THE KIND OF FOOD YOU NEED FOR HEALTH

Father John's Medicine One of Richest Sources of True **Nourishment**

When people, especially children, row weak, inactive and run down, it is almost a sure sign that they have een eating food lacking in vitamina. These vitaminas

are necessary health and th present t quanti Father Jo

Original Chinese in Stam.

J. F. Rock, adventurous plant hunter, reports from Keptung. Burma, to the Agricultural department that he has found a village of the original Chinese referred to in the oldest historical book of China, which dates back 2,000 years before Christ. "They are called Mino," he says, sand do not ent or grow any rice, but old, corn. They cut down the forests and plant corn at an elevation of 3,600 to 4,000 feet on the elephanishaped; mountain of Dol Chang on which they live. They are the dirtlest people I eyer saw, burring method furtiest people I eyer saw, burring the contract of the contract o

temarkable Recovery Case in Serious Kidney Case,
This letter, frimi George Roberts of burch street, Malpan, Cheshire, Enguid, sounds almost unbellevable, year very word is true and was signed before notary public.

very word is true and was signed before nonary public. The reference was a signed before for elevery years on the description of the reference was a signed as the result of the result

of it, until they found they had disap-ted to the control of the control of the con-trol of the control of the control of the con-when I told them Dedda Sidney Ellis. I had been taking and were not the con-trol of the control of the control of the many control of the control of the control of the many control of the control of the control of the many control o

pany, Burafio, N. Y.—Advartisement.

The Bionehead!
Mrs. Bmatter, who loved to air her French, met a miles acquaintance just after she had parted with a young woman whom she understood he rarticularly disliked.

"Oh," she said archly, "did you notice me just she speaking to your bete note?"

"Pardon me," he professed, "you are mistaken there; I never | was in love with the lady."

Boston Transcript.





Keep Your Skin-Pores Active and Healthy With Cuticura Soap up 25c, Oistmeet 25 and 50c, Talcon 25c

STATE NEWS IN BRIEF

Saginaw—Kiwanians of Michigan invaded Saginaw for the annual dis-

Monroe-A \$2,000 boat and 42 cases of Canadian beer were selzed by Sher-iff Gessner at the River Ralsin docks. No one was aboard.

Detroit.—The management of the Ford Motor Co. is sellining coke to employes for \$8 a ton, or \$5.50 a ton less than is being asked by rotallers of the city.

of the city.

Port Huron—Repairs are being made to the steamer Adriatte which collided with the steamer F. L. Robbins. A fog caused the colliden. The Adriatic was damaged considerably.

Lansins—The 335,000 heart baim warded Monica Hatton in Wayne county circuit court in her breach of promises will against Arthur Stott, was affirmed here by the state supreme court.

court.

Monroe—Edward W. Hilton, of Erie,
Monroe county, for 27 years secretary
of the Farmers' Mutual Fire Insurance
company, of Monroe and Wayne counties, has been elected president of the

concern.

Marquette—The legislature will be asked next session to pass an appropriation for a dining-room, hospital and power plant at Marquette prison, the prison board has decided. Present facilities are too small.

Marshall—The county tax rate will not be reduced. Last year it was \$1.383 as \$1,000 valuntion and this year: It may exceed this. The county poor fund is already over-drawn. September 30, the overdraft, according to the records in the office of the county transurer, totalled \$14,264.82.

urer, totalled \$14,264.82.

Poef Austin-This village will go into court to compel Henry Schlegel to sell the Port Austin Light & Power company plant to the village a bond issue of \$14,050.00, which was the appraised value placed on the plant by the State Industrial Commission. was voted, but Schlegel now wants \$11,500.

Ann Arbor—"Control your cars, yourselves and your tempers," advised President M. L. Burton, of the U. of M., speaking here at the first of the public meetings of a safety campaign conducted by the Ann Arbor branch of the Detroit Automobile club. "The greatest friend safety has is courtesy," he said.

he said.

Dowagiac—There is considerable agitation in this town concerning the mear entire that the said of the Section of the Seckwith company's 30-year lease from Dowagian to turnish householders with gas and electricity. The present price is 12 cents a kilowath for electricity and \$2 a thousand feet for gas. Taxpayers are uniting to petition for a city owned plains.

owned plant.

Manistique—The battle royal for the nomination for treasurer of Schoolcraft county, at the primaries. September 10 will be ond mount at the September 10 will be ond the september 10 will be on the september 10 will be not be september 10 will be now the two votes over Fedward Multhaupt and by three over Miss Laurs Williams, will be opposed by them on the slip system.

posed bond issues to build a new high school.

Hiiisdale—Notice has been received by Walter Rawson, director of the agricultural department of Hillsdale high school, that the stock judging team from Hillsdale won first honors at the Wostern Michigan fair at Grand Rapids. The team consisted of Ford Eagle, Marlo Murray and Everett Watkins. The members of the team will have their expenses paid by the Western Michigan Fair society to the international live stock show in Chicago in December.

in Chicago in December.

Lansing—An appraisal of Citizens Telephone company, property to determine a fair valuation upon which to base rates in cities served by both the Michigan State and Citizens companies, after the, merger of the two acrvices was ordered by the state public utilities commission. The order will bring about, in effect, a condimination of plans announced by the commission some time ago, halted by litigation when the Michigan State objected to an appraisal and asked that the proposed purchase price of the Citizens company be used as a base.

The KITCHEN CABINET

Oh, road that beckons found the bend, We care not what's at journey's end, So that our happy feet have strayed Through ferny banks and hemiock shade!

GOOD SALADS AND DRESSINGS



With all the delfotous fruits and vegetables that each season brings, there need to the 'a season brings, there need to the 'ballow's and the season brings, there are country and the season brings, there are confident and for a cupful each of or anges, banonis, in the case of the season brings, the season and fruit season brings, the season brings and for the season brings, the season brings and the season brings, the season brings and season brings, the season brings are season brings, the season brings and season brings, and the season brings and season brings, and the season brings and season brings, and the season brings and the season brings

copril of sugar, mix with the trut and serve very cold.—Mix well one cup-ful of nuts, one cupral of cottage cheese, well seasoned. Fill the cen-ters of six peaches with the cheese mixture, arrange on lettuce and cover with dressing.

But best of all I love the road When it slips past a white above. Past old gray barns and maple trees, Into the forest's mysteries. Watter P. Paton.

A SYMPOSIUM OF SALADS



theupt and by three over Mies Laurs Williams, will be opposed by them on the situ system.

Marquette-Stitking shopmen on the Driut. South Shore & Atlante rails on the situ system.

Marquette-Stitking shopmen on the Driut. South Shore & Atlante rails on the situ system.

Marquette-Stitking shopmen on the Driut. South Shore & Atlante rails on the situation to return to their jobs as individuals with no impairment of seniority rights. The railroad, it is add, refuses to negotiate with the union and the strikers assail its policy as a move to break the organization.

Battle Creek—That 50 of the 200 Michigan exsoldiers on the waiting of the big to the Rosewett American Legion hospital will be notified that they can receive treatment at the hospital by October 15, was the announcement by Cyclober 15, was the announcemen

cover with the dressing just before serving.

Prune, Raisin and Cheese Salad—Clean and stéam two cupfuls of prunes. Fill with a mixture of one-fourth cupful of chopped raisins, openhalf cupful of a street cheese and one-half cupful of nutments. Fill the prunes after removing the sto sea 'Arrange the prunes on lettuce with stalks of shredded celery and holled ressing. Plinespiple. Delight—Rub § saind bowl with a clove of garlic, then add one cupful of white cabbage finely shredded, one-half cupful of inclip-thopped celery, pne-half cupful of died placapple. Arrange on tittle, serve with French dressing and garlich with siless of red pepper.

Neceie Maxwell



Special Care of Baby.

That Baby should have a bed of its own all are agreed: Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism by that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared-for linfants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so shnormal that the desired results may be had from the use of medicines primarily frepared for grown-ups.

GENUINE CASTORIA ALWAYS

Bears the Signature of

BRIGHTENS, REFRESHES, ADDS NEW DELIGHT TO OLD DRAPERIES PUTNAM FADELESS DYES—dyes or tints as you wish

A ielaiul Remedy for Const pation and Diarric and Forerisiness and Aosis of Sleep result he merciron initian

4 H. Hateliel

NEW YORK.

the Circ imstances.

John Buil and Hh Wool.
Australia's big est lawauit is to be tried. The wool commission, representing the Builtan government, is bringing action stainst the Australian wool growers and exporters, claiming damages of abir 14,500,000. The wool commission alleges the Australian wool dealer) disposed of wool contrary to the rarangement with the British government. The plaintiffs brief covery no fewer than 4,000 pages.

"Pa, I know why some fishes are

Isn't Natire Wonde ful?

Certain Test:

Two fishermen were angling in a river, when one suddenly dropped his rod.

"Say!" the ejaculated, "Did you see that feller fall off that cliff over there like the trivers."

Ebenezer's Explar ition Surely Should City Grocery Clerk Denles it is Essier to Make Sales to Men Than to Women.

the Circ instances.

Ebenezer Washi gton was up before the city recorder for being drunk.

The judge looked at him and being trunk. Ebenezer that the city recorder for being drunk.

The judge looked at him and being trunk is to be many the city of the city recorder for being drunk.

The judge looked at him and being trunk is to be many the city of the

that relier fail on that cliff over there late the river?"
"Don't get excited, Bill," soothed the other, ""Mebbe it was a movie actor makin' pictures."
"But, my stars! How kin we tell?"
"Well," counseled the judicious one, "If he drowns, he ain't."—Epworth Herald.

HAD JUST BEEN GOING, ALONG MALE SHOPPERS ARE "WISE" SCENARIOS WAS TED Direct suddown to the state of the stat

"Course," came back the matter-of-fact reply. "I been cryin' on it."

Kind Word in Season.

An American, newly arrived, wentinto a London teashop, took his sentand walted. Presently a bright-eyed
wattress approached him and asked:
"Can I take your order?"
"Yes. Two holled eggs and a kindword."
The western Kind Word in Season.

word."

The waitress brought the eggs and was moving on when the American said: "Say! What about the kind word?"

The waitress teaned over and whispered, "Dou't eat the eggs."



The one way to keep sound, perfect teeth

THE only way to keep the priceless blessing of sound, A perfect teeth is to eat the kind of food that supplies them not only with proper nourishment but gives them work to do. Grape-Nuts not only induces thorough mastication, but also supplies the lime and other elements, required for building firm tooth structure.

This wholesome, healthful cereal food is made from whole wheat flour and malted barley. All the nutriment of these splendid grains, including the vital mineral elements so often lacking in so-called "refined" foods, is

A delicious, appetizing dish, Grape-Nuts, with creams or good milk, provides complete nourishment for body, bone and nerves, in readily digestible form.

Sold by Grocers Everywhere!

"There's a Reason"

for Grape:Nuts -THE BODY BUILDER

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