

# ALONG LIFE'S TRAIL

By THOMAS A. CLARK  
Dean of Men, University of Illinois.

(©, 1924, Western Newspaper Union.)

## GETTING AWAY FROM ONE'S PAST

"T'S grievous," an old English writer says, though I am not at all sure that he is correct in this, "that with all amplification of travel both by sea and land, a man can never separate himself from his past history."

We are accustomed ordinarily in making such reflections, to apply the principle only to those things in our past that are unwholesome or questionable, and to emphasize the permanent influence of evil things, but it is equally true of our contact with healthy or noble or beautiful things. No experience of life, when it is past, leaves a man quite the same as he was before. One man has climbed Long's peak, or crossed the ocean, or heard a great musician, or seen a beautiful picture, or been under the influence, even for a brief time, of a fine character, comes away from the experience with a little different view of life, a broader outlook, a higher conception of duty. He can never sink quite to the level he occupied before.

Isiah Harding, one of our neighbors when I was a child, had never been outside of the state. He had ploughed and sown and reaped his crops and had known no other outlook than the broad prairies that stretched endlessly before him. Then he visited the Centennial exposition in Philadelphia. The trip cost him one hundred and fifty dollars, he confessed after he came back. It seemed a small fortune in 1876, but it was worth it all. He was a new man for the experience, he had seen a new world, he had had an unexpected vision and he never tired of telling of it; he never got away from it.

It was a trifling experience which sent me to college—an irritating stimulating criticism of my appearance and my ignorance which I could not quite forget or ignore. The young fellow who was responsible for the remark had no thought of the effect of his words, I imagine, but his words bored into my consciousness and I could never get away from them. Ultimately they changed the whole current of my life and thought.

It is true of all of us. Every emotion we feel, every noble generous word we utter or thought we have, every experience that is ours, good or bad, leaves a permanent impression upon our lives and characters.

No one can ever get away from his past.

## ECONOMIZING GASOLINE

I WAS going off for a motor trip with very little knowledge of the habits and vagaries of automobiles in general and this one in particular.

"If you want to save gasoline," Spencer said to me, "drive steadily at a moderate speed. It takes gasoline to stop and start the car frequently, and nothing eats it up like pushing the machine beyond its normal speed." I was interested.

An automobile is apparently not unlike people. Kinney was building a house for me. It was begun in April and was to be finished by September. The work dragged at first and I spoke to him about it.

"Don't worry," he said, "we have oceans of time. I'll have the job finished a month before the day agreed upon." He was mistaken, however. There were delays at a crucial time, a strike laid the men off for two weeks, and when September came, although Kinney was "steppin' on 'er" hard, the house lacked a month of completion. He had wasted his opportunities at the beginning and no matter how much gasoline he used up at the end he could not make the grade.

There was Culver, on the other hand, who did his work so regularly that he never seemed rushed or worried for fear he would not be finished in season. Other fellows thought that Culver was lucky or a genius but the real explanation was that he was a steady, consistent worker, who economized his gasoline throughout the whole trip. He got farther with the expenditure of less energy than anyone else I ever knew.

The fellow who does his work regularly, who keeps from worrying, who sets for himself a moderate intellectual pace and keeps it every day will accomplish more by the end of the year than the fellow who works by fits and starts, who loafs at the beginning of the week, and then pushes himself to a pace of fifty miles an hour on Sunday. It is the moderate uniform rate of speed that saves the nerves and economizes the gasoline.

Very few young people give much thought to the future. The fact that they will some day be old, or weakened, or broken in strength does not occur to them. The young fellow, however, who dissipates his energies or his emotions, who lives the fast life, who taxes his physique beyond its normal resistance, ultimately pays the penalty. Before his journey is ended, his strength will be gone, the gasoline will be out, he will have wasted his powers. He will come to the heavy hills of middle life without the power to carry him up.

Each of us has about so much reserve power. If we waste it today, we shall need it tomorrow. If we use up our energies in youth, we may expect a premature, weakened old age.

# Something to Think About

By F. A. WALKER

## ALWAYS SHINING

IN THE hearts of the humble, the sun is always shining. If you will pause a moment to look into the faces of such mortals, you will catch a glimpse of celestial fire whose intensity cannot be measured.

With humility, these souls have patience and faith. They often pass us by unheeded, for they are not given to show or vaunting.

Their eyes are mild, their lips are set in a smile.

They go upon their way as softly as do the stars of night, mindful of their course and keeping steadfastly upon it, in all sorts of weather.

Only rarely do we worldlings know such souls when we meet them, yet we are conscious of their magnetic influence. The light that shines from their faces soothes and encourages us.

It may be the face of a child, but we catch the thrill of a new emotion and go soaring off into another realm, wondering what subtle spirit has touched us and left us so sublimely thrilled.

This feeling of exaltation, when once experienced, is never forgotten. It clings to us through all the seasons and years of our life, cheering us in sorrow, strengthening us when we are weak, and easing our burdens when we

feel that we cannot bear them a day longer.

It forms a pleasing background to our existence, a sort of refuge where we may go and find rest when we are unnerved, exhausted and discouraged.

Riches, honor and fame lose their luster when in the presence of the soul that is humble, patient and faithful.

Earthly prizes such as these are but the dress of a precious substance from which such a soul is made—made to endure forever, where the light is always shining and life discovers itself in its true sphere.

And certainly, whatever it may be with regard to the persons who are now skeptical about such matters, the day will come when they, too, shall see the light, and as likely as not find it shining within their own breasts, in a moment when they least suspect its divine presence.

Hidden somewhere within us such a light is always burning, ready at the touch of the right word to flare up into a beneficent blaze!

(©, McClure Newspaper Syndicate.)

# The Young Lady Across the Way

By F. A. WALKER



The young lady across the way says she supposes the farmer doesn't have much more work to do in winter after he gets his December wheat harvested.

(©, McClure Newspaper Syndicate.)

# HOW TO KEEP WELL

Dr. Frederick R. Green,  
Editor of "Health."

## BETTER ROADS—BETTER HEALTH

EVERYONE admits the value of good roads, but what possible connection is there between good roads and health?

Good roads have always been regarded as one of the necessities of a civilized state. The old Romans were famous road builders and some of their highways are still in existence.

Macaulay, in his "History of England," says: "Of all inventions of the human mind, the alphabet and the printing press alone excepted, those inventions which have bridged distance have done most for the civilization of the world in the Nineteenth century. The automobile, airplane, and the radio are going to complete its civilization by bringing all nations and races together.

But what have good roads to do with health? The state board of health of Kansas says that good roads prevent disease.

How?

In many ways. The removal of weeds and trash and the drainage which follows road building destroy breeding places for mosquitoes, flies and other insects which are known as disease carriers, not to mention chinchbugs, grasshoppers, and other pests which hurt the crops.

Hard roads and oiled roads also promote drainage and prevent insect breeding. Dry roads offer pedestrians and especially children who are compelled to walk to and from school, a dry path.

Good roads promote travel and make it easier for the farmer to move his produce, to get his supplies and to take his family to town. Good roads and automobiles have improved health by making it possible for the doctor to see more patients and to see them more promptly, to send his patients, when necessary, to a hospital and to give them better care.

Good roads have made it possible for townships to unite in building central high schools and so provide as good education for country children as for city children.

Good roads have done away with the isolation of the farmer and his family.

Anything which contributes to the physical or mental wellbeing of the individual helps prevent disease and prolongs life.

Good roads have reduced the amount of dust and so have decreased the irritation to the nose, the throat, the eyes, and the ears. Dust catches disease germs and the less dust we inhale, the better off we are.

Good roads, either in the city or in the country, mean healthier, happier, and longer lives for all of us.

## OPENING DEAF EARS

THE radio is the wonder of the present. It has practically annihilated space. It has increased a speaker's audience far beyond the capacity of any building on earth. It is estimated that over a million American citizens heard President Coolidge in his address before congress last December. This was probably the largest audience which has ever listened to one man. Yet it is small compared to what the audiences of the future may be. In a few years radios will be as common as telephones.

But the radio has done something else that is greater than annihilating distance or making all of our citizens one vast audience.

It has opened the ears of the deaf. Not all deaf persons can hear the radio, but some so deaf that they have not heard the human voice for years are able to hear over the radio with perfect ease. The New York League for the Hard of Hearing is so enthusiastic over the radio that it has equipped its clubrooms with radio apparatus carrying 24 head sets. Warren Pond, the president of the New York league, writing in the Volta Review, a magazine for the deaf, says:

"When my radio was installed and, sitting in my home, I heard clearly the notes of a song, the tears came to my eyes. After living in silent land for 45 years, the spell was broken and I found a new heaven and a new earth."

Think what this means to the man or woman whose ability to hear has practically disappeared, to whom not only the human voice but all forms of music are forever silent. What is it that makes it possible for the ear, deaf to ordinary sounds, to respond to radio waves? Is there something about the radio wave that is different from the ordinary sound wave and that produces a vibration in the ear that is dead to ordinary sounds? We do not know, but we do know that the development of the radio and its widespread use has brought happiness to thousands of men and women who have been cut off from the world of sound for years. No one could anticipate that such a miracle would take place. The unexpected results of science are sometimes the most marvelous.

# A FOUR-BASE BLOW

By DOUGLAS MALLOCH

THOUGHT of all the things that come

To man to make him merrisome,  
And gold is good, and fame is fine,  
And praisè is sweet, and love divine;  
But, for a joy to make a man  
A whirling dervish, nothing can  
Excepting one, and that is this,  
The very altitude of bliss,  
Pure stuff, Al, yard wide, all wool—  
A home run with the bases full.

The team's behind, say 4 to 1,  
The game is very nearly done,  
The ninth, two down. A crack is heard.

And someone singles over third!  
A grounder's all the next can do;  
The shortstop lets it trickle through!  
Two down, two on! What's all the talk?

Two strikes, three balls. Hooray, a walk!  
Now grandstand, bleachers, hear 'em pull!  
"A home run with the bases full!"

We talk about the brotherhood  
Of man. All very well and good.  
But only then beyond a doubt  
I've ever seen it carried out.  
I've seen a minister embrace

# Reflections of a Bachelor Girl

By HELEN ROWLAND

OF COURSE, every married man knows that there are no infallible rules for ruling a woman.

But every bachelor thinks he knows a few, and never hesitates to whisper them confidently into the poor innocent bridegroom's ear.

Here they are—as far as I have been able to gather them:

1. Start right. Guard your independence with your life! Never humor a wife by explaining why you are going out or when you are coming back. After she has spent a few hours trying to keep the dinner hot, and picturing you mangled by a taxicab, think what a thrill it will give her to see you come in well and cheerful, instead of on a stretcher.

2. Don't flatter her. When you are tempted to compliment her on her looks or her cooking, control yourself. Be strong. A little flattery may go to her head, and make her so dizzy that she'll wonder why she wasted herself on you.

3. Assert yourself, from the start. Now, is your appointed hour. Every woman loves a "master." Show her that she is, after all, only your Rib—and that you are IT.

4. When your wife talks, never listen. She will probably not say anything worth hearing. And besides, it is much more important that you should finish reading the sporting sheet, than that you should try to be companionable with one so mentally inferior.

5. Remember that she is an ignorant, unsophisticated little thing, and that you must keep tabs on her and remodel her. Never hesitate to criticize her clothes, to laugh at her ideas, and to disapprove of her friends. This will make her love you like an "uplifter."

6. Don't be too devoted to her in public. Let her catch you looking admiringly at OTHER women, now and then. She will soon learn to appreciate your good taste and broad-mindedness.

7. Always keep an eye on the weekly bills, and make her account to you for the money you dole out to her. Every woman needs a guardian, and

A man who tended bar some place,  
I've seen some haughty social dame  
Who let a drummer do the same,  
All leveled by (silk, cotton, wool)  
A home run with the bases full.

(© by McClure Newspaper Syndicate.)

# SCHOOL DAYS



THE RIVAL SHOWS

## EXTRA EDITING



Editor—So you think our paper needs editing?  
Irate Subscriber—Yes, and some more—so does the editor!

## She Explains

"How is it you can't find work?"  
"Well, I'm an upstairs maid and now everybody is living in flats."

# Mother's Cook Book

Yesterday is dead—forget it!  
Tomorrow does not exist—don't worry!  
Today is here—use it!  
—Von Brooklin.

## TOOTHsome DISHES

A DELICIOUS dessert which will delight the children is:  
Figs and Lemon Jelly Custard.  
Pour boiling water over a pound of figs and boil rapidly until the figs are tender. Add one-fourth of a cupful of sugar and simmer to form a sirup. Set aside to chill. Soften a package of lemon gelatin or prepare the gelatin and lemon juice, if preferred, adding sugar to taste. Pour into a pan to make a sheet about three-fourths of an inch thick. When chilled, cut into cubes. Set the figs with the sirup in sherbet cups, arrange around them cubes of jelly and pour over all a cold cooked custard.

Caramel Marshmallow Parfait.  
Cut twenty marshmallows into four pieces each; add one-third of a cupful of marshmallow cherries cut into thin slices; cover with the sirup and let them stand for an hour. Cook two-thirds of a cupful of sugar to a caramel, adding two-thirds of a cupful of

water; cook until the caramel is well-melted and add two tablespoonfuls of sugar; pour, when dissolved and still hot, over a stiffly-beaten egg; beat until cold. Fold in the marshmallows and cherries and one and one-half cupfuls of cream, beaten stiff. Turn into a melon mold, cover with paper and pack in ice and salt, using equal measures. Let stand for three hours.

## Scotch Shortbread.

Beat one cupful of butter to a cream; add one-half cupful of light brown sugar, then work in four cupfuls of pastry flour. If the flour is warmed slightly it will work better. Form the mixture into cakes seven inches in diameter. Prick with a fork and crimp the edges with the thumb and finger. Sprinkle the top with chopped cherries, caraway candies or preserved citron. Bake in a slow oven.

Nellie Maxwell  
(©, 1924, Western Newspaper Union.)

## No Such Thing

Hub—My dear, I hate to find fault but this is a bare apology for a salad wife—it isn't. I dressed it myself

# Sure Relief FOR INDIGESTION



He possesses simplicity and liberality, qualities which beyond a certain limit lead to ruin.—Tacitus.

# Important to All Women Readers of This Paper

## Swamp-Root a Fine Medicine

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition they may cause the other organs to become diseased.

You may suffer pain in the back, head ache and loss of ambition.

Poor health makes you nervous, irritable and may be despondent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Most men dig their graves with their teeth.—Old Chinese Proverb.



# Put HANCOCK SULPHUR COMPOUND in your BATH

For Eczema, Rheumatism, Gout or Hives  
Expensive health resorts, sought by thousands, have grown around springs containing sulphur.

Hancock Sulphur Compound, utilizing the secret of the famous healing waters, makes it possible for you to enjoy Sulphur Baths in your own home, and at a nominal cost.

Sulphur, Nature's best blood purifier, is prepared to make its use most efficacious in Hancock Sulphur Compound.

Use it in the bath, as a lotion applied to affected parts, and take it internally.

60c and \$1.20 the bottle.  
If your druggist can't supply it, send his name and address and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY  
Baltimore, Md.

# PARKER'S HAIR BALSAM

Removes Dandruff, Itching, Restores Color and Beauty to Gray and Faded Hair, and Itches the Scalp.

HINDERCORNS  
Removes Corns, Calluses, etc.; stops all pain, restores comfort to the feet, makes walking easy, by mail or at Drug Store. Hindercorns Works, Philadelphia, N. Y.

# INFLAMED EYES

Use Dr. Thomson's Eyewash.  
Buy at your druggist's or at 401 River, Troy, N. Y., Booklet.

MORE MILES WITH MILES TIRES  
Guaranteed full coverage 20000, 25000, 30000, 40000, 50000, 60000, 70000, 80000, 90000, 100000, 110000, 120000, 130000, 140000, 150000, 160000, 170000, 180000, 190000, 200000, 210000, 220000, 230000, 240000, 250000, 260000, 270000, 280000, 290000, 300000, 310000, 320000, 330000, 340000, 350000, 360000, 370000, 380000, 390000, 400000, 410000, 420000, 430000, 440000, 450000, 460000, 470000, 480000, 490000, 500000, 510000, 520000, 530000, 540000, 550000, 560000, 570000, 580000, 590000, 600000, 610000, 620000, 630000, 640000, 650000, 660000, 670000, 680000, 690000, 700000, 710000, 720000, 730000, 740000, 750000, 760000, 770000, 780000, 790000, 800000, 810000, 820000, 830000, 840000, 850000, 860000, 870000, 880000, 890000, 900000, 910000, 920000, 930000, 940000, 950000, 960000, 970000, 980000, 990000, 1000000.

# FLEAS



It kills them!  
Bee Brand Insect Powder won't stain—nor harm anything except insects. Household size, 10c and 25c—other sizes 70c and \$1.25, at your druggist or grocer.  
McCORMICK & CO., Baltimore, Md.

# Cuticura Toilet Trio

Send for Samples  
To Outcure Laboratories, Dept. M, Malden, Mass.

# ASTHMA

DR. J. D. 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.

Dr. J. D. KELLOGG'S REMEDY  
W. N. U., BALTIMORE, NO. 33-1924.