



## Bakers Bake It For You

—no need to bake at home

**HERE'S** your old-time favorite—full-fruited raisin bread with at least eight tempting raisins to the slice—already baked for you by master bakers in your city.

Simply phone your grocer or a neighborhood bake shop and have a fresh loaf for lunch or dinner to delight your folks.

We've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.

Made with big, plump, tender seeded raisins. The raisin flavor permeates the

bread. You've never tasted finer food. Order a loaf now and count the raisins.

Raisin bread is a rare combination of nutritious cereal and fruit—both good and good for you. Serve at least twice weekly to get the benefits.

Use Sun-Maid for home cooking of puddings, cakes, cookies, etc.

You may be offered other brands that you know less well than Sun-Maids, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested "Sun-Maid Recipes."

## SUN-MAID RAISINS

The Supreme Bread Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:



Seeded (in 15 oz. blue pkg.)—20¢  
Seedless (in 15 oz. red pkg.)—18¢  
Seeded and Seedless (11 oz.)—15¢

### CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Dept. N-536-4, Fresno, California  
Please send me copy of your free book, "Recipes with Raisins."

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_

**Wasted.** "Naw, I don't like euchre." "Why not?" "Can't bear to see good poker hands going to waste."

Somebody is always getting in the way of the man who is in pursuit of happiness.

The meek may inherit the earth, but that is the only way they will ever get any of it.

### W.L. DOUGLAS

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

**BECAUSE:** For style, material and workmanship 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 go 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, shoe 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 shoe you see. **TO MERCHANTS:** If you desire 10 year time contracts for exclusive rights to handle the goods, send quick turn-over line.

### Ease Your Feet

By wearing Rest-Foot Comfort Shoes, the most comfortable shoe made: hand-turned soles, cushion in soles, rubber heels; fit, wear, comfort and satisfaction guaranteed.

**\$2.98** Prepaid **HARTMANN & CO.** 150 Duane St., New York, N.Y.

## Western Canada

### Wonderful Stock Raising Country

Vast stretches of undeveloped fertile agricultural land of the highest productiveness await the settler in Western Canada. The land possesses the same character of soil as that which has produced the high quality of cereals that have carried off the world's premier honors so many times in the past ten years.

### BIRD IS FAST ON ITS FEET

California Roadrunner Famous for its Custom of Sprinting in Front of Trotting Horses.

A bird known as the California roadrunner has earned his common name from his delight in sprinting along roadways, especially when pursued by horsemen or moderately slow-going vehicles. In the picturesque old days of California it was no uncommon sight to see this bird running a half-mile or so in front of fast-trotting horses.

Another common name, chaparral-cock, is given in allusion to his living in the chaparral of the semi-deserts.

The bird belongs wholly to the West. Formerly he ranged from the plains of Kansas to the chaparral-covered hills of the Pacific coast and from central California to Mexico, but he is rapidly becoming rare. He is built like a heron, except for his short legs, but, unlike that water-loving bird, chooses deserts for his home. He has wings, but scarcely has the power to fly, though he is one of the fleetest of runners.

"Her Chief Sensation." "What were your thoughts while you were flying through the air on the wings of the tornado?" "One of 'em," replied economical old Mrs. Fret, "was about the wasteful way my daughter-in-law always cuts the bread, and the fact that it didn't look like I'd ever have another chance to tell her about it."—Kansas City Star.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with night-time applications of Roman Eye Balsam. Adv.

Everybody's friend is nobody's friend.

Killing time means the suicide of you.

### TAKE GOOD CARE OF MANURE

Deteriorates at Least One-Half in Value if Allowed to Stand Out in Weather.

When a person stops to consider that, at the present prices of commercial fertilizer, one ton of average fresh stable manure is worth about \$3 per ton and that the same manure is worth only a little more than one-half that much after it has been allowed to stand out in the weather for a few months, he will see the value of taking proper care of this material.

### MANY PASTURES NEGLECTED

Much Attention Is Given to Fertilizing Soil for Grain Crops—Grass Is Neglected.

Why is it that pastures are over-worked and neglected? More attention is now given to fertilizing ground for grain crops than ever before, but not much attention is given to pastures. Those who have areas which they wish to keep in grass may help matters very materially by applying ground limestone to these lands.

## MORE TIMBER IS NEED OF NATION

United States Produces More Than 95 Per Cent of Entire Lumber Cut of World.

## SUPPLY RAPIDLY DECREASING

Where Americans Need Forests Most is on 80,000,000 Tree-Denuded Acres Which Could Be Made Productive Again.

"The United States produces more than half of the entire lumber cut of the world," says Col. W. B. Greeley, chief of the forest service, United States Department of Agriculture. "and uses 95 per cent of that amount right here at home. The exhaustion of our timber supply is coming about, not because we have used our forests freely, but because we have failed to use our timber-growing land. The problem, in a nutshell, is the enormous area of forest land which has been so logged and burned that it is producing little or nothing.

Many Idle Acres. "We have more than 80,000,000 acres, an area greater than all the forests of France, Belgium, Holland, Denmark, Germany, Switzerland, Spain and Portugal, which have been denuded to the point of absolute idleness so far as the production of any timber of commercial value is concerned. We have other enormous areas of cut-over land now growing but a fraction of the amount of timber which they might produce. And we are adding to these areas of idle or largely idle land from 10,000,000 to 15,000,000 acres every year as destructive logging and still more destructive burning progress.

"This situation," the forester points out, "cannot long continue without grave consequences. If we are to remain a nation of wood users, we must become a nation of wood growers. By some means or other we must see to it that forest lands not needed for agriculture are not allowed to lie idle but are kept at work growing timber.

Where Forests Are Needed. "Where Americans need more forests," states Colonel Greeley, "is largely on these 80,000,000 timber-denuded acres, which could be made productive again with proper attention and protection against fires." Some of the chief reasons why these forests are needed are as follows:

Our manufacturing centers are drawing at an enormous rate upon



Proper Methods Conserve Forests for All Time.

our timber supply—from two to four times as fast per capita as the country at large. "Our average American uses 125 pounds of paper a year—made largely from wood—and the growing circulation of our newspapers and magazines is increasing that very generous per capita allowance.

"Our Florida citrus crop alone, for marketing, takes 13,000,000 boxes, of 54 board feet each, every year."

## BOYS AND GIRLS VIE IN HUGE EXPOSITION

Twelve States Represented by Teams at Sioux City.

More Than 130,000 Club Members Made Demonstrations—Received Instruction in Better Farming and Home Making.

(Prepared by the United States Department of Agriculture.)  
Farm boys and girls enrolled as club members by extension agents cooperatively employed by the United States Department of Agriculture and the state agricultural colleges were represented by champion demonstration and judging teams for the 12 central states at the interstate boys' and girls' clubs exhibit and encampment at Sioux City, Iowa. Over 3,000 of these teams competed in 1921 for representation at Sioux City, putting on nearly 10,000 public demonstrations of club activities. The total enrollment in the 12 states last year was more than 130,000 club members, whose production was valued at \$2,640,000.

The United States Department of Agriculture co-operated this year with



Girl Club Member and Her Pure-bred Calif.

the state agricultural colleges and the fair association in the installation of a striking series of 12 booths in the special boys' and girls' club building, exemplifying the leading lines of club work, as follows: Illinois, corn; Iowa, poultry; Kansas, pigs and sorghum; Michigan, handcraft; Minnesota, bread; Missouri, home management; Montana, clothing; Nebraska, radio; North Dakota, potatoes; South Dakota, food; Wisconsin dairying; Wyoming, canning.

The fact that farm boys and girls are making a substantial contribution to the agriculture and life of their communities was strongly emphasized throughout the exhibit. In addition to putting on exhibits and demonstrations these young farmers and home makers received practical instruction in better farming and home making and in developing their abilities for leadership.

### Tree Commandments

1. Do not allow roots to be exposed to the sun, drying winds or frosts.
2. Prune with a sharp, clean cut any broken or injured roots.
3. Have the holes large enough to admit all the roots without cramping.
4. Plant in fine loam, enriched with thoroughly decomposed manure.
5. Do not allow any green, unfermented manure to come in contact with roots.
6. Spread out the roots in their natural position and work fine loam among them, making it firm and compact.
7. Do not plant too deep. Let upper roots be set an inch lower than before.
8. Remove all broken branches and cut back at least one-half of the previous year's growth of wood.
9. If the season lacks the usual rainfall, water thoroughly twice a week.
10. After-Culture—Keep soil in a good degree of fertility. Mulching the trees in autumn with manure is beneficial.—Draper.

### ROTATE TO DESTROY INSECTS

Working Soil at Different Seasons of Year Keeps Down Weeds and Injurious Bugs.

Weeds and insects are more easily controlled by practicing a rotation because, for different crops, the soil is worked at different seasons of the year, and thus weeds which are prevalent at one season may be destroyed by growing a spring crop and those prevalent in another season by growing a crop for which the ground is worked in the fall. The same is true of insects which affect one crop but not another; thus, by rotating crops on a field insects are also largely destroyed.

## SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proved to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

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.

Didn't Have That Twin. Two Irishmen who were old friends met in the street one day.

"Sure, I met a man last week, and, beaded, I'd have sworn it was yourself," said one.

"And wasn't it?" replied the other.

"Divil a bit," replied the first. "But he was your very image, barrin' he was a trifle grey. I suppose, now, ye haven't a twin brother a few years older than yourself?"

Protecting Native Birds. Great efforts are being made in the United States to protect the native birds, mainly because of their usefulness as insect destroyers.

Hope Against Hope. Therefore it is of faith, that it might be by grace; which is of the faith of Abraham, who against hope believed in hope, that he might become the father of many nations.—Romans 4:16 to 18.

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. H. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

He Wants to Know. "This production is reputed to outstrip anything hitherto attempted for the screen."

"Hum. Is it a beach drama?"  
Following Through. "Bah! Golf is an old man's game!" "I can't afford it, either."—Nashville Tennessean.

Business as He Found It. "How do you find business these days?" "Same as always. By going out and looking for it."—Everybody's.

Nature your mind with great thoughts.  
Hope without action is a barren undoer.

## WOMEN OF MIDDLE AGE

A Trying Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow

Phila., Pa.—"When I was going through the Change of Life I was weak, nervous, dizzy and had headaches. I was troubled in this way for two years and was hardly able to do my work. My friends advised me to take Lydia E. Pinkham's Vegetable Compound, and I am very sorry that I did not take it sooner. But I have got good results from it and am now able to do my household most of the time. I recommend your medicine to those who have similar troubles. I do not like publicity, but if it will help other women I will be glad for you to use my letter."—Mrs. FANNIE ROSENSTEIN, 882 N. Holly St., Phila., Pa.

Detroit, Michigan—"During the Change of Life I had a lot of stomach trouble and was bothered a great deal with hot flashes. Sometimes I was not able to do any work at all. I read about Lydia E. Pinkham's Vegetable Compound in your little books and took it with very good results. I keep house and am able now to do all my own work. I recommend your medicine and am willing for you to publish my testimonial."—Mrs. J. S. LIVERNOIS, 2051 Junction Avenue, Detroit, Mich.

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

Northcliffe's Friends. A newspaper writer says Northcliffe had no friends, except his wife and his mother. That isn't a bad showing in these unsettled times.—Birmingham Age-Herald.

Modesty seldom resides in a breast that is not enriched with nobler virtues.

They that govern most make the least noise.

Look to Your Eyes. Beautiful Eyes, like fine teeth, are the result of Constant Care. The daily use of Murine makes Eyes Clear and Radiant, Enjoyable, Healthy, Solid and Recommended by All Oculists.



Mrs. J. W. Gale

Lynchburg, Va.—"I took Dr. Pierce's Favorite Prescription as a special tonic when I was all run-down, weak and nervous. I also had stomach trouble. I felt sick all over, did not have any life or energy—was all fagged out. I took the 'Favorite Prescription' and the 'Pleasant Pellets' along with it, and these medicines built me up very quickly and seemed to put new life in me—made me feel better in every way. They are both excellent medicines and worthy of all the praise one can give them."—Mrs. J. W. Gale, 303 Withers Street.

Obtain this "Prescription" of your druggist, in tablets or liquid. Write Dr. Pierce for free medical advice, to Invalids' Hotel, in Buffalo, N. Y.

## Bilious Attacks

Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

## Nujol

A LUBRICANT—NOT A LAXATIVE

## Trappers where do you ship?

New York Pays Top Notch Prices

Get Out the Middlemen! Get All Your Money SHIP DIRECT TO HERSKOVITS

The World is Our Outlet—Make It Yours

Don't sell or ship any more through the usual channels. 25 years experience. \$2,000,000 capital and resources. Send latest price list, immediately. FREE Trappers' Directory. Guaranteed Top Prices. WRITE OR SEND A POST CARD TODAY.

ALBERT HERSKOVITS AND SON

310 E. 13th St. NEW YORK, N. Y.

FANCY ASSORTED BOXES, containing 12 Grapefruit, 40 Oranges, 20 Tangerines, 100 Kumquats, 100 Grape Jelly, express paid, for \$2.50. Growers' Fruit Co., Tampa, Fla.

## Let Cuticura Be Your Beauty Doctor

Soap 25c, Ointment 25c and 50c, Talcum 25c.

Gray Hair

is out of fashion! is unnecessary—for you can have abundant hair of the original color.

made by using Cuticura Hair Color Restorer—Sole direct from HESSIG, ELLI, Cassino, Neuchâtel, Swiss.