

WRIGLEYS

"after every meal"

Parents—encourage the children to care for their teeth! Give them Wrigley's. It removes food particles from the teeth. Strengthens the gums. Combats acid mouth. Refreshing and beneficial!

SEALED TIGHT KEPT RIGHT



Tragic Failure New York is America's gayest city—and saddest. Back of the tinsel glitters is ever the muffled note of despair. We who are caught and held in its glamorous web are always conscious of the futility of lives around us. It is a promised land strewn with blasted hopes. For one success we see a thousand miserable failures. And nowhere is failure quite so tragic—O. O. McIntyre, in Hearst's International-Cosmopolitan.

MONARCH Coffee QUALITY

for 70 years

REID, MURDOCH & CO. CHICAGO - BOSTON - PITTSBURGH - NEW YORK

Limit in Laziness

"That fellow Lopp, who loafs around here so much, is very lazy, isn't he?" asked the traveling salesman. "El-yah!" replied the proprietor of the crossroads store. "He's too thundering lazy to even take pleasure in bragging about how hard he used to work before he got down in the back." —Kansas City Star.

Reading often makes a man full of words that he is unable to pronounce. Things used in moderation last a long time.

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USKIDE

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The Goulds Manufacturing Co. Seneca Falls, N. Y.

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Frequently you hear people say, "My feet perspire winter and summer when I put on rubbers or heavier footwear—then when I remove my shoes my feet chill quickly and often my nose seems wet through." Thousands now use Allen's Foot-Powder in the foot-bath daily and then dust the feet and shake into the shoes this cosmetic, healing powder. Full Directions on box. Trial Package and a Foot-Ease Walking Doll sent Free. Address, Allen's Foot-Powder, Le Roy, N. Y.

W. N. U., BALTIMORE, MO. 18-1925

The SANDMAN STORY

VAIN RED ROSE

ONE morning in a garden there was a little Dewdrop that wanted to get away from the sun's hot breath that it might stay in the garden all day, so it nestled close to a beautiful red rose and whispered: "Hide me, beautiful Rose, in the soft petals of your lovely gown."

The Rose was very vain and thought only of her own beauty, so she told little Dewdrop to creep close inside and nestle in her heart, for she wanted to keep it until moonlight flooded the garden, when her lover the nightingale would come to sing to her his love song.

Away down deep in her heart crept little Dewdrop, thinking that Red Rose must love it to let it rest in her heart and that when night came it would



Lifted it in His Bill and Carried It to Another Rose.

shine on one of the beautiful red petals of the rose and they would be the most admired of all the garden folks.

But it did not know the cold, vain heart of the beautiful rose and all day long kept Dewdrop from peeping once into the garden, as it longed to go, for fear of losing the jewel she wished to adorn her beauty at night.

By and by when the moonlight crept into the garden and made it almost like day the big red rose opened and told Dewdrop to rest upon one of her soft petals.

"Tonight I shall be the loveliest rose in the garden, for I can see that none of my sisters wears a jewel. How fortunate you are, little Dewdrop, to have me near you!"

Just then the sweet tones of the nightingale's love song filled the garden and Red Rose swayed a little in the breeze that her jewels might sparkle in the moonlight and make her more beautiful in the eyes of her lover.

When the nightingale flew closer and told the vain rose she was indeed the most beautiful rose in the garden she tossed her proud head and down tumbled the poor little dewdrop to the ground.

"Now see what you have done!" said the angry rose. "After I sheltered you all day you repay my kindness in this way." Never a word did she ask about the poor little dewdrop that lay trembling on the ground below.

"Rose, dear Rose," cried the dew-

drop, "do bend over and help me to rest again on your soft cheek!"

"Bend over, indeed," replied the rose. "Why, you foolish thing, I might break my slender stem. You have spoiled my evening by tumbling off and you expect me to help you."

"But don't you love me, Rose, dear?" asked the dewdrop, who had been all day close to her heart and had grown to love her deeply.

"Love you?" exclaimed the vain rose. "Why, you silly little drop, I only saved you from the sun that you might make me more beautiful at night when the nightingale came to sing to me."

The nightingale had ceased his singing and had heard what the vain rose said, so he flew down to the dewdrop and gently lifted it in his bill and carried it to another rose more fragrant than Red Rose, but not so beautiful.

Into the very heart of the pale pink rose the nightingale dropped the dewdrop. "Here you will find sweetness that will be worthy of your love," said the nightingale. "Here will I come each night and sing my love song, for the red rose has no heart for love. It is filled with vanity."

For her vanity and cruel treatment of little Dewdrop the proud red beauty not only lost her jewel but her lover.

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The Why of Superstitions

By H. IRVING KING

THE WREN

IT IS an omen of good luck to have a wren build its nest near the house. This, with the exception that it is also considered in some sections bad luck to kill a wren, appears to be the only survival in this country of the mystic character which pertains to the wren in Europe and has so long attached to it there that Professor Frazer considers the ceremonies attending the wren superstition to have "come down from a very primitive paganism."

The ancient Greeks and Romans, the modern Italians, Spaniards, French, Danes, Swedes, English and Welsh, regard the killing of a wren as sure to bring disaster to the slayer. But notwithstanding such belief the annual custom of "hunting the wren" was, to comparatively recent times, universal throughout Europe and exists in a modified form in many sections today, as, for instance, in the Isle of Man where on St. Stephen's day a wren is annually killed and buried after its body has been taken around the village and shown to the inhabitants.

The ceremony of killing the wren differed slightly in different countries, but was everywhere rather elaborate. This annual slaying of an animal considered sacred and not to be killed at other times is a custom found among many peoples still living in a primitive state and was once common to primi-

Helena D'Algy



Beautiful Miss D'Algy is one of the newest "hands" of a popular producing company, and she promises to be seen to good advantage in the "movies." She is regarded as one of the most graceful women in motion pictures.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

POPULAR SUPERSTITIONS

EVERYBODY who has read "Tom Sawyer" (and who hasn't) remembers Huck Finn's cure for warts. Tom had warts on his hands, as most growing boys do. He asked Huck if he knew how to cure them and Huck, like all self-made doctors, said "sure."

This was Huck's method: "You find a stump with a holler in it full of spunk water," he said. "Then you go out to the stump at midnight in the dark of the moon and you back up to the stump and poke your hand into the spunk water and you say, three times, 'Barley corn, barley corn, Injun meal shorts, spunk water, spunk water, swaller these warts,' and then you go straight home without lookin' over your shoulder, 'cause if you turn round, the charm's busted."

Belief in Huck's charm still persists in a good many minds. It has always been claimed that education is the remedy for superstition. So Doctor Rawlings, Illinois state director of health, thought he'd find out how much belief in superstitions prevailed among high-school students.

Ten old superstitions were put up to 1,500 high-school pupils, with surprising results.

Nineteen per cent of the pupils believed that a madstone would prevent hydrophobia; twenty-six per cent believed that warts could be removed by charms, all the way from Huck Finn's elaborate plan, to the simple one of stealing your neighbor's dish rag and burying it under the fence; twenty-three per cent believed that a long horse hair, put in a rain barrel or watering trough, will turn into a snake. Many believed in hoop snakes, others were sure a rabbit's foot brought good luck, that a strip of red flannel tied around the neck prevented croup and that a potato or horse chestnut carried in the pocket would "draw the poison" and cure rheumatism.

These are all remnants of the childhood of the race, when everyone believed in charms and curses, in fairies and demons. There's a grain of superstition in all of us. Most of us overcome it, as we grow older and wiser. Those who do not, go to fortune tellers and palmists, have their heads felt by "professors of phrenology" and buy "patent medicines" for their ailments, without knowing what all them or what they are taking.

Truly, knowledge is power, but only if used with common sense.

Your Health

By ANDREW F. CURRIER, M. D.

SHINGLES

SHINGLES, also known as herpes zoster, is painful and supposed to be due to some kind of infecting poison.

It is an acute, inflammatory disease, usually following the course of some nerve distributed over the skin.

It begins with general discomfort, loss of appetite, perhaps with a chill and fever (like so many infectious diseases) and with great sensitiveness in the skin.

Its constant feature is a blisterlike eruption along the course of the infected nerve.

These blisters are usually only on one side of the body, become inflamed, and leave scars which are sometimes prominent and disfiguring.

The disease occurs in children, in young adults, and the aged, often persisting with the latter for months and years.

The fever, with which it begins, lasts three or four days, the pain being sometimes dull and sometimes sharp. Sometimes the pain subsides after the eruption appears, but recurs from time to time.

This pain is severer in the old than in the young, and often is worse at night.

The blisters come in successive crops for four, five or six weeks, and suppurate, discharge, and at length scar over.

The eruption may follow exposure to draughts of cold air, or mental or physical exhaustion, and may occur as an epidemic.

The fluid in the blisters is first clear and watery, then turbid, bloody and purulent, and the resulting sores may resist healing a long time.

On the chest the eruption follows the course of a nerve between two adjacent ribs; on the face it may result in paralysis of the side affected, and the eye may be destroyed by it. It resembles chicken-pox, erysipelas and psoriasis, and is most frequent in cold weather.

A patient with this disease should remain in bed, and should fret and worry as little as possible.

The bowels should be kept open with castor oil or salts, and the diet should be simple, including milk, soups, eggs, cereals, fruits and no meat.

The eruption must be carefully dressed every day, and the blisters must not be broken if this can be avoided.

Gauze moistened with alcohol, or any suitable antiseptic lotion, may be used to protect the surface.

When possible, it is better to have the advice of an intelligent physician than to depend on self-treatment.

This is especially important with the view of obtaining as little ultimate scarring as possible.

(© by George Matthew Adams.)

"What's in a Name?"

By MILDRED MARSHALL

THELMA

NO LIST of feminine names would be complete without the lovely Thelma. It is a Norse name, suggestive of the mythology of the Land of the Midnight Sun where Valkyries drive their gleaming chariots over the battlefield and conduct the glorious dead to their appointed places in Valhalla.

Little was known of Thelma and seldom was the name used outside of Scandinavia, until Marie Corelli in her sensational novel of that name presented the tragic love story of a beautiful Norwegian who was transplanted from the land of fjords to the center of London's smartest and most corrupt society.

From that time the number of Thelmas in England and America were legion. The name has had particular vogue in this country where the Scandinavian immigration is great. As a romantic and poetical name, Thelma is

without equal, but her popularity has never extended beyond Scandinavian and English speaking countries.

Amber is Thelma's talismanic stone, it will guard her from all evil, especially from contagion. To wear it on a journey will preserve her from accident. Monday is her lucky day and 7 her lucky number.

(© by Wheeler Syndicate, Inc.)

Morpheus and Sennus

Morpheus, the ancient Greek god of dreams, was early pictured as an old man with wings. He held in his hands a vial or horn from which issued the sleep-producing vapor. Morpheus was the son of Sennus the god of sleep. The name Morpheus is derived from a form, and the name was given to the god of dreams because of the shapes or forms which he calls up before the dreamer.—Family Herald.

A LINE O' CHEER

By John Kendrick Bangs.

THE ROSE

I'LL never think of this, old earth As lacking utterly in worth So long as in some garden close I still can find the budding rose— Beauty and fragrance all combined In one rare power of grace, and kind To every passer-by with wit Enough to pause and joy in it.

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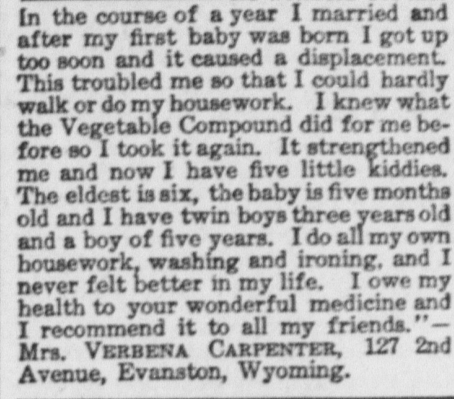


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AILMENTS OF YOUNG GIRLS

Relieved by Lydia E. Pinkham's Vegetable Compound School Teacher's Experience

Evanston, Wyoming.—"A few years ago I had troubles every month such as girls often have, and would suffer awfully every time. I was teaching school and it made it hard for me as I had to go to bed for two or three days. One day my mother suggested that I take Lydia E. Pinkham's Vegetable Compound, which I did, and it did wonders for me. In the course of a year I married and after my first baby was born I got up too soon and it caused a displacement. This troubled me so that I could hardly walk or do my housework. I knew what the Vegetable Compound did for me before so I took it again. It strengthened me and now I have five little kiddies. The eldest is six, the baby is five months old and I have twin boys three years old and a boy of five years. I do all my own housework, washing and ironing, and I never felt better in my life. I owe my health to your wonderful medicine and I recommend it to all my friends." — MRS. VERBENA CARPENTER, 127 2nd Avenue, Evanston, Wyoming.



Hints for Housewife

If a wire hook is sewn onto the bag in which clothes pegs are kept the bag can be hooked onto the line and pushed along in front as you hang out the clothes.—Chicago American.

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