

Why are

WRIGLEY'S

flavors like the pyramids of Egypt?

Because they are long-lasting.

And WRIGLEY'S is a beneficial as well as long-lasting treat.

It helps appetite and digestion, keeps teeth clean and breath sweet, allays thirst.

CHEW IT AFTER EVERY MEAL

Sealed Tight—Kept Right

A10

FOODS NECESSARY TO HEALTH

Science Has Learned That Certain Substances Must Be Included in the Human Diet.

The work of the last half century, besides revealing the vegetable and animal parasite to which most of our diseases are due, has been marked by a new lesson in dietetics. In his review in Nature, Dr. C. J. Martin notes that it has become increasingly apparent that man cannot live on protein, fat and carbohydrate alone, but must have also small quantities of what, until they can be isolated and identified, have been named "accessory food-factors." The best example is the long-recognized antiscorbutic substance in fresh vegetables and fruit. The existence of at least three accessory food substances has been now established, and an insufficient supply of any one brings trouble. If one is inadequate, scurvy results; deficiency of another leads to beriberi; and if deprived of a third, animals fail to grow. Rickets in children, too, appears to be due to a similar cause. This knowledge has been long utilized to prevent scurvy; and where intelligently applied it has eliminated beriberi from coolie camps, the population of jails, and industrial communities of the far East.

Costly Joke.

A certain Times man who was hurrying through Glendale too fast the other day and received the customary summons, overlooked the date and failed to appear until the following day.

Of course the usual explanations, etc., but in the middle of them his honor began to chuckle.

"Well," he said, "we'll make it $5 for being too much in a hurry, and another $5 for arriving too late."—Los Angeles Times.

Suicidal tendency is three times as pronounced in men as in women.

EASY MONEY ALWAYS SOUGHT

No Age in History When Rogues Were Not Lying in Wait to Fleece the Unwary.

The origin of the confidence game is not easy to trace, observes a writer in the Saturday Evening Post. The Vedas and the Mediterranean classics reveal the ancient gods themselves as sad rascals. "Petronius" and the "Gesta Romanorum" contain descriptions of Latin roguery. Chaucer is forever dwelling on the trickery and scoundrelism of his contemporaries and in the succeeding era a whole literature of lawlessness had sprung up in Europe, reflecting the manners and methods of the engaging criminals of the sixteenth and seventeenth centuries, undoubtedly greatly romanticized. Lazarillo de Tormes in Spain, Gil Blas in France and Till Eulenspiegel in Germany are the archetypes.

England's Robin Hood is a quotable but less analogous figure. The early English novelists are, however, brimming with the stories of picaroons who are the progenitors of the modern confidence man. The chaste Richardson has a type in his Clarissa. De Foe's Colonel Jack is of the stripe and so are the numerous picaresque heroes or antiheroes of Fielding. And Smollett in his Roderick Random describ[es] with uncanny exactness the work of a bunko steerer.

Evicted.

Mrs. Morningcall—Where is your magnificent big dog? You don't mean to tell me you've sold him?

Mrs. Nickelpinch—Yes, we sold him. It seemed a shame for a dog to occupy that commodious doghouse this winter when so many people will be homeless so we disposed of him and rented his house to an artist.

What She Writes.

"What do you hear from your wife?" "Not much, except that she needs money again."

Find Out!

If you suspect coffee is upsetting your stomach or nerves, don't let the matter run along. Find out! Change over for ten days to

Instant Postum

a snappy, invigorating table beverage made from wheat, with a bit of wholesome molasses. Postum has a delightful flavor, much like a high grade coffee, but there are no coffee troubles in Postum.

"There's a Reason"

Made by Postum Cereal Co., Battle Creek, Mich.

FEDERAL, STATE AND COUNTY AGENCIES ASSIST CATTLE GROWERS IN MARKETING



Selling Surplus Animals From a Herd of Purebreds Under Favorable Circumstances—Listing Purebred Stock With County Agents Puts the Owner in Touch With Many Buyers.

(Prepared by the United States Department of Agriculture.)

Yes, raising of purebreds is all right for the fellow who has lots of them, but how are the chaps who have only a few animals to sell going to get rid of them? The big fellows have reputations, and know the big buyers personally, but "farmers like me who have a small surplus of purebreds for sale are often up against it."

This is substantially what William Brown told his county agent one afternoon while discussing difficulties he experienced in getting a fair price for a few of his fine Herefords. Fortunately the county agent was able to tell him of a marketing service designed to make the selling of purebred animals easier for the large and small breeders alike. The agent showed Brown that the United States department of agriculture, in co-operation with the state agricultural colleges, county agents, and local co-operative associations, has undertaken the task of introducing breeders—buyers and sellers—to each other. And the introductions are not confined to stockmen in the same county or state.

Listing Purebreds in Counties.

Already in a number of counties the location, age, number and breed of purebreds is tabulated and placed on file in the office of the county agent. In some cases monthly reports are prepared, showing the number of animals for sale and these are published by the state agents in marketing. An essential to the plan is the co-operation of breeders within the county. Usually the farm bureau or county agent's office is the headquarters for the local co-operative association and the county agent acts as its secretary. Thus a working unit is formed which can be readily fitted into the state and national system of listing all purebred animals. Many a farmer living in a community where such information has not been collected is unaware of persons within a comparatively short radius of his farm who are engaged in raising purebred stock.

The state field agents of the bureau of markets, co-operating with the animal husbandman of the state college, are a second important factor in the general plan. They aim to assist buyers either inside or outside the state. They also aid county agents in finding animals for club members and arrange trips for out-of-town buyers, that they may examine a large number of animals at the least expense. The benefit of this system is enjoyed by breeders, large and small, and will increase as a larger number of county and community organizations ally themselves with it.

A Near-By Market Overlooked.

A Florida stockman desiring to purchase some Herefords, after making what he considered an adequate inquiry indicated his desire to buy a carload of these cattle in central Montana, 2,500 miles away! Later he found from information supplied by the bureau of markets he could secure cattle sired by an international grand champion bull within 150 miles of his home. Purchase of animals from the latter herd would have meant not only a great saving in freight, but acquiring cattle more acclimated to the South. Furthermore, the risk involved in transportation would have been considerably less.

With the aid of the data regarding purebreds—and it is being added to continually—the bureau of markets is able to give valuable assistance to prospective foreign, as well as domestic buyers, of purebred animals. This branch of the United States department of agriculture recently demonstrated the value of its information by aiding a group of South Americans in locating herds in various parts of the country, and also in arranging for the exportation of the cattle purchased. Not the least valuable feature of their assistance was due to the fact that the bureau representatives understood the methods of South American marketing as well as those of this country.

More Associations Should Help.

While in many counties co-operative breeders' associations are already actively sharing in compiling data regarding the location of purebred animals, much remains to be done. County live stock associations are urged to keep definite, up-to-date information on file and to inform the state field agents in marketing and, through them, the Washington office of the bureau of markets, United States department of agriculture, of this fact. In this way they will render a much-needed service to their members, to the live stock industry as a whole, and to foreign buyers who come to this country for purebreds to improve their herds.

ESSENTIALS LISTED FOR STOCK RAISERS

Means Outlined for Bringing Down High Cost of Meat.

Specialists of United States Department of Agriculture Give Some of Most Essential Items in Raising Cattle.

General improvement in the type and quality of beef animals the country over is one of the means urged by the United States department of agriculture for bringing down the high cost of meat to the consumer and, at the same time, increasing the profit of the producer. Some of the most essential items in growing beef on the farm, specialists of the department say, are:

Plenty of pasture and feed.

The right kind of cows—those that will produce good calves regularly.

A good, purebred registered bull—one that will sire good calves persistently.

A large calf crop. This means that all cows shall drop calves, and that the calves shall be properly cared for at birth.

Proper care of the breeding herd and the calves.

Selection of good heifer calves to replace old or inferior cows.

Prevention of disease among the breeding herd and the younger stock.

Shelter sufficient to protect the cattle from both severe cold and extremely hot weather.

A practical knowledge of fattening cattle for market.

Marketing to advantage.

There is a Farmers' Bulletin, No. 1073, on growing beef on the farm that may be had free on application to the division of publications, United States department of agriculture.

Raise Your Own Meat.

The time has come when farmers must raise their own meat if they expect to live comfortably and well.

Results of Dairy Testing.

Purebred bulls, healthier herds and collective buying are among the indirect benefits of dairy test associations.

Prevent Rheumatism.

Better keep the hens in the house on cold, rainy days, or they will get soaked and have rheumatism.

WEANING FALL-BORN CALVES

Young Animals Should Be Taken From the Mothers After Being Placed on Pasture in Spring.

Fall-born calves should be weaned after they have been placed on pasture in the spring, and then a gradually increasing allowance of grain should be given them, with hay and silage added later in the summer, according to the United States department of agriculture. For baby beef they should go into dry lot for finishing at the end of the pasture season, and be ready to market in December or January.

CROWS ARE SERIOUS MENACE

Green Poisoned Almonds Found to Be Satisfactory Bait for Extermination of Birds.

In Klickitat county, Wash., where crows have been a serious menace to the almond crop, green almonds poisoned with strychnine were found to be a most satisfactory bait in exterminating the birds, by a representative of the biological survey in that section.

LIVE STOCK NOTES

The hog is the most important animal to raise for meat and money.

* * *

Straw for hog bedding in the winter is the best thing a man can have on the farm.

* * *

Straw stacks afford a good bedding material and this is a use for them far more profitable than burning.

* * *

Legume hays contain a high per cent of lime and protein which make them especially valuable in the ewe's ration.

* * *

Every farmer whose lands are adapted to the breeding and growing of sheep will do well to get some on his pastures.

* * *

All livestock growers should remember that every 1000 lbs. of feed contains a large amount of fertility which should and can be saved.

* * *

The man who looks over his cattle every day to see how they're coming on, but doesn't go to the school once in a while to learn what his children are doing, has a wrong idea of values

NO MORE 'GROUCH'

Why Mr. Parker Has Permanently Reformed.

Something Providential in the Fact That He Should Step on That Broken Needle and Draw His Own Conclusion.

A needle in the sole of a foot is painful, but in the following story, written by a contributor in the Atlantic Monthly, it brought salvation to a man who was very much in need of it. Parker was a "sorehead"—sullen at breakfast, surly at dinner, quarrelsome in the office, crusty on the street, a bear at the party, a hog on the road, a fly in the ointment. His wife was afraid of him, his children were afraid of him, his clerks were afraid of him. He was a "grouch."

One night, about two in the morning, he rose, grumbling, to fasten a flapping shutter. On the way to the window he emitted a yelp of distress When they turned on the lights, Parker was sitting on the floor, tugging at something embedded in the sole of his left foot. Presently he held up half of a needle! It was evident, they thought, that the other half had remained in his foot.

The family was drowsily sympathetic, but confident that the doctor would find the broken needle in the morning with a magnet. Parker, however, slept little during the remainder of the night; he feared blood poisoning.

Immediately after the breakfast he sought the family physician, who, after patient investigation, assured him that he must have stepped on an already broken needle, for there was no fragment of the steel to be found. But Parker knew that he was carrying in his body a deadly thing that undoubtedly had started upon its fatal mission. He left the office early that afternoon and went home to surprise Mrs. Parker with a display of more tenderness than she had ever observed in him since their honeymoon, which had long ago passed into total eclipse. At dinner he appeared greatly interested in the conversation of Bill and Susie about the high school party. He patted Rags, the dog, who surveyed him for some moments with an expression of undisguised incredulity before retiring to the hearth to reflect upon the relationship of humanity and caninity.

All that night Parker lay awake preparing for the speedy wind-up of his terrestrial affairs, and at breakfast he bewildered the household by encouraging a conversation concerning other interests than his own. At the office curiosity reigned supreme and unsated. The clerks asked one another what in the world had come over the old man; and when he went out for lunch, Parker gave a blind man a quarter and bought a War Cry of a Salvation army lassie.

The shadow never lifted. Every night when he went to sleep he bade himself good-by, for the chances of his being alive in the morning were just as remote as they would ever be. But it was not a morbid shadow. It forced him to generate more light.

Sometimes his eyes grew moist and his throat ached when he reflected upon the deeply sympathetic understanding of his wife, who studiously avoided any reference to the impending tragedy, and who, in spite of her secret sorrow, acted up to the situation in manner heroic.

The fact that Mrs. Parker, while moving the rug in her husband's room on the morning following the accident, discovered half a needle—the point driven firmly into the floor—may also have given her courage to see the terrible thing through with cheerful resignation.

Chinese Peanuts.

Shantung appears not only in peace treaties, but in peanuts. It is the biggest peanut raising district in China. It is estimated that it raises about 500,000,000 pounds of peanuts every year and that it exports about 236,000,000 pounds of shelled and unshelled nuts. Before the war some 60 per cent of the total export went to Europe. In 1918 the total exportations from China of peanut oil were 40,000 tons, worth $8,000,000. One-half of this was sent to America. The domestic consumption by China of peanuts and oil is enormous. In north and south China the people use peanuts for food and for cooking purposes. What is sent abroad is but a small percentage of the aggregate product. Peanut cake, which is the refuse after extracting oil, is used mainly for the feeding of animals.

Building Character.

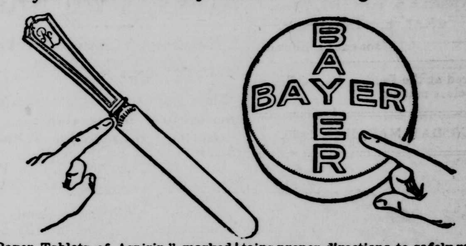
The character of the building reflects the soul of the man. The general plan reveals the ideal of the builder. Strong characters can't be evolved from shallow natures. There must be the character stuff there to build on. No matter how rough this may be there are processes by which it may be made smooth. But you never can put a finish on things naturally inferior. The very process reveals the lack of worth on which to build. It's different with great souls. These, like great rivers, are not easily ruffled. The currents of their thought, like deep waters, refuse to become choppy with every rippling wind that passes over them. Gales and freshets are not without their influence, but they can never change the nature of things.

Wanted to Help.

There was a disagreeable grind in the left rear wheel, and we drew up at the roadside to investigate. A neighbor who was along went to a nearby fence and started to drag a log toward the car. We watched open-mouthed as he dropped it beside the wheel we were going to take off. Being sensitive, we gently told him we had a jack for the car. "Oh, all right," said he, and reaching down with a mighty heave he lifted the car from the ground. "There," he panted, "can you get the jack under now?"—Exchange.

NAME "BAYER" ON GENUINE ASPIRIN

"Bayer Cross" on Aspirin like "Sterling" on silver.



"Bayer Tablets of Aspirin," marked with the safety "Bayer Cross," can be taken without fear because you are getting the true, world-famous Aspirin, prescribed by physicians for over 18 years.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions to safely relieve Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Firms and Families.

A firm is like a family—it is bound together by mutual interests. Just as families quarrel and ruin their homes, so the members of a firm may quarrel and ruin their wages and profits. But a normal family does not quarrel. It develops a family feeling, and all combine to protect each other.

CALOMEL!

It's Mercury! Quicksilver! Shocks the Liver—Danger!

You're bilious, but take "Cascarets"! You have a throbbing sensation in your head, a bad taste in your mouth, your eyes burn, your skin is yellow, with dark rings under your eyes; your lips are parched, your bowels are constipated. No wonder you feel foggy, mean and ill-tempered. You need Cascarets tonight. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and bowels are ended by morning with gentle, harmless Cascarets—they work while you sleep, never gripe, shock, sicken or inconvenience you. They're grand! Adv.

In Confidence.

The ancient Greeks dedicated the rose to Harpocrates, the God of Silence, and garlands of roses were draped over the doors of rooms in which debates or conferences were taking place in token that words which were spoken "sub rosa"—under the rose—were secret and not to be repeated outside. Hence our use of the term to denote something told in confidence.

Playing for Safety.

Jim—You spend too much money on that girl. Remember girls frequently help a chap blow in his coin and then marry the fellow that saves up.

Ed—I know. That's the reason I'm spending mine.

How's This?

We offer $100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years. Price 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Not So Well.

"I understand your wife treats you like a dog." "Oh, no! She pets and feeds the dog."

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Toilet Trio.—Adv.

Explained.

"Why do they want to try a play on the dog?" "To see if it will be a howling success."

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. Its action upon the Stomach and Bowels is beneficial. No second dose or after purgative necessary.—Adv.

A teaspoon of vinegar in water in which fowl is boiled makes it tender.

Wise to Avoid Insect.

There seems to be no doubt that the big spider of Arizona, New Mexico, California, Old Mexico, and many other places is a relative of the tarantula of Spain and Italy, and in color, disposition, and the feature of hairy legs a layman might easily mistake him for the tarantula. But perhaps there is not much in a name so far as spiders go, and it is just as well to avoid if possible that particular spider which so many Americans call the tarantula, though it is quite certain that the meanness of its disposition has been exaggerated.

OUCH! MY BACK! RUB LUMBAGO PAIN AWAY

Rub Backache Away With Small Trial Bottle of Old "St. Jacobs Oil."

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right on your aching back, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica, backache or rheumatism so promptly. It never disappoints!—Adv.

Described.

"Pa, what is a skeptic?"

"Anybody who doesn't believe the way you think he ought to."

NEW DRESS FOR OLD WITH DIAMOND DYES

Women Can Put Bright, Rich Color in Shabby, Faded Garments.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers—everything!

Direction Book in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Other Candidates.

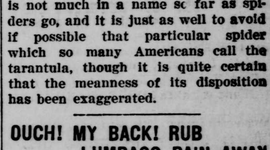
"The office should seek the man."

"And not altogether overlook the woman, many think."

Whenever there is a tendency to constipation, sick-headache or biliousness, take a cup of Garfield Tea. All druggists.—Adv.

A toothache will keep your mind on it more persistently than a heartache.

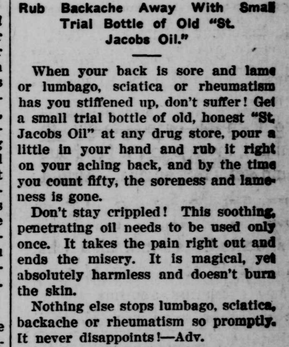
Sure Relief



BELL-ANS FOR INDIGESTION

The Right Way

in all cases of DISTEMPER, PINKEYE INFLUENZA, COLDS, ETC. of all horses, brood mares, colts and stallions is to "SPOHN THEM" on the tongue or in the feed with SPOHN'S DISTEMPER COMPOUND



Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers. 60 cents and $1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

Oh, yes, pitiless publicity is for everybody except the people you like very much.

More young men have achieved success in life with grit as capital than with money capital to start with.

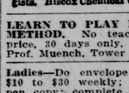


PARKER'S HAIR BALSAM

Removes Dandruff—Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 50c. and $1.00 at druggists. Hiscox Chem. Wks. Patchogue, N. Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiscox Chemical Works, Patchogue N. Y.

Use MURINE Night and Morning and Keep Your Eyes Clean—Clear and Healthy



Write for free Eye Care Book Murine Co., Chicago, U.S.A

LEARN TO PLAY PIANO BY MY EASY METHOD. No teacher required. Special price, 20 days only, $1.00; particulars free. Prof. Muench, Tower Bldg., Patchogue, N. Y.

Ladies—Do envelope addressing at home; $10 to $30 weekly; typewriter or fountain pen copy; complete instructions, 20c. The S. R. A. System, Box 722, Pittsburgh, Pa.

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