

After Every Meal
A universal custard that benefits everybody.
Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEYS

a good thing to remember
Sealed in its Purify Package



THE FLAVOR LASTS

Mothers of the World
Mothers!!
Write for 32-Page Booklet, "Mothers of the World"

Pat. Process
Lloyd
Loom Products
Baby Carriages & Furniture

Use This Coupon
The Lloyd Mfg. Company
Huron, Mich.
Name.....
Street.....
City.....State.....

A Prospective Transaction.
"Yassah, yo' dog bit me, and he done so good and proper, too, sah!" said Brother Baggy. "Bit me twell I shan't be able to foller muh puffession for de Lawd on'y knows how long. In fact, sah, de varmint done 'malgimated muh pussionally full a dollah's wuth. But as yo' is a white man dat I has allus admired, sah, if you says so I'll dess let him bite me ag'in, and call de whole bizness a dollah and a half."—Kansas City Star.

Copied Monarch in Wearing Wigs.
It was in the Seventeenth century that the wig found its maximum development in the peruke. The Abbe La Riviere, it appears, started it all by attending the court of Louis XIII in a wig. The king, who was prematurely bald, thought it an excellent idea, and, in adopting it for himself, made it obligatory among discreet courtiers.

Call for Affidavit.
I had been on a visit to my father and was returning home with an expensive typewriter he had given me. He insisted I write my name and address on the bottom. I put it in the rack on the train, forgot about it, and got off. A few days later it came to me by express. I never knew who found it and was so kind to return it.—Chicago Journal.

Why Glove is Removed.
Taking off the glove when shaking hands is a link with the time when this was done to show that no knife was concealed.

Made only of wheat and barley scientifically baked 20 hours—
Supplies Vitamin-B and mineral elements.
How can Grape-Nuts be other than a wonderfully appetizing, healthful food?
"There's a Reason"

Will History Repeat Itself?

From an Article by Charles Phelps Cushing, in Leslie's Weekly.
If history should repeat itself, as it has a way of doing, it is quite possible, for example, that for the next 40 years, beginning with the presidential campaign of 1924, only one candidate without a military record may succeed in getting residence in the White House. And the office of the presidency is chosen here only as the most conspicuous token of the governmental influence that a powerful association of war veterans can wield. "Absurd!" you think? Particularly in a pacifist nation?

But it happened once before, and not so long ago. It also might happen again if the American Legion should choose to emulate the G. A. R. So let's suppose. For the moment let's try to forget all party labels and personal likes and dislikes—for the writer has no purpose here but to suggest a parallel from history. What would you say to the possibility of such a presidential succession as follows:

General Pershingtwo terms
General Woodone term
General Edwardsone term
General Dawesone term
A Civilianone term
U. S. Grant, 3rdone term
That Civilian againone term
A Doughboy Majortwo terms
A Cavalry Coloneltwo terms

That fanciful parallel, as you soon shall see, is drawn closely from the records of the line of presidents of the United States for the 40 years from 1868 to 1908. The presidential administration immediately following the close of the civil war found an ex-state governor, who never had served as a soldier, sitting in the chief executive's chair. "Even as today"—but one hesitates to draw the parallel between Andrew Johnson and Warren Harding any closer than that. Mr. Harding, good natured as he is, would have a perfect right to protest.

Note next that from the close of Johnson's administration until 1908 there were 12 presidential inaugurations. Ten times in those 40 years the oath of office was taken by war veterans. The one man who succeeded in breaking through that long succession of ex-service men was Grover Cleveland.

No one else, in that 40 years after the war, became president without the support of the G. A. R.—an organization which, at the crest of its enrollment (in 1890) numbered only 409,781. This total, please note, is less than half the present strength of the young American Legion. Hereinafter follows, if your memory needs refreshing, the list of presidents of the United States for those 40 years:

Ulysses S. Grant, general of the armies of the United States; two terms.
Rutherford B. Hayes, brigadier (brevet major general); one term.
James Abram Garfield, major general; one term.
Chester Alan Arthur, quartermaster general; one term.
Grover Cleveland, civilian; one term.
Benjamin Harrison, colonel (brevet brigadier general); one term.
Grover Cleveland, civilian; one term.
William McKinley, captain (brevet major); two terms.
Theodore Roosevelt, colonel; two terms.

So perhaps our notion of the potential political power of an organization of ex-service men is not so silly as it sounds.

KEEPING FEET WARM.

From the beginning of winter until the milder weather of spring a fairly large part of the people will complain of cold feet and hands.

Among these will be the old, who will be told that their thick wall blood vessels cannot carry enough blood to their extremities to keep those members warm, or that their hearts have not enough force to keep an ample supply of warm blood in the suburbs.

Among them will be some who are said to be cold natured, and, lastly, there will be a group who have Raynaud's disease or some cousins of that disease.

There are some people whose blood vessels are enough diseased to cause cold feet, but they are very few.

There are others with heart disease, who have mottled skin on their ankles and some drooping of the legs, and they clearly have a right to complain of cold feet.

But the great majority of those who complain of cold feet and hands are troubled because of vasomotor disturbance. There are nerve cells and nerve fibers which enlarge, lessen the size of certain blood vessels and in that way settle whether more or less blood is to go to the head, the liver, the feet, or the hands.

Wherever more blood goes, there heat will be. Wherever less blood goes, there will be relative cold.

When it comes to the matter of comfort the vasomotor system has more to do with conditions than all else combined.

Unfortunately, we know far less about influencing this vasomotor apparatus and, therefore, determining comfort, than we do about controlling consumption and wiping out yellow fever.

However, there are a few simple procedures which we know help in keeping the feet comfortable in cold weather, and at least one acts through the vasomotor system.

If the feet are disagreeably cold, we can warm them up by exercise, or by breathing deeply. Thirty deep breaths, one right after the other, will warm up the feet and hands, and make the face turn red. Unfortunately, old people sometimes complain that this exercise makes them dizzy. Stamping the feet, walking fast, or running is effective.

This exercise must be kept up to be effective. When the heart begins to feel the effects, there will be an impulse to stop, but this must not be followed. As long as this feeling is proof that the remedial forces are turning up.

In the discomfort from cold feet which old people feel, the lack of force of the heart and the thickening of the vessels is less of a factor than is deficiency of grease in the skin.

Greasing the legs, feet and hands will go a long way toward making old people comfortable in cold weather. It took the world war to teach us the value of grease for old or young in keeping the feet warm in bitterly cold weather.

To prevent trench feet, Barratte had the men dip their shoes frequently in warm grease. They were required to unlace their shoes for 15 minutes twice daily.

The Italians prevented and cured chilblains by wrapping the feet in a mixture of 93 parts pure tallow and four parts pure lard, to which was added seven parts of a mixture of one part salicylic acid, three parts aspic essence, three parts oil of lemon and five parts lard.

Organized Bigotry.

From the Chicago Tribune.
About a month ago the House of Representatives, at the instance of the Rev. Wilbur P. Crafts, congressionally lobbyist for blue laws, passed an amendment to the postal laws which would deny the use of the mails to any publication of any kind or any mail of any kind containing tips or betting odds on any contest of speed, strength or skill.

The House of Representatives passed it, but less than a fifth of the membership was present, and no previous consideration had been given it in either committee or on the floor. Mr. Crafts is watchful. The opportunity was presented. Representative Walsh offered the amendment and after a few words of discussion it was adopted.

The Senate judiciary committee has hung the amendment up, deciding to put it over until next session, and Mr. Crafts and his supporters are angry.

In this particular case it is the method of passing the bill which causes protest. The government properly regulates the use of the mails against forms of gambling, such as lotteries, but the Rev. Mr. Crafts would make the regulation a tyranny. It would be impossible except in a whisper, for a resident of Columbus, Ohio, legally to tell a resident of Urbana, Ill., that Ohio State was a two to one shot over the University of Illinois. If that were written in a letter the person writing it might be given five years in the penitentiary and \$5,000 fine.

It is beginning to appear that the movement led by Mr. Crafts is as bigoted and as savage in its purpose as those which we thought were buried in the semibarbarous past.

Henry M. Butzel and Levy Mayer, bloodhounds of the law, discussed terseness. "In these days of worry," said Butzel, "our clients are tarser than we are. A silk man appealed to his banker, almost weeping, 'the silk business is terrible. You must let me have more money.' The banker replied, 'not a dollar, you are into us too deep already.' 'Where you ever in the silk business?' the silk man asked. 'Never,' replied the banker. 'Well, you're in it now, goodbye.' Bankers will see the point. Many are in a dozen businesses and they wish they were not.

A drop of \$1,000,000 a month in the postal savings banks of big cities is a bad sign. For that kind of saving, as Postmaster Hays well knows, is the most important in the country. It comes from the most careful class and from those that have absolute confidence in their government. And it is a saving made in spite of all possible discouragement.

The government, which has hitherto thought more about private owners of banks than of the saving people, has done all that it could to discourage its own saving bank. Mr. Hays will change that situation, if congress will let him.

Adrian, Mich., will decide this question: What shall be done to a woman guilty of killing the new born child of her unmarried daughter, to save that daughter from disgrace?

That will figure in birth control discussion. Those advocating birth control will say it would have saved the mother of the young woman from a trial for murder. Those that oppose birth control say, which is true, that an occasional trial for murder, however distressing, is not as bad as legalizing a system that would make immorality safe by removing a consequence and penalty established by Providence.

The question of course is: Would immorality spread if fear of consequences were removed?

To answer "yes" is not to put a high estimate on woman's character.

A telegram from Moscow received in Reval reports that a decree for the abolition of compulsory labor has been laid before the soviet executive. Only agricultural experts, doctors, and engineers will still be subject to regulations for obligatory work. Workmen may freely enter into engagements.

COTTON CROP IN AUSTRALIA

Shows Fine Staple in Pod, Though Growing Almost Wild in the Northern Territory.

Cotton in Australia has been found showing a very fine staple in the pod, though growing almost wild in the northern territory. Queensland is leading the way thoroughly and well in this matter. Expert and official opinion holds that a large portion of Western Australia is as suitable for cotton production as Queensland. Queensland is setting the pace. Last year 7,000 acres were under crop; this year the area is estimated between 80,000 and 100,000 acres. In two of its subtropical districts 3,000,000 acres are being opened up under the cotton prospects and 200,000 acres in another. The government is guaranteeing a minimum price of 5½d (11 cents) per pound for seed cotton. If cultivation responds the guarantee holds good for three years. The British Australian cotton association is helping with the erection of 48 ginneries. America demands more cotton; Great Britain is hungry for it. If Germany restores her prewar industry, then clearly the world's demand for some considerable time will be far ahead of the supply. Here is another golden opportunity for Australia.—A. S. Ledger, in Current History Magazine.

Refresh a Heavy Skin
With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

Dead Giveaway.
Margret is only seven years old, but sometimes quite naughty. On one occasion her mother, hoping to be particularly impressive, said: "Don't you know that if you keep on doing so many naughty things your children will be naughty, too?" Margaret dimpled and cried triumphantly. "Oh, mother, now you've given yourself away!"—Everybody's Magazine.

CHILDREN CRY FOR "CASTORIA"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use over 30 years to relieve babies and children of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep without opiates. The genuine bears signature

What, indeed! Still, if there were no small towns, what would large towns feel superior to?—San Francisco Chronicle.

A philosophical man when considering his own troubles—Isn't.

Imported Joke.
She—Who told you I was twenty-five?
He—Your mother.
She—As if she knew anything about it.—Boston Transcript.

Misfortunes often put us wise to our own carelessness.

A SCHOOL GIRL'S SUCCESS

Everything Depends upon her Health

Mrs. George E. Whitacre Tells of her Daughter's Breakdown and How Lydia E. Pinkham's Vegetable Compound Made Her a Healthy, Happy, Strong Girl

Every mother possesses information of vital importance to her young daughter, and the responsibility for her future is largely in her hands.

When a school girl's thoughts become sluggish, when she suffers the consequences of wet feet, pain, headache, fainting spells, loss of sleep and appetite, and is irregular, her mother should have a thought for her physical condition and try Lydia E. Pinkham's Vegetable Compound, which has proved a reliable aid to nature for just such conditions in so many cases.

This Mother Writes:
Mahoningtown, Pa.—"I would like to say a few words about Lydia E. Pinkham's Vegetable Compound. About a year ago I thought it would be necessary for me to take my daughter out of school. She was losing weight, was nervous, and when she would come home from school she would drop into a chair and cry, and say, 'Mamma, I don't believe I can go to school another day.' I gave her Lydia E. Pinkham's Vegetable Compound, and now she is a healthy,

happy, hearty, strong girl and weighs 120 pounds. She has no difficulty in doing her 'gym' work, and she works at home every night and morning, too. I am a mother who can certainly praise your medicine, and if it will be of any benefit you may use this letter as a reference."—Mrs. GEORGE E. WHITACRE, 621 W. Madison Avenue, Mahoningtown, Pa.

Every girl ought to be healthy and strong, and every mother wants her daughter to do well in school and to enjoy herself at other times.

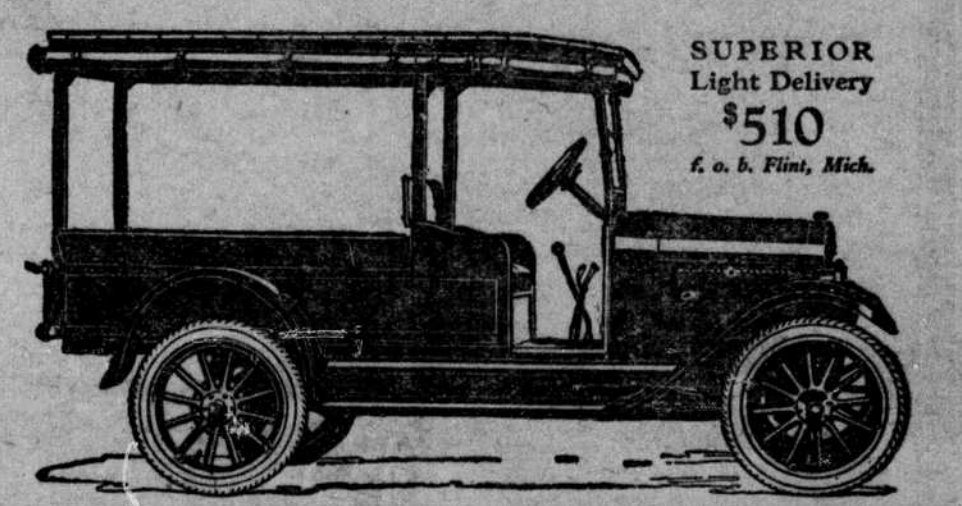
Lydia E. Pinkham's Vegetable Compound is a splendid medicine for young women just entering womanhood. Mothers can depend upon it. It is prepared from roots and herbs, contains nothing harmful, and has great power to tone up and strengthen the system, so it will work in a healthy and normal manner.

CHEVROLET

for Economical Transportation OF Farm Products

Modern, progressive farmers, being also business men, now depend on fast economical motor transportation to save time, save products and get the money.
Chevrolet Superior Light Delivery, with four post body was built especially for farm needs. It has the space and power for a big load, which it moves fast at a very low cost per mile.
For heavy work, Chevrolet Utility Express Truck at only \$575, chassis only, offers a remarkable value. Fits any standard truck body.

Chevrolet Motor Company
Division of General Motors Corporation
Detroit, Michigan
Dealers and Service Stations Everywhere



George Ade on Women.
Women of high voltage are especially keen as "arrangers." The married woman decides that Herbert, her husband's bachelor friend (with the false eyebrows), is just the man for Ella, a holdover from the puff sleeve period. So she invites the two case-hardened waifs out for the week-end and issues secret orders that whenever Herb and Ella can be assembled together on one settee, then all the others are to run away and leave them. And yet you may have read in a book somewhere that woman is man's best friend.—From "Single Blessedness," by George Ade.

Buildings Dwarf Church Spires.
In 1850 the tallest building in New York was only five stories high and the church spires were conspicuous among them. Now there is no spire in that city that begins to approach in height many of the towering skyscrapers.

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Sure Relief FOR INDIGESTION

BELLANS
INDIGESTION
25 CENTS
6 BELLANS
Hot water
Sure Relief
BELLANS
25c and 75c PACKAGES EVERYWHERE

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BRIEF INFORMATION

Tact points out the "psychological moment."
If one likes humanity, one can't be very wicked.
The culture of pecan trees is to be tried in China.
The Greeks looked upon pepper as a valuable medicine.
A 15-cent can of American tomatoes costs 60 cents in Riga.

Hall's Catarrh Medicine
Is a Combined Treatment, both local and internal, and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists.
F. J. CHENEY & CO., Toledo, Ohio

If kept continually running, a watch will tick 160,144,000 times in a year.

It is asserted that plate glass will make a more durable monument than the hardest granite.

Don't be afraid of criticism. We all need calling down as well as boosting up.

If people won't let you butt into the argument, leave the room. That's revenge enough.

As a rule, the more brilliant the color of a flower, the less likely it is to be scented.

The Hindus wrote of the pearl's beauty more than 1,000 years before Christ.

Experimenting.
The girl was very rich and the young man was poor. She liked him, that was all, and he knew it.
"You are very rich," he remarked.
"Yes," she replied, frankly; "I'm worth 75,000 pounds."
"And I am poor."
"Yes."
"Will you marry me?"
"No."
"I thought you wouldn't."
"Then why did you ask me?"
"Oh, just to see how a man feels when he loses 75,000 pounds."

Opportunity Calls from CANADA

Pay a visit to Canada—see for yourself the opportunities which Canada offers to both labor and capital—rich, fertile, virgin prairie land, near rail ways and towns, at \$15 to \$20 an acre—long terms if desired. Wheat crop last year the biggest in history; dairying and hogs pay well; mixed farming rapidly increasing.
Excursion on 1st and 3rd Tuesday of Each Month from various U.S. points, single fare plus \$2 for the round trip. Other special rates any day. Make this your summer outing—Canada welcomes tourists—no passports required—have a great trip and see with your own eyes the opportunities that await you.
For full information, with free booklets and maps, write G. A. Cook, Desk W. Watertown, N. D.; W. V. Bennett, Desk W. 309 Peter's Trust Bldg., Omaha, Neb.; R. A. Garrett, Desk W. 301 W. Jackson St., St. Paul, Minn.
Authorized Canadian Gov't Ad.

SIoux CITY Ptg. Co., No. 36-1923.