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"Building and loan associations properly conducted are ideal institutions of mutual co-operation." said Secretary of State Frederick C. Martindale in an address at the annual meeting of the Michigal Building and Loan Associations League. The supervision of these associations is placed in charge of the state department and Secretary Martindale has had abundant opportunity to observe their workings during the years that have been in office. They have ceased to pay the state of the state and partin and the progress and welfare of the state and pation." continued all martinded. By their plan of operated the state and pation." continued all martinded. By their plan of operated the state and pation." continued all martinded. By their plan of operated the state and pation." continued all martinded. By their plan of operated the state and pation." continued all martinded. By their plan of operated the state and pation." continued all martinded. By their plan of operated the state and pation. The property had by the state and pation. The plan of operated the state and pation. The plan of operated the state and pation. The plan of operated the state and pation.

Those Who Rely on

the great home remedy which has proved its power to relieve safely and speedily the minor aliments arising from defective or irregular action of the organs; of digestion, find: themselves spared hours of suffering and able to ward off the attacks of serious sicknesss.

BEECHAM'S PILLS

never disappoint those who take them. They help the digestion, stimulate the liver, clear the kidneys and regulate the bowels. By purifying the blood they increase cheerfulness and create confidence. As actions depend on health and strength, those who know Beecham's Filis

Enjoy Life

NOT WORKING FOR ART'S SAKE

Violinist Certainly Had No Mistaken Idea as to His Ear for the Melody.

The Blue Forest orchestra had just finished an ear-pierchig meliody on the front lawn of "Berry Inn." One of the guests approached the violinist and somberly inquired: "Did you play by notes?" "Niver a note do 1 play, sir," replied Mr. Hennessey, mopping his fevered brow with a handkerchief of sanguinary hue." Als, by ear, then?" said the sumer boarder, with a smile of gracious interest.
"Niver an ear helps me," respond-

"Niver an ear helps me," responded the other, returning his bandker-chief to his capacious pocket.
"Indeed! May I ank how you—what you do play by then?" persisted the inquire.
"By main strinith, he sorry!" said Mr. Hennessey, with a weary air, des he plunged his accident the property of the control of the property of the control of the property of the control of t

Rational Love.

"The rational rather than the romantic, view of marriage is the one most in favor with the young people of the twentleth century," said Dr. H. Lucas Wentworth, the well known eugenics expert, in an address in Cleveland.

"The rational view will make for happier marriages. And this rational view is beautifully illustrated in two questions—a little diologue—running thus:

"Will you always for me?"

"Will you always be lovable?"

as bored iben 5% ease of any medicine in the World

Very Warm.

A party of commercial revolvers were drawing the boundon and spinunity of the world of the world of the company addressed him.

Have your traveled much sitr'

A little. I've been round the world seven times.

"Then you must have had some striking experiences. Perthap you would like to tell some of the world seven times."

"Well', some and the world world world have the striking experiences. Perthap you would like to tell some of the world seven times."

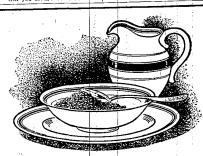
"Well', some and the world world world like to tell some of the world lit

Matige—This summer seems to be much cooler than last.

Marjorie — You must remember, dear, that you're not wearing so many clothes.—Judge.

At Last.
"I have just taken a parting look
at Mrs. Gadders, who died yesterday."
"Did she look naturat?"
"No, her chin was still."

ne girls fall in love, and some s are pushed in by anxlous



A Suggestion for Digestion

Many persons suffer more or less from headache, dizziness, biliousness, and symptoms common to indigestion. There are various causes, such as over-starchy or greasy foods, improper mastication, or bad cooking.

Grape-Nuts Solves the digestion problem.

This food, made from prime whole wheat and barley, is perfectly baked until the starch cells are either converted into easily digested grape sugar, or thoroughly broken down for quick digestion—generally in the converted to the about one hour.

There is no animal fat in Grape-Nuts.

The crisp granules of Grape-Nuts come to your table ready-to-eat direct from package, invite thorough mastication and have a peculiarly sweet, nut-like flavor.

Grape-Nuts, containing all the rich elements of wheat and barley, including the vital mineral salts, is a perfectly balanced food for building muscle, bone,

Grape-Nuts is probably the longest baked, the best balanced, and the most easily digested of all cereal foods. Wonderfully appetizing with cream and sugar.

"There's a Reason" for Grape-Nuts