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After Every Meal
 Have a packet in your pocket for ever-ready refreshment.
 Aids digestion.
 Alays thirst.
 Soothes the throat.
 For Quality, Flavor and the Sealed Package, get
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SPEARMINT
 THE PERFECT GUM
 MINT LEAF FLAVOR
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USE
Glenn's Sulphur Soap
 Contains 32% Pure Sulphur
 Skin eruptions, excessive perspiration; insect bites relieved at once by this refreshing, beautifying toilet and bath soap. Best for
Soft, Clear Skin
 Rohland's Egyptian Cotton, Etc.

Dr. Kellogg's Asthma Remedy
 for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.
 Northrop & Lyman Co., Inc., Buffalo, N. Y.

VICTIMS RESCUED
 Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking
LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES
 The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks. Thrice as large, thrice as effective. Look for the name Gold Medal on every box and accept no imitation.
 W. N. U., BALTIMORE, NO. 29-1923

LONG RECORD OF GOOD WORK
 American Sunday School Union Has Completed Its 106th Year of Service—Its Activities.
 The American Sunday School union, oldest Sunday-school organization in the country, has just completed its 106th year of service. Since its founding, the Christian Work (undenominational) tells us, the union has organized 138,000 Sunday schools, into which it has gathered 5,500,000 pupils. During the last year it either organized or reorganized 1,800 schools, issued a dozen Sunday-school periodicals, with a circulation of some 2,000,000, and published 200,000 books, booklets and other Sunday-school requisites. Further,
 "More than five thousand persons, young and old, have professed conversion in connection with its work during the past year, and forty-seven churches of various denominations have grown out of its schools. Its work covers the whole United States and is supported by some twenty-five thousand givers—people who believe that union, evangelical work of this sort is the salvation of our outlying rural districts."—Literary Digest.
 Understanding is the first great need in all human relations.
 There are dozens of romances in every man's might-have-beens.

Can't Sleep?
 When Coffee disagrees
Drink Postum
 "There's a Reason"

Uncommon Sense . . .
 By JOHN BLAKE
LEARN TO AIM
 BEFORE the soldier is permitted to shoot his rifle he is taught to aim it. Over and over again he must practice holding his weapon, and sighting it.
 It is discouraging work. With the target before him the recruit naturally wants to try to hit it.
 But to permit him to fire too soon would be fatal to his efficiency. He will never shoot well unless he first learns to shoot correctly.
 And the long drill in holding the rifle properly, and aiming it properly is never wasted.
 These rules are as necessary in life as they are on the rifle range.
 It is easy enough to aim high, but it is not easy to reach your target.
 Before you actually set out to accomplish your ambition you must learn how to accomplish it. This means long and often uninteresting toil, but without it all your aiming at the target will be useless.
 There can be no success without training, severe and continuous.
 You can no more become a bank president without learning how to be a bank president than you can go to Chicago without knowing how to get there.
 Emerson's advice to hitch your wagon to a star is excellent advice, but it would have been of more practical value if he had added a few details as to how it is to be accomplished.
 Do not begrudge the months or the weeks or the years that you spend in learning how to aim. You'll get far more hits if you put in hard work at training than you will if you fire before you have learned to hold your rifle.
 Genius can sometimes fire at sight, but even genius often misses unless it learns how to fire. And genius succeeds more often than does ordinary ability because it is great enough to recognize the value of hard work.
 No one worked harder than did Michael Angelo or Keats or any of the geniuses whose names will endure forever.
 Aim as high as you can, always. But always learn how to aim before you fire.
 (© by John Blake.)

Something to Think About
 By F. A. WALKER
MENTAL EXPLOSIONS
 IF BY any chance you should fall into the lamentable habit of becoming truculent, peevish, ill-humored and sharp-tongued in moments of trial, take a new tack and head straight for the delectable port of good-will.
 Nothing is more detrimental to the individual happiness and success than mental hysterics, whether they be of a mild or severe form. Often, in spite of himself, the victim of passionate outbursts is plunged into a sea of trouble from which he cannot extricate himself without loss of friends and self-respect.
 Men and women have fallen from high estates by allowing a burst of anger to sweep them off their mental balance and been caught a very trenchant principle for future judgment and action, in most cases, however, too late to be of any use to them.
 If you will look about you, you will see them among the sad-faced and forlorn, eking out a bare existence in a mild station from which they are unable to rise because of their ungovernable spirit.
 When an automobile has been wrecked by a careless driver it serves as a warning to others, but it fails to restore the car.
 Just so do foolish persons who have ruined their life prospects through impetuous impulse serve as warnings to the observing and thoughtful.
 And yet the world goes on, a large part of it unmindful of what is taking place under its very eyes.
 The true conclusion is obvious: if you will apply the experience of others to yourself, profit by their follies and hold your spirit in check when it is about to burst forth into a violent quake, you will have nothing to fear.
 To the man or woman who can control his or her action in the vital moment the world is willing to yield its riches.
 The eyes of employers ever watching such men and women, taking note of their worthiness.
 Such persons do not have to beg for opportunity or advancement.
 In matters of art, intellect and self-restraint they are always at home, sure of themselves in every field of human endeavor, confident that they can "make good," even when opposing winds beat hardest against them in their darkest night.
 (© 1923, by McClure Newspaper Syndicate.)

Mother's Cook Book
 Every task wrought out in patience brings a blessing to the door; Joy comes to the waiting worker, But eludes the swift pursuer.
GOOD THINGS FOR OCCASIONS
 THE olive is such an appetizer and adds so much zest and flavor to many dishes that it should always be found on the shelf.
 For garnishing dishes one may cut into a queen olive with a sharp knife and keeping close to the stone, pare in a spiral fashion. This will leave the olive still shapely without the stone.
Zwieback.
 Zwieback is often not obtainable and a recipe for it will be cherished by many.
 Take a yeast cake softened in one-half cupful of warm water, two tablespoonfuls of sugar, and mix well. Add flour to make a thin batter, about half a cupful. Set aside to rise in a warm place, covering well with a cloth. An hour later, when bubbles form on top, add two more tablespoonfuls of sugar, two tablespoonfuls of melted lard, two well-beaten eggs, cinnamon and salt to taste and two cupfuls of flour or a bit more. Beat well, cover and let rise again in a warm place. When light make into two small loaves and bake in a hot oven fifteen minutes. Take from the oven, cool, cut in half-inch slices and bake until brown on both sides, in a hot oven. Keep air tight. Fine for babies and convalescents.
Cheese Salad.
 Break a cake of cream cheese into pieces and mash to a paste with two

ONCE IS ENOUGH
 FLY PAPER

Can't Sleep?
 When Coffee disagrees
Drink Postum
 "There's a Reason"

Misunderstanding
 By GRACE E. HALL
 YOU'RE far away tonight, my dearie, dearie,
 The sunshine has been mocking me all day;
 I've strained my eyes 'til they are weary, weary,
 Longing to see you passing by this way;
 Within my heart a pain is growing, growing,
 The truth insists that I shall heed and know
 That further still you're ever going, going,
 And oh, I love you dearie, love you so!
 The world is very cold, my dearie, dearie,
 Outside the magic circle of your arms;
 My heart is pleading to be cheery, cheery,
 Safe locked against your breast from all alarms;
 The tears persist tonight in falling, falling,
 The breezes whimper of an unknown woe,
 And 'cross the silence I am calling, calling—
 Come back to me, I love you, love you so!
 (© by Dodd, Mead & Company.)

SCHOOL DAYS
 "WELL, BE PLENTY OF STRAW, PIP."
 "FLOSSY, HOW'S MY FIRE COMING?"
 "DON'T YOU WISH YOU COULD LIVE THIS WAY, BOB?"
 "I SHOULD SHAY SHAY."
 "FROG TOADPOPPER MOVES INTO HIS SUMMER HOME."
 Copyright

Has Anyone Laughed At You Because —
 By ETHEL E. PEYSER
 You are fussy about the way folk handle books!
 "Don't be an old fuss!" This is what the bookish and sometimes the bookish hurl at you. Never mind! You really love a book and you can't stand being a witness to its mutilations. Books mean something to you—probably the laughers couldn't stand seeing you hurt their field glasses, or their tennis rackets, etc. A book is a marvelously contrived thing, going through hundreds of processes between the brain of the writer and store counter. You, owning it, appreciate it, and appreciation is jealous always of depreciation. Books are one of the greatest of man's possessions and as such deserve a little more than casual care, especially by book-lovers and collectors!
 SO
 Your get-away here is:
 At the worst—you are over-"fussy" over something worth being "fussy" about.
 (© by McClure Newspaper Syndicate.)

Canada's National Flag.
 The national flag of the Dominion of Canada, of Great Britain and of the British empire, is the Union Jack, in which are combined the crosses of St. George for England, St. Andrew for Scotland and St. Patrick for Ireland. The Union Jack is the only flag that may properly be flown from Canadian flagpoles. It is the only flag that regularly flies from flagstaffs on the parliamentary buildings, Ottawa; the legislative buildings in provincial capitals; the custom houses and postoffices of Canada and all Canadian citadels, armories and public buildings.

Community Building
 THE LITTLE TOWN
 I think God loves the little towns
 That go to bed at night;
 The little towns, all lushed and still
 Beneath the quiet light
 Of far, white stars. I think he loves
 The little yards fenced in
 With picket rows, where flowers nod
 In sleep themselves; the tiny
 Sweet, drowsy sounds of birds at rest.
 The yellow lamps that glow
 Through windows in the little towns,
 Where ruffled curtains blow
 Across their paths. I think he loves
 The old in those still places
 Who put away their toll at eve
 And sleep with tranquil faces
 Until the morn. Here it is day
 At night, the white lights glare
 Down in the passing faces. All
 Along the thoroughfare
 's life and noise. There is no sleep;
 Young eyes are hard and bright.
 I think God loves the little towns
 That go to bed at night.
 Thus Irene Mary Davidson of Wichita Falls, Tex., one of the singers represented in "Voices of the Southwest," an anthology edited by Hilton K. Greer.

NOT ALL TREES DESIRABLE
 Many Not Suitable for Planting on City Streets, Government Horticulturists Assert.
 The need of trees on town and city streets is so apparent that no argument is necessary to induce municipalities and individual owners to plant and care for them; they not only make for the beauty of a city but for the health and comfort of its citizens. In the assertion made by Robert H. Monahan in the Dearborn Independent. Strange enough, however, and notwithstanding the numerous tree-planting programs which have been carried out all over the country in recent years, there still exists a great deal of misunderstanding regarding the kinds of trees best adapted for city streets.
 In recognition of this fact, and with a view to obtaining scientifically exact information on the subject, government horticulturists have for a long time been experimenting with a variety of trees in different localities throughout the nation. The result of these experiments, which have just been announced, has been to upset many previously conceived ideas on the subject.
 It has been determined, for instance, that oaks are the best trees for street planting. It is probable that oaks have not been more widely planted because of the prevalent belief that they are slow growers, and because in the North they are rather difficult to transplant. A white oak, however, which is one of the slow-growing varieties, will reach the same height as a sugar maple in the same period of time, and maples have been used more widely than oaks for street ornamentation, despite many unsatisfactory characteristics. Elms are given second place in desirability for city streets by the government experts, and sycamores third. Maples are considered less desirable than has been generally supposed. Except the Lombardy poplar, most varieties of poplars are not recommended.
Man-Made Scenery.
 Next to lower taxes and a good five-cent cigar, what this country needs more than anything else is to rid its highways of the billboard scenery that has sprung up like mushrooms along the principal routes. Where once we rode through the country to admire the merits of underwear, gasoline, hotels, soft drinks, collars, cheese, tres, garages, candy, overcoats, dollar watches, foot powder, cold cream, curling irons, soap, shoes, etc. etc. etc. And the presentation isn't even artistically done, for the average billboard, a monstrosity in itself, is made doubly so by the color combinations it is daubed with. Man has improved on nature in many things, but not on scenery, particularly commercialized scenery. Give us a rest from pills and pains in our leisure moments.—Grit.
City Garden Work.
 The local campaigns for the cleaning and beautifying of cities and the promoting of gardening were reinforced by the "national garden week." This is a worthwhile work, and Indianapolis should realize with some pride that it was one of the first cities to take it up. It began with the cultivation of vacant lots by people who were glad thus to eke out their living. The man who introduced the idea was Mayor Pingree, of Detroit, who, in the hard times of the latter nineties, obtained the use of lots over the city. The papers at first saw only the absurd side of it, and poked fun at the mayor by calling him Potato Pingree, but since then thousands have had reason to bless the man who started the plan.—Indianapolis News.
Roses for Beautifying.
 As a means of beautifying the city, the St. Charles (Ill.) Garden club is urging that roses be planted in every garden, preference being given to the Columbia rose, which is hardy and blossoms all summer.
A Model City.
 Adelaide, the capital city of South Australia, is a "model city," laid out with a central town in perfectly square blocks, containing public and business buildings. Outside of that is a belt of public parks and gardens.

Nellie Maxwell
 (© 1923, Western Newspaper Union.)
 Canada's National Flag.
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 Gout, Eczema, Hives, etc. Right in your own home and at trifling cost, you can enjoy the benefit of healing sulphur baths.
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 60c and \$1.20 the bottle
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 Hancock Sulphur Compound Outlets: 10c per bottle—30c per 30c bottle for use with the Liquid Compound.

Facial Blemishes
 Sallow, muddy, roughened or blotched complexion are usually due to constipation. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.
Nujol
 A LUBRICANT—NOT A LAXATIVE

The Alternatives.
 A married man has two choices:
 1. To be boss in his home and be hated.
 2. To be bossed in his home and be despised.—Richmond Times-Dispatch.
Cuticura Soothes Itching Scalp.
 On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.
Eliminate Vibration.
 Vibrations transmitted to the hands of users of pneumatic hammers are eliminated in a new tool in which hammering and driving members are automatically disconnected as blows are struck.
 41,000 Autos in Spain.
 There are 35,000 motorcars and 6,000 trucks in Spain.
 Many a man becomes a fallbird through too strenuous efforts to feather his nest.

Summer Find You Miserable?
 It's hard to do one's work when every day brings morning lameness, throbbing backache, and a dull, tired feeling. If you suffer thus, why not find out the cause? Likely it's your kidneys. Headaches, dizziness and bladder irregularities may give further proof that your kidneys need help. Don't risk neglect! Use Doan's Kidney Pills. Thousands have been helped by Doan's. They should help you. Ask your neighbor!
A Virginia Case
 Z. T. Wade, retired farmer and Justice of the Peace, Maple Ave., Rocky Mount, Va., says: "I was much annoyed by a dull, sagging hurt, which seemed to be tearing my back in pieces. I was easily tired. Morning I was hardly able to drag myself about. My kidneys didn't act as they should, either. I began using Doan's Kidney Pills and two boxes benefited me."
 Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
 FOSTER-MILBURN CO., BUFFALO, N. Y.

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 One dollar per acre. We have back if not satisfied. LEASER CLEARING HOUSE, Box 52, HOT SPRING, ARKANSAS.
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