



# Raisins in Tins

with the Freshness of Fresh Fruit

HERE'S a new package of Sun-Maid Raisins that you will want to try—dainty, tender, juicy, seeded fruit-meats packed in tins.

The tin keeps all the flavor in. No matter when or where you buy them, these raisins have

the freshness of fresh fruit.

Especially delicious in a cake or pie—and all ready, too.

Try them next time you buy raisins. See how good they are.

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

## Sun-Maid Raisins

Sun-Maid Raisin Growers

Membership 13,000 Dept. N 553-29, Fresno, Calif.

Sun-Maid Seeded Raisins in blue-labeled tins should cost you no more than the following prices: 12 oz. tin, 20c; 8 oz. tin (cupful size), 15c.

Sun-Maid Raisins in packages should cost you no more than the following prices: Seeded (in 15 oz. blue pkg.), 20c; Seedless (in 15 oz. red pkg.), 18c; Seeded or Seedless (11 oz.), 15c.

CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Dept. N-553-29, Fresno, California.

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

NAME \_\_\_\_\_ STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

It is easier to be good, after one has tried everything.

**Important to Mothers**  
Examine carefully every bottle of **TANTORIN**, 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

Woman needs no eulogist; she speaks for herself.

Alfalfa 88; sweet clover, 85. Farms for sale and rent on crop payments. J. Marshall, Soo City, Ia.—Advertisement.

If a rolling stone likes to roll, it doesn't care for moss.

**Sure Relief FOR INDIGESTION**  
**BELLANS** FOR INDIGESTION 25 CENTS  
6 BELLANS Hot water Sure Relief  
**BELLANS** 25¢ and 75¢ PACKAGES EVERYWHERE

**50 GOOD CIGARETTES 10¢**  
**GENUINE "BULL" DURHAM TOBACCO**

**CASCARA QUININE**  
WILL Break That Cold and Make You Fit Tomorrow

**PARKER'S HAIR BALSAM**  
Removes Dandruff, Itch, and Falling Hair. Restores Color and Beauty to Gray and Faded Hair.

**HINDERCORNS** Removes Corns, Calluses, etc., stops all pain, causes comfort to the feet, makes walking easy. Use by mail or at drug stores. Hissox Chemical Works, Patheville, N. Y.

**HANDY PACK—ONE MAN CHANGES** heaviest packs, boxes, etc., from ground onto wagon and off. F. Lovering, Fremont, Neb.

**EPILEPSY, OR FITS—WRITE AT ONCE** if you are afflicted to TOWNS REMEDY COMPANY, 421 Third St., Milwaukee, Wis.

**It Depends.**  
Doctor Copeland says that people are in better health when they are well dressed, because they hold their heads high and inhale more freely. Nevertheless we've seen well-dressed men scrooge down into their collars most unhygienically when they met the tailor they still owed for the glad rags. —Boston Transcript.

### Important to All Women Readers of This Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased. You may suffer pain in the back, headache and loss of ambition. Poor health makes you nervous, irritable and maybe dependent; it makes any one so. But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions. Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

**Not Choice, but Stimulating.**  
"Laughter, someone says, is the wine of life." "Vin ordinaire, most of it."—Boston Transcript.

### DYED HER SKIRT, DRESS, SWEATER AND DRAPERIES WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—Advertisement.

Sometimes a wife can read her husband like a bank book.

**Cuticura Soothes Itching Scalp.**  
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Every time a man borrows trouble he gets the worst of the transaction.

**MURINE** Night and Morning  
**Keep Your Eyes Clean—Clear and Healthy**  
Write for Free Eye Care Book Murine Co., Chicago, Ill.

## Indian Lodge Tales

By Ford C. Frick

### THE CANOE

AT THE southern extremity of the Sangre De Cristo range, and just across the New Mexico border, is a peculiar rock formation. Half way up the slope between two giant peaks is a canoe of rock, and in the canoe are two persons—one holding a paddle poised in midair as if about to take a stroke. The formation is so lifelike that it has attracted the attention of hundreds of scientists who have visited the place. And about this rock canoe, with its two passengers, the Indians have woven a beautiful little legend which follows:

Long ages ago—before our fathers' fathers or our fathers' fathers, fathers were born, in the ancient days when the chosen people lived in happiness and peace in the shadow of the great mountain which points the way to Heaven, the world was young and beautiful. Here the chosen people played and the sun shone and there were no shadows upon the earth and no sorrow in the hearts of mankind. The Manitou, in his gracious goodness, gave heed to the wishes of his children and from his home in Heaven sent to them joy and happiness and bloodshed was unknown and death was only a passing journey between earth and Heaven.

But evil spirits came out of the sea and visited the beautiful valley at the shadow of the great white mountain, and they filled the hearts of the chosen people with envy and hate, and murder and bloodshed and the chosen people turned their faces from Heaven and cursed the Manitou and wickedness reigned throughout the valley. And of all the chosen people there were only two, one man and one woman, who held their faith.

And so the all-wise Manitou sent the floods to visit the valley, and the waters came and all the evil spirits were swallowed up and the chosen people were lost and the earth was covered with water and no one might live. But first the Manitou warned these two, this man and woman, and they fashioned themselves a canoe of maize and in it they floated on the top of the floods until they landed on the very summit of the Holy mount, which points the way to Heaven, and there they thanked the Manitou for their delivery.

And when the floods were gone the sun shone and all the world was bright and beautiful and new. And the man and woman looked down from the dizzy heights and saw the fertile plains below. They saw the green fields, and the lakes and streams, and the trees and they were unhappy and asked the Manitou to assist them down the mountain and back into the beautiful valley where they might play and be happy as of old.

The Manitou was good and kind and heard their call. So he fashioned for them a magic canoe, filled with the light of Heaven, and this the two, the man and the woman, gilded gently down the mountain side from the very gates of Heaven to the plains of earth. In order that the chosen people might have new faith, the Manitou caused the canoe to make a track over the rock down the eastern slope into the plain. And there it remains to this day—a broad track where shadows hide and where the sunlight glows forever more.

So the two returned to the beautiful valley, where they lived to worship long the glory of the Manitou, who saved them from the floods. And when finally they died, the Manitou lifted them with the magic canoe to a place midway between Heaven and earth on the great mountain, beside the seat of wisdom. There it stood as a guide to the chosen people and as a monument to the mercy of the Manitou.

Those who do not believe have but to go and see. For the canoe, with two who ply the paddle, seems to ride the tossing waves that roll from the Holy mountain to the south and east toward St. Peter's dome. And there shall it stand so long as man endures.

**The Prophet's Mission.**  
A prophet, however much he may appear to be in opposition to his age, yet in a peculiar way represents that particular time. He is the antidote, the balance, the complement, and his is the voice which awakens all those who are ready to be like minded. If he is wholly successful, and his teaching is absorbed, it may afterward hardly be understood how any one might ever have believed otherwise. The flashing inspiration becomes a commonplace.—W. R. Lethaby, in "Form in Civilization."

**Date is Valuable Fruit.**  
The date gives a particularly healthful form of sugar for two reasons. It is the only fruit that is dried right on the tree. Also, most sugar must go through a chemical change in the body before it can be digested, but this is not necessary in the case of the sugar in dates.

From the earliest time of which we have any record to the present day dates have been eaten by young and old—and today, with the improvements in growing and packing, they are better than ever.

## TELLS OTHERS OF ITS GREAT VALUE

In Nursing Sick, Mrs. Patten States, She Often Recommends Tanlac—Thinks It Wonderful.

"I firmly believe Tanlac is what keeps me so well and strong," is the high tribute paid the medicine, recently, by Mrs. Edith J. Patten, widely known and esteemed resident of 560 Cumberland Ave., Portland, Me. "When I began the use of Tanlac I had not felt right for a long time and was all run down. After persistently taking the treatment considered best for such a condition I got no better. In fact I seemed to be growing worse until a lady friend insisted on me trying Tanlac.

"At that time I took two or three bottles and was perfectly well again. Since then I have taken a bottle two or three times a year and no one could feel better. I have done lots of nursing of the sick, and since Tanlac did so much for me I have been the cause of many others taking it—always with splendid results. It is with this knowledge and experience that I recommend Tanlac as a wonderful medicine."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

**Longer Skirts.**  
"Will silk stockings be worn?"  
"Yes," replied Miss Cayenne, "but they will not, as heretofore, constitute most of the costume."

Every department of housekeeping needs Red Cross Ball Blue. Equally good for kitchen towels, table linen, sheets and pillowcases, etc.—Advertisement.

Even when work is scarce you will find it everywhere.

It takes more than hot air to kill the germ of suspicion.

## 10 Cents

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Rash Husband Jumped to Conclusion as to the Meaning of His Wife's Mutterings.

Gov. Ephraim Morgan of West Virginia was talking at a dinner about certain coal-mine complications.

"Well," he said, "let us hope nobody does anything rash. Rashness—but perhaps you have not heard the story of Roland."

"A certain man got married, and one night on the honeymoon he was awakened by the voice of his young bride talking in her sleep.

"Roland," she sighed, "Roland—Roland." Over and over, you know, like that. It was terrible.

"The man grew wild with jealousy, for his name was Hank, not Roland, and seizing the poor girl by the throat, he put an end to her then and there. "A rash deed, believe me, for Hank learned afterward from her family that his wife had worked for several years in a cafeteria, and the 'Roland' he had heard of her dreaming lips was really 'Roll and' meaning, of course, an order for 'Roll and butter.'"

**In a Manner of Speaking.**  
"How would you describe W. L. George and D. H. Lawrence?"  
"I'd say they were heroine addicts."

**Revenge.**  
"I say, that's my umbrella!"  
"I don't deny it. I bought it at a pawn shop."—Lampoon.

## FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority.

Science has found a newer, better way—a means as simple as Nature itself.

In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Medical authorities have found that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot gripe. It is in no sense a medicine. And like pure water it is harmless and pleasant.

Nujol is prescribed by physicians: used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

**A Dangerous Variety.**  
"Alice may be a gossip, but I believe she tells the truth."  
"My dear, the truth is frequently the worst form of gossip imaginable."

**FOR OVER 40 YEARS**  
HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh.  
HALL'S CATARRH MEDICINE consists of an Ointment which Quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists.  
F. J. Cheney & Co., Toledo, Ohio.

**It Wasn't for an Ice Palace.**  
"If you've got your building permit what are you waiting for?"  
"A weather permit."

**Disordered Stomach**  
Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation. Genuine has Small Pill; Small Dose; Small Price.

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PUTNAM FADELESS DYES—dyes or tints as you wish

Better Than Mother.

I have two sons of high school age who have always made our home a gathering place for their chums. I have become more or less interested in all boys, their problems and perplexities.

Last summer a stranger came among them. After he had been coming to our house a few weeks, he sat down in the porch swing with me one night and poured out his troubles. I advised him as well as I could just as I would have done to one of my own sons.

He said: "I wish my mother understood things as you do!"  
That compliment went straight to my heart.—Chicago Tribune.

**Grasshoppers' Favorite Diet.**  
When various spring grains are available the grasshoppers prefer oats to any of the others, reports a United States Department of Agriculture investigator in Montana. However, when food is scarce the hoppers will not go far out of the way to search for the plants that please their palates most.—Agricultural Department Bulletin.

**Wait-O-O-Graf.**  
Tilly—How do you like the tune on my phonograph?  
Philly—Phonograph? I thought by the sound of it that it was a moon-phonograph.

**Feminine Intuition is the mother of "I-told-you-so."**



## Health is the Most Valuable Asset You Have

Newago, Mich.—"Some years ago I was troubled with dizziness, palpitation, loss of appetite and sore and painful stomach. I tried the best physicians I could hear of, and also several put-up medicines, but nothing did me any good. Some physicians said it was my heart; others said it was my stomach while others said it was my nerves. I got so bad I could not work very steadily, when a friend came to see me and insisted upon my trying Dr. Pierce's Golden Medical Discovery. I was discouraged, but tried it anyway, and after taking the second bottle I felt much better. I then bought six bottles and I believe the 'Discovery' saved my life. It was rightfully named 'Golden Medical Discovery.' I would recommend it to all who need such a medicine.—Chas. E. Backus.

All druggists, tablets or liquid; or send 10c to Dr. Pierce's Invalid Hotel in Buffalo, N. Y., for a trial pkg.

**YOU CAN** color your hair easily, quickly and safely by using Q-Ban Hair Color Restorer. Safe to use on water. Makes you look young again. At all good druggists, 75 cents, or direct from HESSLI & LITZ, Chemists, Acropolis, Tex.

W. N. U., LINCOLN, NO. 3-1923.

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**Off to school on a winter morning**  
—fresh and rosy—or pinched and chilly? That's a matter for Mother to decide.  
Children, as well as grown-ups, need a hot mealtime beverage that is wholesome, invigorating, and free from harmful after-effects.  
Coffee is known to be harmful—especially to children. That is why so many thoughtful mothers give their children delicious Postum. This pure cereal beverage gives needed warmth and comfort, has delightful flavor and aroma, and is free from anything that can injure the health of children or adults.  
Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.  
**Postum FOR HEALTH**  
"There's a Reason"  
Made by Postum Cereal Company, Inc., Battle Creek, Michigan