

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water
before breakfast to wash
out poisons.

Life is not merely to live, but to
live well, eat well, digest well, work
well, sleep well, look well. What a
glorious condition to attain, and yet
how very easy it is if one will only
adopt the morning inside bath.

Folks who are accustomed to feel
dull and heavy when they arise, spit-
ting headache, stuffy from a cold, foul
tongue, nasty breath, acid stomach,
can, instead, feel as fresh as a daisy
by opening the sluices of the system
each morning and flushing out the
whole of the internal poisonous stag-
nant matter.

Everyone, whether ailing, sick or
well, should, each morning, before
breakfast, drink a glass of real hot
water with a teaspoonful of limestone
phosphate in it to wash from the
stomach, liver, kidneys and bowels the
previous day's indigestible waste, sour
bile and poisonous toxins; thus cleans-
ing, sweetening and purifying the en-
tire alimentary tract before putting
more food into the stomach. The ac-
tion of hot water and limestone phos-
phate on an empty stomach is wonder-
fully invigorating. It cleans out all the
sour fermentations, gases, waste and
acidity and gives one a splendid ap-
petite for breakfast. While you are
enjoying your breakfast the water and
phosphate is quietly extracting a large
volume of water from the blood and
getting ready for a thorough flushing
of all the inside organs.

The millions of people who are both-
ered with constipation, bilious epies,
stomach trouble, rheumatism, etc.,
who have yellow skins, blood disor-
ders and sickly complexions are urged
to get a quarter pound of limestone
phosphate from any store that handles
drugs which will cost very little, but
is sufficient to make anyone a pro-
nounced crank on the subject of in-
ternal sanitation.—Adv.

TOBACCO IN THE BERMUDES

Virginian and Turkish Products Largely
Consumed—Former Comes Mostly
From United Kingdom.

Of the total quantity of cigarettes
consumed in Bermuda, 80 per cent are
Virginian and the remaining 20 per
cent Turkish. Of the cigarettes con-
sumed by visitors, who are practically
all from the United States, perhaps 50
per cent are Turkish and the remain-
ing 50 per cent Virginian. A consid-
erable portion of the Turkish ciga-
rettes are imported from the United
States, but practically all of the Vir-
ginian are imported from the United
Kingdom.

Of the cigars consumed in the col-
ony, it is estimated that not more
than \$1,000 worth are manufactured
in the United States.

The proportions of the cigars con-
sumed are estimated to be 30 per
cent Jamaican, 15 per cent Havana
and the remaining 55 per cent Indian
and Dutch.

Smoking tobacco is imported in
about equal quantities from the United
States and from England. The
chewing tobacco in Bermuda is im-
ported entirely from the United States,
although this produce is consumed in
comparatively small quantities.

Such Nerve.

"I want to exchange this book; it
has a very stupid ending."
"I think you've made a mistake,
madam. This is not a library."

Hens are exclusive; they like to
stick to their own sets.

Well Built

Is Built To Win—

but in building brain
and body, often the daily
diet lacks certain essen-
tial mineral elements.

These necessary factors
are abundantly sup-
plied by the field grains,
but are lacking in many
foods—especially white
flour, from which they
are thrown out in the
milling process to make
the flour white.

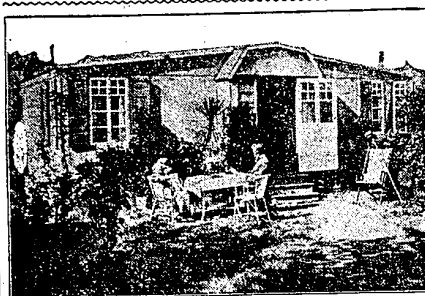
Grape-Nuts

made of whole wheat and
malted barley, supplies
all the rich nutriment of
the grains, including their
vital mineral salts, those
all-necessary builders of
active brains and vigor-
ous bodies.

To build right, eat
Grape-Nuts.
"There's a Reason"

The HOME BEAUTIFUL

Flowers and Shrubbery
Their Care and Cultivation



How Beautiful Is a Flower Farm.

HAVE A FLOWER FARM

By E. VAN BENTHUYSEN.

The demand for choice flowers never
fades and the big cities of the United
States sell enormous quantities. They
must be free though.

The city man who wishes flowers for
a special decoration does not care how
much they cost if they are the best
that can be grown.

Flower farming is an agreeable oc-
cupation. But a little help is required.
The costly adjuncts, such as curing,
drying, housing and storing are not
required. Plants increase in value,
and once a place is going it continues
to increase in productive ability with
each year.

Flower farming does not require rich
soil, but it must be quick and respon-
sive. Some of the requirements for
success, however, demand that your
farm be located near a railway station
and should have the convenience of a
telephone, ice or a cold spring, and a
good road to town.

Start in a small way. Be content to
buy from 100 to 500 plants each year
until your plants get old enough to di-
vide and build your stock from. By
starting in a small way you will ac-
quire the necessary experience to cope
with the situation and understand the
workings on a larger scale. No book
knowledge can compare with a year's
actual experience.

There are many plants that increase
prodigiously. Others take several
years to be strong productive plants.

The hydrangea will pay for itself in
a single year. The peony takes longer
to arrive at perfection.

If planted in the fall the peony will
bloom the first season, but young plants
are apt to be too quick in bud-
ding out in the spring and the buds
may be injured by late frosts. One
thousand bushes three years old will
produce 30,000 flowers.

The dahlia is a good flower to grow.
It can be planted June 1, come into
bloom about August 15, and will be in
full bloom by September. It is a free,
easy early bloomer, has bright colors,
long stems and good plump tubers.

The peony must not be overlooked.
Its requirements are simple, yet at a
few periods they are very easily dam-
aged.

Plants that are kept dormant by be-
ing dug in the fall may be planted until
June with fine success. When plant-
ing peonies in clayey ground they
should be set about four inches deep,
but in light, sandy soil or loamy soil
five or six inches deep.

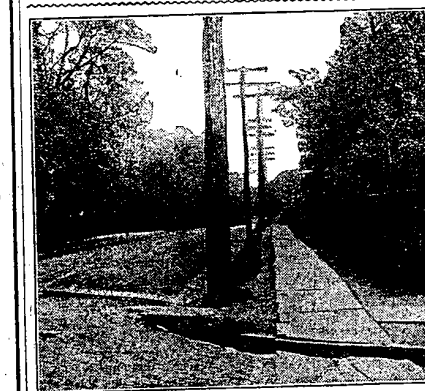
Never use much manure the first
year on newly planted peonies, and
never overmanure them. Cultivate
them about three inches deep, then ap-
ply about one inch of manure and
work well into the soil in the spring.

Plant peonies in the bright sunshine
away from trees that are liable to
shade them or whose roots may sap
the plant food in the soil where they
are planted.

Peonies are grown from a division
of old plants and also from seed. It
takes from five to eight years to come
into full bloom from seed.

To get the best results from phlox
they should be planted near each fall
or spring and given plenty of water
while in bloom.

Hydrangeas make a good house
plant if good air and sunshine are
given them.



The Beauty of Homes and Streets Can Be Enhanced by Planting Hedges
Instead of Having Fences Around the Home Lot.

Millinery for Motor Wear



In millinery for motor wear the
season provides hats, bonnets and
caps, leaving it to the wearer to ex-
ercise her judgment when the time
comes for choosing among them.

Judging by numbers, the bonnet, or
cap, has finally triumphed, as the most
sensible headwear for the motorist,
and those who meet her demands have
provided wonderfully attractive and
well-made models of this kind.

Nearly all motor-wear millinery is
made of fabrics or of a fabric com-
bined with a millinery braid. The
shapes fit the head by means of elastic
cords or other devices that hold them
snugly to place, and are de-
signed with victrola or brims that pro-
tect the eyes. Vels of thin chiffon,
only moderately long, are important
adjuncts to all sorts of headwear de-
signed for the motorist. The bonnet
of black and white checked fabric,

shown in the picture, with veil of
green chiffon, is a good example of
the new models. The veil is weight-
ed at the ends with knot and silk
tassel.

Designers are also presenting hats
for motor wear that are cleverly made
to do duty as street hats as well. They
are soft and close-fitting and made of
the same materials as the bonnets.
But in combinations of brims with
fabrics there is more braid and less
fabric than in the regulation motor
bonnet. They are more trimmed and
their veils are entirely separate. The
tourist who does not wish to be bur-
dened with an extra hat on a short
journey finds this style convenient.

Compared to other classes of head-
wear the motor hat is most modest in
price. No one should be indifferent
in selecting it, to the variety of
shapes and colors that promise some-
thing becoming for every face.

Charm Lies in Well-Dressed Hair



Nearly all the new coiffures are
high, with the hair waved and brought
to the top of the crown and sometimes
to the top of the head. One of the most
attractive of new styles is shown in the
picture. The hair is waved in very large
waves for this coiffure and parted in
a long part at one side. It sweeps
across the forehead and over the part
and over the ears, and is coiled in a loose
coil pinned close to the head above the
nape of the neck. Three short, full
curls are pinned in at each side. This

is an innovation in modern hairdress-
ing, but it is merely a revival, along
with full skirts, poodles and ruffles,
of the fashions of long ago.

Women should experiment with at-
tractive and practical arrangements of
the hair. The coiffure, more than any
other, can add or subtract years in
the appearance. Occasionally one
sees a happy mortal to whom nature
has been unusually kind. Her hair
waves naturally, grows in the best pos-
sible lines about the face and neck,
and presents adorable little ringlets
just where they look prettiest. She
need take little thought of coiffure
styles, for nature has made her inde-
pendent of them. But the majority of
women give themselves less concern
than they should in this matter. The
charm that lies in well-dressed hair is
within reach of all of them. It is a
matter for study, and in considering
it one must consider also the style of
clothes with which the coiffure is to
be worn.

Julie B. Bostwick

Daily Thought.

Endavor to be patient in bearing
with the defects and infirmities of
others, of what sort soever they be,
for that thyself also hast many fail-
ings which must be borne with by
others.—Thomas à Kempis.

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Skinner from all packages and exchange free
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today for free 36-page recipe book and full
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Peunias, "and in the interest of econ-
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ary. When he quit the job they got
a life-size cut-out of Charlie Chaplin,
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on various corners, took it down to
the depot at train times, and so forth.
And 'pears like it makes just about as
effective and fully as dignified a mar-
shal as we have ever had."—Kansas
City Star.

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Address: Postcard, Cuticura, Dept. L,
Boston. Sold everywhere.—Adv.

Their Own Fault.

"Why is it the big thieves go free,
while the little ones go to jail?"
"That's an easy one. The little fel-
lows don't steal enough to enable
them to hire good lawyers."

Important to Mothers

Examine carefully every bottle of
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