DAILY AND SEMI-WEEKLY

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SLEEP

Some folks need lots—or say they do—they'd doubtless snore the whole day through if they were not obliged to rise and go to work like other guys.

They go to bed at half past eight and learn to call that hour late, and then their sleeping is not done until the new day's well begun.

But other folks believe they keep in better trim without much sleep—they hit the hay at one or so and wake up when the roosters crow.

They claim they always feel the best when all around them are at rest, nor do they look fatigued or worn or tired out or all forlorn.

So people differ quite a heap in their beliefs concerning sleep—a fact which may have much to do with what they are accustomed to.

It surely isn't hardly right to sleep all hours of the night and be so sleepy still at dawn that you must sit all day and yawn.

Some folks, if they have have their way, would snore and sleep throughout the day and not arouse themselves 'til when it's time to go to bed again.

—N. A. LUFBURROW.

—o—

Don't forget that stores close now at four o'clock in the afternoon. Do your shopping of all kinds early and save yourself disappointment.

—o—

The fuel problem has settled the matter of working hours pro tem. It's a way big troubles have of annihilating lesser ones.

—o—

Note that you can buy only drugs at the drug stores after four p. m., and do your thirst quenching and Christmas shopping early.

—o—

Better clip the Coal Regulation published in The Advance today, and keep them for ready reference. You will note that these regulations are not merely a light request but are to be enforced by the federal government. That they are necessary goes without saying, and the sooner we understand and follow them the better for all concerned.

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AT CHRISTMAS TIME
your friends can buy anything you can give them, except your photograph. Make an appointment with ZOELLER'S STUDIO, now over First & Citizens National Bank.

was there to make a sketch of her. Luncheon was just over, and she was talking to a little knot of women. The first words I heard, as I slid quietly into a nearby seat, were "National Biscuit," recalling pleasantly my own tasty Uneeda Luncheon. I liked her, and settled comfortably as she spoke, a[illegible] and ears busy.

"Between the dark and daylight," she was quoting, "there's always a bit of paus[illegible] seems waiting and listening—for the children. Since they were tiny things, I've given that hour to my babies. First I had to [illegible] Then, when they [illegible] to toddle, I t[illegible] me in my [illegible] no one [illegible] Child[illegible]

"You see, even [illegible] went on, "are much like [illegible] mals. They are most lovable and most tractable after they've had something to eat. National Biscuit Christian always begin our Children's Hour like a feast. For the tiny toddlers there is a varied menu, sometimes Uneeda Biscuit and milk, sometimes Graham Crackers, Oatmeal Crackers or Lunch Biscuit. This is changed on special occasions to Old Time Sugar Cookies or Fig Newtons and, rarest of [illegible] are days when we had ice cream and Nabisco, and those were our party days.

"Don't think my hour is just a [illegible] us happily, that is all, and made us sure they would keep coming every day—for you and I both know we must feed children, as we must [illegible] if we would [illegible] and after their [illegible] always like [illegible] ready to [illegible] up in [illegible] tent. [illegible] hour [illegible] it seem [illegible] vy enough [illegible] but always [illegible] always dainty, always as only National Biscuit Products can be. During the years when my babies were growing up we never missed the Children's Hour with its tasty feast.