



**They Do
a Hundred Calories
in About 9³/₅**

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

In about 9³/₅ 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?

**Vogue for Tailored Clothes;
Knitted Coats Please Tots**

RUMORS from Paris are floating about us, telling us that tailored clothes in new interpretations are making long strides toward taking first place in the wardrobe. In a measure they appear to be supplanting afternoon dress and may divide popularity with sports clothes at winter resorts. From these they seem to have taken their cue; for the new suits and tailored dresses are youthful, trim, even boyish, and formal suits reflect something of this buoyancy of the mode. In dresses, bodices of one material which we please to term "style" so asserted itself as in knitted outerwear.

The style element has especially entered into children's knitted outer garments. Those versed in childhood's ways agree that tiny tots are astonishingly sensitive to the niceties of attractive color and clever detail in the clothes they wear. In the charming knitted coats brought out this season little girls' ideals of all that is loveliest in winter wraps are realized. It is safe to say that mother or big sister experience no more rapturous



Handsome Example of Tailored Costume.

and skirts of another are among the ideas that are destined to hold over the transition from winter to spring and in suits there are handsome models in which coats are of different fabric from the skirt or dress worn under them. One such model is shown in the picture. It is a handsome example having a full, short coat of a soft-pile fabric worn over a dress of heavy crepe, matching it in color. Fine narrow fur, in the collar, cuffs and and trimming, make the coat a very rich thrill over their luxurious seal or chinchilla fur coats than does little Miss Two-to-Sevens (perhaps older, perhaps younger) over her knitted coat, especially when it has brushed wool collar and cuffs such as are shown on the coat to the right in the picture.

The attractiveness of the garment is greatly enhanced by contrasting a close even stitch in the waist and sleeves, with a fancy wide-weft stitch for the skirt, plaited in broad border. Of course the buttons with knitted



Two Charming Models for Little Ones.

affair and an elaborate girdle, of silk and metal braid, undertakes to bear out the richness of the fur. The longest of flat tassels is suspended from silk ornaments and cords; it reaches the bottom of the skirt and is a splendid and telling garnishment.

The season has presented handsome suits of this kind in which rich fur fabrics are used to the best advantage. They make the coats and the lower part of dresses of crepe or other suitable material worn under them.

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



THANKFUL FOR GOOD PE-RU-NA DID HER YEARS AGO
Keeps the Medicine with Her for Safety

Mrs. Carl Linder, R. F. D. No. 2, Box 44, Dassel, Minnesota, writes: "I want to thank you for your kindness and the good your remedy did me years ago. I am perfectly well and visiting in Spokane, Wash. Were it not for PE-RU-NA I would not have been able to make this trip. I always take your medicine with me for safety should I take cold. Praise to PE-RU-NA."

As an emergency remedy for everyday ills, PE-RU-NA has been in use fifty years.

TABLETS OR LIQUID SOLD EVERYWHERE

Chopin's Ashes.
The removal of the ashes of Chopin from Pere Lachaise cemetery 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 Polish 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.—Paris 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 bottle 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 lilacs, 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 silver at the curb.—Stanford Chaparral.

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 stories 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 his 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 *Chas. H. Fletcher* 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.

Look to Your Eyes
Beautiful Eyes, like fine Teeth, are the result of Constant Care. The daily use of Murine makes Eyes Clear and Radiant. Enjoyable. Harmless. Sold and Recommended by All Druggists.

MURINE FOR YOUR EYES

ORDEAL FOR UGANDA BRIDE
Custom Ordains That Mrs. Newlywed Must Weep for Eight Days, Without Cessation.

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 tie 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 Gabrilowitch once related a story about a well-known pianist's pupil, 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 protegee, "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.

Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 25 CENTS

6 BELLANS Hot Water Sure Relief

BELLANS

25¢ AND 75¢ PACKAGES EVERYWHERE

Not a Laxative

Nujol is a lubricant—not a medicine or laxative—so cannot gripe.

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it. Try it today.

Nujol

A LUBRICANT—NOT A LAXATIVE

Girls! Girls!! Clear Your Skin With Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

COUGH?

Try PISO'S—astoundingly quick relief. Astyrus kills all other—pleasant—does not upset stomach—no opiates. 35c and 60c everywhere.

PISO'S

for Coughs & Colds

CURES COLDS — LA GRIPPE

in 24 Hours

CASCARA QUININE

Standard cold remedy world over. Demand box bearing Mr. Hill's portrait and signature.

At All Druggists — 30 CENTS

LOOK OLD?

Color Restorer will bring back original color quickly—stops dandruff. At all good druggists, 7c, or direct from Kenil-Cott, Omaha, Neb., 25c.

W. N. U., LINCOLN, NEB. 52-1922.

10c Changes Last Year's Frock to New

Putnam Fadeless Dyes—dyes or tints as you wish

SAW A CERTAIN SIMILARITY DEVIL DANCE EXPELS SPIRITS

Old Riley Rezzidew's Remarks Not Altogether Complimentary to the Petunia Fire Fighters.

"The fire alarm system of Constantinople has certain peculiarities," stated a citizen of Petunia. "A watchman stands in a tower and warns of any fire that may happen to attract his attention, calling the quarter of town in which it is. A fire company forthwith comes trotting to the conflagration, dragging a little engine behind them. They then bargain with the owner of the building about the fee for putting it out. In addition whatever they can carry off is theirs."

"Hm! That's the way in Constantinople, ye say?" returned old Riley Rezzidew. "Sounds a good 'ol as if you were telling of the capers of the Torrent Fire Fighters, right here in Petunia."—Kansas City Star.

Tibetans Have Simple Methods of Getting Rid of "Demons" That Disturb Their Happiness.

The Tibetan lama, living on the "roof of the world," has presumably discovered a magic for appeasing and expelling the demons who disturb his happiness, and deny him pleasures. To the lama, the nomad, and the merchant the high, barren Asiatic plateau is peopled with ghosts, goblins, gnomes, imps, demons and evil spirits.

The panacea for all troubles is a devil dance. The Tibetans' dance is as weird an incantation as one could find in any part of the world. The lamas wear hideous masks representing every known and unknown demon, ghost, spirit and goblin that frequents, inhabits and resides in Tibet. These are carefully enticed, decoyed and gathered up, and on the last day of the three-day festival, escorted by the lamas outside the south gate and safely blown to nowhere.

A Narrow Escape.
A rejected suitor wants to recover 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 her lucky stars that he failed to win her. A young man who is cold-blooded enough to keep an expense account while he's wooing is apt to make a hard-boiled husband. — Birmingham Age-Herald.

The Modern Youth.
Two flappers were looking at the window display. They paused before the figure of a woman, dressed in a gown that dated back half a century. After inspecting it closely one of them was moved to speech. Said she: "Say, kid, it's no wonder girls was reared in them days. Why, if a fellow would rough-house a girl in them kinda clothes she'd bust!"

All the use some folks are is to tell us how much better things were fifty years ago.

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

Most women are as modest as the styles will permit.

An overcautious general seldom wins a battle.

WESTERN CANADA
for Wheat Growing, Cattle Raising
and a Happy Home of Your Own

Prosperous Farms and Happy Homes await those who are desirous of enlarging their present resources and securing for themselves homes in a country that, while yet in its infancy, has made itself famous by the quality of the grain it produces and by the excellence of its live stock.

There are Millions of Acres

of the highest class of soil available for the man whose object in life is to become his own landlord, and who wishes to share in the opportunity which has given wealth to the thousands of Americans who, having started on Western Canada farms with but small means, are now writing home to their friends, telling of what they have done. Lands are cheap and homesteads farther from lines of railway are free to settlers. Upon these lands can be grown the best of wheat, oats, barley, flax, grass, hay, fodder corn and sunflowers.

Cattle winter in most places without shelter; dairying is highly successful. Taxes only upon land (not on improvements). Perfect climate, attractive social conditions, good neighbors, churches, schools, telephones, excellent markets and shipping facilities.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write to

W. V. BENNETT
390 Peter's Trust Bldg., Omaha, Neb.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada.