

## "COLD IN THE HEAD"



## Help You

 Run the Ball-bring home the bacon, collar the blue vase,
carry the message to Garcia, etc.
ITTLE Raisins, full of energy and
firon, will put the pep into you Ciron, will put the pep into you
that makes winning plays. Use vim
like it in like it in your business, to One hundred and forty-five cal-
ories of energizing nutriment in every ories of energizing nutriment in every
little five-cent red box that you see. tically predigested form-levulose, the scientists call it-so it goes to work
almost immediately. Rich in foodalmost im
iron also. Try these little raisins when you're
hungry, lazy, tired or faint. See how they pick you up and set you on your
toes.

## Little Sun-Maids

"Between - Meal" Raisins 5c Everywhere

Had Your
Iron Today?



## HEALTH FOR <br> ,

## WORKNG WOMEN

LetLydia E.Pinkham'sVegetable Compound Help You to Become Well.

| Thousands of crits hnve to work in |  |
| :---: | :---: |
| homes, offices, stores, mills or factories who are physically unfit for woric, | St., Brooklyn, N. Y. |
| with often an aged or invalid father or mother dependent upon them for | Office Wor |
|  |  |
| support. |  |
|  |  |
| and weck out, or situng in crampedposition a gir orten eontratts amederanged condition of her organic |  |
|  |  |
| aystem which calls a halt to her pro-- | w |
| fiealth before she catberself or anyone else. |  |
|  |  |
|  |  |
| and derangements these girls have found henith to do their work in Lydia E. Pinkham's Vegetable Compound. |  |
|  |  |
|  |  |
|  |  |
| Brooklyn, N.Y.-"Like many girls, 1 had troubles every month, says |  |
|  | Pains and Head |
| fered with my work ns 1 could never |  |
| be sure of my time. My mother often |  |
| suggested that I take Lydia F. Pinkham's Vegetable Compound, but I never did until lately. 1 have had |  |
|  |  |
| never did until lately. 1 have had very food results, and am now a pri- |  |
| vate secretary and do my work with- |  |
|  |  |
| your medicine to every girl whospeaks of having troubles like I have |  |
|  |  |
| Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Writo to the Lydia E. Pinkham Medicine Co., Lynn, Dassachusetts. |  |
|  |  |
|  |  |


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10 Cents
Insures Fresh Charm to Old Shawls PUTNAM FADELESS DYES-dyes or tints as you wish


## Let the Sunshine in!

Are you fagged and foggy when you wake up in the morning? "There's a Reason." Coffee and tea are known to affect many people that way. Often, these beverages
cause nervousness, sleeplessness and cause nervousness, sleeplessness and
severe headache. "There's a Reason." severe headache. "There's a Reason. Postum, made from wheat roasted just
like coffee, is a delightful mealtime beverage free from any element of harm. Try it instead of coffee or tea, and let the sunshine in.

## Postum

 now the city of Coldrado Springs. This
legend refers to the Garden of the
Gods Gods, Just outside the elty of Manitou
-a spot that has become world ta.
mous for the unique beauty of its rock

Making Deductions Her Mother--Now that you're mar
reded, you should help Ferdinand to
seve save something.
Mrs. Juncerite
helped do. Ive alrend
him to save something on hi
income tax.
 Snn Francisco is unlque. The bulld
ing is of Chinese architecture the op
erators are Chinese girls, and the Chi nese subscrihers call by name insteal
of numbers: The operators handle be tween seven and eierht thousan
dally.-Youth's Companton.

Good Work Never Lost No good work is ever lost; many
taborers must be content to sow others will come to reap the harves

