After Every Meal

WRIGLEY'S

Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean, breath sweet, appetite keen.

The Great American Sweetmeat

Save the Wrappers

FOR BETTER DIGESTION

The Popular Pharaoh.

"Since the Tut-Ankh-Amen affair," said the attendant at the Detroit Institute of Arts," "there has been a positive rush for Egyptian relics. Scarcely a person comes in here who does not make inquiries, and want to see what we have, and to express regret that we haven't more. I firmly believe that more people have assiduously read books and articles dealing with ancient Egypt since this Luxor affair than ever before."

HOW'S THIS?

HALL'S CATARRH MEDICINE will do what we claim for it—rid your system of Catarrh or Deafness caused by Catarrh.

HALL'S CATARRH MEDICINE consists of an Ointment which Quickly Relieves the catarrhal inflammation, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus assisting to restore normal conditions.

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

China's New Air Mail Service.

A number of Chinese students are undergoing a special course of training to equip them for piloting the airplanes that are used in the newly established mail route in China between Peking, Tsinanfu and Shanghai. At first it was necessary to employ foreign pilots.

It Needs Turpentine.

Sometimes shoe polish becomes hard in the box and not fit to use. You can soften it and make it as good as ever if you add a little turpentine and let it stand for a short time.

He says he has smoked more Edgeworth than any other living man

Let Mr. Baldwin's letter give you the facts, and you will see he has some justification for his claims.

H. F. BALDWIN
Signs and SHOWCards
Cloth Banners
60 Clarke Street, Cor. Grant
Burlington, Vermont

Larus & Brother Company
Richmond, Va.

Gentlemen:

I think that I am entitled to be called a charter member of the Edgeworth Smokers Club, as I have used the Edgeworth Sliced Plug between twenty and twenty-five years.

When I commenced using it I was selling hardware on the road. One of my customers who kept a general store told me that he had just received a new tobacco and wished that I would try it. He gave me a box for which he charged me 20c. He made a mistake, as it was selling at that time for 25c. I liked it so well that I made it a point to ask for it in every store in the different towns that I made; but few had it. The next time that I called on this customer I bought six boxes, which would last until I got around again. I still continued to ask for it in the different towns and tried to induce the dealers to stock it.

In 1906 or 1907 I went to So. Carolina and stayed there three years. I was surprised not to be able to get it there. At that time I was in Beaufort, S. C., and made frequent trips to Savannah, Ga., and Charleston, S. C. and was unable to get it in either of these cities. Finally I ordered some direct from you and also induced a dealer in Beaufort to stock it.

I have used it always for over twenty years except occasionally when I could not get it. I figure that I have smoked over 1000 of the 25c boxes, which have cost for the last few years 35c. For at least five years I have not bought a cigar. Have had some given to me, but they do not take the place of the old pipe filled with Edgeworth.

I am sixty-one years of age and still think that it is the best tobacco on the market. I don't think there is a man living who has smoked any more Edgeworth than I. What do you think?

Yours truly,
(Signed) H. F. Baldwin

It is always pleasing to hear from old Edgeworth smokers, and we would like to know if this record is the best ever made.

But we are interested, too, in new Edgeworth smokers. We like to know that young men, men who are breaking in their first pipes, find Edgeworth before they get very far in their pipe-smoking careers.

So we have a standing invitation to send free samples of Edgeworth to all who ask for them. If you haven't tried Edgeworth, we have a sample package here containing Plug Slice and Ready-Rubbed that is only waiting for your name and address.

When you write for it, address Larus & Brother Company, 78 South 21st Street, Richmond, Va.

To Retail Tobacco Merchants: If your jobber cannot supply you with Edgeworth, Larus & Brother Company will gladly send you prepaid by parcel post a one- or two-dozen carton of any size of Edgeworth Plug Slice or Ready-Rubbed for the same price you would pay the jobber.

WANTED—MAN WITH AUTO to sell guaranteed TIRES and TUBES. Will pay big salary and expenses with rush job. Amazon Products Co., Dept. A, Cleveland, O.

The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

IOWA AUXILIARY HELPS MANY

Relief for Disabled, According to Report of Committee Head, Reaches Nearly $5,000.

Woman relatives of former service men, banded together as members of the Iowa auxiliary of the American Legion, have a remarkable record for relief work completed among disabled soldiers. Nearly $5,000 was spent by the members of the organization, according to reports just made public by Mrs. W. A. Quinn, head of the welfare and hospital relief committee of the organization.

Mrs. W. A. Quinn.

Men in Iowa hospitals come in for the lion's share of the benefits, according to Mrs. Quinn's report. Disabled men in three hospitals now hear radio concerts, due to the activities of the relief committee of the auxiliary, for complete sets have been installed in the hospitals.

Patients in the state hospitals received birthday boxes sent them by women of the auxiliary, and Iowa men in other hospitals throughout the United States have received more than 1,000 boxes of dainties prepared by these active workers. The government hospital at Tucson, Ariz., alone received 400 boxes from the Iowans, and patients there declared that the arrival of these boxes was the event of their Christmas day.

Gifts from the women included clothing, toilet articles, stationery, subscriptions to magazines, couch hammocks and recreational equipment.

Much money was spent in direct relief work. Mrs. Quinn estimating that $4,787 had been used by her committee during the year's activity. And the auxiliary in Iowa plans to continue the work, expecting to increase the amount of money expended during the past year.

FOR THE VETERANS' BUREAU

Maj. William Wolffe Smith, National Press Club Post, Appointed General Counsel.

National Press Club Post, No. 20, of the American Legion has had the honor of having one of its charter members, Major William Wolffe Smith, appointed general counsel for the United States Veterans' Bureau.

Maj. W. W. Smith

During the war Major Smith entered the army as a captain of the sanitary corps and was attached to the staff of the surgeon general for the purpose of establishing a chain of newspapers throughout the country. Sixty-five papers, of which the "Come-Back" at Walter Reed Hospital is the parent sheet, were started. These papers were the first vehicle of expression for the disabled veterans.

Prior to entering the service Major Smith was assistant to the third assistant secretary of war, serving in civilian capacity. Following the armistice he went into the regular army, serving in the Quartermaster corps as captain. He resigned in 1922, and now holds the rank of major, in the Q. M. Reserve corps.

Major Smith began his career when nineteen years old as a reporter for the Washington bureau of the Baltimore Sun. He was born in Logansport, Ind., in 1874, and moved, with his family, to Indianapolis when he was six years old, where he attended school. Hanover college, DePauw, Johns Hopkins, George Washington Law school and the National Law school contributed to his education. He was graduated from the latter. Taking up the practice of lawin 1914, he abandoned the newspaper game in favor of the legal profession.

Barks From a Pup Tent.

A rolling stone gathers no moss, but it's the roving company that gathers the blisters.

Don't pull your rank on him, K. P. You were only a private yourself, once.

Fatigue duty is happily named.

"Dismissed" is the army equivalent of "Enclosed find check."

No corporal is a hero to his own squad.

Drilling is like going to a show a second time. You already know what it's all about.

A buck in the ranks is worth two in the hoosegow.

Reveille: The greatest argument in favor of civilian life.

Advice to young boys: Don't ask dad why they call it "Sunny France."

In France, it's a case of "Say it with showers."

Croix de Guerre: There was one born every minute.

Top sergeants should be seen and not heard.—American Legion Weekly.

Research Required.

Uncle Joe pushed his wheelbarrow against the curb, wiped his black brow and knocked at his employer's door.

"Boss," he began, "I'd like fo' yo' all to len' me de loan of yo' cyclopedias and dickshernerries and any odder nice big books yo' got."

"Good Lord, Joe! And you've brought a wheelbarrow? What on earth do you want of them?"

"Yo'y important 'casion, suh. Ye'y important. Me an' Phoebe wants to hunt up a name fo' de baby, suh."—American Legion Weekly.

SERVICE CROSS FOR FOREMAN

One of Highest U. S. War Decorations Goes to One of the Legion Founders.

"I was mad as h—l at the enemy." Thus does Brig. Gen. Milton J. Foreman, one of the founders of the American Legion, characteristically describe his action near Mauucourt, France, on November 4, 1918, for which he has just been awarded the Distinguished Service Cross, one of the highest of United States war decorations. The announcement of the presentation was recently made through army officials at Chicago.

M. J. Foreman

General Foreman commanded the 122d Field Artillery, a unit of the 33rd division, but which was assigned temporarily to the 80th division during the final days of the Argonne engagement. This became a part of the "flying wedge" which General Pershing has commended for valor in action.

The particular act of heroism, which has won for the Illinois man the coveted decoration, took place on November 4, 1918, when his outfit had been subjected to continuous and deadly machine gun fire from the enemy. Asking for volunteers, General Foreman headed a handful of enlisted men, which sallied out from the American lines, located the unseen gunners, and soon drove them out with fire from his own batteries.

General Foreman was born in Chicago of poor parents, but made his way, by dint of hard efforts, to the top of the legal profession in his home city and state.

Early in 1861, he enlisted as a private in a cavalry of the Illinois National Guard, to become captain of his troop during the Spanish American war. He was advanced to colonel and headed the organization in 1916, when in service on the Mexican border. At the outbreak of the World War, he understood that a cavalry organization was not to be taken overseas, and converted his regiment from a cavalry unit to an artillery outfit almost overnight.

His outfit, the 122nd Field Artillery, went overseas as a part of the 33rd division, and while there, General Foreman was cited by the French and Belgian governments for his part in the St. Mihiel and Meuse-Argonne offensives. He has already received the Distinguished Service Medal.

General Foreman presided at the Legion's first caucus held in Paris, and was one of the framers of the constitution. He was chosen as first department commander of Illinois and ranks as a past national commander of the organization, because of his executive activity at Paris.

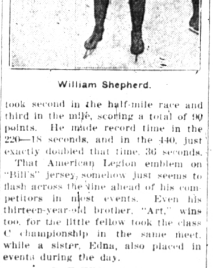
One of the founders of the "Illinois Veterans' Trust", which proposes to turn over the funds received from the state bonus, for the creation of a trust to aid disabled men, General Foreman heads another movement which will become of great benefit to ex service men of his state.

NAVY POST CHAP, ICE CHAMP

William Shepherd, Cleveland (Ohio) "Gob" Pulls Down Coveted Honors in Skating Events.

Skimming along the ice at the speed of an express train is the favorite sport of William Shepherd, Cleveland Legionnaire. At least that is what the "gobs" of Bill's post will tell you, for doing with being finance officer of the Kelley Ingram Navy post 55, of the Ohio Department of American Legion, he also breaks records for the post in the skating events held in and around the city.

In the recent Ohio outdoor championship, held at Edgewater park in Cleveland, Shepherd cinnered first honors in the 220 and 440-yard events,



William Shepherd.

took second in the half-mile race and third in the mile, scoring a total of 19 points. He made record time in the 220—18 seconds, and in the 440, just exactly doubled that time 36 seconds.

That American Legion emblem on "Bill's" jersey, somehow just seems to flash across the line ahead of his competitors in most events. Even his thirteen-year-old brother, "Art," wins too, for the little fellow took the class C championship in the same meet, while a sister, Edna, also placed in events during the day.

Many Presents for Owsley.

Alvin Owsley, national commander of the American Legion, is getting a great deal of practice in "thank you" speeches on his trips about the country on affairs of the Legion. Nearly every town the commander visits presents him with a gift, usually in the form of the principal product of the town. A partial list of these souvenirs includes two suits of clothes, silk shirts, rubber boots, sweaters, ties, silver loving cup, bolt of flowered cretonne, writing portfolio, fire hose coupling, supply of orange marmalade.

LIVE STOCK

PUREBREDS ARE PROFITABLE

Pennsylvania Farmer Relates Experience in Breeding Up Piney Woods Rooter Hogs.

(Prepared by the United States Department of Agriculture.)

While at the International Live Stock exposition this year, a farmer from eastern Pennsylvania related to a specialist of the United States Department of Agriculture an interesting and profitable experience he had had in breeding up common Piney Woods Rooter hogs with purebreds.

This farmer, J. Q. Underwood of Bloomsburg, Columbia county, Pennsylvania, states that he purchased two common Piney Woods sows with eight pigs each, and two small shotes, at a

A Purebred Duroc Jersey Boar.

total cost of $25. He bred both sows to a grade Duroc Jersey boar and sold one of them for $12 before farrowing. The other sow farrowed eight pigs and raised seven of them, which the owner either sold or butchered. He bred this sow a second time to a purebred Duroc boar. The following statement in Mr Underwood's words shows his opinion of the value of good breeding:

"The pigs from the second litter fed out better and were heavier, were all red and of good heavy bone, and worth at least $5 each more than the pig from the first litter from the grade boar. The breeding fee was $5 for the purebred."

This farmer later sold three gilts and seven small pigs, all sired by the purebred Duroc, to a farmer at St. Stephen, S. C., for $150, which is six times as much as he paid originally for double the number of hogs. In other words, $25 worth of scrub hogs bred to a purebred boar resulted in a $150 return from merely a part of the herd.

SELF-FEEDER IS IMPORTANT

Device Built by Maine Farm Bureau Agent Led Others to Follow Suit at Big Profit.

One self-feeder, built by a Maine farm bureau agent at a demonstration, resulted in seven other farmers in the same town building them. Before the year was over, 70 odd farmers in the county were using them and making a gain of $5 to $10 more profit per pig. This is the experience of many sections.

Where the self-feeder is not a success, the trouble generally comes from not using suitable foods. The fault is therefore not with the feeder, but with the men. The ideal practice is to follow when using self-feeders is to place the hogs on such pasturage as clover, oats and peas, oats and rape, and rape alone. This pasturage should be where the pigs can have access to fresh water, such as a brook, spring or the overflow from the water system in the barn. With these two furnished, pasturage and water, the self-feeder will be a great labor-saver and highly profitable.

PROPER SELECTION OF EWES

Generally Advisable for Beginner to Purchase Grade Animals—Start With Small Flock.

In the selection and care of the ewe flock it is generally advisable for the beginner to purchase good grade ewes unless he wishes to go into the high class purebred trade in the very beginning. Generally, it is more satisfactory for him to start on a small scale and learn the business before putting too much money into the higher priced purebreds. It is also advisable that he start with good ewes and aim to some day replace them with the better bred individuals. It is better to start with a small number, say ten or twelve ewes typical of the breed of which they are grades, and, in buying, nothing but ewes with sound mouths and sound udders should be selected. Generally speaking, yearlings and two-year-olds are better buying than older ewes, although sometimes older ewes may be procured to advantage.

Silage for Sheep.

Both ewes and lambs may be fed silage with good results. But in feeding it to the lambs, give them the choice portion from the center, being sure it is fresh.

Proper Feed for Sows.

Keep the sow growing on a ration which is suitable for the pregnant sow and be careful not to get them too fat. In feeding, bear in mind that the sows need an adequate ration to supply their own body and for the growing pigs.

Exercise Brood Sows.

See that brood sows take plenty of exercise during the cold weather. Proper exercise is necessary for the development of strong pigs.

Produce Healthy Pigs.

In order to produce healthy pigs that live and thrive, it is best that the brood sow be in a good, healthy condition.

Boagder Is Liability.

Bid farewell to the boarder cow. She is a big liability.

SMALL BOY FULLY EMPLOYED

Little Paul's Explanation of His Preoccupation Had a Somewhat Humorous Tinge.

Little Paul had been sitting still by the window for so long that mother began to get suspicious.

"What are you doing, Paul?" she asked.

No reply.

"Paul, answer me!" mother ordered.

"Nothing," was Paul's enlightening reply.

"Mother said nothing more for a few minutes. Then:

"Paul, you must be doing something! What are you so interested in out there?"

Paul turned to reply this time, his dignity highly offended.

"Gee, mamma!" he exclaimed. "Can't a fellow sit here without be-ing asked why he isn't doing something? What are you so interested in out pro and con?"—Kansas City Star.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

By Weight.

"She has got lots of personality, hasn't she?" "Well, she weighs over two hundred."—Life.

OUR FIVE CHILDREN KEEP WELL BY TAKING FATHER JOHN'S MEDICINE

The mother of this family of five children says: "For the last 4 years we have used Father John's Medicine with great success, not only for colds, but as a body builder. When my second boy, Raymond, was weak and run down it brought him back to good health again."
(Signed) Mrs. Leontine De Cock, 346 E. 48th St., New York City.

Father John's Medicine is scientifically made of the highest grade cod liver oil and other ingredients in a modern laboratory, so that it is rich in vitamin content and may easily be absorbed even by a weakened digestive system. It has had more than 67 years of success because it is the greatest body builder, pure and wholesome.

HORSES COUGHING? USE

Spohn's Distemper Compound

to break the cough and get them back in condition. Thirty years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. Sold in two sizes at all drug stores.

SPOHN MEDICAL COMPANY GOSHEN, INDIANA

10 Cents Gives Charming New Shade to Old Lingerie

PUTNAM FADELESS DYES—dyes or tints as you wish

NAME TOO MUCH FOR THEM MIXUP THAT WAS AMUSING

Hawaiian Natives Found It Practically Impossible to Translate "Roosevelt" Into Their Language.

The village of Roosevelt has changed its name back to Pukoo. Not many persons, probably, know where this village is. It is situated in an obscure corner of one of the Hawaiian islands, and some years ago it had as one of its residents a Dr. E. S. Goodhue, who was anxious that the name of the famous president should never die out of this section of American territory. So he got up a petition to the postmaster general at Washington, asking that the original name of the village should be altered, as far as the mail was concerned, to Roosevelt.

The request was granted, but the new name bothered the natives terribly. They have no "r" or "s" or "t" in their alphabet, and the nearest Hawaiian equivalent to Roosevelt turns out to be Lokiwelt. So they sent a second petition, in which they stated that they were deceived into signing the first, and asked that the native name of the village be restored. The petition has been granted!

Straight Silica Glass.

A deposit of silica mineral of volcanic origin has been found in Czechoslovakia, which can be used directly in the manufacture of glass without the need of adding any of the other common ingredients used in making up the glass batch. This silica mineral is said to resemble lava and it is understood that the deposits are very large and that steps are being taken to utilize them commercially.—Chemical Trade Journal.

Observed Time Limit.

We were to have out-of-town guests for dinner.

I had no salad forks, so I borrowed some from a neighbor. I cautioned my young son to say nothing about them during the meal.

He didn't, but just as we finished he picked up several of them and said, "Well, I guess we'd better take these home now."—Exchange.

Bad break.

"Tom says his heart is broken. I refused him." "Why so did I." "Then it's a compound fracture."

Humorous Nova Scotian Unintentionally Very Gravely Misled Serious-Minded Glasgow Newspaper.

R. M. MacGregor told the following story at a luncheon of the Scottish curlers in New Glasgow: A New Glasgow shipping firm was having built a steamship on the Clyde and gave it the name of Micmac. The oddity of the name aroused considerable curiosity. The Nova Scotian captain was asked the derivation of the name. Good-naturedly the captain replied that "Mic" was for the Irish and "Mac" for the Scottish. Next day the captain was astonished to find this explanation of the name featured in the Herald. He sent for the reporter and explained that "Micmac" was the name of a tribe of Indians in Nova Scotia. To his further astonishment the following day the Herald carried a correction, reading as follows:

"We were slightly incorrect in giving the derivation of the name 'Micmac' in yesterday's issue. We now learn that the ship is called Micmac after a tribe of wild Indians in Nova Scotia, who are half Irish and half Scotch."

Scotch Herring Out of Business.

It looks as if the old time Scotch herring had gone out of business entirely. The old fishing grounds of the North sea in the vicinity of the Scotch coast, which were once reeking with these fish, which were caught in great quantities by the fishermen of that country, have been entirely depleted recently, and the fishermen are without any livelihood. Thousands of them were dependent upon the herring fishing industry. The departure of the fish has been attributed to a recent change in the currents of the sea, which has probably driven the fish to some other point, and just where it has not yet been discovered.

What He Meant.

Ida—Jack Nervy tried to hug me last evening.

May—Oh, that's what he meant when I saw him hurrying toward your house. He told me he had a pressing engagement.—Boston Evening Transcript.

A man's good opinion of himself is the real thing.

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, 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.

SALESMEN
capable of approaching investors with a highly meritorious and profitable proposition; big commission to producers. C. P. NAGLE, Finance, Carter-Bldg., HOUSTON, TEXAS.

W. N. U., DETROIT, NO. 13—1923.

Almost a Monopoly.

"In the United States," remarked the man who can remember figures, "there are 12,000,000 motorcars, according to the automotive division of the federal Department of Commerce. Do you realize what that means? I've done a little figuring and I ascertained that it means that out of every six motorcars operated in the world five of them are to be found within the United States of America. The world's motorcars total 14,622,000. About 2,000,000 of this number are trucks. In Europe, according to the same authority, motorcycles, without side cars, are taking the place of the low-priced car. Over there are more than 680,000 motorcycles, about three times as many as are registered in this country.

Made His Own Deduction.

A man of considerable position and importance confesses, with a merry twinkle in his eye, to a serious blow to his reputation from an unexpected quarter.

His small son returned from school and confronted his father with the question, "Father, what are you?"

"What am I, my boy? Why do you ask?"

"Well, father," was the reply, "Jenkins came up to me in the dinner hour and said, 'What's your father?'"

"And what did you say?" asked his father.

"I didn't say anything," answered the boy. "I just hit him."

Personal Eulogy.

Kriss—Does Stuckup believe in a supreme being?

Kross—You would think so if you heard him singing his own praise.—New York Sun.

Wise men settle their quarrels before they are begun.

Just think what you've been missing!

MANY people deny themselves the comfort of a hot drink with meals, because they find coffee and tea detrimental to health. For many, the drug element in coffee and tea irritates the nerves, retards digestion and often prevents natural, restful sleep.

If this fits your case, try Postum. This pure cereal beverage supplies all the pleasure and satisfaction that a hot mealtime drink can give—invigorating warmth, fine aroma and delicious flavor. And you can enjoy it in the full assurance that it cannot harm health.

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 Co., Inc., Battle Creek, Mich.