How Much Water Should Baby Get?

A Famous Authority's Rule

By Ruth Brittain

Baby specialists agree nowadays, that during the first six months, babies must have three ounces of fluid per pound of body weight daily. An eight-pound baby, for instance, needs twenty-four ounces of fluid. Later on the rule is two ounces of fluid per pound of body weight. The amount of fluid absorbed by a breast-fed baby is best determined by weighing him before and after feeding for the whole day; and it is easily calculated for the bottle-fed one. Then make up any deficiency with water.

Giving baby sufficient water often relieves his feverish, crying, upset and restless spells. If it doesn't, give him a few drops of Fletcher's Castoria. For these and other ills of babies and children such as colic, cholera, diarrhea, gas on stomach and bowels, constipation, sour stomach, loss of sleep, underweight, etc., leading physicians say there's nothing so effective. It is purely vegetable—the recipe is on the wrapper—and millions of mothers have depended on it in over thirty years of ever increasing use. It regulates baby's bowels, makes him sleep and eat right, enables him to get full nourishment from his food, so he increases in weight as he should. With each package you get a book on Motherhood worth its weight in gold.

Just a word of caution. Look for the signature of Chas. H. Fletcher on the package so you'll be sure to get the genuine. The forty-cent bottles contain thirty-five doses.

Intruder Satisfied He Had 'Lowed Just Right

A motorist traversing the Straddle Ridge region was amazed to observe a long yell emerge from a hole in the side of a hill, followed by a bunch of whiskers with a citizen in the midst of them. Upon coming out the gentleman hastened to tumble heels over head down the hillside. The traveler halted his vehicle and inquired the cause of the exodus.

"I swapped for this place 'tuther day," said the man who had emerged. "There's a cave in there, and I started to investigate it. I crawled in quite a ways and heered the dodfiredest growling and grunting, and turned to get out. I dropped and broke my lantern, and something that I 'lowed was an old sow and a bunch of pigs came tearing out, knocking me down and ripping my clothes mighty nigh off'n me."

"Great guns! What was it?"

"Aw, just a sow and pigs, as I 'lowed."—Kansas City Star.

Danger in the Home

Staying at home is more dangerous than walking in a great city, according to statistics published in England covering seven months.

Fifteen motor car fatalities were reported during the period, but there were 32 fatal accidents in homes. These figures are not exceptional, but conform to those for last year.

The reason for these apparent paradoxes, says Tit-Bits, is that there are always more aged and infirm at home than in the streets, and these form the great majority of indoor casualties.

Most of the deaths at home, says the report, were caused by the victim falling downstairs.

Died Near His Charge

When the curfew bell, rung for many years at Berdick-on-Tweed, did not sound as usual and the town clock stopped, people were surprised. Investigation of the unusual happenings led to the discovery of the master bellringer hanging dead in the bell loft.—London Mail.

Third-class trains in England are to be equipped with "couchettes," so that passengers can rest more comfortably at night.

DON'T suffer headaches, or any of those pains that Bayer Aspirin can end in a hurry! Physicians prescribe it, and approve its free use, for it does not affect the heart. Every druggist has it, but don't fail to ask the druggist for *Bayer*. And don't take any but the box that says Bayer, with the word *genuine* printed in red:

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

SYNOPSIS

"Go Ahead" Morton, Virginian and Department of Justice operative, receives a letter from Tom Fair, bandit leader, urging that some one be sent to rescue Stella Morton, foster sister, from the gang. An enemy in the gang prevents Fair from helping the girl. The letter was intended for "Go Ahead's" father, who is away from home. "Go Ahead" decides to go himself. At "Robbers' Roost" Fair explains the situation to Stella, now eighteen years old. She does not want to leave Fair, for whom she has the affection of a daughter. Jim Barker, sheriff and aspirant for Stella's hand, directs Fair to run a shipment of arms into Mexico and bring back whisky. Unknown to Fair, Stella, dressed as a boy, accompanies the gang. The bandits' errand is successful and the party returns to Barker's ranch. Stella refuses proposal of marriage by Wade, Barker's lieutenant. Wade declares he will force her to marry him.

CHAPTER V—Continued

—9—

Go Ahead did not wait for the second one. Obviously the cry came from young and vigorous lungs, those either of a woman or a young boy. Their tones showed that their utterer was in trouble and needed help. By every rule of his being and of his name Go Ahead could not fail to answer. And he did not fail. He ran true to form. One jump took him from his horse to the ground; a second to the deep embrasured window through which the cry had come; and a third took him through it. His feet struck the floor while the third call for help was yet in the air.

Not that his third bound was his last. Just in front of him he saw a young slender boy (to all appearances) struggling desperately in the clutches of a short but powerful man; and the sight was quite enough to offset the gravitation that strove to hold him in place. So he took a fourth leap.

The man—Bill Wade—heard him coming, let go Stella and tried to turn, snatching at his revolver.

But for once the bandit lieutenant was too late. Before he could touch his gun he felt himself caught up, whirled in the air, and then sent sailing clear over the newcomer's head, to crash to the floor with a jolt that loosened his back teeth. Still game, he reached again for his pistol; only to feel himself sharply rapped across the knuckles and to hear a voice say "Naughty, naughty!" in his ears as its owner swiftly took possession of his weapons.

When, finally, dazed from the shock, he sat up, Go Ahead was halfway across the room talking with Stella and apparently ignoring his existence.

"Hello, youngster," Go Ahead was remarking. "Heard you call and dropped in. What seems to be the trouble?"

Stella was choking with fury; but she managed to find breath to reply "Nothing," she gasped; "nothing that I can't attend to myself, if you'll just give me my gun." She stretched out her hand for the revolver that Wade had obtained from her in the stable and which Go Ahead had just reclaimed from Wade.

Go Ahead looked at her, then at Wade, who was trying to clamber to his feet by the help of the wall. "He does look like a fellow who ought to be shot, doesn't he?" he asked. "But, pshaw, a kid like you don't want to begin his young life by shooting anybody. Suppose I just throw him out?"

Stella was beginning to get control of herself. "No," she said, more calmly but still unevenly, "I want to get to camp before he does and tell dad and the boys about him. Then, if he dares to turn up they'll attend to him. There's only one horse here and—"

The clatter of boots, made by at least two running men, sounded in the hall. An instant later the door was flung open and a white man, tall, broad-shouldered and heavy, burst in, revolver in hand. Behind him the squat form and swarthy face of Diego showed for an instant, then vanished.

Go Ahead had not waited. At the first sound of the footsteps he had darted to Wade's side, grabbed that unfortunate by the nape of his neck and jerked him to his feet. Then, laying his revolver across his captive's shoulder, he faced the door just as it flew open.

"Hands up, please," he ordered gently.

The newcomer glared, but the pistol muzzle also glared at him unwinkingly; and he let fall his gun and slowly raised his hands.

"What the devil's this?" he demanded, furiously.

Go Ahead looked at Wade critically. "Darned if I know," he answered. "Thought maybe you could tell me. It resembles a man somewhat, but it looks more like something that the cat's just brought. . . . Er—you speak like one having authority. Are you perhaps the—er—cook?"

"No, I'm not the cook. I'm Jim Barker, sheriff of this county; and I—"

"Ah, yes! Just a moment. . . . Er—" Go Ahead turned to Stella. "What's your name, youngster?" he asked.

"Bob," stammered the girl.

"Bob. Well, Bob, what do you think I'd better do with these two specimens?"

Stella's eyes swept the pair malevolently. "We'd better leave them here and go," she said at last.

Snap to the word, Go Ahead flung Wade from him, catapult like, squarely against Barker, Barker reeled backward, staggering, trying to keep his footing, but finally failed; and he and Wade went to the floor together in one scrambled heap.

As they fell Go Ahead ran forward and snatched up Barker's revolver. Then he swung on Stella. "Come on Bob," he called. "Let's go."

But Stella had been attracted by a noise in the balcony that overhung the far end of the room, behind Go Ahead. Up she swept her eyes, tearing them by main force from the scene on the floor. Just as she did so she saw Diego, pistol in hand, run out upon the balcony and aim at Go Ahead.

There was no time to lose. Straight at Go Ahead Stella flung herself, sweeping him backward toward the shelter of the balcony overhang. She believed that Diego would not shoot

He Saw a Young Slender Boy Struggling in the Arms of a Powerful Man.

her, that he would know enough of Barker's plans to beware of harming her, and she was ready to take the chance.

"Back," she screamed, as she flung herself. Back—back—back!"

Go Ahead was quick enough; but only just quick enough. Diego's pistol cracked, and the ball grazed the top of his head, and then, plunging downward, cut a little curl from the top of Stella's wavy locks.

Before he could fire again Go Ahead and Stella were out of his sight, under cover of the balcony; and Go Ahead, thrown for the moment off his aim, had Wade and Barker again under cover.

(TO BE CONTINUED.)

Easy to Trace Origin of Names of States

Twenty-one states bear names that are clearly Indian. One other that is not Indian refers to the Indians. That one is Indiana, the name readily conveying the meaning, land of the Indians. Oregon and Wyoming, whose derivation is not clear or is disputed, may also be Indian, says a writer in the Detroit Daily News.

The Spanish influence on the southwest section of the country appears in the names of the states there, six of the state names being clearly taken from that language. Such are Colorado, California, Arizona and New Mexico.

It is generally supposed that Texas is a Spanish or Mexican name, but the state librarian of Texas says it has neither a Spanish nor an Aztec origin, but is pure Indian and means friends or allies.

Ten state names are from the names of persons, including Pennsylvania, which is a combination of the name Penn and the Latin name for woods. Five take their names from places, Rhode Island, New Jersey, New York New Hampshire and Maine.

Two are plainly coined words descriptive of the outstanding physical features of the states that bear them—Vermont and Montana.

Dog Witness for Itself

A dog recently testified for itself and its master and mistress at a court in Nottingham, England. The owners swore that they had been wantonly attacked by a man who declared that the dog should be chained up when it started frisking around the assailant. The case turned on whether the dog was vicious or merely playing, and throughout the hearing the dog sat quietly on the clerk's desk or gently licked the hand of anyone who approached it, and the magistrates decided that the assault had been unprovoked.

Medieval "Bluestocking"

Erasmus, the great scholar, commenting upon Catherine, the young daughter of Isabel of Castile, said she was "egregiously learned."

Astronomers at the Mont Blanc observatory, in the alps, get food supplies by airplane.

THE KITCHEN CABINET

(©, 1928, Western Newspaper Union.)

The pure, the bright, the beautiful
That stirred our hearts in youth,
The impulses to wordless prayer
The streams of love and truth,
The longing after something lost,
The spirit's yearning cry,
The striving after better hopes—
These things can never die.
—Charles Dickens.

GOOD THINGS TO EAT

Baked beans are enjoyed at any season of the year; here is one kind which is not ordinary:

Spanish Beans.—Soak a pint of red kidney beans over night and in the morning parboil them and drain well. Peel and cut into pieces five or six medium-sized tomatoes, or use a pint of stewed ones, add one onion chopped and a few shreds of a clove of garlic. Place the beans in a stone bean jar, add the vegetables and fill the dish with boiling water. Add a tablespoonful or two of butter, cover and simmer in the oven for several hours, adding more water if needed. Half an hour before serving add a pimento cut into bits, a small green pepper chopped, three teaspoonfuls of salt, a half teaspoonful each of pepper and paprika and a dash of cayenne pepper. Thicken with a tablespoonful each of butter and flour rubbed together. Return to the oven and cook fifteen minutes longer. Serve in the casserole.

Parsnip Puff.—Pare six parsnips, cut them into thick slices and boil in salted water until tender. After the parsnips are nearly done add three potatoes cut into quarters and cook until tender. Drain and mash, beating thoroughly; add one-fourth cupful of cream in which one-half teaspoonful of baking powder has been added with a tablespoonful of butter, one-half teaspoonful of salt, one-fourth teaspoonful of pepper. Turn the puff into a hot frying pan well buttered, brown and cover with one-fourth cupful of cheese and turn. Serve when well browned on both sides.

Breton Soup.—Peel and chop four large onions and two small carrots. But into a soup kettle with three tablespoonfuls of butter, cook until the onions are brown. Sprinkle with one-half teaspoonful of salt and one-fourth teaspoonful of sugar. Add one quart of water, cover the kettle and cook for two hours; as it simmers add more water. Cut the thinnest possible slices of bread, spread with butter before cutting, and lay one slice in each bowl. Pour over the soup, taking care that the vegetables are evenly distributed.

Miscellaneous Good Things.

To serve a perfectly round and shapely poached egg, grease a frying pan and fill it with water and place in it buttered muffin rings. Add a teaspoonful of salt and when boiling hot break an egg into each ring. Cover quickly and let stand three minutes. Pick up the egg and muffin ring on a skimmer. Drain each egg before placing it on the platter or toast.

Florentine Eggs.—Have ready two quarts of spinach which has been thoroughly washed and cooked in only the water which clings to it; season, when cooked tender, with butter, salt and pepper. Keep the spinach hot while poaching six eggs and preparing one cupful of white sauce. Place the spinach on a hot platter; on this arrange the eggs and pour over each a spoonful of the white sauce.

Golden Fricassee.—Boil a large fowl until tender, adding a bit of sliced onion and celery while cooking. Cut into neat pieces for serving, discarding the bones. Place in a double boiler to keep hot. Make the following sauce: In a saucepan melt three tablespoonfuls of butter, add four tablespoonfuls of flour and when bubbling add gradually two cupfuls of strong chicken broth; add salt, pepper and celery salt to taste and a little grated onion. When boiling pour the sauce over the well-beaten yolks of two eggs. Place the chicken on a platter and surround with nicely seasoned rice, potato or spaghetti. Pour the golden sauce over the chicken and some over the border. Dot with bits of minced pimento and chopped parsley.

Stuffed Green Peppers.—Pack parboiled green peppers into a buttered dish, after removing the seeds and white fiber; fill with cooked fowl, a few chopped mushrooms or a little of any cooked vegetables like peas, celery or carrots. Moisten liberally with white sauce, using some of the broth. Cover with buttered crumbs and bake until well browned.

Scalloped Stuffed Eggs.—Cook the eggs in the shell and when cool remove the shells and cut into halves lengthwise, remove the yolks, mash the yolks with melted butter, add a tablespoonful or two of minced ham or tongue, season with mustard, salt and pepper. Refill the cavities and press the halves together. Prepare a rich white sauce, adding a half cupful of cream, place the eggs in a baking dish and pour around the sauce. Serve when thoroughly hot. Too long cooking will toughen the cheese.

Nellie Maxwell

Miles of Butterflies

Game wardens of the Cascade mountains, in the state of Washington, reported seeing last autumn a huge cloud of flying butterflies ten or fifteen miles long and three or four miles wide. Many kinds of birds prey on them in their mass flight.

Farmer's High Place

Let the farmer, furthermore, be honored in his calling; for they who labor in the earth are the chosen people of God.—Thomas Jefferson.

LEFT-OVER MEAT IS USEFUL IN TIMBALES

Chicken Timbalcs Are Delicious.

(Prepared by the United States Department of Agriculture.)

Veal, lamb, or any other left-over meat may be used instead of chicken in the following recipe for timbales from the bureau of home economics:

1 pound of cooked chicken meat, chopped fine
2 eggs
½ teaspoonful salt
Onion juice
1 cupful milk or meat broth
1 teaspoonful finely chopped parsley
2 tablespoonfuls flour
2 tablespoonfuls butter
Lemon juice to taste

Put the chicken through the meat grinder, using the fine knife. Prepare a cream sauce of the butter, flour, and the liquid. Add this to the well-beaten eggs, the seasonings, and the meat. Mix well. Grease custard cups and pour in the mixture. Bake for one-half hour in a pan surrounded by water. Turn the timbales out, and serve hot.

SUMMER DRESSES NEED ATTENTION

Light Colors Tend to Make Persons Look Larger.

(Prepared by the United States Department of Agriculture.)

The woman with a medium stout figure needs to give special attention to the lines of the light-colored dresses for summer wear. Light colors more than dark ones tend to make persons look larger than they really are. Judicious designing of each dress, however, will overcome this difficulty to a large extent.

Up and down lines, which may be formed in a number of ways, help to reduce the apparent width of the figure. Dresses should be made moderately loose, for tightness emphasizes the curves and makes one appear larger. Set-in sleeves, somewhat loose, and of full length, look well and are comfortable. Little or no trimming

Good Hot Weather Dress for Medium Stout Woman.

should be used because it will give a broadening effect if attention is directed to the arms. If trimming is used, let it follow the length of the arm. The belt should never be placed so as to make the upper portion of the dress the same length as the part from the hips to the hem, and it should always be made of the same material as the dress so that the line will not be conspicuous. Narrow belts are also better than extremely wide ones.

These points are applied to the cool summer dress illustrated. It was designed by specialists of the bureau of home economics for a tall, medium-stout woman. The material is printed green-and-white voile, trimmed with plain green voile. Long lines are given by the collar, which forms the two revers, bound in plain green. It is extended into two jabots falling to the bottom of the skirt. The binding and center panel of plain green also form the lines which give apparent height to the figure. The sleeves have a long opening outlined in green and the plain cuffs are tied at the wrists. The belt is in front only, giving long rather than broad lines to the back. Pin tucks take up the extra fullness needed for looseness on each shoulder and in the center of the back at the collar. The length of the skirt is appropriate to the size and the build of the wearer and the design of the garment. A green horsehair hat adds the needed finish to the costume.

Milk Drinks

Milk may be used as the basis of a great variety of hot and cold beverages that are about equal to milk itself in food value but are more pleasing in flavor to persons who do not like to drink plain milk, says the United States Department of Agriculture. Moreover, children and others who need milk in large quantities enjoy having it served occasionally in unusual ways.

Coconut Snowballs Are Recommended for Cakes

These delicious coconut cakes will be appreciated by anyone who likes the flavor of fresh coconut. Bake an angel food cake by any preferred recipe, such as the one found in Farmers' Bulletin 1450-F, "Home Baking." Make vanilla frosting by the method recommended by the bureau of home economics, putting all the ingredients into the top of a double boiler and beating them over hot water with a dover beater for seven or eight minutes until they begin to thicken. The amount needed will require three cupfuls of granulated sugar, three egg whites, twelve tablespoonfuls of cold water, a pinch of salt and a teaspoonful and a half of vanilla, added when the frosting is nearly thick enough. This frosting is made after the cake has become cold and has been cut up into 75 or 100 pieces of uniform size. Keep it over hot water and drop two or three pieces of the cake in it at one time. Turn the pieces of cake over with a fork until well coated. Remove from the frosting and roll the cake in finely grated fresh coconut. Press into the shape of a ball with the tips of the fingers. When well coated and evenly shaped place the cakes on waxed paper. Allow them to dry for two or three hours.

Mixed Vegetable Soup Superior for Children

A mixed vegetable soup made with milk instead of water provides extra nutriment and is excellent as a soup for children, especially when they do not take as much milk in other ways as they should have. To make it the bureau of home economics recommends the following method:

Cream of Vegetable Soup.

1 quart milk
2 tbs. turnip, chopped
2 tbs. carrots, chopped
2 tbs. onion, chopped
2 tbs. celery, chopped
2 tbs. butter
1 tbs. flour
1½ tsp. salt

Chop the vegetables very fine, cover, and cook in the butter until tender. Mix the flour well with the cooked vegetables. In the meantime heat the milk in a double boiler. Add a little of the milk to the cooked vegetables, stir well, and combine with the rest of the milk. Add the salt. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Serve hot.

Cedar Chests Protect Against Clothes Moths

Experiments conducted by the United States Department of Agriculture have demonstrated the value of chests made of red cedar, Juniperus virginiana. However, to be effective these chests must contain in the body proper at least 70 per cent of three-quarter inch red cedar lumber. The attention of the public is called to the fact that chests made of neutral woods lined with a red cedar veneer are not genuine red cedar chests and cannot be depended upon to kill clothes moths. Experiments have proved that clothes moths can develop from the egg, through the worm or larval stage, to the adult moth in chests lined with red cedar veneer. They cannot do this in genuine red cedar chests that are in good condition.

Importance of Bread

American children eat bread at practically every meal, but oftentimes more at lunch than at supper or dinner. Sandwiches, for instance, are often the most substantial part of the school lunch. They cannot be made appetizing and wholesome without good bread, and probably fewer sandwiches would be discarded from children's lunch boxes if the bread were always of the best quality. Good bread, according to the standard used in club judging contests, directed by the United States Department of Agriculture and state agricultural colleges, has a crisp deep crust, an elastic crumb, is light without being dry, has no close, heavy streaks, and has an appetizing flavor and odor difficult to describe but easy to recognize.

HOUSEHOLD HINTS

The new and fashionable colors this spring have a grayish or hazy quality.

• • •

To clean wicker furniture use a stiff brush and warm salt water.

• • •

Cabbage which is an inexpensive food deserves a place in the family diet because it contains quantities of useful minerals and vitamings. It may be prepared quickly, and is available at almost every season.

Read the advertisements for devices which will help you with the household chores that you dislike most.

• • •

Rubber stoppers are best to use in ammonia bottles. Ammonia has little effect on rubber but gradually destroys cork.

• • •

Wooden-handled kitchen utensils or the cogs of the dover egg beater should never be allowed to soak in the dish water.

The Racer

I use Champion Spark Plugs because I know I can depend on them—no matter how tough the going.

Champion is the better spark plug because it has an exclusive sillimanite insulator specially treated to withstand the much higher temperatures of the modern high-compression engine. Also a new patented solid copper gasket-seal that remains absolutely gas-tight under high compression. Special analysis electrodes which assure a fixed spark-gap under all driving conditions.

CHAMPION
Spark Plugs
Toledo, Ohio

Dependable for Every Engine

SCHOOL FOR MEN
Training for BUSINESS, TRADES or PROFESSIONS
Enroll any time. Send for literature.
OREGON INSTITUTE OF TECHNOLOGY
Y. M. C. A. Bldg. Portland, Oregon

Early to Bed Had No Charm for "Uncle Joe"

Senator James E. Watson, who is an inimitable story-teller himself, has an almost inexhaustible collection of tales concerning Joseph Cannon, speaker of the house of representatives for so many years.

One time, said Senator Watson, he was with Uncle Joe, as Cannon was affectionately known, in New York and after a meeting they strolled out in the street with a group of newspaper men. The senator said they walked until long after midnight, but that Uncle Joe insisted on walking some more. Finally one of the newspaper men asked:

"Uncle Joe, what is the greatest problem of your life?"

"Trying to find something to do between midnight and bedtime," was the reply.

Locomotive "Stranded"

Out in western Kansas stands a locomotive that is 30 miles away from any town or railroad. It was once the property of the road known as the Scott City & Northern. Hard times came along and a creditor served an attachment on the locomotive and chained it to the tracks. The railroad went broke and the officials of the road junked everything with exception of the engine and the two rails it stands on. And there it is today, 30 miles from nowhere, with rabbits and birds living in it and under it.

Mystery of Love

No one can give a satisfactory explanation or a satisfactory description of love, remarks Grove Patterson. It depends on the individual temperament, the type, the point of view. Much that is mistaken for love is doubtless something else—something instinctive and not discreditable, but much less fine than love.—Capper's Weekly.

Turkish Plans Failed

Discovery of a road winding through the arid waste of northern Arabia is a grim reminder of the danger that threatened the Suez canal during the war. The roadway was built secretly by the Turks as part of their ambitious plan to capture the canal. Fortunately, the stratagem was discovered. The existence of the road was forgotten until three French motorists rediscovered it recently.

If Only—

Our faith in political prophets, which amounts practically to zero, would be increased if only they had sufficient faith in their predictions to advise pasting them in the hat.—St. Louis Post-Dispatch.

Blowing It

"When old Richleigh died he left a request that his dust be scattered to the four winds."

"Well, his spendthrift son is attending to that all right."

Sounded Alarming

New Assistant—"What shall I do first?" Proprietor of Clock Store—"Wind up the business."

A woman's age is but an imaginary quantity.

ALLEN'S FOOT-EASE

Stops the pain of Corns and Bunions and you can walk all day in ease and comfort. Nothing gives such relief to hot, tired, aching, inflamed or swollen feet, blisters or calluses. A little ALLEN'S FOOT-EASE sprinkled in each shoe in the morning will make you forget about tight shoes. It takes the friction from the shoe. Always use it for Dancing and to Break in New Shoes. For Free sample and a Foot-Ease Walking Doll, address ALLEN'S FOOT-EASE, Le Roy, N. Y.

In a Pinch, Use Allen's Foot-Ease

For Galled Horses
Hanford's Balsam of Myrrh
Money back for first bottle if not suited. All dealers.

FRECKLE OINTMENT
for real satisfaction. It does the work. $1.25 and 65c. Kremola Face Cream makes your skin beautiful, $1.25. FREE BOOKLET. Ask your dealer or write Dr. C. H. Berry Co., 2875 Michigan Ave., Chicago.