



### Luscious— Made With Raisins —and already baked for you

SAVE the trouble and the time of baking pies at home, yet give your men folks pies that are exactly to their taste.

Master bakers and neighborhood bake shops in your city are making luscious raisin pie fresh every day. Your grocer or these bake shops can supply them.

Taste them and you'll know why there's no longer need to bake at home.

Crust that's light and flaky—tender, thin-skinned, juicy fruit, the juice forming

a delicious saucel! There's nothing left to be desired in a pie.

Made with finest seeded Sun-Maid Raisins.

1560 calories of energizing nutriment per pound in practically predigested form. Rich in food-iron, also—good food for the blood.

Make cakes, puddings and other good foods with them.

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 now for free book of tested Sun-Maid recipes.

### SUN-MAID RAISINS The Supreme Pie Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

- Seeded (in 15 oz. blue pkg.)—20c
- Seeded (in 15 oz. red pkg.)—18c
- Seeded or Seedless (11 oz.)—15c
- Seeded, in tins (15 oz.)—20c
- Seeded, in tins (5 oz.)—15c



Blue Package

#### CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Dept. N-553-13, Fresno, California. Please send me copy of your free book, "Recipes with Raisins."

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

### Indian Lodge Tales

By Ford C. Frick

#### THE LEGEND OF CAMERON'S CONE

LIKE those of us of little faith who followed through the years, the Chosen Race was brave when smelled the Manitou, and laughed and played with happy hearts. But when he hid his face among the mists and sent no word unto his people, they waxed afraid nor dared to chase the deer nor plant the maize until the clouds were parted and his face smiled forth again. For they were small of faith and knew not how to do their work unless they could see before them on the Peak the face of Manitou.

So they sent an embassy unto him to pray that ever they might have his face in view, unhid by mists or clouds—by day resplendent in the golden light of the creative sun, at night bathed in the radiance of the silvery moon.

Four ancient chieftains, bold of heart and purified by fasts and holy rites, they chose to take the message up the mount that rose to heaven's gate. But Manitou was wroth when he beheld this ancient four who dared to tread upon the image of his face. And anger seized him when he saw how small the faith they held in his good works; and in his heart a mighty anger rose, and clouds turned black, and storms came down the Peak, and in his anger he seized upon the thunderbolts and hurled them toward the earth.

In deepest darkness all the land was wrapped save where the flames ran down the mountainside. Terrible winds were loosed to do their harm, and scoured the trembling plains with blinding dusts. The rain fell through the darkness and a grievous hail fell on man and beast. And with gigantic sounds the hills were rent in twain, while the Chosen People hid themselves in the valleys and the canyons to escape the rage of Manitou.

For four days the mount was hid from human eyes. At last the storm was spent. The Manitou seized and bound the winds, and all the thunderbolts were laid away, the sun came out once more and through the clouds the distant summit of the sacred mountain was bathed in light and sunshine once again. But those who looked were stricken dumb with fear. The summit of the mighty peak was gone!

The Manitou, so the fathers say, hid in his wrath snatched up the mighty peak, and breaking off its summit, cast it down the slope upon the heads of the ancient chieftains there, burying them in rock and earth where they stood, half way 'twixt summit and the plains below. And as it fell it formed another mountain, not nearly so high as the sacred mount, but black with fire and rain. Twisted and torn it lay there where it fell, hurled from the hand of Manitou himself as punishment to those of little faith who sought to climb from earth to heaven that they might make their wishes known to him who was their father.

As for the peak which once had led to heaven—no longer tall and stately did it show, but torn and twisted, blackened by fire, its rugged sides impossible to climb. No longer could the Chosen People look up and see the face of Manitou, but only a mountain, vast in its greatness, stretching its head to heaven, but falling short of that great goal. And since that time the Manitou, still in the heavens, sees no more of earthly things. No longer can his people, in their faith, climb the peak to talk with him, but each must wait his turn to pass beyond the plains into the happy hunting ground above.

The peak is there, pointing the way to heaven, but shutting off all hope of climbing to the hunting ground above.

#### Mahogany Leads Among Woods.

Among cabinetmakers and users of furniture, mahogany is easily the most favored wood. It has beauty of surface, it is easily carved and it is not subject to changes in fashion. Also it is adaptable to any article of furniture.

Tradition has it that mahogany's discovery was quite accidental. A carpenter in Sir Walter Raleigh's shop in 1595 saw some of the wood, experimented with it, and convinced of its value, made use of it. Mahogany is found extensively in Africa, but the greater quantity used in the United States comes from Cuba, Mexico and Central America.

#### Age Not a Matter of Years.

Age counts for much less than it did a generation ago. People do not submit so readily to the growing-old process. They are realizing more and more that youth is not a physical affair at all. The new psychology, which is quietly, but deeply, affecting human thought in many directions, is teaching man that healthy labor, cheerful thinking, and useful interests in life go a long way towards preserving fitness and freshness of body and mind.

### TEACHER PAYS IT GLOWING TRIBUTE

Declares Tanlac Ended Indigestion, Chest Pains and Palpitation—Lost Strength Restored.

"Tanlac has improved my general condition ten times more than I anticipated," recently stated Herbert A. Guphill, a well-known school teacher of Kezar Falls, Maine.

"My trouble began with a sudden loss of strength. Almost everything I ate disagreed with me and caused a sickening sensation that remained with me for hours. For months I found breathing difficult on account of indigestion, and had such chest pains and palpitation I thought my heart was affected. I also suffered greatly from headaches and nervousness, seldom slept well, and felt tired and worn-out all the time.

"Since taking Tanlac no kind of food hurts me and I have a wonderful appetite. I have gained ten pounds, breathe freely, sleep perfectly, and feel as strong and well as ever in my life. Tanlac is certainly a superior medicine."

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

#### Where?

"Mamma, what makes the street car go?" loudly piped small Joan, much to the amusement of the passengers on the street car. Her mother quietly replied that the electricity made the street car go. While Joan twisted about in her seat, turning this unlightening answer over in her mind, the car came to a stop.

"But, mamma!" she said, still puzzled, "where does the electricity go when the street car stops?"

#### A Motor Mind.

Marion, age three, was playing with a kitten, for the first time. The kitten began to purr. He put the kitten down and running to his mother exclaimed: "Oh, mamma, the kitten has his engine running."

Be not hasty to outbid another.

### 10 Cents

Gives Cheerful New Color Tone to Old Curtains  
PUTNAM FADELESS DYES—dyes or tints as you wish

#### BUT IT WASN'T JUST RIGHT

Lighting Expert, It Might Be Thought, Had Gone Just a Little Bit Too Far.

Yeats does not seem to have captured the enthusiasm of St. John Irvine, who writes in a recent book about professional people:

"He would spend hours over the lighting of a scene. This 'time' was too strong and that 'time' was too weak, or there was too much color or there was not enough, or the mingling of the colors was not sufficiently delicate.

"One day, when he had worn out the patience of every one in the theater with his fussing over the lighting, he suddenly called out to the stage manager, 'That's it! You've got it just right now!'"

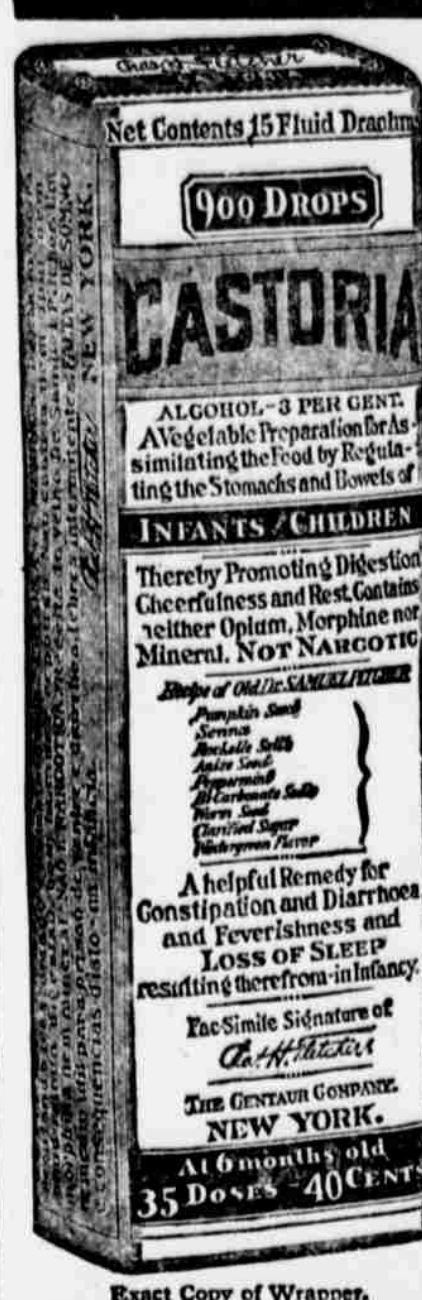
"Ah, sure, the d-d thing's on fire," the stage manager answered.—Los Angeles Times.

#### Getting Personal.

He—"They say there's no fool like an old fool." She—"Yes; I suppose it worries you to be getting old."

Many a homely woman has posed as a beauty specialist.

Query—"Is a good reputation better than none at all?"



### CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Dr. J. C. Hatcher  
In Use For Over Thirty Years  
CASTORIA

### SICK HEADACHE

Take a good dose of Carter's Little Liver Pills then take 2 or 3 for a few nights after. They restore the organs to their proper functions and Headache and the causes of it pass away.

THEY REGULATE THE BOWELS and PREVENT CONSTIPATION

Genuine bear signature. Small Pill; Small Dose; Small Price

### 50 GOOD CIGARETTES 10¢

GENUINE "BULL" DURHAM TOBACCO

Too Much. Jims—Well, what did you get for Christmas? James (sorrowfully)—Indigestion.

A Lady of Distinction is recognized by the delicate, fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

Evasive. "Riches have wings," remarked Mark Ippank. "Yep," opined Herb Murb, "they're hard to catch."

For your daughter's sake, use Red Cross Ball Blue in the laundry. She will then have that dainty, well-groomed appearance that girls admire.—Advertisement.

He laughs at errors typographical who never read a proof. It is a wondrous gift. We've tried it.

### Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 25 CENTS

6 BELLANS Hot water Sure Relief

BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

### PARKER'S HAIR BALMS

Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair

60c and \$1.00 at Druggists, Direct from Wm. Parker, N.Y.

### HINDERCORNS

Removes Corns, Calluses, etc., stops all pain, restores comfort to the feet, makes walking easy. 10c. by mail or at Druggists. Hiscox Chemical Works, Philadelphia, N.Y.

### NO DYE

Q-Ban Hair Color Restorer—Safe as water—apply it and watch results. At all good druggists, 10c. or direct from HESSIG-LELLS, Chicago, Illinois, Tenn.

W. N. U., LINCOLN, NO. 5-1923.

A fat purse is a good thing to lean on.

"GOLD IN THE HEAD" is an acute attack of Nasal Catarrh. Those subject to frequent "colds" are generally in a "run down" condition. HALL'S CATARRH MEDICINE is a Treatment consisting of an Ointment, to be used locally, and a Tonic, which acts quickly through the Blood on the Mucous Surfaces, building up the System, and making you less liable to "colds." Sold by druggists for over 40 Years. F. J. Cheney & Co., Toledo, O.

#### Bonehead!

Hubby did not like the appearance of the cook a friend had sent them, so taking his wife aside he said, "Don't hire her."

"But," remonstrated his better half, "Just think of the reputation for cooking she bears."

"Never mind about her ability to cook she bears," said he. "We don't eat 'em, anyway."—Boston Transcript.

#### SHE DYED A SWEATER, SKIRT AND CHILD'S COAT 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.

#### Takes Month to Paint Auto.

It takes a month to paint an automobile. While going through the paint shops it receives 24 distinct operations, one upon another. The bodies are dried after each coat.

#### WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test 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.

He also serves who only stays in jail and waits.

### MURINE

Night and Morning, Have Strong, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Hertz Eye Remedy Co., Chicago

### Help Yourself to Health and Comfort

THOUSANDS of people do not stop to think of the harm which may result from drinking coffee and tea.

If you have frequent headaches—if you are nervous and irritable—if you cannot sleep at night—it is time to find out the cause and help yourself to health and comfort.

You alone can do it. Postum makes it easy.

Just stop coffee and tea for a while and drink delicious Postum instead. You will find it wholesome and delightful, with a delicate fragrance and a fine, full-bodied flavor.



Made from wheat, roasted just like coffee, Postum contains no caffeine, nor any other harmful ingredient.

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, Incorporated Battle Creek, Michigan

