

### "Lucile is the Happiest Girl"

So many mothers nowadays talk about giving their children fruit juices, as if this were a new discovery. As a matter of fact, for over fifty years, mothers have been accomplishing results far surpassing anything you can secure from home prepared fruit juices, by using pure, wholesome California Fig Syrup, which is prepared under the most exacting laboratory supervision from ripe California Figs, richest of all fruits in laxative and nourishing properties.



It's marvelous to see how bilious, weak, feverish, sallow, constipated, under-nourished children respond to its gentle influence; how their breath clears up, color flames in their cheeks, and they become sturdy, playful, energetic again. A Western mother, Mrs. H. J. Stoll, Valley P. O., Nebraska, says: "My little daughter, Roma Lucile, was constipated from babyhood. I became worried about her and decided to give her some California Fig Syrup. It stopped her constipation quick; and the way it improved her color and made her pick up made me realize how run-down she had been. She is so sturdy and well now, and always in such good humor that neighbors say she's the happiest girl in the West."

Like all good things, California Fig Syrup is limited, but you can always get the genuine by looking for the name "California" on the carton.

#### Island Bird Sanctuary

St. Kilda, a lonely island some seven miles in circumference off the outer Hebrides, has been sold by the former owner, Sir Reginald MacLeod, to an ornithologist who wishes his identity to remain hidden. This buyer plans to keep the island in its natural state so it may remain an ocean sanctuary for the sea birds which migrate there in great numbers. Under the terms of the proposed plan it will be possible for tourists to land and visit the huge island aviary, but no buildings will be placed on the land.

#### BRONCHIAL IRRITATION

Hagerstown, Md. — "When I was a child I was suffering from weak and irritated bronchials I took Dr. Pierce's Golden Medical Discovery and it cleared up the trouble and left me feeling fine," said Mrs. Lula Boward of 814 South Potomac St. "Dr. Pierce's Discovery is reliable and good for what it is recommended."



What both men and women require when in an overworked, nervous, run-down condition, or recovering from a hard cold or the grippe, is Dr. Pierce's Discovery. Druggists.

For free medical advice write to Doctor Pierce's Clinic in Buffalo, N. Y., using the coupon blank wrapped with bottle of Dr. Pierce's Discovery

#### Horse-Radish

In one of the showings of horses in the coliseum at the state fair the judges had great difficulty determining the first and second awards. "Have them canter and lope," requested the judges. "Why, mamma, that's what we had for dinner," exclaimed a young hopeful. "What dear?" "Why, canterlope." — Indianapolis News.

#### RHEUMATIC PAINS

relieved this quick way  
If the stabbing pains of rheumatism are crippling you, rub on good old St. Jacobs Oil. Relief comes in a minute! This famous remedy draws out pain and inflammation. It's the quick, safe way to stop aches and pains of Rheumatism, Neuritis, Lumbago or Backache, Neuralgia or swollen joints. No blistering. No burning. Get a small bottle at any drug store.

#### Sonny Grows Up

"You think we need an extra bath-room, John?"  
"Yes, Bert will be learning to shave soon."  
In casual conversation about people's faults, every gun is likely to be loaded. Be careful.

#### Feeling Stale?

Few are free from the occasional constipation that comes from irregular eating and hurried living. To release yourself promptly from the heaviness and sluggishness that comes now and then, drink a cup or two of Garfield Tea. Its action is natural and certain, completely harmless. Splendid, too, for children.

At your nearest drug store  
**GARFIELD TEA**  
A Natural Laxative Drink

#### CHERRY-GLYCERINE COMPOUND

For Coughs due to Colds, Minor Bronchial and Throat Irritations  
JAS. HAILY & SON, Baltimore, Md.

### Two Dumbbells Out of Dubuque

By FANNIE HURST

(© by McClure Newspaper Syndicate.) (WNU Service)

WHEN the Kammerer children were asked their father's occupation, they replied "Kammerer the Grocer," with no sense of humble admission. In their city, "Kammerer the Grocer" was the finest, most de luxe institution of its kind in town. Indeed, there were those who moved away to metropolises like New York and Chicago, who found it necessary to write back to Kammerer for certain delicacies such as exotic spices, fruits, that were obtainable nowhere else.

"Kammerer the Grocer" was not just the corner tradesman catering to the green-and-tinned-needs of a small neighborhood area. Kammerer's baking, delicatessen, vegetable, fruit, tinned and staples departments were so complicated and highly organized as any big business.

The stamp of Kammerer was the insignia of a housewife's ability to supply her family with the best.

Aesop Kammerer, while he did not actually serve the trade, could be found on the premises of the business from early morning until late at night. There were rooms for particularly luxurious offices on the rear of the second floor, and he could either be found there, or in close and careful scrutiny of the needs of his various departments.

At no time of the day, except the noon hour, was a customer, asking for the head of the concern, likely to be told that he was out, or unavailable. Kammerer, who had built up this business almost single-handed, never relaxed his hold when success came. Nine and ten hours a day, six days a week, he gave it heart and body and soul, importunings of his wife and children to the contrary notwithstanding.

"Aesop, just think, our children have been to Europe six times now in all. Don't you think it high time we were entitled to just one holiday?"

"You're right, mother. That's what I'm planning. Next summer we'll join the young ones and see the world."

"Father, you've been saying that for six years, now."

"I mean it this time, mother. High time we were beginning to get something out of it. Next year this time the business can spare me."

The children, high-spirited twins of eighteen, were also of a mind. "Honestly dad, it's up to you and mother to come over with us next summer. You two darlings make us look snide, being so home grown."

"Never you mind, children, your father and I are going to France and Italy with you next June. It's coming to us."

And, finally, although as mother said, she didn't actually believe it until they were on the boat, the Kammerer family, four strong, did set sail for the European trip, which the older pair had been contemplating, planning, dreaming, for at least two-thirds of their married lives.

The youngsters, pampered in every form of travel and education, and to whom the voyage was an old story, set out upon this one in the high spirit of the adventure of experience leading innocence by the hand.

Within twenty-four hours after landing Aesop Kammerer and his wife were being swung through Europe according to the dictates of their two high-handed effervescent youngsters, who were determined on showing them "how it was done."

The results need not have been surprising, but they smote the parental Kammerers with something akin to humiliated dismay. The older pair who, according to all precepts and precedents, should have been having the time of their lives, found themselves overwhelmed with the most profound sense of inferiority it had ever been their ill fortune to even conceive.

Accustomed in their home city each to position of authority and social and business recognition, here they were, being led around by the noses, to speak, by two youngsters who were versed in aspects of life of which they had never even heard.

It was one thing to hear Amy and Robert recite the expedition of their summer travels, year after year, when they returned from the long and luxurious vacations afforded them by their stay-at-home parents. It was another matter to come face to face with these wonders of European civilization; wonders to which their children were inured, and stand there, as Mother Kammerer finally admitted to her husband, like two dumbbells out of Dubuque.

Their mutual admissions, kept hoarded from one another during the first six weeks of the trip, burst forth one night in their hotel room that overlooked the Arno in Florence.

"Aesop, you may not know it, but we're a pair of what the children would call 'dumbbells out of Dubuque.'"

He had been sitting beside the window, resting his tired and aching feet upon a pillow when this outburst came, and he turned upon his wife the tired defeated eyes she had been noticing in him for weeks.

"It's terrible, mother. If I have to face another art gallery or another cathedral and pretend to those youngsters that I know what it's all about, you'll about have to ship home my ashes in an urn."

"And the degrading part of it is,

Aesop, Amy and Robert love and understand those pictures and the beauty of the architecture. There's just no use my pretending, Aesop, I don't know a Del Sarto from a Raphael, and the worst of it is, I don't care. I'm tired, papa. My neck aches from galleries as much as your feet do."

"The beauty is there alright, mother. It's just that we haven't had the time to prepare ourselves to admire it, the way the children have. The whole world's not crazy, traveling these countries over for the wonders of their art and beauty. It's just that we Kammerers the Grocers haven't had time to become anything else."

"There's something in that, father," said his wife, easing the back of her neck with a ministering of witch-hazel. "I long, just as much as you do, to be able to make the children feel we're up to it, but I may as well confess, Aesop, I don't know what it's all about. Take that lecture today in the gallery on Siennese art of the Fifteenth century, it wasn't easy to follow what he was saying, father, the way it was for the children because they've had enough preparation for travel, to know what it was all about."

"Exactly, mother! While we've been at home, being grocers, our children have been preparing themselves to enjoy the things we will be outcasts from all our lives, if we don't hurry up and begin to lay the ground work for us to enjoy it, too."

"Now, what do you mean by that, Aesop?" asked his wife.

What he meant by that was to come as a great shock in the lives of Robert and Amy when they heard it, and the way they heard it was this:

One evening in the bar of the Excelsior hotel in Rome, over cocktails, Robert said to his sister:

"This trip is an awful frost, Amy. Good Lord, if I had known the governor and the governor's lady were going to be a pair of sawdust babies on our hands! Did you see the poor old mater flop down for a cat nap today in the house of Livia, right in front of the murals?"

"Yes, and it would have to be in front of 'Io Guarded by Argus.' I wouldn't say it to the dears for worlds, but can you imagine how they would welcome taking an earlier boat home? We could hop down to Antibes then for a couple of months on the Riviera."

"I'll be the last to suggest it to them."

"Leave it to me, darling. I know the mother like a book. She will jump at the release!"

It was at this point that Aesop walked in on his progeny who were tossing off the remains of their cocktails.

"Say, Rob, say Amy, what say? Here in this envelope I've two transportation back home."

"Oh, father—not quitting us, are you?"

"No. You're quitting us. Ma and I have made up our minds to stay over in Europe this year, and catch on to this thing called the culture game. I'm going to need you two children back home. Rob, you're going to take charge of the fruit and vegetable departments, A to Z and Amy, I've wired back to our Miss Punt to take you on in her department and get you limbered up in the fascinating study of imported spices."

"Why, father—"

"Nope. You mother and I aren't going to need you around for the next little while. We're going to get ourselves ready, the way we did you, to know what it's all about."

And so it was, that the house of Aesop Kammerer, Fancy Grocers, found itself presented with a new manager of the fruit and vegetable department as well as an assistant to Miss Punt, in the fascinating department of rare and exotic spices.

#### Small Food Difference in the Cereal Grains

The cereal grains are the backbone of the nutrition of most of the races of the earth. They are, as a rule, the cheapest sources of food fuel; so that corn, wheat, rice, barley and oat kernels are to be found constituting a third or often much more of the calory intake of the millions of persons involved. Some of these cereal products are used in almost the same form as nature. They may be ground or pulverized and cooked, but not otherwise greatly altered.

On the other hand, a few of the cereal seeds are manipulated or milled so that a part of the natural kernel is discarded. This is notably true of rice and wheat; in lesser degree also of corn. Aside from these alterations, however, there is a running debate as to the relative nutritive values and physiologic properties of the various cereals.

From the chemist's standpoint there is little occasion to attribute any especial superiority to one of the cereal grains over its usual competitors. All are abundant in starch, have a modicum of protein that does not quite match most animal proteins in biologic value, include essentially the same contents of a few inorganic ingredients, and have a complement of vitamins that is not conspicuous or diversified. Despite this, one may observe the dispute of relative virtues entering from time to time into the propaganda for trade preference.—Journal of Nutrition.

#### Wealth Often Hindrance

People often live as though wealth were the greatest good, sacrificing to it health, happiness, even conscience itself. Don't feel bad if you haven't everything you want. Be glad that you are comfortable and able to strive for the things of life.—Grit.

### Comes Now Urge to Buy New Hat

By CHERIE NICHOLAS



AS HAS been and always will be in midseason, the first gesture which a winter-weary woman makes toward spring is to buy a new hat. Seeking signs of spring, fashion's followers will find their fondest hopes realized in the realm of new millinery where midday's chapeau has blossomed forth ere snows have melted from the ground, in full regalia of flowers, ribbons and refreshing straws. Which may be taken literally for more flowers are being used than is usual for this time of the year, and straws of every description are flourishing at such a rate as to lead those who watch "which way the wind blows" to prophesy that it is to be a "straw season."

The new shapes are thrilling. So different! So far as the beret, the sailor and the cloche are concerned, they are staging a sort of all-star performance. All three are in the limelight with, however, startling variations.

High spots on the millinery program are, first of all, the tendency of brims to turn up at the back. Even the familiar cloche makes itself look new by turning its brim up flat to its crown at the back (see the cloche pictured in lower right corner of the illustration).

Then, too, hats must be worn at an angle. As to the jaunty beret, it simply clings to one side of the head, and how it stays on is often a mystery, yet not such a mystery, for, believe it or not, hatpins are "in" again. That is, some of the smartest berets made of black satin (ever so good looking for midseason) are held in place on the head with two pearl-knobbed pins thrust through the crown. Then, again, the popular quill trimming, as the first model in the picture shows, is preferred. So flat are many of these little hats, they are called pancake berets. Many of them are made of satin ribbon, others of fabric, especially black satin, while those of hand-sewed

straw braid will be very fashionable. The toque or beret with a peak is also exploited. In fact, the peaked crown is a favorite topic among designers.

Brimms are taken for granted this season. They excite interest in that their contours are so unusual. A favorite among youthful fashions is what is called the "baby brim," which turns up all around in an even cuff. The hat at the top, to the right in this group, is a version of this new mode. This style is very smart in felt, either in pastel coloring or in street shades. Note the upright positioning of the feather trim. High effects like this express a trend which is being greatly emphasized.

The straw sailor worn with a tilt and a tilt is outstanding for spring. The model centered in the picture is of black straw. Paris hats declare a vogue for rough shiny straws and for lustrous cellophane effects. Of the sailor here illustrated, it may be said that it has a very conservative pose. In some instances the brim is worn at such an angle that it would seem that only a hatpin would save it from falling off.

As a "last word" hat fashion, we call attention to the pert little shape shown in the lower left corner of the picture. It is one of the Louis Seize models which you will be hearing much about the coming season. Its characteristics are its shallow crown, the narrowness of its brim and, most important of all, the upturn of this brim at the back. Imagine this model in straw or in felt, for it is shown in both. Sometimes it is banked in at the back with flowers, then again ribbon bows are massed in a way to fill in the space over the coiffure. Smart Parisiennes are wearing these little coquettish shapes at a daring angle. It remains to be seen how popular the very shallow crowns will become with American women. Watteau bandeaux hats are very much in fashion.

(© 1932, Western Newspaper Union.)

#### FOR WINTER SPORTS

By CHERIE NICHOLAS



Here is a practical winter sports suit in blue corduroy. The long fitted Russian blouse, buttoned chin high, is being featured among fashions at the Lake Placid Olympics. The practical zipper fastening means labor saving for cold fingers. A lambs-wool lining defies zero weather.

#### Flag Scarfs

Very new indeed and very smart are the huge square scarfs of chiffon wool made of different colored squares put together so that they resemble signal flags. There are belts to match. They are grand to wear with fur coats.

#### GO TO BUTTERFLIES FOR SPRING COLORS

If you would like to know what some of the colors are that will find themselves in conspicuous seats of approval for the spring style shows, take your little net and chase a few butterflies. If it is too cold now then go to the nearest museum, or library, and study the gorgeous colored plates and specimens.

They carry many future fashion secrets on their delicate wings, not alone for color, but for the gracefulness of their slender bodies, and the exquisite combinations of shades and nuances that they seem to have captured while hovering over myriads of brilliant flowers.

Watch the blues carefully and note the delicacy of change in the tones that you find. These same elusive shades will be found in your spring frocks. There will be hints of periwinkle, of dusty sapphires, and of amethysts behind blue mists.

#### Pick Winter Additions

##### With Thought of Spring

Styles are all set for spring. Winter is not over, however, and certain reparations and additions to the winter wardrobe may be necessary before real spring clothes can be worn without menace of pneumonia and other evils. By taking the first spring fashions into account, however, it is possible to choose anything new in your winter outfit so it can be worn into spring, as well.

If you just must have a new frock to wear under your winter coat, then select something you can wear later without that coat. A dress that has the earmarks of a coat dress is the thing to choose, and see to it that this dress is in a springlike color and fabric. Silk serge that looks like wool, or wool serge that looks more like satin, would be the smartest choice for such a frock.

**STOP YOUR COLD IN 6 HOURS WITH DAROL**  
Breaks a cold in 6 hours. Drives it away in 12 hours. Relieves Headache—Neuralgia—Pains.  
McKesson & Robbins  
Quality Since 1833

**Swedes Enjoy Long Life**  
A Swedish record for longevity seems to be held by the inhabitants of the little parish of Kisa, in central Sweden. The latest figures showed that out of a population of 4,000, 92 persons were over eighty, and of these, ten were over ninety. Some years ago Kisa had Sweden's oldest inhabitant, the farmer Sven Eriksson, who died at one hundred and five and a half years.



#### CHILD need REGULATING?

##### CASTORIA WILL DO IT!

When your child needs regulating, remember this: the organs of babies and children are delicate. Little bowels must be gently urged—never forced. That's why Castoria is used by so many doctors and mothers. It is especially made for children's ailments; contains no harsh, harmful drugs, no narcotics. You can safely give it to young infants for colic pains. Yet it is an equally effective regulator for older children. The next time your child has a little cold or fever, or a digestive upset, give him the help of Castoria, the children's own remedy. Genuine Castoria always has the name:



**Brain Model in Neon Tubes**  
An illuminated model of the human brain and central nerve system has been made by two physicians of Vienna, Austria. One hundred pieces of neon tube were used. The glass construction enables the showing of both exterior and interior parts, each particular section being illuminated as desired during lectures.



**Lioness Followed Girls**  
Escaping from her cage in Earl Shilton, England, Zenita, seven-year-old lioness, quietly followed a crowd of well-fed girls just returning from dinner to a hosiery factory. The girls scattered, but Zenita raided a vegetable garden and was captured later in the factory yard.

#### Easy to darken GRAY HAIR this quick way

##### so naturally nobody'll know

Now without using dangerous dyes you can darken gray hair naturally, quickly restore its original shade by the world's finest, safe way which is now keeping millions of heads young looking. Benefits the hair as it darkens it to the shade you want. As simple as brushing. Try it. Pay druggist 75c for a large bottle of WYETH'S SAGE & SULPHUR and just follow easy directions.

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At the Foremost Desert Resort of the West—marvelous climate—warm sunny days—clear starlit nights—dry invigorating air—splendid roads—gorgeous mountain scenes—finest hotels—the ideal winter home.

#### PALM SPRINGS California

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(Dissolved Limestone)  
Highest Analysis—Quickest Results  
For lowest L. no prices write  
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