

RS. FREDERICK A. AUSTEN WILL entertain today at a small bridge party and again on Saturday will preside at a similar affair. Both festivities will be given for the pleasure o charming visitors who are passing the Summer in Portland. Today Miss Katherine Jackson, of Chicago, a sister of Mrs. H. T. Burntrager, and Miss Mc-Chesney, a sister of Mrs. John Scott, will be the guests of honor. At Satur-day's bridge Mrs. Williard Bond, of Pendleton, who is the house guest of Mrs. Robert Townsend, will be the in-

Tomorrow's social calendar heralds a bridge afternoon for Miss Jackson with Mrs. John C. McCue as hostess. On Monday Mrs. Thomas Bayles will give a smart party for Miss Jackson. Every day of next week will witness some social compliment planned for the interesting young woman who is passing the Summer with Mrs. Burntrager. Nearly all the gatherings are small, however, with only the most intimate friends of the hostess asked to meet the visitor, Mrs. N. A. Loucks and little son, Ken-

neth, left recently for a Summer out-ing at Ocean Park.

Mrs. Frederick Behrends, who a few weeks ago went to Alaska, has re-turned to her Riverside home after a delightful trip in the North.

Mrs. Ross Plummer is among the Portlanders who left last week for the seashore. She is stopping at Tioga,

Miss M. Aleshire, of Washington, D. C., a daughter of Major-General Aleshire, is a visitor in Portland, registered at Hotel Multnomah.

The members of the Woodlawn Par ent-Teacher Association have decided to brighten the social aspect of the Summertime by holding a get-together

tor of the Apollo Club, will be leader. Music will be furnished by a first-class band. Patriotic songs, National airs and old hymns and songs will be sung. Mrs. Chester Deering, of the Monday Musical Club, is chairman of the committee of arrangements. Mrs. G. J. Frankel, Mrs. Russell Dorr, Mrs. J. Coulsen Hare and Mrs. Frederick E. Harlow are among her assistants.

Mrs. Edward Rosenbaum, of Salt Lake, is spending a fortnight with her mother, Mrs. A. Friendly.

A pretty wedding took place in the White Temple last night, when Miss Mabel Stout became the bride of Mater Stout became the bride of Thomas Ellsworth Spiers. Artistic decorations of cut flowers and palms and appropriate music added to the beauty of the ceremony. The marriage service was read by the Rev. Dr. Wright, field missionary for Oregon. A large company of friends were assembled to witness the marriage of the charming portland girl and the young business. Portland girl and the young business man. The bride was lovely in her robe of white charmeuse, which was elab-orated with Princess lace. She wore the conventional veil and carried a shower of white sweet peas and lilies Miss Margaret Brehaut, who wore a modish gown of lace and silk. H. B. Blough was the best man. Mrs. Ellen Stout, of Sacramento, mother of the bride, was attired in blue silk of becoming shade. After a wedding trip, Mr. and Mrs. Spiers will reside in this

Mr. and Mrs. Frank A. Lundquist and Miss Mabelle Lundquist will motor from their country place near Dundee to Mount Hood for the week-end.

Complimenting Mrs. William Kirke. of Los Angeles, Miss Elizabeth Hoben, or Los Angeles, Miss Elizabeth Hoben, daughter of Captain Andrew Hoben, will entertain tonight with a large party at her home on Larrabee street. Mrs. Kirke, before her marriage, was Miss Lilian Elsen, daghter of Dr. William Eisen, of this city, and was well and favorably known in musical cir-cles, having sung at the opening of the Lewis and Clark Exposition in 1905.

Mrs. Alice Weister has as house guests at the clubbouse of the Psychology Club at Nehalem Mr. and Mrs. Frank Stillman, Mrs. A. H. Russell, Mrs. A. L. Carpenter and Miss Margaret Monroe. On a recent occasion Mrs. Stillman entertained at the clubhouse. She gave several delightful readings. Mr. Stillman contributed musical numbers and original stories were told by Mrs. Weister and Miss Monroe. Toasted marshmallows and popcorn, prepared before the large open fireplace were . . .

Among the Summer visitors from Cleveland, O., are Mrs. Koercher, Miss Holt and Miss Ward. Mrs. Koercher came to visit her cousin, Mrs. J. Pauley, who has entertained delightfully for the Ohio guests.



Summer Intestinal Trouble.

A in the warm months of Summer, and a few hot days in succession seem to multiply cases rapidly. This neute intestinal trouble is ous when occurring during the first

and second Summers of a child's life. The question naturally arises: What relation is there between hot weather and intestinal troubles? The relation largely one of cause and effect. Breast fed babies have few intestinal disturbances, even in hot weather. Bables and young children fed on milk these frocks are now in fashion.

Skirts are made of flounces of white the weather tends to encourage fermentation and putrefaction in all food stuffs, and no food used for young shoulders over a loose band of white the stuffs. children is affected so quickly by warm tulle that goes round the figure under weather as milk. Under the best of circumstances and methods of hand-such negligible bodices. They are mere ling, milk contains a certain number nothings, and yet, in direct contrast of germs, but when the milk is care- a woman can come out in a white satin lessly and negligently handled and is bodice with high neck at the back and he say and negligently handled and is bodice with high neck at the back and not properly cooled and kept cold after being delivered to the home, it is a most favorable food for the growth of germs. These germs and their poisons set up fermentation in the susceptible intestine and as a result the child is

POPULAR YOUNG MATRON ACTIVE IN SOCIAL AFFAIRS.



pure and uncontaminated.

Acute intestinal trouble indicated by diarrhoea in a child during its first or second Summer, should be a warning to every mother that there is something the matter with the food, and the food usually at fault is the milk. A lease reconstant should be accented. loose green stool should be accepted as a danger signal. Cutting teeth is not a cause of diarrhoea.

Therefore the first thing to do when a child has diarrhoea, or diarrhoea and vomiting, is to stop all food for 24 hours at least possibly longer, depend-ing upon the condition of the child. If milk constitutes the food, it is imperative that no more should be given until conditions have improved so that it is safe to give it again. Serious mistake is often made in putting the baby back on a milk diet too soon. At the very beginning of acute diar-

rhoes, in addition immediately to with-drawing the food, the child should be given a dose of castor oil—a teaspoon-ful for 6 months of age, two for 1 year, a dessert spoonful for 2 years old. Delay in attending to diarrhoea in a baby often means a serious sickness. The more promptly the matter is attended to the quicker is the re-

covery.

The best place for a child with diarrhoea is in bed and quiet. Moving about or being carried much or handled, makes the trouble worse. Do not give the child ice water to drink, or even very cold water. Warm water is the best, and give plenty of it. Cold

water stimulates intestinal movements. If there is vomiting cold water irri-tates the stomach. As soon as the castor oil begins to act give the child a thorough enema syringe. Place the syringe not over a foot above the hips so that there will not be much force. A young child will J. D. Kennedy and daughters, Miss only take a small amount of water, Agnes and Miss Mildred Kennedy, left on the Bear for a three-weeks' visit to San Francisco and Los Angeles. tion until the water comes away clear. An enema should be given at least

twice a day. Keep the child in the coolest room of the house, and if there is fever bathe with tepid water two or three

itimes during the day.

If at the end of 24 or 35 hours the child does not show marked improvement a good physician should be

The first food should be a thin barley or rice gruel, or a carbohydrate food and no milk.

ANNE RITTENHOUSE

PARIS, July 16.—Four months ago the gown of pallletes would have been considered quite old-fashioned, although the best looking woman I saw in Monte Carlo in March wore such frock in the Sporting Club; yet today it bears the highest mark of fashion.

There is no doubt that sequins and jet and pailletes are again to be worn. The very best dressmakers are offering them, and well-dressed women are wearing them.

At a dance last night there was a pailleted gown that created a great deal

of admiration made with four flounces of close glittering sequins mounted on white net. These flounces were not heavy because the pailletes were made of that new composition that has practically no weight. The bodice looked more old-fashioned

than the skirt as it was tight-fitting, entirely covered with sequins, sleeve less and with pink roses on one shoul-der. It looked like the picture of a gown in an old album. It suited the

she had for herself, which was plainly visible as she never took her eyes from the glass mirrors that lined the walls while she danced.

walls while she canced.

It is not entirely new to have a gown made of ropes of jet, but the idea has never been quite popular because a woman does not wish to make herself look like a portlere. However,

The girl with the oily hair must be especially painstaking about keeping it clean in hot weather. It should be shampooed at least once a week, and right here a word against the inordinate use of ammonia, borax and washing soda for shampooing is appropriate. To a basin of warm water soda or borax the size of a pea is sufficient, and a dozen drops of tollet, not house-hold, ammonia. To this should be added enough finely shaved white soap to make a thick lather. Many girls use a teaspoon of borax to a bowl of water thinking they can thus prevent a fu-ture accumulation of oil in the scalp. The remedy is futile. The oil will come back, cozing from the pores, and borax, soda or ammonia is useful only

ventilate it in the sun. And between shampoos, if the hair is very oily, rub your brush into finely powdered orris This will remove some of the oil from the hair and insure a fra-grant odor.—Copyright, -914, by The McCiure Newspaper Syndicate.



Copyright-The Adams Newspaper Service Marian Meets a Sorority Sister. MONG the guests at Placid Inn A were a bride and groom of perhaps a fortnight. More than once, as she



watched them at tennis, or seated tetea-tete on the veranda, or strolling together on the green, Marian could not
help regarding them with a certain
envy. Nor could she help contrasting
their honeymoon, amid these pleasant
surroundings, with her own post-nuptial plunge into a crowded apartmenthouse in a strange city, made wretched
by financial woes and utter dissatisfaction.

Marian saw considerable of Mrs. Dale,
the bride. She was a slim young creature, with a pretty face, large blue
eyes, and pensive moods that alternated with blithe and merry ones. She
had been a teacher in the grade school
of a small Ohio town. Her husband, a
plump young fellow, on the swift road
to early baldness, boastful of his New
England ancestry, given to talking
much and saying comparatively little,
was a Toledo bank clerk.

Neither interested Marian particular
ly. The young woman struck her as
rather insipid, and the man as wholly
ordinary. One day, however, she caught
a glimpse of a familiar sorority badge
on the other's waist. A closer look revealed the fact that it was the pin of
the college sorority to which she herself belonged. Thereafter she saw much
of Mrs. Dale, the bride, and, while they
had quite a number of mutual friends,
which furnished food for interesting
gossip by the hour. On the strength
of their bonds, the one soon exclaimed:
"Thank heaven, there's, someone here
whom I can ask not to call me Mrs.

Interesting Every-Day People—The

Interesting Every-Day People—The "Thank heaven, there's, someone here whom I can ask not to call me Mrs. Dale! I'm going to ask you to call me Louise, and I'm going to call you Ma-

rian."
"It's agreed," returned Marian with
"The Mrs. Dale' still

"Scares you? How's that?"
"Yes, it actually does. I'm going to tell you something that perhaps I oughtn't to say. I love my husband dearly and all that, but I sometimes feel operpowered by a horrible sense of having lost my identity. My old said white-haired mistress of the house out ried woman.

Back of this impulsive and unpremeditated statement which had leaped to her companion's lips, Marian the drab background of wavering discontent with herself and her marriage which, like an evil cloud, invades and darkens in dust and heat through interminable multitudes of American honeymoons, hours, ready to drop, ready to give up.



any in this part of the country."

As the Gnome spoke he clapped his hands and the side of the mountain opened, for they were inside it, you remember, and Peter saw the largest horse he had ever seen, saddled and

Away flew the horse, for he did not walk, as Peter soon discovered, and

wings on each of its feet.

They landed on the top of a mountain and the Gnome told Peter to dismount. "You must go to that cave you see just below," said the Gnome, "and there you will find the giant. You

must find some way to get his boots."

Peter ran down the mountain to the door of the cave without thinking what he should do when he got there.
"What is that I hear?" asked a voice "Please, sir, I want a drink of water," said Peter, not knowing what

I came up the mountain to see you,"

said Peter.
"Well, what do you think of me, now you have seen me?" asked the giant.
"I think you are the biggest man I ever saw, and I did not think any one could grow to be so large. I wish I could grow to be as big as you are."
"Do you?" asked the giant. "Well, that gives me an idea. Come in here."

that gives me an idea. Come in here.
The giant led the way into his cave,
which was the whole inside of the
mountain, and so high that Peter could
not see the top.
The giant went to a kettle that was simmering in the middle of the cave, gave Peter a drink from a ladie that almost burned his mouth, took a drink himself, and gave Peter another drink. "Now we will wait a while," said the giant. "This will make you half as large as I am and the third drink will

make you as large as I want you to grow, but I will go to sleep while you are growing and you can do the same."
But Peter did not sleep. He kept awake and as soon as the giant snored he took another drink from the cup. This made him almost as large as the

Feter went to the kettle. He was so big now he could reach it easily, and this time he took a good big drink. By the time he had finished he was as big again as the giant, and Peter saw way to get the boots.

He awoke the sleeping giant, who sa up, rubbed his eyes and looked at Peter first with astonishment and then with

HE WAS a small, elderly man, short, slight and a bit snaky. His hands still trembled just a trifle, a little more if satisfaction. "The 'Mrs. Dale' still trembled just a trifle, a little more if sounds a trifle strange to you, does it?" she inquired pleasantly.
"It scares me," said the newly marearnestly, cheerly, as though eager to earnestly, cheerly, as though eager to

feel operpowered by a horrible sense of having lost my identity. My old self sometimes seems to be swallowed in the new. It seems so strange and absurd to hear people calling me Mrs. Dale, that at times I feel like screaming. Can you understand what I'm driving at? Or does it all sound like gibberish?" she asked plaintively, struggling to make her feelings understood.

"I understand," said Marian. "It's the

struggling to make her feelings understood.

"I understand," said Marian. "It's the feeling the probably comes to every married woman at first, It brings up the feeling that probably comes to every married woman at first, It brings up the feeling that the sood are he gave to admire the attitude of the lawn and garden and to praise his mouth the new officers for the year will be elected.

Mrs. Richard W. Hall, who has been visiting her mother, Mrs. Rosa B. Sutton, 784 Hoyt street, left on the Bear yesterday for Ocean Grove, Cal. Mrs. Hall's home is in Phoenix, Ariz.

The "community sing," in which the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the month is the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the month is the festivities planned by the fence for a few could be very few intestinal troubles nome that the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the month is the people of Portland are invited to participate, will be given Tuesday, Aguing." In which the people of Portland are invited to participate, will be given Tuesday, Aguing. The girl with the oily hair must be Aguing the furnished by a first-class.

So we are safe in saying that there would be very few intestinal troubles indicated by dark the people of Portland are invited to participate, will be furnished by a first-class.

Among the prominent young matrons remaining in town this month is month is the prominent member of the Psychology Club and the pro

with herself and her marriage which, like an evil cloud, invades and darkens in dust and heat through interminante multitudes of American honeymoons. It had been Marian's experience. It is the experience of countless brides.

The Girl Who Married a the roar and rush of battle, stumbling the the roar and rush of battle, stumbling forward over dead bodies, seeing your comrades drop by your side. All was as vivid in his memory as the day it happened. Though outwardly have all your turn, twist and run in circles.

borax, soda or ammonia is useful only to "cut" the oil if the water is hard, not to effect a cure.

A raw egg beaten lightly with a pint of tepid water and a good white soap will clean the scalp and do the hair less harm than the excessive use of the above mentioned remedies.

The girl who bathes at seaside or inland resort should be very careful about freeing her hair from ocean or river water. Rinse it thoroughly if you get it wet during your plunge and dry it in the sun. Never lie down, night or day, with your hair wet. Shake and ventilate it in the sun. And between shampoos if the hair is very colly rish the sun is a beautiful garden filled with vegetables that grow larger than any in this part of the country."

Nothing F. A. Walker.

At other times he would show another side of his character. He would tell of a little house he built it with his own hands, and every nock and corner of it was dear to him. He described the little porch, the window where she sat, the pear tree in the front yard, the lillac bush at the corner of the house, the little border of spice pinks by the path to the gate. He would tell of a little house he built it with his own hands, and every nock and corner of it was dear to him. He described the little porch, the window where she sat, the pear tree in the front yard, the lillac bush at the corner of the house, the little border of spice pinks by the path to the gate. He would tell of a little house he built for his wife, now passed on. He built it with his own hands, and every nock and corner of it was dear to him. He described the little porch, the window where she sat, the pear tree in the front yard, the lillac bush at the corner of the house, the little border of spice pinks by the path to the gate. He would tell of a little house he built it with his own hands, and every nock and the wife, on what you do an other side of his character. He would tell of a little house he built it with his own hands, and every nock and to he was dear to him. He described the little porch, the and of the many good laughs the tw takes. But one could imagine that with the wife, tears must have been just around the corner from the laugh.

"Get on," said the Gnome, who did all the talking. Peter did as he was told. As quick as a flash all the ittle men sprang up after him. They perched on the head of the horse and clung to his mape and hung to his legs; in fact, Peter could not see the horse at all. The little men were as thick as flies.

Then he told of how, to please his wife, who had little to occupy her time as she sat all day in her chair or lay on her couch, he began writing a genealogical book of her family. For several years in spare hours, he hunted the rooms of the Historical Society of the big city in waich they lived, gathering data. The facts he immediately all the facts he immediately have a specific to occupy her time as she sat all day in her chair or lay on her couch, he began writing a genealogical book of her family. For several years in spare hours, he began writing a genealogical book of her family. For several years in spare hours, he began writing a genealogical book of her family. For several years in spare hours, he began writing a genealogical book of her family. For several years in spare hours, he hunted the rooms of the Historical Society of the big city in waich they lived, gather-ing data. several years in spare hours, he hunted the rooms of the Historical Society of the big city in which they lived, gathering data. The facts he thus brought home to her were the interesting spots of her monotonous life, thought over and followed into all sorts of rowards. Away flew the horse, for he did not walk, as Peter soon discovered, and looking down he saw a tiny pair of wings on each of its feet.

They landed on the top of a mountain the long hours she was alone. He bought a second-hand typewriter and typed the book just for her pleas-

cave And then she went on to the other life and now he pulls up weeds and curries the horse and keeps everything is."

the lately neat. He works eagerly as if to prove he is as good as a younger man though his hands may shake a bit with palsy. He is quiet, good-natured, a man of few words. But within is a memory—life of stirring action, of strong love, of unfailing devotion Casually he seems a man with little to "Where did you come from?" asked interest any one. In reality, he is more interesting than the hero of the best seller. For his life has been lived, not merely printed on paper.

GETTING A START BYNATHANIEL C. FOWLER JR.

Continuity. (Copyright, 1914, the McClure News

and is a torrent next month is unsightly, unhealthy and useless, and is but a transient drainpipe. The strength and the good of its current are offset by its periodical dryness.

The man who feeds his horse on Mon-

day and gives him nothing to eat on Tuesday will have a weak horse on Wednesday, a half-dead horse on Thursday and a dead horse on Friday. The boy who goes to school on Mon-day, skips Tuesday and attempts to connect the end of Monday's lessons though perspiration leaves more im-though perspiration leaves more im-though perspiration leaves more im-purities on the skin of both body and with the beginning of Wednesday's studies, is traveling along a crooked road which probably will not lead to

FAMOUS PASTRY COOKS MG BAKING POWDER

The patrons of our first class hotels and restaurants are exacting-they demand the best. Women go where the pastry and cakes are noted for their excellence. Men are attracted by hot bread and biscuits—when fresh and moist and light.

The pastry cook with a reputation uses K C Baking Powder because he knows that results are certain; every time everything is as good as his best.

Then, too, with K C Baking Powder he can mix the various kinds of batter before the rush of the meal begins and bake as needed so that every order goes to the table fresh and hot, yet the last he bakes are just as good as the first.

The reasons behind these reasons is that K C is really a blend of two baking powders. One commences to give off leavening gas as soon as moistened. The other requires both moisture and heat to make it OUNCESTO active. Dough or batter will remain in a partially leavened condition for hours, and when put in the oven, will come up as light as if mixed a moment before.

For cookies, pancakes, doughnuts and the like, which cannot all be baked at once, K C is indispensable. For all baking the double raise makes doubly certain. Follow the example of the professional cook and your baking will be equal to his.

keep his books on the top of a barrel, K. Gekas against John Marandas and but successful men don't.
Disconnection is one of the great
causes of failure. Would you hire a
carpetlayer to put down a breadth of

carpet a day?

Excess fares are charged on the trains which make but a few stops. The boy, as well as the man, of prom-ise works and plays under the direc-tion of some sort of continuous policy, crude though it may be.

25

crude though it may be.

Broken work is hard work, for it takes time to connect the several edges.

When you have made up your mind to do a thing, finish it. Keep it in mind until it is done.

Don't try to do two important things at once. You can't. Either you will do one well and the other poorly, or fail in both.

happened. Though outwardly he was weeding and hoeing and caring for a little home in a little home in a little tillage, the real and walk in a straight direction if man was tramping the dusty roads of Virginia, marching with Sherman to the sea, fighting, struggling to preserve the Union he very sincerely loved.

Don't turn, twist and run in circles, if you are trying to get somewhere. Fix your eyes on your distant goal, and walk in a straight direction if you would reach it early. Avoid bypaths: the turnpike leading to accomplishment usually runs straight; it's safer, and free from landslides. safer, and free from landslides.
Don't loiter; keep moving; it may

rain tomorrow.
Connect your ideas and your work. Run your thought in a continuous train. Couple up.



State Fair Prizes Income Source. PORTLAND, Aug. 5 .- A friend of mine, a dear old lady of 70 years or more, makes beautiful pieces of embroidery and tatting during her leis-ure time. She loves to do it and is al-ways making something for her chil-dren, grandchildren and friends. Then in the Fall she collects a number of

PORTLAND, Aug. 5.—I know a woman who makes about \$50 each season out of English lavender that grows in her garden. She is always on the lookout, in the stores, for odds and ends of ribbon or silk pieces, which she ends of ribbon or sik pieces, which she uses in making up her lavender sticks, coat-hangers and other articles. While working with the lavender a great many blossoms fall off. These she carefully saves and, later, makes them into dainty little sachets. She also sells the lavender to save the many little sachets. the lavender to any who want it at two stems for a penny.

BATTLE FORECAST TICKLES

Court Smiles and Suggests Calling Out Greek Army.

Prediction of a pitched battle in construction camp on the line of the Columbia Highway in the vicinity of Clatskanie unless the petition was granted that a receiver be appointed to handle the affairs of certain contractors, brought a smile to the face of Judge McGinn, before whom the case

The action was another phase of a row that has continued for a long tim in the courts. The latest action was T

How Often to Shampoo in Hot Weather

scalp, but in the warm weather we indulge in more out-of-door life, which brings dust and dirt in greater quan-Take off your boots," said Peter.

And the giant obeyed, Peter put them outside the door of the cave. Then the thought of something, He did not want to be as large as he was all the time so he asked the giant, who sat trembling on the floor, how he could become small again.

The giant told him in a hurry, for he thought he could get his boots back when Peter was small again.

He ran to his cupboard and took from it a jug and poured some liquid into a bowl.

"Drink this," he said, holding it toward Peter.

"No," said Peter, "you drink first."

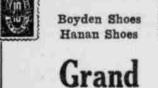
The giant began to tremble and site of him and told him to drink. He looked to him the ducation.

If some imbecile should come out of the unthawed North to preach and teach to brings dust and dirt in greater quantites. Frequency of shampoons must be finally decided by the lodvidual to him getting to he doctrine of continuous change of business base, the progressive mershants with the merch and teach to him and the best rule is "Keep the scalp and the best rule is fleast print, the finally decided by the lodvidual to he hand and maroon him in a wi

The court declined to grant the receivership, but said he would allow an injunction to keep Gekas away from the construction camp.

Vancouver School Day Set.

VANCOUVER, Wash., Aug. 5 .- (Special.)—The city schools of Vancouver will open September 14, this having been decided at a meeting of the School Board and C. W. Shumway, City Super-







In order to close out our Men's, Women's and Children's Low-Cut Shoes, Colonials and Pumps, we will sell them at a reduetion of

10%

On top of this we give double S. & H. Green Trading Stamps with each cash purchase on these Low-Cuts.

An Unbroken Assortment to Choose From

ROSENTHAL'S 129 Tenth St. Bet. Wash. & Alder

America Is Noted For Fat Women

Not because we are a lazy nation. Continuity.

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N continuity is strength.

Disconnection stands for weakness.

The strength of nature is in the continuousness of her forces.

Judge McGlun, before whom the case is between nor because we are a lazy nation was being heard. The case is between the paper Syndicate.)

"Blood will be shed there unless we are naturally given to overweight, have we attained the reputation of being a race of fat women. The reason is because we are a lazy nation was being heard. The case is between t The strength of nature is in the continuousness of her forces.

The biggest fish are in the brook
that runs on forever.

The stream that dries up this month
and is a torrent next month is unsightThe action was snother phase of a strong. We have found the following recipe for flesh reduction is one of the most effective and economical treatments. It is easily made at home by mixing 4 ounces parnotis (all good druggists carry this) with 115 pints hot water. When cool strain and take 1 tablespoonful before meals until weight is just where you want it. This is a safe, harmless method of fat-reduction and does not depend on fleting or unusual exercising .- Adv.

> A BKIN OF BEAUTY IS A JOY FOREVER Dr. T. FELIX GOURAUD'S Oriental Cream OR MAGICAL BEAUTIFIER

