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Delicious Hot-Day Lunch

BEST lunch is two packages of Little Sun-Maid Raisins and a glass of milk.

Tastes good when you're hungry. Nourishes yet keeps you cool.

Raisin's 75 per cent fruit sugar is in practically predigested form, furnishing 1560 calories of energizing nutriment per pound.

Doesn't tax digestion so doesn't heat the blood, yet energizes almost immediately.

Big men eat little lunches to conserve their thinking power. Don't overeat and lag behind the leaders. Get two packages of Little Sun-Maids now.

Little Sun-Maids
Between-Meal Raisins
5c Everywhere
—in Little Red Packages

Home Town Helps

HAVE STAKE IN COMMUNITY

Home-Owning Citizens Feel Responsibility of Their Position and Govern Themselves Accordingly.

It almost goes without saying that home ownership is by far the most valuable adjunct to government and that the former is a tremendous power in stabilizing the latter. The nomad constantly desires change, because wherever he pitches his tent he considers himself to be at home. On the other hand, the responsible property owner abhors nothing so much as change, because his hearth is not one which can be moved and which would be the last thing he would wish to see affected. The classic illustration, which has been used before this by many writers, is that of Alexander's conquest of Persia; this country was a constant source of Civil war and rebellion until, acting upon the advice of one of the philosophers attached to his court, Alexander saw to it that the Persians became a nation of shopkeepers, which in turn caused them to set up permanent dwellings and ultimately to become the most peaceful and law-abiding citizens. The irresponsible cowboy was inclined in the old days to shoot-up frontier towns, since if the neighborhood became too hot for him he could simply pull up stakes and "drift" to some other part of the country; nobody to his knowledge in those days ever heard of a substantial ranchman being guilty of that sort of conduct.—Exchange.

WORK WITH DEFINITE OBJECT

Real Estate Men Have Right Idea in Their Advocacy of Zoning System for Cities.

The value and the salability of real estate depends upon what? Mostly upon the skill with which it is subdivided; upon the transportation facilities, the utilities and the street system which serve it; upon the parks and recreation facilities available to it; upon its outlook; upon the business and social wealth, and producing capacity to the community; and upon the protection given it against offensive use of neighboring property, says Jacob L. Crane Jr., zoning and city planning engineer and adviser on zoning for the Chicago Real Estate board.

The last of these factors is controlled by zoning. All the others may be controlled very largely by city planning, which deals with all of these things in a definite and comprehensive way. The real estate business, therefore, like all other business, to a large degree depends on the results of city planning, whenever it is taken up. This explains why real estate men are so vitally interested in the subject, and why they are usually the first ones to support city planning and zoning projects.

Aim to Prevent Fire Loss.

Let the city fire department be as efficient as is that of the district. There still remains much for the average citizen to do in preventing fire. After all, prevention is better than cure in this matter, as in all others. Even as modern medicine is coming around to a serious campaign throughout the nation to prevent illness, rather than cure it after it occurs, so a city may campaign strenuously to prevent fires before they break out.

The responsibility of the individual man, woman or child, therefore, is the crux of the matter. Until, through educating the public in every way possible to the necessity of such prevention, the average person is made to be always on the watch for incipient fires and actively thinking about them, a community is not true to itself along these lines.

What greater absurdity, for instance, than allowing a carelessly thrown match to set fire to a great building and then calling out half the fire-fighting equipment of a city, when the active thought of the man who threw the match might have prevented the whole thing?—Washington Star.

Schools Use Buses.

There are 12,000 schools in the United States now using busses to transport their pupils. The day of the little red schoolhouse is numbered. Consolidated or community schools are taking their place because of the increased educational facilities and standard permitted by pooling of appropriations. Better buildings, better equipment, better instruction are the immediate result. But with consolidation comes the factor of distance so busses were the answer and this form of transportation is making good for better education.—From Federal Traffic News.

Teeth-Grinding and Adenoids.

Among 2,395 collected cases of adenoid growths, Benjamins states grinding the teeth was mentioned in 801 cases. Out of 1,791 personal cases Benjamins found: Snoring, 1,082 times; impaired of hearing, 908 times; catarrh of the upper air passages, 873 times; grinding the teeth, 618 times; aprosopia (inability to concentrate the mind), 566 times; enuresis, 462 times. Removal of the adenoids does not, however, always give relief from these symptoms.

USE TRACTOR ON TRIP TO CANADA

Party of Settlers From United States on Way to the Land of Big Crops.

Settlers on their way to and through Canada do not always rely on the railroads for transportation. Here, for instance, is a photograph of a



party from one of the northern states on the way to their new home near Lake Winnipegosis, Manitoba. They were a sturdy, self-reliant lot and carried with them a full complement of farm machinery. With the tractor outfit they intended to commence rather extensive operations this spring on the land which their scouts had already inspected and reported on favorably as to its productiveness.

At almost every point on the Canadian border where there are located means for admitting settlers, the reports are that it is almost a daily occurrence to admit settlers from states as far off as Texas who have adopted the automobile as a means to

HEALING ART OF OLD CHINESE

Abundant Proof That They Were Familiar With Anesthesia Many Thousands of Years Ago.

The artificial induction of painlessness by narcotic draughts was traditionally known in ancient times, writes Dr. Charles Ballance in the London Lancet.

The Chinese were acquainted with general anesthesia thousands of years ago. It is related of the Surgeon Hothe in the Third century A. D. that he performed amputation, trephining and other major operations by its aid.

Doctor Browne relates two cases of anesthesia taken from a Persian manuscript. The first story concerns Aristotle and an Indian surgeon named Sarnab. An earwig had entered the patient's ear and attached itself to the brain. Aristotle gave the patient the drug so that he became unconscious while Sarnab trephined the skull. This was excellent treatment.

It is now well known that living foreign bodies may produce otitis and meningitis. In the second case the operation was Caesarian section.

"Perfectly Innocent"

A young sailor was on shore leave and went to see his girl. They were sitting on the piazza, and finding it hard to keep up the conversation, she finally asked: "You have been on the water so long I suppose you are accustomed to sea legs."

"Honest ma'am," he stammered. "I wasn't even looking at 'em."

carry themselves and their families to the country of their choice. Such settlers are bound to succeed. Some of them go two or three hundred miles inland, and select their homes in the park districts of Manitoba, Saskatchewan and Alberta. Others purchase improved and unimproved farms in the more thickly settled districts in the southerly and central parts of these provinces. Wherever they may go, they are certain to secure land of certain possibilities. They will see grain crops of high value, wheat that will produce from 20 to 40 bushels per acre, oats giving high yields, barley a certain producer, and grass and fodder in quantity and quality that

will satisfy them that the cattle and stock raising possibilities are fully as good as they have been told.

The reports from all parts of Western Canada at the present time fully bear out the most optimistic expectations and hopes of the early days of seeding. Evidence of the splendid growth of this year is the fact that alfalfa was cut on the 15th of June and yielded nearly two tons to the acre.

Corn planted on the 23rd of May, on the 5th of June was showing several inches about the ground, and making glad the heart of the farmer who had built his silo, which he hoped to fill in the latter days of August.—Advertisement.

CASE OF FORCIBLE ENTRY

Combination of Circumstances Responsible for Truly Embarrassing Situation.

A short time ago my husband and I attended the funeral of a friend whose home was in the suburbs. We left in plenty of time, but on account of the distance and much transferring we found to our dismay that we were going to be late.

After frequent delays we arrived at our station. There had been a heavy snowstorm the day before, and where the walks had been cleaned it was slippery, making it difficult to hasten.

When we reached the house, in hurrying up the outside stairs I slipped, lost my balance, and fell headlong. All might have been well had not the undertaker chosen just that moment to open the door. My husband was making a frantic grab to catch me, but I was not to be stopped, and landed in the room on all fours, to find the company all facing the door and the minister preaching the funeral sermon.—Exchange.

Perfectly All Right.

"Doctor," said the business man, "I will double your fee if you will prescribe for my wife a summer at the seashore."

"All right; I'll do it at once."

"Fine! What had you intended to prescribe for her?"

"A summer at the seashore."

One who can see nothing but his own interest, misses it.

Leggett & Myers
KING PIN PLUG TOBACCO
Known as "that good kind"
Try it—and you will know why

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SPARE TIME OR FULL TIME—
Easy, pleasant work, big profits taking orders for well-known, popular, standard, standard Akron quality cord and fabric tires and tubes at very low prices. Civic made \$25.00 profit on one order. Snyder made \$45 per hour the first day out. Many others doing as well.

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CHICAGO AGAIN CLAIMS LEAD

This Time It Is for the Meanest Man, and He Surely Has "Some" Qualifications!

Another "meanest man" has been found. He was discovered in a north-bound elevated express. He had remained seated although a woman stood swaying on a strap in front of him. The train was standing at the Fullerton avenue station when he jumped to his feet, apparently realizing suddenly that his destination had been reached. He started for the door.

When the man quit his seat it was, logically, taken by the woman. Not for long, however, did she hold it. A second later he was back—obviously having spotted the station name through the open door.

"Pardon me," he said, "that wasn't my station."

And he allowed the woman to rise and give him the seat.—Chicago Journal.

Arithmetic Bugs.

Captain—What are you scratching your head for, Rufus?
Colored Private—Aw, sah, I got arithmetic bugs in my head.
Captain—What are arithmetic bugs?
Colored Private—Dat's cooties.
Captain—Why do you call them arithmetic bugs?
Colored Private—Because dey add to my misery, dey subtract from my pleasure, and divide my attentions, and dey multiply like the dickens.—Exchange.

Whiskers Killed Her Love.
A divorce decree has been granted in Vienna because a wife objected that her husband, an ex-officer, did not shave or wash himself properly. The official defender of the marriage bond appealed against the divorce, contending that soap and other toilet articles were now so dear that many wives were discontented with their husband's toilet.

The appeal court, however, decided that the couple were incompatible, and that if the marriage had not been mainly due to the glamour of uniform the wife would have condoned her husband's toilet economies.

The Way to Do It.
Mary Garden, the great singer, was the guest of honor at a chorus girls' tea in Chicago.

"You girls are all beautiful," Miss Garden said, "and I know you must all be a good deal bothered in the streets by men. Always turn these men down—politely but firmly, you know."

"That's easier said than done," a blonde chorus girl demurred.

"Not at all," said the diva.

"Well, now," said the blonde chorus girl thoughtfully, "suppose a handsome young man should stop his racing car, jump out, and offer you his hand and say, 'Your face is familiar, what would you do then?'"

"I'd answer," said Miss Garden, "So are your manners."

What Is It Worth to Change a Tire?

On the road changing a tire is not an especially pleasant task. The dust or mud, the grease and grime, the tedious delay—all are things we like to avoid.

But the time to think about these things is when you buy the tire—not after the blow-out occurs. For some tires blow out much more easily than others. Outward appearance counts for little.

It is the material in the tire and the construction of it that determines its strength.

Goodyear recognizes these facts and all Goodyear Tires are made of long staple cotton.

Take the 30 x 3 1/2 Cross Rib Clincher Tire here illustrated, for example.

It is made of Arizona cotton, the fibres of which average 1 1/2 inches long.

Many 30 x 3 1/2 clincher tires are made of short staple cotton from 1/2 inch to 1 1/4 inches long.

This means less strength and greater danger of blow-outs—more tire troubles.

Yet this high grade guaranteed Goodyear Tire costs only \$10.95.

You can buy some tires for even less than this but none with the fine materials and construction of this one.

Can you afford to take a chance on more frequent tire troubles for the sake of the slightly lower price of cheaper tires?

GOOD YEAR

10c Saves Need Buying a New Skirt
Putnam Fadeless Dyes—dyes or tints as you wish

Health is Wealth Itself

—and depends more upon the selection of proper food than upon anything else.

The reason is simple—the right kind of food digests promptly and is absorbed into the blood for building sound tissue; while food that digests slowly may ferment and lead to serious conditions.

Grape-Nuts—the delicious cereal food made from whole wheat flour and malted barley—is so easy to digest that even delicate people and young children thrive on it.

This is only natural, because Grape-Nuts is baked for 20 hours, which transforms and partially pre-digests the starch elements, resulting in easy digestion and quick assimilation.

Served with milk or cream Grape-Nuts is a complete food—and along with its nutritive qualities is that wonderful flavor!

"There's a Reason" for Grape-Nuts
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