Yes

it's toasted, of course. To seal in the flavor—

Product of The American Tobacco Co.

Strategy.

"Now, you fellows, help yourselves to the cigars," cried Smith genially, after dinner. "They are some my wife gave me for a birthday present."

Gently, but firmly, man after man vowed that he had sworn off smoking, and the dinner party ended in a ghastly fizzle.

"Whatever did you tell us a lie about those cigars for?" asked Mrs. Smith, in angry surprise when the guests had departed. "You know very well that I gave you gloves for a birthday present."

"Oh, that's all right, Mary," replied Smith, blandly. "That box of cigars cost me $11 and I can't afford to give any of them away."—Edinburgh Scotsman.

Homily on Golf.

Men take up golf for the exercise—as a game it makes walking most interesting.

An inexperienced player going over an 18-hole course will perhaps cover five miles. The more proficient he becomes at the game the less he walks, ergo, the less exercise he gets.

So, if you are taking up golf for the exercise, what is the sense of becoming expert and thus reducing the amount of exercise? The answer is that an American doesn't want to be a "dub" at anything.—St. Louis Star.

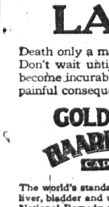
Have You Backache?

Kidney and Bladder Trouble?

Read What Mrs. Rounds Says.

Lansing, Mich.—"Less than a year ago my husband came home from his work complaining of a terrific backache. He had been bothered with bladder weakness and a puffiness under the eyes. We thought he might have a cold which settled on the kidneys and he decided to take Dr. Pierce's Anuric Tablets. These tablets gave him immediate relief and from that time to now he has not had the least sign of a backache and his bladder has been greatly strengthened. He speaks very highly of Dr. Pierce's Anuric Tablets and I am sure they did him a world of good."—Mrs. Perry Rounds, 1720 Maplewood Ave.

These "An-uric" (anti-uric acid) tablets of Dr. Pierce's sweep from the blood the uric acid which in excess causes rheumatism, gout, lumbago, sciatica. Send Dr. Pierce at Invalids' Hotel in Buffalo, N. Y., 10c for trial pkg.



PALMER'S LOTION

A HOUSEHOLD NECESSITY FOR BURNS, BITES, CUTS, ECZEMA AND ITCHING SKIN AND SCALP TROUBLES

ALL DRUGGISTS. GUARANTEED BY SOLON PALMER NEW YORK

PALMER'S LOTION

REMOVED ALL MY PIMPLES AND CLEARED MY COMPLEXION

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1696. Three sizes, all druggists.

Look for the name Gold Medal on every box, and accept no imitation.

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

CONDENSED CLASSICS

ON THE HEIGHTS

By BERTHOLD AUERBACH

Condensation by Rev. R. Perry Bush, D. D.

Berthold Auerbach, German novelist, was born on the 28th of February, 1812, at Nordstetten in the Wurttemberg Black Forest. His parents were Jews and intended their son for the ministry; but after studying philosophy at Tubingen, Munich and Heidelberg, and becoming estranged from the Jewish orthodoxy by the study of Spinoza, he devoted himself to literature.

Auerbach's beginning was a most fortunate one, as he wrote a romance on the life of Spinoza (1837) "so interesting in itself, and so close in its adherence to fact," that it may be read with equal advantage as a novel, or as a biography. He also translated the works of Spinoza.

The author won his fame chiefly through his stories of peasant life in the Black forest, in which he depicts the life of the South German peasant, as Albrecht Hitzeis painted the peasantry of Switzerland.

After writing many stories of this order, Auerbach later returned to his first phase as a novelist, and wrote "On the Heights," and other romances of a more speculative and philosophical tendency, turning upon plots invented by himself, but with the exception of "On the Heights," which has always been a great favorite, these romances were not very popular.

Auerbach died at Cannes, France, on the 8th of February, 1882. A list of his works contains "Dichter und Kaufmann," "Schwarzwalder Dorfgeschichten," "Barfuesser," "Edelweiss," "Das Landhaus am Rhein" and a number of others.

A GERMAN court. A king stately of bearing and of good repute, and a queen sweet and beautiful, but abhorring those who in the least digress from the straight and narrow path, and intent above all else in preserving her own immaculate purity.

The lady of the bedchamber, Countess Irma von Wildenort, daughter of a noble sire, who spent his life in improving his domains and serving his neighbors, but who lived alone and self-centered, leaving his children to grow up with little of his advice and not too much expression of his affection. The chief chaplain, physician to the queen, a man straightforward and truthful, whose wife and daughters never appeared at court.

These, with Countess Brinkinstein, the high-priestess of etiquette and decorum; Bruno, Countess Irma's brother, and others who appear less prominently, were the characters, the intermingling of whose lives furnishes a story of the expiating of sin, full of warning to those who are on the brink of wrongdoing and replete with suggestion to the self-sanctified.

The story opens with the birth of a prince in the royal household. A nurse from the Highlands is found in Walpurga, wife of Hansal, an humble peasant, whom the queen kissed upon her arrival, and this being so contrary to the etiquette of the court, is taken up by the scandal-mongers and recorded in the newspapers, offending the king and awakening his thought that the queen is weak and sentimental.

Countess Irma, because of her official position, has access at all times to the young prince's apartments and it is soon apparent that she is fast attaining royal favor, one day the king lays his hand upon hers and looks at her in such a manner that Walpurga tells her it is improper, but is advised to attend to her own affairs, and the countess writing to a friend, boasts that the king prefers her above all others and that he has given her a feather from an eagle that he shot.

Later, when they are alone together, the king asks the countess, if when they are by themselves, he may call her his "true comrade" and makes remarks implying that the queen and he are not in closest harmony.

The devotion of his wife, however, is abundantly attested by a mighty struggle through which she passes. She was a Protestant and the king a Catholic and out of love to him she resolves to give up her religion, but instead of pleasing his majesty, this only makes him angry because he takes it to be another token of her weakness, and he gets Dr. Gunther to dissuade her from such a course. He also sends flowers every day to Countess Irma, who is flattered, but away down in her heart she is offended, and she writes her friend that she feels herself altogether alone in the world.

Soon after this the king goes on a hunting trip and he asks the queen to have the countess write to him about the baby prince. The queen begins to be suspicious of her husband and the scandal concerning the relations of the king and Irma increases.

In the midst of the turmoil, the countess is called home to her father, but he and she did not understand each other, and when—after a while—a letter signed by the king and the ladies of the court requests that she return to them, Irma after some hesitation complies, and one day near a statue of liberty for which the countess was the model, the king clasps her in his arms and imprints the "kiss of eternity" upon her lips. Later at a ball he tells her that she is beautiful and that he loves her, and she consoles herself with the thought that "the priest gave him to the queen but nature gave him to her."

At an opportune moment her brother Bruno tells Irma that her actions are the talk of the town and the best way out of the matter is for her to get married. Colonel von Bronnen, a noble courtier, proposes to her but is rejected, and the countess begins to realize that: "It is hell to be conscious of guilt and yet remain beside a pure and happy creature."

In the meantime, Walpurga completes her term of service, and before leaving for home calls upon Irma, who gives her a bag of gold won at the gaming table the night before.

In the little village in the Highlands, every one at first patronized Walpurga and Hansal, but receiving no favors at their hands, the people show that human nature is the same there as at court, for they circulate all sorts of scandalous tales concerning them, but when the happy couple purchase an extensive "freehold" the good wishes of all their old friends go with them to their new abode. At this juncture, some one at court writes to Irma's father, informing him that she is "the king's mistress" and at the news he is fatally stricken, but before he passes away he presses his hand to his daughter's brow and she interprets the act as setting there the mark of Cain and wears a bandage over it forever after.

Irma is now in a terrible state of mind and when the king writes to her: "I alone can kiss away the shadows that cloud your brow" it only increases her desperation and she resolves upon suicide.

She writes thus to the queen: "I expiate my crime in death." And to the king: "We are treading the wrong path. You belong not to yourself alone, but to your people. Death is my expiation for sin. Life must be yours. God knows we did not mean to do wrong."

On the way to end her life, the countess meets a pitiable woman who had been ruined by her brother, Bruno. This woman drowns herself in the lake and Irma stumbles on, bruised and bewildered, and is found by Walpurga and Hansal on their journey to their newly purchased freehold. Concealing her identity from all but Walpurga, she accompanies the party to their mountain home.

Report of the countess' death soon spreads abroad and search is made for her body, but no trace of it is found, yet a tablet is erected by the lake bearing this inscription: "Here perished Irma, Countess of Wildenort, in the twenty-first year of her life. Traveler, pray for and honor her memory."

Back at court, the king upon receiving Irma's letter is deeply repentant and saddened by the reflection that "there is no greatness without morality." He goes to the queen's room to ask her forgiveness, but she is full of bitterness and feigns to be asleep, and later she vents her spite and vituperation upon him.

The king thinks that Dr. Gunther is responsible for this, and the physician is discharged and goes back to live in his old home in the Highlands.

For three years Irma lives with Walpurga, supposedly dead, but really expiating her sin and so growing in sweetness and purity, that all who enter her presence look upon her as an angel and are lifted and inspired.

At length on a day when the king and queen and the court are at a nearby village, Irma fatally ill, sends for Dr. Gunther, who hastens to her side and placing his hand upon her forehead pronounces this benediction: "In your father's name I bless you and with this I kiss away your burdens. You are free."

Walpurga hastens to the queen who is now stricken with self-condemnation for her hateful spirit and her unjust pride in her own virtue. She realizes that Irma's penance is one through which she herself ought to pass and when she reaches the shepherd's hut there is mutual forgiveness.

The king has been hunting in the vicinity. Since receiving Irma's letter, he has lived a manly life, and in penitence has sought to promote the welfare of all his people. Word is conveyed to him of what is taking place, and he rides with all haste, but arrives on the scene only to find that the countess has passed away; but his heart leaps with joy when the queen turns to him with the cry: "Forgive me, Kurt. You have expiated. You—alone. She—alone." Her majesty takes out an amulet, which she has worn next to her heart. It is the betrothal ring the king had given her and he puts it again upon her finger and clasps her in his arms.

The countess was laid at rest at early dawn. Down in the valley the king and queen were reading her journal. "They gazed at the rosy dawn and lifted their eyes to the mountains—to where Irma had been buried. On the Heights.

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Generous Affection.

"It is not true, is it, darling, that you love me for my money?"

"No, dear one, but I do not hold it against you."

Must Sleep or Die.

Quoth Sir Thomas Browne, "One-half our days we pass in the shadow of the earth and the brother of Death extracteth a third part of our lives." Why should we give so many hours to sleep? For the purpose, we suppose, of giving the body rest. But during the sleep no physical or mental function is entirely at rest. We do not know why we must sleep, we only know we must sleep or die."

Good Friday.

Good Friday has been observed since the earliest days of Christianity in memory of the crucifixion of Jesus Christ, which event is said to have occurred Friday, April 15, 29, A. D., or April 3, 33, A. D. The expression "Good (probably God's) Friday" is said to be peculiar to the Church of England. Good Friday is observed the Friday before Easter.

Women are not permitted to be photographed in China.

THIS WOMAN'S EXPERIENCE

Brings a Ray of Hope to Childless Women

Lowell, Mass.—"I had anemia from the time I was sixteen years old and very irregular. If I did any housecleaning or washing I would faint and have to be put to bed, my husband thinking every minute was my last. After reading your text-book for women I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and have never felt better than I have the last two years. I can work, eat, sleep, and feel as strong as can be. Doctors told me I could never have children—I was too weak—but after taking Vegetable Compound it strengthened me so I gave birth to an eight pound boy. I was well all the time, did all my work up to the last day, and had a natural birth. Everybody who knew me was surprised, and when they ask me what made me strong I tell them with great pleasure, 'I took Lydia E. Pinkham's Vegetable Compound and never felt better in my life.' Use this testimonial at any time."—Mrs. ELIZABETH SMART, 142 W. Sixth St., Lowell, Mass. This experience of Mrs. Smart is surely a strong recommendation for Lydia E. Pinkham's Vegetable Compound. It is only one of a great many similar cases.

PARKER'S HAIR BALSAM

Removes Dandruff. Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 60c and $1.00 at Druggists.

HINDERCORNS Removes Corns, Callouses, stops pain, insures tight to like feet, makes walking easy. 15c by mail or at Druggists. Hiscox Chemical Works, Patchogue, N. Y.

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

He Knew.

A tenderfoot arrived in the wild lands where the real cowboys come from. He had been told to ask for a certain ranch foreman who would give him a job. He went up to a man in the first village he came to.

"Have you been a tail fellow with a dark beard hanging around here?" he asked.

"Yes," said the man, "day before yesterday."

"You're sure?"

"Oh, yes. I had hold of the rope."

MOTHER! CLEAN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, cross, your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Worry in Store.

Harold Lloyd is telling the story of an old darkey "extra" who took two or three days to moan and groan his way through the income tax paper.

"Ah! now Ah got more worry," he announced after he had dotted the last "i" and crossed the final "T."

"What's wrong now?" asked Harold.

"Now," was the answer, "now befo' Ah can pay mah taxes Ah got to hunt all 'round an' locate the federal taxidermist's office."—Philadelphia Ledger.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription.

Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

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.

The Apprentice.

Lord Babbington was instructing the new colored servant in his duties, adding: "Now, Zeke, when I ring for you you must answer by saying, 'My lord, what will you have?'"

A few hours afterward, having occasion to summon the servant, his lordship was astonished with the following:

"My Gawd, what does you want now?"—Wayside Tales.

Some men know more than their wives and wisely keep it strictly to themselves.

Use **MURINE** Night and Morning

Keep Your Eyes Clean—Clear and Healthy

Write for Free Eye Care Book. Murine Co., Chicago, U.S.A.

Carrying On With the American Legion

Daniel Chester French, sculptor, who created "The Minute Man at Concord," has been selected to design the memorial for Massachusetts dead in the World war which is to be erected somewhere along the American sector in France. Henry Bacon, designer of the Lincoln Memorial in Washington, D. C., will be associated with him.

• • •

The Community House at Camp Custer, Mich., purchased by a Chicago company for $30,000, has been repurchased by the state of Michigan and will be presented to the American Legion for use as a hospital for sick and disabled veterans. The building will be improved at the expense of the state.

• • •

General Lafayette post of the American Legion, composed of New York City policemen, has mortgaged its Long Island clubhouse for $1,000, the money to be used in helping unemployed veterans. The policemen-Legionaires have pledged themselves to canvass their beats for jobs for their unfortunate "buddies."

• • •

"The Book of Misery" containing thousands of news clippings and letters describing the plight of America's World war veterans in the recent period of unemployment will be presented to Congress by the Legion as documentary evidence in favor of relief for ex-service men.

• • •

Unemployed ex-service men sleeping in Bryant Park, New York, were awakened one recent midnight by the sound of a bugle mess call. Seven hundred of the unfortunate men lined up for "chow". A committee representing the Grange Publicity Post of the American Legion, led the men to a restaurant where each was fed at the expense of the Legion post.

• • •

The American Legion has asked the shipping board to permit the use of the giant liner Lviathan as a temporary shelter for jobless ex-service men. The liner has been tied up at the Hoboken army docks for several months. During the war it transported 140,000 American troops to France.

• • •

Charles W. Seymour, of Hartford, Conn., tendered his resignation as state senator following his election to the commandership of the American Legion in Connecticut. Officers of the Legion cannot hold public office which is elective.

• • •

A twenty-acre park, known as "American Legion Park" has been dedicated by the city of Melrose, Minn., to the men of the city who were in service during the World war. The Melrose Legionnaires have established a children's playgrounds, a tourists' camping grounds and a baseball diamond.

• • •

Ex-soldiers and marines, members of the American Legion, were the heroes in the rescue work which followed the explosion of a tank containing 600,000 cubic feet of ammonia fumes in New York City. One of the former service men is accredited with having rescued ten persons from a tenement which had become filled with the fumes.

• • •

A "party" which is said to have cost $10,000 was given for Lt. Gordon Hamersley, who served as a lieutenant in the Sixth Field artillery of the First division, at his estate near Tarrytown on the Hudson. The guests were disabled soldiers of the First division and members of the Jeff Feigl post of the American Legion.

• • •

Emergency officers of the army disabled during the war "don't belong" on the retired list of the regular army, Secretary Weeks told officials of the American Legion, who are fostering a plan for their retirement on retirement pay of the emergency officers of the World war.

• • •

The first woman to hold the position of adjutant of a state department of the American Legion is Miss Honorah H. Gittings, of California. Miss Gittings served during the war as a yeomanette in the navy. She is acting adjutant of the California department.

• • •

Failure to doff his hat when the funeral cortege of an American soldier passed, caused Adam Kosloski to lose his job as constable at Sauk Rapids, Minn. A complaint against Kosloski was filed by members of the American Legion.

• • •

Five hundred deaf and dumb children of New York attended a showing of the film-play, "The Man Without a Country," as guests of the American Legion. Each child wrote an e-say on Americanism based on impressions of the play.

• • •

Five hundred unemployed veterans of the World war in New York were given employment as movie supers in the studios at Mamaroneck, Long Island.

• • •

The Mark-Hamilton post of the American Legion at Minneapolis is organizing its own band, orchestra, glee club, vaudeville teams and dramatic company.

• • •

Nashwauk, Minn., has turned over an abandoned school building to the American Legion for a club house. The building will be remodeled.

• • •

The American Legion post at Fairmont, Minn., has been awarded a 55-year lease on the former city water plant there at a rental of $1 a year. The building is valued at $25,000 and is in the heart of the business district. It will be converted into a clubhouse.

• • •

One hundred aliens manning the shipping board's fleet at Camp Eustis, Va., have been discharged and their places filled with unemployed American seaman, at the instance of the American Legion.

GREEN'S AUGUST FLOWER

The Remedy With a Record of Fifty-Five Years of Surpassing Excellence.

All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming up of food, wind on stomach, palpitation and other indications of digestive disorder, will find Green's August Flower an effective and most efficient remedy. For fifty-five years this medicine has been successfully used in millions of households all over the civilized world. Because of its remarkable merit and widespread popularity Green's August Flower can be found today wherever medicines are sold.—Advertisement.

No missionary work is so effective as the exemplary kind.

CURES COLDS — LA GRIPPE in 24 Hours — **CASCARA QUININE** — in 3 Days

STANDARD remedy world over. Demand red box bearing Mr. Hill's portrait and signature. At All Druggists—25 Cents. W. H. HILL COMPANY, DETROIT

EYES HURT?

Don't ignore the danger signals of aching eyes, red lids, bloodshot eyeballs, twitching Eye. Salve removes irritation, reduces inflammation, soothes pain.

HALL & RUCKEL 247 Waverly Pl., New York

Millionaire Society Offers Two High-Grade men, women live, nonliterary organizing Whole Family Insurance Clubs. Box 42, Columbus, O.

KREMOLA A WONDERFUL FACE BLEACH. Removes Tan, Liver Spots, Pimples, etc. Druggists or postpaid 60c. KREMOLA COMPANY, 2975 Michigan Ave., Chicago.

SAPOLIO

Finds countless uses in the kitchen. It cleans cutlery, kettles, tins, porcelain, china, earthenware, linoleum, oilcloth, refrigerators, tile, marble, shelves and floors. See that the name SAPOLIO is on every package.

ENOCH MORGAN'S SONS CO. *Sole Manufacturers* New York U. S. A.

MAKES POTS AND PANS LOOK LIKE NEW

Shining-up Days Are Here, Use

EZ STOVE POLISH

Its Shine Is Wonderful

Save the coupon for kitchen aprons. Marion & Marion, Mfrs., Chicago

A Busy Twenty Minutes.

In the next ten years astronomers have but 20 minutes in which to test Einstein's theory of gravitation—the moments of the solar eclipses they will work strenuously in an attempt to discover any deflection in the rays of light that pass the sun.—Scientific American.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No soap, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing. Advertisement

How It Happened.

"It seems to me that my career refutes the adage that poets are born, not made," asserted Tennyson J. Dutt, the versatile versificationist. "I gave no evidence of any rhyming ability until I was a few months over four years old. Then one day when I was riding to town with my father the wheel of the buggy dropped into a chuckhole and I was flung out and the wheel ran over my head."—Kansas City Star.

King George's Superstition.

King George, sane, healthy-minded man though he is, owns up to certain superstitions. He can't endure that a wineglass should ring, if accidentally touched, at his dinner table. The ringing will mean a death in his family, so he firmly believes. And if the slightest ring is heard, every member of his family and guest at his table jumps up on the instant and stands in silence. It's his wish.—London Opinion.

He Knew "Long Boy."

Little Billy, from the West, was with his parents on an extern tour. Among the places they visited was the home of Longfellow.

"What did Longfellow write?" Billy's sister asked their mother. But before she could answer, Billy said:

"Aw, he wrote 'Good by Maw, good by pa, good by mule with yer old hoe haw!'"

A man with a large family to support hasn't time to display an artistic temperament.

If a man begins "to go to pieces" it shows in the way he wears his clothes.

After Eden.

Adam—"Now we shall have to live in a house." Eve—"Certainly; I'll need a roof to dry my hair on."

DYED HER BABY'S COAT, A SKIRT AND CURTAINS

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new. Even if she has never dyed before, she can put a new, rich color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverlets, draperies, hangings, everything. Buy Diamond Dyes—no other kind—then perfect home dyeing is guaranteed. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade or run.—Advertisement.

DO YOUR TOES SPREAD OUT?

Mary E. Bayley, R. N., Tells What, in an Expert's Opinion, the Feet Should Be Like.

Does the great toe of your foot (or the big toes of both feet) continue in a straight line from the heel? And do your other toes spread apart? If this condition exists you have good under-standing feet, according to Mary E. Bayley, R. N., who tells in the Delineator what feet should be like. Her article has been approved by Dr. Virgil P. Gibney, surgeon in chief of the Hospital for the Relief of the Ruptured and Crippled, New York, and therefore bears the stamp of authority.

Too much care cannot be taken of the feet, Miss Bayley continues, as they are the keystone to correct body position and have much to do with one's health. Particular attention should be paid to shoe fitting between the ages of nine and fourteen, since this is the period of growth and expansion. Stockings, too, come in for discussion, as tight-fitting ones compress the toes and interfere with the circulation.

Possibly.

Creditor (determined)—I shall call at your house every week until you pay this account, sir.

Debtor (in the blandest tones)—Then, sir, there seems every probability of our acquaintaneship ripening into friendship!

Hospital doctors are one kind of ward healers.

This little bit of advice may help you regain your Health, Strength and Vitality

Thousands of people suffer from nervousness. They are run down and miserable without knowing the reason why.

They do not stop to think that much of their trouble may be caused by drinking tea and coffee which contain the drugs, thein and caffeine. When you over-stimulate the system for any period of time, the result may be nervousness with its many accompanying ills. You may fail to sleep properly and your sleep does not refresh you as it should.

Postum, made from scientifically roasted cereals, will help you to overcome all these conditions. For it contains only healthful substances, instead of drugs, as are found in tea and coffee.

Postum helps build sound nerve structure, by letting you get sound, restful sleep.

In flavor, Postum is much like high-grade coffee. In fact there are many people who prefer Postum for its savory flavor alone.

Order Postum from your grocer today. Serve this rich, fragrant beverage for the family. See how the children will like it, and how much better everybody will sleep at night.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum *for* Health "There's a Reason"