Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean, breath sweet, appetite keen.

The Great American



Opportunity to Make Good Money

Address VIRGINIA NURSERIES, RICH-MOND, VIRGINIA, for full particulars

Hood's Trees, Send for free 1923 cat-alog of vigorous, true alog of vigorous, true on name fruit trees, shade trees, shrubs, Plants, Shrubs ever greens, grape vines, berry plants and extra fine roses, all grown on fertile soil

W. T. HOOD & CO. 3025 Chamberlayne Ave. Dept. A. Richmond, Va.

CERTIFIED SEED POTATOES Guaranteed Northern Grown
Illustrated Catalog Mailed on Request
A. G. ALDRIDGE SONS
Established 1889
Fishers, N. Y.

Representatives Wanted—Each county this state, who can finance initial stock up to \$160. Big profits and easy sales. Kor-Ker Sales Co., 509 11th St., Washington, D. C.

Mutually Satisfied. Ethel-Was their honeymoon a success?

Clara-Goodness, yes! They spent the last week of it in arranging for a quiet divorce.

DYED HER SKIRT, DRESS, SWEATER AND DRAPERIES WITH "DIAMOND DYES"

Each package of "Diamond Dyes" con tains directions so simple any woman can dye or tint her worn, shabby dresses, skirts, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything, even if she has never dyed before. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is sure because Diamond Dyes are guaranteed not to spot, fade, streak, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.—Advertisement.

Comedian-"When is an actor not an actor?" His Friend-"Nine times out

HOW'S THIS?

of ten."

HALL'S CATARRH MEDICINE will do what we claim for it—rid your system of Catarrh or Deafness caused by of Catarrh or Deafness caused by Catarrh. HALL'S CATARRH MEDICINE con-

sists of an Ointment which Quickly Relieves the catarrhal inflammation, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus assisting to restore normal conditions.

Sold by drugrists for over 40 Years Sold by druggists for over 40 Years. F. J. Cheney & Co., Toledo, O.

It occasionally happens that a good debater proves his case when he isn't sure of it himself.

HAIR STAYS COMBED, GLOSSY

"Hair Groom" Keeps Hair Combed-Well-Groomed.



Millions Use It-Fine for Hair!-Not Sticky, Greasy or Smelly.

A few cents buys a jar of "Hair-Groom" at any drug store. Even stubborn, unruly or shampooed hair stays combed all day in any style you like. "Hair-Groom" is a dignified combing cream which gives that natural gloss and well-groomed effect to your hairthat final touch to good dress both in business and on social occasions.

Greaseless, stainless "Hair-Groom" does not show on the hair because it is absorbed by the scalp therefore your hair remains so soft and pliable and so natural that no one can possibly tell you used it.

Something to Think About By F. A. WALKER

DO NOT LOSE HOPE

FREQUENTLY, when the days seem darkest and troubles roll in upon you like the storming waves of the sea, trying their best to overwhelm you, sunny-faced Hope is hovering near ready to rescue you at your bidding.

Thousands of weary souls on the threshold of discouragement, about to yield to the crushing weight of their burdens, have at the last moment resolutely resolved to stand up and make a new fight.

This resolution is perhaps the most trying hour of their lives, marking the turning point in their careers.

They found a new courage which carried them on and on, carrying them safely through their hardest battles, where they fought inch by inch until the shout of victory stirred their hearts, warmed their blood and cleared their vision.

From doubting Thomases they became sanguine Pauls, filled with the spirit of faith.

They saw new visions and dreamed new dreams.

They had strength of their own instead of that borrowed from others, which through adversity they soon learned how to use to advantage.

Uncommon Sense By JOHN BLAKE

OPPORTUNITY

TF YOU picked up a diamond in the rough you would probably toss it away again. Without training, you would not know that it was a diamond.

Every day you pass by, unnoticing, opportunities that other men instantly recognize and bend to their own uses. Your neglect of them is not your fault. Without special training you cannot be expected to recognize opportunity.

For many years people regarded anthracite coal as useless black stonetoo soft for building material, too hard for fuel.

By accident somebody discovered that in a proper stove it would burn better than bituminous coal, and make no smoke. And from that day it became a valuable commodity.

Don't expect opportunity to come up and introduce itself. Don't expect it even to knock at your door. You must learn to look for it. You

must learn to see in some particular position 'a chance for advancement that other positions lack, although they pay far better wages,

You must learn to see in some calling an interest that will enlist your enthusiasm. To do this is not easy. It takes

training and thought. The training you can get in schools and out of books, and by consulting

others who have had experience. The thought must originate in your brain and operate there. Nobody can do your thinking for you.

seat
Or hurl a cynic's ban?
Let me live in a house by the side of the

SIMPLE GOOD THINGS

BEFORE the chestnuts are all gone

Chestnut, Raisin and Apple Salad.

Take one cupful of seeded raisins,

two cupfuls of boiled chestnuts, two

cupfuls of apple, one-half cupful of

large grapes and one-half cupful of

French dressing. Cover the raisins

with half of the dressing and let stand

an hour. Mix the chestnuts (peeled

of their brown skins) and diced apple

with the rest of the dressing. Cut the

grapes in half, remove the seeds and

add to the other ingredients. Serve

Date and Coconut Sweets,

stoning, one cupful of grated coconut,

one-half teaspoonful of salt, one table-

spoonful of lemon juice and four

tablespoonfuls of sugar, Put the

dates through a meat chopper, add the

salt and three-quarters of a cupful of

the coconut, and the lemon juice. Mix

the ingredients well; then form into

round balls and roll ir the remainder

Fruit Sweets.

ed raisins and dates, put through a

meat chopper, add one tablespoonful

Take one cupful such of figs, seed-

of the coconut and the sugar. .

Take two cupfuls of dates, after

on sbredded lettuce leaves.

using a few cooked chestnuts.

prepare a few delicious dishes

And be a friend to man.

Such are the men and women who today are making a better world for all mankind.

There is nothing too big for them to undertake, no load too heavy for them to carry, no troublesome hills over which they cannot blaze an easy path

for the less confident to follow.

Leaders in their chosen fields of labor, they take part in the boldest and noblest adventures, never growing weary of well-doing, never faltering by the wayside, never declining to lend a helping hand to the earnest, struggling in their first effort.

They think, plan, organize, achieve and create, while those without hope, hesitate, draw back, afraid to step up in the clearer, invigorating air and wage the battle with alert brains, hard, sinewy arms, and hearts unafraid. They turn stubborn difficulties into

willing servants, surmount impending obstacles, write their names on the eternal skies, and call lustily to the new generations to gird their armor, accept Hope as their captain until the end of their days.

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Has Anyone Laughed At You Because -

You get to your job early and stay late?

Haven't you often given these laughers the excuse that you "Get up early, anyhow," that "you like to get down before the crowds," "that you like the office when it's quiet?"

Haven't they said that you "wanted to be teacher's pet," that you were trying to get "in strong?" Haven't you hated their taunts?

Suppose all these things that you tell them are true, why not tell them the rest?

No one ever amounted to a row of beans that doesn't like his job well enough to come early and stay late. The time 'clock never yet ticked off a successful man or woman. Working on tick often interrupts a timeless bit of work. Let them laugh; it is a jolly accompaniment to your successful flight!

Your get-away here is: Fail and the World neglects you; Succeed, and you never lack for company!

SCHOOL DAYS



The men who get important places, ! and hold them, are the men who are not only searching for opportunity, but who have learned to recognize it when

THE NATURE FAKIRS

Mother's Cook Book

Let me live in a house by the side of the of lemon juice and two of orange

Where the race of men go by,
They are good, they are bad, they are weak, they are strong.
Wise, foolish; so am I.
Then why should I sit in the scorner's half a walnut in the top; place in a

they see it. You cannot be even a lucky gold hunter unless you know where the gold is likely to be, and what it looks like in the quartz or gold-bearing sand.

And opportunity, which is far finer gold than any that is buried in the earth, is still harder to recognize, although it is not fortunately anything like so rare.

(by John Blake.)

half a walnut in the top; place in a

Whipped Cream Cake,

serve, and one which the whole family

layer cake batter and bake in two

tins. Whip a cupful of heavy cream

until stiff, add three tablespoonfuls

of powdered sugar and a teaspoonful

of vanilla. Spread over a layer and

put on the second. Cover the top

with the cream and garnish with can-

Mellie Maxwell

(©, 1923, Western Newspaper Union.)

Avoid Even Slight Untruths.

ship as detecting another in an un-

truth. It strikes at the root of our

THAT'S FAIR

yourself to my keeping?

He: So you're willing to trust

She: Yes, as long as you can keep

confidence ever after.-Hazlitt.

Nothing gives such a blow to friend-

A simple, easy cake to make and

will enjoy is this: Prepare a plain

dish dusted with sugar.

died cherries.

YOUR HAND

I SOMETIMES think we think too much

The way of life the roses bloom, That men are kind and women good And there is much of brotherhood To ease the load and light the gloom.

How hard the hill, how dark the night, However toll my limbs would tire, always found a candle light That led me to a waiting fire-However great their own desire, Men had the heart to think of mine, Some word of brotherhood to say

But, brotherhood to understand,

To find new courage when you fear, The song to lift, the smile to cheer, You must at least stretch out your hand.

(by McClure Newspaper Syndicate.) Russian Proverb. The husband's sin remains on the



STRETCH OUT

By DOUGLAS MALLOCH

That men are evil, women wrong, The rich dishonest riches clutch And have no love of smile or song-For I have found that all along

To keep my feet upon the way, To set beside the road a sign.

Believe that men are good, believe That women all are sweet and fair, The world will comfort when you grieve And when you sorrow it will care, That there is kindness everywhere;

threshold-the wife's enters the house.

---0--



Winter Find You Tired and Achy?

OES winter find you miserable with an aching back? Do you get up lame and stiff - lag through the day tired, weak and depressed? Do you know why you are so run down?

There's good reason for your condition and likely it's weak kidneys. Winter's colds and chills throw a heavy burden on the kidneys. The kidneys fall behind and poisons accumulate. It's little wonder, then, that you suffer backache, rheumatic pains, headaches, dizziness and bladder irregularities.

Don't risk serious kidney disease. Use Doan's Kidney Pills before it is too late. Doan's have helped thousands and should help you. Ask pour neighbor!

"Use Doan's," Say These Good Folks:

L. W. Cox, Westover, Md., says: "My kidneys were weak for a long time. I had backaches and such a soreness across my kidneys I couldn't bend or stoop. Colds settled on my kidneys and I also had bladder trouble. ,I doctored for some time and was told I would have to have one of my kidneys taken out. Doan's Kidney Pills were recommended to me and I used them. They relieved all signs of the trouble.'

Mrs. Walker Campbell, 707 Pendleton St., Alexandria, Va., says: "A cold settled in my kidneys. I had such pains I could hardly catch my breath sometimes. When I bent it was hard to straighten, the pain was so bad. My kidneys acted very irregularly. I used Doan's Kidney Pills and was entirely cured. Though it was over two years ago, I have had no return of kidney trouble."

At All Dealers, 60c a Box. Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

Marriage and All That. "Marriage used to mean cleaving to each other. Cleaving, sir. Now, it's just a trick to make sure that there

shall be at any rate two persons in the world who will never meet again." "Man is an inexperienced in the Alps and women are his hair-

pin turns." "After you have been married five years, there should always be someone

to dinner." "Compromise is the breath of married life; and it is almost more important for a man to learn what his wife deprecates than what she applauds. The temperature of the hot water into which he is predestined periodically to plunge will be lower if he fails to share her antipathies."-E. V.

THEY KEPT HIM **OUT OF SCHOOL**; **WAS SO SICKLY**

"Wouldn't Eat, Grew Thin, Pale and Sickly," Says Baltimore Mother.

GAVE HIM NEW TONIC;

"My little boy was so frail, delicate and sickly I had to keep him out of school. No matter what I would prepare he wouldn't eat. He would come to the table and drink a glass of milk, perhaps, and then never touch another bite. I didn't know what to do, but one night I saw Hypo-Cod advertised in the paper, and it is wonderful medicine," declared Mrs. Metzger, 1015 N. Dallas St., Baltimore, Md.

Mrs. Metzger, 1015 N. Dallas St., Baltimore, Md.

HE GAINED 14 LBS.

"I gave him a spoonful of the Hypo-Cod per directions, at each meal time and on going to bed. He liked the taste of it and, goodness, how it does work! In a few days he had an appetite big enough for two boys. Then he began getting robust. You should have seen him. He changed like magic from a pale, delicate youngster into a rosy-cheeked boy. He gained fourteen pounds. He will eat a big meal at noon and in an hour wants to know if it isn't nearly supper time. He is the healthiest boy in our neighborhoed—thanks to Hypo-Cod. My sister who lives in the country uses Hypo-Cod for coughs and colds, too, and she says she wouldn't be without it in the house," continued Mrs. Metzger.

Thousands of mothers know Hypo-Cod tastes nice, works quicker and costs little. It is pure, wholesome and good for the kiddies. (See formula and directions on bottle.) Note: All drug stores have Hypo-Cod.—Advertisement.

A Gain. Rub-Dobbs has lost his reputation. Dub-How fortunate for him!-New

Many a slow man has been made fast-to a widow for the rest of his natural life.

single application of Roman Eye Bal-on going to bed will prove its merit for mmations of the Eyes, external and in-it. Advertisement. Every married woman thinks that

all her husband's bachelor friends envy

THE BIG 4

Stomach-Kidneys-Heart-Liver Keep the vital organs healthy by regularly taking the world's standardremedy for kidney, liver, bladder and uric acid troubles-

LATHROP'S GOLD MEDA HAARLEM OIL CAPSULES

The National Remedy of Holland for centuries. At all druggists in three sizes. Guaranteed as represented.

Look for the name Gold Medal on every



BUILT HIM UP DANDY Garfield Tea Was Your



This good old-fashloned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even

greater favor as a family medicine than in your grandmother's day.



Try PISO'S

EYES SORE? THUMBER EYEWATER