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Probably one reason for the popularity of WRIGLEYS is that it lasts so long and returns such great dividends for so small an outlay. It keeps teeth clean, breath sweet, appetite keen, digestion good. Fresh and full-flavored always in its wax-wrapped package.

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LONGER WEAR Reduces Shoe Bills

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Editor—Tell him sandpaper.

The hinges of true friendship never rust.

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ALONG LIFE'S TRAIL

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

OPTIMISM is a good thing; the man who is always sure that trouble is ahead makes a pretty gloomy companion, but the one who neglects the blessings of today in a mad rush for the pleasures of tomorrow isn't getting the most out of life.

All along the roadside as we were driving from Terre Haute to St. Louis an enthusiastic camera company looking for business has placed signs at various intervals—"Picture ahead"—with a suggestion that you get out the camera. The intention is, of course, to put the observer upon the alert, to have him ready for what is coming. It is good business, I have no doubt, and possibly good psychology.

There was no effort made to call the attention of the motorist to the beauties immediately before him, no emphasis upon the present, but always upon the future. It was the picture ahead for which we were to look, and this admonition drew our attention away from our immediate surroundings. It is far better to enjoy today than to be restlessly eager for tomorrow. The picture before us is often more alluring than the picture ahead if we would only give our attention to it.

Porter had a very good situation when he got out of college, with an opportunity to become an active partner in a business which promised satisfactory returns. He was not quite satisfied, however; he went at his work rather indifferently, sure that there were other opportunities better than the one which presented itself to him. It was the picture ahead which drew his attention away from beauty with which he was surrounded.

He left this business within a few years to take up real estate, in which he was sure there was a great opportunity. He gave up the real estate business just about the time he was getting well established to take control of an oil project which promised immediate and unlimited wealth. He is into something else just now, but no better off than he was thirty years ago when he was selling dry goods.

He has never been able to appreciate the chances about him; during all the years he has been looking for the picture ahead and, metaphorically, he has a roll of films in his camera that has never been shot.

Every man should look ahead, should try to see where he is going, and what chances of advancement, of development, of opportunity there are. The picture ahead are not to be neglected, but it is to those immediately about us to which we should give most attention.

THE BOX ELDER

FATHER found the little box elders growing thick as hair in the moist ground along the banks of the Vermillion when he made the trip from our house to the strip banks along the river to bring back our winter supply of coal. It took two days to make the trip, but money was scarce then, and the surface coal was cheaper than we could buy in the village and served our purpose very well.

He brought back the little trees wrapped in wet paper to keep their roots moist and we placed them out about the house with the hope that some day we should have shade. We had moved to the prairie from a timber country. There was not a tree within six miles, and we missed the oaks and the elms and the hickory trees with which we had been surrounded in our old home.

There were other little trees with the box elders—maples, and sycamores and elms, and a tiny oak tree, and these we planted, too, but the box elder flourished best and made the most unbragging promises. Its growing was like the gushing friendship of a new-found acquaintance that wanes and grows stale as time goes on. It grew up quickly, its leaves shooting out at the first indication of spring, only to turn black when an unexpected frost nipped them.

The oak and the elm were conservative. They developed slowly, there was nothing impulsive about their leaving out but when their leaves came we knew that all summer and late into the fall we should have pleasure and comfort in their shade. But the leaves of the box elder were scarcely out when they began to turn yellow and to drop off and to litter the yard in an unsightly way. There was no stability in the box elder. It promised well, but it was a great disappointment.

The oak tree was sturdy and held its ground against conflict and opposition. It was like a man with principle who is not moved by wind or new doctrine. The elm tree was suave and courteous; it swayed with the wind, but it never lost its poise. The box elder resisted storm and conflict for a little while and then broke. It was soft, characterless, as some men are, controlled in its growth by its environment and yielding to the influences which swayed it.

The tree was like a man acting upon impulse, broken by every wind of temptation, without definite principles of growth or action, grown gnarled and old and diseased before his time, worn out when it should be at its best.

ACCESSORIES FOR ENSEMBLE OUTFIT

Pearls and Jewelry in Colors That Will Complete the Costume.

Jewelry as a whole emphasizes the ensemble note. The favorite colors of the season may be matched in jewelry, for in addition to the familiar tone of the ruby, the sapphire, jade, amethyst, amber, emerald and topaz, there are reds, blues, purples, browns and greens that bear no resemblance to the precious or semi-precious stones with which one is, from habit, familiar. Costume jewelry is no longer a separate entity—a piece acquired to be

Any talk, in seasons past, of the importance of the accessory, has been doubled and trebled since the advent of the ensemble costume. And women nowadays find it quite as difficult—and at times even more difficult—to find just the right type of fashion detail to complement the frock or suit than to find the latter, which remains, as a matter of course, the foundation of the wardrobe, says a fashion writer in the Kansas City Star.

Any shop that carries an assortment of imitation pearls and jewelry, under the head of costume accessories, makes an attempt to provide the colors that will complete any costume in the popular shades of the current season. Since both colors and styles change with startling frequency, it is not an easy matter. While there may be fads that turn into vogues they are the exception, not the rule. Pearls are the notable exception. They have become a fundamental in the costume jewelry trade, but staple though they may be, they have their own fashion as staples do. No longer is the single string of white pearls the pride of the owner; instead there are double and triple strands of varying tints, these tints at times combined in a single piece.

There are so many lengths of necklaces, so many colors, and so many clever arrangements of the beads, that there is little doubt that one may find just what she wants. If a choker necklace is her particular style, it may be had, or she may choose a "rope" or a two or three strand necklace. Tiny pearls are in favor, and half pearls are used for a choker necklace, with rhinestones.

Perky tabs, bands of ribbon and novelty buttons give the right tailored effect to a charming idea in neckwear recently introduced. The vest, rolled collar and beribboned cuffs are of white satin, supplying chic to the street suit.

worn with anything that it may happen to "go" with. It is imperative that it be a perfect part of a perfect whole, chosen for the costume with which it is to be worn. If this jewelry were made of precious stones it would be out of the question, but it is not.

But you are not to get the impression that the pieces are of either inferior design or workmanship because they belong to the "costume" class. Many of the most skillful artists in stones and precious metals have forsaken their trade to take up a new work in designing costume pieces.

Slim Modes, Wide Flare Effect Around Skirt

Slim modes with wide flare effect around the skirt is a Paris fashion for winter wear. Long coat frocks continue to be very fashionable and are found, very practical by the busy women. Some of them have very wide sleeves.



Decorative Headdress for Evening Occasions

Women of the same height and of similar build, wearing precisely the same costume, will look totally different, because one wears her clothes well and the other does not.

The trim appearance of the shingled head is sufficient in itself for the daytime, but at the dance, in the theater, or restaurant it seems to demand some kind of decoration. And so the decorative headdress for evening wear is finding favor. At a recent dance several pretty bandeaux were noted. One was of metal tissue; another, for black hair, was red, with a rose to match tucked behind the left ear. A tall woman, with brown hair wore two strips of golden-yellow silk ribbon, joined together after the fashion of the ancient Greeks, wide apart on top of the head and narrowing into one width over the ears. Where the ribbons met at the ears, flat, plaque-like decorations of yellow and brown artificial berries were suspended.

Shaded Velvet for Gown

Some of the new evening gowns are made of shaded velvet. The gowns are exceedingly simple and depend for their chic upon their color combinations.

Embroidery Is Used in Many Interesting Ways

The new jersey frocks are decorated with a large animal motif, embroidered either in silk or wool, the figure being that of a tiger, elephant, fox or dog. These decorations are placed on the front of blouse or on the sleeve. The material is of fine quality and the colors usually seen are tan, blue, green or rust.

Porto Rican nightgowns are of delicately tinted sheer fabrics. These gowns have dainty embroidered motifs worked in contrasting color.

Many magnificent Chinese embroideries are now displayed in many shops. Wonderful and beautiful colors are worked on backgrounds of silk.

Many frocks and coats show a tendency of the Oriental in the elaborate embroidery used on them.

Other intriguing things for trimming are the hand-painted flowers of silk and mousseline to be found among the latest decorative motifs. They are fashioned to reproduce every known blossom and are brought out in steadily increasing variety. New, vividly colored flowers in the peasant wool embroideries are still popular, especially for sports frocks and hats. They

are gay and showy and much liked for various costumes in the country.

A tailored chemise of heavy crepe de chine is trimmed with hemstitching and a piped ruffle around the bottom. Dainty dance bloomers made of crepe de chine, with tiny ruffles of georgette, are just the right thing to wear with a Peter Pan dance frock.

Belted tunic frocks gayly embroidered with metal threads have flaring fine-bordered skirts, thus showing the Russian influence.

A straight-line black chiffon velvet is hand-blocked in multicolored roses on the bodice and as a border. There is a band of mink fur at the hemline.

Novelty Bags Designed for Various Occasions

New bags designed to be carried with sports suits are shown among the latest novelties. Those in leather are of moderate size in the envelope shape with clasp and encircling strap. Other soft purse bags are made of cloth, ornamented in many picturesque ways, with a bit of wool embroidery or crocheted or applique. Picturesque practical bags for motoring or general country use are made of cretonne, or chintz and of straw combined with woolen yarn in crocheted strips and bands.

Sleeve Pockets

Have you noticed those sleeve pockets on the new garments? In a collection of ensemble suits, a small pocket adorned the sleeves of several coats. And several smart dresses recently seen had pockets on each sleeve. While this is a convenience it is also decorative, as a gay handkerchief tucked into these pockets lends chic to the costume.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"
(© 1925, Western Newspaper Union.)

THE DANGERS OF MILK

MILK is a product of the animal body and, like all such products, is affected by the diseases from which the animal suffers. Man in different lands and times has used the milk of many animals for food, principally cows, goats, asses, mares, camels, and buffaloes. In this country, cow's milk is universally and almost exclusively used.

Cow's milk may be contaminated in two ways: by some disease of the animal itself making the milk dangerous when the animal produces it, or by being polluted in some way in transit, from the time it is milked until it is consumed.

Raw milk, drunk just as it comes from the cow, may cause tuberculosis, Malta fever, foot-and-mouth disease, milk sickness and several other rather rare diseases. Milk which is pure and harmless when milked, may become polluted with typhoid germs by dirty pails, dirty stables, dirty hands of milkers or handlers, or dirty bottles. Milk may also carry germs of diphtheria, scarlet fever and septic sore throat. Whether the germs of these diseases come from the cow or from the human handlers is uncertain.

There is a cow disease, caused like scarlet fever, by a streptococcus, which may cause a similar disease in man. Whether cows ever have diphtheria, and, if they do, whether the diphtheria germs can get into the milk direct from the cow, is an unsettled question.

But it doesn't really matter whether the germs in milk which cause disease come direct from the cow or from outside the cow. Contaminated milk if drunk raw may cause any of these serious diseases.

If all milk could be given by perfectly healthy cows and could be transported and sold in perfectly clean buckets, cans or bottles and handled only by perfectly clean people in perfectly clean surroundings, then raw milk would be a perfectly clean food. But it isn't, and until all the people in the country are perfectly healthy, it's rather too much to expect all the cows to be. Tuberculosis is about as common in cows as it is among human beings.

But if pure milk is impossible, safe milk is very easy to have. It is only necessary to heat milk to 148 degrees for 30 minutes, to kill all the disease germs and make the milk perfectly safe. This can be done in a rice boiler or any kind of a double boiler. It doesn't harm the milk or make it any less good to drink. It simply turns live germs to dead germs. Which would you rather do, put the milk on the fire for 30 minutes or put the child to bed for 30 days?

WHAT A NURSE NEEDS

WHAT should be the qualifications of a good nurse? I don't mean a trained nurse. The authorities of the training school can take care of that. But for the home nurse, for caring for the sick child, what sort of a person should be selected?

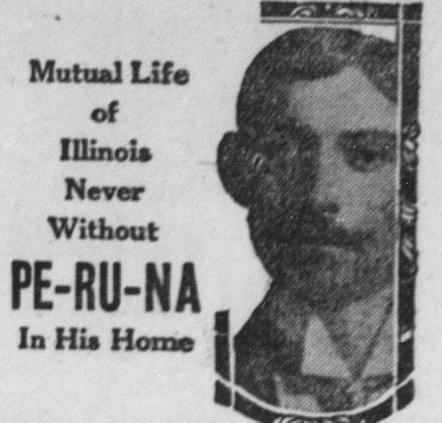
The first necessity is that the nurse herself should have good health. Unless a woman is strong and well, she cannot stand either the physical or the mental strain of caring for another in sickness. For a weak, sickly person to undertake the responsibility of caring for an invalid only means that in a short time there will be two sick persons in the family instead of one. Too often mothers who are barely able to care for themselves insist on nursing their sick children, with the result that the child does not get satisfactory care and the mother is soon completely worn out. Many frail but conscientious daughters date their complete invalidism from the time they attempted to care for their mothers in time of sickness. So whatever your relation to or interest in the invalid is, unless you are strong and well and able to stand the strain of caring for an invalid through weeks of illness, get some one else. A strong and healthy stranger is a better nurse for an invalid than a weak and sickly relative.

The second necessary qualification for a nurse is common sense. The sickroom is no place for sentiment. A clear mind, good judgment and self-control are all needed there. Common sense is valuable in all of life's activities, but nowhere more than in the sickroom. The nurse must be able not only to follow the doctor's directions accurately and effectively, but also to act in an emergency in his absence and to do what the doctor would want her to do if he were present.

The third requirement for the nurse is resourcefulness, the ability to take what she has in the way of equipment and make the best use of it possible. Few homes are prepared for sickness. When it comes, the household is generally demoralized. Perhaps it is the mother herself who is ill. The nurse must take things as she finds them, secure order and quiet in the house and see that her patient gets the necessary care and attention with the least possible disturbance for the rest of the family.

These things are not easy to do, especially in time of sickness, but the way in which they are done marks the true nurse.

Division Manager



Mutual Life of Illinois Never Without PE-RU-NA In His Home

Mr. F. H. Fricke, whose address is 625 Pontiac Bldg., St. Louis, Mo., writes under the date of June 25, 1924:

"My family and myself have had splendid results from your Pe-ru-na. We are never without it in our home. I wouldn't take a thousand dollars for what it has done for my family and myself. When I contract a cold I immediately take a dose of Pe-ru-na and get relief. I recommend Pe-ru-na everywhere."

For coughs, colds, catarrh and catarrhal conditions generally Pe-ru-na has been recognized as reliable for over fifty years.

Sold Everywhere Tablets or Liquid

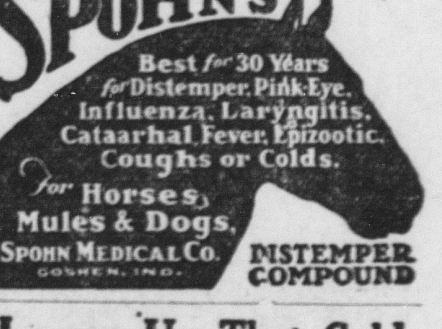
Send 4 cents postage to THE PE-RU-NA COMPANY, Columbus, Ohio, for look on catarrh.

DON'T BROOD OVER STOMACH DISTRESS

Don't lay awake nights and feel miserable all day—there's one right way to fix up your gassy, rebellious, disordered stomach in such a short time that your heart will be gladdened.

Today Dore's Mentha Peppin is the one remedy supremely efficient against acute or chronic indigestion or gastritis, making your days and nights miserable. Reports of its mighty power to overcome unbearable, near suffocating stomach agony have swept the land and until today its sales are marvelous.

Get one bottle of this pleasant speedy acting medicine today with the distinct understanding that if it doesn't help you—your money will be returned.



Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all the advantages of grandmother's mustard plaster WITH-OUT the blister. Apply it with the fingers. You feel a warm tingle as the healing ointment penetrates the pores, then a soothing, cooling sensation and quick relief.

Made of pure oil of mustard and other simple ingredients, Musterole is recommended by many nurses and doctors. Try Musterole for bronchitis, sore throat, stiff neck, pleurisy, rheumatism, lumbago, croup, asthma, neuralgia, congestion, pains and aches of the back or joints, sore muscles, sprains, bruises, chilblains, frosted feet, colds of the chest. It may prevent pneumonia and "flu."



The man who talks in his sleep is lucky if his wife doesn't believe everything he says.

DEMAND "BAYER" ASPIRIN

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Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Are You Nervous? Thin?

Charleston, W. Va.—"My nerves were so bad I could not sleep and my heart would palpitate. I got very weak and thin. I doctored and took medicine but did not get any relief until I began taking Dr. Pierce's Favorite Prescription. It completely restored my nerves, relieved me of the palpitation and I got to be a strong, healthy woman."

have not had a return of my ailment, thanks to 'Favorite Prescription.'—Mrs. J. S. Cochran, 1320 Magazine St.

Why not get this Prescription today from your dealer; or write Dr. Pierce, Buffalo, N. Y., for free medical advice. Send 10c for a trial pkg. of Prescription tablets.

CHAFING and RASHES promptly relieved and healed by a few applications of Resinol

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