

ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK

Dean of Men, University of Illinois.

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TELLING THE WIFE

THOMPSON was about to get married to a pretty young girl to whom he had been engaged for some time, and not being able alone to solve all of the marital problems which presented themselves to him before the ceremony, he had come to me for advice. He had had an opportunity to watch the workings of the domestic machinery which Nancy and I were keeping in operation, and he had confidence that I would guide him discreetly.

Should he tell her everything, he asked with some concern—about his financial affairs, his weaknesses, his past life, the mistakes he had made and was making.

"Well, that depends," I answered. "I believe in companionship and confidence between husband and wife. It's the only way to get on. As to your past life, she'll learn all about that anyway, whether you tell her or not, as soon as she gets acquainted with your old friends, so the best policy is to beat them to it, if you think there is anything she'd be interested in knowing.

As to your weaknesses, she'll have them all catalogued before you've been married a week, so it isn't worth while giving them much concern. It's altogether likely that before the end of six months she'll be able to tell you more about your personal weaknesses than you dreamed of, though if she's wise, she'll keep a lot of this to herself.

When it comes to your finances, you ought to lay the cards down on the table. Women are usually shrewder than men give them credit for being. They are more economical; they spend money more thoughtfully, and if they know their husband's business, they'll seldom get him into a hole. Marriage is a partnership, and if the wife is to carry her part of it, she'll need to have an intelligent understanding of your business affairs, and she ought to have a definite sum to spend every month or allow you a definite sum whichever one of the two of you seems to have the best business head.

There are a lot of things it is just as well not to tell. Some burdens a man ought to carry alone. To tell of them would only worry his wife and in no way help the situation.

Simpson, as soon as he was married told his wife what a good cook he was, and he's been slopping about in the kitchen ever since.

If telling will help the situation, or make her happier, or give you satisfaction, it's a good thing to tell. It's a matter of judgment.

SCOURING THE ANCHOR

I HAVE often remarked upon the efficiency of work and the fact that nothing which Providence has decreed with regard to man has contributed more to his happiness, his progress in the world, and his contentment, than the necessity that he work. "In the sweat of thy face shalt thou eat bread" was really not a curse, but a blessing.

No man ever got far without work or kept what he got. The contrary often seems true, but only because we have not looked into the details.

I always thought that Mr. Chambers, the banker, had never worked. He lived in such elegance, he came to his office so late in the morning and at such irregular hours. His hands were so soft and white, his clothing so elegant that it seemed to me he must always have sat in the lap of ease and luxury.

This was not true, however. He had been through the most severe regime in his youth. He had toiled early and late with his hands and had suffered all sorts of privations, and made all sorts of sacrifices before he "struck it rich." He had been through enough in his youth to afford to take it easy when he got old.

Bennett did not work for his money. It came to him from a hard-working uncle, who had suffered many privations to amass the fortune. But Bennett did not keep it long, for he refused to work, and the fortune soon slipped through his fingers.

There is nothing like work to keep one contented. Benjamin Franklin was a wise man in his day, and human nature was not materially different when he was making his acquaintance than it now is. He was constantly drawing conclusions from his observations, and of one of these studies, in his autobiography, he says:

"This gave me occasion to observe that, when men are employed, they are best contented; for on the days they worked they were good-natured and cheerful and, with the consciousness of having done a good day's work, they spent the evening jollily; but on our idle days they were contentious and quarrelsome, finding fault with their pork, the bread, etc., and in continual ill-humor, which put me in the mind of a sea captain, whose rule it was to keep his men constantly at work, and, when his mate once told him that they had done everything, and there was nothing further to employ them about, 'Oh,' says he, 'make them scour the anchor!'"

Separate Coat in New Winter Modes

Garment Should Be Chosen With Future Costumes in Mind.

Always excepting the new hat, or the new little frippery that is needed to add a piquant air to the plainness of the costume that is a legacy from the season past, the separate coat is far and away the most important acquisition of the new mode. Against its background—of fabric, color and line—will be built the costumes that the season to come will demand.

And these separate coats differ very little, if at all, from the ensemble coats bought as a part of a costume suit. They fall, naturally, into the same divisions of the suit, some model of which is possible for every occasion of the day from early morning until late evening—or early morning again! For they are military, sports, semi-formal and formal, with a generous representation of tailored types.

It will be readily seen that the separate coat is an economy, since it may be chosen with future costumes in mind, and its color may be, in a way, a dependable one, against which gaiety and brightness and unusual shades may be silhouetted. If it is to be really serviceable, it must not be chosen in one of the "off" shades—let the frock



Charming Coat of Cloth Is Trimmed With Mink.

be chosen thus—but in a tone that will harmonize with many other tones.

Since one's first impression of the costume ensemble is the outer wrap, it may truly be said that the outfit will stand or fall by the coat of it! And the very fact that more of these costumes are made up of contrasting

Hints on How to Make Footwear Comfortable

Buckled shoes are sometimes loose round the instep. If the portion of leather to which the buckle is sewn is unsewn and firmly stitched a little further back inside the shoe, this will tighten it, and give greater comfort to the wearer.

Shoes a little too big and which rub may be made comfortable by fixing a small length of narrow ribbon velvet in the heel of the shoe with secotine or a pair of little fixtures sold at most shoemakers for the purpose.

If a patent shoe pinches any part of the foot a rag soaked in boiling water should be placed over the part while the foot is in the shoe, and the leather will soften to the shape of the foot.

Too Heavy Clothing Is Not Good for Health

It seems that people have said enough about the undress of women, and that now the pendulum bids fair to swing in the other direction.

Along comes an eminent British physiologist who approves of women's clothes—and says that the modern garments are beneficial because they permit the "ultra-violet" rays of the sunlight to reach the body.

The present-day fashions for women aim to expose the neck and arms; short skirts and sheer stockings are desirable from the hygienist's point of view. Add to this the well-established custom of wearing low shoes, even in winter, which permits of free ventilation and unhampered movements for the muscles of the feet, and you have to admit that women have taken a long stride toward that unconscious abandon and healthful freedom of men.

Ample ventilation is necessary in order to carry away the body heat and moisture and to prevent setting up a "torrid zone" of impure, stagnant air between the clothing and the skin.

In winter the people who live in houses with closed windows—glass eliminates the ultra-violet rays—and who cover up their heads and feet and hands when they go out get almost no ultra-violet radiation. As a result they are "run down" and require a "spring tonic," but recover during the summer. The children develop rickets.

A safe rule is that the clothing should be as light as can be worn and keep the body comfortably warmed.

Smart Cossack Costume Is of Black Broadcloth



Of Russian inspiration is this chic Cossack costume, fashioned of black broadcloth, with leopard skin collar and border. Completing the outfit is a leopard skin purse.

fabrics than all of one material adds appreciably to the value of the separate coat. For the cloth coat may have a dress of any fabric, and velvet combines with cloth, crepe or silk.

And popularity of the ensemble or of harmonizing colors, is another factor in the success of the coat designed for general wear with a variety of dresses, resulting in a variety of costumes. And designers of coats—playing up to the ensemble idea—have made individual selection enticingly easy.

The warning—New coats feature materials with a soft, rich pile. And there will be a deal of velvet, if fashion displays have been any indication. The w's and velvets alike are remarkably supple and easy to manipulate.

Purple Retains Favor; Combinations Attractive

In spite of the fact that the past summer witnessed a vogue of purple almost unprecedented in the history of that particular color from a fashion point of view, it still occupies a place of considerable importance in the modes.

Paris, it is said, regards with favor a shade deeper and richer than the color which was so popular in America in the season just past and in addition to a deep purple with a blue rather than a reddish cast has launched a new mulberry tone called Black Prince, so dark that at a distance it appears to be black.

For afternoon costumes and for evening frocks the lighter shades are chosen and frequently two or three shades of the same color are combined in the most subtle fashion.

The majority of evening gowns are carried out in chiffon with embroideries in which pearls, beads and brilliants are interspersed. Embroidered bands fastened to the shoulders and waist frequently are seen. In other models insertions of chiffon in different colors add to the individuality.

The long sleeved afternoon frock of transparent materials which attained such success during the summer appears in several new interpretations of particular interest.

If the chest and stomach are well covered the lower parts of the limbs and the face and neck are better left exposed. Only in this way can they be adequately stimulated by the myriad rays, which penetrate to the cells just below the skin and provoke reactions necessary to health.

Plisse Effects Seen in American Fashions

Where the straight silhouette appears in this season's fashions it does not have the uncompromisingly severe lines of last year, but is given a certain fluid grace by cleverly concealed godets and platings. Plisse effects, which always have been featured in French frocks but which recently only have been made an integral part of American fashions, frequently are seen.

One reason for this is that since the plisses are usually put in by hand it is a long and tedious process. But designers have found that the results more than justify the time taken in making them.

Many are extremely intricate and suggest honeycomb effects or smocking, while in others there is an appearance of diagonal or herringbone stripes.

Scarfs of Jewels

A necklace no longer implies an endless circlet, for the newest decorations of this character are not fastened at the end. They consist of long strings of precious or semiprecious stones finished at either end with a silk tassel and simply wound around the throat like a scarf.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

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LIGHT TREATMENT OF ASTHMA

ASTHMA is a common and most distressing affliction. To see the unfortunate victim struggling and gasping for breath is almost as trying on the friends and relatives as it is on the sufferer.

Asthma is a spasm of the bronchial tubes, during which these fine air passages in the lungs close up, preventing air from entering. So the desperate effort which the asthmatic makes during an attack is literally a fight for air, every available muscle being used to force air through the constricted tubes into the lungs.

Asthmatic attacks naturally do not last long. If they did and if they involved any large part of the lungs, the patient would die from lack of oxygen. But in real asthma, from whatever cause, just as the attack reaches its height and it seems as though the sufferer could not live another minute, the spasm relaxes and the patient, exhausted and streaming with perspiration, sinks back relieved as air again fills the lungs.

Asthma is not a disease. It is rather a symptom, which may appear in many different conditions. Its close resemblance to and connection with hay fever would indicate that it may be caused by abnormal conditions in the nose, such as bony spurs and obstructions. It also occurs in connection with some diseases of the kidneys. Climate, location, certain odors or kinds of food may also have something to do with bringing on an attack. In the last ten years, Walker has shown that some asthmatics are unusually sensitive to certain substances which cause spasm of the bronchial muscles.

But whatever the cause—and where there are so many suspected causes we may be sure the real cause has not yet been found—the most important thing for the asthmatic is some treatment by which he can avoid these attacks. So a recent article by Dr. Isaac Gerber of Providence, R. I., in the Journal of the American Medical Association should be of interest to every sufferer from asthma.

Light of some kind is being used for the treatment of many conditions. It is not strange that the X-ray should be tried in asthma. Doctor Gerber says it is being widely used for that purpose in Germany. In examining the chest of an asthmatic by X-ray, it was noticed that after the examination, the asthma was greatly relieved. Further experience has shown that, in many cases of asthma, treatment with the X-ray will greatly reduce the frequency and severity of the attacks and may entirely relieve the patient.

DODGING SMALLPOX

THE United States may own and hold over one-half of all the gold in the world today. But it also had last year one-fifth of all the smallpox in the world. That isn't quite so pleasant or desirable, neither is it anything to be proud of.

In the hundred and twenty-five years since Jenner's discovery of vaccination, this hideous disease, once the terror of the civilized world, has been so well controlled that most of us today think of it as an insignificant danger. Yet the United States Public Health Service, in its 1924 report, shows that smallpox has been steadily increasing. In 1920, there were nearly twice as much smallpox in this country as in 1919, one third more in 1922 than in 1921 and much more in 1924 than in 1923. This increase occurs always in states or cities in which vaccination is neglected.

In 1924, the United States had 40,587 cases of smallpox with 871 deaths, while Canada had only 2,808 cases with 60 deaths.

Government and military authorities have learned by bitter experience the dangers of smallpox and the value of vaccination in preventing it. For hundreds of years smallpox was one of the added horrors of every war. Whenever any large number of men were brought together in military camps, smallpox promptly appeared and often killed more men in camp than died on the battlefield. Even in the Civil war, smallpox was practically always present in both armies. But in the World war, with nearly 40 million men in the service, only 20 men died of this disease.

Ex-service men know why. Ask any man who was in the army in 1917-18, either in this country or overseas, what was the first thing that happened to him after he reported for duty. He'll tell you, "They vaccinated me."

But the war closed seven years ago. In this country and in England, smallpox has been steadily increasing both in amount and in virulence. It will continue to increase just as long as vaccination is neglected.

In spite of the fact that smallpox is one of the oldest and most typical of germ diseases, we do not know what causes it or how it is taken. So it cannot be prevented as can typhoid. But it can be prevented by vaccination. If you want to be safe from smallpox, there's just one way. Get vaccinated.

The KITCHEN CABINET

(© 1925, Western Newspaper Union.) So many gods, so many creeds. So many ways that wind and wind While just the art of being kind Is all this sad world needs. —Wilcox.

FOR EVENING PARTIES

Now that the long evenings are upon us, we will like getting together in small groups for the pleasure which the lovely out of doors has kept us from enjoying.

If it is a dancing party, and sweet apple cider is to be procured, there is no refreshment equal to a chilled glass of the good drink and a doughnut. Very simple to get ready, easy to serve and most enjoyable. To make the doughnuts use the following old recipe which is one hard to equal:

Doughnuts.—Take one and one-fourth cups of sour milk, one-fourth cup of rich sour cream, two eggs, one and two-thirds cups of sugar, a teaspoonful of soda, a teaspoonful of grated nutmeg, one-half teaspoonful of salt, and as little flour as is possible to roll. Beat the eggs, add the sugar, then the milk and cream with the soda, salt and nutmeg, stir in as much flour as will go in nicely with the mixing spoon and set away on ice to thoroughly chill before frying. When rolling out handle quickly, using as little flour as possible. These doughnuts when fried in hot fat will keep well, are rich without being soaked when cooking.

Peanut Candy.—Shell one pound of roasted peanuts and roll with a rolling pin until like coarse crumbs. Boil for eight minutes from the time the first bubble appears, two pounds of brown sugar and twelve level tablespoonfuls of butter. Stir in the nuts and pour at once into a greased dripping pan. Mark off into squares before it is too hard.

Chicken and Spinach Soup.—Wash and cook two pounds of spinach in one-half cupful of butter for five minutes, or until tender. Add one-half cupful of flour, mixed with one tablespoonful of salt and three-fourths of a teaspoonful of white pepper, stir into the spinach. When cooked rub through a colander, add two quarts of chicken broth. Strain until it boils and serve in bouillon cups; garnish with whipped cream.

Emergency Soup.—Dissolve two and one-half teaspoonfuls of beef extract in three cupfuls of boiling water. Add three tablespoonfuls of milk to one-half tablespoonful of flour and add to the first mixture, stirring constantly until the boiling point is reached, then cook three minutes; add seasoning and three-fourths cupful of cream.

Household Hints. "Bats in one's belfry" is no joke if they have ever taken possession of the upper regions of a house.

Fill all openings where it is possible for them to get in and burn sulphur, a lot of it, in the attic until they are smoked out.

For the bedridden who get so tired lying in one position and can help themselves: Tie stout new cotton cloth cut into wide strips to the head board or bed frame, have large knots in each end of the strip to grasp. By holding to these supports one may raise or change position easily. The knots may be slipped under the pillow when not in use.

A bed light fastened to the headboard of the bed is a great comfort for a poor sleeper. With a slight movement the light may be turned on or off and one may read in bed without the trouble of moving.

For tired feet, a mixture of baking soda and talcum sprinkled into the shoes will give great relief. Change footwear; a change of shoes will rest the feet and a bath of salt water is very refreshing. Feet need care as much or more than other parts of the body, yet they are greatly neglected.

Corns and calluses may be relieved by keeping them covered with a piece of surgeon's tape; renew as often as the bathing removes them. If they cling to the hose, cover with a small bit of absorbent cotton.

When applying adhesive plaster to a wound which has to be dressed often, use short strips with tapes fastened to the strips; these can be untied, the dressing changed and returned without disturbing the adhesive at all. It is not only painful, but dangerous to remove adhesive on a tender skin.

The use of paper napkins together with the dinner napkin is a great economy. Fruit stains and much soiling will be saved by the use of a napkin of paper. If cracked ice is to be used in a sick room it will keep much longer if a flannel cloth is tied over a bowl and the ice kept in it. Cover the bowl with another and place a paper bag over both. When the ice chest is at some distance this is a wonderful step-saver.

When a good tablecloth has been stained and is otherwise in good condition, stretch the cloth with the spot over a pair of embroidery hoops and remove the stain, then press, and the cloth is fresh again.

Orange cut into bits and left where a fever patient may help himself, is a great comfort.

Neenie Maxwell

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"You were out with Miss Kelson last night. It must have been pretty expensive?"
"Two and a half dollars!"
"Is that all?"
"Yes—that's all she had with her."

Backache Wearing You Out?

Every day find you miserable with backache? Buffer sharp, stabbing pains? Feel lame and stiff—always tired, nervous and dispirited? Then look to your kidneys! Your kidneys are the blood filters. Perhaps they have failed to properly rid the blood of body poisons. Naturally, then, you suffer the injurious effects of this slow poisoning.

Don't risk neglect! If your kidneys need help, use Doan's Pills. No other kidney diuretic is so well recommended nor so successful. Ask your neighbor!

A Virginia Case
Mrs. W. T. Vest, Chestnut Ave., Buena Vista, Va., says: "My back ached quite a bit and when arising in the morning my back was stiff as a board. I felt just tired and worn out all the time. My kidneys acted irregularly. I used Doan's Pills and two boxes of Doan's cure me. I have never had any trouble since."

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"Tanlac has driven pains from my body that had troubled me for ten years. Besides backache, which almost killed me at times, I had rheumatic pain and swelling in my hands and legs, my circulation was poor, feet always cold, nerves undone, my stomach didn't feel right. I had regular headaches and I was a discouraged man."

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