



St. Vitus Dance. F. O. Box 741, Ft. Lupton, Col. Aug. 1915...

A Valuable Book on Nervous Diseases and a Sample Bottle to any address...

PROPER BREATHING. It plays a large part in the promotion of good health.

Professor Arnold Hiller in the Berlin Clinical-Weekly notes that it increases the passage of blood through the liver...

HOW MODERN SHIPS SINK. Times when Water Tight Bulkheads are a Menace to Life.

Church Theaters. Few people know that plays in England, Germany, Italy and France were fostered for religious purposes...

Sufferers From Insomnia. Neighbor - The baby suffers from sleeplessness, does it? Mr. Jeroloman (haggard and hollow eyed) - I didn't say it suffered. It seems to enjoy it, I'm the one that suffers...

Only a Man Could Be So Brutal. She - Do you like my new hat, hubby? He - Yes, bet! - It covers up most of your face. - Philadelphia Ledger.

Corpus Christi. The masses at this church on Sunday will be as follows: at 7:30, 9:30 and 11 o'clock.

Blessed Sacrament. The masses at this church on Sunday will be at 5:45, 7:00, 8:15, 9:30 and 10:45 A. M. (High Mass at 10:45 o'clock.)

St. Joseph's. The masses at this church on Sunday will be as follows at: 5:30, 6:30, 7:30, 9:00 and 10:30 A. M. (High Mass at 10:30).

HOLY FAMILY. On Tuesday morning at 9 o'clock the funeral of Daniel Ehmman took place.

Order of the Alhambra. The regular meeting of the Caravan, No. 25, will be held at 8 p. m., on Tuesday March 6th.

Holy Redeemer. Sunday afternoon Vespers and Benediction of the Blessed Sacrament will be held.

Avon Theater. For the first three days of next week at the Avon Theater, starting Monday March 5th, the bill is as follows: The Youngers, Novelty Gymnastics and Balancing Offering; Lew Gillette, Burnt Cork Comedian; Hayden & Stewart, Songs and Dances; Autumn Leaves, a Scenic Musical Comedy Revue; The Robbins Trio, High Class Singing Specialty; The Clemens Bros., European Musical Clowns and photo-play 'A Corner in Colleens'.

St. Andrew's Church. The masses on Sunday will be at 7:30, 9:15 and 10:30 o'clock.

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R. B. I. Spring Term. New classes in all departments will start Monday, March 5, in day school.

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The Head of The Family

By RUTH GRAHAM

It was a month after their marriage. Not a word had been spoken to interrupt that current of romance down which they had been sailing ever since they became conscious that they loved.

She made no reply, but went to her work basket, got out what was needed and sewed on the button.

And he? He went down to business at the morning and worked hard all day for her. When his competitor got ahead of him, when wrangling disrupted business transactions, when he was forced to make a concession or when he met with success it was all for her.

Every spring she must have new apparels and the next spring, though it was not worn or faded, it was no longer in fashion.

One day she reproached him. "For me to do all I have to do for my master, I did not know when I married you that I was bringing upon myself slavery."

And he replied: "From that day the night I am down town making money for you to spend for gowns and hats that won't stay in fashion long enough to get the new off them, I must provide house rent and sustenance for you and the thought of other things that you require, I never go to bed or to sleep, as I did before I was married, for now, having your necessities to supply, I have no leisure for anything but the sport of which I used to be so fond."

One day a baby came. The duties of the wife were changed. The husband returned to the use of safety pins in lieu of buttons. She had no leisure time to mend his linen. His clothing remained torn.

When used on a bier or casket at a funeral the stars should be placed at the head. In no case should the flag be allowed to touch the ground.

For indoor decorations the flag can only be used as a drape; it cannot be used to cover a bench or table, desk or box where anything can be placed or set upon the flag.

Some New Uses For Yeast. Because it is so essential in the making of bread and beer most of us think that yeast is useful for nothing else.

OLD FASHIONED FAMILY REMEDY FOR COLDS AND BODY BUILDING



Father John's Medicine Builds Up the Body Without Use of Alcohol or Dangerous Drugs. A Doctor's Prescription, 60 Years in Use.

Absolute Truth of this Story Attested by Guarantee to Give \$25,000.00 to Any Charitable Institution if Shown Otherwise.

Father John's Medicine is a physician's prescription. Prescribed for the late Rev. Father John O'Brien, of Lowell, Mass., by an eminent specialist in 1855.

TESTING SUBMARINES.

It is an Easier Task Now Than It Was a Few Years Ago.

Vessels built to navigate under water require particular care in their construction, for when they are submerged they have to withstand the pressure of water from all sides without showing the slightest leak.

Terrible accidents have occurred in testing new under water boats during actual submergence, but today all that is a thing of the past. A testing dock is used, which was invented by an Italian engineer, Major Laurenti.

The men inside are in communication with those outside by means of telephone, so that if anything goes wrong the trial can at once cease.

ETIQUETTE OF THE FLAG.

Rules Governing the Use of the Star Spangled Banner.

There are many citizens who are not familiar with the rules governing the use of the stars and stripes. To them the following hints on flag etiquette will be of interest.

When the flag is displayed at half staff for mourning it is to be lowered to that position from the top of the staff. It is afterward hoisted to the top before it is finally lowered.

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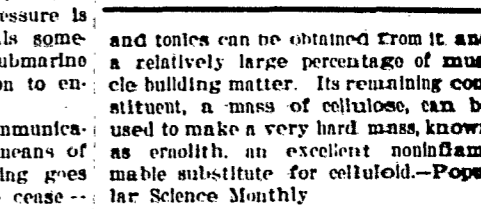
Pure candy is good for children. Pure sugar is good for grown people. Of course there are exceptions to every rule.

Some New Uses For Yeast. Because it is so essential in the making of bread and beer most of us think that yeast is useful for nothing else.

WURTZBURGER 50c Doz.

Delivered Anywhere in City. Onondaga Lager, Doz. 50c. Sparkling Ale, Doz. 50c. Porter, Doz. 60c. American Pilsner, Doz. 75c.

J. J. MILLER, Distributor. 263 Murray St., Rochester, N.Y.



MENEELY BELL CO. BELLS

and tones can be obtained from it and a relatively large percentage of muscle building matter. Its remaining constituent, a mass of cellulose, can be used to make a very hard mass, known as emulth, an excellent nonflammable substitute for celluloid.

Warding Off Cancer. Nurses, particularly those engaged in public health work, can do much to prevent unnecessary deaths from cancer.

Deserved to Get It. "I want to ask you for a bit of advice," said the insinuating man.

Not in the Inventory. "Did Johnson's purchase include also the good will of the business?"

To Be Accurate. "Cholly - Do you think it would be foolish for me to marry a girl who was my intellectual inferior?"

The Pulse Beat. The readiest and roughest estimate of time is the pulse beat. It is said to know that the human pulse beat is not exactly sixty to the minute.

Comprehensive Business. "I suppose you built up your colossal fortune by attending strictly to your own business."

Unkind. She - What do you suppose Harold meant by sending me those flowers? Also She - He probably meant to imply that you were a dead one. - Jack O'Leary.

AVON THEATRE Week of March 5 First 3 Days "AUTUMN LEAVES" 6 Other Acts 6 "A CORNER IN COLLEENS" MATINEE Every Day 10 & 15c ALWAYS 7 Big Vaudeville Acts