

AFTER EVERY MEAL WRIGLEY'S



Satisfies the sweet tooth and aids appetite and digestion. Cleanses mouth and teeth. A great boon to smokers, relieving hot, dry mouth. Combines pleasure and benefit. Don't miss the joy of the new WRIGLEY'S P-K—the sugar-coated peppermint tid bit!



Western Canada Offers Health and Wealth

and has brought contentment and happiness to thousands of home seekers and their families who have settled on her FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms

Fertile Land at \$15 to \$30 an Acre
—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthy climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for

Dairying, Mixed Farming and Stock Raising
make a tremendous appeal to industrious settlers wishing to improve their circumstances. For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

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160 ACRES
WESTERN CANADA
FREE

A Strenuous Life.
"I don't see you at church," said Pastor Goodleigh.
"I'm so exhausted on Saturday night after a hard week's work that I can't get out of bed on Sunday morning," replied Mr. Grabeoin.
"But you play golf on Sunday afternoon."
"Yes, I usually contrive to pull myself together by one or two o'clock in the day."
"Then you ought to be able to attend night services."
"When night comes I'm more exhausted than ever."—Birmingham Age-Herald.

Easy.
Bobby wanted a donkey—and he had seen the donkey in a nearby field.
"What would happen if I stole that donkey?" he asked his father.
"You would get six months in prison," replied his father.
Bobby thought a while and then said:
"You wouldn't forget to feed it while I was away, would you, father?"
Stretching the imagination seldom makes both ends meet.
Silence is golden—also scarce.



WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

| | | |
|-----------|-----------|------------|
| Headache | Colds | Rheumatism |
| Toothache | Neuralgia | Neuritis |
| Earache | Lumbago | Pain, Pain |

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monacochester of Salicylic Acid

Child Training at Home DEALING WITH THE ANGRY CHILD

By JENNIE S. CLOUGH

OF THE many problems which confront a mother, one of the hardest is that of meeting in the wisest way the undesirable traits that appear in children. In dealing with these problems there are two great helps. First, a sense of humor. If a child comes down to breakfast sullen and bad-tempered, make some little joke. It helps to clarify the atmosphere. I don't mean laugh at the child (that only adds fuel to the fire), but do some amusing thing, or tell a funny story and you will make the clouds vanish like magic. Parents who appreciate fun and who are the real companions of their little ones have the happiest and most affectionate children. But most important of all is grace. Grace is that lovely, loving spirit which, no matter how trying the children are, cannot be disturbed. We cannot have this of ourselves; it is the gift of God. He says, "My grace is sufficient for thee," so, when the children are noisy and naughty and our nerves seem just about in pieces, let us say this over and over mentally and we shall be surprised at the peace and quietness within ourselves that will follow.

Try to Quiet Bad Temper.
Granted that we have sympathy and poise ourselves, we are in a fit condition to help our children to overcome their faults. Often children are cross and naughty because they are over-tired, over-excited or hungry. We must be sure that their naughtiness does not come from some physical reason that we can help. If a child is in a bad temper the first thing to do is to quiet him. How? By being very quiet ourselves, but very firm, letting him see our strength and poise and then trying to find out what has stirred him. By our talking it over with him and letting him pour it out, his nerves will be freed and he will have an outlet for his passion. If he seems uncontrollable, and it is impossible to

STRENGTH AND COURAGE FOR NEW EFFORT.

Elizabeth Harrison, president emerita of the National Kindergarten and Elementary college, has said:
"In my early years in the work, I saw the development in the children over whom I had charge. I saw, again and again, how in the little community of equals the shy child learns self-assertion, the selfish child learns to share with others, the timid child learns courage, the too self-assertive self-control and the untruthful child learns accuracy; I saw how the attainment of success in the many little activities of the kindergarten brings strength and courage for new effort, and the community life develops service and sympathy."

talk with him, put him by himself until he is more calm. While he is in a temper be careful not to leave him where he can break or destroy anything. Often his outburst is like a thunder storm; the thunder and lightning are tremendous while they last, but are soon over. Then, get him interested and busy about something.

The Sullen Child Problem.
A much harder type of child to deal with, and one that tries our patience more, is the sullen child. He makes no outlet for himself like the angry child who vents his temper in screams and passionate talk. His bad temper works all on the inside. He broods over the trouble, distorting and enlarging it by dwelling upon it. He usually refuses comfort or sympathy and seems to enjoy shutting himself away from everyone. He is usually a sensitive child—shy, lacking confidence in himself, inclined to dwell upon himself too much. What can we do with such a child? He won't talk the trouble out, like the high-tempered child, and it is unwise to put him by himself as you would the high-tempered child. Give him something to be busy about just as soon as possible. Work is even more necessary for him than for any other type of child, for we must get him out of himself. If possible, have him work where he will have the companionship of his brothers and sisters, or perhaps he can help you in what you are doing. Work is a blessing for most persons, but for none more than for the child who is inclined to live his little life inside of himself.

The Last Straw.
A famous English author prided himself on his set of Shakespeare, beautifully bound. One day his wife came to him and announced rats had begun to gnaw one of the volumes.
"Dear, dear," he replied, "even the rats think it is Bacon."

Up in the Air.
"If I lend you money on this delightful plan of yours, what security can you give me?"
Aviator—My priceless balloon itself.
Capitalist—Excuse me, but I am not accepting any inflated securities.—Science and Invention.

Interesting to Look At.
Mrs. Gilson—Does your husband enjoy dancing?
Mrs. Wilson—Well—some—when he is watching other people doing it.

STRENGTH-- VITALITY-- HAPPINESS

A Message to People in Poor Health Who Want to Be Well

If you are in poor health merely from a general run-down condition, get some Gude's Pepto-Mangan of your druggist and take it with your meals for a few weeks or until you feel right again. Pepto-Mangan is a wonderful tonic and blood-builder and is very pleasant to take. It does not act like a miracle. Its effects are gradual, but real and sure. It contains iron in a form easily digested and absorbed by the system. For thirty years Gude's Pepto-Mangan has been used by physicians as a tonic for run-down people. Don't continue to be weak, nervous, and headachy—take Gude's Pepto-Mangan and restore your good health. Thousands have been helped back to health by it—you can be benefited if you will accept this truth and act now. Sold in both liquid and tablet form.—Advertisement.

Returned Everything.
"I am afraid it's all over between May and Jack."
"She has returned his photographs."
"You don't mean it?"
"Also his letters."
"Gracious!"
"And his ring."
"My! My!"
"But there is still hope. He gave her a kiss as they parted on the lawn."
"And what did she do?"
"She—she returned that, too!"—Pearson's Weekly.

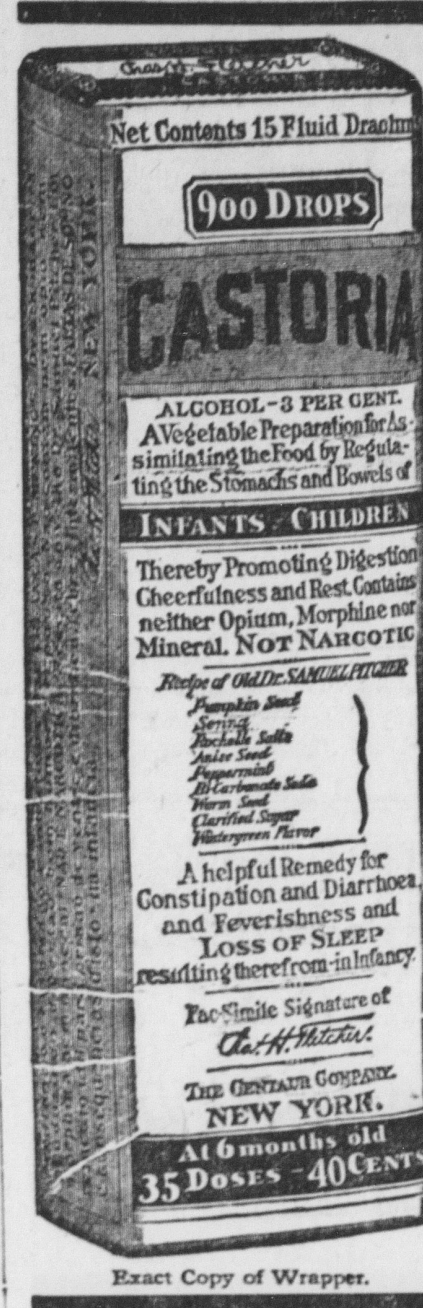
IN BUYING ASPIRIN ALWAYS SAY "BAYER"

Look for the Name "Bayer" on Tablets, Then You Need Never Worry.

"Bayer Tablets of Aspirin" can be taken safely for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Joint Pains, Neuritis, and Pain generally.
To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."
The "Bayer Cross" means the genuine, world-famous Aspirin prescribed by physicians for over twenty-one years.—Advertisement.

DIDN'T GET THAT SOVEREIGN

Probably Jenkins is Ready to Admit That Glue Had Remarkably Good Sticking Qualities.
Jenkins, who had gone to the shop that sold everything to make a few purchases, happened to notice a sovereign lying on the floor—a whole, round, golden eagle.
Quivering with excitement and glancing cautiously round to see that no one was watching him, he dropped—quite accidentally, of course—one of his gloves on top of the coin. Then, bending, he proceeded to pick up his glove; but the coin did not accompany it. It remained where it was—upon the floor. He made a second attempt to get hold of it, but with the same result.
As he was contemplating the wisdom of a third endeavor, a shopwalker approached him and said: "Good evening, sir! May I be allowed to show you a bottle of our famous liquid glue? As, no doubt, you are aware, its sticking powers—"
But Jenkins had fled.—London Answers.



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1000 DROPS
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Spohn's Distemper Compound
will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the fluids, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. On sale at all drug stores in two sizes. SPOHN MEDICAL COMPANY GOSHEN, INDIANA

PIPE NOW ORNAMENTS WALL TO PRESERVE HISTORIC PEN

Indiana Man Has No Further Use for It as a Medium for Enjoying Quiet Smoke.
An Indianapolis man whose work keeps him in office all day long occasionally finds recreation in doing bits of odd jobs in woodworking. For three months he worked at spare times, and as the spirit moved him, at fashioning a Chinese pipe. Finally he finished the job and took it to a painter for the stains, filler and varnish. The painter did a good job, and the pipe was a beauty to behold—two feet long, brass knob and shaped bowl. It looked like a mandarin's favorite. He took the thing home and in a sort of a ceremonial rite filled it with his favorite tobacco, fired it up and drank deeply of its dream stuff. Deeply and dream stuff is right, because about half an hour later he lay sprawled unconscious on the floor of an upstairs hall until his wife revived him with cold towels. Now he knows all about the effects of the volatile substances in paints and varnishes. He also has a beautiful Chinese pipe, smoked once, hanging on the wall.
Doing His Bit.
"Is Gipping a public-spirited citizen?"
"From an oratorical point of view he leaves nothing to be desired."
"Well?"
"He can deliver a speech on the need of the hour that will make his less gifted fellow citizens work their heads off while Gipping sits in his office with his feet propped up on his desk and receives reports of the progress they are making."—Birmingham Age-Herald.

That Used by Secretary of State Hughes on Important Occasion in Care of D. A. R.

The flagstaff penholder used by Secretary of State Hughes in signing the treaties agreed upon by the delegates at the recent conference on the limitation of armament in Washington will be preserved to posterity in the custody of the Daughters of the American Revolution, probably in Memorial Continental hall, where the treaties were signed.
The penholder is made of native woods from 28 states and territories, and is decorated with miniature flags of 28 nations, including the nine represented at the conference and several of the allied powers in the World War. The woods were collected and fashioned into a penholder about 14 inches long by David Fairbanks of Chicago.
Two small pieces of wood used in its manufacture are of special historic interest. The section of cottonwood from Michigan was taken from a tree standing on the ground where the old Indian chief, Pontiac, fought his last battle with the British in 1763, and the piece of red cedar from South Carolina came from a tree planted by the statesman John C. Calhoun.
Dates Back.
"There's an old custom of a girl giving a man a kiss for every star she can see. Wonder how that originated?"
"In the old days when a man did his courting by whacking a girl on the head with a club."
It is a good habit now and again to examine your habits.

The Boy Who Started to Town With a Hundred Dollars

The advice they gave him for getting on in the world was simple and familiar enough: "Keep what you have, and build on it. Be careful what you do and it will grow into more."
It's a safe rule—with money or health, but a good many overlook the rule with health, until they have lost what they had. Then it's hard to get a new supply.

Postum is a splendid help in saving health from the very common losses through the drug elements of tea and coffee—whose effects on the nervous system any doctor can tell you.
Thousands of people who think it wise to be as careful of their health as they are of their dollars are users of Postum. They find this famous cereal beverage a delightful drink with any meal, and it's free from any disturbing element.
You can begin with Postum today, with an order to your grocer. The road to health is a good road for anybody to follow. "Save what you have, and build on it," is sound policy for everybody.
Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

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