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Give them Wrigley's. It removes food particles from the teeth. Strengthens the gums. Combats acid mouth.

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SEALED TIGHT KEPT RIGHT

THE FLORES LASTS

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 365 glorious days in which to gamble.—Humorist (London).

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Women Legislators

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

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SOMETHING TO THINK ABOUT
By F. A. WALKER

FINDING FAULT

IT IS a lamentable evidence of weakness 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 flimsy excuses, shunning responsibility, seeking consolation for his delinquencies 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 fails 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 character and take him to pleasant pastures.

To deal openly, to accept defeat and admit that no one else is to blame for the miscarriage 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 victory.

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 divorce 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.

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SCHOOL DAYS



NEGLECTING SCHOOL CHILDREN'S EYES

THE United States public health 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 in 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 four times as many as when the child entered 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 one-third 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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NEELIE MAXWELL
(© 1925, Western Newspaper Union.)

Mother's Cook Book

The road to laughter beckons me. The road to all that's best; The home road where I nightly see The castle of my rest; The path where all is fine and fair, And little children run, For love and joy are waiting there As soon as day is done.

—Edgar Guest.

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 teaspoonful 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 pie is the most wholesome and popular for warm weather.

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 teaspoonful of baking powder and four tablespoonfuls of sugar, the two last ingredients stirred in at the last. Brown slightly in a moderate oven.

Blueberry Meringue Pie.

Take one cupful of sugar, one tablespoonful of flour and the yolks of two eggs. Beat together and add three cupfuls of blueberries. Bake with one

THE TOWER MYSTERY

"I should be haunted, that place is assuredly the Tower of London," says Charles G. Harper in his new book, "Haunted Houses," published this spring by J. B. Lippincott company.

"The very remarkable story told in 1800 by Edward Lenthal Swift, sometime keeper of the crown jewels, has elements of the fantastic and the horrible which leave the ordinary ghost story far behind.

"I have often purposed," he says, "to leave behind me a faithful record of all I personally know of this strange story."

"One Saturday night in October, 1817, about 'the witching hour,' I was at supper with my wife, her sister, and our little boy in the sitting room in the Jewel house. The doors were all closed, heavy and dark cloth curtains were let down over the windows, and the only light in the room was that of two candles on the table. I sat at the foot of the table, my son on my right hand, his mother fronting the chimney-piece, and her sister on the opposite side. I had offered a glass of wine and water to my wife, when, on putting it to her lips, she paused, and exclaimed, 'Good G—d! what is that?' I looked up and saw a cylindrical figure, like a glass

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 that or that; And that is why I have to wear A 1920 hat.

And then some fellow 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; I 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

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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 rice.

Yet bread alone is by no means a complete food. This is true of all cereal grains. They must be supplemented by 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 shortcomings.

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 improve the 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 make it better food. Then give your children all the bread and butter they want with plenty of fresh vegetables.

THE YOUNG LADY ACROSS THE WAY

The young lady across the way says you can't expect Germany to repudiate everything right off the reel but she ought to pay something.

(© by McClure Newspaper Syndicate.)

YOUR LAST NAME
IS IT BASSETT?

IN 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 Cornwall and have intermarried for centuries with families of that county until one could hardly imagine Cornwall without the Bassetts.

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, is found on the roll of Battle Abbey.

Since the days of the Plantagenets the Bassetts have been seated at Tehidy, the seat of the present representative of the family in England. In a list of the prominent Cornish families with whom the Bassetts have intermarried you find such names as Trenouth, Trengove, Treiawny, Marrys, Enys, Carveth, Godolphin, Pridoux, Grenville and Rashleigh. Some of these once prominent families have since become extinct, but their blood runs in the veins of the Bassetts.

The two most distinguished members of the family in England are said to be Sir Francis Basset, vice admiral and sheriff of Cornwall in the time of Charles I; and another Sir Francis Basset, first baron of Dunstanville in the time of King George III, noted chiefly for his opposition to the American colonists just before the breaking out of our Revolution. He held out persistently against peace with the American colonies.

The first of the name in this country was William Basset, who sailed from England on the "Fortune" in 1621. He lived first at Duxbury, but settled eventually at Bridgewater. He was associated with the chief dignitaries of the colony. His son William Basset, second, was a close friend of Gov-



The young lady across the way says you can't expect Germany to repudiate everything right off the reel but she ought to pay something.

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