CATCHING COLD IS NOT AN ACCIDENT

The Penalty for Neglect of Health Rules

Take Father John's Medicine

When you catch cold you are inclined to think that it was accidental, that you sat in a draft or that you caught it from someone else. This is only half the truth. The real fact is that a cold is the penalty for neglect of the common rules of health. You have allowed yourself to become overtired, weakened and run down. You have allowed your power of resistance to be lowered. The cold germ which is always lurking nearby finds you an easy victim.

You can maintain your power of resistance to colds, coughs and similar trouble by taking Father John's medicine, which builds new strength and health. If you have already allowed yourself to take cold, begin treating it at once with Father John's Medicine. It will not only drive off the cold but it will build up new strength with which to fight off future attacks.

Seeking Information.

A gentleman while on vacation away in the backwoods was accosted by a stranger when leaving a log-wood cabin.

"Whose hut is this?"—"Moggs."
"What is it built of?"—"Logs."
"Any neighbors?"—"Frogs."
"What's the soil?"—"Bogs."
"What do you live on?"—"Hogs."
"How do you catch them?"—"Dogs."

Aspirin

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds	Headache
Toothache	Lumbago
Earache	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

His Method.

"Children are everlastingly wanting to know things," admitted Gap Johnson of Rumpus Ridge. "If a feller had 14 knowledge-hungry kids like mine, and they asked seven questions an hour apiece for ten hours each day and about 18 per evening, I reckon it would take a tolerable smart man to answer 'em all."

"How in the nation do you do it?" inquired an interested neighbor.

"I—p'tu!—don't."—Kansas City Star.

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.

To Fight Disloyalty.

The League of American Penwomen, composed of professional women writers throughout the country, has called upon its membership to enlist in a nation-wide campaign against disloyalty to the United States "of whatever nature, in the spoken or printed word."

Faithful are the rebukes of a friend.

Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS

25¢ and 75¢ Packages, Everywhere

STATE NEWS IN BRIEF

Flint—A free site to be used as a park has been offered the city, provided the ground, which was a public dump on Third avenue, is cleaned up.

Marquette—Marquette County will expend $198,000 in 1923 for the construction of good roads. Of this amount, $113,000 will be invested in new trunk line routes.

Harbor Springs—Because his school lessons were hard, and he had been reprimanded by his teacher, Kenneth Pifer, 15-year-old son of Eugene Pifer, shot himself in the left side. He was taken to a hospital, where it is expected he will recover.

Pontiac — Motorcycle officers in Oakland County arrested 1,001 automobile speeders from April 1 to Oct. 10, of this year. Fines of $3,779.10 and costs of $6,718.80 were collected and $1,405 was left by speeders as cash bonds and forfeited.

Pontiac—Mrs. Mildred Keske, 30 years old, arrested recently for bigamy because she said she couldn't "make her two husbands get on well together in the same house," waived examination in Municipal Court and was held for trial in the Circuit Court.

St. Johns—Angered because his schoolgirl sweetheart would not repulse attentions of other boys, as he demanded in a note, it is said, 14-year-old Keith Summers shot himself with a rifle. Earlier in the evening, officers say, the girl had refused to go to a moving picture show with him.

Pontiac—Mrs. Lena Britton, Mrs. Ella Rankin and Mrs. Blanche Claxton, of Big Beaver, are the first Oakland County women to sit on a coroner's jury. They, with three men, heard the testimony at the inquest into the death of Christian Winters, 23 years old, who was killed when struck by a D. U. R. car.

Pontiac—The Oakland county board of supervisors has voted to abandon the fee system of remunerating county officials. The registrar of deeds, the county clerk and several other officials have worked on the fee plan, and there has been no way of ascertaining their earnings, it is said. They will be placed on salary.

Port Huron—Investigation is being made into the death of Hamilton Lamber, 74, whose body was found floating in the St. Clair river. Lamber had been out of work and was known to have worried over loss of his last position. Relatives scouted the suicide theory, however, declaring him a victim of heart trouble.

Battle Creek—"You could answer it just as well as I could," John D. Rockefeller, Jr., said to an interviewer who asked him to settle the controversy as to who is the richest man in the world. Mr. Rockefeller, who arrived here yesterday for a brief rest, said that he did not know of any way that the answer could be ascertained.

Adrian—Daniel Cardey, 65 years old, a wealthy business man of Maumee, O., and his grandson, Junior Carney, 3, were burned to death in a fire which destroyed their cottage at Evans Lake, a summer resort 15 miles northwest of Adrian. Four other cottages completely furnished were burned to the ground in addition to the Carney cottage. The origin of the fire had not been determined.

Grand Rapids—"Watch out, you don't know what you got," is the message Max Wertz is broadcasting thieves who took seven guinea pigs from a shed at his home. These certain pigs, unlike 193 specimens, which might have been taken without any danger to the thieves, happen to have been innoculated with deadly germs as an experiment by physicians, who patronize Wertz for livestock.

Ann Arbor—The chairman of the United States tariff commission, Thomas Marvin, has written to President M. L. Burton asking him to recommend to him men in the university who can qualify as experts in working on the tariff schedule, and in the government cost accounting department. There will be research work and field work in this and in foreign countries. President Burton has referred the matter to the heads of the departments in which men are trained for work of this nature.

Muskegon—Circuit Judge Vanderwerp says he opposes a move here to have a bill introduced in the Legislature creating another judgeship for Muskegon County. The judge holds that the greatest trouble at present is getting attorneys to prepare their cases and bring them to trial. The move was started two years ago and blocked when Judge Vanderwerp opposed it then. Judge Vanderwerp believes Ottawa County should be taken from his circuit and added to the Newaygo-Mecosta circuit.

Grand Rapids—American need not go abroad to see fine art, says Dr. Nicholas Galdonyi, former Austrian army surgeon, who has stopped here as a guest of Dr. Louis Barth after a partial tour of this continent. "I was never so astonished in all my life when I arrived in New York," said the doctor. "It wasn't the tall buildings and the hustle and bustle. It was the awakening to the fact that America has such good taste. You don't have to go to Europe to see art. My study of the museum in New York proved that to me."

The KITCHEN CABINET

(©, 1922, Western Newspaper Union.)

You think that the failures are many,
You think the successes are few,
But you judge by the rule of Mr per ay
And not by the good that may do.
You judge men by standards of treasure
That may by obtain upon earth,
When the brother you're snubbing may measure
Full length to God's standard of worth.

PANCAKES FOR ALL OCCASIONS

With the chilly days of fall we enjoy hot cakes for breakfast; chicken with a corn fritter or cake is good for dinner, and a satisfying luncheon dish is:

Potato Pancake.—Pare three large potatoes and let them stand in cold water for three or four hours, or let soak overnight. Grate them in a bowl and add one beaten egg, one-half cupful of flour and one teaspoonful of baking powder. Season well with salt, pepper and add milk to make a pouring batter. Bake on a hot griddle and serve with sausage.

When serving hamburg steak place the well-cooked cake on a small cake of molded rice and pour over all a rich tomato sauce. The rice may be made by stirring a small portion into a pancake batter; then fry as usual.

For a luncheon dish spread a hot cake with creamed chicken, ham or any meat or appetizing leftover; roll up and serve piping hot.

For the oyster lover here is one to try. Make a rather thick batter, add the oysters chopped coarsely after parboiling them in their own liquor. Serve the cakes in an overlapping border around a boiled fish.

Pancakes spread with sausage meat is a very good breakfast dish. Fry a large, thin cake, brush with sausage fat, spread with cooked sausage meat, roll and lay on a hot platter; two will be enough for the ordinary portion.

French Pancakes.—These are the jelly-filled pancakes; spread the hot buttered cakes with jelly, jam, marmalade or any desired preserve. Roll up, sprinkle with powdered sugar and serve. These cakes may be baked the size of a dessert plate; spread with the butter and filling, piled like layer cake, then cut and serve.

Drop Doughnuts.—One egg, separate the white and yolk and beat well. Add one-half cupful of sugar to the yolk, one-half cupful of rich milk, one and one-half cupfuls of flour; a teaspoonful of baking powder, a grating of lemon rind, a bit of ginger and salt; beat well and drop by spoonfuls into hot fat. Roll in sugar when cool. If the milk is not rich, add a tablespoonful of melted butter. This recipe makes two dozen small cakes.

How much grit do you think you've got?
Can you turn from the joys that you like a lot,
Have you ever tested yourself to know
How far with yourself your will will go?
If you want to know if you have grit,
Just pick out a joy that you like, and quit.

FEATHER COCONUT CAKE

Take seven-eighths of a cupful of sugar, one and one-half cupfuls of flour, two teaspoonfuls of baking powder, one-half cupful of milk, two tablespoonfuls of shortening, one egg, one teaspoonful of lemon flavoring and one-half cupful of grated coconut. Sift the flour, the sugar and baking powder together, add the shortening melted, and the beaten egg to the milk, then add to the dry ingredients. Mix well, add the flavoring and coconut and bake in a loaf pan about forty-five minutes. If baked in a round pan it is nice iced and sprinkled with coconut.

Those who find it both convenient and necessary to use canned milk will often wish to know how to use it in various dishes. A cream soup that is very delicious may be made by combining a can of such vegetables as pea soup with a can of the milk. Just heat well and serve.

Southern Batter Bread.—Take one cupful of cornmeal, two cupfuls of milk, one cupful of water, two eggs, one teaspoonful of salt, one tablespoonful of melted lard or butter and two teaspoonfuls of baking powder. Beat the egg whites until light, add the beaten yolks to cornmeal which has been cooked slowly with the milk and water. Brush a baking dish with butter, combine the egg whites and bake forty minutes.

Cream Peach Pie.—Scald one cupful of condensed milk, add one-half cupful of sugar mixed well with two tablespoonfuls of cornstarch. Cook until smooth and thick, then add the beaten yolks of two eggs and cook five minutes longer. When cold stir in one cupful of canned peaches rubbed through a sieve and two tablespoonfuls of lemon juice. Pour into baked pastry shell, cover with a meringue, using the whites of the two eggs beaten stiff and two tablespoonfuls of powdered sugar. Brown in slow oven.

Nellie Maxwell

Has Never Felt Better in All Her Life

Thousands of frail, nervous people and convalescents everywhere have testified to the remarkable power of Tanlac in bringing back their health, strength, and working efficiency. It seems to quickly invigorate the constitution and is a powerful foe of weakness. Mrs. Mary Choklat, 1415 N. Broadway, Los Angeles, Calif., says:

"Before I took Tanlac, I was so weak I had to be helped from one room to another. My nerves were shattered and my digestion so poor I was almost afraid to eat anything, but now I am in perfect health and will always be grateful to Tanlac."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. It enables the stomach to turn the food into healthy blood, bone and muscle, purifies the system and helps you back to normal weight. Get a bottle today at any good druggist.—Advertisement

To Preserve Welsh Language.

In order to prevent the native language from falling into disuse several rural district councils in Wales have passed resolutions to the effect that all their minutes should be recorded in Welsh instead of in English, and that all communications with government departments be forwarded in Welsh.

Modernize Your WALLS

Every genuine package has the cross and circle printed in red.

Do your decorating with the nationally accepted wall tint in beautiful nature colors—artistic, sanitary, economical, and durable.

Alabastine

Instead of Kalsomine or Wall Paper

DO YOU SUFFER FROM ASTHMA?

3 generations have found relief in Olive Tar. Soothing and healing to membranes of throat and lungs.

HALL & RUCKEL, New York

PARKER'S HAIR BALSAM

Removes Dandruff-Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 60c. and $1.00 at Druggists.

Hiscox Chem. Wks. Patchogue, N. Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c. by mail or at Drugs. Hiscox Chemical Works, Patchogue, N. Y.

MEN WITH TEAMS OR AUTOS WANTED to handle S. M. Co. products in vacant territory. For particulars address SAGINAW MEDICINE COMPANY, SAGINAW, MICH.

10 Cents — Insures Fresh Charm to Old Shawls

PUTNAM FADELESS DYES—dyes or tints as you wish

HYMN COVERED HIS RETREAT

Probably Young Clergyman Feared He Would Get Into Yet Deeper Water If He Kept On.

In Georgia they tell of a young clergyman, newly settled over a large parish, who had occasional fits of embarrassment when standing before his congregation.

One Sunday, after reading a notice of a woman's missionary meeting to be held in the chapel a few days later, he endeavored to add a special appeal of his own for a large attendance.

After stating that it was to be a meeting of great interest and importance, he said: "We, the women of this congregation—"

With a flushed countenance he stopped and retraced his steps.

"We, who are the women of this congregation," he began.

This was no better, and he beat a blushing retreat by singing: "Let us sing the four hundred and first hymn."—Philadelphia Ledger.

Diplomatic Approach.

"May I have a word with you, Mr. Greene?" began the young man.

"Certainly, you may," said the Wall street father.

"I want you to decide a bet."

"Very good. Go on."

"I want to marry your daughter."

"Tut, tut, sir."

"But wait. You daughter has bet me that you will give your consent to our marriage and I have bet her that you will not. Now, you certainly would not want to decide a bet so that she would lose; now, would you?—Yonkers Statesman.

Gratitude.

The Guest—I suppose your husband is very fond of yachting?

The Owner's Wife—Well, no; he isn't really. Sometime it makes him awful sick, but he made his money owin' canned salmon an' th' war an' he feels he kinda owes it to the sea.—Life.

Draws a Crowd.

"What's the riot call for?"

"Oh, a girl was seen on the street wearing a sleeve."

NOTHING NORMAL ABOUT HER

Critic Asserts Author Is All Wrong in His Description of Heroine of His Tale.

Harold G. Armstrong, the author of "For Richer, for Poorer," apparently has no desire to enroll himself in the younger generation. At any rate his heroine is flamboyantly an old-fashioned girl. On page 158 we read, "All at once Marion let down her hair." More than that, Kenneth Gramling, the hero, was thrilled thereby. "It was a symbol. They kissed. Deep-encysted inhibitions vanished. They were normal people, after all."

Marion did not seem so to us. We do not think she should be allowed to qualify. If she had been a normal heroine of today, it would have been the hair which had vanished and the inhibitions which were let down.—Heywood Broun in the New York World.

Finding Who's Who.

Recently I attended a convention in an eastern city. The evening the convention closed we were entertained at a dance.

As I was standing near an open door to cool off, two local men came up to talk to me.

Suddenly I realized I had that dance engaged and said, "Love, I nearly forgot I had this dance engaged! I've got to leave. I made one mistake tonight, forgetting a dance, but the woman weighed over two hundred pounds, so I didn't weep about it, believe me!"

"Yes," calmly remarked one of the men. "My wife mentioned you had cut a dance with her."—Chicago Tribune.

She Wished to Know.

"Ps-s-s-st!" hissed the new waitress, who was addicted to the movie habit. "Wise me up, will yeh? I never worked in a cafe-fay before."

"Whattaya want to know?" returned Heloise, the head waitress.

"Why, them three guys over there ordered lemon pie. D'ye slap 'em in the face with it or slide it to 'em on plates?"—Kansas City Star.

WAS A FACT ACCOMPLISHED

Married Men Will Be at No Loss to Understand That Further Argument Was Useless.

A couple was seated on the top of a Fifth avenue bus and their words reached everyone around them. He ventured a timid suggestion that they get off at Forty-seventh street. She had decided upon a street farther south and said so with finality. An argument followed, if a conversation can be called an argument in which one side has so much the best of it. The people listening in from nearby seats were naturally interested in the outcome.

As the bus slowed down for the Forty-second street crossing the woman remained seated, and the man renewed his argument. It was a word in the final veto, however, which especially attracted the audience. Every married man present understood.

"There is no use talking," the woman declared with finality. "I have made up our minds."—New York Times.

King Takes No Chances.

King Alfonso of Spain has given not a few evidences of being a fairly sensible monarch. He furnished the latest at Deauville, where he has been a regular watcher of the reckless gambling in the baccarat rooms without ever joining in the play. He explained his abstention by saying: "I am not rich enough to play baccarat." Whether his plea of comparative poverty was well grounded or not, it is likely that, as he looks about Europe and notes the thrones that are without the kings who once sat on them, his bump of caution is developed to a point where he realizes the dangers that beset a king who is too ready to take a chance.—Christian Science Monitor.

Legal Fee.

Suitor—I have called to ask your advice, sir, as to whether you consider your daughter would make me a suitable wife.

Lawyer—No; I don't think she would. Five dollars, please.—Boston Evening Transcript.

Try the Grocer, first!

SLEEPLESS nights and daytime irritation, when caused by coffee drinking, often require a call on the grocer to avoid a later call on the doctor.

Postum, instead of coffee, has brought restful nights and brighter days for thousands of people—together with complete satisfaction to taste.

You will enjoy the full, rich flavor and aroma of Postum, and nerves will be free from any possibility of irritation from coffee's drug, caffeine. You can begin the test today with an order to your grocer.

Postum comes 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 Co., Inc., Battle Creek, Mich.