

WOMEN AND THEIR INTERESTS

Keep Your Head and Keep Clear

By ELLA WHEELER WILCOX

Did you ever stop and think of the wonderful sanitary effects of some of our modern inventions?

The trolley cars and the automobile, for instance.

If you live in a large city, and have reached two score years, you perhaps recall the time when cars were drawn by mules and over-worked horses; and horses and mules and donkeys were the moving power of all vehicles.

And you must remember how much more prevalent insects of all kinds were in those days.

You must remember how littered were the streets, and how swarms of insects followed in the wake of all this filth. Out in country places it was the same; and where there were no street cleaners, and around farm houses, where the people were too busy with their compelling labors to tidy up the place, most unhygienic conditions existed.

Aside from the elimination of the animal in labor, there comes the casting of oil on the troubler ways of dust.

Many country homes, giving on public thoroughfares, which were almost uninhabitable in dry seasons by the clouds of dust which passing vehicles raised, are made comfortable and free from such annoyances by the oiled streets, which have come as a result of automobile needs.

Not only does oil lay the dust, but it helps eliminate the mosquito.

That insect cannot abide the thought of the Standard oil, or any other oil.

The trust does not trouble him so much as the odor.

In fact, the mosquito would be very glad if a trust were formed which brought the price of oil up to a prohibitory rate.

It is whispered that a Congress of Mosquitoes is about to take place all along the Jersey and Long Island coast, in order to discuss ways and means to arrest the destroying influence of oil, which is bringing the birth rate of the mosquito to such a low figure that it threatens the extinction of the whole family.

In a recent periodical a physician wrote a series of interesting articles on the causes of disease. Here is something he said about the fly:

"Yes, let's get rid of the fly. But in the name of all that is decent, let us be HONEST about it, and not act under false pretenses, shamming a fastidiousness, inconstancies, ignorance and foolishness, and we shall soon get rid of the flies, for then there will be nothing for them to do, and, incidentally, the majority of the doctors will be in the same fix as the fly."

True, there have been great advances in preventing and treating diseases. BUT THESE ADVANCES ARE DUE TO SANITARY SCIENCE.

And we have no relation to the "Germ Theory of Disease," except as it is credited thereto. The history of these years proves the statement.

H. Hitchcock, M. D.

So we can understand how our modern inventions are helping the cause of sanitary science. With all the noise, and the unpleasant odors and the accidents which accompany the automobile, it has been a wonderful factor in cleaning up the world.

And as we read Dr. Hitchcock's words we ought to realize how important it is to keep in touch with God's second new law to Godliness—the law of cleanliness.

Clean thoughts, clean words, clean bodies, clean homes, clean cities and clean places mean HEALTH.

Disease cannot exist where all things within and without are CLEAN.

Instead of losing our heads over fool fads, and medicine fads and opium fads, and serum fads, let us keep our heads and KEEP CLEAN.

Sanitation is the only common sense, logical, scientific method of preventing disease.

Sanitation has abolished many diseases in many communities.

Sanitation is man's application of nature's methods of disposing of the waste products of the processes of life, intensified and quickened, producing in a short time results for which nature requires indefinite time, viz: the breaking up of organized organic matter into its original Lavoisierian elements.

Let us have sanitation in its true sense, free from all false facts, prejudices, inconstancies, ignorance and foolishness, and we shall soon get rid of the flies, for then there will be nothing for them to do, and, incidentally, the majority of the doctors will be in the same fix as the fly."

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If the fly and disease exist at the same time, it is because of unsanitary conditions.

If diseases exist because of unsanitary conditions.

Then, naturally, they both exist because of the same reason.

"Germs" of disease exist only where there is disease.

"Germs" of disease and disease are co-existent.

"Germs" of disease exist because the conditions are suitable for their existence.

"Germs" of disease are the result, not the cause of disease.

"Germs" of disease exist and live only in the diseased body; they cannot exist and live in the healthy body.

make prizes of whatever merchantmen might run across the wireless operators of Austrian liners at sea will in all probability make it difficult or impossible for the battleship to receive or send messages. Should this become the case, the wireless would play a very important part in the strategy of the sea. Of course, this situation could not affect ships in this neutral port. The spectacle of New York harbor populated only by ferry boats, tugs and carfloats without any of the great liners which are regular visitors here, affords a striking possibility.

WAR IS MENACING GOTHAM COMMERCE

World's Greatest Port May Be Deserted as Result of European Embroglio

New York, Aug. 8.—The elimination of nearly all of her great transatlantic commerce is probably the most striking possibility as the result of a general European warfare which New York has yet had to consider. As the greatest port in the world this commerce is of course enormous but it can easily be demonstrated that practically all of this would be lost and New York have little more than the commerce of this class than Nashville, as the result of a general European embroglio.

As a matter of fact, of all the great liners which ply between Europe and this port only six would be safe from attacks at sea, that being the number which fly the American flag. Because they belong to a neutral country, they are safe from seizure. All the other great liners whether English, German, French or Italian might expect capture at any moment. In the case of cargo steamers which do not cater to passenger trade, the situation is even more serious and the question of moving the country's great exports assumes staggering proportions.

Officials of all steamship lines with offices at this port attend a feeling of nervousness as to the future condition of commerce. It is believed that wireless telegraphy will be tested as never before and that possibly the whole system may be revolutionized. It is pointed out that if a Greek battleship, for instance, is ordered to

AT PAXTANG

To-night will be your last opportunity to go out to Paxtang Park and see the Kuma Japanese Troup do their wonderful feats in oriental magic and hear the only Japanese child singer on the stage. The little Japanese girl has a very pleasing voice and gives a delightful entertainment. The rest of the park bill is made up of excellent material.

Next week King Kelly will try his luck at Paxtang. The balloonist's first engagement at the park this summer was greatly hampered by rainy weather. Next week Kelly promises to make up for all that we missed in the way of aerial sensations during his last visit. A new thriller that Kelly calls his multifeat parachute drop will be introduced as a special feature some day during the coming week.

PICKPOCKETS AT PEN-MAR

Waynesboro, Pa., Aug. 8.—The pickpockets resumed their activities at Pen-Mar park, Thursday afternoon during the big Odd Fellows' reunion. William Sheldon lost \$38 at the terminal station while waiting for a car. A number of excursionists from Baltimore and Harrisburg complained of losing their money at the station. One woman lost a valuable gold watch, while two men lost \$10 and \$4 respectively, while others lost various amounts of money, watches and jewelry. Two cameras and several ladies' coats were also stolen.

SKELETON OF SOLDIER FOUND

Gettysburg, Pa., Aug. 8.—Workmen along the Western Maryland Railroad on Thursday discovered the skeleton of a union soldier buried under a half foot of earth at the famous cut west of town. Three United States buttons and three iron bullets were found with the bones. The bones will be interred in the national cemetery.

THREE WEDDINGS IN DAY

Sunbury, Pa., Aug. 8.—The Rev. Dr. J. M. Francis, of Zion Lutheran church, officiated at three marriages yesterday when he married three couples. They are: Robert F. Rehl and Miss Grace E. Swisher, Lewisburg; Frank A. Glass and Miss Sallie C. Marsh, Freeland; and George W. Gillinger, Danville, and Miss Anna M. Walters, Bloomsburg.

Deafness Cannot Be Cured

by local applications, as they cannot reach the seat of the disease. The only way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous membrane of the middle ear. When this tube is inflamed you have a running or impure hearing. Now, if it is entirely closed deafness is the result, and unless the inflammation can be taken out and the tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous membrane.

We will give you Hundred Dollars for any case of Deafness cured by our medicine.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

POULTRY NEWS

EARLY LAYING STOCK DOES NOT GET BIG

Pullets Cease to Grow if They Develop Too Early, Says Telegraph Expert

Each succeeding year more poultry keepers strive to bring their age; into laying at a very early age; a poultryman who succeeds in having a pullet produce at an age of four and one-half or five months feels warranted in doing some crowing about it.

If the laying stock is to be kept only one year and then sold off for meat, there is probably economy in forcing early laying but right here the practice should stop. Stock that is sooner later to be used for breeding purposes should be kept apart from the utility flock and the treatment of the two lots should be different, perhaps from the day of hatching.

It will be found that the pullet which starts to lay at an early age, and the cockerel that develops early in life, rarely if ever make the reputation that are needed to perpetuate the desirable qualities in poultry. Early development means premature physical deterioration and the pullets that lay early cease to grow. The great strain on the productive and re-productive organs until them for long life and heavy continued egg production.

The cockerel that develops early and commences to lay usually proves to be a small boned, small framed bird, and though he may prove a sure breeder, does not perpetuate the qualities wanted among the best breeds, namely, size, frame and bone.

Like the colt that is put to work at two years of age he fails to make proper and normal development. The pullet that is put to lay too early, should not begin to lay until eight or nine months old and the cockerels while assisting a lady for a year. It is best that pullets do not begin to lay until they have reached standard weight built from the ground up, with a deep, deep breasted and legs wide apart.

If market production is the only object, get the pullets going early and quality, but to get the best development of the breeding stock. Not only should there be no deterioration; there should be improvement from year to year.

KILL HENS MOLTING EARLY IN SEASON

In All Probability They Are Not the Layers; But They Make Good Corn Soup!

Busy poultry keepers may overlook the opportunity for improving the flock and the chicken corn soup by a single operation.

Two facts will be readily conceded, namely that a fat chicken is a poor layer and that a lean chicken makes a poor base for chicken corn soup. The inference is plain—kill the poor layer to make good soup.

Sometimes it is a hard task to pick the persistent layer or even the hen that is temporarily inactive but at this particular season of the year there is tell-tale evidence by which to be guided. Many hens have started to molt and it is a pretty safe bet that the bird going into molt in less profitable than those that molt late in the fall. It is even very probable that early molt may mean that the hen has been a poor layer at all times; that the quantities of good feed he consumed were transformed into fat and not into eggs. Laying aside any question of the past performance of the early molters it is almost certain that many times much time will be consumed in discarding the old dress and taking on the new. Several months at least will be lost, whereas, the late molters will probably make the change in one-fourth the time.

Kill the hen that molts early if one is wanted for the table or market. You will be reasonably sure of getting one that is in good condition for the purposes it is wanted, and at the same time you will be most likely to rid the flock of a member that has kept the average production down.

Poultrymen to Meet in Chicago Next Week

One of the largest and most important meetings in the history of this organization, the new standard of perfection, by which all exhibition poultry is judged, and which is revised once in every five years, will be adopted at the Chicago meeting. Several important changes in the Standard are to be made this year.

S. C. RHODE ISLAND RED AND S. C. BLACK MINORCA EGGS FOR HATCHING

Stock for sale. My birds got their share of prizes the last two seasons at York, Carlisle, Middletown, Harrisburg, Red Lion, Hanover, Steelton and Biglerville shows. Satisfaction guaranteed.

M. H. BANKS, Siddonsburg, Pa.

MT. GRETTA

See the Soldiers in Camp

Next Sunday, Aug. 9

SPECIAL TRAIN

Leaves Harrisburg 9:50 A.M. Stopping at principal intermediate stations.

Returning, leaves Mt. Gretna at 12:25 P.M.

Tickets good only on Special Train.

Pennsylvania Railroad 75c Round Trip.

HOTEL POWHATAN WASHINGTON D.C.

HOTEL OF AMERICAN IDEALS

Pennsylvania Avenue, 18th and H Streets.

Best Located Hotel in Washington.

Overlooks the White House, within easy access of public buildings, shops, theaters and points of general and historical interest.

When visiting the nation's capital, you should make your home at the Powhatan, the Hotel of American Ideals.

Rooms with detached bath, \$1.50, \$2.00 and up.

Rooms with private bath, \$2.50, \$3.00 and up.

Ask for special literature for Hotel Powhatan, Clippings, Tourist Folders, and Souvenirs.

Write for booklet with map.

CLIFFORD H. LEWIS, Manager.

CHAS. H. MAUK THE UNDERTAKER

Sixth and Kalker Streets

Largest establishment. Best facilities. Near to you as your phone. Will do anywhere at your call. Motor service. No funeral too small. None too expensive. Chapels, rooms, vault, etc., well equipped and charge.

Business Locals

PICNIC SPECIALTIES

Picnic days are joyful days and nothing contributes more to the pleasure of the day than a basketful of good goodies. When the good things are spread everybody is ready to line up for the feast. That is our specialty—supplying all the light luncheon morsels that are tempting. B. B. Drum, 1501 North Sixth street.

DAINTY FOOTWEAR

Every woman is as proud of her shoes as she is of her dress because she realizes that a neatly attired foot is essential to make the costume look complete. Attractive are the ladies' Clippings, which are selling at special at \$2.45. Others in gun metal and patent with steel cut buckles, \$1.98. Deichler, 13th and Market streets.

AS YOU LIKE IT

If you are not pleased with some garment you have in your wardrobe we would suggest that you send it to us for a change of color and that will make it seem like new. Ask us regarding the proper colors, we can tell you how it will look. Phone Finkelstein. We call for and deliver. 1320 North Sixth street.

HOTEL MAJESTIC Virginia Ave. and Beach. Center of attractions. Ocean view. Renovated. Capacity 300. Elevator. Private baths. White service, etc. Superior table. Special \$12.50 up weekly; \$2.00 up daily. Booklet. M. A. SMITH.

HOTEL SHOREHAM Virginia Ave. near beach; best location. Capacity 300. Thoroughly modern; elevator, private bath, price, excellent table. \$2.50 up daily; \$12.50 up weekly. Booklet. E. H. LUNDY.

HOTEL FRONTENAC Kentucky Ave. 100 yds from beach. The most popular hotel. Between the two famous piers, central to all attractions; modern, high class ocean view. Renovated. Capacity 250. Will make very special terms of \$8, \$10, \$12.50, \$15 up weekly, including large ocean view. Renovated. Bath, elevator, baths, phones, superior table with white service; table supplied direct from farm; pure water, sanitary plumbing, porch overlook the ocean and Boardwalk. Booklet. W. F. WATTS.

THE WILTSHIRE Virginia Ave. and beach. Ocean view; capacity 250; private bath; running water. Special \$15.00 up weekly; \$3.00 up daily. Open all the year. Booklet. SAML ELLIS.

THE HARRISBURG ACADEMY

To educate and develop young men along the line of sound scholarship and genuine manliness is our business. Our system provides: A full day session; small classes with attention to the individual pupil; experienced masters; supervised study periods; wholesome associates; ideal environment and good athletic facilities.

For information about the Day School, Boarding School, Summer Coaching School, communicate with Headmaster, Arthur E. Brown, Post Office Box 617, Bell Phone 1371J.

Summer Tutoring School August 3rd to September 11th.

RUDOLPH K. SPICER Funeral Director and Embalmer 612 Walnut St. Bell Phone

Physician Called Too Late to Save Woman's Life

Hummelstown, Pa., Aug. 8.—Mrs. Albert G. McCoy died yesterday morning after being ill several days with diphtheria. She was about 25 years old and is survived by her husband and a small daughter.

The child, which is only about 18 months old, has contracted the disease and the home has been quarantined by the board of health.

During the first few days of the illness Mrs. McCoy, no physician was summoned until Wednesday evening. The doctor administered antitoxin twice in the hope of saving the woman's life, but morning from the disease yesterday morning.

JACK JOHNSON'S BOND MAY BE DECLARED FORFEIT

Chicago, Ill., Aug. 8.—That he was unable to leave France because of the war was the plea to-day in behalf of Jack Johnson, the prizefighter, when forfeiture of his \$15,000 bond was asked. Johnson, convicted of violation of the white slave act, was at liberty under bond pending appeal when he fled to France. The court ruled that unless a new bond is furnished within twenty days the old one will be forfeited.

JUDGE WOOLLEY NOMINATED

Washington, D. C., Aug. 8.—Judge Victor Woolley, of the Delaware State Courts, was to-day nominated by President Wilson for federal judge of the Third Circuit, succeeding Judge George Gray, who resigned some time ago.

AUTO OVERTURNS; ONE DEAD

Camden, N. J., Aug. 8.—Harry Oberander, 50 years old, of Ashley, Pa. died as a result of injuries sustained when his automobile overturned near here to-day. The machine in which they were riding skidded and overturned.

A NOTRE DAME LADY'S APPEAL

To all knowing sufferers of rheumatism, whether muscular or of the joints, sciatica, lumbago, backache, pains in the kidneys or neuralgia pains, to write her for a home treatment which has recently cured all these tortures. She feels it her duty to send it to all sufferers FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you for proper address, write to J. P. DANNE, Box 3, Notre Dame, Ind.

Resorts

MOUNT GRETTA, PA.

Most Popular Cottage

Mountain Resort in the State

450 Cottages and Three Hotels, with amusement grounds at \$500 and steadily increasing.

Protected by a Complete Sewerage System and a Pure Water Plant. The beauties of Lake Conewago must be seen to be appreciated. On Line of Corwail and Lebanon Railroad.

Forest and mountain walks, fishing and bathing, pure water, numerous springs, entire absence of mosquitoes and flies, cool nights.

Hotel Conewago, Mount Gretna, Pa. Located at head of Lake Conewago. Beautiful and healthful surroundings. Round trip with electric elevator to all floors; garage, tennis, croquet, music, dancing, electric lights and running hot and cold water in rooms; excellent cuisine; pure water from deep artesian wells. Opens July 20th. Rates moderate.

For information, etc., apply to Mr. Samuel Lewis, manager, Mount Gretna, Pa.

List of Conventions and Conventions to be held at Mount Gretna, Pa., Season 1914.

Pennsylvania State Association of Reformed Church, Aug. 2-8, inc. Eight annual Summer Session, Lutheran Grand System, Aug. 8-15, inc. United Brethren Camp-meeting Association, Aug. 4-13 inc.

Hotel Tennessee

Tennessee Ave. and Beach. Ideal location, convenient to railroad station, churches, piers and amusements. Bathing from hotel. \$1.50 up daily; \$8 up weekly.

HOTEL NORMANDIE Kentucky Ave. near the Beach. Near all churches, piers and depots. Excellent table, private bath, private beds. Bathing from hotel. Elevator. \$1.50 day up, \$9 to \$15 weekly. J. HAMILTON.

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NOTED FOR ITS EXCELLENT TABLE

ATLANTIC CITY, N. J.

ATE RATES: most desirable, Kenosha Ave. and Beach. Choice rooms, private baths, latest improvements, best service, excellent parlors, Capacity 500. Cool veranda. Good music, etc. 10th year ownership management. Fresh water, pure water from deep artesian wells. All food supplies of finest quality. Special rates. Free water, sanitary plumbing, porch overlook the ocean and Boardwalk. Booklet. W. F. WATTS.

HOTEL CLIFTON

Corner Atlantic and Connecticut Aves. Ocean view. Renovated. Capacity 300. Elevator. Private bath, price, excellent table. \$2.50 up daily; \$12.50 up weekly. Booklet. E. H. LUNDY.

CHANNELL

Excellent table. Pleasant surroundings. Billiards and Pacific. Capacity 300. \$5 up weekly. Newly furnished ocean view. Bathing from hotel. Swimming and amusements for children. Window screens. Booklets. A. C. CHANNELL, Ocean and Prop. F. C. of Arkansas and Pacific Ave.

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THE WILTSHIRE

Virginia Ave. and beach. Ocean view; capacity 250; private bath; running water. Special \$15.00 up weekly; \$3.00 up daily. Open all the year. Booklet. SAML ELLIS.

THE ELK

32 No. Massachusetts Ave. First-class boarding from \$8 to \$10 weekly. All conveniences.

EDUCATIONAL

FALL TERM

Begins Tuesday, September 1

Write to H. H. HARRISBURG, SCHOOL OF COMMERCE, 15 S. MARKET SQUARE, HARRISBURG, PA.

Harrisburg Business College

Day and Night. Business, Shorthand and Civil Service. Individual Instruction. 28th year. 329 Market St. Harrisburg, Pa.

GEORGE SQUIBBIER

EMERALD DIRECTOR

BIOGRAPHICAL DIRECTORY

Summer Tutoring School

August 3rd to September 11th.

"There are Many Causes for Infected Breath"

Says Madame Is'bell—"Some Come From the Stomach and Some From the Head."

THE BREATH.

Carelessness is at the base of most cases of offensive breath; it may be carelessness in regard to the health, or simply in matters of personal hygiene. In the first category of cases, the following would include over-eating, indigestion, highly spiced and rich foods and drinks, such as onions, and alcoholic beverages, constipation and fermentation. It is believed that wireless telegraphy will be tested as never before and that possibly the whole system may be revolutionized. It is pointed out that if a Greek battleship, for instance, is ordered to

To Overcome the Effect of Catarrh.

Catarrh, a frequent cause for bad breath, is often overcome by the systematic habit of deep breathing and absolute cleanliness of the nasal passages. I believe children should be taught the importance of this and from the time they brush their teeth by themselves they should wash out the nostrils right after morning with soapy water, inhaling a little into the nostrils and expelling it. Perfect cleanliness of the nasal passages is the best protection against head colds and catarrh and the best guarantee that the breath is not tainted with an odor due to any condition in the head.

Disturbances of the Digestive Tract.

A disordered stomach is often referred to as a common cause for an offensive breath, but, in truth, the trouble generally lies not in a disordered stomach but in the lower intestine. Fermentation there will almost always taint the breath, or the gases arising from it are quickly absorbed by the blood, carried to the lungs and from there thrown off when breathing. Constipation is responsible for more or less offensive breath, for this condition presents a more or less acid breath.

The cause of constipation are so many and so varied that the individual that it is difficult to go into this subject beyond pointing out some of the usual causes and the simpler methods of prevention. Nervousness, a sedentary life, eating too concentrated food and lack of exercise are the most common causes for this trouble, and they can all be overcome by some change in the manner of living.

Eat Food With Bulk.

If we regard food simply from the standpoint of how much nourishment it produces, we would discard many items common on the table today and which are rightly regarded as necessary to good health. Beef, eggs, bread with certain amount of sugar contain all that is necessary for nutritive purposes, but to keep the body in good working condition bulk should be added to this regime. This explains the health-giving qualities of

of the coarser vegetables, such as cabbage, turnips, dandelions and so on, food highly relished by those who live sufficiently active lives to properly digest them. For pleasant eating, the best bulk supplier and should be eaten daily in some form, fresh or stewed. Apples, pears, grapes and oranges which contain much water are particularly useful in this connection. Figs have a distinct laxative value.

A glass of hot water with the juice of half a lemon in it drunk on arising cures many stubborn cases of constipation. Physical exercises, especially those that call the abdominal muscles into play, are very effective and when carried out regularly with an appropriately arranged diet will generally effect a permanent cure.

A tendency towards fermentation not necessarily due to constipation is often checked by adding a plentiful supply of buttermilk to the diet. Fermentation and the unpleasant belching that comes from it is due to nervousness and will be corrected as the nervous condition passes away.

Some cases of constipation come from a lack of fat in the diet. Those who do not eat fat meat should supplement this deficiency by a generous amount of olive oil, butter and cream. An excellent lubricant for the human machinery is a dessert spoon of olive oil taken three times a day before eating.

Strongly Smelling Foods.

Any strongly flavored food or drink, like onions, coffee or alcoholic beverages, will taint the breath as soon as the process of digestion commences. The odor arising from such food or drink is absorbed by the blood, carried to the lungs and thus thrown off. The strength and duration of such odors differ with different people—a person with a good digestion will generally be free from such an odor sooner than one where the digestion is weak and constipation more or less frequent, but the odor is always present. Strong mouth washes, like tincture of myrrh, chewing gum or munching scented pastilles will do much towards concealing any odor arising from eating strong food, but these should not be relied on to cover up the effects of constipation or fermentation. It is necessary to get at the cause and correct that.

Children and those who exercise freely rarely have tainted breath. Exercise is one of the best purifiers of the human system.

Brushing the Teeth is Not Sufficient for Perfect Cleanliness.

Anyone desirous of keeping the breath sweet will pay strict attention to the condition of the mouth, throat and nasal passages. Brushing the teeth alone is not sufficient to keep the mouth perfectly sweet. Impurities, particles of food clinging to the roof of the mouth, the gums and the tongue, and there is a constant supply of mucus always gathering there.

In addition to brushing the teeth night and morning the throat should be gargled, the mouth rinsed and the gums and tongue should be wiped with a wet piece of absorbent cotton.

There is also a right and a wrong way to clean teeth. The brush should be used with an up and down movement, not across, as is the common custom. Brushing across the gums bruises them; with the up and down movement the brush enters between the teeth and dislodges particles of food.

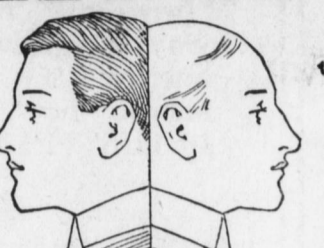
Never go to sleep without thoroughly cleansing the mouth. If the teeth are very close together, dental floss should be passed between them. Pay particular attention to any artificial attachments in the mouth. With some bridge work it is possible to pass the dental floss between the bridge and the gums and keep the space clean in that way. If this is not possible, provide yourself with a small mouth spray such as dentine have and use this freely and daily about the arrival

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Mrs. Is'bell

Shall It Be Hair or No Hair



It's Your Choice Cuticura Soap

Shampoos and light dressings of Cuticura Ointment clear the scalp of dandruff, allay itching and irritation, and promote hair-growing conditions in most cases of premature loss of hair.

Samples Free by Mail

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 32-page book. Address "Cuticura," Dept. 341, Boston.

Resorts

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DELIGHTFUL VACATIONS Here, with cool climate and invigorating breezes. Magnificent walk, free music, ocean piers, theaters, large, cool front porches, Home-like hotels. Excellent bathing. For handsome booklet write to-day to J. W. WHEELER, City Clerk, WILDWOOD, N. J.

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Leading High-class Moderate Rate

ALBEMARLE Virginia Ave. close to bathing, all ocean piers, theaters, etc. Coolest location, open street fronting, 4,000 ft. porches; 100 large, cool front porches; private baths, elevator; exceptionally good table, fresh vegetables and sea-food; pure water from deep artesian wells; courteous service, especially catering to families and those desiring the comforts, conveniences and attractions of the large, luxurious hotels without the excess in cost. Pure water, sanitary plumbing, porch overlook the ocean and Boardwalk. Booklet. W. F. WATTS.

HOTEL TENNESSEE

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