

## A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try 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.

That's the Kind.

Jones—"Simmons seems to have a very active brain." Bones—"Ah, yes; but is it retroactive?"

## MOTHER! OPEN

### CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup," which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

People in a hurry will agree with you, anyway.

The stern man isn't always behind in his business.



## ALL BENEFITED BY ZONING

Minnesota Newspaper Points Out the Advantages of Farsighted and Comprehensive Plans.

The prosperity of a city depends much on how it is built. It is always those well able to support themselves, because they become supporters of the city and pay their share of the taxes. The amount of taxes that newcomers can provide is enormous. By paying attention to the proper points in city building, the city establishes the very thing that brings this population without cost to itself.

Cities grow by natural means sometimes. A water power may develop a large city, but the city itself may be built in a clumsy way and without beauty. One factor in city building is arrangement. This is why zone laws are proposed so that a home builder of any class may feel sure that his surroundings will not be spoiled by the invasion of unsightly things that are wholly unnecessary.

The best good of a city should prevail over the more selfish desire of some property owner to make money regardless of his neighbor. There is just as much chance to make money under the zoning law, however, as there is without it, and even a greater one.

## VALUE OF PROPER PLANNING

Fundamental Business Idea in Looking to the Future Development of the Community.

Town and city planning do not find their value in developing the esthetic side alone, but also apply the sound business fundamentals of maintenance and improvement to the community, declared B. Loring Young, speaker of the Massachusetts House of Representatives, in an address at the eighth annual conference of the Massachusetts Federation of Planning Boards. By directing proper provision of water supply, sewage disposal, housing facilities, adequate municipal buildings and local forest reserve, he said, they work to the enhancement of citizenship in its relation to the community, the state and the nation.

As an opening to the conference, citizens of Winchester acted as hosts to the members of the federation on a motor trip of inspection of the many developments of the town which make it pre-eminent among communities where town planning has been carefully and intelligently applied. The first evidences of this were a large playground and park, a redirected stream and an attractive bridge, which have replaced unsightly tanneries and tenements and permit an unrestricted view of the community center.

## Home Ownership Best.

Aside from the security which the home owner enjoys, the possession of his own home should be the ambition of every man. Naturally the first step is the most difficult, for the purchase of a home means a cash payment that is usually well beyond the \$1,000 mark. Once that hurdle is taken, however, the other payments are easy, for they should not exceed, at the outside, \$75 a month on the kind of a home the average man can afford. When the current business depression, with its deplorable unemployment situation, goes by the boards I believe many more Americans will see the wisdom of owning their own homes and thus increasing the percentage of our people who are free from the clutches of the landlord.—Washington Post.

## To Hurry the Zoning.

The Chicago zoning act should be put into effect as quickly as possible. Many a beautiful residence neighborhood has been ruined by the steady encroachment of factories, coal yards and the like and the sooner the city is zoned the sooner this stupendous loss will be eliminated. It would also be a positive assurance to a man building or buying a home that his property will not lose value through the introduction of low-class improvements, and will also tend to stabilize real-estate loans as well as reduce fire hazards.—E. C. Ross in Chicago Daily News.

## Daily Short Story.

Willoughby Wampus, the sunshine editor, reached his desk prepared to scatter large gobs of sunshine.

Then he reached for his plug tobacco. It was missing.

He was gloomy the rest of the day.

Refused to Vote Bonds. Bradford, Pa., voted against bonding the city for a municipally owned electric plant. A vigorous campaign was waged. In the election municipal ownership was defeated by a vote of 1,700 to 117.

Swiss Have Joint Dairies. Switzerland has many cooperative cattle associations, besides joint stock dairies in every village.

Good Man, Good Citizen. By far the greatest thing a man can do for his city is to be a good man.

## A MESSAGE TO TIRED, SICK FOLKS

Don't Drag Through Life Half Sick and Half Well. Take This Advice.

Go to your druggist and ask him for Gude's Pepto-Mangan, and take it with your meals for a few weeks and see how your health improves.

If you are pale, tired, lack ambition and vigor, you know yourself that if you had plenty of red blood that you would not feel tired and half sick all the time. The only sure foundation of permanent health is good blood. Gude's Pepto-Mangan builds up your blood with a form of iron that gets into your system quickly. It is wonderful. You will like it and it will make you feel so well and strong. Life will be worth living again. Try it and you will thank us for telling you about it. Druggists sell Gude's Pepto-Mangan in both liquid and tablet form. Advertisement.

## Awful Thin.

"She's awfully thin."  
"Yes. Instead of bathing she merely polishes up the bones."

## IN BUYING ASPIRIN ALWAYS SAY "BAYER"

Look for the Name "Bayer" on Tablets, Then You Need Never Worry.

"Bayer Tablets of Aspirin" can be taken safely for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Joint Pains, Neuritis, and Pain generally.

To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."

The "Bayer Cross" means the genuine, world-famous Aspirin prescribed by physicians for over twenty-one years.—Advertisement.

## Pithy Paragraphs.

Thousands of men are striving with their best light, to introduce Christianity into their business, and you and I are not helping them by shouting "greet" into their ears.—Marion D. Shutter.

The new church will be founded on moral science. Poets, artists, musicians, philosophers, will be its prophets. The noblest literature of the world will be the Bible. Love and labor, its holy sacraments. Truth its supreme being—and instead of worshipping one savior, it will gladly build an altar in the heart for every one who has suffered for humanity.—Ralph Waldo Emerson.

The piling up of armaments is causing general bankruptcy, anarchy and perpetual and universal war. If governments, after the lesson of the war, do not agree simultaneously to limit their armaments, they commit suicide.—Baron d'Estournelles de Constant.

The Heathen Come to Light. A Wisconsin newspaper, the Boston Transcript says, reports the following: The young people here have a new game called "Christianity." Here is how they play it: The Christians, who are the girls, get on one side, and the boys on the other are the heathen; then the heathen cross over and embrace Christianity. It has become very popular.

A bad temper always slips its bride sometime.

What a lot of heartache is caused needlessly!

## THIN FRAIL PEOPLE SHOULD TAKE TANLAC

Hundreds of Men and Women All Over America Appear To Be Physical Wrecks Simply Because Their Systems Are Starving for Nourishment.

There are hundreds of thin, run-down, nervous men and women all over the United States who should be strong, sturdy and vigorous, with rich, red blood tingling through their veins and feeling brimful of life and energy, if they would only profit by the experience of others all over the United States and Canada, and assist nature to digest the food they eat, by simply taking Tanlac.

Millions of people have not only been relieved of the most obstinate forms of dyspepsia and indigestion by Tanlac after other remedies have failed, but large numbers of them have reported a remarkable and rapid increase in weight and a return to normal health and strength by its use.

In fact, so phenomenal have been the gains in weight by thin, frail people through the use of Tanlac that this remarkable preparation is now being proclaimed everywhere as the World's Greatest Tonic.

The food people eat does them absolutely no good unless they digest it properly. When you suffer from indigestion and other forms of stomach trouble, the food does you harm instead of good, because food which is not digested stays in the stomach and ferments, causing pains, swelling, gas on stomach, shortness of breath, bad taste in the mouth, dizziness and many other disagreeable symptoms. If this condition is permitted to run on for an indefinite period the entire system becomes saturated with poisons, the patient becomes thin and pale and in time various complications are apt to result.

Tanlac is a powerful reconstructive tonic and quickly overcomes this condition by aiding nature to eliminate the impurities from the system in a natural way and enable the vital organs to properly perform their functions. That is why it is called Nature's Medicine.

## DROPSY TREATED ONE WEEK FREE

Short breathing relieved in a few hours; swelling reduced in a few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. Write for Free Trial Treatment. COLLUM DROPSY REMEDY CO., Dept. B. O., ATLANTA, GA.

## NOT A MATTER FOR POLICE MAY REMODEL UNION JACK

Elderly Gentleman Meant Well, but He Had Not Allowed for Possible Contingencies.

The wisest person may sometimes make a serious mistake by judging entirely by appearance, as is shown by this case.

A careless young woman, in starting to leave a car, dropped her purse. A young man, who evidently intended to leave the car at the same time, saw her drop the purse, picked it up and put it into his pocket.

But his action had not been unnoticed. Just as he stepped from the car an elderly man gripped him by the arm and whispered: "If you don't give that purse to the young lady this instant I'll expose you."

"Yes, certainly!" gasped the astonished young man. Then, with a grin, "I beg pardon, Marle; you dropped your purse."

"Oh, thank you, Harry," she replied, as she took it.

"I hope you are satisfied," said Harry, turning to the elderly man. "The lady is my sister."—Pittsburgh Dispatch.

On the installment Plan. "Does your future husband know your age, Myrtle?" "Well—partly."—American Legion Weekly.

Keep a diary for two or three years; and then, if you don't burn it, you're different.

## Salesmen and Agents Wanted

to sell the greatest practical novelty of the age. Needed in every home. Easy sales, 100% profit. Send 35c for sample and full particulars. "U-NEEK", N. W. Cor. Balto. and Eden Sts., Baltimore, Md.

## Confirmed.

Gough—Do you see that Ford has invented a mechanical cow?

Tatler—Humph! I should think the steak I had for lunch yesterday was off that animal.—London Answers.

The closer money is the harder it is to get.



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

- Colds
- Headache
- Rheumatism
- Toothache
- Nuralgia
- Neuritis
- Eorache
- Lumbago
- Pain, Pain

Accept only "Bayer" package which contains proper directions.

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monaciacetate of Salicylicacid

## Two Varieties of Hard Luck.

There's two kinds of people always in hard luck; them th't did it, but never thought; and them th't thought, but never did it.—Josh Wise.

## Absolutely.

She—Is there an art in kissing?  
He—The only art is, Art thou willing?—Life.

**CURES COLDS IN A DAY**  
CASCARA QUININE  
World's standard cold and flu remedy. Demand red box bearing Dr. H.R.'s portrait and signature. W. H. HILL CO., DETROIT

**You'll Smile Too**  
when you know the Comfort and easy stretch of  
**NU-WAY EXCELLO SUSPENDERS**  
Guaranteed One Year—Price 75¢  
Always insist on NU-WAY or EXCELLO Guaranteed Suspenders, Garters and Hose Supporters.  
Ask Your Dealer if he hasn't them send direct, giving dealer's name. Accept no substitutes—Look for name on box.  
Nu-Way Strech Suspenders Co., Mfrs. Adrian, Mich

## Chinese Women Advance.

About the only thing of modern times to which China has not laid claim as being so old in that country that it was outworn and discarded centuries ago, is the new woman with a magazine of her very own, published in the interest of her development. This publication, called the New Woman, boldly states as its object the reform of the old society to give more honorable place to women and the new woman is described as "a joyous being, of honest occupation, complete personality, free, independent and mutually helpful," says the Pittsburgh Dispatch.

## Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving bathing and shampooing.—Advertisement.

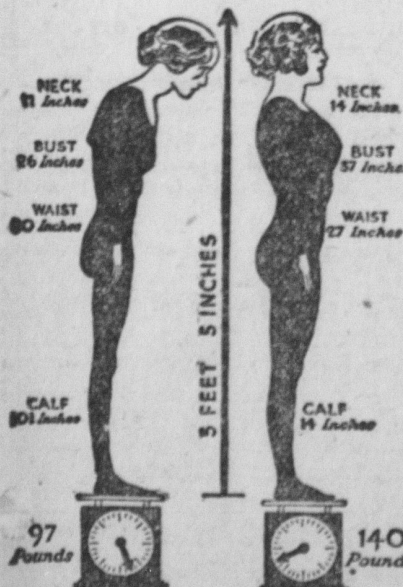
## Heard in a Theater.

"We all have our ups and downs."  
"Yes, especially when we sit in a seat next the aisle."

## What Most of Us Do.

"What does your father do when the car breaks down?"  
"Just stands around and swears."

## How Yeast Vitamon Tablets Put On Firm Flesh



Strengthen The Nerves and Invigorate The Body—Easy And Economical To Take—Results Surprisingly Quick.

If you want to put some firm healthy flesh on your bones, increase your nerve force and power, clear your skin and complexion and look and feel 100 per cent better, simply try taking two of Mastin's tiny VITAMON Tablets with each meal and watch results. Mastin's VITAMON Tablets contain highly concentrated yeast-vitamines as well as the two other still more important vitamins (Fat Soluble A and Water Soluble C) and are now being used by thousands. Mastin's VITAMON Tablets never cause gas or upset the stomach but, on the contrary, improve digestion. Be sure to remember the name—Mastin's VITAMON—the original and genuine yeast-vitamine tablet. There is nothing else like it, so do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets at all good druggists.

Are Positively Guaranteed to Put On Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal or Money Back



if it isn't MASTIN'S it isn't VITAMON

## Why does any healthy person want to be kicked into wakefulness in the morning?

Many people feel that they have to be agitated into wakefulness in the morning. They think that without the tea or coffee they take in the morning that they will not be able to meet the tasks and duties of the day.

Nothing could be more false than this reasoning. Any doctor can tell you this. For a healthy body does not require a stimulant. It gets all the stimulant it needs from food.

The thein and caffeine found in tea and coffee are irritating to the heart and nervous system. They jolt the nerves into undue activity. The result is a reaction. This is why regular tea and coffee drinkers think they must have their stimulant the first thing in the morning to wind them up for the day.

If you will stop using tea and coffee for a week, and drink

Postum, the pure cereal beverage instead, it will give Nature an opportunity to rid the system of the irritating substances that harass your nerves, upset digestion, increase your heart action, and make you nervous and irritable.

Many people who have tried Postum say that inside of a week they wake in the morning without that "all gone" feeling that they used to have, and are full of energy, strength and endurance.

Order Postum from your grocer today, and make it according to directions. Your first sip of Postum will surprise and please you.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.



Postum for Health—"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.