

looked up to see Henrietta standing there.

"Why Hennie, what on earth? I thought you were going to that auction at Sweetman's this morning."

"A telegram came for you just a few minutes after you left the house." Henrietta held out the yellow envelope. "I started as soon as I could get dressed."

Phoebe stared at the message pasted in one strip on the sheet of paper. "Ben's mother died this morning. Love. Mother."

"Oh, Hennie! I—come on with me while I get my coat and hat." She handed the telegram to Henrietta and caught the sleeve of the head sales clerk on globes. "Miss Simmons, I've got to go."

"You'll have to see Mr. Cranston and report."

But Phoebe couldn't even think of hunting up Mr. Cranston on the crowded floor. Henrietta slipped her arm through Phoebe's as they hurried down the street through the thickly falling snow.

"FOR GOD in His infinite wisdom gathereth at last unto himself each weary and overburdened one . . ."

In the sharp brightness of the snow-covered cemetery Dr. Larabee's voice was small, the warmth he tried to put into the words was snatched out of them by the freezing wind. Phoebe, standing by her mother, looked at the minister, glanced away and shed tears quietly. She had been home two nights and a day and Ben had not come to her. Arriving late Tuesday she had gone straight to his house. But Eulalie had told her at the door that young Mr. Ben was out. "Oh he—he is? Then when he comes back tell him I'm home, Eulalie. Tell him I want very much to see him."

Surely he'd come over in the morning. But he hadn't. Phoebe had stood by the window, past which snow fell in a thin white veil. She had put on her galoshes and walked down to the end of the hedge where they used to meet, and stood there. And all she saw was a florist's

delivery wagon drive in. The only glimpse she had had of Ben was when at last she had entered the Prentices' dim, chilly, strangely sweet-smelling parlor at two o'clock this afternoon and like a stranger sat down on a folding chair.

In the car going home Caroline brushed her handkerchief over smarting eyelids and talked incessantly.

At home the house was reassuringly warm and bright with sunshine pouring through the frosted windows, though the kitchen was filled with clouds of blue smoke which rose from an aluminum pot on the stove—the apple sauce Caroline had forgotten. She rushed about with her hat and gloves still on, opening windows, flapping a towel to clear the smoke away, glad of having something to do.

"HE'LL COME OVER pretty soon," Phoebe thought, sitting motionless by the living room window. The wind made a

Continued On Page 12

YOUR GOOD HEALTH
BODY CLEANLINESS ESSENTIAL TO PHYSICAL WELL-BEING

by CLAUD NORTH CHRISMAN, M. D.

WHEN WE talk about personal hygiene, we mean anything that concerns the general cleanliness of the various parts of the anatomy.

I have known persons who are most particular about what they touch with the hands, but do not seem to mind that the odor of their feet can be noticed by others.

There is the skin, whose structure is several layers deep. The pores cover the entire body and because some of them are hidden by the clothing does not relieve them from doing their share of the work.

Hence frequent and thorough bathing becomes a subject of much greater importance than merely keeping one's face and hands clean. Those who fretted over the increasing display of the human frame, especially at bathing beaches the last few months and in sports (by the feminine contingent mostly), can take comfort in the thought.

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that we were very slow in realizing that contact of air with the skin was a pronounced aid to the functions of the skin in perspiration and in body breathing.

It should be known to all of us that the skin is of great importance in waste elimination. Frequent and deep friction of the skin, aided by soap and warm water, gets rid of layers of used tissue, as well as ridding the surface of acid moisture and an accumulation of grime, which makes a valid medium for the growth of bacteria.

This type of cleanliness may be extended to include the muscle tissues beneath the skin, since the help we give to them in exercise and massage aids in riddance of fatty layers which may be in the way of exerting the friction they must provide for the consumption of oxygen.

Hands are the medium most frequently used in communication with the world outside the body. We cannot begin too early to teach the child that many things he touches in the course of a day will be the field for the cultivation of bacteria, and that many times a day the hands should be thoroughly washed.

This is especially true of the school child housed for several hours with many other children and exposed to much contagion. Books, pencils, desks, toilets—all are media of communicable disease, and the careful washing of hands as soon as the child returns home is safety rule number one.

Care of the feet may spell the difference between health and misery in after years, for most of our foot troubles begin in childhood. Fresh stockings and dry, well-fitted shoes should be the rule for everyday for the little ones. All of us find it necessary for comfort to bathe and dress the feet often between tasks. All sorts of inflammations and sometimes actual infection grow out of neglected feet.

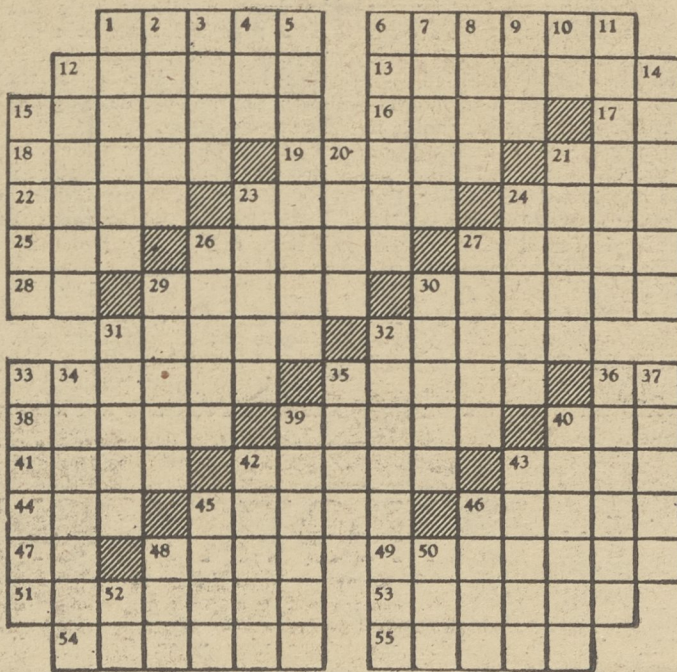
The hair accumulates dust and grime, in addition to the normal excretions of the scalp, and its beauty is soon dimmed and its texture ruined if its care is not maintained regularly. This outside care is only the beginning of the task of keeping the body healthfully clean.

It is a sorry commentary on our sense of sanitation not to cleanse the openings and pas-

sages of the system as they perform their daily tasks. It should be just as necessary to flush the nose and larynx, to scrub the teeth and gums, to refresh the mouth, as to wash the face and hands at night.

Eyes would be brighter and vision clearer if, at least at night before retiring, the eyes were bathed in some mild solution and the eyeballs washed with a good eye wash.

TOWN CROSS WORD PUZZLE



SOLUTION NEXT WEEK

- HORIZONTAL**
1—Old Turkish government
6—Greek goddess
12—A derivative of morphin
13—Subdivision of an army
15—Tiny seed
16—Nevada city
17—State (abbr.)
18—Martinique Island volcano
19—Perch
21—Foot-like part
22—River in Germany
23—Scandinavian epics
24—Injured
25—Over (poet.)
26—Harmonized
27—Compact
28—Common carrier (abbr.)
29—Value in money
30—Ballerina
31—Grind
32—A month
33—Sharpens

- 35—Primitive boat
36—Note of the scale
38—Sly looks
39—A parlor game
40—Loafer
41—Suffix: fruit drink (pl.)
42—Australian wattle tree
43—Part
44—Free
45—Lower in estimation
46—Kind of vessel
47—Preposition
48—Mistakes
49—Child's play-room
51—Stern
53—Changes
54—Specters
55—Rope

- VERTICAL**
1—English policeman (slang)
2—A command
3—Part in play

- 4—Cravat
5—Hold spellbound
6—Tourists' sphere of adventure
7—Lock
8—Cue
9—Self
10—Continent (abbr.)
11—Opposing
12—One who observes
14—Spring holiday
15—South African trade
20—Curved molding
21—Party beverage
23—Becomes
24—Begone!
26—Snares
27—Egyptian sycamore
29—Supports
30—Italian poet
31—Avarice
32—Motherly
33—Home of the brave
34—Tiresome
35—Heart
36—Implements for making lines
37—Polisher
39—Disasters
40—Spanish dance
42—City in Vermont
43—Ascends
45—Reared
46—Left-overs
48—Greek letter
50—Diminutive suffix
52—Hush!

SOLUTION TO LAST WEEK'S PUZZLE

