Strength and Energy this easy way

Simply deep a cake of Yeast Foam in a bowl of water for 20 minutes before you begin. Then let settle and drink the milk water. Whatever you prefer, eat the cake with a cracker or a piece of butter. Yeast foam is a simple way to get and keep the extra strength and energy you need.

Every, simple, palatable. You can have it for breakfast, for dessert, or at the end of a meal.

If you suffer from constipation, it will work wonders. Yeast foam will relieve the condition without fail. Gentle, natural, beneficial effect will amaze you.

FREE SAMPLE CAKE

FORTHWESTERN FOODS CO., 2854 S. Normandale Ave., Minneapolis, Minn.

Send 100c postcard for free sample of true Yeast Foam, with recipe. Name...

W. B. 

Sincerity Among Friends

Sincerity among friends is the atmosphere of every successful person, he would seem to have it. A Dick love, when you catch a dozen friends who do not want to borrow his money, while among the few friends, the absent friend is generally winded to be the individual who is ready to lend his.

Automobiles were shown at recent South African agricultural shows, and all traders with the farmers are beating.

Sampleකරුණක්

Was So Nervous

Coudn't Sleep

In taking the pulse of the body back to the healthful state of nature, it will be found that the pulse is often a very observatory of the state of the body.

You'll be amazed to note the changes that may be brought about in the state of the body, when the pulse is taken as an index of the state of the system.

Professor Chauvin, speaking of the subject of the health of the body, said it is the object of all health detectives to take the effect of such a giant project as the proposed utilisation of the health of the body.

The Colorado river is one of the great natural resources of the United States. It is 1,300 miles long, from the head waters of Wyoming, through Colorado, Arizona, Utah, and Nevada, and finally as the Great Salt Lake of California. The river is so vast that it seems to be divided into several segments, each of which may be applied instead of an area larger than any other. Prolonged and continued health, or the health of life, is the object of all health detectives, as they have to keep the state of the body as an index of the state of the system.

The story is in your charts and sparkles of health in your life.

Don't delay taking Tonic.

The true sentence of health.

Absence makes the heart.

To you, and to your patient, we give our best wishes. In February, 1920, we will have our 25th year of success in the field of health.

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SMART FROCK WITH SHORT SKIRT; PARIS COSTUME FOR STREET WEAR

THE useful frock has an dressy

fashionable spin-off. As the weather gets

warmer, it becomes a tasty and practical
dress for the city. The popular short skirt is
even smarter when paired with some

smart accessories. Here are a few

tips for dressing like a Parisienne.

1. Choose a short, figure-hugging
dress in a neutral color like

beige or black. This will

make you look taller and

more refined.

2. Add some layers to

your outfit. A light

knit cardigan or a sheer

cotton blouse will add

interest and volume.

3. Accessorize with a

wide-brimmed hat and

a pair of sunglasses.

4. Choose some

comfy shoes that are

still stylish. ballet flats

or espadrilles are a

good choice.

5. Carry a small

purse or clutch.

6. Play with texture and

color. Add a bright

scarf or a metallic

jacket to make your

outfit stand out.

7. Keep your makeup

natural and soft. A

light layer of

foundation, some

mascara, and a

sheer lipstick are all you

need.

8. Wear your hair

loose and natural.

9. Smile! The best

accessory of all.

THE END

Two Messages from Paris

The dress code in Paris is very
demanding, but also very
accessible. If you follow

these tips, you’ll be well

on your way to looking like

a Parisienne.

1. Wear a well-fitted,

professional dress in a

neutral color.

2. Accessorize with

some classic pieces like

a pearl necklace and

wristlet.

3. Keep your makeup

natural and soft.

4. Carry a small

purse or clutch.

5. Wear your hair

loose and natural.

6. Smile! The best

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For questions about this article, please contact the editor at your local newspaper.

THE END

Elegance That Might

Be Terminally Bad

Standing passively by the window

as the rain poured down, I

thought of the famous French

photographer who captured

such beautiful images of

Parisian life. His photos

were so natural and

vibrant, yet his subjects were

always dressed in

monotone colors.

I was tempted to try something

different. I decided to

dress in a violent color

combination - red and blue.

People might think I was

mad, but I didn’t care. I

wanted to make a statement.

Somehow, it worked. People

turned their heads and

smiled. My confidence

grew, and I continued to

dress in bold colors. It was

an experiment that paid off.

I learned that sometimes,

contrasts can be beautiful.

THE END

When You Catch Cold Rub on Mustard

For fast relief from nasal

congestion and aches,

rub warm mustard on your

nose and temples. This

natural remedy is

effective and safe.

For severe colds, consult a

doctor.ick.

THE END

FOR OVER 200 YEARS

harmless oil has been a world-

ly cure for the common cold -

both head and body aches.

THE END

The Art of Life

I believe that the true

art of life is to enjoy those

small pleasures. It’s about

finding the balance between

work and play, between

hard work and relaxation.

I’ve discovered that

the key to a fulfilling

life is to be open to

new experiences and to

appreciate the little things.

I’ve had the chance to

travel to many places and

meet many people. Each

experience has taught me

something valuable.

I’ve learned that life is

about living in the moment

and making the most of

every opportunity. I’ve

found that by approaching

life with an open mind and

a positive attitude, I can

enjoy every aspect of it.

THE END

Stop Croup in 15 Minutes

To stop croup, mix 1/4

cup of warm water with

1 1/2 teaspoons of

salt. Pour the mixture

into a spray bottle and

spray the mixture into

the throat. Repeat every

5 minutes until the

croup is relieved.

THE END

Sure Relief

The secret to

quick relief from

cold sores is to

apply a mixture of

equal parts of

hydrocortisone

cream and

benzocaine

gel. Apply the

mixture

immediately after

each attack to

speed up healing.

THE END

Calcifer for Spring

Market Most Profitable

Calvados is a popular
cognac made in Normandy,

France. It is a perfect

investment for a spring

market. The demand for

cognac increases as the
temperature rises.

THE END

Dairy Hints

1. Add some layers to

your outfit. A light

knit cardigan or a sheer

cotton blouse will add

interest and volume.

2. Choose some

comfy shoes that are

still stylish. ballet flats

or espadrilles are a

good choice.

3. Carry a small

purse or clutch.

4. Play with texture and

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jacket to make your

outfit stand out.

5. Keep your makeup

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mascara, and a

sheer lipstick are all you

need.

6. Wear your hair

loose and natural.

7. Smile! The best

accessory of all.

THE END

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Hudson & Son
IT PAYS TO PAY CASH

LAST SATURDAY

The last day of the year is January 1. You know why. Planet hat bands, chems, serics, and right prices.

When goods go up on January 1 we sell them off at a loss until January 31. This is the way we do it. We do not want to lose by the time they last.

BRUCE & LOHRBERG BROS.

New Paw Paw Theater
PROGRAM

Friday, Jan. 22, 9:00 p.m.
"Battling Beauty" at the Grove Theatre.

Saturday, Jan. 23, 9:00 p.m.
"Twelfth Avenue" at the Tivoli Theatre.

SUN., MARCH 21, 1965

The Phantom of the Opera

Dorothy Dandridge, Mary Hopkins, Harry Jackson, Others

A Wonderful New Musical

Theatre: Al hierarchical Hall A

Tickets: $1.00 and $1.50

Wednesday, Jan. 20, 9:00 p.m.
"The Haunt of Horror" at the Fox Theatre.

Also the Corby Mystery

Thursday, Jan. 21, 9:00 p.m.
"The Haunt of Horror: The Curse of the Haunted House"

Also the Corby Mystery

SATURDAY CASH SPECIALS

Jr. National Garden Stationary

Cotton Candy, Ice Pops, etc.

25¢ per Dozen

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