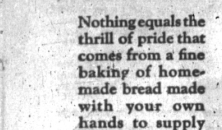
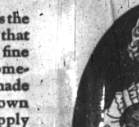
For a light, sweet dough set your sponge tonight with **Yeast Foam**

Nothing equals the thrill of pride that comes from a fine baking of home-made bread made with your own hands to supply your own family table.

Send for free booklet "The Art of Baking Bread"





Northwestern Yeast Co.
730 North Ashland Ave.
Chicago, Ill.

She Was Willing.

Gerald—I'm going to steal a kiss.
Geraldine—Let the crime wave begin.—New York Sun.

To Have a Clear, Sweet Skin

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Poor Fish!

Consider the fish . . . If he didn't open his mouth, he wouldn't get caught.—Jack-o-Lantern.

"COLD IN THE HEAD"

is an acute attack of Nasal Catarrh. Those subject to frequent "colds" are generally in a "run down" condition.

HALL'S CATARRH MEDICINE is a Treatment consisting of an Ointment, to be used locally, and a Tonic, which acts Quickly through the Blood on the Mucous Surfaces, building up the System, and making you less liable to "colds."

Sold by druggists for over 40 Years.
F. J. Cheney & Co., Toledo, O.

Foolish One Is Heard From.

There are all sorts of foolish ways to spend money, including that of the Massachusetts man who offers $5,000 for automobile license No. 1.—Cleveland Plain Dealer.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

Not What He Thought.

"We were at their house for dinner the other night and his wife took a shot at him."

"With a revolver?"

"No, with sarcasm."—Detroit Free Press.

Important to All Women Readers of This Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and maybe despondent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Easter Eggs.

"What are these gay eggs?"
"Laid by flapper hens," said an old rooster, shaking his head.

A young man always sneers at the love affairs of a widower.

10 Cents Gives Charming New Color Tone to Old Sweaters

PUTNAM FADELESS DYES—dyes or tints as you wish

WAS BY NO MEANS SATISFIED

Modern Girl Made That Clear by Her Outspoken Opinion Concerning Well-Meaning Parents.

"Did you tell her that she could not go to that party?"

"I did."

"Did you explain to her that we considered it not a fit place for our daughter to be seen?"

"Yes."

"You know it is not enough merely to deny a young person's request. You should always explain your reasons. I trust you told her of the dangers of a promiscuous gathering?"

"I did."

"And warned her of the folly of late hours; the hurt of gossiping tongues; in short you did your best to make her see that it is for her welfare that we are denying this seeming bit of pleasure?"

"I did all that."

"And is she now satisfied to forego this needless amusement and remain contentedly at home with us?"

"She is not."

"What does she say?"

"Oh, gee! ma, you and pa are so far behind the times you don't know anything."—Detroit Free Press.

Woman Expert Bellringer.

Mrs. Arthur Shurtleff of Boston is said to be the only native American woman bellringer who has succeeded in ringing a "peal." On a recent visit to England Mrs. Shurtleff astonished veteran bellringers there with her perfect mastery of the bell ropes.

She Figured It Out.

A youth in an Indianapolis school was absent from school for a number of days. A teacher, who shows real interest in the progress of her pupils, called the mother on the telephone and inquired concerning the lad.

"John's afraid to come back," said the mother. "He says you threatened to throw him into the furnace."

Perplexed, the teacher for a day or two wondered what could have put that silly notion in the boy's head. Then she remembered. Some days before she had told that class some recalcitrants had been absent more days than good scholarship permitted. She had announced to her class then that if these persons missed another session she would be compelled to "drop them from the register."

Stingy Dad.

A small boy was complaining to a sympathetic neighbor of his father's suddenly acquired penuriousness. He wasn't giving his offspring money for ice cream and soda water as before and the latter was greatly stirred over the change in his parent's nature.

"Papa's saving his money, but I tell him it's foolish," he observed.

"Saving, eh?" commented the neighbor.

"Yes. Papa says he's saving to buy a baby, but I think I'll be able to talk him out of it."—Detroit News.

Odd Birth Records.

In Fiji and Samoa it is common practice to tattoo on the hand of a mother the dates of her children's births.

Read Fables and Live Long.

The problem of how to live to the century mark has been solved again.

This time the wizard is Prof. Pierre Armaingaud of Bordeaux, France, who is ninety-four years old. He says any one can live to 100 if they follow his example and read La Montaigne's fables regularly every night before going to bed.

"For sixty years I have never missed my Montaigne," Armaingaud told the French Academy of Medicine. "He is worth all medicines in the world."

Some of the offended doctors present, however, pointed out that La Montaigne himself had a different view of life, as explained in a passage where he says: "Long life or short life, it's all the same when one's dead. All your life you are living at the cost of life."

Penn's Words of Wisdom.

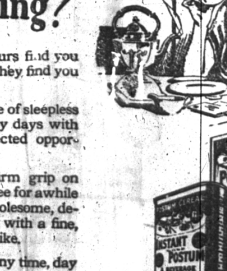
Lend not beyond thy ability, nor refuse to lend out of thy ability; especially when it will help others more than it can hurt thee. If thy debtor be honest and capable, thou hast thy money again, if not with increase, with praise. If he prove insolvent, do not ruin him to get that which it will not ruin thee to lose; for thou art but a steward, and judge.—Penn.

More Practical.

Mrs. Jackson—Say, Mis' Johnsing, did Sambo give Celestine a ring fo' bein' engaged?

Mrs. Johnson—No, Mis' Jackson, he done bettuh 'n dat; he gave huh a engagement wringer.—Judge.

When do you really "wake up" in the morning?

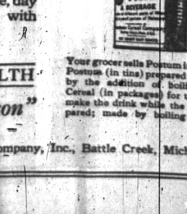


Do the golden morning hours find you wide-awake and fit, or do they find you sleepy and tired?

Coffee is a common cause of sleepless nights, which bring drowsy days with their usual train of neglected opportunities.

Why not get a new, firm grip on yourself, by leaving off coffee for awhile and drinking Postum, a wholesome, delicious, mealtime beverage, with a fine, full-bodied flavor you will like.

You can enjoy Postum any time, day or night, without interference with nerves or digestion.



Postum FOR HEALTH

"There's a Reason"

Your grocer sells 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.

Made by Postum Cereal Company, Inc., Battle Creek, Michigan

PARKER'S HAIR BALSAM

Removes Dandruff—Stops Hair Falling. Restores Color and Beauty to Gray and Faded Hair. 60c. and $1.00 at druggists. Hiscox Chem. Wks. Patchogue, N. Y.

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

Alfalfa for Every Farm—Write us for sample and price of genuine Dakota grown seed. Farmers' Alfalfa Seed Co., Rapid City, S. D.

SALESMEN—To sell the new Cady piston ring compound for garages, repair shops, accessory stores; $5@ to $100 weekly easily made; exclusive territory; only a few dollars capital needed. Free folder explains; get it. There is big money in this for you. WALSH MANUFACTURING CO., Syracuse, N. Y.

Wanted—Agents With Car for town and country territories for fast selling household needs on the market; unlimited possibilities. Standard Supply Co., Bad Axe, Mich.

EYES SORE? Dr. Isaac **EYEWATER** A reliable and speedy remedy since 1866. Buy at your druggist's or send 25c. to Dr. Isaac Eyewater Co., 16 River Street, Troy, N. Y. **BOOKLET FREE.**

Stropp Any Safety Razor Blade Perfectly in Three Minutes or Less. Thousands now in use. Sent postpaid for $1.00. Illustrated Booklet Free. Guarantee. C. & S. Co. Agents Wanted. Postpaid Stropper $1.00. Cutlery & Stropper Co., Dept. 1, Bridgeport, Conn.

YOUR OPPORTUNITY

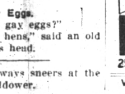
Salesmen wanted by one of the world's largest wholesale grocery houses; possibilities of earning $4000.00 or more per year, with opportunity to build permanent trade selling complete line of groceries; a connection with a house that advances its salesmen into executive positions; previous experience selling groceries not necessary.

P. O. Box H H, Dept. O, Chicago

Hope Leads Onward.

Fear of evil may keep men from going backward, but only hope of something better carries them on.—James Freeman Clarke.

Sure Relief FOR INDIGESTION



6 BELL-ANS Hot water Sure Relief

BELL-ANS

25¢ AND 75¢ PACKAGES EVERYWHERE

W. N. U., DETROIT, NO. 17-1923.

American Individualism

A Timely Message to the American People

By HERBERT HOOVER
Secretary of Commerce.

5—POLITICAL PHASES

IT IS not the primary purpose of this essay to discuss our political organization. Democracy is merely the mechanism which individualism invented as a device that would carry out the necessary political work of its social organization. Democracy arises out of individualism and prospers through it alone.

Without question, there exists, almost all over the world, unprecedented disquietude at the functioning of government itself. It is in part the dreamy social ferment of war emotion. It is in part the aftermath of a period when the government was everything and the individual nothing, from which there is much stimulation to two schools of thought: one that all human ills can be cured by governmental regulation, and the other that all regulation is a sin.

During the war, the mobilization of every effort, the destruction of the normal demand and the normal avenues of distribution, required a vast excursion over the deadline of individualism in order that we might secure immediate results. Its continuation would have destroyed the initiative of our people and indermined all real progress. We are slowly getting back, but many still seem to be using supposed short cuts to the millennium.

Much of our discontent takes the form of resentment against the inequalities in the distribution of the sacrifices of war. Both silently and vocally there is complaint that while some died, others ran no risk, and yet others profited. But these complaints there is adequate justification. The facts are patent. However, no conceivable human intelligence would be able to manage the conduct of war so as to see that all sacrifices and burdens should be distributed equitably. War is destruction, and we should blame war for its injustices, not a social system whose object is construction. The submergence of the individual, however, in the struggle of the race could be but temporary—its continuance through the crushing of individual action and its inequities would, if for no other reason, destroy the foundations of our civilization.

Looked at as the umpire in our social system, our government has maintained an equality before the law and a development of legal justice and an authority in restraint of evil instincts that support this social system and its blends so far as the imperfections of developing human institutions permit. It has gone the greatest distance of any government toward maintaining an equality of franchise; an equality of entrance to public office and government by the majority. It has succeeded far beyond all other lands in those safeguards of equality of opportunity through education, public information, and the open channels of free speech and free press. It is, however, much easier to chart the course of progress of government in dealing with the abstract problems of orderly political liberty, and stimulation to intellectual and moral advancement than it is to chart its relations to the economic seas. These seas are new and only partly discovered or explored.

Our government's greatest troubles and failures are in the economic field. Forty years ago the contact of the individual with the government had its largest expression in the sheriff or policeman, and in debates over political equality. In those happy days the government offered but small interference with the economic life of the citizen. But with the vast development of industry and the train of regulating functions of the national and municipal government that followed from it; with the recent vast increase in taxation due to the war—the government has become through its relations to economic life a most important force for maintenance or destruction of our American individualism.

The entrance of the government began strongly three decades ago, when our industrial organization began to move powerfully in the direction of consolidation of enterprise. We found in the course of the development that equality of opportunity and its corollary, individual initiative, was being throttled by the concentration of control of industry and service, and thus an economic domination of groups builded over the nation. At this time, particularly, we were threatened with a form of autocracy of economic power. Our mass of regulation of public utilities and our legislation against restraint of trade is the monument to our intent to preserve an equality of opportunity. This regulation is itself proof that we have gone a long way toward the abandonment of the "capitalism" of Adam Smith.

Day by day we learn more as to the practical application of restrictions against economic and political domination. We sometimes lag behind in the correction of those forces that would override liberty, justice and equality of opportunity, but the principle is so strong within us that domination of the few will not be tolerated. These restraints must keep pace with the growing complexity of our economic organization, but they need nothing to our social system if they would not take us into great dangers. As we build up our powers of production through the advancing application of science we create new forces with which men may dominate—railway, power, oil, and what not. They may produce temporary blockades upon equality of opportunity.

To curb the forces in business which would destroy equality of opportunity and yet to maintain the initiative and creative faculties of our people are the twin objects we must attain. To preserve the former we must regulate that type of activity that would dominate. To preserve the latter, the government must keep out of production and distribution of commodities and services. This is the deadline between our system and socialism. Regulation to prevent domination and unfair practices, yet preserving rightful initiative, are in keeping with our social foundations. Nationalization of industry or business is their negation.

When we come to the practical problems of government in relation to these economic questions we find, in two directions: Does this act safeguard an equality of opportunity? Does it maintain the initiative of our people? For in the first must lie the deadline against domination, and in the second the deadline in preservation of individualism against socialism. In judging the temporary measures of the war, the period of regulation has now been long enough with us to begin to take stock of its effect upon our social system. It has been highly beneficial, but it has also developed weaknesses in the throttling of proper initiative that require some revision. We have already granted relief to labor organizations and to agriculture some forms of regulation. There is, however, a large field of cooperative possibilities for outside agriculture that are needlessly ignored at present.

The most important of considerations in any attempt to pass judgment upon social systems is whether we maintain within them permanent and continuous motivation toward progress. These forces must be of two orders, one spiritual and the other economic.

If we should survey the fundamentals of our civilization from the point of view of its progress by the test of time, we can find much for satisfaction and assurance. It is unnecessary to recount the values we should ascribe individualism in stimulation to invention; large constructive vision; intensity in production with decreased physical effort; our increased standards of living and comfort. It is of course easy to enumerate our great economic progress, but the progress of the social forces that will sustain economic progress is infinitely more important—for upon them depends the real future of our people. Education in its many phases has made much advance. The actual equipment, the character of instruction, the numbers reached, period of instruction — show improvement with every decade. Public opinion has become of steadily increasing potency and reliability in its reaction. The great strides in development of processes and equipment for production and distribution are being followed by increasing devotion to the human factors in their execution. Moral standards of business and commerce are improving; vicious city governments are less in number; invisible government has greatly diminished; public conscience is penetrating deeper, and deeper; the rooting up of wrong grows more vigorous; the agencies for their exposure and remedy grow more numerous, and above all is the growing sense of service. Many people outside the exposure of wrongs which were below the surface with degeneration; their very exposure is progress. Some accredit the exposures of failure in our government and business as evidence of standards of a lower order than in some other nations. A considerable experience leads me to the conviction that while we do wash our dirty linen in public most others never wash it.

It is easy to arraign any existing institution. Men can rightly be critical because things have happened that never ought to happen. That our social system contains faults no one disputes. One can recite the faulty results of our system at great length; the spirit of lawlessness; the uncertainty of employment in some callings; the dead-ending effect of certain repetitive processes of manufacture; the twelve-hour day in a few industries; unequal power in bargaining for wage in some employment; arrogant domination by some employers and some labor leaders; child labor in some states; inadequate inspection in some areas; unfair competition in some industries; some fortunes excessive far beyond the needs of stimulation to initiative; survivals of religious intolerance; political debauchery of some cities; weaknesses in our governmental structure. Most of these occur locally in certain regions and certain industries and must cause every thinking person to regret and to endeavor. But they are becoming steadily more local. That they are recognized, and condemned is a long way on the road to progress.

(TO BE CONTINUED.)

(Copyright, 1923, by Doubleday, Page & Co. Published by arrangement with Western Newspaper Union.)

Who Invented Bowie Knife.

Some authorities say that the Bowie knife was invented by Col. James Bowie, who was born in 1790, and was killed in the Alamo with Col. Travis and David Crockett in 1836 during the Texan revolution against Mexico. Col. Bowie was a great hunter and one of the most daring Indian fighters in the southern states. On the Potomac river is the grave of a man who was killed by Bowie in a duel before the latter went to Texas. Other authorities say that Colonel Bowie had nothing to do with the invention of the Bowie knife. They claim it was invented by a man named R. P. Boyle, about whom very little is known.

Reason for Refusal.

Her father (to the hopeful suitor)—No, young man, you can't have my daughter. I don't want a son-in-law who's such a fool that he contemplates marrying a young woman who hasn't got more sense than to inspire you with hopes of getting her. Get out!—Christianla Karikaturen.

WIDE TASTE FOR GOOD MUSIC

People listen to good music with appreciation and enjoyment as never before. The change that modern taste runs to "jazz" and barbaric melodies is akin to the statement that good books are not read as they once were, says the Toronto Star. Since books and music are to be found everywhere nowadays, there is, naturally, an increased market for stories and musical numbers of the lesser sort, but as well as those of high class. The phonograph has introduced the greatest singers of the age and the finest compositions of all time to communities and houses where these would never otherwise have been heard. Tastes for such music have been created and cultivated. And now the radiophone promises to make the best concert music available to listeners in all over the country. The public of today has not only appetite for the good music, but a capacity to appreciate the many different kinds of good music, the cosmopolitan taste, which enables an audience to sit down to a musical banquet and enjoy every course.

Courteous manners in little things are an asset worth acquiring. When a customer approaches, rise and offer a chair. Step aside and let the store's guest pass first into the elevator. These are little things, but they make you and your work finer, writes Elbert Hubbard in an exchange. To give visitors, or to give fresh and flippant answers, even to stupid or impudent people, is a great mistake. Meet rudeness with unfailing politeness and see how much better for you. Your promise to a customer is your employer's promise. A broken promise always hurts, and it shows weakness in the character of a business organization. Just as unfaithfulness does in an individual. Most inaccuracies come from not really listening to what is said, or not really seeing what you put down. The chewing of gum, tobacco or paper as a law exercise should be eliminated. The world is now pronouncing them vulgar, unbusinesslike, useless and silly. Keep mind of your employer and of the board of health in this.

Anybody wish to collect spots of historic interest? The government is putting a lot of them on the junk pile and advertising them for sale at auction, says the Los Angeles Times. Among these is the site of old Fort Jackson, near Savannah. This was bought by Thomas Jefferson when he was President. There are eight or ten other offerings of the War department —sites that were once supposed to possess some strategic importance, but are mere burdens under present plans and policies. Uncle Sam wants to cut off the deadwood and pay he auctioneer off a lot of battered forts before the year is older. Anybody want to buy a well-preserved trading post, with John Quincy Adams' initials carved in the sane?

Matches and careless smokers cause fire losses of nearly $20,000,000 in one year. In announcing this, the National Board of Fire Underwriters says that it may be due to increased use of tobacco by women. Needless to say, the board is composed of men. In handling fire women are at least twice as careful as men, says the Columbus Record. You never see a woman toss a match into a wastebasket after using it. Matches around the house, picking up after careless pa. But how often do you see a pa buying to "pick up" after a careless ma?

If two people in England agree to a suicide pact and only one dies, the survivor can be convicted of murder, a rules the court of criminal appeal in London. It's a fair decision. As the court puts it, "the survivor is guilty of murder because he incited, aided and abetted the other person to take his life. He incited the crime of murder." Here the discussion blends into hypnotism.

Petrograd now has 600,000 inhabitants. It used to have 2,000,000. The survivors are rugged and hungry. City dwellers in Russia in recent years have been "going back to the land"—many of them in wooden overcoats.

Wireless telephone messages have been sent across the Atlantic. Still, even without that Europe has been able, for the last two or three years, to hear the dinner dishes rattle all the time in the United States.

"Art is bunk," says a learned college professor. We think he has been misquoted. The great truth he must have meant to enunciate is that bunk is an art.

It is said that Paris is trying to bring the bustle back, but before it tackles that job it had better get little things like the reparations question out of the way.

There is always a brighter side. Think how utterly idiotic the rejected scenarios must be.

Nothing is harder on a man's reputation than two women.

BOY SCOUTS, CO-OPERATE

In Omaha, Neb., at the requests of the Automobile club and police commissioner, boy scouts are assisting in safeguarding the streets around the school building of the city. Each scout doing this patrol duty will receive a duty unit for each three hours' work. For five duty units a scout will receive a bronze star; and for five bronze stars he will receive a gold star. The gold star stands for 75 hours of public service.

STRAHL FEELS LIKE NEW MAN

Portland Citizen Declares Tanlac Completely Overcame Stomach Troubles.

S. P. Strahl, 6511 58th St., Portland, Oregon, speaking of his experience with Tanlac, says:

"Tanlac has ended my stomach trouble, built me up eighteen pounds and I now enjoy the best health of my life. But for two years before I got Tanlac stomach trouble had me in its grip, and all sorts of ailments kept bobbing up to cause me misery. Scarcely anything I ate agreed with me, and I kept falling off till I was sixteen pounds underweight. Gas on my stomach bloated me till I could hardly breathe. I had attacks of biliousness and had to be all the time taking laxatives.

"Tanlac put me entirely to rights. Fixed me up so I can eat heartily, sleep like a top and work at full speed. There's no two ways about it: Tanlac sure builds a solid foundation for health."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

Morality for Its Own Sake.

"It is surprising," says a ponderous gentleman, "how few philosophical writers have ever reached other than a perfectly commonplace conclusion in regard to practical morality." There is no other conclusion to reach. Morality is good conduct for its own sake; no one can come to other than a commonplace conclusion about it.—E. W. Howe's Monthly.

Aspirin

Say "Bayer" and Insist!

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds | Headache
Toothache | Lumbago
Earache | Rheumatism
Neuralgia | Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

Valuable Imitation Fur.

A process has been invented in Australia for manufacturing fleeces not suited to spinning into an imitation fur, claimed to have advantages over animal furs.

Most of the good things to eat were discovered in America, and more of them are eaten there.

A LIFE SAVER

"My trouble was SCIATICA. My back was affected and it took the form of LUMBAGO. Also had NEURALGIA, CRAMPS in my muscles, PAIN and ACHES on top of my head and different parts of my body. Nervous spells, felt dizzy at times. Symptoms of Kidney Trouble. Was recommended to take DODD'S KIDNEY PILLS. They were the means of saving my life."

REV. W. H. WARNER,
158 Easy Ridge St., Natticoke, Pa.

If you are not a sufferer, you can do some friend a good turn by clipping this ad and forwarding it to him. And don't wait yourself until kidney trouble attacks you. Thousands of healthy people take DODD'S Kidney Pills every year during Spring and Fall, as directed, simply to keep their Kidneys in perfect condition, at all times.

Be sure you get the genuine DODD'S—3 D's in the name. Tried and tested for over 40 years. Do not accept any Substitute of a similar name—see that you get DODD'S. Always glad to receive a letter from users of DODD'S Kidney Pills. Informing us as to result. We can then give advice regarding Diet, etc., FREE OF ALL CHARGES. DODD'S Kidney Pills are sold by all Druggists. Large box 60 cents. Prompt relief or your money back is our guarantee.

If your Druggist's supply happens to be out, he can easily secure same from his jobber or wholesale house, or you can send 60 cents in stamps direct to us. But ASK YOUR DRUGGIST FIRST.

DODD'S MEDICINE CO.
700 Main St. Buffalo, N. Y.

Laxatives Replaced By the Use of Nujol

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Try it today.

Nujol
REG. U.S. PAT. OFF.
A LUBRICANT—NOT A LAXATIVE