## Zelda Dameron <br> MEREDITH NICHOLSON






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By refuaing to listen to sec
ia sured unilimited trouble

## THE SILENT WITNESS

 Chlidren always love to have
finger tn the ple and to holp with
whatever ta golng on. When mother or nurse does overythng for them
hey are deprived of a great deal of pleasure and will not bo eo well alted
po struggle for themselves when the Hmo comes as they would have boen
If they had been accuatomed to do
things for themselves. They shouil be encouraged to be uneful and to asa
eist with any proparations that may Mary was a uttie grirg who did no
fie to wait, but one day her mother
 I don't care it it do have to wollt
hat was an old sick turkeg, anyhow. What to ofompiainerat, but notse, and peo
ple who scream and bewall! Peoplo live to dine, who send for the doctor,
Who coddle themsenves, who toast
their feet on the register, who intrigue

 o decelve the public." The shopman
does not quite any what meons, means,
any more than the propletor of an eating house, on the door of which
my be read the tollowing announcee
ment, conveyng feartul Intelligence
and to the gallant tars who frequen
"Sallora' vitalk cmolted bere."
 dolng wherever it is found; and wo
must stand heartilly tor the rithts of
every decat man whether be be a
man of great wealth or a man who
earna a livelthood as a wage worker

Steak, solad, fehh, potatoes in all
forms, may be thrown into the furnace In a huddle, but when the close of his
repast approaches, when the ple hour
Is about to strike, it is the duty of
every true Amertian to teefect Then every true American to refece. Then
he should antack the plo frmy but
roverently, never th the spirtit of one


A tenoher in a girls' chool recontly
and the following exuuse for abbence


## Not a drop of Alcohol

any, alcohol these days. They rong ionics and altera it explains why Ayer's Sar-
saparilia is now made entirely rree from alcobol. Ask yo
doctor. Pollow his advice. Aves


A girl's nubettute for wild oats

