-lucky flapper type and the other of appeal to the more dignified fashionable debutante.

The fact that the stunning coat-dress pictured to the right is of a novelty basket-yoven check establishes it as a foremost fashion.

The unique cape effect, which serves as a sleeve as well, is a leading feature in the newest coat-suits. Another conspicuous style detail is the soutache braiding. The importance of soutache both on cloth or silk cannot be overstated. Not only are dresses, blouses and wraps heavily soutached, but the vogue extend



Two Styles in Chic Coat-Dresses.

a surprise, for most of us were prepared to hear that beads are passe. On the contrary beaded frocks remain in the list of favorites. To be sure, the beads are applied in a different way, as is illustrated in the graceful paneled gown to the left in the picture. Here also we are treated to a view of the sleeve which is not a sleeve, but simply a mere drape.

A further survey of afternoon frocks reveals the tendency to front drape effects inspired by Egyptian modes, so designers tell us. Another

even to millinery. This is exemplified in the fallie silk hat as shown in accompaniment to the costume herewith. Take note of its high crown, embellished in soutache, the entire being in a Lanvin green. Little Miss Flapper, as pictured herewith, chooses navy and white for her spring suit and the material there is a silk ratine.

Julia Bottomley
© 1923 WALTER NEWBARD LONDON

Don't Forget Cuticura Talcum
When adding to your toilet requisites, An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

Religion is worth having, if you pay attention to it.

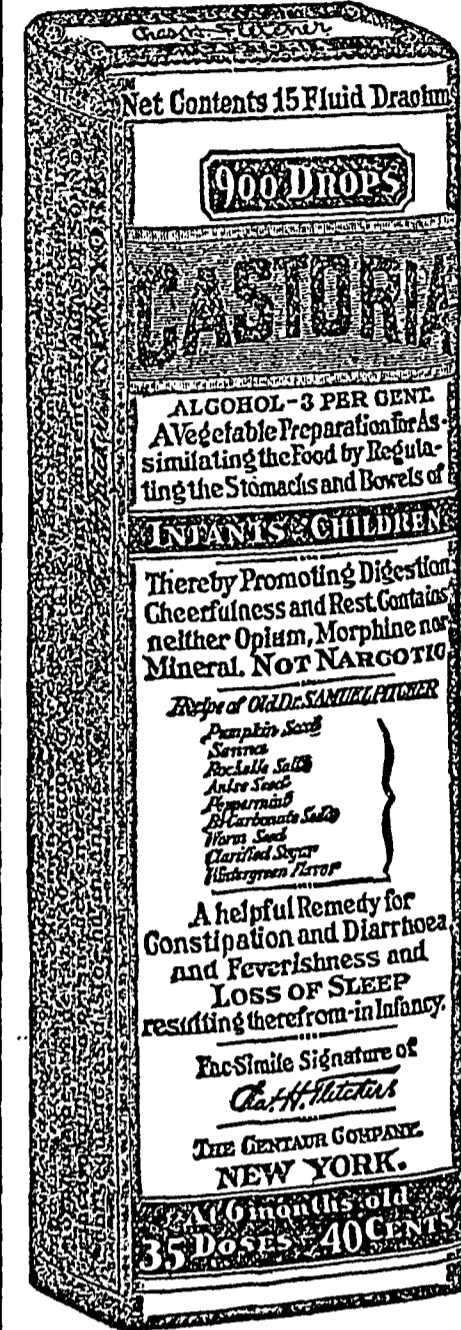
If you use Red Cross Ball Blue In your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.—Advertisement.

An early quitter is a foolish critter.

Sure Relief FOR INDIGESTION



WANTED—MAN WITH AUTO to sell guaranteed TIRES and TUBES. Will arrange delivery and expenses with right man. Amazon Products Co., Dept. A, Cleveland, O.



CASTORIA

For Infants and Children.

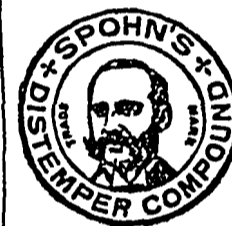
Mothers Know That Genuine Castoria

Always Bears the Signature of

Wm. D. Mitchell
In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



Spohn's Distemper Compound

to break the cough and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive; acts equally well as a cure. Sold in two sizes at all drug stores. SPOHN MEDICAL COMPANY GOSHEN, INDIANA

SICK HEADACHE

Take a good dose of Carter's Little Liver Pills then take 2 or 3 for a few nights after. They restore the organs to their proper functions and Headache and the causes of it pass away. THEY REGULATE THE BOWELS and PREVENT CONSTIPATION. Genuine bear signature—Small Pill; Small Dose; Small Price.

Wealth in the Mind. It is the mind that makes us rich and happy, in what condition soever we are, and money signifies no more to it than it does to the gods.—Seneca. Know-it-all kind of people generally do know a lot. It is easier to stay out 'till you get out.—Mark Twain.

for Economical Transportation

Chassis Only \$575 f. o. b. Flint, Mich.

Utility Express is the lowest-priced quality truck in the world capable of fast heavy-duty service. It hauls your heavy loads quickly and economically. It is reliable. Long grades and deep mud are mastered by it without racing the motor or boiling the water because the 3-speed transmission provides correct gear ratios to meet any condition of load or road. You get fast, heavy-duty service at the lowest operating and maintenance cost with this truck. It leads in high mileage on gasoline, oil and tires, living up fully to the Chevrolet reputation for unequalled economy.

Prices f. o. b. Flint, Michigan

Superior 2 Pass. Roadster . \$510	Superior 5 Pass. Sedan . \$860
Superior 3 Pass. Touring . \$525	Superior Light Delivery . \$10
Superior 5 Pass. Utility Coupe \$60	Superior Commercial Chassis \$25
Superior 4 Pass. Sedanette . \$50	Utility Express Truck Chassis \$75

Chevrolet Motor Co., Detroit, Mich.
Division of General Motors Corporation

Dealers and Service Stations Everywhere
Illustration at left shows Utility Express Truck with standard general purpose body