



# Help You Run the Ball

—Bring home the bacon, collar the blue vase, carry the message to Garcia, etc.

LITTLE Raisins, full of energy and iron, will put the pep into you that makes winning plays. Use vim like it in your business, too.

One hundred and forty-five calories of energizing nutriment in every little five-cent red box that you see.

Comes from fruit sugar in practically predigested form—levulose, the scientists call it—so it goes to work almost immediately. Rich in food-iron also.

Try these little raisins when you're hungry, lazy, tired or faint. See how they pick you up and set you on your toes.

# Little Sun-Maids

"Between-Meal" Raisins 5c Everywhere

Had Your Iron Today?



Pay your debts first and make presents afterward.

## W.L. DOUGLAS

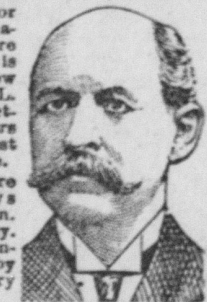
\$5 \$6 \$7 & \$8 SHOES FOR MEN  
W. L. Douglas shoes are actually demanded year after year by more people than any other shoe in the world.

W.L. DOUGLAS shoes are made of the finest material and workmanship are unequalled for the price. It is worth while for you to know that when you buy W. L. Douglas shoes you are getting the benefit of his 40 years experience in making the best shoes possible for the price.

W.L. DOUGLAS shoes are worth the price paid for them. Wear them and save money. Protection against unreasonable profits is guaranteed by the price stamped on every pair.

W.L. DOUGLAS shoes are sold in 110 of our own stores in the large cities and by shoe dealers everywhere. Ask your shoe dealer to show you W. L. Douglas shoes. Only by examining them can you appreciate their value. Before substituting, insist upon having W. L. Douglas shoes with the retail price stamped on the sole. The price stamped on the sole is the price you will pay for the shoes.

TO MERCHANTS: If you do not have a W. L. Douglas shoe store in your town, you can get the exclusive rights to W. L. Douglas shoes in your town. Write for details to W. L. Douglas Shoe Co., 100 Broadway, New York, N. Y.



**A Year's Wear or a New Pair Free**  
That's our guarantee of **No-Way Stretch Suspenders**

No rubber, Phosphor Bronze Springs give more, easier and lasting stretch and never rot. Always comfortable. Ask your dealer for details. **FREE** Supply Catalog, Suspenders, Free, etc. Write for details to **HERSKOVITS**, Dept. F-5311, Adrian, Mich.

**Trappers Fur where do you ship?**  
New York Pays Top Notch Prices 90 per cent of your fur is sold in New York regardless of where you ship.  
SHIP DIRECT TO HERSKOVITS  
The world is our outlet—MAKE IT YOURS!  
We'll sell or ship your fur for you. We'll guarantee you a fair price and a quick sale. We'll ship your furs to the best buyers at the lowest cost.  
FREE Supply Catalog, Suspenders, Free, etc. Write for details to **HERSKOVITS**, Dept. F-5311, Adrian, Mich.

**BE INDEPENDENT**  
Make Dale's Famous French Fanny Candy. There is always a demand for real candy. No machine to buy. It brings formula with complete simple instructions for making this lovely candy in your own home. I have helped others, why not you?  
Address: **M. S. DALE, HLOSSOM, TEX.**

**Special Copy Oyster Farm News**, containing 20,000 words, pictures, poems, Government quotations; full information lifetime cash income from investing \$10 monthly. Mailed free. Write: **Lee Prokhan, Ed., Palsachicola, Fla.**

**CIVIL SERVICE POSITIONS BRING GOOD PAY**, promotions, vacations. We will prepare you quickly, thoroughly, at low cost. For particulars address **W. M. GLENDON**, 401 N. 24th Street, PHILADELPHIA, PA.

**BE INDEPENDENT**—Operate a magazine subscription agency by mail. Publishers furnish everything. Big profits. Instructions 25c. **PAUL STONER**, Box 151, ROBINSON, ILL.

**A Funny Idea.**  
"Daughter," said the anxious mother, "what qualifications has this young man that you are so anxious to marry him?"  
"Well, mother, he dresses well, he has a rather nice car, he is a swell dancer, he tells jolly good stories, he—"  
"But, daughter, has he a job?"  
"Oh, I don't know, mother! You do have the funniest ideas!"—Hamilton (Ont.) Spectator.

## FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority. Science has found a newer, better way—a means as simple as Nature itself. In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Medical authorities have found that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot gripe. It is in no sense a medicine. And like pure water it is harmless and pleasant.

Nujol is prescribed by physicians; used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

## She Dyed a Sweater, Skirt and Child's Coat with "Diamond Dyes"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—Advertisement.

To live the simple life is pleasant enough, only take all the simple chores out of it.

Indigestion produces disagreeable and sometimes alarming symptoms. Wright's Indian Vegetable Pills stimulate the digestive processes to function naturally. Adv.

Character is the inside decoration of man; reputation is the whitewash on the outside.

**Use MURINE**  
Night and Morning  
**Keep Your Eyes Clean—Clear and Healthy**  
Write for Free Eye Care Book Murine Co., Chicago, Ill.



A PERTINENT QUERY

An inspector had made a special visit to a certain elementary school in a big provincial town, and from his point of view good results had been obtained.

"Well," he said, "is there any lad who would like to ask me something?"  
"Yes, sir," cried a voice. "What time does your train leave?"—London Tit-Bits.

**Keen Practice.**  
"Have you had any experience in salesmanship?" asked a sales manager of a college graduate applying for a job.  
"Oh yes," replied the other confidently. "I assisted for two years in selling the seats for the Yale-Harvard football game."—American Legion Weekly.

**Polite but Inquisitive.**  
Host—Those, my dear, are my great-aunt and uncle.  
Small Guest—I suppose they are dead?

Host—Yes.  
Small Guest (after a pause)—May I ask whether they died of illness or oldness?—London Punch.

**Butter That Lasts.**  
The Grocer—Yes'm, you'll find this butter would be cheap at twice the money.  
Mrs. Bordon-Lodge—Yes; I know it would. I've used it before and my boarders eat hardly any of it.—London Answers.

**Crude Stuff.**  
Dear Mrs. McGowan across the hall was speaking of the trouble she's been having with her car.  
"But everybody has trouble lately," she said, "and it's nothing in the world but them using raw materials at the factories."—Motor Age.



**IMPROVING FAST**  
"Good morning, Mr. Smith! Is your wife better?"  
"Oh yes. She's able to sit up and criticize everything I do now."

**You Don't Seigh!**  
"To like to marry you," said Mabel Felgh.  
"For you have such a pleasant weight. But you, I fear, get very little pelgh. And so I'll have to tell you weigh."

**System.**  
"This is the red tape bureau. We have 200 employees."  
"I did not suppose you had work for so many."  
"Oh, we have an excellent system by means of which two men can do the work of one."

**The Call.**  
"Extra!" shouted a newsboy in Hollywood.  
And in a moment he was the center of a seething mob of supers.—American Legion Weekly.

**An Expensive Favor.**  
Justwedd—We'll have to get a refrigerator; it will save us money.  
Mrs. Justwedd—How so, dear?  
Justwedd—I notice that every time you cool a watermelon in Mrs. Nextdoor's ice chest you give her half.

**The Better Way.**  
He—That young one with its crying will drive me crazy yet! Can't you get him quiet?  
She—I'll try singing to him.  
He—Oh, never mind; Better let him cry!—London Answers.

**Counteracted.**  
"I'm surprised to hear Maude is married. She once told me that she would never promise to obey any man."  
"Oh, she got around that by making the bridegroom promise never to command."—Boston Transcript.

**The Latest.**  
"They say that feller is your lobbyist out after votes."  
"Lobbyist? Railroads don't have lobbyists any more. He's purchasing agent."

**Both Blameless.**  
"If the operation hurts you, don't blame me, but blame your nerves."  
"And if I hit you on the nose when it is over, don't blame me, but blame my tooth."—Munich Meggendorffer Blatter.

**Good Business.**  
"If you can sell more cars than you can get why do you employ salesmen?"  
"We need a few bright young men to jolly customers who are standing in line."

## DRUGGISTS NOW SELL HYPO-COD DOLLAR BOTTLE

Famous Tonic, Used by Thousands, Reduced in Price Now.

## COSTS NO MORE THAN AN ORDINARY TONIC

People in need of a medicine more powerful, quicker acting and better than the old-fashioned, nasty-tasting and weaker medicines have gladly paid the higher price to get Earle's Hypo-Cod, and it is worth it, because Hypo-Cod does the work days and weeks sooner and puts you back on your feet just that much sooner.

Now comes the glad news that the manufacturers of this modern tonic have reduced the price, so even the smallest drug store can afford to sell it for the new regular price, \$1.00. Huge demand and production brings this powerful, pleasant and quick-acting preparation within the reach of everyone. All the druggists up North are recommending Hypo-Cod, and with the exception of a few stores with favorite tonics of their own it can now be secured throughout this section, too, or write for it—pay postman when it comes—or inclose dollar for large bottle of Hypo-Cod, prepaid to your door. Earle Chemical Co., Wheeling, W. Va.—Advertisement.

**Eyesore.**  
Crawford—Most men in public life are not as bad as they are painted.  
Crabshaw—No, my boy, nor even as bad as the statues erected to their memory.

If your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them. Adv.

The man who likes to hear himself talk may be the only one who cares to hear him.

## Sure Relief FOR INDIGESTION

**BELL-ANS**  
INDIGESTION 25 CENTS  
6 BELL-ANS Hot Water Sure Relief  
**BELL-ANS**  
25¢ and 75¢ Packages, Everywhere

## 10 Cents Gives Cheerful New Color Tone to Old Curtains

PUTNAM FADELESS DYES—dyes or tints as you wish

**Men Are Like That.**  
My husband and I, while dining at a cafe, saw a young woman acquaintance who is not only extremely homely but who has unattractive manners. We discussed her quietly.

Later we went to call on a distant relative of this girl, and I mentioned that we had seen her at dinner. The girl was not a favorite with my hostess and both of us proceeded to enumerate her shortcomings. My husband is deaf and had been paying no attention to our gossip.

Suddenly he turned to our hostess and said: "We just met Marian, and my wife declares she looks and acts enough like you to be your daughter."  
You can imagine what I said to him later.—Exchange.

**Counter-Threat.**  
Little Tommy Boggs and the boy next door were having a row in the back yard. The neighbor had thrown a stone at Tommy, and the latter was making divers threats. "If you throw another stone at me," he finally yelled, "I'll set my dog on you."  
"You will, will you?" retorted the neighbor. "Just you come into my yard and I'll sick my mother on you!"—Philadelphia Press.

Hard cash is also so called because it is hard to get.

Well-bred persons never boast about it.

## Chef Had Plenty But He Could Hardly Eat

Even an expert chef for an up-to-date restaurant, with everything heart could wish in the eating line and the skill to prepare it in the most appetizing manner, finds life miserable and work a burden with his appetite gone and his health all broken up on account of stomach trouble.

According to his own statement, such had been the case for two years with William Lackey, 865 North Wells St., Chicago, Ill., chef at a popular North Clark St. restaurant, who says he recently found relief by taking Tanlac.

Mr. Lackey now boasts of a "wonderful appetite and a stomach that digests such things as ham and eggs, corned beef and cabbage, and rich pastries, foods that would have almost put me out of commission before I took Tanlac."

"Before I ran across this medicine," said he, "I was having to lay off from my work for a week at a time just on account of the numerous ills I suffered from indigestion. But when I tell you I have gained fifteen pounds, eat and digest anything, and am on the job every day feeling fine, you may know how I appreciate Tanlac."

Tanlac is sold by all good druggists.—Advertisement.

**When the Chaplain Was Ump.**  
The colored troops were playing baseball. The chaplain was umpire. The pitcher threw a high one and the chaplain yelled:  
"One strike!"  
The batter thereupon turned to him and remarked:  
"Mr. Chaplain, you've done judging dem balls wid your spiritual eye."—Everybody's Magazine.

**Who's Zoo.**  
Society women are now carrying monkeys, parrots and even snakes about with them. To identify the ladies in question we shall soon want a "Who's Zoo?"—London Eve.

If there were no timorous mortals to prey upon the pessimist would starve to death.

**MADE HIM FEEL THE COLD**  
Young Man's Excellent Exemplification of the Power of Mind Over Matter.

The power of mind over matter has been discussed since mankind found itself.

Epictetus, the Roman slave, knew much about it; so did Marcus Aurelius; Bishop Berkeley of England had his theory; in our day and country it has been made much of by many persons. The latest advocate is Emile Coue, the French exponent of auto-suggestion.

Examples of this influence may be discovered anywhere.

In an elevator, for instance, two young men were discussing the weather.

"Pretty cold this morning," said one.  
"Not so cold," declared the other, throwing out his chest.  
"It was 36 degrees by my thermometer," said the other.  
"Gee!" shivered the second. "If I'd a known that I'd a put on my overcoat."

When hypocrisy stacks the cards on vanity somebody's self-conceit is due to get a jar.

It requires strength of mind to stop talking when some one doesn't agree with you.



E. J. Carper

Bellepoint, W. Va.—"It affords me great pleasure to have the privilege to make public this statement in behalf of Dr. Pierce's Golden Medical Discovery. I cannot recommend it too highly to the public. We have used it in our family for years and have reaped good results. We have always found the 'Discovery' superior to any other tonic—it is a wonderful system builder. I can cheerfully recommend it."—E. J. Carper, Box 4.

As soon as you begin to take this "Discovery" you begin to feel its bracing, appetizing effect. Buy of your neighborhood drug store in tablets or liquid, or send 10c to Dr. Pierce's Invalids' Hotel, in Buffalo, N. Y., for trial pkg. of tablets, and write for free medical advice.

## ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

## Dr. J. D. KELLOGG'S REMEDY

**PARKER'S HAIR BALSAM** Removes dandruff, itching, restores color and beauty to Gray and Faded Hair. Co. and E. C. Parker, Inc., 230 West 4th St., Buffalo, N. Y.

**HINDERCORNS** Removes Corns, Calluses, etc. Stops all pain, restores comfort to the feet, makes walking easy. Use by mail or at drug store. Hinder Corn Chemical Works, Philadelphia, N. Y.

W. N. U., BALTIMORE, NO. 47-1922.

## Maternal Foolishness.

Sir Arthur Conan Doyle said at a dinner in New York, apropos of a scandal:

"When a young girl goes wrong, her mother is often to be blamed. So many mothers are worse than ignorant—they are foolish."

"I once got a very pretty girl a stenographer's job. Meeting her mother a few days afterwards, I said:  
"Well, how is Minnie getting on?"  
"The foolish woman beamed.  
"Oh, Min's doing splendidly, doctor," she said. "Just think, she has been working only four days, and her employer—he's such a nice old gentleman—has already taken her out to lunch twice, and three times to dinner, and once motoring and four times a all-night cabaret dances."

**To Make It Easier for Him.**  
Mr. Dulbore—Good evening, Miss Philippa. Was just passing your house and thought I'd look in on you.  
Philippa—Too bad I didn't know about it in time. I'd have raised the shades so you could have looked in without interrupting your passing.

**What's the Use of Spilling It?**  
Hotel Clerk—With or without bath, madam?  
The Boy—Get it without, mother. This is a pleasure trip.—Life.

If thou canst not see the bottom, wade not.

# How much sleep do you need?

IT isn't so much a question of the number of hours you spend in bed, as it is of the quality of the sleep you get. Is your sleep sound and restful, or is it fitful and unrefreshing?

One common cause of wakefulness at night is over-stimulation from coffee drinking. For coffee contains caffeine which irritates the nerves and frequently leads to insomnia.

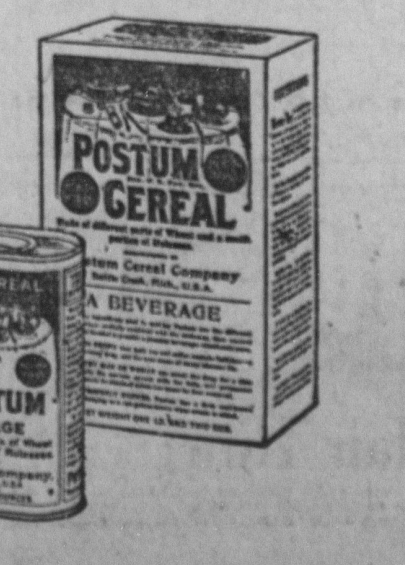
If you have any idea that coffee keeps you awake at night, or makes you nervous, make a change from coffee to delicious Postum.

This pure cereal beverage contains nothing that can harm health, and its flavor is much like coffee. In fact, many people prefer Postum for its flavor alone.

Your grocer sells Postum 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.

## Postum FOR HEALTH

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



The two forms of Postum are equally delicious; and the cost is only about 1/2c per cup.