

Make Every Meal A Perfect Feast

Tanlac Makes Each Bite a New Delight

WHEN your digestive system is working efficiently and smoothly, extracting from your food abundant stores of vital energy and piling up a reserve force of vigor to meet any emergency, every bite is eaten with keen zest and appreciation. If your meals are not a real event, if you do not approach the table



organ and through ample secretion of digestive fluids. It then promotes energetic action of all the bowel muscles and glands and enables the food to pass through the digestive canal in the normal time. Each of the thousands of little glands whose duty it is to pick up nourishment from the food and send this to all parts of the body are stimulated to their utmost. The whole result is that food is taken care of without distress of any sort in such manner as to derive the utmost benefit from it.



with the most lively anticipation of its delights, then you are only half-living, because you are only half getting the value of your food.

Lack of appetite, or distress from indulging the appetite, are both due to the same cause—failure of the digestive system to properly do its important work. The undigested food remaining in the alimentary canal may merely cause a distaste for more food when it cannot take care of what it has, or it may undergo chemical and putrefaction changes that cause acute disease.

Besides, these chemical changes produce poisonous substances that are carried to every cell and organ of the body and that cause all sorts of distressing symptoms.

Tanlac, the famous digestive tonic and body builder, has achieved its wide success because it is able to invigorate the entire digestive tract.

* It acts to cause vigorous stomach preparation of the food, both through the muscular churning action of that

in your condition as it has in so many thousands of other cases.

If you are despondent, gloomy, with little taste for and enjoyment of life, try Tanlac and no doubt you will see the clouds of gloom roll away under the sunshine of health.

You are entitled to be healthy, vigorous, efficient and happy. Give yourself the chance to become so as thousands of others have, by taking Tanlac.

Get Tanlac from your druggist this very day. Why wait for tomorrow when Tanlac—and health—await you today?

They'd Know About It.

One day young auntie was left in charge of the small apartment and the two children.

"I'm going into the kitchen to prepare baby's milk, Bobby," she said importantly; "you be sure to call me when he wakes up."

"Oh, you'll hear him for yourself," flung Bobby; "that kid turns himself on the minute he wakes up—he's his own alarm clock!"

MOTHER! MOVE

CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Hurry, mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child tomorrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

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.

There is something funny about a rabbit's tail—probably because brevity is the soul of wit.

Many a man makes his mark in the world because he is unable to write.

Mohammed in Court.

It was in a court of law, and a witness was being cross-examined. Said Counsel—Why do you assert that the plaintiff is insane?

Witness—Because he goes about declaring he is the prophet Mohammed. Counsel—And do you consider that clear proof of his insanity?

Witness—I do. Counsel—Why?

"Because," answered the witness, with a complacent smile, "I am the prophet Mohammed myself."—Edinburgh Scotsman.

The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them.—Advertisement.

Woman's Slogan.

Woman's dress nowadays may begin a little late and end a little early, but the cynic exaggerates when he says the modern girl's motto is, "Never put off till tomorrow what you can put off today."—London Opinion.

State of Washington.

The state of Washington was formerly a territory of Oregon and was created a territory in 1853. It was admitted to the Union as a state February 22, 1889.

Tomorrow.

Wee Donald Angus—"Please, sir, what time will it be?" Literal Gentleman—"When?"—Punch.

MOSAIC DISEASE HARMS POTATOES

Adequate Measures for Elimination of Ailment Must Be Taken Immediately.

TROUBLE SPREAD BY INSECTS

Situation May Be Somewhat Improved by Partial Weeding Out of Worst Cases—Yield Is Reduced About 30 Per Cent.

(Prepared by the United States Department of Agriculture.)

A survey of the Western states conducted during the past summer by pathologists of the United States Department of Agriculture shows that unless adequate measures for the elimination of the mosaic disease of potatoes are taken immediately the work of potato seed improvement in the West will soon become extremely difficult, if at all possible. Being of an infectious nature, the disease is spread in the field throughout the summer by means of insects which carry it from diseased to healthy plants, and it is also transmitted with the seed tubers from one generation to another.

There is no evidence that a plant once infected can recover and produce a healthy progeny at any time. On the contrary, the infected plants ordinarily under certain environmental conditions practically cease to produce tubers in the third or fourth generation. If only a partial weeding out of the worst cases is practiced, the situation may be somewhat improved, though not in all cases and by no means permanently. The mild and the medium stages of the disease left in the stock serve as perpetual sources of infection, and eventually the entire strain becomes diseased and is apt to "run out" completely.

Reduces Yield 30 Per Cent.

It has been repeatedly demonstrated in the East that the average reduction of yield due to mosaic is about 30 per cent. Precisely the same effect of this disease was noted in the case of all the varieties grown in different Western states. Some remarkable instances were observed during the last two years of field observations carried on by the department in which the reduction of yield in individual hills was in direct proportion to the severity of the infection.

The potato acreage in certain irrigated sections of the West has been increased this year by one-third as compared with that of the last year, yet the yield in these districts is only two-thirds of normal. Many growers complain that where 900 sacks or more were raised to the acre in former years, only 100 to 150 sacks are obtainable now. This is in fields under good cultural conditions, showing good stands and a high freedom from fungus and bacterial diseases. The low yielding quality of the strains in question no doubt is principally a manifestation of mosaic. The need of good seed in the West is well recognized and is growing every year, yet only a meager quantity of even relatively good seed is obtainable.



Healthy Irish Cobbler Potatoes.

There is very little, if any, hope of improving badly infected strains of potatoes, the department specialists think, therefore, prompt efforts should be made to locate the most healthy strains of the various important commercial varieties. Since there is no means at present of detecting mosaic on the tuber the search should be confined exclusively to the fields during the growing season. When the best strains are found they should further be improved by the annual elimination of all the diseased individuals.

Specialists Must Be Sought.

It is necessary to place this work in charge of highly trained specialists, since the identification of certain minute and peculiar characters of the disease requires a considerable experience and a great deal of pathological knowledge. Furthermore, manifestations of mosaic under the varied cultural and climatic conditions of the West are often very obscure and not yet fully understood.

BIG NEED OF BETTER ROADS

Engineers at Sea Regarding Highways Which Will Stand Up Under Modern Traffic.

A. R. Hirst, Wisconsin highway engineer, has declared that the best engineers today are at sea regarding the kind of roads which will stand up under modern traffic, or the traffic which will develop in a few years. Travel by air, to any considerable extent, is still a long way off, and for a good many years to come there will be urgent need for better and better highways.

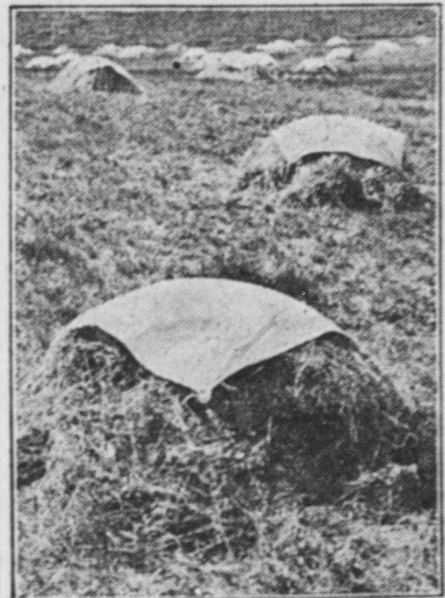
ALFALFA SURPASSES FOR STOCK FEEDING

Good Qualities of Crop Enumerated in Bulletin.

In Addition to Advantages as Pasture and for Silage It Is of Great Value as Soil Improver—Other Possibilities.

(Prepared by the United States Department of Agriculture.)

"A nearly perfect forage"—that is the highest of praise heaped upon alfalfa by R. A. Oakley and H. L. Westover of the United States Department of Agriculture in a new farmers' bulletin, Utilization of Alfalfa, just issued. And when the good qualities of this crop are enumerated it is evident that some such description is warranted. As a hay it is unsurpassed for general feeding; as a pasture it has a high carrying capacity and produces large gains; as a silage crop it is valuable with proper handling; it makes excellent silage; and when ground into meal it is a good and easily handled feed. In addition to these good qualities it



Alfalfa is Praised as "A Nearly Perfect Forage."

is of great value as a soil improver. Attempts have even been made to introduce it as a human food and as a medicine, but it cannot compete with other staples as a food and it has no special medicinal properties.

Although not detailed enough to make laborious reading, each subject from haymaking on through to alfalfa meal manufacture, and a consideration of the value of alfalfa products, is treated so fully as to give the reader a thorough understanding of the possibilities of this great crop. Those who are inclined to be too enthusiastic over certain uses will find reason in the collected experience of many growers and feeders to modify their views, for alfalfa is not a panacea for all the troubles of the farm and feedlot. Consideration is given to the needs of dairy cattle, beef cattle, hogs, sheep, horses and poultry, and to the crop in various forms, including hay, pasture, silage, straw, soiling feed, tea and meal.

Those who are interested should write to the United States Department of Agriculture, Washington, for Farmers' Bulletin 1229 which will be sent free of charge.

HIGHWAYS ARE FLEECE LINED

Because Cotton Is So Cheap, Ranchmen of California and Arizona Use It on Roads.

Fleece-lined roads for getting motorists over desert sands have recently made their appearance and have surprised a great many motor tourists traveling through certain sections of California and Arizona, says the Illustrated World. There is such a low market value upon cotton in certain sections that it scarcely pays to haul it to the railroad stations. Much that is raised, therefore, goes into the making of roads.

Ranchmen of the Salt River valley of Arizona are doing with cotton just what farmers in other sandy sections do with straw or brush. Cotton is simply thrown down upon the road over stretches where the sand is annoying. Traffic over the road then packs the cotton down into the sand until it forms a firm, smooth and resilient surface, over which motor-vehicles may progress with almost as much ease as over a paved street in a city.

WAY TO PLANT IRISH POTATO

Crop Not Particularly Adapted to Small Gardens and Requires Well-Prepared Soil.

While Irish potatoes are not adapted to growing in the extremely small garden, most gardeners prefer to include them in their list. One peck of seed Irish potatoes will plant about 300 feet of row. It seldom pays to plant home-grown seed and it is much better to use the home-grown potatoes on the table and purchase seed that has been produced in some locality especially adapted for seed growing. Potatoes require a well-prepared, rich soil, and it pays to use commercial fertilizer, well mixed with the soil of the hills or the rows. The seed should be cut two eyes to each piece, with plenty of potato attached. One piece should be planted in each hill and covered to a depth of about 3 1/2 or 4 inches. The rows should be at least 30 inches apart and the hills 12 to 15 inches apart in the row.

NERVOUS AND HALF-SICK WOMEN

These Letters Recommending Lydia E. Pinkham's Vegetable Compound Will Interest You

For Your Own Good Please Read Them

Youngstown, Ohio—"Last fall I began to feel mean and my back hurt me and I could hardly do my little bit of housework. I was played out when I would just sweep one room and would have to rest. I would have to put a cushion behind me when I would sit down and at night I could not sleep unless I had something under my back. I had awful cramps every month and was just nearly all in. Finally my husband said to me one day, 'Why don't you try Lydia E. Pinkham's medicine?' and I said, 'I am willing to take anything if I could get well again.' So I took one bottle and a second one and felt better and the neighbors asked me what I was doing and said, 'Surely it must be doing you good all right.' I have just finished my eighth bottle and I cannot express to you how I feel, the way I would like to. If you can use this letter you are welcome to it and if any woman does not believe what I have written to be true, she can write to me and I will describe my condition to her as I have to you."—Mrs. ELMER HEASLEY, 141 S. Jackson St., Youngstown, Ohio.

"I was very nervous and run-down," writes Mrs. L. E. Wiese of 706 Louisiana St., New Orleans, La., "I

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts.

Either Way. "There are many little ways of practicing economy in the home," proclaimed Walter Wheese sagely to his guest, after making sure Mrs. Wheese was out of hearing.

"So?" encouraged the visitor politely.

"Yes. Last winter my wife said we must get a new sofa in the spring."

"Well?"

"Instead, I got a new spring in the sofa."

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Dr. Kilmer's Swamp-Root is on sale 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.

A Visible Excuse. Tommy and Billy had been fighting on their way home from school. The teacher received this note the next day:

"Dear Sir—As one of your scholars hit my boy in the eye with a stone, he can't see out of it. So will you please see into it?"

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 *Wm. D. Fletch* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Bullion in a government die is invariably hard pressed for money.

Every man is more or less a gossip but he refuses to admit it.

would often sit down and cry, and was always blue and had no ambition. I was this way for over a year and had allowed myself to get into quite a serious condition. One day I saw your advertisement in the daily paper and began to take Lydia E. Pinkham's Vegetable Compound at once. I have improved ever since taking the third bottle and find it is the best medicine I have ever taken."

Benefited by First Bottle

"I was completely run down and not able to do my housework. I just dragged myself around and did not have energy to get up when once I sat down. I read advertisements of Lydia E. Pinkham's Vegetable Compound in our paper 'The Indiana Daily Times,' and learned all about it. I received results from the very first bottle and now I am doing all my own work, even washing and ironing, and I never felt better in my life. I tell all my friends it is due to you."—Mrs. ELIZABETH REINHOLD, 403 N. Pine St., Indianapolis, Indiana.

You should pay heed to the experiences of these women. They know how they felt before taking the Vegetable Compound, and afterwards, too. Their words are true.

Try and Say It.

An automobile in Belgium is known as a "sueipandeeoosontapoorvegetreicemrytuiz." Literally translated, it means "fast-horseless-without-rails-petrol vehicle."

The less religion a man has the more he thinks his wife ought to have.

Pat. Process LLOYD Products Baby Carriages & Furniture Ask Your Local Dealer Write Now for 32-Page Illustrated Booklet The Lloyd Manufacturing Company (Haywood-Walshfield Co.) Dept. E Menominee, Michigan (16)

FLORIDA BY SEA

BALTIMORE TO JACKSONVILLE

One Way \$36.50 Round Trip \$52.75 Meals and Stateroom Accommodations on Steamer Included. Extra charges for promenade deck rooms. Steamer Every Tuesday and Friday. Make Reservations Early.

Merchants & Miners Trans. Co. Pier 3-Pratt St. Tel. St. Paul-4306

Leggett & Willyers KING PIN PLUG TOBACCO Known as "that good kind" Try it—and you will know why

DON'T BE LATE AGAIN! Last year we returned hundred accounts unpaid. Factory enlarged. Production doubled. Next Sample case. Hurry! Habanix Leather Co., Toledo, O.

Ask Your Dealer



ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

Alabastine

Instead of Kalsomine or Wall Paper

Buy Alabastine from your local dealer, white and a variety of tints, ready to mix with cold water and apply with a suitable brush. Each package has the cross and circle printed in red. By intermixing Alabastine tints you can accurately match draperies and rugs and obtain individual treatment of each room.

Write for special suggestions and latest color combinations ALABASTINE COMPANY 1647 Grandville Ave. Grand Rapids, Mich.



ASPIRIN

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 Neuralgia Neuritis
- Earache 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 Monoclonotolcinester of Salicylicacid