

WRIGLEYS

After Every Meal
In work or play, it gives the **poise and steadiness that means success.**

It helps digestion, always thral, keeping the mouth cool and moist, the stomach muscles relaxed and pliant and the nerves at ease.

FOR A BETTER SCORE

How Some Lads Are Made.
He was a spectator, in the house during the closing hours of the legislature. He had edged his way well toward the front, and succeeded in finding seat room on the corner of a representative's desk.

The commotion had reached the point that all one could hear was "The eyes have it."

A vote was being taken on a bill. "Say, what are they taking on?" excitedly asked a representative of the visitor.

"I don't know, but vote no."

"No," he called out, with the loud chorus of others.

"The eyes have it," came above the din.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney and bladder disease.

If the kidneys are not in a healthy condition, they may cause the following troubles to become diseased.

Pain in the back, headache, loss of ambition, nervousness, and other times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

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There is nothing new under the sun — not even in love or politics.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Hathcock*

Ladies Can Wear Shoes

One size smaller and walk in comfort by using **Allen's Foot-Ease**, the antiseptic, healing powder for the feet. Shaken into the shoes Allen's Foot-Ease makes tight shoes comfortable and easy; gives instant relief to corns, calluses and callosities; prevents Blister, Bunions and Sore Spots and gives rest to tired, aching, swollen feet. 1,500,000 pounds of powder for the feet were used by our Army and Navy during the War. Sold everywhere. For Foot-Sore and other ailments use Allen's Foot-Ease Walking Doll, address Allen's Foot-Ease, Le Roy, N. Y.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 100 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitations.

Keep Your Skin Pores Active and Healthy With Cuticura Soap

Stop Laxatives
Which Only Aggravate Constipation

Nujol is Laxative—not a medicated laxative. It is a natural, non-grain, non-grape, non-grippe. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and move on.

New Hair

To restore the hair to its original color, the hair must be washed with New Hair Soap. It is the only hair soap that will restore the hair to its original color.

ACCOUNTS GREAT AID TO ECONOMY

Household accounts are valuable on the farm as elsewhere, even though the household accounts are intimately associated with the business of the farm itself. The farm normally supplies much material which otherwise would involve a household expense. The household, in turn, often furnishes board for the labor, which would otherwise be a farm expense.

Keeping track of household expenses therefore supplements the records of the farm business, points out the following four things:

- Much that household accounts are an important aid to economy. The first step toward saving lies usually in finding out where unnecessary expenses are incurred. It is important, therefore, to analyze or classify the expenditures and go over them carefully at the end of regular periods.
- One way of doing this is to record all purchases when money is paid out and then make up a monthly statement for each and class the items.
- Another method is to put everything in a column at one side of a broad page, and at the same time enter the amounts again in the columns for each class. This method is possible to find out at any time the amount being spent for any given kind of purchase, and the monthly totals are easy to make up.

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WE STOCK

Canada Rightly Proud of Its Achievements in 1922.

Has Bravely Met and Overcome Depression Following the War—Financial Standing as Nation High.

The year 1922 in Canada, Western Canada particularly, has been a year of the quiet achievement. If there has been nothing in its development of spectacular nature, there has been a steady growth, a resolute elimination of things immediately to prosperity.

The year 1922 is entered upon by the people of the West in high hope that it utters in a period of prosperity based upon the productivity of the country and upon vast riches of its natural resources.

WASTE IN KITCHEN

Some Items of Food Wasted in Kitchen

Serve Better in Individual Pats and Cut Off Bread as Needed; Save Cereals.

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