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# Spring Air

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### The Importance Spinal Therapy In Sickness

THE treatment of human aiments by manipulation of the Spinal Column and of other parts of the body is not naw. The physician of ancient thorough knowledge hanics of the Spinal of its close relation close relation-yous System and upon the whole

of its influence upon the whole organism.

For over torty years, the chropractors have been preaching the control of the chropractors have been preaching the control of the chropractors have been preaching the control of the chropractic think that it is good for conditions of the Spina Dherapy in the treatment of human silments. People who never had experience with chiropractic think that it good for conditions of the Spina laberapy in the treatment of human silments. Properties adjustments can reduce high blood pressure, can reduce high pressure pressure menous cases stand presentently.

Thousands of peptons, particularly women, who pass or are passing menopasse (change) will testify to this effect. Can person the can't can because it deals directly with the cause of the trouble thereby assisting nature which does the curing.

#### Peter D. Aristos D. C. Chiropractor

son Bldg. Birmingham Phone 15

### Paul Gleye veturned from Wa-bash, Jind., to ppend the week-end as the house guest of his parents, Mr. and Mrs. [Robert G. Bradley of Mohegan drive.] OF COMMITTEE OF COMMITTEES ARE APPOINTED

Miss Hattie Arden, new president of the Birmingham Soroptomist Club, named committee chairmen for the year Thursday Miss Arden and the other new officers of the organization assumed their duties at this meeting, which was held at Devon Cables.

#### Club Notes

The Michigan State College ex-tension class will meet at the home of Mrs. Carl Phillips on South Worth street, on Tuesday, Jan. 25, at one o'clock. The les-son will be "The Making spřeads."

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### Sleighing Party Is Held By Young Set

mean greet to some persons, our to members of the Junior Catholic Study Club, the recent blizzards; were an extuse for a party. Taking prompt advantage of Mother Nature, 19 members of the group participated in a sleigh ride Fiday mit. Harold C. Hol-den opened their home on Em-mons avenue to the young people.



St. James Episcopal Church Rev. Warner L. Forsyth, Rector

:30 p. m. Holy Day Masses, 6:15, 7, and 9 a. m

Intering working perfects confidenced at 145 h.m.

Redeemer Lutheran Church
Lilscoln nare Woodward
Rest Theodorf G. Wagner, 7s., pastor.
11:00 n.m.—Wagner, 7s., pastor.
11:00 n.m.—Warning Working
Linkury Methodist Church
Rev. Benaville Are.
Rev. Benaville Are.
Rev. Benaville Are.
Rev. Benaville Are.
School—10 A. M.
Scoring Working—11:10 a.m.
A Church Church School—10 A. M.
n. at the church.

Christ Church Crambrook
Rev. Dr. S. S. Marouis, rector
Rev. W. H. Auienach, assistant
v. Robert W. Woodroofe, Jr., curate
olly communion, 8 a. m. each Sunand 11 a. m. first Sunday of each
th. School: Brookside Division,
5 a. m.

Franklin M. E. Church
R. Franklin M. E. Church
R. Franklin M. E. Church
Roman Francis
Wilson, Paster
Sunday School, 19:11 a. m.
St. Hugo of the Hills Church
Tos Rev. Daniel T. Whollhan, paster
Land B. R. 10 and 11:45 a. m. and

Try Presbyterian Church
Livermois Road
Reverend John Beleb-Minister
Mrs. Edna M. Lee, Organiat and Director
of Music
Sunday School 10:00 a. m. Graded
classes for all ages.
Moraing Worship 11:30 a. m.



## College Knowledge

# ond need. First Methodist Church Maise Avenue West at Herietta Maise Avenue West at Herietta Maise Avenue West at Herietta Mais Bland Mergi, D. B. Directors Miss M. Directors Miss Miss So NOW are you Avocados Are Popular With Everyone Besides Being Economical to Model in the charte at Busin Bescalarets service of the graduating class of Baldwin high abroba. Avocados are available almost an eng beater and ret the year around, but their princifrigerator. Besides Being Economical to Serve

Avocado Open Sandwich Choose avocados that are w ripenéd and peel them thin Mash the meat thorougly, moving all lumpiness. Thon, each avocado add <sup>1</sup>/<sub>2</sub> teaspoon salt and 1 teaspoon of lem

Avocado Cocktail

Salt
Mix these ingredients together,
sill. Serve on crisp, cold leaves
romaine, garnished with a
sall dab of mayonnaise.

## Fashion Tips

Two of the Duchess of Kent's costumes this season are of velvet. One is an evening dress of black and the other is a sim jacket suit for day time wear. This is also of black velvet and is trimmed in silver fox.

## Social Briefs

Francis C. Bagby, of Dorches ter road, is one of a stag party motoring through Florida on month's visit. The itinerary will include sojourns in Miami an prebably a stop at Ft. Lauder dale, where Mr. and Mrs. John H

## **McNELLIS JEWELRY**

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### MISSIONARY IS MAIN SPEAKER AT WCTU MEET

some of the acknow onditions in the Orien including Japan, wit is also familiar. gular business of the or n and announcement the meeting. The Rev.

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