

Experience as Nurse Causes Mrs. Fleming to Endorse Tanlac

Practical Nurse for 16 Years Tells of Recovery Thanks to Tanlac — Recommends It to Patients.

"I would never have believed any medicine on earth could help me like Tanlac did," is the precise statement of Mrs. Cella Fleming, 1915 Addison St., Berkeley, Calif., a practical nurse of sixteen years' experience.

"In 1904 a serious operation weakened my system so I never saw a real well day until I took Tanlac three years ago. I never seemed to be hungry, my stomach was so disordered I could scarcely retain a thing I ate.

Some men are constantly trying to lower the record for meanness.

and I lost weight till I was almost a shadow. I was very anemic, and shattered nerves and sleepless nights contributed even more to my already miserable state.

"Tanlac built up my appetite and digestion wonderfully, and every single ailment went away. Then, with returning strength came a 32-pound increase in weight, and from that day three years ago my health has been splendid. I recommend Tanlac to many of my patients, for it is indeed a remarkable medicine."

Tanlac is for sale by all good drug stores. Over 40 million bottles sold. Accept no substitutes.

Take Tanlac Vegetable Pills.

Perhaps no man is as big a coward as his wife imagines he is.



Children Cry for

Fletcher's
CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Chas. H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

—read this list of 40 MONARCH FAVORITES

- Cocoa
- Tea
- Sweet Pickles
- Sweet Relish
- Cassup
- Chili Sauce
- Preserves
- Mince Meat
- Mayonnaise
- Dressing
- 1000 Island
- Dressing
- Pork and Beans
- Peanut Butter
- Prepared Mustard
- Crape Juice
- Fruit Salad
- Pineapple
- Cling Peaches
- Sliced Peaches
- Apricots
- Pears
- Loganberries
- Red Raspberries
- Strawberries
- Blackberries
- Cherries
- Beans
- Red Kidney Beans
- Lima Beans
- Asparagus Tips
- Corn
- Tomatoes
- Peas
- Hominy
- Pumpkin
- Stringless Beans
- Sweet Potatoes
- Sauer Kraut
- Spinach
- Salmon
- Milk

Ask for **MONARCH**

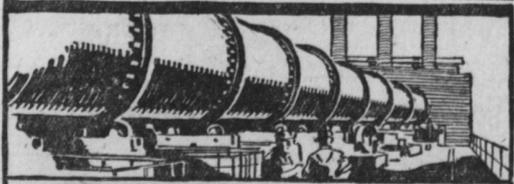


QUALITY
for 70 years

High quality and low price have made Monarch America's Favorite Coffee. Try Monarch today. Your grocer can supply you.

REID, MURDOCH & CO.
Manufacturers and Importers
Established 1853
Chicago Boston New York Pittsburgh

Reid, Murdoch & Co.'s food products are sold only by the Regular Retail Grocer who owns and operates his own store. We never sell to Chain Stores.



CHEAPER
than 30 years ago

One reason concrete is used so generally today in all types of construction from sidewalks to highways, from garages to enormous industrial plants, is the fact that Portland Cement actually costs less than it did thirty years ago.

The Atlas rotary kiln, daily producing as much as the old-time kiln did in one month, was the greatest single factor in assuring this cheapness.

And your building material dealer, the only distributing channel between Atlas and you, assures distribution economy. He knows building and building materials. He can help you.

ATLAS
PORTLAND CEMENT

HOME HINTS AND DIET

By INEZ SEARLES WILLSON

FLOORS AS A FOUNDATION

Floors are the foundation of the room and in order to appear to lie in their proper place, they must be darker than the walls. This, of course, refers to the wood of the floor, as well as the rug or carpet that covers it.

Furthermore, floors are to be walked on, and there is no feeling that one is treading upon the heads of innocent flowers. In other words, the design should not be so assertive that one is conscious of it.

I remember being in the club home of an organization in whose insignia the serpent played a part. Upon the floor of their really lovely living room was a large one-toned rug, in the center of which was woven the insignia with the serpent very prominent in the design. The normal reaction was to avoid stepping on that snake. That one thing threw the whole room out of balance. It was as though there were a huge bump in the floor which one must always walk around.

This is an exaggerated example, of course, but the same feeling may be created in a lesser degree by any over-assertive floor covering.

If one possesses a really fine rug which is strong in color or in design, or both, it may be used to better advantage in the dining room or library, where the decoration is a bit more subdued and there is less detail to consider. To place such a rug in the living room is to hamper one greatly in the choice of colors or design in the textiles used for hangings and for furniture.

The soft colors and the indeterminate patterns found in most oriental rugs add to their value as floor coverings because they possess the quality of serving as a quiet foundation.

The one or two-toned rugs in neutral tans or grays are always excellent, as they not only harmonize with walls done in these colors, but with any color scheme which may be selected.

The rag rug is not to be despised. In fact, a well-made rug of this sort in good colors is much to be preferred to a more costly rug, flamboyant in color and design. There are certain rooms where a rag rug, because of the character of the furniture, seems more in keeping than any other kind. Braided rugs and the lovely old hooked rugs may be mentioned in this same connection, as they may be used with the same type of furniture as the rag rug.

Whatever the method of floor treatment or the type of covering selected, as the foundation of the room, it must seem to stay in its place. If it does not the harmony and balance of an otherwise satisfying room will be destroyed.

CHEMISTRY IN THE HOME

Chemistry is a subject which most girls instinctively avoid during their school days. It is all right for the boy who is preparing to be a doctor, an engineer, or he may take it for its general interest, but what earthly good it will ever do her is more than the average girl can see.

The truth is that a practical course in chemistry will be more useful throughout her life than many other things which she may deem essential. A required course in household chemistry would be of lasting value.

Every time the housewife prepares a meal, she has performed a series of chemical experiments. A knowledge of the fact will enable her to be a little more certain of her results.

The action of soap and of washing powder is chemical. The effect of these and other agents used in various cleaning processes is something which the housewife should know, and this is chemistry.

Acids are found in all fruits, and we use some of these acids for household purposes, lemon for removing rust spots, or milk for ink stains.

Strong alkalies destroy wool. Cheap soaps contain free alkali. The housekeeper who knows these two facts will act accordingly when she washes the woolsens of the household.

Salt and vinegar are used to set colors because they form chemical compounds which render the colors fast.

There is no mystery about chemistry. It does not require a certain kind of mind to grasp its meaning. It holds a world of interest and is extremely valuable. It is a subject which is applied in manifold ways in everyday lives. We may find occasion now and then when we are glad of our ability to speak a foreign tongue, but we have a daily opportunity to be grateful for a knowledge of chemistry.

The problem of the housewife is to plan the family meals with a view of including all the food principles so that she may maintain her family in a physically fit condition.

Washing soda or soaps, containing free alkali, will make silks yellow. Undissolved or in strong solution, it should not be used, as it is injurious to all fabrics, especially wool.

A nice breakfast dish is fried sausage, with rings of nicely fried apples to circle the platter as a garnish. Serve with griddle cakes and a cup of coffee; this will sustain a fairly hard worker until the noon meal.

A rich lemon sirup in which chestnuts are cooked until slightly candied is another favorite way of preparing this popular nut.

WOMEN! DON'T BE IMPOSED UPON

Warning! Not All Package Dyes Are "Diamond Dyes."



Always ask for "Diamond Dyes" and if you don't see the name "Diamond Dyes" on the package—refuse it—hand it back!

Each 15-cent package of "Diamond Dyes" contains directions so simple any woman can dye or tint skirts, dresses, waists, sweaters, stockings, kimonos, coats, draperies, coverings—everything new, even if she has never dyed before. Choose any color at drugstore. Refuse substitutes!

Being able to swim brings one more care—that you don't drown.

Best Way to Relieve Pain is by direct outside application and the best remedy is an Allcock's Plaster—the original and genuine.—Adv.

The woman who has a good figure is always willing to admit it.

Always Keep a Box on Hand. Brandreth Pills are a safe and reliable laxative, made in America for ninety years, entirely vegetable.—Adv.

Observe "Be Sensible Day." Think of it early every morning.

A torpid liver prevents proper food assimilation. Wright's Indian Vegetable Pills tone up the liver. They act gently but surely. 272 Pearl St. N. Y. Adv.

The prosperity of a fool may be either a reward or a penalty.

Sure Relief FOR INDIGESTION



BELLANS
INDIGESTION
25 CENTS
6 BELLANS
Hot water
Sure Relief

25¢ AND 75¢ PACKAGES, EVERYWHERE

One tear over your friend's troubles is worth to him a thousand "I am sorry's."

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexions, dandruff, itching and red, rough hands.—Advertisement.

So long as there are 500 men, there will be 500 standards of feminine beauty.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

Sometimes the cigar draws better than the actor. It is named for.

JOYS OF MOTHERHOOD

Often Prevented by Female Trouble

Lydia E. Pinkham's Vegetable Compound brings Joy to Homes by Removing Cause of Trouble

Brooklyn, N.Y.—"I was working after I got married and the young lady who worked next to me asked me if I had any intentions of having a child. I told her I would be the happiest woman on earth if I could become a mother, but I always had terrible cramps, backaches and headaches. She then told me of a woman she knows who took Lydia E. Pinkham's Vegetable Compound for the same troubles and it helped her greatly. I took about a half bottle and found that the following month I did not suffer any pain, so I kept on taking it. I have a wonderful baby boy six months old and he is as strong and fat as any one could wish a baby to be. I still take the Vegetable Compound regularly because I have looked fine all the time and felt fine and my mother told me that was the reason. I will be glad to have you publish my testimonial with my name and address."—Mrs. EDWARD WEBBECK, 1834 Greene Avenue, Brooklyn, N.Y.

and I was afraid that I could never have any more, for I had been told that I never could have a living child for I was not strong enough to carry one. But they were mistaken and I had a nice baby boy and now I have five children. I can't praise your medicine enough. My youngest sister has taken it, too, and praises it."—Mrs. G. L. WHEELER, 43 Mechanics Row, Auburn, Maine.

These cases are similar to many others reported to us. It is well for women to carefully consider such statements and to give Lydia E. Pinkham's Vegetable Compound a fair trial. It may bring great joy to your home.

Over 100,000 women have so far replied to our question, "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

98 per cent of these replies are "Yes."

That means that 98 out of every 100 women who take this medicine for the ailments for which it is recommended are benefited by it.

This goes to prove that a medicine specialized for certain definite ailments—not a cure-all—can and does do good work. For fifty years Lydia E. Pinkham's Vegetable Compound has been a medicine for women.

For sale by druggists everywhere.

Free From Old Trouble

Auburn, Maine.—"I suffered with inward weakness for ten years and had doctored all this long time but never got any help. One day I saw my sister and she told me of Lydia E. Pinkham's Vegetable Compound and I went and got me a bottle of it. I took two bottles and a half and I was just as free from my old troubles as I could be. I had only one child

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S.B.—or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

SMITH BROTHERS
S.B. COUGH DROPS MENTHOL
Famous since 1847 (orange colored box)

\$2,500 in Prizes

ENTER the International Crow-Shooting Contest. Du Pont offers \$2,500 in merchandise prizes. No entrance fees. Destroy the menace to game and crops. Write today for booklets giving full information on the crow.

E. I. DUPONT DE NEMOURS & CO., INC.
Sporting Powder Division
WILMINGTON, DEL.

Health and good looks

—the reward of internal cleanliness

HEALTH and good looks go hand in hand. If you do not keep clean internally, your looks and health are undermined together. A clogged intestine breeds poisons that reach every part of the body. These poisons ruin the complexion and undermine health. Constipation brings on such ailments as headaches, bilious attacks, and insomnia—each of which saps your health and vitality. Soon much more serious conditions follow.

In constipation, say intestinal specialists, lies the primary cause of more than three-quarters of all illness including the gravest diseases of life.

Laxatives Aggravate Constipation

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in *lubrication* a means of overcoming constipation.

Physicians Favor Lubrication

The lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine

Nujol is not a laxative and cannot gripe. Nujol is used in leading hospitals and is prescribed by physicians throughout the world.

Don't give disease a start. Adopt this habit of internal cleanliness. Nujol is not a medicine. Like pure water, it is harmless. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.

Good Looks Throughout Life If You Keep Clean Internally

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Nujol
REG. U.S. PAT. OFF.
For Internal Cleanliness