

Society

A social event of note in the coming week is the Hallowe'en masquerade ball to be given Wednesday evening at the L. O. O. F. hall. The Syncopating Five will play. Arrangements for the dance are being made by Fred Critchet, Herbert Bradley, Ralph Ingelbert, Weston Hanes, Paul Allen and Earl Hewitt. Chaperons for the affair will be Mr. and Mrs. Omar Whelan, Mr. and Mrs. Guy Gottschall, Mr. and Mrs. Edward Williams, Mr. and Mrs. Herbert P. Bradley, Mr. and Mrs. J. E. Roughan, Mr. and Mrs. Frank Critchet, Mr. and Mrs. James Eaton, Mr. and Mrs. Carl Fleming, Mr. and Mrs. William McVeay, Mrs. Fred Goble, Carl Reid, Marc Justice, and George Reid.

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Mrs. N. C. Heironimus, National Road West, will be hostess for the meeting of the Afternoon club Tuesday, Oct. 26.

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The Mary F. Thomas W. C. T. U. will meet Monday afternoon at the home of Mrs. Robert Randle, 1234 Main street. All members are asked to be there at 2:00 p. m. promptly. Mrs. May James will give a report of the state convention. Also sample ballots will be distributed and instructions given in voting.

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The Growing Child

[A series of articles prepared especially for The Palladium, by the United States Public Health Service, Washington, D. C.]

NO. 26—GENERAL HOME CARE

To secure the best results in health work among children there must be close co-operation between the home and the school. The work of the teacher will be much less difficult if the child has been trained in hygienic habits at home, and the mother will find her efforts supplemented and her work strengthened by the teaching of hygiene in the schools, and the oversight of her child by the medical inspector and school nurse.

Among the factors affecting the health of the child which are entirely controlled by the home, sleep is important. Children from six to ten years should have about ten or eleven hours of sleep in the twenty-four, and from ten to sixteen years the amount of sleep should be about nine hours. Every child should sleep alone (as far as this is possible) in a quiet well-ventilated room.

He should go to bed at such an hour as will make it possible for him to secure sufficient sleep and awaken naturally early enough to get to school on time without undue haste or the neglect of any duty he should perform before leaving home. The more

he sleeps the more he will grow and the more he will be able to do when he is awake.

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VIGRAN'S Ladies' Shop
The Store of Better Values

Ackerman's
Where Customers Are Satisfied

MAXIM ELECTRIC HEATER \$12.50
Call and Ask for Demonstration

Knollenberg's Store

Bracelet Watches

That are dependable, in all styles and grades. Our personal guarantee goes with each watch. Priced \$15.00 to \$75.00. (Only 51 more shopping days till Xmas)

JAY
THE JEWELER
OUT OF THE HIGH RENTS
12 N. 9th St.

ATTENTION, MOOSE
A special election for the purpose of electing a Secretary will be held at the Lodge Home, Monday, October 25, 1920. Polls open from 4:00 o'clock p. m. to 8:00 o'clock p. m. Also initiation.
T. T. Trobaugh, Dictator.
W. H. Brooks, Secretary.

Nature Responds
Nature is on your side every time you eat



Grape-Nuts

For this sturdy blend of wheat and malted barley supplies body and brain with just the elements of nutrition that Nature demands for health and vigor.

Grape-Nuts is a Sugar Saver
"There's a Reason"

Made by Postum Cereal Co. Inc., Battle Creek, Mich.

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