

Gregorian Chant to Be Sung at Cardinal's Funeral.

POPE SENDS MANUSCRIPT



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Hoteles, Taken to Provide




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## "A Beauty Sleep"-and then "A Beauty Breakfast"

## Try it for 30 days-to prove

This is what thousands do at the direction of experts to win back the healthful rose tint to pale cheeks-as told by the editor of a famous magazine which is read by half a million women. They take regular exercise, sleep regular hours, and then start breakfast with stewed raisins. The raisins are plump, delicious fruit-meats stewed so the juice forms a luscious sauce. Note recipe printed on this page. A more alluring fruit dish never has been served in any home-nor any other food that's more effective in this way.
Read at the right what Dr. J. H. Kellogg, an authority who has made a life-time's study of foods, thinks of the raisin. You'll serve stewed raisins every morning when you know the good they do.

## Luscious nuggets of food-iron

Raisins are nuggets of food-iron-and food-iron is an essential to good blood. Get what you need of it each day, and an incomparable, natural rose tint on the cheeks is the reward-nature's irresistible attraction-the good looks of good health. No need to imith wh men
Youthfulness is the real beauty, as every woman knows. And good blood is the first consideration. Women of fifty often look but thirty if that natural rose tint is still there. Stewed raisins are mildly laxative also. Those who eat them regularly are apt to have the clear, white skin that sets the color off-unmarred by blemishes or sallowness. Great sanitariums serve stewed raisins to rheumatic patients when other fruits might disagree. So this simple but effective food is one of the most important that any woman ever used. Try daily for a month and see. Begin tomorrow morning. Look in your pantry now. Let every member of the family have stewed raisins.
Be sure to mail coupon below for " 100 Raisin Recipes," a valuable free book that every woman ought to have

## SUN-MAID RAISINS

Always use Sun-Maid Raisins for your every cooking need. -Made from California's tenderest, sweetest, juiciest table grapes, noted for their fragile skins. Packed in a great sun-lighted, glasswalled plant. Sweet, clean, wholesome American raisins-the kind you know are good. CALIFORNIA ASSOCIATED RAISIN CO., FRESNO, CALIFORNIA

Three varieties: Sun-Maid Seeded (seeds removed); Sun-Maid Seedless (grown without seeds); Sun-Maid Clusters (on the stem). All dealers. Insist upon the Sun-Maid Brand.
Send for free book, "Sun-Maid Recipe describing scores of ways to use.

## Stewed Raisins

and add a slice of lemon or orange to each half pound. Place on fire. Bring to a boil and allow to simmer for one
hour. Sugar may be added but is net hour. Sugar mas be added but is not
neeessary as Sun-Maid seeded raisins contain $75 \%$ natural fruit sugar."
What Dr. J. H. Kellogg says (Dr Creek Sanitarium):
"Raisins are served on the Battle Raisins are served on the Battle A pound of raisins has twice the food value, an equal amount of inon and seven times as much food lime
as a pound of choicest lean steal The sugar of raisins is much more wholesome than cane sugar, requiring no digestion and being absorbed
in one-fourth the time in one-fourth the time required for
ordinary sugar. ordinary sugar.
If the American people would eat
more raisins and less meat, the re more raisins and less meat, the re
sults would be better digestion, les rheumatism, less Bright's disease Iless heart disease, greater efficienc
and longer life."

California Associated Raisin C
Please send me your book, "Sun-Maid
Recipes," free.
Name




TEACHEPS ARE LUNCHED



