

Alabastine

Instead of kalsomine or wallpaper



To Get
Alabastine
Results You
Must Ask for
Alabastine
by Name

You Can Not Be Deceived! This Package Protects You

You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

The Cross and Circle printed in red on the package is your guarantee of quality and results.

Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or aniline colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute.

Alabastine Company
547 Grandville Road
Grand Rapids, Mich.

Feeding a Grudge.

"I see the railroad restaurant men are to have a banquet." "I'd like to supply the sandwiches."

FRECKLES

Now is the Time to Get Rid of
These Ugly Spots.

There's no longer the slightest need of
feeling ashamed of your freckles, as Othine
—double strength—is guaranteed to remove
these unsightly spots.

Simply take an ounce of Othine—double
strength—from your druggist, and apply a
little of it night and morning and you
will find that the darker freckles will
have begun to disappear, while the lighter
ones have vanished entirely. It is seldom
that more than one ounce is needed to com-
pletely remove skin and gain a beautiful
clean complexion.

Be sure to ask for the double strength
Othine, as this is sold under guarantee of
money back if it fails to remove freckles.

WHAT PEEVED THE RECRUIT

Little Discussion He Had With Corporal Left Him Disgusted With
Refief From Guard Duty.

A couple of recruits of the latest
vintage, who had enlisted in the hope
of being sent to the Rhine, were dis-
cusing the pros and cons of army life.

"It ain't so bad," confided one. "Most
of it is all right, but it's that blasted
relief from guard duty that gets me."

"Relief from guard duty?" ejaculated
the other. "Man, you're cuckoo! There's nothing to being relieved from
guard duty. It's being on guard duty
that's hell."

"No," maintained the first. "It's the
relief. Why, the other day they put me
on guard for two hours, and it wasn't
bad at all just standing round and
watching the rest of 'em drilling and
knowing that I didn't have to do it
myself, but then when the time for
relief came the corporal came up and
gave me the devil."

"What for?"

"Nothing. Nothing at all. I just
couldn't remember where I'd left my
rifle."

Stunned.

"If labor persists in its arrogance,"
said the town man, "the time will come
when the hired man who does a full
and honest day's work will be de-
nounced as a traitor by his class."

"The hired man who does—good
gosh!—what?" astoundedly yelled
Farmer Kenterer.—Kansas City Star.

Same Fair Price As Before The War

and the same pure,
wholesome beverage so
many have enjoyed for
years.

INSTANT POSTUM

has a pleasing coffee-
like flavor but is more
economical than coffee
and has the added value
of absolute freedom from
caffeine or other harmful
ingredients.

"There's a Reason"

Made by
Postum Cereal Company, Battle Creek, Mich.

Last Night's Dreams

—What They Mean

DID YOU DREAM OF LACK OF CLOTHING?

WHAT is called one of the "standard" dreams, one which is most annoying and one which everybody almost, has experienced at least once in his life, some people many times, is the dream of finding oneself in a thronged street or in a room filled with people and suddenly realizing that one is only partially clothed or not clothed at all. In these dreams the people with whom we find ourselves do not appear to take any notice of our unconventional condition, but the dreamer is much disturbed and endeavors to escape. This dream has received particular attention from those scientists who for more than half a century have been investigating the phenomena of dreams regarded as purely mental (or more accurately psychic), or as physical manifestations. The dream in question is said to be the basis of Hans Christian Andersen's story, "The Emperor's New Clothes" and has been done into poetry by the German author, Fulda, in "The Talisman." It is called by the scientists a "standard" or "typical" dream because it is one which is experienced by all persons in an identical or almost identical manner; whereas most of our dreams are peculiar to ourselves.

The empirics, those who interpret dreams in the old, superstitious, traditional mystic and unscientific manner—declare the dream under consideration to be a bad omen, though they do not all agree just how bad. They say it signifies that people are conspiring against you; that you are soon to receive an insult; you will be disappointed in your friends and relatives and it is a warning to you to mend your ways.

Those scientists who strive to account for dreams by referring them to a physical source say that this dream is simply the result of sensations caused by the bedclothes slipping off. But that does not hold for we fre-

SCHOOL DAYS



(Copyright)

quently have the dream when covered up warm.

Professor Freud, the latest and the most celebrated of investigators of dream sources, says in his book, "The Interpretation of Dreams," that the dream is based upon a recollection of our earliest childhood. When we were babies we were seen with indifference by relatives, strangers and servants scantly dressed and were not ashamed. These recollections of babyhood, imprisoned dormant and unrecallable in our waking hours, are liberated to us in the dream state. Our feeling of uneasiness and desire to escape though no one notices

our nudity, is a reflex from the "repression" of our later lives during which the habit of being properly clothed in public has become part of our normal existence.

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SALTS IF BACKACHE AND KIDNEYS HURT

Stop Eating Meat for a While If
Your Bladder is Troubling
You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine; it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

More Than One.

That morning the teacher had been forced to thrash two very troublesome boys, and the memory of the happening was still fresh in the other children's minds that afternoon. She took up her history to give the assignment on the Civil war, which the class was studying. "This afternoon," she said, "we shall take the hammering campaign."

Everyone was amused when she said it but she, herself, led in the laugh when a tiny fellow ejaculated: "My, I thought we had that hammering campaign this morning!"

BILIOUS!

Quick! Get Liver and
Bowels Right with
"Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food, which sours and ferments, forming acids, gases, and poisons. Cascarets tonight will give your bilious liver and constipated bowels a thorough cleansing and straighten you out by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or griping Pills. They work while you sleep.—Adv.

Father's Amendment.

"And what do you propose to do now, William?" asked the father of the son who has just come him after graduation at college.

"Oh," yawned the optimistic young man, "I think I'll go over to New York and look for a position at five thousand per—you understand? At five thousand per?"

"Oh, yes," said the old man. "I understand. You mean at five thousand perhaps?"—Pathfinder.

WHEN THE DAY IS OVER

When the household cares and the worries of every-day life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by Dr. Pierce fifty years ago.

Nervous—Run-Down, Pain Here or There?

Kokomo, Ind.—"I can say something for Dr. Pierce's Favorite Prescription. For some time I suffered from nervousness and general run-down condition. I lost my appetite and the doctors did not seem to help me. I had one of Dr. Pierce's Common Sense Medical Advisers in the house and started to read it. I found that 'Favorite Prescription' was what I needed. It helped me in many ways and built up my system. I regained my appetite and felt better. It gave me strength to do some work that I had not been able to do for some time previous."—Mrs. J. A. McGee, 821 E. Taylor St.

Lafayette, Ind.—"Several years ago I took Dr. Pierce's Favorite Prescription and it did wonders for me. It is the best medicine I ever found. I was troubled with weakness from which many women suffer. I was down sick. Would have such terrible smothering spells I did not know what to do, and I would have dizzy spells, too. The doctor could not help me. I tried 'Favorite Prescription' and it proved wonderful with me. It built me up and cured me and made me stout. I was in awful condition at the time."—Mrs. Elizabeth Kahl, 224 S. Fifth St.

Kokomo, Ind.—"Dr. Pierce's Favorite Prescription has helped me. I took it when I was in delicate condition. I had been in bed most of the time, and whenever I tried to stand I would feel so sick; my stomach failed me. I knew my mother had taken the 'Prescription,' so I took three or four bottles and I was then able to be up and around."—Mrs. Roy Morris, 222 E. Arnett St.

Cabbage Salad De Luxe.

Shred tender crisp cabbage very fine; add shredded coconut and shredded blanched almonds. Add a mayonnaise to which has been added plenty of whipped cream. Garnish the salad with slivers of fresh green pepper.

Take the tender tops of sprouted turnips, dress with French dressing and serve as a salad. This will be something new and very good. One may spread the turnips out near the light, a bushel or so, and the tops may be cut from time to time, keeping a fresh green salad at hand.

Rice with Prunes and Bananas.

Take well-cooked rice, mold in small cups or molds and around each place alternate pieces of cooked prunes and sliced bananas. Sprinkle lightly with sugar and cover with whipped cream. The addition of a bit of lemon juice with a bit of the grated rind of the fruit itself is rather flavorless.

Rice is also very nice served with fig sauce. Take one cupful of figs, stew in two cupfuls of water and a tablespoonful of sugar until they are very tender, add a teaspoonful of lemon juice and serve a tablespoonful of the sauce with each helping of the rice.

Simple Good Things.

A simple dessert which is easy to prepare and wholesome for the children.

Calomel.

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