

The Kind That Makes You Like Fruit Cake

That tender, almost juicy cake with the rare flavor of delicious raisins and piquant spice.

That rich, fruity luscious cake that doesn't crumble and dry out.

The kind that you have always liked—the kind you mean when you say "fruit cake."

You can buy it now—get

just the kind you like—and save baking at home.

These plump, tender, juicy, thin-skinned raisins are ideal for cake. Taste the cake you get and see.

You'll enjoy fruit cake more often when you can secure such good cake ready-made.

Mail coupon for free book of tested recipes suggesting scores of other luscious raisin foods.

Just ask your bake shop or confectioner for it—the cake that's made with

Sun-Maid Raisins

Sun-Maid Raisin Growers
A Co-operative Organization Comprising 14,000 Grower Members
Dept. N-536-31, Fresno, California



CUT THIS OUT AND SEND IT

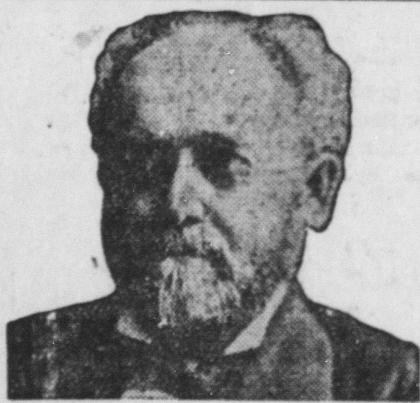
Sun-Maid Raisin Growers,
Dept. N-536-31, Fresno, California.

Please send me copy of your free book,
"Recipes with Raisins."

NAME _____
STREET _____
CITY _____ STATE _____

When a girl elopes with a poor young man her mother attributes it to temporary insanity.

Doing good is the one certain happy action of a man or woman.



CHARACTER TELLS THE STORY!

People throughout this country are giving more thought to hygiene and to the purity of remedies on the market, but no one doubts the purity of Doctor Pierce's vegetable medicines, for they have been so favorably known for over fifty years that everyone knows they are just what they are claimed to be. These medicines are the result of long research by a well-known physician, R. V. Pierce, M. D., who compounded them from health-giving herbs and roots long used in sickness by the Indians. Dr. Pierce's reputation as a leading and honored citizen of Buffalo, is a sufficient guarantee for the purity of that splendid tonic and blood purifier, the Golden Medical Discovery, and the equally fine nerve tonic and system builder for women's ailments, Dr. Pierce's Favorite Prescription. Send 10c. for trial pkg. tablets to 37 Pierce's Invalids Hotel, Buffalo, N.Y.

Man's Length of Life.
According to the president of Cornell university the average length of life in North America is fifty-six years. In 1870 it was forty-one and in 1910, fifty-two and one-half years. Students of this interesting subject say that the average life could be prolonged twenty years if all people could learn and profit by what health experts know. Health education has a lot to do with it. In tropical India the average man is destined to die at twenty-four. Longest lived people in the world are the progressive New Zealanders. They are said to live sixty years on the average.

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.

The Cruel Retort.
They were seated on a little rustic bench. The moon shone through the trees. All at once the girl timidly said: "Jack, dear, I can't understand why you lavish all your affections on me above all other girls in the world. Why is it?"
"Hanged if I know," he replied, "and all the other fellows down at the house say that they can't make it out, either."—Denison Flamingo.

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

The man who has no time to waste never gets into an argument with a suffragette.

Reform is all right; it's the reformers who most often go wrong.

MURINE
Night and Morning
Keep Your Eyes Clean—Clear and Healthy
Write for Free Eye Care Book Murine Co., Chicago, U.S.A.

Daddy's Evening Fairy Tale

MARY GRAHAM BONNER
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KING LION

"It was in Africa," said Daddy, "and King Lion was talking to a large pack of great, beautiful wild lions.

"Lions," said King Lion, and all the lions granted in their great, powerful voices.

"Lions," King Lion said again, "I want to go cattle hunting."

"All the lions seemed much pleased. "One of us will start the cattle stampeding, which means to make them suddenly and hurriedly rush about."

"Then, as they try to run away, there will be another one of us stationed so as to be ready to go for the cattle in the direction for which they're aiming."

"After that we'll all do some work!"

"The lions all seemed much pleased. "We will not bother about sheep," said King Lion.

"Later on," he added, "we will hunt for zebras, when we get tired of cattle."

"The lions all seemed equally pleased at this news.

"When we hunt for zebras," said King Lion, "we will go to the great plains, where we will find them, and we will get them so frightened that they will not know what they are about, and so we will show them!"

"They are about to be captured by us. We will show them. They make good dinners," and King Lion growled happily at the thought.

"The other lions, too, did the same. "Some day," King Lion went on, "we will try to get an ostrich, though they are rather hard to catch. They do not sleep heavily, and they are on the watch. They say that the ostrich is not a very bright bird, but I think so."

"I most decidedly think so!"

"Now and again a young water-buck doesn't come in badly for an evening supper."

"When you hunt, go after your object with a great rush and a fine, hurried charge."

"Roar as you do so, and that will help to frighten the creature you're hunting."

"You will also be able to chase a creature that tries to get away from you, for lions are quick runners."

"Even though they may be so big, they can run, and their huge bodies



"The Lions Seemed Much Pleased."

are no trouble to carry on their fast-moving legs!

"They say that our roars can be heard a good many miles off."

"That is right. Fill our enemies with fear. That is always a great help."

"I do not care to hunt human beings. I would not touch a human being if I saw one. I know that now and again a lion has tasted a human being and found the taste so pleasant that he has liked it better than anything else."

"But that doesn't happen so often. If a human being doesn't try to hurt me I will merely look at the human and then pay no attention."

"But remember, Lions, my name is King Lion and as a family we're known as royalty."

"The lion is called the King of the Beasts. What could be a greater title? Perhaps the leopard is a better hunter, perhaps the rhinoceros is more dangerous—some folks think so—but the lion is known as the King of the Beasts."

"Ah, our great voices have helped us to gain that title. And we must never let another animal win it from us."

"So do not be afraid to use your voices, for they make us sound so terrible, so beautifully terrible."

"Then the lions went hunting, and as they hunted they made the sounds which King Lion thought were so beautifully terrible. And as they ate, too, they growled in their loud fashion, and King Lion smiled as he said:

"It's really worth while to be an animal worthy of notice, and we are that; oh, yes, we're that!"

The Way to Heaven.
Dr. Blake, the town's sole physician, was in his additional capacity of Sunday school superintendent, questioning a class on the day's lesson.

"What must we do to get to heaven?" he asked.

"We gotta die," replied a bright scholar.

"Of course," said the doctor. "But what must we do before that?"

"We must get sick and send for you," was the reply.—Minneapolis Tribune.

Oodles of Rubies.
"Money isn't everything."
"They realize that now in Russia."—Louisville Courier-Journal.

The Enchantment of Distance.
She—I just love the farm!
He—How long have you lived in the city?

Cuticura for Sore Hands.
Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

It's Progress.
"Well, how is the new courthouse coming along?" inquired a recently arrived guest.
"First rate!" answered the landlord of the Peewee-cuddly-hump tavern. "The walls are up high enough that a feller who went up on 'em yesterday to tell one of the bricklayers a funny story was able to fall off and break his collarbone."—Kansas City Star.

Too Reminiscent.
I overheard a remark the other evening which would form a good addition to that remarkable series of playfully satirical drawings by Du Maurier in "Punch," entitled "Things one would rather have left unsaid." A very gushing lady and her daughter swept across a room and up to a little lady who was standing there and said: "My, how sweet you look this evening!" then turning to her daughter, remarked in a very audible tone, "My dear, she must have been lovely when she was young."—Cleveland Plain Dealer.

He Could Make It.
Early one morning before the new traffic towers were erected, one of the traffic policemen was rolling his "Stop and Go" sign to his station in the center of the street, when a man drove up on a heavily loaded hay wagon and proceeded to turn "left."

"Hey, you can't do that!" shouted the policeman, wrathfully.

"Oh, yes, I think I can make it," called back the man, cheerfully.

And it was necessary for the policeman to leave his post of duty to explain that although he possibly could "make it," the man had better keep to the right.—Indianapolis Star.

10 Cents Gives Charming New Color Tone to Old Sweaters

LIVED UP TO HIS GROUCH
New Yorker Surely Went the Limit Between Saturday Afternoon and Monday Morning.

Wijlt had a grouch when he left the office Saturday afternoon. He refused an invitation to join a friend who said he knew a place where the modern substitute for the wild thyme blows and started for his lonesome home.

The grouch was still in evidence when he returned Monday morning.

"I got home Saturday," he said, "sat around a while, took a nap and decided I did not want to go out to dinner, so I drank a part of a bottle of stale milk and went to bed. I have spoken just two words since I went away Saturday. They are the name of a brand of cigar, and I used them in buying a smoke."

"Didn't you speak to the waiter where you got your meals?" asked a friend.

"Not a word," said the owner of the grouch. "I ate in a nickle-in-the-slot place."—New York Sun.

Motor Lawn Mower.
A British naval officer is the inventor of a motor-operated, chain-driven lawn mower with adjustable speeds.

The course of true love requires a lot of money to keep it in repair.

And There Are Many Such.
A man appeared at the children's home to adopt a boy. Among the children playing in the yard was a boy who had just arrived. He was ragged and dirty.
The man decided to take him and said: "Son, go get ready now and we shall soon be off."
"Mister," said the boy seriously, "I ain't got nothing to get ready with."—Exchange.

When it comes to dispensing wisdom the average man thinks that he has Solomon beaten.

MANY WOMEN AVOID OPERATIONS

Through the Use of Lydia E. Pinkham's Vegetable Compound

Two Interesting Cases

Some female troubles may through neglect reach a stage when an operation is necessary. But most of the common ailments are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear, take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. Many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Mrs. Edwards Avoids Operation
Wilson, N. C.—"For about a year I was not able to do anything, not even my housework, because of the pains in my sides and the bearing-down pains. I could only lie around the house. The doctor said nothing but an operation would help me, but I tried different medicines which did



25¢ AND 75¢ PACKAGES EVERYWHERE

no good, until my sister insisted on my trying Lydia E. Pinkham's Vegetable Compound. She said there was nothing like it. I know that she was right, for I began to improve with the first bottle and it has done me more good than anything else. I am able now to do anything on the farm or in my home and I recommend it to my friends."—LILLIE EDWARDS, R.F.D. 3, Box 44, Wilson, N. C.

Another Operation Avoided
Akron, Ohio.—"I can never praise Lydia E. Pinkham's Vegetable Compound too highly for what it has done for me. I had such pains and weakness that the doctor told me nothing but an operation would help me. But my mother had taken the Vegetable Compound and she told me what it had done for her, and so I took it and I am glad to tell every one that it made me a strong woman, and I have had two children since then."—Mrs. R. G. WESTOVER, 325 Grant Street, Akron, Ohio.

Lydia E. Pinkham's Private Text-Book upon "Ailments 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.

DIFFERENT KIND OF CAPTAIN

That Particular Police Official Was the Incarcerator, Not Liberator, of Suspected Persons.

The letters O. R. following a name on the slate at the city prison mean that the person named has been released from jail on his own recognizance, or without being required to give bond. Naturally, the first thought of an attorney representing a prisoner is to obtain the release of his client on his O. R.

Several days ago a lawyer walked into the office of Edward Shubert, captain of police, at headquarters and made an eloquent plea for the release on his own recognizance of a craps shooter. His plea fell on deaf ears.

"Say, look here, you've got the wrong captain," Shubert said. "There's the let 'em pass out captain over there. I'm the put 'em in captain." The lawyer left the office, shaking his head.—Indianapolis News.

Man Owes Much to the Birds.
Birds help keep down many insect pests even when they are not sufficiently numerous to exterminate them over a large area of infestation, and there are many instances where the saving of a crop appears to be entirely the work of birds.

Too much honey is sometimes as bad as too much gail.

What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly part with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of coffee? Coffee contains caffeine, a harmful drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice of comfort or satisfaction. Drink Postum instead of coffee.

Postum is a pure, cereal beverage—wholesome and delicious—a safeguard for health.

"There's a Reason" for Postum

Made by Postum Cereal Co., Inc. Battle Creek, Mich.

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.

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

AS SURE AS DAWN BRINGS A NEW DAY

CASCARA QUININE

It will break that Old and Stubborn Constipation. Write for FREE SAMPLE. W. H. HILL CO., CHICAGO, ILL.

PARKER'S HAIR BALSAM

Restores Color and Beauty to Gray and Faded Hair. 50c and \$1.00 at Druggists. H. H. PARKER, 20 N. WALTON ST., CHICAGO, ILL.

HINDERCORNS

Removes Corns, Calluses, etc., from all parts, causes comfort to the feet, makes walking easy. 50c, by mail or at Druggists. H. H. PARKER, 20 N. WALTON ST., CHICAGO, ILL.