

EAT a box of little raisins when you feel hungry, lazy, tired or faint.

In about 93% seconds a hundred calories or more of energizing nutriment will put you on your toes again.

For Little Sun-Maids are 75% fruit sugar in practically predigested form-levulose, the scientists call it.

And levulose is real body fuel. Needing practically no digestion, it gets to work and revives you quick. Full of energy and iron-both good and good for you. Just try a box.

Little Sun-Maids

"Between-Meal" Raisins

5c Everywhere



Had Your Iron Today?

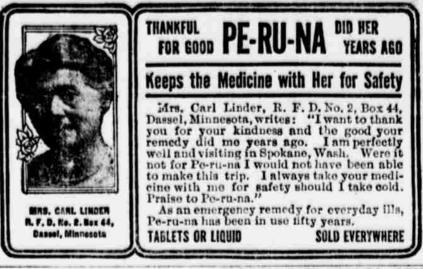


RED CLOUD, NEBRASKA, CHIEF



Handsome Example of Tailored Costume.

and skirts of another are among the thrills over their luxurious seal or ideas that are destined to hold over chinchilla fur coats than does little the transition from winter to spring Miss Two-to-Seven (perhaps older, perand in suits there are handsome models haps younger) over her knitted coat, in which coats are of different fabric especially when it has brushed wool from the skirt or dress worn under collar and cuffs such as are shown on them. One such model is shown in the the coat to the right in the picture.



Chopin's Ashes. The removal of the ashes of Chopin

from Pere Lachaise cometery to the church in Warsaw where his heart is preserved, which has recently been proposed, will not be accomplished without protest from the French admirers of the composer, Chopin, who was born of a French father and a Pollsh mother, passed the greater part of his life in Paris, where he composed his greatest works. When he left Poland after the revolution in 1830 his compatriots presented him with a silver vase filled with Polish soil, and this was scattered on the coffin when he was buried in 1840 .- Parls correspondence London Times.

A FEELING OF SECURITY

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bot-

tle of Swamp-Root. It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in

teaspoonful doses. It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try 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.

Not What He Thought.

"I'll show you an old, old tintype of the family," said she coyly, leading me into the living room, "Ah," thought I, "a sweet, old-fashioned maid! Lovely echo from the romantic past. Hers should be a background of hollyhocks, sweet Williams, and lllacs, with sweet music of the minuet sounding faintly in the distance." She led me to the window. "There's the d-n wreck," and she pointed to a flivver at the curb .- Stanford Chapar-

ORDEAL FOR UGANDA BRIDE

Custom Ordains That Mrs. Newlywed Must Weep for Eight Days, Without Cersation.

The Bahuma tribesmen in Uganda, Central Africa-literally in the very heart of Africa-are the wildest and most uncivilized people of the world. They have unusually peculiar customs. Perhaps the most interesting of these is the manner in which a bride is supposed to conduct herself after her marriage.

To begin with, a bride is literally dragged away from her home by her husband. Her family tle a rope around her leg and hold fast to her. Then the bridegroom pulls as hard as he can. If he cannot succeed in overpowering the strength of his bride's family they weaken their hold on the fetter and make it appear that the husband has won his tug-of-war.

Then the victorious bridegroom takes his bride to the home of his mother. The most passionate weeping is done by the bride. She cries for eight days without stopping.

Matter of Finance.

Ossip Gabrilowitsch once related a story about a well-known planist's pupll, who was said to have always chosen compositions in rapid style for her study numbers.

"Madam," said the artist one day in exasperation, "why do you not try an andante? It would disclose your phrasing to much better advantage.

"Oh," said the protege, "it's because your lessons are so expensive. I can't afford to play slow music."

Heart Like a Stone.

Jean-Maud says she puts her very heart into her cooking.

Joan-She must have been very heavy hearted when she made this cake.-London Answers.



Not a Laxative

"The fire alarm system of Constantinople has certain peculiarities," stat-

Petunia."-Kansas City Star.

A Narrow Escape.

A rejected sultor wants to recover by blown to nowhere. the money he spent on flowers, candy, theater tickets and other incidentals of the chase.' The young woman ought to be glad to reimburse him and thank ber. A young man who is cold-bloodwhile he's wooing is apt to make a hard-boiled husband. - Birmingham Age-Herald.

All the use some folks are is to tell kinda clothes she'd bust !" us how much better things were fifty years ago.

Carelessness with parlor matches is the cause of few fires and many divorces.

The Tibetan lama, living on the "roof of the world," has presumably ed a citizen of Petunia. "A watch- discovered a magic for appeasing and man stands in a tower and warns of expelling the demons who disturb his any fire that may happen to attract happiness, and deny him pleasures. his attention, calling the quarter of To the lama, the nomad, and the mertown in which it is. A fire company chant the high, barren Asiatic plateau forthwith comes trotting to the con- is peopled with ghosts, goblins, flagration, dragging a little engine be- gnomes, imps, demons and evil spirits. hind them. They then bargain with The panacea for all troubles is a the owner of the building about the devil dance. The Tibetans' dance is fee for putting it out. In addition as weird an incantation as one could "chatever they can carry off is theirs." find in any part of the world. The "If'm! That's the way in Constan- lamas wear hideous masks representthople, ye say?" returned old Riley ing every known and unknown demon, Rezzidew, "Sounds a good 'eal as if ghost, spirit and goblin that frequents, you were telling of the capers of the inhabits and resides in Tibet. These Torrent Fire Fighters, right here in are carefully enticed, decoyed and gathered up and, on the last day of the three-day, festival, escorted by the

lamns outside the south gate and safe-

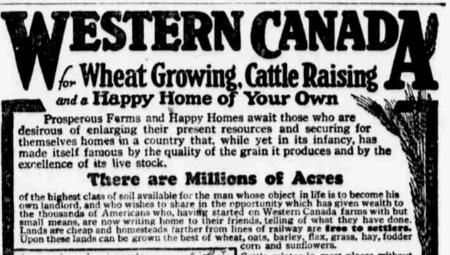
The Mogern Youth,

Two flappers were looking at the window display. They paused before her lucky stars that he failed to win the figure of a woman, dressed in a gown that dated back half a century. ed enough to keep an expense account After inspecting it closely one of them was moved to speech. Said she: "Say, kid, it's no wonder girls was reserved in them days. Why, if a fel-

low would rough-house a girl in them

Most women are as modest as the styles will permit.

An overcautious general seldom wins a battle.





corn and sunnowers. Cattle winter in most places without shelter; dairying is highly successful. Taxes only upon land (not on im-provements). Perfect climate, attrac-tive social conditions, good neighbors, churches, schools, telephones, excel-ient markets and shipping facilities. For distrated literature man descrip-

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therized Agent, Dept, of Igration and Colonization Dominion of Canada.

The attractiveness of the garment is picture. It is a handsome example having a full, short cont of a soft- greatly enhanced by contrasting a plie fabric worn over a dress of heavy close even stitch in the waist and crepe, matching it in color. Fine mar- sleeves, with a fancy wide-welt stitch ten fur, in the collar, cuffs and and for the skirt, plaited in broad border. trimming, make the coat a very rich Of course the buttons with knitted



Two Charming Models for Little Ones.

affair and an eleborate girdle, of silk | loops are exactly the right finishing and metal braid, undertakes to bear touch,

out the richness of the fur. The longthe bottom of the skirt and is a splen- of same, on the taller girl. did and telling garnishment.

The season has presented handsome all-year-around garment should also be suits of this kind in which rich fur taken into consideration. Wraps as fabrics are used to the best advantage, herewith portrayed serve admirably They make the coats and the lower in midseason, and they are ever ready part of dresses of crepe or other suit- when cool summer breezes stir of able material worn under them.

For her of kindergarten age, what could be prettier than a knitted coat, such as the little girls in the pleture are wearing? In no class of apparel has that intangible something

It is the fashion to wear hats to est of flat tassels is suspended from match the knitted coat. A brushed silk ornaments and cords; it reaches wool snug cap tops the cuffs and collar The fact that the knitted cont is an

autumn's chill comes on. ulis Bottom ky

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Watch Cuticura Improve Your Skin, On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexions, dandruff, itching and red rough hands .- Advertisement.

Wasn't an Easter Rabbit. Four-year-old Marie of Francisco, Ind, had often been told storles of the Easter rabbits and had heard of egg hunting parties where children would hunt for nests of eggs, supposed to have been hidden by rabbits.

One day her father was telling her of bis hunt. He told of looking through the fence into a bunch of tall grass and seeing a rabbit in its nest. He took a stick and punched it out. Marie listened with wide-eyed attention, then said: "Did you break any of its eggs, daddy?"-Indianapolis Star.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Char H. Thite In Use for Over 30 Years. Children Cry for Fletcher's Castoria

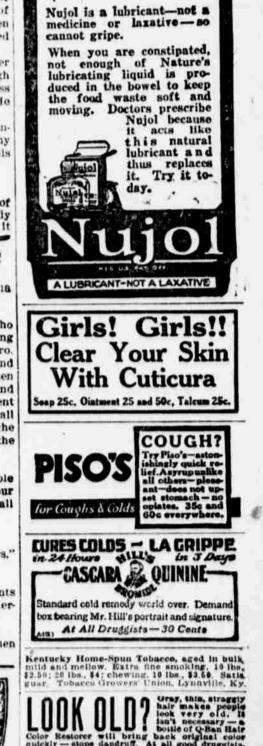
All in Mother's Day. The fullback of the losing team, who takes a severe pummeling while trying to stem the tide, is acclaimed a hero. But for the mother who has to spend a rainy day indoors with half a dozen healthy and bolsterous youngsters, and who takes twice as much punishment as would be required to kill a football star, it is accounted only a part of the day's work, says Rolla Clymer in the Eldorado Times.

To insure glistening-white table linens, use Red Cross Ball Blue in your laundry. It never disappoints. At all good grocers .- Advertisement.

No Meddler. "Mr. Wadleigh is a man of affairs." "Yes-of his own affairs." "Eh ?" "He says he wouldn't give ten cents to the uplift."-Birmingham Age-Herald.

Many a girl's ideal is shattered when he goes broke.





W. N. U., LINCOLN, NO. 52-1922.