

Colds Fever Gripe

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 Gripe 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 with portrait

1/2 PRICE INTRODUCTORY OFFER TO DIABETICS
Money Back if Not Satisfied



Raymond Smith says—

"Now No Doctor Can Find Diabetes 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 friend who was cured of Diabetes brought me the Herb Tea that helped him. This Herb Tea was the result of a

Lifetime Study by European Chemist Reading in Tropical

Instant effect in my case—improvement noticeable in 1 week—big improvement in a month—Blood Sugar down to 90 and I'm the picture of health!

Every Diabetic should start right away to drink morning and evening—

INGRAM'S No. 11 TROPICAL HERB TEA FOR DIABETES

Have a Blood Test and Urine Test Now—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, 225 Van Ness Ave., San Francisco. Send me more information without obligation on my part—

NAME _____
ADDRESS _____
CITY _____
SEND TODAY AND SAVE HALF

Playing Safe

"Pears like the baby is pretty slow about learning to walk?" commented the brother-in-law.
"None," replied the brother. "He knows that as soon as he can walk he won't get carried no more."—Kansas City Star.

Many people imagine that Worms of Tapeworm cannot be expelled entirely. A single dose of "Dead Shot" proves that they can. 375 Pearl St., N. Y. Adv.

Concentration

"What is your opinion of the latest dance?"
"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 that time.

Habit is the keynote of health.

Sure Relief

BELLANS FOR INDIGESTION

6 BELLANS Hot water Sure Relief

BELLANS FOR INDIGESTION

25¢ and 75¢ Pkgs. Sold Everywhere

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

OLD 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 vitamins 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 vitamins, 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 juice, 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
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GIRLIGAGS

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

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 new, 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 loiter, 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!
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WHEN I WAS TWENTY-ONE

BY JOSEPH KAYE

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

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 Ellitch'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.
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SAWS

By Viola Brothers Shore

FOR THE GOOSE—

WHAT'S the good of jumpin' overboard, even if it look's as 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 masters?

FOR THE GANDER—

If it's a spiteful thing you're thinkin' 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 nothin'. Light things is always carried highest by the wind.
(Copyright.)

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says 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

Fletcher's CASTORIA



MOTHER—

Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages 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 *R. H. Fletcher*. 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 daily and Ointment now and then as 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. F. 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 tie 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 Carbolsolive in the house. It stops pain from burn or cut quickly and heals without scars. At all good druggists, 29c and 60c. 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 Copper'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 "Dandelion" 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.

Demand



ASPIRIN

SAY "BAYER ASPIRIN"—Genuine

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for

- Colds Headache Neuritis Lumbago
- Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid