MANUFACTURING ONE'S OW.

profit, but he is able to put a part of

MME. KING'S

HAIR DRESSING, MANICURING

AND MASSAGE PARLORS

Dermal Treatment

1510 Pennsylvaia Aveune.

NEAK SMITH STREET

Modern Electrical Hair Dress-

ing Partors and School of

1324 DRUID HILL AVE.

made up. Diplomas Awarded.

PHONE: MADISON 4640-W

17 YEARS TORMENT

MRS. SARAH WRIGHT,

things. Cloth, 180 pages, \$1

Carey St., Baltimore, Md.

Free-To show how quick Mil-

Here is the opportunity to learn a

high class trade, one that your service

book. Send a money order to The Ideal Co., Box 70, Station G.

Founded 1667

Under the Episcopal Church

Industrial Departments...

Training School for Nurses

For catalogue and further information

The Rev. Edgar H. Goold,

Raleigh, N. C.

College, Normal, Academic and

will be in demand, you can earn from

dredina Hair Remedy acts, we will

922 Rutland Lvenue,

It tells your

ECZEMA. It set me at

Night

GOLD

eight years. EMBALMER

sous service possible. AR GOLD

Director ...

TIMORE, MD. the most reasonable Bodies transferred to any place named Baby funerals with sket for \$10. Don't

Carriage for all occasions CTOR

IER STREET

others look prices make when in need

dertaker ts for \$3.00 and up. He Parties, Receptions, le rates. You need

> 142 W. Hill Street and 826 Druid Hill Avenue

VENUE

will suit you. on guaranteed ren day and night

NDS AND PATRONS hat Charles

If as being make it ex connected my name ding to law

Embalmer HILLEN ST

ILL AVENUE ND NIGHT

anking my many friends HASE, for their past pa-

& SON

in city or suburbs, and

HASE

Madison, 1990 , General Agent N. Gilmor St.

THE ICE CREAM BUSINESS

and equipment. Several methods of

ng side of the business.

the business makes : relatively sma investment n cessary. From \$300 to \$3,000 appears to be

to families, social functions, restau- MAKE IT THE BEST. (Part I ends

capital to enter this phase of the busi- | Next Week will appear Part II.

BY E. MAYFIELD BOYLE, M. D.

****** "WHAT WE SHOULD EAT"

ing food economy and, from govern- ishing; but, varying as they mental sources, much instruction and kind, they also vary in digestion. The advice are being disseminated the chief substance of merit in fruits waste of food. To this end. Mr. Herthe observance of which, will help babel in the stomach.

necessary for one meal and thus re- muscular energy when digested. Their duce the garbage waste. But there is pleasant taste makes them popular. another side of this question which, I They are fattening. People who work think is of vita importance and that in sugar cape fields are usually at E. Church, Carroll street, has been

is so essential that anything which Inasmuch as many people suffer from hinders it is harmful to the body, a form of constipation which they Every acton every movement of the are not aware of, the absorption from at the sacri e of some of the cells of leads to diseases, chief among which tion.

lody must also be kept up by the man must eat meat to be strong or tat

FOODS, OF ER LITTLE VALUE C bbage, spinach, lettuce, eggplant, all animal foods, it is more suitable and Washington. tom toes, cucumbers, greens, aspara- for babies, growing infants and young rus, rhubbarb, sauerkraut, have every animals than the adults; because it Rev. W. J. food value. To be nourished by contains more fat and proteins than Plainfield, N. J., Sunday and attended braids and etc., straightening, singe-

The most important of the vege- inability to walk, etc. y is the most Fork city. Mrs. Woods accompanied cereals; but comparatively few peor fresh milk for nursing children (1) because babies can not digest it so because babies can not digest it so were poor substitute for her home.

In the like them. Barley, buckwheat, because babies can not digest it so because babies can not digest it so well (2) because it leads to gastro-in
Well (2) because it leads to gastro-in
Well (2) because it leads to gastro-incorn, oats, rice, rye, wheat may be well (2) because it leads to gastro-in-Five cents worth of out testinal disorders and rickets. nce will not only reduce the house- Every healthy mother should nurse

Your

Nuts are more nourishing than

ANIMAL FOODS

pigs are seldom fed with desh.

Miss Mabel Bourne, of the office treatment, how to cultivate and grow force of the Afro-American, has remarked the most complete of turned from a vacation stay in Laurel to weave and manufacture hair, how nourish- pigs are seldom fed with desh,

manner which it is given to babies-

t the A. M. H. Hreacher's Meetin

Garbage Pail Troubles Straightner 25c. per Box.

in conjunction estate, and is a leading man in his word: Follow up the garbage man, and keep your eye on the garbage Own Cream--and times almost crazy from itching. Dur

ing those years, I went to hospitale assembly room. Partitions and he is, to my mird, the best doctor will be added on the second floor so more rooms for dormitory Oliver J. Caulk is doing carpentering and building, and a pip- the book which reveals the secret of success. disposition, good qualities, your terian Church temporarily.

The city is laying sheet asphalt on

business from the June meeting.

PERSONALS

\$3.00 to \$5.00 and some times more a

know how. Learn artistic hairdress-ing, manicuring, face massage, scalp

lit does starch. The pest milk con- the Potomac River Baptist Conven- ing, dyeing and etc. A quick, simple method and perfect up-to-date To tains about eight-four per cent of tion, in Charles county this week. work. A illustrated chart of the lat-Hill avenue, has returned from a visit use the latest appliances that saves

spent the past week with her sister, Mrs. Mary Smith, 1402 Jefferson St. Mrs. Cora May Jones, 1415 Jefferson street, spent a week in Cambridge

Baptist Church was a success. Collecso-called tion \$50. Miss Alice Dennis was the

New York City.

9 a. m. to 9 p. m

NTEED FIRST-CLASS DENTAL SERVICE AT MODERATE PRICES

NO HIGH PRICES Expert Plate, Crown and Brid Operator (15 yes, experience) GAS ADMINISTERED PAINLESS EXTRACTING

Phone Mad. 1197

ARE YOU KEEPING HOUSE AND OWN FURNITURE or a PIANO?

PRIVATE OFFICES FOR CONSULTATION SATURDAY EVENINGS: 9 O'CLOCK

Man Says:

Purchaser of a new Singer Sew-Machine will get a discount from \$10.00 to \$20.00 on the old Maand give it to the children be as \$1.50 to \$2.00 per Month. PREVENT Tuberculosis, Infan during July and August.

fortify the Body against all dis August. BUTLER'S, 1211 DRUID HILL AVE. smaller size, \$1.00. Longevity PHONE: MADISON 4984 W IS THIS TRUE?

> Wishes to introduce to you the superiority of the Walker method. The more you use the Walker Method. the more you will be drawn irrestibly to the use of it. prepared to give the treatment or teach the method.

Walkers' Preparations For Sale At STREET Phone: Madison 2136 J

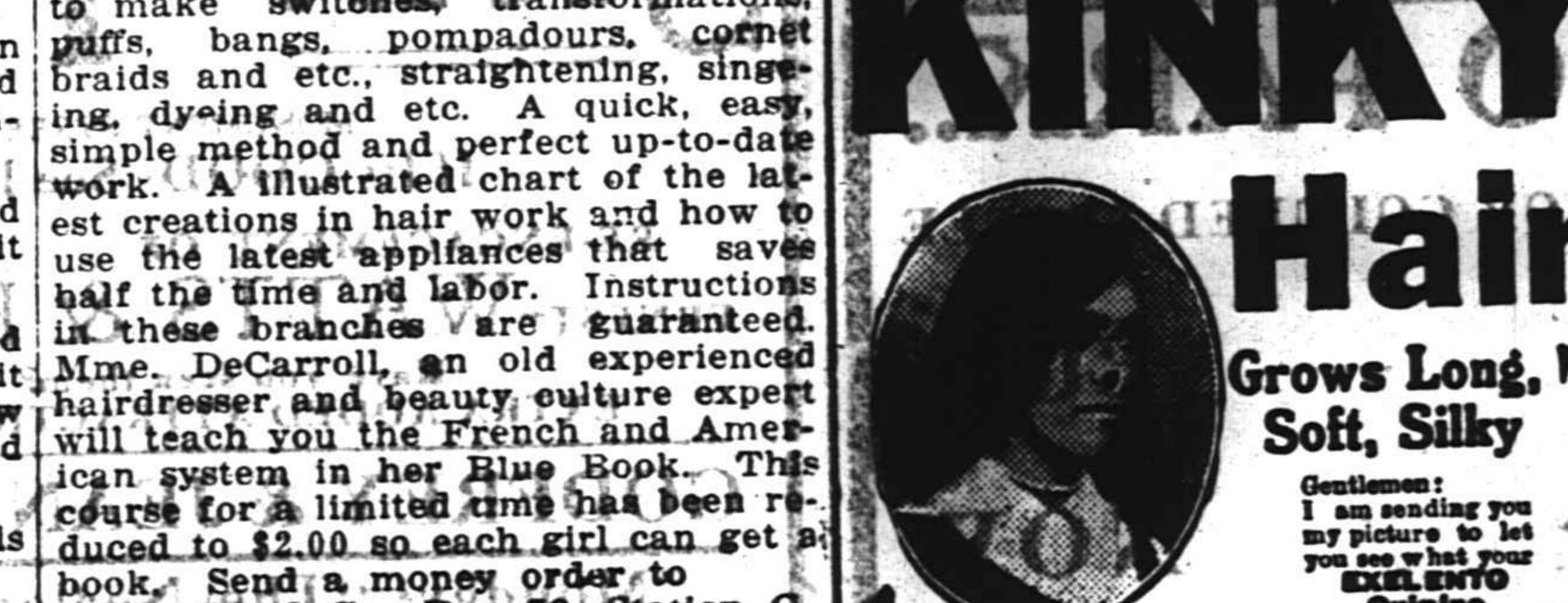
Makes the Hair Long, gives control of it and purifies the scalp. One 25-cent can will convince you.

Scientifically prepared at YOUNG'S PHARMACY Druid Hill Ave. and Hoffman St.



Home Office: Corner Charles & Saratoga Sts., Baltimore, Md. The Leading Life Insurance Company in Maryland ife Insurance Policies issued on ages from 2 to 79 Premiums collected weakly from the homes of the insured

Issues The Best Contracts * The Old Reliable



Quinine

Don't be fooled all your life by using some fake preparation which claims to straighten kinky hair. You are just fooling yourself by using it Kinky hair cannot be made straight. You must have heir first. Now this AGENTS WANTED EVERYWHER EXELENTO MEDICINE CO. ATLANTA CA.

age to work in Brickyard.

Take, f partovs Feint electric car.

DRESSING ROOMS Scalp treatment, Shampooing, Hair-

Mad. 2602-w ... Will call if you desire

EEDIA CE

25c. Danderine23c. MME. WELEN FACE POWDERS

the house again.

ADMISSION,