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

Refreshing and beneficial!



Slam at Agriculturalists A scientist predicts that by the use of a new rapid-growth serum with which he is experimenting, the farmer

will plant wheat one day and harvest the crop the next. That will leave 363 glorious days in which to grumble.-Humorist (London).



Women Legislators

Twenty-one women have recently been elected to the London county council. Miss Susan Lawrence is deputy chairwoman and Lady St. Heffer one of the ten aldermen.



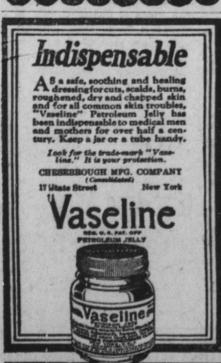
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COMETHING TO THINK By F. A. WALKER

FINDING FAULT

IT IS a lamentable evidence of weak-ness in mortals when they deliberately shift the blame for their own shortcomings upon the shoulders of others.

This not uncommon infirmity exhibits what is smallest and worst in character with ugly, repulsive colors such as strong, honorable men studiously avoid.

The human who is always making filmsy excuses, shunning responsibility. seeking consolation for his delinquencles by shifting his faults to where they do not belong, is not destined to sit in the high places or take prominent parts in making a brighter and better world.

He disbelieves in the doctrine of excellence and accepts without any qualm of conscience the dogma of Luck, and then in his sublime foolishness sits in his easy chair and grumbles because Luck falls to bring him the exalted position, in society to which he imagines himself justly entitled.

Instead of taking off his coat, rolling up his sleeves, and doing his best. he folds his puny, insufficient arms and thus, without realizing it, openly admits his impotence to cope with the essential things of life, intended by the wise Creator to develop his char-

Mother's Cook Book

The road to laughter beckons me,

The home road where I nightly see

The path where all is fine and fair.

For love and joy are waiting there

SUMMER PIES

A GOOD rich pastry is much easier digested than one which lacks

shortening and is tough. Pastry

should be quickly made, handled as

little as possible, and baked in a hot

oven. Take one cupful of shortening

to three cupfuls of flour, a half tea-

spoonful of salt, and just enough ice

water to hold the mixture together.

Cut the fat into the flour using two

knives; when it is like meal, add the

water, roll out and line the pastry

tin. The one-crust ple is the most

wholesome and popular for warm

Currant Pie.

Take two cupfuls of ripe currants.

crush them and add one cupful of

sugar, the yolks of two eggs slightly

beaten, and a tablespoonful of flour

mixed with four tablespoonfuls of

water. Bake the shell and fill with the

above mixture which has been cooked

five minutes. Cover with a meringue,

using the egg whites, a fourth of a

tablespoonfuls of sugar, the two last

ingredients stirred in at the last.

Blueberry Meringue Pie.

Take one cupful of sugar, one table-

spoonful of flour and the yolks of

two eggs. Beat together and add three

cupfuls of blueberries. Bake with one

IS IT BASSETT?

TN ENGLAND the Bassetts are a well

known Cornish family; that is to

say they have been from time out of

mind associated with affairs in Corn-

wail and have intermarried for cen-

ruries with families of that county

until one could hardly imagine Corp-

But we must look beyond Cornwall

to find the origin of the Bassetts. In

fact they came from Normandy, as can

be well enough proved by the fact

that the name of Thurston Basset, a

companion of William the Conqueror,

Since the days of the Plantagenets

sentative of the family in England.

In a list of the prominent Cornish fam-

ilies with whom the Bassetts bave in-

Enys, Carveth, Godolphin, Prideaux,

since become extinct, but their blood

The two most distinguished mem-

pers of the family in England are said

to be Sir Francis Bassett, vice admiral

and sheriff of Cornwall in the time of

Charles I; and another Sir Francis

the time of King George III, noted

chiefly for his opposition to the Ameri-

American colonies.

ruhs in the veins of the Bassetts.

these once prominent families have story far behind.

The first of the name in this country | son on my right hand, his mother

is found on the roll of Battle Abbey.

wall without the Bassetts.

Brown slightly in a moderate oven.

weather.

As soon as day is done.
—Edgar Guest.

The road to all that's best;

And little children run.

acter and take him to pleasant pas-

To deal openly, to accept defeat and admit that no one else is to blame for the miscarringe of his cherished plans. is the manly thing to do, even though he may experience a shameful sense of humiliation.

Behavior of this kind makes better men and women. It gives all of us a clearer insight into our frailties, and if we have within us the right spirit, we can soon pull ourselves from the shadows and step with assurance into the glorious sunshine.

The man or woman who habitually blames others, misses the lovable and beautiful in life, and loses the lofty. soul-stirring inspiration which comes and carries him or her to certain vic-

To be honest, successful, good-hearted, steer your ship far away from the treacherous shoals of fault-finding, upon which are wrecked every year thousands of lives. It is the fault-finder that fills the di-

vorce courts with sobs and tears, crushes loving hearts by robbing them of their sweetest joys and intimacies, while going up and down the world like a roaring lion.

(C. 1925, McClure Newspaper Syndicate.)

SCHOOL DAYS

crust and cover with a meringue after tube, seemingly about the thickness of

the pie is baked, using the whites my arm, and hovering between the

sugar and any flavoring liked. Less peared to be a dense fluid, white and

sugar may be used and half a dozen pale azure, like the gathering of a

marshmallows, cut into haives placed summer cloud, and incessantly min-

about on the top of the meringue be- gling within the cylinder. This lasted

teaspoonful of baking powder and four of the eggs, four tablespoonfuls of celling and the table; its contents ap-

Mellie Maxwell

(@. 1925, Western Newspaper Union.)

ernors Winslow and Hinckley and ap-

pointed them joint guardians of his

A prominent member of the Bassett

family here was Richard Bassett, gov-

ernor of Delaware, about the time of

(by McClure Newspaper Syndicate.)

\$0\$0\$0\$0\$0\$0\$0\$0\$0\$0\$0\$0\$0\$0

THE TOWER

MYSTERY

spring by J. B. Lippincott company.

children just before his early death.

the Revolution.

##***************

Your Last Name

MA ON SAVING

By DOUGLAS MALLOCH

WELL, Pa is talking saving, too-I like to hear him rave; I hope when Pa is good and through He'll really start to save. This ain't no spender I have got: But, like a lot of men, Whenever he has saved a lot He blows it in again.

He saves it here, he saves it there, He saves on this or that; And that is why I have to wear A 1920 hat.

And then some fellah comes along With some gigantic scheme, And Father listens to his song And spends it on a dream.

To save is better than to spend But saving ain't enough: The thing that matters in the end Is where you put the stuff. Don't try for twenty-five per cent, A fortune in a week; wish I had what Pa has spent

For rainbows, so to speak

Just put a little in the bank Or else the building loan, Not hand it to some crazy crank, Some man you've never known Go buy a bond, or buy a lot, Or something you can see, Right spending after all is what Is real economy

(@ by McClure Newspaper Syndicate.)

HOW TO KEEP WELL ~***************************

DR. FREDERICK R. GREEN Editor of "HEALTH"

THE BREAD OF LIFE

DR. E. V. McCOLLUM of Johns Hopkins is probably the leading authority in this country on foods and diet. At a recent meeting of the American Bakers' association, Doctor McCollum was asked to talk to the convention on bread.

He said that bread of some kind has occupied a prominent place in the minds of people in all ages and in all places and that bread made of refined white flour was now universally eaten in America and Europe. It has a prominent place in the food of all parts of the world except regions of excessive rainfall, where wheat will not grow. Then its place is taken by

Yet bread alone is by no means a complete food. This is true of all cereal grains. They must be supplemented 5" other foods whether the cereals are used whole or only in part. So no matter whether, white flour or whole wheat flour is used, bread alone is not a perfect food. It is lacking in some important food qualities and can only be used in company with other foods.

White, bolted wheat flour is of value as a food mainly on account of the starch it contains. Its proteins are of a poor quality, it has not enough of the mineral salts and it is lacking almost entirely in vitamins. So it is necessary, if wheat flour is used for food to any considerable extent, to combine it with other foods which will make up for its shortcomngs.

Doctor McCollum's position regarding white vs. whole wheat breads evidently is that as wheat alone is not a complete food, bread whether white or brown, must be supplemented by other food, and as our present milling and flour business is organized on a white flour basis and as American people are used to white bread, they might as well eat white bread and make up for its deficiencies by eating other foods, particularly milk and fresh vegetables which contain the qualities which bread lacks. He says: "The fact that white flour is deficient in several respects does not justify the conclusion that white bread should not be eaten. The point I want to emphasize is that it must be supplemented with such foods as make good its shortcomings. But no return to whole wheat flour is possible. The white flour industry has come to stay." He urged the bakers to impr

quality of their bread by putting more milk in it. This advice to bakers is also good advice to housewives. Put enough milk in your bread to

nake it bette: food. Then give your children all the bread and butter they want with plenty of fresh vegetables.

NEGLECTING SCHOOL CHILDREN'S EYES

THE United States public health A service recently examined a large group of children for physical defects. The examination included 9,245 native white children between the ages of six and sixteen, in South Carolina, Maryland, Delaware and New York. Especially interesting are the results of the eye examinations.

Sixty-three per cent were found to have normal sight to both eyes. Of the remaining 37 per cent moderate eye defects were found in 27 per cent. The remaining 10 per cent, or one out of every ten of the 9,245 children examined had only one-half or less of normal vision.

That school life and conditions were responsible for part of this is shown by the fact that the number of children with marked defects of vision at sixteen years of age was four times as great as those at six years old. In other words, ten years of school life had increased the eye defects to four times as many as when the child en-

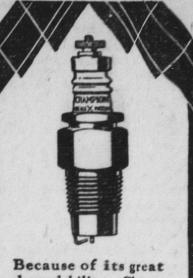
tered school. The most striking part of the report, however, is that which deals with efforts which have been made to correct

these defects. Even among the older children, those from fourteen to sixteen years old, only 23 per cent of those needing glasses had them. Of the children having one-half vision or less, only 10 per cent had any kind of glasses. Of children having as low as .3 vision or less in both eyes only 22 per cent had glasses.

It is not strange that these children appeared dull and had poor records as pupils. A child who can only see onethird or one-half of what he should see would hardly be expected to be a brilliant student. Yet these children were all probably being blamed and scolded by parents and teachers for being "stupid," "dull," "lazy" or "vicious," when their poor little eyes couldn't see enough to get their lessons.

Sending half-blind children to school is expensive and stupid. It is just as much the business of school boards to find out if the child can see as it is to build school houses and furnish seats and desks.

Regular eye examinations of all school children each year would sort out the children with defective eyes. School authorities should then impress parents with the seriousness of neglecting defective eyes, so that all children needing glasses would have them



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argains. Set comprises a 4.4 or 5 foot on enameled bathtuh, one 1871 or 16x19 pron-front lavatory and a sphon action, ash-down water closest with vitreous sina tank and mahogamy bar hinge seest, inia index fancets, nickel plated tramp, ickel plated fittings to floor. All A-1 sality.

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THE YOUNG LADY ACROSS THE WAY

Citizen us.

about two minutes, when it began

slowly to move before my sister-in-

law; then, following the oblong shape

of the table, before my son and my-

self; passing behind my wife, it

paused for a moment over her right

shoulder (observe, there was no mir-

ror opposite to her in which she

could there behold it). Instantly she

crouched down, and with both hands

covering her shoulder, she shrieked

out, "O Christ! it has seized me!"

Even now, while writing, I feel the

fresh horror of that moment. I

caught up my chair, struck at the

wainscot behind her, rushed upstairs

to the children's room, and told the

terrified nurse what I had seen, Mean-

while, the other domestics had hur-

ried into the parlor, where their mis-

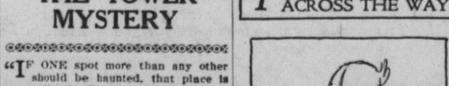
tress recounted to them the scene, even

as I was detailing it above stairs."

MANY A HEART BREAKING

ACCIDENT IS CAUSED BY

YOUR GUARDIAN ANGEL





lived first at Duxbury, but settled offered a glass of wine and water to The young lady across the way says eventually at Bridgewater. He was my wife, when, on putting it to her you can't expect Germany to repudiate associated with the chief dignituries lips, she paused, and exclaimed, "Good everything right off the reel but she of the colony. His son William Bas- G-d! what is that?" I looked up and

(by McClure Newspaper Syndicate.)

"Haunted Houses," published this "The very remarkable story told in termarried you find such names as 1800 by Edward Lenthal Swifte, some-Trenouth, Trengove, Treiawny, Marrys, time keeper of the crown jewels, has elements of the fantastic and the hor-Grenville and Rashleigh. Some of rible which leave the ordinary ghost "'I have often purposed,' he says, 'to leave behind me a faithful record of all I personally know of this strange ! "'One Saturday night in October, 1817, about "the witching hour," I was at supper with my wife, her sister, Bassett, first baron of Dunstanville in and our little boy in the sitting room in the Jewel house. The doors were all closed, heavy and dark cloth curcan colonists just before the breaking tains were let down over the winout of our Revolution. He held out dows, and the only light in the room persistently against peace with the was that of two candles on the table, I sat at the foot of the table, my

was William Bassett, who sailed from fronting the chimneypiece, and her England on the "Fortune" in 1621. He sister on the opposite side. I had ought to pay something. sett, second, was a close friend of Gov- saw a cylindrical figure, like a glass

the Bassetts have been seated at assuredly the Tower of London," says Tehidy, the seat of the present repre- Charles G. Harper in his new book,