



They Do a Hundred Calories in About 9 3/5

EAT a box of little raisins when you feel hungry, lazy, tired or faint.

In about 9 3/5 seconds a hundred calories or more of energizing nutriment will put you on your toes again.

For Little Sun-Maids are 75% fruit sugar in practically predigested form—levulose, the scientists call it.

And levulose is real body fuel. Needing practically no digestion, it gets to work and revives you quick.

Full of energy and iron—both good and good for you. Just try a box.

Little Sun-Maids

"Between-Meal" Raisins

5c Everywhere



Had Your Iron Today?



LACKING IN CONSIDERATION

As long as the grass in a Chicago public park is healthy and green the citizens seem to look upon it as some sort of garden and keep off of it, as the signs command them. When it begins to die out, however, their respect for it instantly vanishes.

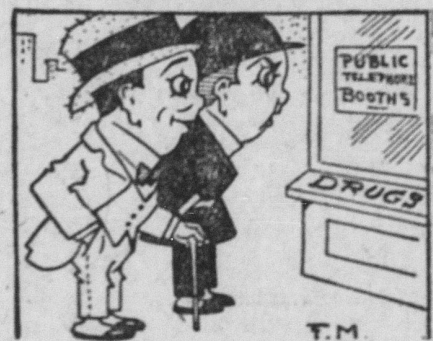
A man in a hurry started one day to cut across a yellow patch in the upper park, but was stopped by a policeman. "What difference does it make?" demanded the citizen. "The grass is half dead already."

"Sure," said the indignant officer, "if ye had a sick friend would ye be walkin' on his stomach?"—Harper's Magazine.

An Ideal Tenant.

Applicant—You advertised for a janitor, sir. I am a married man—no children; neat, honest, patient and tactful.

Landlord—I regret that the place is supplied, my friend—but wait! Couldn't I secure you as a tenant?



T.M.

TAKING WHAT COMES.
Philosophic Citizen—You must take what you can get these days.
Weary One—Yes, but some of these telephone numbers I get aren't of the slightest use to me.

Preferred a Pearl.
"The stork has brought a little peach," the nurse said with an air.
"I'm mighty glad," the father said, "He didn't bring a pair."

A Reputation to Maintain.
"I notice you have certain pet phrases you put into all your editorials."
"I have to do that in self-defense," replied the editor of the Chiggersville Clarion.
"Why so?"
"To refute the base insinuation that they are written by my office boy."

Unskilled Help.
A couple of tourists were gazing at the sculptured front of a certain church, when one of them quoted the remark about art being the handmaid of religion.

"If that is so," returned the other, glancing again at the crudely carved figures, "Religion ought to give her a month's notice."

His Goal Won.
"You have no ambition," complained his young wife.
"Not now," he replied indolently.
"You never did have any."
"Oh, yes, I did; but I achieved my ambition when I acquired a rich father-in-law."

Selfish Man.
Bluebeard—You have the freedom of the entire house excepting the closet. This, you must never enter.
His Eighth Wife—Do you mean to keep an entire closet for yourself when I haven't room to hang half my things?

Chance to Observe.
"There's one thing about the new styles."
"What, for instance?"
"I never realized before there were so many good-looking girls in this town."

In Danger.
"Guess I'll have to pen up my goat. He used to loaf around wagons parked in the village square and eat hay."
"Well?"
"But now he's learning to drink gasoline."

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"And you and your wife get into arguments, of course, about things?"
"Well, I can't say we argue, but she does a red-hot monologue."

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Aunt Lucy—if you keep such late hours you'll ruin your pretty, natural complexion.
Phillips—They're not wearing natural complexions now; they're all covered up.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Tired, but Ready for Dance.
Irene—Oh, Phyllis, I'm so tired I can hardly stand on my feet. I'm ready to drop.
Phyllis—So am I. Are you going to that dance tonight?
"Dance tonight? Of course I am!"
—London Answers.

To Have a Clear Sweet Skin
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

When you have time to loaf you find most of the people whose company is worth while are busy.

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *Dr. J. C. Fletch* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

They who seek only for faults see nothing else.

ELIXIR BABEK A GOOD TONIC
And Drives Malaria Out of the System. "Your Babek acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Szymonowski, St. Stephen's church, Perth Amboy, N. J. Elixir Babek, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

Age may not be garrulous, but it is sure to tell on a woman in the course of time.

Grasp no more than thy hand will hold.

10 Cents Insures Fresh Charm to Old Shawls

PUTNAM FADELESS DYES—dyes or tints as you wish

COPPER ALWAYS IN DEMAND
Durability of the Metal Has Made it Almost Indispensable for Variety of Purposes.

The many uses of copper may be imagined from the size of the output. It is said that if the United States were to cease producing, either all the trolley cars or all the armlets of the world would cease operating, for outside of Michigan and Montana there is not enough copper in existence to supply both.

In the building trade copper is in great demand on account of its durability. At first glance the amount of copper seems to be negligible in comparison with iron and steel. It is used for such things as roofing, flashings, gutters, drains, pipes, leaders and ventilators. These are nearly all copper in the large office buildings. In the Woolworth building, in New York, which is today the world's tallest skyscraper, there is approximately a million pounds of copper used for roofings, elevators and interior decoration.

A Weary Landowner.
"Some day your boy Josh will own the old place."
"Yes," replied Farmer Cornstossel; "but I dunno whether it'll make him happy. It seems to me he'd have more time for rest an' comfort if he could jcs qualify as a farmhand, an' draw regular wages without no argument."

Where people are queer there is a good deal of food for thought in what they say.

Has Never Felt Better in All Her Life

Thousands of frail, nervous people and convalescents everywhere have testified to the remarkable power of Tanlac in bringing back their health, strength, and working efficiency. It seems to quickly invigorate the constitution and is a powerful foe of weakness. Mrs. Mary Choklat, 1415 N. Broadway, Los Angeles, Calif., says:

"Before I took Tanlac, I was so weak I had to be helped from one room to another. My nerves were shattered and my digestion so poor I was almost afraid to eat anything, but now I am in perfect health and will always be grateful to Tanlac."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. It enables the stomach to turn the food into healthy blood, bone and muscle, purifies the system and helps you back to normal weight. Get a bottle today at any good druggist.—Advertisement.

A Hairsbreadth Difference.
D. W. Hufford, an engineer for the public service commission, was standing silently in a deep brown study.

"What's on your mind?" inquired a friend.
"Hair," replied Hufford, "I don't know whether to have my hat stretched or to have my hair cut."—Indianapolis News.

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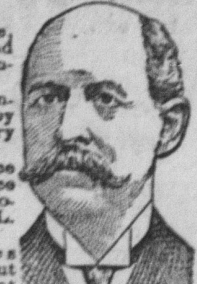
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W.L. DOUGLAS

\$5 \$6 \$7 & \$8 SHOES FOR MEN are actually demanded year after year by more people than any other shoe in the world

BECAUSE: For style, workmanlike material and workmanlike they are unequalled. Protection against unreasonable profits is guaranteed by the price stamped on every pair.

Years of satisfactory service have given them confidence in the shoes and in the protection afforded by the W.L. Douglas Trade Mark.



W.L. DOUGLAS shoes are put into all of our 110 stores at factory cost. We do not make one cent of profit until the shoes are sold to you. It is worth dollars for you to remember that when you buy shoes at our stores **YOU PAY ONLY ONE PROFIT.** No matter where you live shoes dealers can supply you with W.L. Douglas shoes. They cost no more in San Francisco than they do in New England.

COMPARE our \$7 and \$8 shoes with any \$10 or \$12 shoes made. **TO MERCHANTS:** If no dealer in your town handles W.L. Douglas shoes, write for catalogue, rights to handle the goods, quick turn-over line.



No-Nay Stretch Suspenders and Garters
Unparalleled for Comfort and Long Wear. One Year's Lasting Stretch Guaranteed. Thousands get two and three pairs of No-Nay Suspenders, Garters, etc.

Ease Your Feet
by wearing Rest-Foot Comfort Shoes, the most comfortable shoe made: hand-turned soles, cushion insoles, rubber heels; fit, wear, comfort and satisfaction guaranteed.

\$2.98 Prepaid. **HARTMANN & CO.** 159 Duane St., New York, N. Y.

W. N. U., BALTIMORE, NO. 43-1922.



ATLAS PORTLAND CEMENT

THE same spirit of progress that replaced the horse with the automobile, has replaced temporary, inflammable buildings with permanent fire-proof structures. One man has done much toward this change—your building material dealer—by heavy personal investment in slow moving, low profit stock—building materials. His judgment in favor of permanence is vindicated by its nation wide acceptance. His judgment on individual materials is equally good. He calls Atlas "the Standard by which all other makes are measured."

The Atlas Portland Cement Co. Sales Offices:—New York—Boston—Philadelphia—Hills—Northampton, Pa.—Hudson, N. Y.—Leeds, Ala.

"The Standard by which all other Makes are measured"



Suitable for Guarding Chickens.
Bill—I have a fine poultry yard, but the rats kill the young chickens, and I want to buy a dog to protect them. What kind should I buy?
Dell—The best kind of a dog for a poultry yard is a setter.—London Answers.

You can tell a sloven by the fit of her glove.

Once a gentleman, always a gentleman.

Better Late Than Never.
A bricklayer of Bristol, over seventy years of age, has just retired from his trade and started a market garden. Surely, this is rather late in life to start work.—Passing Show.

When coffee is good, it isn't good for you; when it's bad, it does no harm.

Best of spellers have two or three words that forever remain stumbling blocks.

Modernize Your WALLS

Do your decorating with the nationally accepted wall tint in beautiful nature colors—artistic, sanitary, economical, and durable.

Alabastine

Instead of Kalsomine or Wall Paper

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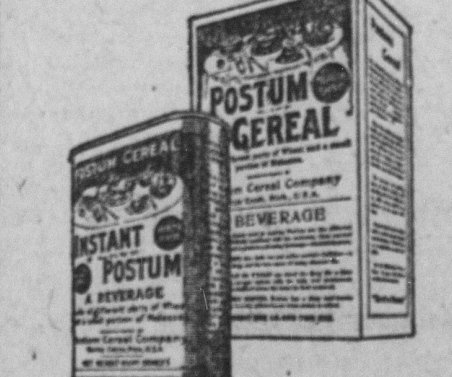
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SLEEPLESS nights and daytime irritation, when caused by coffee drinking, often require a call on the grocer to avoid a later call on the doctor.

Postum, instead of coffee, has brought restful nights and brighter days for thousands of people—together with complete satisfaction to taste.

You will enjoy the full, rich flavor and aroma of Postum, and nerves will be free from any possibility of irritation from coffee's drug, caffeine. You can begin the test today with an order to your grocer.

Postum comes in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages, for those who prefer to make the drink while the meal is being prepared) made by boiling fully 20 minutes.

Try the Grocer, first!

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Postum for Health
"There's a Reason"
Made by Postum Cereal Co., Inc., Battle Creek, Mich.