



The Kind That Makes You Like Fruit Cake

That tender, almost juicy cake with the rare flavor of delicious raisins and piquant spice.

That rich, fruity luscious cake that doesn't crumble and dry out.

The kind that you have always liked—the kind you mean when you say "fruit cake."

You can buy it now—get

just the kind you like—and save baking at home.

These plump, tender, juicy, thin-skinned raisins are ideal for cake. Taste the cake you get and see.

You'll enjoy fruit cake more often when you can secure such good cake ready-made.

Mail coupon for free book of tested recipes suggesting scores of other luscious raisin foods.

Just ask your bake shop or confectioner for it—the cake that's made with

Sun-Maid Raisins

Sun-Maid Raisin Growers
A Co-operative Organization Comprising 14,000 Grower Members
Dept. N-553-31, Fresno, California



CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Dept. N-553-31, Fresno, California.

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

NAME: _____

STREET: _____

CITY: _____ STATE: _____

He Clearly the Best Job.

Henry Ford, who was once in partnership with Barney Oldfield, was accused some time after the dissolution of the brief business arrangement by a friend, who said, "Well, Hank, Barney Oldfield helped to make you." Mr. Ford acquiesced, but added, "And I helped to make him." When next the two ex-partners met, the famous racer asked Ford if he had said such a thing and the creator of the flyover readily admitted he had. "Well, all I've got to say," Oldfield returned, "is that if I helped to make you and you helped to make me, I did a lot better job than you did."

World's Most Famous Tunnels.

If the new tunnel through Mont Blanc is cut, as anticipated, within five years, the work will compare favorably in expedition with some other great undertakings of the kind. The Mersey tunnel, though but a mile and a half long, took six years to cut; the Severn, four and a third miles long, took thirteen years; the Mont Cenis, eight miles, took fourteen years; the St. Gothard, nine and a third miles, ten years; and the Simplon, twelve and a quarter miles, eight years.

A Correct Definition.

Dolphus—Pa, what are the great majority?
His Father—Fools.—London Answers.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used.—Advertisement.

The Lowbrows.

She (literary)—"I suppose you have read Bacon?" He (in the grocery line)—"Red and white."

Seven quarts to the peck is the way some grocers measure their success.

Sure Relief FOR INDIGESTION



AS SURE AS DAWN BRINGS A NEW DAY



LOOK OLD?
Color Restorer will bring back original color quickly—stops dandruff. At all good druggists, 7c, or direct from Ross-Elli, Chicago, Memphis, Tenn.

Indian Lodge Tales

By Ford C. Frick

THE LOST CANYON

LONG years ago, before our fathers and our fathers' fathers were born, but long after the Manitou had created the boiling springs and the beautiful hills and the valleys for his children, the chosen people were rich and prosperous. Gold and silver they had in plenty—and the brave ones of the tribes wore glorious ornaments and rings and bracelets made from pure gold they took from the hills where the Manitou had laid it.

And all the chosen people were happy, and there was plenty of food and plenty of meat and the entire tribe waxed rich from the fruit of the plains and the gold and silver of the hills.

But one day there came from the southlands strange white men, swarthy of countenance, bearing strange rods which spit forth fire and sparks and which killed at long distance. Their clothes were strange to look upon and on their faces they grew long hair, and their language was a strange one to the chosen people, who made them welcome and who shared their topees with the strangers.

When the strangers saw the gold and silver ornaments they became much excited, and by gesture and strange speech they demanded to know where the precious metal could be found. And there was no one among the chosen people to tell them how to go or where to find the gold—and those who knew only shook their heads and ran away, for they were sore afraid.

When the chosen people would not tell, the strangers became angry and turned upon them with their magic rods—and from the rods came thunder and flames, and many of the chosen race were killed and sorrow was on the land. And the chosen people ran and hid in the canyons and in the hills while the strangers roamed the land. Finally one day they found one of the chosen ones, the son of the aged chief, and took him and bound him fast, and threatened him with death unless he would lead them to the spot whence came the gold.

Now it so happened that all the gold was taken from a hidden canyon—and no one knew its entrance except the chief and his sons and his family. And when the son was captured then the old chief came forth from the mountain where he was hid and promised to take the strangers to the gold if they would spare the life of his son. This they promised to do.

So the aged chief led them in sorrow to the hidden canyon and the strangers laughed and shouted and beat him on the back and spit in his face. And when they saw the gold they shouted aloud and each and every one throw down his rod and began to pick and dig at the shining rock where the gold was hidden. And the chief then asked the leader for his son that he might lead him back safe and unharmed.

But the leader only laughed, and turning his rod toward the young lad he killed him there, and then he slew the chief while all the while the others laughed and joked.

But when the Manitou saw the cruelty and greed of the strangers he was very wroth. And as they killed the chief he sent the darkness. And in his anger he picked a thunderbolt and hurled it earthward to the walls of the canyon. The walls split and slid in, and all the strangers were buried up in the mass, and the mouth of the canyon was closed by the slide and the strangers could not get out and there they died—and there was none to help them in their plight.

When the chosen people saw what the Manitou had done, they fell on their faces and thanked him for his grace, which saved them from the cruel and grasping strangers. And there they vowed that never more would they enter the canyon walls for fear of death.

So was the canyon lost and to this day no one has been able to find its mouth or enter to gather there the gold. Yet it is there between the two great peaks—a giant canyon closed at both its ends.

If you doubt, go forth and find it there. And if you enter into its hidden depths there will you find the magic rods of those who went before. And there are riches too, for him who finds and enters in the canyon which is lost.

Fatal Lapse of Brain Action.
Sudden lapse of brain action on the part of the engineer has been the cause of a large proportion of railroad collisions in this country.

Had the Wrong Ellen.
It was out in the country, where about ten farmers are on one party telephone line. By means of varied rings one can telephone to any one of the others without calling central. One day I called up my friend, Ellen, and asked her to go to the dance with me. Imagine our mutual surprise, when, on arriving at her home, she had not heard of the dance. In my haste when calling I had confused the rings and had been talking to another Ellen on the same line.—Exchange.

DECLARES TANLAC "IS BEST OF ALL"

St. Paul Woman Says Stomach Trouble Is Gone and She Has Gained 10 Pounds.

"Tanlac has meant health and happiness to me, and I think it has no equal," declared Mrs. Albert Kaping, highly-respected resident of 29 E. 10th St., St. Paul, Minn.

"I was so terribly run down my housework seemed like a mountain to me, and lots of times I had to give up and rest. I was nervous, weak, and had splitting headaches and awful dizzy spells. My stomach was so badly out of order almost everything I ate would sour and I suffered terribly from gas, heartburn and a distressing smothering feeling. I could not sleep nights, my back ached terribly, I lost weight till my clothes didn't fit, and was in a generally wretched condition.

"But now I get real joy out of caring for my house. Since taking Tanlac I have gained ten pounds, never have indigestion and all my aches and pains are gone. I take pleasure in recommending Tanlac."

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

Light Work.

A western man tells of a weather-beaten woman somewhat over six feet in height, with shoulders proportionately broad, who appeared at a house in his town and asked for light housework, explaining that she was convalescing from typhoid fever.

"Where do you come from, and where have you been?" she was asked.

"I've been diggin' out on a ranch in Wyoming," she explained, "making post holes whilst I was gettin' my strength back."—Harper's Magazine.

Taking No Chances.

"Why do you stop when you see that bore coming?" asked Hank Ippank.

"I want to see which way he is going before I move another step," declared Herb Blurb.

To be spoken well of is pleasant; and to be spoken of both well and ill is usually worth money.

Plan a rotation system for the next four or five years.



"Every Picture Tells a Story"

Winter Find You Tired and Achy?

DOES winter find you miserable with an aching back? Do you get up lame and stiff—lag through the day tired, weak and depressed? Do you know why you are so run down?

There's good reason for your condition and likely it's weak kidneys. Winter's colds and chills throw a heavy burden on the kidneys. The kidneys fall behind and poisons accumulate. It's little wonder, then, that you suffer backache, rheumatic pains, headaches, dizziness and bladder irregularities.

Don't risk serious kidney disease. Use Doan's Kidney Pills before it is too late. Doan's have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Good Folks:

Mrs. J. W. McKissick, 903 E. Bell St., Beatrice, Neb., says: "I was in a miserable condition with my kidneys, caused by a cold settling in my back and kidneys. I had never been troubled before that and haven't been troubled since using Doan's Kidney Pills. A couple boxes cured me, and a cold never bothers my kidneys. I am only glad to give the credit to Doan's and know them to be a positive cure for such ailment."

Gust Munson, 401 E. Lincoln St., Blair, Neb., says: "If I take cold, it usually settles in my kidneys. My back gets lame and the muscles in my back and side hurt every move I make. I have a good deal of backache, too. When I get an attack now, I take Doan's Kidney Pills and a few always give me prompt relief. I can highly endorse Doan's Kidney Pills, believing them to be all that is claimed for them."

DOAN'S KIDNEY PILLS

At All Dealers, 60c a Box. Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

CENTRAL FACT OF HINDUISM

According to Leader, "Cow Protection" Is the Gift of That Cult to the World.

Mahatma Gandhi, the Indian leader, says that the central fact of Hinduism is cow protection. "The cow was in India the best companion," declares Gandhi. "She was the giver of plenty. Not only did she give milk, but she also made agriculture possible. She is the mother of millions of Indian mankind. The ancient seer, whoever he is, began with the cow. Cow protection is the gift of Hinduism to the world. And Hinduism will live as long as there are Hindus to protect the cow."

"The way to protect is to die for her. It is a denial of Hinduism to kill a human being to protect a cow; Hindus are enjoined to protect the cow by self-purification, by self-sacrifice. The present-day cow protection has degenerated into a perpetual feud with the Mussulman, whereas cow protection means conquering the Mussulman by our love."

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.

Escaping the Critics.

He was showing his friends his new house.

"This," he said, "is an idea of my own. It is my bridge whist room."

"How very small. There is room here only for four chairs."

"Yes," he replied, "that's the idea. I wanted to have one place where we could play bridge without being bothered by the experts who merely want to look on."

O. Wondrous Age!

"Dr. Harvey Bruce Lemon of the University of Chicago's department of physics will lecture on the secrets of his department by radio tonight."—News Item.

When a wife reigns she sometimes storms.

It is well to be confident, best to be sure.

10 Cents

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

Lo, the Poor Indian!
Mr. Whittemore of Washburn college was struck by the metropolitan education of an Indian he met at the Taos (N. M.) art colony.

While waiting for his wife and daughter outside of a studio, Doctor Whittemore related, "a big fat, rather old Indian approached me. He was wrapped in a white sheet, which fell in stately folds from his shoulders to the ground. His arms were folded like those of the officer of the day standing at parade rest during a formal guard mount. His approach was as dignified as that of a Roman senator."

"I looked at him in recognition of his stately bearing, and he spoke to me these full and measured words: 'Sir,' he said, 'I am broke. Will you give me a dime?'"—Boston Transcript.

Diamonds Win.

"How did he win her?"
"Case of a half-carat man with a three-carat diamond."

If one will repent of his thoughts he isn't likely to have to repent his deeds.

WHERE SEA BIRDS ARE SAFE

Wild Creatures Seem to Know It, and Congregate on Rock on the Coast of Scotland.

"It certainly is the most wonderful citadel I ever looked upon. Its sides rise straight from the sea, and if you placed St. Paul's cathedral by its side the cross would only just top the cliff," writes an ornithologist.

Every available ledge on this lowering rock contains its birds.

In the past the Bass rock, in the Firth of Forth, had been a famous fortress, holding out for years against an attacking army. Now it is a sea birds' citadel, and there they are safe on the impregnable cliffs.

If you look at the scene from below, it is even more wonderful than looking down on the birds from above. There are thousands of the giant birds sailing around, crossing and recrossing in what looks like a great network of living creatures.

One moment there is silence, and that is the most beautiful moment of all, for it is like a scene from fairyland, with dream wings floating above

you. The next moment a garnet utters its harsh note, and a thousand birds reply until there is a deafening chorus. Then again there is no sound save the wash of the waves at the base of the cliffs.—London Mail.

All Figured Out.

Although Mrs. Youngbride's cooking had improved since she began taking a correspondence course, her husband lost no opportunity of poking fun at her efforts. One morning she asked as he was leaving for the office: "My dear, what would you like for dinner this evening?"

"Well," he replied, "suppose we have Lesson 4, barring item C, a little of Lesson 9 and the postscript of Lesson 12 for dessert."—Boston Transcript.

Lucky World.

"All men can't be orators."
"True, and how fortunate for the world that it is so."

All men respect the good, but not the unco good.

All truth is not to be told at all times.

What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly part with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of coffee? Coffee contains caffeine, a harmful drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice of comfort or satisfaction. Drink Postum instead of coffee.

Postum is a pure, cereal beverage—wholesome and delicious—a safeguard for health.

"There's a Reason"

for Postum

Made by Postum Cereal Co., Inc. Battle Creek, Mich.



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.

