Colds Fever Grippe Be Quick-Be Sure

Get the right remedy—the best men know. So quick, so sure that millions now employ it.

The utmost in a laxative. Bromide Quinine in ideal form. Colds stop in 24 hours, La Grippe in 3 days. The system is cleaned and toned. Nothing compares with Hill's.

Be Sure It's HILL'S Price 30c CASCARA QUININE
Get Red Box COMIDE with portrait





Raymond Smith says: -

"Now No Doctor can Find Dialetes In My System!,

"Three years ago I was rejected by my Life Insurance Co. because My Blood Sugar Test was 200-I had the best Medical Treatment known. No help! Then a Triend who was cured of Diabetes brought methe Herb Tea that helped him. This Herb Tea was the result of a

Lifetime Study by European Chomist Residing in Tropics

"Instant effect in my case - im-provement noticeable in I week - big improvement in a month-Now Blood Sugar down to 90 and "Im the Cicture of Health"! "Every Diabetic should start right away to drink morning and Evening -

-INGRAM'S NO. 11 TROPICAL . HERB TEA DIABETES

Have a Blood Test and Urine lest
flow-drink the Tea twice a day
for a Month-then have a new
Blood and Urine Test and—
Just Notice the.
Big Improvement!

no alcohol-No Drugs HALF-PRICE OFFER Ingram's Tropical Herbs
528 San Jose Ave San Trancisco
Send me more information without

Playing Safe

"'Pears like the baby is pretty slow about learning to walk?" commented the brother-in-law, "Nope," replied the brother. "He

SEND TODAY AND SAVE HALF

knows that as soon as he can walk he won't get carried no more."+-Kansas City Star.

Many people imagine that Worms or single dose of "Dead Shot" proves that they can. 372 Pearl St., N. Y. Adv.

Concentration "What is your opinion of the latest

"I have no opinion. It keeps my feet so busy that I have no time for headwork."

Pigeon Flock Lost

Twelve hundred homing pigeons were released at a point near Bordeaux recently and it was expected that they would alight in their cotes in England in the course of a few hours. The distance is only four hundred miles, which is not much of an accomplishment for a homing pigeon. But the persons interested in the flight are puzzled to know what became of the birds for not one was located. The only explanation is that the entire flock was caught in a storm and carried out to sea and were unable to return. This would be a satisfactory explanation, but there was no evidence of a storm in the vicinity at

Habit is the keynote of health.



SCHOOL DAYS



Mother's Cook Book

The love we give is the only love we keep. The greatest and noblest men and women are those whose lives and actions are founded upon tender sympathies and who never fail to show kindness to the helpless who come within the sphere of their influence, whether a human being or an animal.

VITAMINE FRUITS

O LD Mother Nature has lavished the world with delightful fruits in season: short and blissful some of the seasons are, but did you ever notice, that the fruits which she has made rich in vitamines are with us all the year? Such fruits as oranges. lemons, grapefruit and limes. The value of such fruits has long been known, but it is only in recent years that we have understood why they are so valuable in the diet-they are rich in vitamines, the valuable elements which promote the growth and add vigor to children and adults. Very young babies are now given orange juice strained, beginning with a teaspoonful and increasing the amount as they grow. Orangeade and lemonade are the most commonly, used drinks in all hospitals, for it is nature's way to give a pleasant tonic.

Lemon Sherbet.

Soak two teaspoonfuls of gelatin in cold water for five minutes, boil two cupfuls of sugar and four cupfuls of water and the grated rind of a lemon for five minutes, add the softened gelatin, remove from the heat and stir until it dissolves. Chill, add one-half cupful of lemon juice, strain and freeze.

Lemon Velvet Sherbet.

Take the juice of three lemons, two cupfuls of sugar, one quart of rich milk and freeze.

Frozen Punch.

Boil one and one-half cupfuls of water with two cupfuls of sugar, with a small bunch of mint, for five minutes. Chill, add three cupfuls of weak tea or ginger ale, one-half cupful of lemon juice and two cupfuls of orange Juice. Chill, strain and freeze.

Orange Frosting for Cake.

Mix the grated rind of one orange with three tablespoonfuls of orange juice and one teaspoonful of lemon fuice, let stand fifteen minutes. Strain into one beaten egg yolk, beat and add gradually confectioner's sugar until of the consistency to spread.

An ordinary ginger bread recipe flavored with grated orange rind and the moisture partly supplied by the Juice of an orange, using the above frosting, is a combination out of the ordinary and especially appetizing.

Nellie Maxwell



"The great problem of the family," says Observing Olivia, "is how to permit the children to express their personalities without suppressing those of their mammas and papas."

SOMETHING TO THINK ABOUT

SHADOWS

By F. A. WALKER

A FEW days ago a woman burdened by what seemed to her an unavoidable affliction came into my office and said: "I am in the shadow of a great sorrow. What shall I do?"

Years ago I heard the same question asked and I seized upon the answer of that far away time and said: "Turn to the light."

It is impossible to cast a shadow without a light.

And the one way to eliminate all impression of shadow is to face the light. Once you do that the shadow disappears from view.

Do you know that a shadow is the only thing you can see, that has absolutely no thickness?

Breadth and length it has according to the object, but there is no third dimension. It has no edge and a million of them piled one upon another would be as thin as one by itself.

. . . . But impalpable and insubstantial as it is, all creation is impressed by a shadow. The dog barks at it. The horse shies at it. And man, superior as he conceives himself to be, contributes his share of the universal alarm.

It is fear that cripples the most of us in life's race. Not fear of realities nor of things present, but the fear of anticipated evils, the shadows of things expected.

Much more wonderful in the experience of Daniel is the fact that he did not fear the lions either before he entered their den or afterward than the fact that they did not bite him.

The things we fear assume a greater horror than is their own in reality. Job, who was about equally afflicted with fear and boils, said: "The thing which I greatly feared is come upon me, and that which I was afraid of is come unto me." Perhaps if he had not so "greatly feared" them they would not have become so seemingly

Frequently the shadows of what seem impending evils are enormously larger than the evils themselves. The most of our worries are about

things that never happen. The most of our anxieties are based

on apprehension and not on facts. About the only thing we never expect is the multiplication table.

One of the greatest blessings of life, however, is that remedies are a good deal simpler than disease. And if we apply the right remedies the diseases usually yield.

Don't mistake unreality for substance. Don't tremble about something you only fear may happen.

The wisest command ever given to a body of fighting men was given at Bunker Hill: "Wait until ye see the whites of their eyes." Wait until you KNOW there is danger before you fear it.

And specially don't be afraid of shadows. Turn around. Face the light. FACE THE LIGHT. (© by McClure Newspaper Syndicate.)

Silencing Babies

Prof. A. M. Low of London wants to put silencers on all the bables. He is a noise specialist and it was largely through his researches that the din in London subways has been reduced, Now he is carrying his campaign into the nursery. "The noise emanating from a nursery is particularly irritating because it is usually at a high pitch," he observes.

Doctor Low takes noises very seriously. "There was a time," he says, "when we welcomed the clatter of horses' hoofs on the cobblestones. But now we want rubber roads. We cannot stand the twitter of birds because it keeps us awake. We have prohibited noisy motors, loud speakers and the shouting of newsboys." At present the bables seem to be in for it."

EACH DAY SET A TASK

By DOUGLAS MALLOCH

EACH day to set yourself a task And finish it-my boy, men tell A thousand separate ways to ask Success or fame-new ways they sell.

New ways they teach-but, old or There is no other way to do.

Each day to dream yourself a dream, And then to make the dream a fact-Well, men may lotter, men may scheme.

But who would dream must also act, Or all that life will ever bring Is but the shadow of the thing.

Each day to set yourself a goal And then to never turn aside, Yea, not desert your dreaming soul Until your soul is satisfied-Well, men may loiter, men may Who won in any other way.

Each day to aim a bit more high, Each day to gaze a bit more far, For what you wish to be to try, And never quit until you are-Ah, there's the secret-never quit! Select a task, but finish it!

(© by McClure Newspaper Syndicate.)

WHEN I WAS TWENTY-ONE BY JOSEPH KAYE

AT 21: Eleanor Robson (Mrs. August Belmont) Got Her Chance at Stardom.

"A T ABOUT this time Mr. Augustus Thomas gave me the leading role in his play, 'Arizona,' one of the great successes of the period.

"For some seasons previous I had been playing in stock companies. I was playing at Elitch's Garden, in Denver, when Mr. Thomas, who happened to be in Denver overnight, came to our performance. He told me later that as he watched the play he said to himself, 'That young girl is worth keeping track of.' I happened to be the young girl he noticed."-Mrs. August Belmont.

TODAY: Eleanor Robson is Mrs. August Belmont, whose husband, one of the country's greatest financiers and sportsmen, died recently.

Mrs, Belmont retired from the stage when she married Mr. Belmont in 1910. Previously she had been a celebrated actress, scoring a great success in "Arizona," "Merely Mary Ann" and "The Dawn of a Tomorrow." Mrs. Belmont was equally interested with her husband in his sporting activities. (© by McClure Newspaper Syndicate.)



FOR THE GOOSE ...

WHAT'S the good of jumpin' over-board, even if it looks is if the boat was goin' down?

If every day was a holiday, there wouldn't be no holidays.

Why is it men make the best servants, and yet women make the worst

FOR THE GANDER-

If it's a spiteful thing you're thinkn' of doin' today, wait till tomorrow. But if it's a kind thing you're thinkin' of doin' tomorrow, do it today.

Don't wonder how some "movie" star is pullin' down all that jack while you're pluggin' along on half of Light things is always carrled highest by the wind.

THE YOUNG LADY ACROSS THE WAY



the demand for antiques is so heavy that she wonders how the factories can keep up with their orders. (by McClure Newspaper Syndicate.)

CHILDREN CRY FOR



of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of Chart Hetchere Absolutely Harmless - No Opiates. Physicians everywhere recommend it.

Youthful Authority "Why did your boy Josh leave the

dear old farm?"

"He got some new ideas about managin' land and decided I wasn't enough help to enable him to run the place successful."-Washington Star.

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum, and you have the Cuticura Toilet Trio.-Advertisement.

Laundry Saving

When gathering soiled clothes the other day Mrs. W. P. Morton found. among her six-year-old son's belongings, several handkerchiefs with a huge knot tied in each of them.

When Howard was asked the reason for the knots, he replied:

"Well, mother, you see, I always have a clean hanky that way. I tle a knot in it before I go to school; then when my hanky gets dirty I undo the knot and use the nice clean part and tie a knot in the dirty part so it won't show."-Indianapolis News.

Don't Be Disfigured.

Keep Cole's Carbolisalve in the house.
It stops pain from burn or cut quickly and heals without scars. At all good druggists, 30c and 60c, or J. W. Cole Co., 127 S. Euclid Ave., Oak Park, Ill.—Adv.

Americans Eat Less Bread If Americans ate as much bread as they did 25 years ago, more than 25,-000,000 additional barrels of flour would be consumed annually, says Capper's Weekly. A food survey indicates more than one-fifth of the flour formerly consumed has been replaced by sugar and other more expensive foods, like milk, meat, fruits, oils, fresh fruits and fresh vegetables. Another reason may be that the finely bolted and bleached flour of the present time does not make near as palatable or as wholesome bread as did the old grist mill's product:

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandellon" for 35 cents.-Adv.

A man who is good only on the surface is no good.

The measure of service is the mark of greatness.

Conscience Pricked Her

Betty was visiting in the country. After breakfast her grandfather proposed that they look around. Betty admired the cows and the pigs and the chickens, but when grandfather proposed they take a look at the bee-hives she drew back. "Come on," urged her grandfather, "the bees won't hurt you." Betty still hung back. I daily and Ointment now and then as don't know 'bout that," she replied. "You see, I had honey for breakfast!"

Throat tickle, sorethroat, huskiness lievedwith Luden's

Handiest thing in the

RELIEVES COUGHS Takea teaspoonful of "Vaseline" Jelly. Stops the tickle. Soothes irritation. Helps nature heal. Tasteless, odorless. Willnotupsetyou. Chesebrough Mfg. Company State St. (Consolidated) New York

HAFING and RASHES a few applications of

Rather Irritating Roscoe-What'll I play on the pho-

nograph? Phyllis-Play the seven-year-itch. Roscoe-Which record is that? Phyllis - That's the one that



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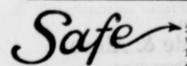
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