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Retort Courteous
Elmer—Has any other boy ever kissed you?
Rosemary—I never know how to answer that question.—Life.



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Cheesebrough Mfg. Co. (Cons'd) State Street New York

ALONG LIFE'S TRAIL

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

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THE PRAIRIE

ANDREWS was born in New England and was thirty years old before he had been west of the Hudson river. Even now, after a dozen years on the prairies of Illinois, he still goes back to his native state to spend his vacations, and cannot say enough in praise of the little mountains of New Hampshire.

He has no use for the prairies. He finds them monotonous, stupid, and uninteresting in spite of the fact that he has never seen a real honest-to-goodness mountain like Long's, or Ranier, or Robson. He's been playing with baby mountains all his life, and he can't see anything else.

I, too, enjoy the grandeur of the mountains. A high mountain is always a challenge to me. I am not especially fond of hard work, and yet I am never satisfied when I see a mountain, until I have toiled up its ascent. Mountain air stimulates me, mountain heights inspire me, and yet I have a certain feeling of being shut in. I want to climb up and see over and out. After a time mountains make me want to get out into the open where I can see things.

I was born on the prairies, and no matter how far I wander, I am glad to get back to them. The city stifles me, mountains seem to close round me, the ocean terrifies me when I think of its depths and power. The wide sweep of the prairies give me a sense of freedom which I feel nowhere else. "But the prairies are so monotonous," Andrews asserts.

You haven't seen them, then, as I have as a boy, when in spring they were purple with violets and phlox, and in autumn gorgeous with sunflowers and golden rod and Kansas gay feather. There was changing color every day in the great sweep of cornfields.

There was nothing to obstruct the view on the prairies. We boys used to climb on top of the barn and see where the earth met the sky at an unbelievable distance. When the horses wandered away we could see them ten miles off without difficulty.

One of my greatest joys was to watch the burning corn stalks in the spring when the farmers were getting ready for plowing. They made the sky bright for miles in every direction. Nothing aroused more excitement than the prairie fire leaping through the dead grass and threatening to destroy everything in its path. There is nothing monotonous on the prairies, and there is a freedom which I find nowhere else.

CUSTOMS AND CROSS-WORDS

IT IS amazing how quickly we all pick up a new custom or become interested in a new fad. A few months ago if a young fellow's garter had come loose and his sock fallen down over his shoe tops, he would have redemned with embarrassment, and would have felt humiliated for a week.

Renolds called me up on the telephone a few nights ago just as I was getting ready for bed. Renolds is an intelligent young fellow who is just about to take his doctor's degree in history, and his chief interest so far has been nothing more hilarious than the French revolution or the Punic wars.

"Do you happen to think of the name of a Mexican cat?" he inquired with a certain amount of eagerness in his voice.

"No, I don't," I said. I've never liked cats, and I've never been to Mexico.

"It's a word of six letters," he went on. "It begins with 'o' and it ends with 't' and do you recall the name of a gas that was discovered in 1898 and is spelled with five letters?"

"I'm sorry," I apologized. "I passed chemistry in 1880 and the only gas I've had much interest in since then is the kind I get a bill for every month and the kind that has been helping Mr. Rockefeller keep the wolf from the door."

"Do you suppose Renolds is going crazy?" I asked Nancy as we went upstairs to bed. "He has been studying very hard, and he's not very strong physically."

"I presume he's trying to solve a cross-word puzzle," she answered, "and he's just wanting you to help him out."

"What tommy-rot," I murmured.

All sorts of people asked me curious questions about words during the next few days. My curiosity was aroused. I noticed a puzzle in the evening paper as I sat down to read last night. It seemed quite easy of solution, and before I knew it, I was deep in its intricacies. When bedtime came there were still a few spaces to fill in. The thing challenged me.

"Did you sleep well last night?" Nancy asked me when I came down to breakfast.

"Not so very well."

"What was the trouble?"

"I lay awake trying to think of the name of an Anglo-Saxon domestic slave," I explained. "It begins with 'e' and ends with 'e', and there are four letters."

"Renolds is not the only one who is losing his mind," she said cheerfully.

SILVER DECORATES AUTUMN GOWNS

Color Is Used in Many Materials—Scarf Still in Limelight.

A top note in the autumn fashions is the touch of silver that appears on almost every sort of garment, observes a Paris fashion correspondent in the New York Times. A line of silver marks the bottom of the crown on a tailored hat. Silver passementerie, frequently combined with color, is used to finish the facing of a handsome cloth coat. Silver leather in bands, or in lacy cut-out patterns, trims some of the smartest gowns and wraps. Silver and gilt leather treated in this manner is introduced with the most fragile materials in elaborate evening gowns and wraps. Silver lame is one of the materials used by some of the most exclusive couturieres in their latest models for evening. It is a lovely, frosty thing, quite enchanting in some of the new combinations of white and crystal.

The fashion which exacts that a costume shall match, if not in its entirety, at least in part, has inspired some artists to design many beautiful new things in scarfs. Lovely silks, crepes and chiffons are used, and the scarfs are made long and wide, some in squares to be folded on the bias. The patterns are taken from cubist compositions, from motifs in rare old stuffs, floral or conventional. The colors are most attractive, and it is considered very smart to make the scarf to match the hat, or to at least harmonize with it. Delightful sets are being executed by the best milliners.

Satin and Fur Is Used for One-Piece Outfit



The straight-line frock is not the severely simple thing it used to be. A pencil-blue crepe de chine gown here illustrates some of the new ideas introduced this season. Quaint sleeve trimmings of black satin, bands of fox on the separate panels indicate the trend toward elaboration in the frock of one-piece design.

Tortoise Shell and Ivory for Personal Adornment

Two luxuries in which women of fashion have indulged for generations are among the last-word novelties in Paris—tortoise shell and ivory. Out of them countless lovely things are being made for personal adornment, for personal accessories and for the boudoir. Among the smaller articles fashioned in ivory are necklaces of beads finely carved or plain in a mellow shade, brooches, earrings, combs and belt ornaments. For book covers, parasol handles, and for every conceivable article, both useful and ornamental, for the toilet table, ivory is now more fashionable than any other material with the exception of tortoise shell, which is preferred by many smart women. In this, too, beautiful and costly things are shown. Whole sets of toilet articles, little boxes and containers for cards, vanities, fans, combs, bracelets, necklaces and earrings are the treasured possessions of women of the most refined taste, and have for the moment entirely replaced the silver and even the gold trappings that were once so fashionable.

Black Frocks Appear in Charming Versions

Black frocks were decidedly non-existent in the modes of summer, a season that was colorful to an extent without precedent in the annals of fashion history, but in the collection shown for early fall they appear in various charming versions and are distinguished by individual touches that add greatly to their charm.

Not a little of their attractiveness is due to the introduction of color into

and couturieres. Particularly stunning scarfs made to be worn with tailleur or semi-dress hats have been created. One of the season's novelties is a crepe scarf of the same shade as the hat, printed in a batik pattern in rich dyes. The scarf is knotted at each end in such a manner that it forms long points, and it is shaped to fit about the shoulders.

The fad for knitted goods has brought out some scarfs which are the last word in comfort. They are crocheted of the lightest "spilt" zephyr in a loose but evenly spaced stitch, and

Striped Velvet and Fur, Featuring Sash and Bow



They come in "velvet gowns"—the women who dress according to fashion's dictates. It's a season of velvet, of rich fabrics and brilliant colorings. One of these charming models, pictured here, is striped velvet, trimmed with fur. It has a sash and bow to give a note of youthfulness.

make quaint affairs which give the wearer additional protection. In quite large squares these crocheted things are charming when worn over simple crepe frocks; they were especially grateful while the summer dresses were still in use. Among these pretty delicate colors are shown the softest shades of rose, mauve, yellow, green, blue lacy interwoven with cream, and somber shades are the latest and most popular.

New ideas in the heavier wool scarfs are being constantly presented. In these especial attention is paid to color, for a scarf of this sort is worn with frocks of a dark or of a quiet hue, adding a touch that is distinctive. These scarfs are varied in type, some are straight (of the size worn by men for a muffler), others are wide and long enough to cover the shoulders with both ends crossed in front and drawn backward around the waist and hips. Angora is the most fashionable wool of which these latest scarfs are made.

Dolman Silhouette Is Receiving Attention

Interest in new wraps is divided between those whose lines reveal a tendency on the part of their designers to emphasize the dolman silhouette, and those which fit closely at the shoulder line but flare widely at the hem.

Patched Coats

To call a coat a thing of patches is no longer a reproach. Some of the newest evening wraps are distinguished by insets and patches of the most expensive furs, posed on a background of dark velvet.

Those Shades of Wine

All shades of purple and lavender are liked this season for dinner frocks and frequently several shades are combined, varying from very light to very dark.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

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UNUSUAL FOODS

AN OLD adage says that what is one man's meat is another man's poison. This simply means that foods to which we are accustomed are satisfactory, and that those which are strange to us are generally disagreeable. Most of us have prejudices in favor of some foods and against others, largely based on our habits, rather than on the value of the food. There are many good foods that are thrown away, simply because we are not in the habit of eating them.

Explorers in the tropics often have a strong prejudice against eating monkey meat, largely on account of the close resemblance between man and monkey. Yet most of the native Brazilian tribes eat monkeys habitually and travelers who have been able to overcome their prejudices have found monkey meat a very agreeable food. Most persons except our southern negroes, have a prejudice against possums, yet possum meat is very much like fresh pork. A favorite negro dish is baked possum and sweet potatoes.

Muskrats are trapped for their skins in large numbers and, on account of prejudice, large quantities of good meat are thrown away. Most people would refuse to eat muskrat on account of its supposed resemblance to rats, based largely on its name. But muskrats are not rats at all. They belong to the same family as squirrels and rabbits, which are eaten in large quantities and regarded as a great delicacy.

Beed birds are served in expensive restaurants at high prices because they are rare. English sparrows, which are second cousins to beed birds, are found in such vast numbers that they have become a pest. No one eats them, yet they are good roasted or broiled.

Terrapin is the most expensive dish which can be ordered at an exclusive hotel on the Atlantic coast. But Florida has millions of alligators which are of no use to any one. Alligator meat is much like fish, and when cut in small pieces, rolled in cracker crumbs and fried, tastes like breaded veal cutlets. Frog legs are a great delicacy, but the rest of the frog family is thrown away, although it is just as good to eat as the legs. Whale meat and shark meat have been eaten by the Japanese for centuries.

Fresh-water mussels, when cooked, are as good as oysters, yet we ship oysters clear across the country at great expense and pay high prices for them, but refuse to touch fresh-water clams because we are not used to them.

We select our foods from habit, rather than from knowledge, and neglect many valuable foods.

GETTING TIRED

WHAT happens to us when we get tired? Everybody knows the sensation, but just what causes it?

Steady and continuous physical labor will, of course, cause fatigue. That's the natural result of muscular exercise, and in the healthy body calls for rest and sleep. But work isn't the only cause of fatigue. Often the days we do the least physical work we feel the most exhausted. Many men and women who do little actual work with their muscles will feel more tired after the day is over than those who have toiled all day with their hands. What are the causes of fatigue? What do we mean when we say we are "all in," and just what has happened to us?

In the first place, we probably have not had enough fresh air or, putting it the other way round, we have probably had too much stale air. We have stayed too long in rooms that were overheated, overcrowded, and in which the air was too dry. Our eyes may have been exposed to glare from unshaded lights or from too strong light, producing reflections and cross lights that strain the eye muscles, and so make us tired. Or, what's just as bad, we may have been straining our eyes all day, trying to work by too weak light.

We may have been sitting all day in an uncomfortable chair or in a cramped position that strained and tired our body. It doesn't matter whether this happens in the home, the office, the shop, or the schoolroom. Sitting too long in an uncomfortable seat is just as tiring as working too long.

Or our clothes may have been uncomfortable, too tight or ill fitting. In spite of the vast improvement that has taken place in clothing, especially women's clothing, many people still wear uncomfortable clothing, especially uncomfortable shoes, which pinch, bind and cramp the feet, strain the leg muscles and so cause irritation and fatigue of the whole body. Why do so many men want to take off their shoes as soon as they get home at night? Because their feet have been uncomfortable all day, even if they didn't realize it.

We may have been sitting, standing or working too long in one position and so tired out one group of muscles. We may have been surrounded all day by irritating persons. Anyway, we are tired out, our resistance is run down, and we need rest. Don't go to the crowded movie hall or dance hall. Lie down in a cool, quiet, well-ventilated place and let the body rest, until mental and physical balance is restored. Recreation will be more enjoyable after the rest than before it.

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Before the war Germany supplied 75 per cent of the world demand for dyes; now the United States produces 95 per cent of its domestic needs, England 80 per cent and France, Italy and Japan each 40 to 50 per cent.

Babies Doing Better
The 1925 baby got off to a good start, in the registration area having lower infant mortality rates last year than in 1923.

Good manners and soft words have brought many a difficult thing to pass.—Vanbrugh.

Why That Bad Back?

Is backache keeping you upset? Feel all tired out—so nervous and dispirited you can hardly keep going? Then look to your kidneys! Your kidneys rid the body of poisonous waste. But if they lag, impurities accumulate and poison the whole system. Then one is apt to suffer backache, stabbing pains, headaches, dizziness and other annoying kidney irregularities. If your kidneys are sluggish, help them with a diuretic. Use Doan's Pills. They are praised the world over. Ask your neighbor!

A Virginia Case
Mrs. A. H. Powell, Orchard Avenue, Rocky Mount, Va., says: "I was troubled with pains in my back. I caught a cold which settled in my kidneys and I had pains between my shoulders. My kidneys acted irregularly. I was told Doan's Pills would help me, so I got some. A couple boxes of Doan's cured me of the attack."

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60c
STIMULANT DIURETIC TO THE KIDNEYS
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

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WAKE up your sleeping youth! Look younger! Be younger!

Age has little to do with your looks or your feelings. It's the condition of your blood that counts! And blood will tell! It tells in a hundred ways. If your system is starving for rich, red blood, you may look and feel old at thirty. But if you build up the red-blood-cells with S. S. S., you'll quickly see the wrinkles fade away—the sagging pouches give way to firm, solid flesh—and the fresh, glowing beauty of youth take the place of a skin sallow and disfigured with blemishes.

Rich, red blood means youth, vim and energy! S. S. S. helps Nature build red-blood-cells by the millions. For generations S. S. S. has been keeping people looking and feeling young.

Fresh, cleansing, purifying, rich, red blood that S. S. S. helps Nature build, nourishes every muscle, organ and tissue of the body. Pimples, blotches and blackheads disappear. Boils, eczema and rashes dry up. Your face—your whole body—your whole being takes on the look and power of youth.

Wake up your system with S. S. S. Build red blood and you rebuild youth! Get S. S. S. from any druggist. The larger bottle is more economical.

Cuticura Soap and Ointment

Keep the Scalp Clean and Healthy. Promote Hair Growth.

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the safe easy way before worse troubles follow.

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