

Serve Raisin Food—Raisin Week—April 23 to 29



Have You Tried Them from your modern bakers' ovens?

—These big, brown loaves of "old-fashioned" full-fruit raisin bread?

Note the raisin flavor that permeates these loaves.

Count the big, plump, tender, juicy raisins in each slice.

It's real raisin bread—the kind you're looking for.

Ready-baked to save baking at home. Delicious and convenient—and economical in cost.

We've arranged with bakers in almost every town and city to bake this full-fruit raisin bread.

Order from your grocer or a neighborhood bake shop.

Say you want the bread that's made with Sun-Maid Raisins.

Good raisin bread is a rare combination of the benefits of nutritious cereal and fruit—both good and good for you, so serve it at least twice a week.

Use more raisins in your cakes, puddings, etc.

You may be offered other brands that you know less well than Sun-Maids, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested Sun-Maid recipes.

SUN-MAID RAISINS The Supreme Bread Raisin

Sun-Maid Raisins are grown and packed in California by Sun-Maid Raisin Growers, a co-operative organization comprising 14,000 grower members.



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Sun-Maid Raisin Growers,
Fresno, California

Please send me copy of your free book, "Recipes with Raisins."

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Make \$10 Weekly Advertising Household Article; no selling; simply show article and send names shown to. A real money making business. Send for sample and start work now. Mr. Lamb, Box 412, Ft. Dodge, Iowa.

HOTEL MARTIN In the Heart of SIOUX CITY

Absolutely Fireproof—Rates \$1.75 to \$2.50
BIG CAFETERIA—HOME COOKING

YOU CAN

color your hair easily, quickly and safely by using Q-Ban Hair Color Remover. Safe to use as water. Makes you look young again. At all good druggists, 75 cents, or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

SIOUX CITY PTG. CO., NO. 17-1923.

WAS BY NO MEANS SATISFIED

Modern Girl Made That Clear by Her Outspoken Opinion Concerning Well-Meaning Parents.

"Did you tell her that she could not go to that party?"

"I did."

"Did you explain to her that we considered it not a fit place for our daughter to be seen?"

"Yes."

"You know it is not enough merely to deny a young person's request. You should always explain your reasons. I trust you told her of the dangers of a promiscuous gathering?"

"I did."

"And warned her of the folly of late hours; the hurt of gossiping tongues; in short you did your best to make her see that it is for her welfare that we are denying this seeming bit of pleasure?"

"I did all that."

"And is she now satisfied to forego this needless amusement and remain contentedly at home with us?"

"She is not."

"What does she say?"

"Oh, gee! ma, you and pa are so far behind the times you don't know anything."—Detroit Free Press.

More Practical.

Mrs. Jackson—Say, Mis' Johnsing, did Sambo give Celestine a ring fob when he engaged?"

Mrs. Johnson—No, Mis' Jackson, he done bettah 'n dat; he gave huh a engagement wringer.—Judge.

Shake Into Your Shoes

And sprinkle in the foot-bath Allen's Foot-Ease, the antiseptic, healing powder for Painful, Swollen, Sweating feet. It prevents blisters and sore spots and takes the sting out of corns and bunions. Always use Allen's Foot-Ease to break in new shoes and enjoy the bliss of feet without an ache. Those who use Allen's Foot-Ease say that they have solved their foot troubles. Sold everywhere. Trial package and a Foot-Ease Walking Doll sent Free. Address Allen's Foot-Ease, Le Roy, N. Y.

She Figured It Out.

A youth in an Indianapolis school was absent from school for a number of days. A teacher, who shows real interest in the progress of her pupils, called the mother on the telephone and inquired concerning the lad.

"John's afraid to come back," said the mother. "He says you threatened to throw him into the furnace."

Perplexed, the teacher for a day or two wondered what could have put that silly notion in the boy's head. Then she remembered. Some days before she had told that class some recalcitrants had been absent more days than good scholarship permitted. She had announced to her class then that if these persons missed another session she would be compelled to "drop them from the register."

All Set.

"Miss Brown, Mr. Gotrocks is at the door."

"Is his picture on the mantel?"

"Yes, miss."

"Are the roses he sent me on the center table?"

"Yes, miss."

"Is that book he gave me on the couch?"

"Yes, miss."

"Is his box of candy on the piano?"

"Yes, miss."

"Well, put the dog he brought me into the living room and ask him in. I'll be down as soon as I put on the wrist watch he sent me."—New York Evening World.

An equinox is as good as a boost.

What to Eat and Why Making a Big Word an Easy Part of Your Diet

Car-bo-hy-drates make up about 60 per cent of the average diet. They produce heat and energy. They are largely secured from the grain and vegetable starches.

In the long, slow baking by which Grape-Nuts is produced from wheat and malted barley, the grain starches are partially pre-digested. They are changed to "dextrins" and "maltose"—forms of Carbohydrates so easy to digest that they form the basis of the most successful baby foods.

Many people have digestive trouble caused by the food-starch in its original form, but Grape-Nuts has been famous for a quarter-century for its exceptional ease of digestion, and assimilation, and

its splendid, building nourishment. It is a food for strength and energy, delightfully crisp and appetizing, made today by the same formula which first brought this charm for taste and aid to health to the world's dining table. Grape-Nuts contains the iron, phosphorus and the essential vitamin, so often lacking in modern, "refined" foods.

Many servings of real food value in a package of this economical food. At your grocer's today—ready to serve with cream or milk. Grape-Nuts—the Body Builder. "There's a Reason." Made by Postum Cereal Co., Inc., Battle Creek, Mich.

MEN LIGHT MINE FUSES AND ESCAPE

Heroism of Witnesses to Act of Plotters Saves Hundreds—Mine Planted Outside Carmelite Church in Dublin.

BY DENIS O'CONNELL, Universal Service Correspondent. Special Cable Dispatch. Dublin, April 22.—Hundreds of worshippers in the Carmelite church in Dublin narrowly escaped death Sunday morning when a land mine, weighing more than 200 pounds was placed next door by armed men.

The mine failed to explode, as spectators rushed up and extinguished the fuses after they had been lighted by two young men who drove up fashionable Grafton street, covering the spectators with their revolvers while they planted the mine.

Heroism Saves Lives.

The heroism of men in the crowd who risked death to put out the fuse, saved many lives.

The body of a man named Hogan was discovered in a field Sunday riddled with bullets. He was a government employe and was the victim of a gang known as the "flying fifty."

Fifty Prisoners Taken.

The Free State forces made a successful sweep of three counties Saturday and Sunday, rounding up gangs of irregulars.

Many ammunition dumps were discovered in the series of raids staged by the government troops through the counties of Donegal, Limerick and Kerry. The raids netted more than 50 prisoners and were conducted without any casualties to the Free Staters.

DECLARE PHOTOS IDENTIFY CLARA

California Sheriff Receives Word Woman Detained in Honduras Undoubtedly Hammer Murderess.

Universal Service. Los Angeles, April 22.—The woman under arrest in Honduras as Clara Phillips, the Los Angeles hammer murderess, has been identified as the California fugitive by means of photographs, according to information received at the sheriff's office here from Sheriff William I. Traeger in San Francisco. Photographs of Mrs. Phillips were scattered through Mexico and Central America shortly after her escape from the county jail here December 5.

Detention of Jesse Carson, companion of Mrs. Phillips in her flight, has been requested by the sheriff's office. Efforts will be made to extradite Carson on charges of arson and aiding Mrs. Phillips' escape.

Bertram A. Herrington, chief counsel for Mrs. Phillips in her trial for murder, died suddenly Saturday night of heart trouble.

Armour Lee Phillips, husband of Clara Phillips, has been released on bail, following his arrest Saturday in connection with escape of his wife from jail.

APPROPRIATIONS BILL NEARING COMPLETION

Nebraska Senate Committee Holds Sunday Session to Speed Work.

Lincoln, Neb., April 22 (Special).—A Sunday session of the senate finance committee was found necessary to complete its work of making over the general maintenance appropriation bill, sent to it from the house early last week. An intimation was given that senate changes in the bill will not be as numerous as at first thought necessary, and it may be possible to report the amended bill to the senate when it meets Tuesday afternoon.

The committee of the upper branch is said to be favorable to restoring several items increasing the appropriations for the University of Nebraska and the four state normal schools, which were materially reduced by the house bill. The state railway commission may be favored with a little more money.

Many members of the legislature claim to see the end, and believe it will be possible to reach final adjournment by Saturday. Veterans of the two houses, however, believe the session will extend into next week.

RECESS RED TRIAL.

St. Joseph, Mich., April 21 (S. P.)—The trial of Charles E. Ruthenberg, of Cleveland, charged with criminal syndicalism was in a recess today.

DRY LEADER DEMANDS SHOWDOWN OF PASTOR.

New York, April 21 (S. P.)—Wayne B. Wheeler, general counsel of the Anti Saloon League demanded that the Rev. Father John L. Bedford of Brooklyn, who said recently he had heard that a United States senator had received \$150,000 for voting for the 18th amendment, furnished the proper authorities with the name of the senator.

THESE FLIERS BROKE ENDURANCE RECORD



Lieutenants John A. MacReady and Oakley G. Kelley.

Lieutenants John A. MacReady and Oakley Kelley, U. S. air service, broke all world's endurance records when they remained aloft 36 hours 5 minutes and 20 seconds in the immense transport monoplane T-2, at McCook Field, Dayton, O. They covered a distance of 2,541.2 miles.

Fish Fins Flaunted As Fashion Adjunct

BY C. F. BERTELLI, Universal Service Correspondent. Special Wireless Dispatch.

Paris, April 22.—Judging from the appearance of the stylish hordes floundering about at Longchamps Sunday afternoon, the average social gathering for this summer is destined to resemble a cross between a Balkan fete and a south sea island tea party.

Two definite novelties blossomed forth at the races Sunday. The first was a hunch stolen from the kitchen, many of the women wearing aprons. The other was the very latest thing in the use of fish fins for hat decorations.

The aprons were not white, but were violently embroidered red, green, blue and yellow cabalistic designs imitating the ceremonial garb of the Balkan peasantry from whom the inspiration came. The aprons varied in size from tiny, or "dinky" aprons, resembling the feature of the Masonic costume, to large ample smocks heavily embroidered with gold thread.

The effect of the aprons is to accentuate the lower half of the body instead of the upper half, which has been the all conquering aim of the designers ever since the reaction set

In against the bespangled and over-decorated corageses of 1922.

The incredible use of fish fins as an adjunct to fashion, was made possible by the importation to France of several marvelous varieties of tropical fish, including the "acaras," which has a nose like a dog, but which boasts a beautifully colored tail. Another fish is the "scalare," which has rainbow fins. Both of these are from Brazil.

The "gauze winged" tiger fish from the China sea is a hot favorite by reason of its brilliant blue steel like fin, which after death sets rigidly without losing its color.

There's "Peacock" Fish, Too.

The "peacock" fish from the West Indies with its phosphorescent scales, is a fish which, after special treatment produces the original beautiful trimmings of that kind for toques, hats and shoes.

Only a few of the society women sported the "aquarium hats," however, owing to the cost, which is almost prohibitive. The reason is the rarity of the fish and the cost of transportation.

Signs are not wanting that Paris is due for an early season. In the paddock were thousands of Americans backing their favorites.

New American Venus Is Press Agent for Spinach

BY EARL L. SHAUB, Universal Service Correspondent. New York, April 22.—Eat spinach and become a "perfect 34."

That was the advice given in an interview Sunday by Miss Martha Gonzales, who has been chosen the new "American venus."

Her beauty and form, the experts say, have driven Venus of old from the ring. Venus will have to lose more than her arms to compete with modern beauty.

Miss Gonzales is not so much a Venus after all as a Diana, she of the lissome figure and agile boyish grace.

Ah, Spinach Does It.

How does she do it?

"By eating spinach, once and sometimes twice a day," she replied.

She will be introduced to the fashion world as the modern Venus at the Masonic fashion exhibition May 14.

"I eat only the plainest kinds of foods," she explained, "and I care nothing at all for any other kind. I never eat dessert and have no inclination for any. I drink a quart of milk each day, rarely taste coffee, but usually have a cup of tea."

Sleep And Walk, She Advises.

"Sleep is essential to all who hope for beauty. I have 10 hours of sleep every night. It is not only the amount of sleep one gets but the time at which one gets it that is important."

"To all who want to be a perfect 34 I recommend walking and swimming as the best forms of exercise."

"Work, too, is a contributory cause to beauty. I practice my own precept here, for by 9 o'clock every morning I am out keeping my appointments."

Corsets? Pooh, Pooh!

Miss Gonzales is an artist's model. She is 20 years of age, five feet and seven inches in height, with 22 inch waist measure and 34 inch hip. She weighs 110. These are the requirements for a perfect 34.

"Corsets? Never," said Miss Gonzales. "I tried them once and never tried them again."

FLETCHER STATES U. S. OBJECTIONS

Dissension at Santiago Conference Grows More Bitter Over Power of United States in Union.

BY GEORGE W. HINMAN, JR., Universal Service Correspondent. Special Cable Dispatch. Santiago, Chile, April 22.—The Costa Rican plan, under which members of the governing board of the Pan-American union would be accredited directly from the various republics, would create at Washington a "new political entity of the League of Nations without the consent of the United States."

Such is the unalterable objection of the United States to the adoption of the proposal by which diplomats accredited to the United States would no longer be automatically members of the governing board of the union. This was revealed by Ambassador

Henry P. Fletcher, head of the United States delegation to the Pan-American conference, at Saturday night's secret session of the sub-committee which is seeking to effect a compromise, according to authoritative information Sunday.

It is understood that Ambassador Fletcher's position is that the United States is willing that any republic which is not recognized and has no diplomatic representative at Washington may appoint one of its own citizens to membership on the governing board. This would eliminate any reason for Mexico not participating in the Pan-American conference.

The sub-committee, however, is abandoning hope of reconciling the "Caribbean die hards" to the United States view.

CHANNEL AIR LINER BREAKS SPEED RECORD

Universal Service. London, April 22.—A new air record was created Saturday by an Instone air liner, which completed the journey to London from Cologne in two hours and 40 minutes.

The air liner traveled at the average rate of 135 miles an hour.

STORK TO VISIT HOME, BRINGING 22ND CHILD

Universal Service. Los Angeles, April 22.—The stork is hovering over the home of Mr. and Mrs. George Toombs, of Hollywood.

It will bring to them their 22nd child. Fifteen children are living. The parents have been married 30 years. The mother is a native of California, having been born at Eureka, where she married George Toombs, a native of Missouri.

JUDGE AND SHERIFF TO LOSE JOBS

Executive Action Outgrowth of Wholesale Leasing of Convicts Revealed in Probe of Death of N. D. Youth.

BY COLE E. MORGAN, Universal Service Correspondent.

Tallahassee, Fla., April 22.—Gov. Carey A. Hardee has decided to remove from office County Judge Benjamin Franklin Willis and Sheriff James Robert Jones, the two Leon county officials charged with wholesale leasing of convicts to the Putnam Lumber Company, it was learned Sunday night.

An order calling for the immediate ousting of the two officials was drawn up by the governor Sunday and will be issued Monday, it was learned from an authentic source.

A pathetic story of the death and burial of Martin Tabert, the North Dakota boy alleged to have been the victim of a brutal lashing in a Florida convict camp, came to light Sunday. The Putnam Lumber Company at Clara, Fla., on February 2, 1922, sent a letter to Tabert's family at Munich, N. D., giving a sympathetic account of the funeral that is in striking contrast with the sworn testimony regarding it. The Putnam Lumber Company wrote:

What Company Wrote.

"The boy was given a Christian burial in a cemetery near here and had a minister officiate in same. We regret that the boy was so unfortunate and please accept our sympathy in your sad bereavement."

Arthur Johnson, negro convict and camp cook at the Putnam Lumber company's prison camp, at Clara at the time Tabert died there while serving a sentence, testified before the joint executive committee investigating "the arrest, conviction, sentence and death of Martin Tabert," that the body of Tabert was prepared for burial by himself and other negro convicts; was loaded on a wagon in a coffin provided by the lumber company and taken by night by trustees, miles from camp and buried in a water-soaked hole in the woods.

No White Person There.

There were present at the burial, Johnson swore, only himself, the driver of the wagon and the two grave diggers, all negro prisoners in the Putnam camp. There was no preacher, no white man, no white woman, to say a word, offer a prayer or shed a tear as the body of the North Dakota youth was lowered into the pit.

Witnesses testified before the committee last week that Tabert was buried in a cemetery near Clara, with a minister performing the last rites, and two white women of the community, in addition to the village school teacher and a group of her pupils witnessing the burial.

The investigating committee wants to know the truth of how and where Tabert was buried. It is not only the amount of sleep one gets but the time at which one gets it that is important.

"To all who want to be a perfect 34 I recommend walking and swimming as the best forms of exercise."

"Work, too, is a contributory cause to beauty. I practice my own precept here, for by 9 o'clock every morning I am out keeping my appointments."

BRITISH GUEST HERE ENCOUNTERS REBUFF

Congressman Refuses Lord Robert Cecil's Request for Interview.

BY WINDER R. HARRIS, Universal Service Correspondent. Washington, April 22.—Lord Robert Cecil was given a sharp rebuff Sunday by Representative Stephen G. Porter, chairman of the House foreign affairs committee. The League of Nations supporter had sought an interview on the illicit narcotic traffic.

Representative Porter was the author of the resolution recently passed unanimously by both houses of congress and signed by President Harding, calling for world wide limitation of the production of opium and coca leaves and their derivatives, to medicinal uses.

The House foreign affairs chairman summarily refused three requests for a conference made on behalf of Lord Robert. He charged the League of Nations, with "perfidy" in dealing with the "dope" evil and alleged Lord Robert had misrepresented the facts regarding the league's action and Great Britain's part in the world narcotic menace.

THREE KILLED WHEN TALC MINE CAVES IN

Raleigh, N. C., April 21 (A. P.)—Three persons were killed when a talc mine owned by the Standard Mineral Company, in Moore county, caved in today according to information received by Norfolk Southern railroad officials here from their agent at Hamp.

JEWIS IN PALESTINE CLASHING WITH ARABS

Universal Service. Cairo, Egypt, April 22.—Reports from Palestine describe a serious situation arising among the Arabs on account of the decision to prosecute the organizers of the recent election boycott.

The Jews are dissatisfied with the stringent economic situation arising from unemployment and there have been several clashes between the Jews and the Arabs.