

Built on Air Lots
The Merchandise Mart is built over tracks of the Chicago & North Western railway.

WOMEN WHO HOLD THEIR MEN NEVER LET THEM KNOW

NO matter how much your back aches and your nerves scream, your husband, because he is only a man, can never understand why you are so hard to live with one week in every month.

Backbone Needed
Everyone clamors for his "rights" and finds it needs a great deal of backbone to defend them.

How One Woman Lost 20 lbs of Fat

Lost Her Prominent Hips—Double Chin—Sluggishness

Gained Physical Vigor—A Shapely Figure—

If you're fat—first remove the cause! Get on the scales today and see how much you weigh then get a 4 oz. bottle of Kruschen Salts which will last you 4 weeks.

In Action and Words
There is a philosophy that expresses itself only in action as there is the verbose philosophy of words.

Yes, Constipation Is Serious But It Can't Poison You! Say Doctors

Modern doctors now say that the old idea of poisons getting into your blood from constipation is BUNK. They claim that constipation swells up the bowels causing pressure on nerves in the digestive tract.

Cruel Punishment
Hated is self-punishment.—Hosea Ballou.

666 checks COLDS and FEVER first day SALVE, NOSE DROPS Headache, 30 minutes Try "Rub-My-Tiss"—World's Best Liniment

MAGIC CARPET
It doesn't matter what you're thinking of buying—a bar-pin or a baby grand, a new suit for Junior or a set of dining-room utensils—the best place to start your shopping tour is in an easy-chair, with an open newspaper.

Cattle Kingdom By ALAN LEMAY

CHAPTER XIII—Continued

"Soles to me," he said, "that's a whole lot different from what you were saying just a little while ago."

"I'm going to stay with my brand, until there isn't one bit of the 94 left. After all, I'm my father's daughter. The country is part of me, bred in."

"I don't know as I could ever bring myself to want you any different than you are."

He wondered why he had not realized before how changed she was. Every movement she made, every pose she took, was different from what he had seen in the girl he had made love to two years before.

He looked away from her, unable any longer to think of murder clues or cow mortgages while she was in his eyes. He fixed his gaze upon his thrown-down gunbelt and tried to think of what he must do.

He tried to set his mind to the factors he had discussed with Coffee, in one more supreme effort to short-cut the case, but his mind would not work for him. Even with his eyes upon a saddle or a gun he could still see nothing but the girl—every glint of light in the loose bush of her hair, the slim cordings of a wrist, the resting look of a hand that lay palm up upon the blanket.

So now he let murder and cows and money slide into the lost shadows, and he turned to her; and as he did so he found that her eyes were on his face. They looked at each other steadily, while the moments passed.

and looked away, but she did not look away now. Her eyes looked lazy, but not sleepy; they were as darkly blue as a night sky, but he found them unreadable at first.

He never knew what move he made that brought her into his arms. With the barrier gone from between them at last they found themselves in each other's arms as naturally, as unhesitatingly, as inevitably as the dry land takes up the rare rains; and his heart lifted up like the April grass of the dry ranges, when the snow-lock melts off and is forgotten as if it had guessed.



His Hungry Mouth Found an Answering Quiver in Her Lips.

never been. His hungry mouth found an answering quiver in her lips; and for a while, under the spell of the gentle warmth that he had thought would never be his, he no longer worried about what might happen to the cow kingdom of Horse Dunn.

Presently she said, "Two years ago it was my fault. But last night in the hills it was yours. If you had only put your hands on me then—but you had to stand with a face like granite, and eyes like death in the foothills—"

They did not know how long they lay together on the bunk that for the time was not his, but theirs, in that lonely and deserted house; and he learned here that she was neither east nor west, but all woman.

He picked her up and carried her to her own room, and put her in her own bed; and she smiled faintly in her sleep as he kissed her eyes. Then he walked out of the house, by a different door than the one where Coffee sat, and stood listening to the still night.

came back into the night, turning him cold. Wheeler walked around the house to where Old Man Coffee still sat. As far as the naked eye could observe Old Man Coffee had not changed his position; he could sit like a rock or an Indian hours on end, as if this were his natural way of living out his life.

Coffee did not speak and for a little while Wheeler also sat silent, trying to compute how much he wished to say. "Coffee," he said at last, "I see it. I see it all."

"I had the wrong reason," Wheeler said; "this time I know. And knowing that, I know now why Bob Flagg had foretold that he was near his end. And I can prove it all."

"I've heard enough," "Then," said Billy Wheeler, "you know the answer too?"

"I've kind of suspected it these many days. I didn't know for sure until today."

"I know that now," "I don't know how I'm going to let you go. So many things—anything—can happen before we're together again."

"Seems like we might not be long, I'm an old man; and I long ago learned that sometimes it's a good idea to leave sleeping dogs lie."

Old Man Coffee drew half a dozen slow puffs on his pipe before he answered. "The first murder case I worked on," he said at last, "was a long time ago. Sometimes I think that one first case was the misfortune of my life. Because it gave me a kind of a reputation in a small way, so that ever since then I've been called in on such, from time to time, over and over again."

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"Take this case, here. Do you think that solving this crime can possibly come under the head of helping any living person, or preserving the peace? You know better than that. You know as well as I do that the minute the answer is made known the guns will crack out, and good boys that's got nothing to do with either side will be throwing lead into each other's guts."

"You think Horse Dunn will take to the guns?" "Of course he'll take to the guns! You know him well enough to know that. The guns will be talking before ever the thing is proved."

"The moon was gone, and they sat in the chill blackness before dawn; but it seemed to Wheeler that the night was no darker than his mood. "I thought of all that," he said. "I thought of all that the moment it came to me. And first off, I thought like you. But now—I'm not so sure. Sometimes it seems like there's something unsound at the bottom of any plan that calls for just hiding our heads."

"Then I'll give you your answer," said Old Man Coffee abruptly. "I'll give you the whole thing, once and for all, in four words. Think of the girl."

Wheeler sat silent for a long time. At last, needing to be alone, he got up and walked off into the dark, leaving Old Man Coffee with the darkness and his pipe. He went out and he sat on the corral, and he was thinking about Horse Dunn and the cow kingdom of the 94; but mostly he was thinking about the girl who had at last taken him into her heart, now at the end. He could never think about anything any more except in terms of its effect upon her.

He went in and rapped on Marian's door; and when she called to him sleepily he went in and stood beside her bed. "You and I are going to Inspiration," he told her. (TO BE CONTINUED)

Seventy Varieties of Birds Around Crater Lake in Oregon, Bulletin Says

The abundant life is shared by a wide variety of birds finding headquarters in the sanctuary at Crater Lake National park in Oregon. There are more than seventy varieties in the park. Bird notes are heard continually, according to a news bulletin issued by the park service.

Smaller birds frequently seen are the mountain bluebird, Townsend solitaire, Sierra junco, pine siskin, creepers nuthatch, chickadee and grosbeak. There are golden and ruby-crowned kinglets, robins, wrens, wood and green-tailed towhees, purple and rose finches, chipmunk and other sparrows, several varieties of thrushes, and five varieties of warblers. Occasionally a hummingbird is seen.

Take Exercise Regularly By DR. JAMES W. BARTON

I OFTEN think that as physicians we do not, as a rule, stress the wonderful value of regular exercise. Patients will be advised to "rest" more, to "eat" less, to "get away from work and take a vacation" but it is seldom that a physician will advise a patient to go to an athletic club, Y. M. C. A. or Y. W. C. A. and take regular exercise.



Dr. Barton

gymnasium is there and the instructor also.

And it is the regularity of exercise that makes it so valuable. Exercise taken daily or not less than three times a week, means that the large blood vessels supplying the big bulk of muscle and the tiny blood vessels supplying the small individual muscle fibers must open widely to receive this blood.

Increasing the size and strength of the muscles is but a small part of the value of exercise. The exercise makes the heart beat faster and stronger to supply the extra blood needed, and the lungs must breathe in fresh air more often and more deeply to purify this extra blood that is needed.

The natural, the normal, the effective road or method of reducing weight is hard for the overweight to travel because it means sacrifice or work—sacrifice of the desire for food and desire for ease, and work—regular daily exercise.

Some of the scientific principles of the dietetic treatment of overweight as outlined by Dr. Coombs and his associates are: 1. Restriction (cutting down) on carbohydrates or starch foods, more especially of the rich or concentrated forms such as sugar, bread, potatoes.

2. Cutting down on fats—cream, fat meat. Small amount of butter is allowed. 3. Continuing to eat the usual amount of meat, fish and eggs (body builders).

4. Eating a generous supply of vegetables and fruit to provide bulk and satisfy hunger. 5. Eating enough vitamins as provided by vegetables, fruit, eggs, milk, and butter.

6. Eating a sufficient supply of minerals—salads (vegetable and fruit), leafy vegetables, sea foods, but omitting or cutting down on table salt. 7. Eating bulky meals to prevent hunger—cabbage, lettuce, celery, radishes, cauliflower.

No one except La Roche, the Rumanian acrobat, has ever been known to perform "The Rolling Ball," an act which he invented and presented in the circuses of Europe for many years during the latter part of the Nineteenth century. Enclosed in a ball about three feet in diameter, says Collier's Weekly, he rolled himself up and down a narrow spiral ledge which encircled a supporting pole 25 feet in height.

Pride in Perfection A GREAT deal of the joy of life consists in doing perfectly, or at least to the best of one's ability, everything which he attempts to do.

30 MINUTES AFTER Eating-Drinking ALKALIZE



.. AFTER A HEAVY MEAL .. .. AFTER A LONG EVENING



Kindness and Happiness Paths of kindness are paved with happiness.—Elbert Hubbard.

EMINENT DOCTORS WROTE THIS OPINION! "...colds result from acid condition of the body... they prescribe various alkalies"—excerpt from medical journal. The ALKALINE FACTOR in LUDEN'S MENTHOL COUGH DROPS 5¢ HELPS BUILD UP YOUR ALKALINE RESERVE

GET RID OF BIG UGLY PORES

PLENTY OF DATES NOW... DENTON'S FACIAL MAGNESIA MADE HER SKIN FRESH, YOUNG, BEAUTIFUL

Watch your complexion take on new beauty Even the first few treatments with Denton's Facial Magnesia make a remarkable difference. With the Denton Magio Mirror you can actually see the texture of your skin become smoother day by day. Imperfections are washed clean. Wrinkles gradually disappear. Before you know it Denton's has brought you entirely new skin liveliness. EXTRAORDINARY OFFER—Saves You Money You can try Denton's Facial Magnesia on the most liberal offer we have ever made—good for a few weeks only. We will send you a full 12 oz. bottle (retail price \$1) plus a regular sized box of famous Miltosa Wafers (known throughout the country as the original Milk of Magnesia tablets), plus the Denton Magio Mirror (shows you what your skin specialist sees)... all for only \$1! Don't miss out on this remarkable offer. Write today! DENTON'S Facial Magnesia SELECT PRODUCTS, Inc. 4402 - 23rd St., Long Island City, N. Y. Enclosed find \$1 (cash or stamps) for which send me your special introductory combination. Name: Street Address: City: State: