

ROYAL BAKING POWDER

Adds Healthful Qualities to the Food

Prof. Prescott, of the University of Michigan, explains why Royal Baking Powder adds healthful qualities to the food.

Testifying before the Pure Food Committee of Congress, the Professor stated that fruit acids were excellent articles of food and that of these cream of tartar, the acid of grapes, held rank with the highest both in itself and its effect in the process of leavening and baking. He regarded the results from cream of tartar baking powder as favorable to health. Scientists and hygienists are in accord with this opinion.

Royal is the only Baking Powder made from Royal Grape Cream of Tartar.

Practical Fashion Hints

By Alice Gibson



One of the quaintest and prettiest of children's fashions is the long waisted dress or blouse. It is quite as appropriate for wash materials as for serge or dark wool fabrics. Contrasting collar, cuffs and belt or sash are about the only trimmings used for these little dresses, unless it be a line of bone buttons in cream white or a color.

7044 shows a drop-shoulder into which the sleeve is slightly full, a blouse that closes in front and a straight little skirt attached to a sleeveless underwaist. A gathered vest attached to the underwaist peeps forth from the front of the blouse. This would make a most practical and becoming school dress fashioned of dull blue serge with collar, cuffs and belt of white. Ball buttons of red bone and simulated buttonholes are sufficient trimming.

This dress may be made in size 8 with 2 1/2 yards of 36 inch material. The pattern is cut in 4 sizes; 4 to 10.

This Is a Perfect Pattern.

Be sure to state right size, passing the tape over the fullest part of the chest and well up under the arms. It may be obtained by filling out the coupon and enclosing 15 cents in stamps or coin to the Pattern Department of this paper.

COUPON

Name
Street and No.
City and State
Pattern No.
Size

Mr. Robert Sherman and children will be guests of Mrs. R. L. Parks in Augusta, during Christmas.

Mrs. Long, of Ocala, Fla., who has been the guest of Mrs. Floyd Tucker, left today to visit friends in Jesup.

After a delightful trip through the North, Mr. and Mrs. L. A. McCrary have returned to their home on Union street.

Mrs. James Quarrel, of Waycross, is very ill at the hospital here. She will be remembered here as Miss Ruth Drake.

Dr. and Mrs. D. D. Atkinson entertained Rev. Loy Warwick and Rev. J. C. Lovejoy with a delightful luncheon party yesterday afternoon.

Anyone having dolls to dress, send them to Girls' circle of St. Mark's church. For information phone Mrs. J. D. Cordon, on Gloucester street.

Mrs. John J. Wimberly and son will leave in a few days for Savannah, where they will spend the Christmas holidays with Mrs. J. A. Varnadoe.

Johnson H. Pace, of the Bankers' Trust Co. of Atlanta, has been appointed cashier of the Bank of Cocoa, Fla. Mrs. Pace and daughter leave in a few days and with Mr. Pace will reside in Rockledge, Fla.

Mr. and Mrs. McAllister Torbett, who have been at LaGrange hotel, have taken apartments with Mrs. Carter on Ware street, and begin house-keeping at once.—Waycross Herald.

Mr. and Mrs. W. G. Lewis have gone to Brunswick where they will make their home for the present. Mr. Lewis is a popular member of the G. P. White corps of civil engineers, and he and his charming wife have made many friends in Waycross who regret their departure to our sister city.—Waycross Herald.

THE PASTIME TODAY

"The Master Painter"—A splendid Vitagraph picture.

"Sweeney's Dream"—This is a Selig comedy. One of the laughable Sweeney series.

"The Life We Live"—Essanay. A Western drama.

"The Best Medicine I Ever Used."—Chamberlain's Tablets is the best medicine I ever used for constipation, biliousness and headache," writes Mrs. A. W. Milne, St. George, Utah. These tablets are very effective, easy and pleasant to take. For sale by all dealers.

Elegantes—always the best Habana cigar.

Pay city taxes NOW and save costs. Executions issued after Nov. 30.

RUB-MY-TISM

Will cure your Rheumatism Neuralgia, Headaches, Cramps, Colic, Sprains, Bruises, Cuts and Burns, Old Sores, Stings of Insects Etc. Antiseptic Anodyne, used internally and externally. Price 25c.

EYE IT. BUY IT. TRY IT. MEAD'S.

La Rexana—A dainty Habana Entre Aets.



You are no doubt thinking of a way to please Father and Mother and friends at Christmas time.

THINK OF PHOTOGRAPHS!

---your portrait---as you are TODAY---will please them all.

MAKE AN APPOINTMENT EARLY

before we get so busy.

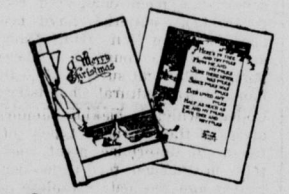
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Phone 53

For sore feet, chilblains, frost bite, sore nipples, chaffing, cuts, galls, burns, sores or scalds, DARBY'S PROPHYLACTIC FLUID is a marvelous remedy. It relieves inflamed conditions, heals the flesh and eases pain. Taken internally for Cramps or Dysentery it corrects the disorder at once. Price 50 cts. per bottle. Sold by all druggists.

New Georgia can syrup just in at Walker Grocery Co., phone 219. Gloucester St.

Sugar Cured Hams at 20c lb. Walker Grocery Co., Phone 219.

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We have from now on until Xmas, all of cakes.

Fruit Cake 20c & 25c lb. Pound Cake 25 & 30c lb. Angel Food, Kisses, Lady Fingers, all kinds of layer cake

Eggs and butter are high--we are protected and giving you the benefit of same this year.

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Bad Taste in the Mouth

Dizziness, and a general "no account" feeling is a sure sign of a torpid liver. The remedy is Simmons Red Z Liver Regulator (The Powder Form).

It exercises its greatest restorative effect in the liver, yet it is effective in the stomach and bowels. Indigestion, constipation and their attendant evils disappear before its powerful, regulating influence. Try its wholesome purifying properties. It will give you a good appetite, sound digestion and make you feel well.

Sold by Dealers
Price, Large Package, \$1.00

Ask for the genuine with the Red Z on the label. If you cannot get it, remit to us, we will send it by mail, postpaid. Simmons Liver Regulator is also put up in liquid form for those who prefer it. Price \$1.00 per bottle. Look for the Red Z label.

J. H. ZELIN & CO., Proprietors
St. Louis, Missouri

Ladies who experience a feeling of nervousness, exhaustion and painful internal symptoms need the fine restorative effect of DR. SIMMONS' SQUAW VINE COMPOUND. It is a woman's medicine. It is especially prepared to overcome the evil effects of irregularities, heart palpitation and weakness due to the ailments to which the female body is subject. Price \$1.00 per bottle. Sold by all druggists.

Everyone is talking about the elegant beefsteak and pork chops they get from the White Grocery. Phone 399.

Pay city taxes NOW and save costs. Executions issued after Nov. 30.

Changeable Climate

IS A CONSTANT THREAT TO THE HEALTH OF THE PEOPLE.

Dr. Hartman, of Columbus, Ohio, discusses an important health topic. He says:

Yes, it is the climate, not the germs, that we have to fear in this country. The germs are present, to be sure, and are of some significance in diagnosis. Climate, a changeable climate, is the true cause of disease. The atmospheric pressure varies, the humidity of the atmosphere changes. Every day the temperature rises and falls. All this presents to the body very great trials to adjust to.

The area of high pressure forms in the northwest. Moves rapidly southeast, subjecting millions of our population to its influence. The result is, thousands upon thousands of people catch cold. A small per cent. of these thousands do not get well of their cold. It goes into pneumonia, or chronic catarrh, or bronchitis, or laryngitis, or pleurisy.

Now, what I am getting at is this. These climatic changes are inevitable. No one can prevent them. The very best we can do is to prepare for them, defend ourselves against them. Good health is the best preventive.

The very best. Vigorous health, with excess vitality, this is Nature's own preventive and protection.

We do not all have this, however. Some of us must have assistance. The assistance that I use for myself, would recommend for my friends to use, my neighbors and my countrymen, is Pe-ru-na. Keep Pe-ru-na in the house.

If the children indicate they are catching cold, give them Pe-ru-na. If the parents, the grandfather or grandmother, present those symptoms that are so well known which precede a cold, a few doses of Pe-ru-na and the deed is done.

Some people are very subject to colds. Others who have weak lungs and are timid about our winter weather, take Pe-ru-na off and on during the whole winter season. The plan is a good one. The medicine is inexpensive. It does no possible harm to the system. It keeps the appetite regular and keen. It assists digestion and helps the user through the inclement weather of winter.

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Pastrami	Rollmops
Smoked Beef	Salmon
Good Liver Sausage	Russian Sardines
NUTS	
Almonds	Lentils
Imported Walnuts	Split Peas
Imported Filberts	Cocktail Sauces
Pecans	Paprika
Green Kern	Cheese of all kinds.

ALSO MANY OTHER ARTICLES TOO NUMEROUS TO MENTION.

Lunches and Sandwiches Served
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Capital - \$150,000
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