

**"OWLS CALLED WISE BECAUSE SILENT;
EXAMPLE FOR ME," SAYS BLANCHE SWEET**



Blanche Sweet.

Though she is familiar to millions, Blanche Sweet, the screen star, has never appeared before an audience. She has never spoken from a theater stage. She could do it if she wished, no doubt, but as Miss Sweet says: "Owls are considered wise because no one ever heard them speak. Guess I'll follow their example."

Married Life on \$80 a Month
BY MRS. M. LEONARD

Through Olive Ellison Mollie Suter Gets a New Silk Dress.

"This little dress is one that my sister sent to me. We have always exchanged our discards. It gives us both a greater variety." Olive spread out a dark blue foulard before Molly Suter. "There is not much wear in it, as you can see that it has begun to break." Olive held the goods up to the light.



"That will never show, and you can wear that a great deal this winter. It is a lovely piece of goods," commented Molly, taking a fold of the silk between her fingers.

"The pity of it is that I can not make use of it this winter. Jesse would not have sent it to me if she had known." Olive paused and looked down. Molly made no reply, so Olive leaned over and whispered something in her ear.

"Indeed! How lovely," Molly smiled into her friend's happy eyes. "And so," continued Olive after an expressive silence, "I have no use for the dress. It is rather narrow in the skirt and will be out of the question next year. I was thinking—" Olive paused embarrassed. "Will you promise not to be offended at what I say?" she continued after an awkward pause.

"Offended! How could I be offended at anything you would say," replied Molly in surprise. "That is true," Olive looked brightly into her friend's face. "We are such friends. You have let me share your intimate life. I have not been able to help much, but it was not because I did not want to. Now I think I can see a way to give you a little pleasure and am half afraid to speak because you might not understand. I would not hurt you for anything," Olive paused and took

Molly's hand in hers. "You could not hurt me; I know your good heart too well." "Thank you. That is a real compliment. I will tell you what I had in my mind. I was thinking that you are about my size and with a little altering this dress would fit you very well. No one here has ever seen it, and you could wear it to our little neighborhood club meetings and look very stunning. Would you take it?" Olive looked anxiously into Molly's face.

Molly flushed scarlet, and looked down. "I have hurt you after all," exclaimed Olive, laying her hand on her shoulder. "No, dear friend, I understand the kind heart that prompted the offer. Let me do something to help you in payment. Then I can take the dress and enjoy it." Molly held the soft blue folds of the silk against her face. "I used to be able to wear dark blue very well."

"You can yet. It is very becoming. As to helping, there are lots of things you can help me make before next fall. Now try it on. I want to see how it fits you."

The change was soon made, and Olive expressed herself as greatly pleased with the effect. "It will have to be shortened a little and that will give a new look to the hem, and as you are such a little thing we can have a few more gathers in the back by making it smaller around the waist. It is very becoming," Olive could not have been more pleased with the most elaborate costume for herself.

"I am especially pleased, because John always used to notice my clothes and I have had none for him to notice for a long while." Molly was in a flutter of excitement. "I'll pin it up ready for you to hem before you take it off. Then you can have it ready to wear right away." Olive dropped down on the floor to hang the skirt. "Thank you, dear friend. Your loving thought of me is the greatest part of my pleasure," said Molly as she ran down the steps. (To be continued.)

LAY PHYSICIANS.
How good and thoughtful people are! When sickness gives my frame a jar and ties my vitals in a knot, they come to see me on the trot and tell me what I ought to do, if I would be as good as new.
And every kind, well-meaning friend has some sure cure to recommend, some wondrous dope that never fails, according to his specious tales. Last week I had a dose of grip, so bad me thought from life I'd skip. It is a punk and fell disease that makes the victim cough and sneeze and gasp and groan and grunt and swear and bite big pieces from his chair.
Then Bungshaw, who abides next door, to my abode came toddling o'er and brought along a gallon jar of dope that smelled like rancid tar. The jar in front of me he held. "There's no use suffering!" he yelled. "This dope will cure the fiercest cold that ever on a man took hold. You take a quart before each meal, and in a fortnight you will feel so full of vim and strength and pith, you'll

want to tackle Gunboat Smith. Now let me hold your nose awhile and pour this dope in where you smile. I know it tastes like last year's eggs, but it will put you on your legs."
"I'm hiring doctors," I reply, "and they are paid to help me die, and so I have to take their cures and must not take that dope of yours."
Then Bungshaw toddles home again, as mad as any moistened hen; and when he hears me yowl and yelp, he says: "He wouldn't have my help, and so his groans and whoops and tears are music in this sinner's ears."
Old Mrs. Doodad comes along and favors me with dance and song. "You soak your feet and go to bed and put this poultice on your head and drink my homemade boneset tea, and from your grief you'll soon be free. Don't laugh my humble plans to scorn; I cured the grip ere you were born."
I tell her I pay the doc to bring what pills he has in stock. And then she snorts and goes her way, and as she goes I hear her say, "That's all the thanks a dame receives for brew-

ing tons of boneset leaves! Just lie and suffer for a while! The more you howl, the more I'll smile!"

Thus easily we lose our friends when sickness on our forms descends. The good Samaritans get sore! They'll go samaritane no more.—By Walt Mason from Judge.

NONSKID BANANA PEEL

New Triumph of Famous Burbank Farm.

According to a news item wired from San Francisco we are soon to have with us what one writer calls "the nonskid banana peel." The edible interior remains about the same as the ordinary kind, we are told, but the new covering presents a new boon to humanity that should make its discoverer famous if not wealthy. The genius who is said to be able to produce a nice large banana with a coat like sand paper is one Frederick Boegel, employed at the Burbank experiment farm near Hayward, California.

The discoverer of the so-called "nonskid peel," as a casing for the delectable contents guaranteed to be found inside, explains that the new fruit was obtained by crossing the ordinary banana with the cactus pear. Boegel says the new fruit has the us-

ual delicious taste of banana, but the peeling may be dropped on the sidewalk with perfect safety to pedestrians.

If this is the precise case then the peeling must be "nonskid" on the inside as well as the outer, but this is not to be considered, says an expert as it is contrary to all horticultural laws, past or present. Therefore, he says, if the "nonskid peel" happens to be dropped with the "nonskid" side downward, then the same old, treacherous, greasy, deadly, never-failing calamitous thing will no doubt bring down its victims as it has always done since the Duke of Plazatorra, away back in the days and voyages of Christopher Columbus, discovered the banana and also the craftily laying of a strip of its covering in the way of Don Frijolo de Mountebank, he could rid himself of a powerful rival and thus get closer to the new world's discoverer as well as to the beautiful and charming Donna Isabella de Mendoza, back there in Spain.

But time will tell.
Laugh and the world laughs with you unless you—are telling a joke.

But, alas! The things we want to do are usually the things we shouldn't.

Household Hints

THE TABLE

Steamed Eggs—Butter small molds or tiny cups. Sprinkle each with chopped parsley. Break an egg into each and place in sauce pan with boiling water to come half way up. Put lid on pan and let eggs steam until set. Have toast hot and buttered and slip an egg carefully on each.

Baked Cabbage—Cabbage, cream sauce, bread crumbs, butter. Chop cabbage fine, boil to tenderness in hot water, salted. Drain and pour over cream sauce in a baking dish. Sprinkle bread crumbs over all and also dots of butter. Bake in oven about fifteen minutes or until it is browned.

Pepper Salad—Peppers cut in rings with dull scissors. Mix with lettuce and French dressing.

Prune Tart—One pound of prunes soaked over night; two eggs, whites and yolks beaten separately; half teaspoonful baking powder, one teaspoonful sugar, half pound English walnuts chopped. Bake twenty-five minutes. Serve with whipped cream.

Devil's Food—Grate one-fourth cake of unsweetened chocolate in a bowl; add one-half cup of boiling water and a teaspoonful of soda and let stand until you get the following ready: Take two cups of sugar, one-half cup butter, two eggs, one-half cup sour milk and two and one-half cups of flour. Mix with chocolate and bake in layers. For frosting, take one cup of pulverized sugar, butter size of an egg, and cream. Flavor with vanilla.

"Hop-in-John" (southern dish)—Soak one pint red beans overnight; drain, cover with cold water and cook slowly. After two hours add half pound fat bacon, a chopped sweet pepper, salt if needed and one pint rice. Cook two hours longer, or until all is tender and nearly dry. Serve on platter, bacon in the center.

Veal Loaf—Three pounds lean beef, one-half pound veal, six soda crackers, four teaspoons poultry seasoning, one teaspoon salt, one-eighth teaspoon pepper, few drops of onion juice. Put meat through chopper and add other ingredients. Mix well and pack in bread pan. Smooth evenly on the top. Brush with white of egg. Bake slowly three hours, basting with one-fourth cup fat. Prick frequently while cooking.

Charlotte Russe—One-fourth box

gelatine, one-half cup cold water, one teaspoon vanilla, whites of two eggs, speck of salt, one-half cup hot milk, four tablespoons of sugar, one cup of cream, two cups of whipped cream, four tablespoons powdered sugar. Soak gelatine in cold water; one-half hour, add hot milk, vanilla and four tablespoons sugar. Stir until sugar is dissolved, add cream and put on ice. When it begins to stiffen beat with an egg beater until very light, then add the stiffly beaten whites of two eggs, to which the powdered sugar and salt has been added. Beat well and add whipped cream. Pour into wet mold lined with ladyfingers or sponge cake and put on the ice to stiffen.

Fried Cream—Milk, one pint; sugar, one-half cup; butter the size of a hickory nut; yolks of eggs, three; cornstarch, four tablespoons; flour, one tablespoon; vanilla, one-half teaspoon. Let milk come to a boil, add sugar and flour wet with a little extra milk; stir over fire for fully two minutes. Stir in beaten yolks and let cook long enough to set. Take from fire and add butter and vanilla, pour on a buttered platter to the depth of one-half inch. When cold and stiff cut into squares, roll in beaten egg and cracker crumbs, fry a delicate brown in deep fat, place in oven a few minutes and sprinkle with sugar.

Stuffed Egg Plant—Boil until soft one egg plant, make a dressing of one egg, two cups crumbs, one-half cup celery, one-half cup nuts, one-half cup cream, two tablespoons of butter; cut egg plant in half and scrape out center; separate seeds from pulp; add pulp to dressing and place all in the halves of the egg plant again. Bake for thirty minutes in buttered dish. Baste with milk.

Creamed Cauliflower—Two cups cooked cauliflower, two cups milk, one teaspoon salt, one-third teaspoon pepper, one tablespoon butter, one-half tablespoon flour. Break cauliflower into branches and season with half the salt and pepper. Put the butter in a saucepan. When hot, add the flour, and stir until smooth, then add the milk, stirring all the time—when sauce boils, add salt, pepper and cauliflower. Cook ten minutes.

HOW TO KEEP YOUNG.

To keep young is to keep healthy, and to keep healthy is to keep from being poisoned. Our waste products poison us, and drink and drugs and improper food add to it. Perhaps never before was there so much conscious effort to counteract the process, says the Medical Times. An earlier generation did it by simpler food and more constant work in the open air, with less thought to any of it. But we have grown in invention of everything, and with greater wealth has come greater indulgence and with it greater danger from the poisons that make against health. The defense against all the poisons that thus beset us is the liver, and the purpose of right living is to keep it in good condition. The other thing of prime importance is the circulatory apparatus. Our bodies must be fed with oxygen and relieved of waste which is cast into the blood and carried through the circulation by a central pump and tubes to be cast out. So another needed thing is to keep spry if you would keep young. With bodily activity must be mental activity. The mind can grow prematurely old as well as the physical system. The brain must be properly fed. Mental sloth invite mental decay. Youth is buoyant, age is easily depressed. To restore buoyancy is part of the process of keeping young and hence of keeping in health.

Muscles unused, atrophy and decay, and this is true of the minds as of the body. Worry is baneful to the mind and helps to disturb physical functions, bringing on the "old" look. Youthfulness in appearance which is based on fact depends on digestion, sleep, work, play, and these rest largely on food and conduct. The mind must not be allowed to rust any more than the body. It must work and play. If nothing better can be done get a hobby. And, above all, be cheerful and keep occupied.

And many a man finds it difficult to make a living because he is practically a dead one.

Clara (at the seaside)—"There! I knew it. He has proposed this evening and she has accepted."

Dora—"They are acting like other people; merely polite, that's all."

"That's only a blind. Look at her yawning cap."

"It's on hind side before."

"Yes. A man can't kiss a girl under one of those peaks."

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