



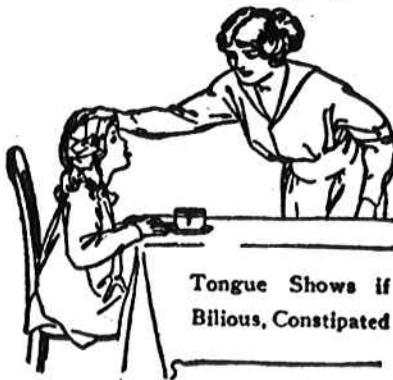
Sales 2½ times as much as that of any other brand
BEST BY TEST

Deep Scottish Lochs

Many of the Scottish lochs are astonishingly deep, the depth of one-1,000 feet.

MOTHER!

Child's Best Laxative is "California Fig Syrup"



Hurry Mother! Even a fretful, peevish child loves the pleasant taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child tomorrow.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Nearly every woman finds a becoming hat; a good many men just "become used to" theirs.

Many a man has been stung by the political bee in his bonnet.

Don't Let That Cold Turn Into "Flu"

Rub on Good Old Musterole

That cold may turn into "Flu," Grippe, or, even worse, Pneumonia, unless you take care of it at once.

Rub good old Musterole on the congested parts and see how quickly it brings relief.

Colds are merely congestion. Musterole, made from pure oil of mustard, camphor, menthol and other simple ingredients, is a counter-irritant which stimulates circulation and helps break up the cold.

As effective as the messy old mustard plaster, does the work without blister. Just rub it on with your finger-tips. You will feel a warm tingle as it enters the pores, then a cooling sensation that brings welcome relief.

To Mother! Musterole is now made in milder form for babies and small children. Ask for Children's Musterole. 35c and 65c, in jars and tubes.

MUSTEROLE

WILL NOT BLISTER

Better than a mustard plaster

W. N. U., CHARLOTTE, NO. 14-1924

The AMERICAN LEGION

(Copy for this Department Supplied by the American Legion News Service.)

THREE MEN LEAD IN MEMBERSHIP CONTEST

During 1923 honors for securing members for the American Legion were about evenly divided between three men. These, John A. Smith of Sioux City, Iowa, a member of the Monahans post; Hans Hunsdorf, a disabled man, now patient in a Minnesota hospital; and John Kass of Detroit, led all others in securing applications.

Smith obtained his members in a rather unique manner. He worked out a scheme known as the "Cudahy plan" by means of which he caused the big industrial firms of Sioux City to pay up the dues for ex-service employees, utilizing a "checkoff" for repayment. His record approximated nearly one member for each working day of the year.

Hunsdorf obtained his members by personal contact, particularly in Veterans' Bureau hospitals, and wherever veterans gathered and rolled his record up to nearly 250.

Kass, a member of the Charles A. Learned post in Detroit, made an earnest campaign for his applicants, and is said to have interviewed more ex-service men than either of the other two "champs." His record approximated that of Hunsdorf. But to do this, he faced severe competition from one Theodore Kolbe, now department adjutant of the Legion in Michigan. Kolbe's record was near enough to that of Kass that it took a board of judges to determine the standing of the two.

Kass has already made a start toward a 1924 record. On February 29 he had collected dues and applications from 63 veterans. His method

is to go to the men and ask for their names.

John Kass



of enrolling the veterans as Legionnaires is simple but efficient. "I ask them," he says, "Kass' accomplishment was completed within 18 days, the duration of the post membership drive. In addition he added members to other Wayne county posts.

His approach is much the Legion officials in Michigan believe that he must use more salesmanship than do either Smith or Hunsdorf. Smith's plan for reaching the industrial concerns is sort of an advantage, while Hunsdorf gets men who are daily enjoying benefits of the Legion, they argue. And Kass gets out and lands the members by hard work, according to their idea.

The three have on a triangular race for membership honors this year. The Learned post for the greatest membership during 1924, a record heretofore held by the Nebraskans. Kass is one of the main reliances of the Detroiters in bringing this honor to his city.

Hunsdorf is avowed to better his record by at least a hundred, and while the men of Monahans post in Sioux City are dependent on Smith to handle the recruiting alone, it is safe to say that his record will approximate that of 1923.

The "Man from Michigan" has already been proclaimed champion of the Wayne county council membership campaign, and his accomplishment requiring less than three weeks would apparently put him into the national championship class with good chances in the final outcome.

Left Part of Estate to American Legion

One-fourth of the estate of a disabled World war veteran who died in Kansas City, Mo., was inherited by the American Legion. The veteran, Earl Mason of Indianapolis, provided for the bequest in his will, which named the head of the Legion district hospitalization committee as executor. The estate amounted to approximately \$850.

The will recites that "every consideration and kindness" had been shown to Mason by the Legion, and that he made the gift as a token of gratitude, and to assist in providing aid for other disabled veterans. Mason went to Kansas City several months ago broken in health and without employment. The Legion assisted him in securing compensation and hospital services.

The KITCHEN CABINET

(© 1924, Western Newspaper Union.)
People accustomed from infancy to lie down on feathers have no idea how hard a paving stone is without trying it.—Dickens.

TASTY EATING

Those who know, tell us that a duck should never be stuffed if one likes all the flavor in the bird.

Braised Duck.—Lay three slices of fat, smoked ham upon the grating of the roaster; next, a minced onion, a stalk of celery, chopped, a sliced carrot and a tablespoonful of chopped parsley. Clean and truss the ducks, lay them upon the vegetables and pour a cupful of boiling water over them. Cover the roaster closely and cook in a moderate oven for two hours.

Take up the ducks, strain the liquor from the pan and let it cool sufficiently to congeal the fat. Skim the gravy carefully and return to the fire in a saucierpan, keeping the ducks hot over boiling water closely covered. Bolt the gravy; add a teaspoonful of lemon juice and thicken slightly with flour. Have the cooked giblets chopped and stir into the gravy. Pour this sauce again over the ducks in the roaster, bring all to the boiling point and serve with the sauce poured round the fowls. Serve with apple sauce or currant jelly.

Fish Turbot.—Take one can of salmon, remove the skin and bones and flake into small pieces. Make dressing with one-half cupful of flour, add enough cold milk to make a paste, then turn it into a pint of hot milk and cook until it is smooth and thick. Cook, add two well-beaten eggs, one-half cupful of melted butter and seasonings to taste. Put the fish and dressing in alternate layers and cover with buttered crumbs and bake one-half hour. The liquor may be used for part of the fat in the sauce if desired.

Every-Day Cake.—Beat four table-spoonfuls of butter to a cream; add one-half cupful of sugar, one-half cupful of raisins, two egg yolks beaten light, one-quarter cupful each of maple and corn syrup, one-half cupful of milk and one and three-quarters cupfuls of flour, a teaspoonful of cream of tartar, half a teaspoonful of soda and the same of salt and mace, all sifted together. Add the stiffly-beaten whites of the eggs and turn into a shallow pan. Sprinkle with chopped nuts or raisins and dredge with sugar. Bake an hour or longer, depending upon the depth of the mixture.

If we looked for people's virtues And their faults refused to see, What a pleasant, cheerful, Happy place this world would be.

SOMETHING TO EAT

A dainty salad accompaniment is prepared with the tender centers of white celery, stuffed with a seasoned cream cheese or with a grated cheese softened in hot cream and seasoned highly with cayenne and any desired seasoning.

Savory Sandwich Filling.—Blanch one-half cupful of almonds and brown them in a frying pan with a tablespoonful of oil. Chop fine, season with salt and cayenne, add two chopped pickles, one tablespoonful of chutney; mix well and spread on either bread or crackers with cream cheese and sprinkle with the chopped mixture.

Stuffed Egg Plant.—Parboil a large egg plant, unpeeled, for ten minutes. Let it stand until perfectly cold. Cut in half lengthwise and scrape out the center, leaving the walls an inch in thickness. Chop the pulp fine; add to it half a cupful of melted butter, salt and pepper to taste. Moltten with milk and fill the hollowed halves with the mixture, rounding up the stuffing. Cover with buttered crumbs and bake in a covered roaster, pouring enough butter and water around the vegetable to come half way up the sides. When well cooked transfer to a hot platter, thicken the liquid left in the roaster with browned flour and butter, boil up and pour around the egg plant.

Green Peppers Stuffed With Rice.—Cut a slice from the stem ends of green peppers; lay into cold water after removing the white fiber and seeds. Parboil five minutes, turning that they may be evenly scalded. Fill with canned chicken soup, rice, cold cooked chicken, chopped nuts or any good, nicely seasoned stuffing. Arrange in a baking pan and bake, basting often with butter and water until the peppers are soft and the filling well-heated through.

Mashed Potatoes.—Boil the potatoes until tender; drain and shake over the heat to dispel all steam. Beat until light, adding butter and hot milk; give another good beating with a strong, large spoon and serve fluffy white and delicious. Do not, when serving mashed potatoes, pack into a dish and press down. Leave light, just as it comes from the spoon.

Potato Cakes.—Add one beaten egg to two cupfuls of mashed potato, two tablespoonsfuls of milk, salt and pepper to taste. Mix well and form into ten balls, using flour to roll. Fasten a thin slice of bacon around each with a toothpick to hold the bacon in place. Set in hot oven and cook until the bacon is crisp. Serve at once.

Nellie Maxwell

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

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Lesson for April 13

ELIJAH AND THE STRUGGLE WITH BAAL

LESSON TEXT—I Kings 18:17-46. GOLDEN TEXT—"No man can serve God and mammon."—Matt. 6:24.

PRIMARY TOPIC—God Hears Elijah.

JUNIOR TOPIC—Elijah on Mt. Carmel.

INTERMEDIATE AND SENIOR TOPIC—The Conflict between Jezebel and Elijah.

YOUNG PEOPLE AND ADULT TOPIC—How Elijah Won the Victory.

1. Elijah's Message to Ahab (vv. 17-18).

When Jezebel became the wife of King Ahab, she waged a savage warfare against God's prophets, killing all she could find, thus seeking to abolish the true religion and set up idolatry instead. Elijah suddenly appeared, announcing the suspension of moisture (I Kings 17:1) as a judgment upon the people for their idolatry. He sounded three striking notes in his message:

(1) "As is the Lord God of Israel liveth."—He knew that he represented the living God, therefore did not fear.

(2) "Before whom I stand"—Because Elijah stood before God, he could stand before Ahab.

(3) "There shall not be dew nor rain these years, but according to my word."—Drought was the punishment for idolatry (Deut. 11:17).

2. Elijah Shows Himself to Ahab (vv. 17, 18).

As soon as Elijah had delivered his message concerning the drought, he retired from the king's sight, while the penalty of the king's sins should be visited upon the land.

3. Elijah Shows Himself to Ahab (vv. 17, 18).

(1) Elijah's question (v. 17). His

intention in this question was no doubt to intimidate Elijah, to awe him into submission. The devil goes about as a roaring lion (I Pet. 5:8).

(2) Elijah's answer (v. 18). He denied the charge and boldly declared that the calamity which had befallen the nation was caused by the idolatry of Ahab and his family.

2. The Bold Challenge (vv. 19-24).

(1) The people assemble (vv. 19, 20). At the urgent request of Elijah the king convened the people.

(2) The ringing call to decision (vv. 21-24).

a. The question asked (v. 21). Many of the people had not wholly forsaken God. They attempted to worship both God and Baal.

b. The silence of the people (v. 21). This may have been because of fear of the king, or ignorance, for many were of the opinion that to be religious was the only thing necessary, irrespective of the being worshipped.

c. The method of decision (vv. 22-24). Two sacrifices were to be provided, one to be offered to Baal, the other to God. The one who answered by fire was to be the God.

3. The Test Applied (vv. 25-30).

(1) Offering by the prophets of Baal (vv. 26-29). Elijah gave the prophets of Baal the first opportunity to prove to the people as to whether Baal was a real god.

(2) The offering by Elijah (vv. 30-39).

a. People invited near (v. 30). There are no secrets in God's worship.

b. The altar repaired (vv. 30-32). Elijah took twelve stones representing the united nation.

c. The offering on the altar (vv. 33-35). After the bullock was in place he had four barrels of water three times emptied upon the sacrifice and the wood so as to fill the trench about the altar.

d. Elijah's prayer (vv. 36, 37). This was a model prayer.

(e) It was based upon covenants (v. 36). All real prayer rests upon covenant relationships.

(b) Its object was God's exaltation (v. 36). Elijah was jealous for God's glory, but the only thing that he asked for himself was to be known as God's servant.

(c) It was for the salvation of the people (v. 37). His heart yearned after Israel. He wanted them to come to know God.

e. The result (vv. 38, 39).

(a) The fire of the Lord fell and consumed, not only the sacrifice, but the wood, stones and dust, even licking up the water in the trenches.

(b) The people fell on their faces and confessed that the Lord was the God.

4. The Execution of Baal's Prophets (v. 40). Israel's government was a theocracy. God was their King. Idolatry was treason against the King.

Loyalty to Christ

No Christian ought to be afraid to take his religion out where there is none. All the same it is easier to be loyal to Jesus when we keep with Jesus' other friends.—Christian Cynosure.

A Wise Selection

Life is a piece of material put into your hands to do with as you like. But in cutting it out be sure to use the only reliable pattern.—Christian Cynosure.



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