

Girl at the Top in Health Test



Millions of boys and girls all over the world, thousands of them right here in the West are being restored to health and strength by the purely vegetable tonic and laxative known as California Fig Syrup and endorsed by physicians for over 50 years.

Children need no urging to take it. They love its rich, fruity flavor. Nothing can compete with it as a gentle, but certain laxative, and it goes further than this. It gives tone and strength to the stomach and bowels so these organs continue to act normally, of their own accord. It stimulates the appetite, helps digestion.

A Kansas mother, Mrs. Dana Allgren, 610 Monroe St., Topeka, says: "Bonnie B. is absolutely the picture of health, now, with her rosy cheeks, bright eyes and plump but graceful little body and she stands at the top in every health test."

Much of the credit for her perfect condition is due to California Fig Syrup. We have used it since babyhood to keep her bowels active during colds or any children's ailments and she has always had an easy time with them. She always responds to its gentle urging and is quickly back to normal."

Ask your druggist for California Fig Syrup and look for the word "California" on the carton so you'll always get the genuine.

Wisdom of Youth

Magistrate—Are you old enough to be married?  
Young Man—Yes; but not silly enough.

Attend the Party

In Spite of Cold!  
Don't despair some day your social calendar is full, and you awake with a miserable cold. Be rid of it by noon! You can, if you know the secret: Pape's Cold Compound soon settles any cold, yes, even one that has reached deep in the throat or lungs.—Adv.

Thata Baby

"They tell me you kiss with your eyes open." "Yes—I always look before I lip."—Life.



Makes Life Sweeter

Too much to eat—too rich a diet—or too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

PHILLIPS Milk of Magnesia



WELL OR MONEY BACK  
Your pills eliminated or fee refunded—in the event of a return. We give you a written assurance we give in administering the Dr. C. J. Dean's famous non-toxic method of treatment. (Used by us exclusively) Our remarkable success also with other ailments. Colon ailments. Send TODAY for FREE 100-page book giving details and hundreds of testimonials.

DEAN RECTAL AND COLON CLINIC

PARKER'S HAIR BALMS  
Removes dandruff, restores falling hair, restores color and beauty to Gray and Faded Hair. (Apply to scalp.)

FLORESTON SHAMPOO

1000 ACRES FROM TOMATOES  
CONFERENCE IN SOUTH OF TORONTO  
LIVING FROM TOMATOES  
C. YOUNG

W. N. U., PORTLAND, NO. 8-1929.

FLASH THE LEAD DOG

By GEORGE MARSH

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SYNOPSIS

Up the wild waters of the unknown Yellow-Leg, on a winter's hunt, journey Brock McCain and Gaspard Leocroix, his French-Cree comrade, with Flash, Brock's puppy and their dog team, of the danger of his trip.

CHAPTER II

On the Yellow-Leg Trail

Through the early afternoon the deeply loaded canoe followed the flat coast. From the stern Gaspard, the better canoe man, driving his narrow blade with the straight-armed lunge of the Cree, watched with frowning eyes the increasing blackness of the northern horizon.

The sun was hanging over the muskeg behind the spruce beyond the marshes when Gaspard glanced into the north and shook his head.

"We better find camp ground before de tide leave us," he warned. "We run up some creek."

"You're right," Brock replied. "We can't run the chance of getting the flour wet."

For a hour the paddles of the canoe men churned the gray bay water as they reconnoitered the flats ahead for a hospitable creek mouth into which they could run for shelter from the blow which threatened them at the turn of the tide.

As the muskeg smothered the sun, Gaspard stood in the stern, searching the beaches to the north. Somewhere ahead a friendly little river must cross the marshes to the sea, or a hospitable sand-splut thrust out to meet the tide.

"Loo's as if we had a night in the boat ahead of us," said Brock, as the stern-man sat down and silently took up his paddling again.

"If she blow hard when de tide come in, de boat will fill," was the gloomy comment of the other.

On they traveled, searching for a way in to a dry camp ground on the marshes, but in vain. Then, as the tide turned, the wind rose, and the bronzed faces of the canoe men set grim with the knowledge that the filling of their boat on the flats meant the abandonment of their winter on the Yellow-Leg. For without flour they dared not enter the unknown country.

Kneeling in the bow, teeth clamped, the stubbornness of his Scotch ancestry battling all thought of failure, Brock drove his paddle with all the splendid power of his muscular arms and back. From the stern the sneaky Gaspard—taking them on the quarter—ceased the nose of the able boat through the short seas. But loaded as they were, the stern-man realized that the rising wind would soon kick up a sea in which the heavily loaded canoe could not live. It was a matter of minutes. His decision was quickly made.

"Look out!" he cried, "we turn inshore!" And burying his paddle, with the prompt aid of Brock he swung the bow.

Bifidly they drove the boat in through the thickening dusk as they shot into the white shoals they dropped paddles, seized their setting poles and pushed desperately on through the low-breaking flood tide. Suddenly the canoe stopped with a jolt, throwing the poles forward to their knees. A following wave lifted and swung the stern inshore. The next would wash over the boat, grounded broadside on, filling her. The flour!

Leaping into the water, desperate with the fear of the loss of the precious car, with a great heave Brock eased the bow off the hummock beneath it. As Gaspard pushing at the stern, headed the lightened boat in over the flats where she grounded beyond the break of the waves.

"They're dry as a bone!" shouted Brock, reaching under the heavy canvas to the flour bags. "Whew! That was a close call!"

"Good ting de beach is flat here," cried Gaspard. "I tho't she fill for sure."

"The tide's not half full yet, is it?" "No, we got to float de canoe in, as de tide rises. You look out for de boat and I go back to high ground and build a fire."

So, with the stern lashed to a pole to keep the boat from swinging, Brock curled up in the canoe to wait for the tide to float her, while Gaspard went inland with kettle and frying pan, for the hours of tall since noon had left them desperately hungry.

It was not long before Brock saw a light flicker, back on the marsh. His empty stomach clamored for the

Scrap

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"I have," answered Senator Sorghum. "And I am impressed by the disadvantage under which that classical old government labored, through lack of modern improvements. If ancient Rome had enjoyed conveniences of radio and gas filling stations, and other methods of quick communication, results might have been different."—Washington Star.

WAYS WITH ORANGES

This luscious fruit lends itself to any course in the dinner menu. As a basis for a fruit cocktail, adding a bit of lemon and a pineapple sliver, the result is particularly appetizing.

For a simple salad the orange peeled and sliced very thin, arranged in overlapping slices and garnished with a maraschino cherry or two, then served with a french dressing, is very good with any game course.

Fruit Salad.—A sliced pear or two cut into dice, added to one or two oranges, the fiber and connecting tissue removed, then broken into bits, a few nuts, a marshmallow or two cut into bits and whipped cream to which a tablespoonful of mayonnaise dressing is added, served in a curled leaf of lettuce and garnished with fringed pieces of celery, one has a most acceptable salad.

Orange Cream Sherbet.—Cook together two cupfuls of sugar with two and one-half cupfuls of water, add the thinly peeled rind of half a lemon, cook five minutes, then strain. Add the grated rind of two oranges, two cupfuls of orange juice and one-half cupful of lemon juice. Turn into a freezer and freeze to a mush. Whip two and one-half cupfuls of double cream until stiff, add two-thirds of a cupful of powdered sugar and a pinch of salt. Beat the yolks of two eggs lightly, add to the whipped cream, then fold in the stiffly beaten whites of the eggs. Add to the frozen mixture and finish freezing. Serve in tall glasses.

Orange Shortcake.—Prepare the usual biscuit mixture, bake either in biscuits or in two sheets. Peel and cut into bits enough oranges to make the amount needed to cover the desired number of short cakes served. Cover the fruit with sugar and let stand at least an hour before the shortcake is to be served. Spread the hot cakes with butter and heap over the juicy fruit; it will soak into the flaky shortcake and make it especially appetizing.

Oranges may be added to such dishes as tapioca, but should not be baked, as the pulp of the fruit when subjected to too high a temperature is apt to become bitter and spoil the flavor of the whole dish. Add the fruit to any pudding, when it is used, just before serving.

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A tasty bit of pastry which will be good for a dessert or to serve with a cup of tea is:

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Rice Pudding.—Take one-half cupful of well-washed rice, add three cupfuls of boiling water and one-half teaspoonful of salt. Cook until tender. Scald one and one-half cupfuls of milk in a double boiler, mix three tablespoonfuls of corn starch and one-half cupful of milk, when smooth add to the scalded milk, cook ten minutes. Beat the yolks of two eggs until light, add one-half cupful of sugar; when well blended stir into the hot mixture. The rice should be dry; add one teaspoonful of vanilla. Beat thoroughly, turn into a serving dish and chill. When ready to serve garnish with large roses of whipped cream with a teaspoonful of bright jelly in each rose.

Dainty Tea Cakes.—Spread butter wafers with marshmallow cream; place a teaspoonful of pineapple and orange marmalade in the center of each. Beat the whites of two eggs until stiff and dry, gradually beat in one-fourth cupful of powdered sugar and with a pastry tube pipe this meringue all around the edge, then dot with a rose of meringue in the center. Sprinkle with granulated sugar and brown delicately.

She Does

"What has become of Mayme?" "She. She is now Maybelle."

Poor Memory

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"Why do the girls call that young man shir?" asked her mother. "Because there's so little to him," explained her daughter.

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"You usually are pretty truthful, but I notice you don't mind telling a lie in a pinch."  
"Well, you know they say even truth lies at the bottom of a well."

THE KITCHEN CABINET

Big words do not suit the kitchen. Beautiful breath is not a bow-string. Taunts are not so sharp as arrows.

Actions mightier than boasting.—Hawatha.

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You Can't Dye a Dress with Promis!

how careful you may be—without real color. That's the idea behind Diamond Dyes. They are made to give you real service. They contain from three to five times more aniline than other dyes on the market.

Next time you want to dye, try Diamond Dyes. See how easy it is to use them. Then compare results. Note the absence of that re-dyed look; of streaking, or spotting. See how soft, bright, new looking the colors are. Then observe how they keep their brilliance through wear and washing. If you don't agree Diamond Dyes are better dyes, your dealer will refund your money.

The white package of Diamond Dyes is the original "all-purpose" dye for any and every kind of material. It will dye or tint silk, wool, cotton, linen, rayon or any mixture of materials. The blue package is a special dye for silk or wool only. With it you can dye your valuable articles of silk or wool with results equal to the finest professional work. When you buy—remember this, the blue package dyes silk or wool only. The white package will dye every kind of goods, including silk and wool. Your dealer has both packages.

Diamond Dyes Perfect Results Easy to use

AT ALL DRUG STORES 15¢

Canada's Memorial  
The singing tower of Ottawa is the Victory tower in the parliament buildings, which represents Canada's memorial to her 53,000 sons who died in the World war. A carillon comprising 53 bells has been placed in a memorial chamber from where recitals are given. The largest bell weighs 22,400 pounds and is 100 inches in diameter. The weight of the smallest bell is 10 pounds and the diameter is 8 inches.

Friend in Need  
"I want a turkey, please." "Certainly, sir. Trussed?" "Oh, thanks—I'm rather short of cash."—Montreal Star.

First Protective Tariff  
The first national tariff act was passed by congress July 4, 1789. This was for the purpose of revenue, but certain industries such as glass and earthenware were protected.

Patience is a necessary ingredient of genius.—Disraeli.

She—Does Marie still love her hubby?  
He—Yes. He says she writes him from Palm Beach whether she needs money or not.

Mixture  
The oratory folks let slip is filled with verbal tricks. You scarce know which is statesmanship and which is politics.

A Wet Finish  
Husband—Isn't it appalling? My wife insists on talking those wretched cats everywhere we travel.  
Fellow Traveler—Does she make you put them out at night?  
Husband—Invariably.  
Fellow Traveler—Take her to Venice.

Stage Money  
First Actor—My dear fellow, I'd lend you the money if I thought you'd pay it back.  
Second Actor—Pay it back! Why, man, in my new play I make \$5,000 in the first act.

Glad to Hear What?  
He—Miss Mary, it's impossible for me to tell you what I think of you.  
She—How glad I am to hear that!

Precautionary Remembrance  
Although forgiveness may be due to some bad brother, the man who threw one brick at you will throw another.

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From Youth To Old Age

THERE are three trying periods in a woman's life: when the girl matures to womanhood; when a woman gives birth to her first child; when a woman reaches middle age. At these times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor. Countless thousands testify to its worth.

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

Cuticura Soap