

USE RAISINS FOR TONIC ADVISES MRS. WILSON

Some Delicious Recipes Which Use the Fruit of the Vine in Combination With Other of Tree and Bush

By MRS. M. A. WILSON

YEARS ago, when one felt out of spirits and all tired out in the early spring, one usually went to one's physician for a spring tonic. This latter tasting mixture often made you wonder if the chemist has found in nature's fruits of the vine a splendid all-year-round food of real nutritive and chemical value.

The raisin contains many of the needed minerals, not only during the early spring, but also during the entire year.

The Peruvian housewife adds about one-third of a package of seedless raisins to the hot porridge and makes a most delicious in goulashes and ragouts.

The high sugar content of the raisin makes it an ideal fruit to use with cranberries, even pumpkin and raisin pie is simply delicious.

Alphe and Raisin Butter Wash two apples and then cut in pieces and place in a saucepan with four cups of cold water.

Raisin Pudding Grandmother Stillwell, way up in Connecticut used to make a pudding that simply defied description—it was so very good, people used to come for miles around for the recipe.

Raisin Sauce Use the grated rind of one-half lemon and then place in a saucepan and add one cup of sugar.

Alphe and Raisin Butter Wash two apples and then cut in pieces and place in a saucepan with four cups of cold water.

LEG O' MUTTON SLEEVE HAS COME BACK AGAIN



By CORINNE LOWE

There, for example, is the long sleeve which Lanvin has had us slip from shoulder to wrist or perhaps from elbow downward. There, too, are the Christopher Columbus cuffs, which the same—lance commander has added to some of her smartest models.

Making More Money

"Every one asks me how I happened to become a forest guard," admits Helen Howe, sole landlady in the little house situated on the top of the "cloud" forest in the "Rock National Forest" in Colorado.

WE DIDN'T GO UP

so we don't have to come down. While other foods soared to war-time prices we advanced the price of Shredded Wheat very little—so little you didn't feel it. Considering its nutritive value Shredded Wheat Biscuit is the cheapest food in the world today. It is 100 per cent whole wheat prepared in a digestible form. Contains more real nutriment than beef, or eggs, and costs much less.

For a warm, nourishing breakfast or lunch that puts you on your toes heat two Biscuits in the oven to restore their crispness, pour hot milk over them, adding a little salt. Costs but a few cents.



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Is Superior in Style and Quality and Lower in Price

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Boys' \$15 Norfolk Suits, \$10

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3600 Pairs of Mens 35c Socks, 6 Pairs for \$1.00

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\$24

Is Our New Price for a Fine Line of Spring Suits for Men and Young Men

A Price Which Is a Direct Challenge to All Other Clothiers.

A Challenge Which Snellenburg's Alone Can Issue, With Our Big Clothing Company Behind Our Big Clothing Store.

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Women's Gloves \$1.65

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Women's Silk Hand Bags \$1.59

Women's Hand Beaded Bags \$8.95

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Real Leather Boston Bags \$1.85

Genuine Cowhide Traveling Bags \$11.00

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Outing Flannel 12 1/2c

Seamless Sheets \$1.23

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Bleached Sheeting 37c

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Women's Wool Scarfs \$1.97

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Women's Corsets \$1.69

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Men's Sweaters \$4.50

Men's Sweaters \$4.50

DREAMLAND ADVENTURES

JUDGE OWLS SECRETS BY DADDY

The Grumpy Millionaire

"This is a story about how Robbie Robin's money saving helped him to get a fine new home."

"One day there came up a white steam and the old house began to glow."

"When the storm was over and the children crept out of the cellar there hadn't anything of the house left except broken boards."

"The grumpy millionaire was woken when he saw the broken down house, he didn't slow it. He just smiled and grinned."

"And that is what the orphan boys did. They gathered up boards from the broken house and built a house for the orphan boys."

"Robbie Robin sang to the boys as they built the camp, trying to cheer them up. And he did cheer them up, for they were all laughing and singing with laughing talk and dancing steps."

"See that robin cheering up the orphan boys?" said the mother. "If that little bird could give the grumpy millionaire some of his merry feeling, he wouldn't help building a new home for the orphan children."

"That seemed a good idea to Robbie Robin, and so he flew away to the grumpy millionaire's office. He sang his merry little song, building up the millionaire to look up from his work. But the millionaire kept on working and he scowled as he worked home, although Robbie Robin sang and sang until his throat was sore."

"Robbie Robin slept soundly that night, but at the first streak of daylight he was back on the job again. He sang the merryest of merry good morning songs to the grumpy millionaire. 'Go away! Go away! You bother me with your singing,' cried the grumpy millionaire from his window, and he looked at his watch as Robbie Robin sang. And after awhile the song began to annoy him. It was so noisy that he closed his windows in the breast of the grumpy millionaire that he had felt the money a long time, feelings of kindness and good nature, of friendliness to others."

"Sing happy! Be merry! Be merry!" sang Robbie Robin at the top of his lungs, and presently the grumpy millionaire began to smile.

"I wish I could be as merry as you are, little bird," said the grumpy millionaire to the robin. "Be kind, be good," sang Robbie Robin. "Be kind! Be good!" and you'll be merry."

"They came to the place where the orphan boys and girls were camping