

# WRIGLEYS

## for Better Digestion

Few of us chew our food enough. Hasty meals are harmful, but Wrigley's stimulates the flow of saliva that helps the stomach take care of its load.

Eat less, chew it more and use Wrigley's after every meal.

It keeps teeth white, breath sweet and combats acid mouth.



The Flavor Lasts

### Indian Lodge Tales

By Ford C. Frick

#### THE LEGEND OF FATHER SUN

WHEN the Navajos came up out of the world of twilight into the world of sunshine and light they were very happy, and with one accord they fell on their knees and made sacrifice to the Father Sun who brightened the heavens and made the world warm and comfortable for the tribesmen.

When they had become settled in their new world and had built their homes and made their fires, then they planted their crops in order that they might live in comfort. Round about them they planted golden maize, and grain and many foods. Their flocks they took into the green fields to eat of the grass, and their horses and their cattle they turned loose to roam in the beautiful valley where they had come.

But as the days went on the crops failed, and the grass turned brown and the streams dried up and the Navajos were much perturbed, for they knew not what to do. For the sun, sweeping through the sky, had come close to earth, and the heat, which at first had seemed pleasant, became unbearable—and even the tribesmen themselves were made sick by the brightness of its rays. Many there were among the tribesmen who wished themselves back in the world of twilight, but the road had been closed and only a great mountain remained to mark where the roadway had been.

As the summer came on many of the tribesmen became sick unto death, for the heat was terrific—but there was no place to go and no place to turn, for all the world was a vast desert, burned by the rays of the Father Sun.

As matters became worse and worse the tribesmen became desperate and finally, one day, called a great council of the chief and the head men and the witch doctors. For ten days and ten nights these men sat in solemn conclave to determine what best might be done to relieve their oppressed people.

Finally, at the end of the ten days and the ten nights they called the tribe together, and the whole tribe, even the women and the children, went to the top of a high hill and there they built altars and offered up sacrifices, and prayed to the Father Sun that he might move back into the heaven so his rays would not be so hot.

When they had prayed for a long time then the Father Sun sent down to them a lesser god from the sky, and the lesser god came up to the chiefs and the medicine men and told them that the sun had heard their prayer.

"And so long as you remain faithful to the Father Sun, who provides you with heat and with light, so long will he protect you," the messenger said. "And when another day comes then will the sun move back in the heavens and the grass will grow green, and water will flow through the streams, and flowers will bloom, and the land will be a land of happiness and prosperity for the Navajos."

When he had finished speaking the messenger disappeared in a great cloud and the people marveled much and fell on their faces and gave thanks.

When another day came it was as the messenger had said, for the sun had moved back into the sky, and the air was cool and the trees grew leaves and the corn sprouted and flowers bloomed and the world was a world of happiness.

So it has been to this day. And the sun who is the father who protects the Navajos, has ever warmed the earth with his rays and caused the corn to grow and the flowers to bloom.

Nor have the Navajos forgotten the promise they made many years ago, on the great hilltop, when the world was young. Each morning when they arise they face toward the east and give thanks to the Father Sun who gives them warmth and light, and each night they face toward the west and give thanks for the day that has gone.

Here in our village, if you will look, you will see that every house faces the east and each morning we are awakened by the early rays of the sun which come in through the doors and the windows—for that is as it should be, and even as it was promised by the great chiefs ages and ages ago when the Navajos came out of the world of twilight, into the world of sunshine and light.

Note—To this day the Navajo tribes of Arizona and New Mexico continue to build their houses facing the east. Even in the large villages the homes are built on one side of the street only, in order that the time-honored tradition may not be broken.

The Clever Fly. The housefly is the cleverest of insects. Its intelligence far surpassing that of the ant and the bee. A recent world-wide authority asserts that it can think 100 times more quickly than a man.

STOMACH CATARRH. Causes untold misery and suffering... PERUNA IN USE FIFTY YEARS. Exercises a soothing, healing effect upon all mucous linings.

A Simple System. You just do as you please and then assure your conscience that it's a part of war's reaction.—Baltimore Sun.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Watson.

Thoughts Failed Him. Francis became disgusted with the boy next door and turned and left him without a word.

DYED HER BABY'S COAT, A SKIRT AND CURTAINS WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new.

Truly Wonderful! An airplane was flying over the countryside and the pilot was indulging in a little stunting.

Naturally they dropped out and landed just in front of an old woman in a cottage garden.

Picking them up, she hobbled indoors and called out to her husband: "Ere you are, Garge! They boots you ordered 'ave come. What a wonderful thing this wireless is! I thought I 'eard the buzz of 'em coming through the air."

A Girl's Views. "Banks are stingy with their money." "Hey, girl?" "Never throw in any for good measure and never hand out samples."

A man may be able to trade his reputation for money, but he can't trade back.

Neither money nor brains has enabled any one to get "in the swim" at the north pole.

There are gems in the classics—often buried deep in dullness.

Most of our joys as well as our sorrows are due to ignorance.

"Mistur" Day. It was the 11th of November and a dark day down South was asked if he knew what was being celebrated that day.

Not interested. "Do you attach importance to the Einstein theory?" "No," replied Senator Sorghum.

Oh, Fudge. "Any grounds for the divorce?" "She made bad coffee." "I see. Coffee grounds."

Sure Relief FOR INDIGESTION. 6 BELL-ANS Hot water Sure Relief BELL-ANS. 25¢ and 75¢ Packages, Everywhere.

Cuticura Talcum. Always Healthful. Soap 25c, Ointment 25 and 50c, Talcum 25c. Men who pretend to understand women are only pretenders.

Bayer Aspirin. SAY "BAYER" when you buy. Insist! Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer product prescribed by physicians over 23 years and proved safe by millions for Colds, Headache, Toothache, Rheumatism, Neuritis, Lumbago, Neuralgia, Pain, Pain.

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

"JUST JOFFRE"—THAT'S ALL. Evidently Great French Soldier is Also Gifted With a Certain Sense of Humor.

Lord Curzon, the British foreign secretary, arriving in Paris, found the passenger elevator at the Quai d'Orsay station out of order and cheerfully adopted the suggestion of the station master that he might use the freight elevator.

Unhandicapped. North—Did you have any trouble learning to drive your new car? West—No; I left my wife at home.

The Only Sure Way. "Why not go to the races?" "What for?" "To pick up a little change." "I'm not a pickpocket."

Might Get Well. "The doctor generally comes in a hurry." "He knows if he delays you might not need him."

Work is of no advantage to one who has lost the power to enjoy the fruits of work.

The world has more respect for a man who yells than for one who whines.

Curiosity is merely something that is inspired by things that are none of our business.

Climb a little higher than the crowd and you will be the target for the knockers.

Don't think that a man is always in the wrong because he doesn't agree with you.

### 10c Makes Old Waists Like New

Putnam Fadeless Dyes—dyes or tints as you wish

EVERYBODY KNOWS THE QUALITY. COMPARE THE QUANTITY. 15¢ All Dealers. 2 IN 1 Shoe Polishes.

W. N. U., LINCOLN, NO. 46-1922. Posted on Current Events. Current Events Teacher—Who married Princess Mary? Owner of the Quickest Hand—I know that one. Doug!—American Legion Weekly.

The Clock. Boss No. 1 told Smith never to watch the clock. So Smith came in half an hour late and was fired.

Boss No. 2 told Smith that he must watch the clock, so Smith quit promptly at quitting time and lost an increase in pay.

Boss No. 3 left it to Smith, who watched the clock carefully in the morning and ignored it at night, so he became a "slave."

Finally Smith chucked the clock out in the alley and was elected president of the company.—Richmond Times-Dispatch.

He Explains. "Why do you lecture away from home?" "Well, some people will pay to hear a congressman but not their own congressman."

The war has made table linen very valuable. The use of Red Cross Ball Blue will add to its wearing qualities. Use it and see. All grocers.—Advertisement.

No man is so friendless as the one who has lost his political pull.

### For Real Economy in the Kitchen Use

# CALUMET

The Economy BAKING POWDER

A Big Time and Money Saver



When you bake with Calumet you know there will be no loss or failures. That's why it is far less expensive than some other brands selling for less.

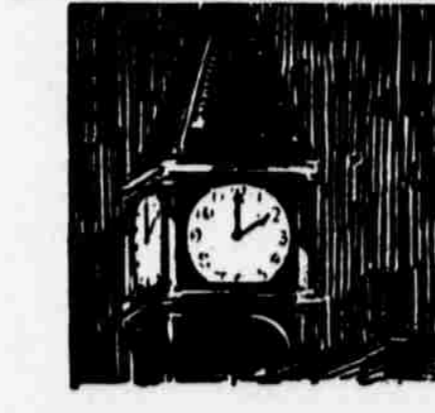


The sale of Calumet is over 150% greater than that of any other brand.

Don't be led into taking Quantity for Quality

Calumet has proven to be best by test in millions of homes every bake-day. Largest selling brand in the world. Contains only such ingredients as have been officially approved by U. S. Pure Food Authorities.

THE WORLD'S GREATEST BAKING POWDER



## Do you hear the clock strike the night hours?

HOW often you have heard people say, "I can't drink coffee; it keeps me awake nights!" They've learned from experience; have you?

If you are a coffee drinker and fail to get sound restful sleep, it means that your nerves are over-stimulated and that health needs protection from coffee's drug, caffeine.

There's no sacrifice in making health safe, as so many thousands have found who have turned from coffee to Postum. It has a delightful coffee-like flavor, and is free from any element that can harm you.

Your grocer has Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.



The two forms of Postum are equally delicious; and the cost is only about 1/2c per cup.

Postum FOR HEALTH "There's a Reason" Made by Postum Cereal Co., Inc., Battle Creek, Mich.