

SPRING TIME IS TONIC TIME

The System Needs "Spring Cleaning." Just as the Home Does. TANLAC Has Been Called the World's Greatest Tonic by Over 100,000 Persons, Who Have Testified That Tanlac Has Helped Them Regain Their Strength and Health.

DON'T GAMBLE WITH YOUR HEALTH; DEMAND THE BEST

Tanlac Has Benefited Thousands of Persons Suffering From Stomach Trouble, Indigestion, Rheumatism, Nervousness and Kindred Ailments—Tanlac Is for Sale by All Good Druggists—Accept No Substitute—Over Forty Million Bottles Sold.

Unethical

You can never tell about women, and even if you can, you shouldn't.—Stanford Chaparral.

Take It at Night Makes Morning Bright

St. Joseph's LIVER REGULATOR
for BLOOD-LIVER-KIDNEYS
The BIG 25¢ CAN

ITCH!

Money back without question if HUNT'S BALVE fails in the treatment of ITCH, ECZEMA, RING WORM, TETTER or other itching skin diseases. Price 75¢ at druggists, or direct from A. & S. Richards Medicine Co., St. Louis, Mo.

DO YOU SUFFER?

Is your existence a living hell? Learn from the free medical work, "Munyon's Guide to Health," how you can find quick relief.

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"There is Hope" or any other Munyon Remedy you may need

"There's a Munyon Pill for Every Ill"

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Munyon's, Scranton, Pa.

Glenn's Sulphur Soap

Contains 33% Pure Sulphur (As Druggists)

Sulphur is an effective remedy for skin troubles. Chronic eczema, acne, and various scaly eruptions are greatly benefited by Glenn's, which cleanses, disinfects, whitens and beautifies the skin. Millions find it delightful.

For Toilet - Bath - Shampoo

Robland's Stryptic Cotton, Mo.

Always

A safe and soothing remedy for cuts, burns, or skin troubles. Protects, relieves and heals. Take internally for coughs and sore throats.

Vaseline

PETROLEUM JELLY
Chesebrough Mfg. Co., Con's'd. State St. New York

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The SANDMAN STORY

MR. KINGBIRD

ON THE topmost branch of a tree sat Mr. Kingbird, or at least he made this his lookout, for Mrs. Kingbird had a nest full of eggs and whenever her watchful mate saw anyone approach within seeing distance of the nest, he darted forth at the trespasser.

It happened that on this morning Mr. Fox was resting in a shady spot not far from the tree where Mr. Kingbird was watching his home. Mr. Fox had nothing in particular to do, so he just watched what was going on around him.

Pretty soon he saw Jimmy Crow flying toward him and saw Jimmy alight on the limb of a nearby tree.

"Now I wonder what that thief is up to," mused Mr. Fox, forgetful of



his own shortcomings. "Jimmy never does anything without a reason. I guess I'll watch and see what he has on his mind."

Mr. Fox did not have to wait long, for in a minute Jimmy flew a short distance from the tree where he had been sitting. Then he whirled and made for the limb of a tree which hung over the stone wall by the orchard.

Mr. Fox was so intent upon watch-

ing Jimmy Crow that he did not see Mr. Kingbird until he was almost upon Jimmy. He saw Jimmy suddenly turn tail and with a noise something like a squawk fly away with Mr. Kingbird flying after him.

Mr. Fox pushed his head out and looked after them from his resting place. "Well, I would not have believed it if I had not seen it with my own eyes," he exclaimed. "He did not make the least effort to defend himself, and I thought Jimmy Crow was brave. I don't understand it."

Mr. Fox did not have much time to think over what he had seen, for in a few minutes back came Mr. Kingbird and alighted on a tree close to Mr. Fox.

Mr. Fox is not at all bashful. He was not acquainted with Mr. Kingbird nor did he know his name, but he meant to find out, so he crept out of his hiding place.

"You are a brave fellow, whoever you are," he said to Mr. Kingbird, "and I should like to know your name, for I was very much pleased at the way you sent that thieving Jimmy Crow about his business. He is a bad creature to have around."

"I am the Kingbird," answered Mr. Kingbird proudly. "I have an orange-red crest under my crown, but that no one sees unless they are quite close to me. You may have heard one of my other names. I am also called Bee Martin. I am very fond of bees. And I am sometimes called the Tyrant Flycatcher."

"But this last name I do not think I deserve; of course, I am an insect catcher and I do catch bees—drones preferred, and some say I can pick them out on the wing from the other

bees—but tyrant I am not, though I fight when I have cause."

Mr. Fox had not spoken a word. He had not had a chance since Mr. Kingbird began to tell who he was, and just as he was about to ask if it were true that Mr. Kingbird could pick out the drones from other bees and why he selected these, away darted Mr. Kingbird after some prowler near his nest.

(© by McClure Newspaper Syndicate.)

"What's in a Name?"

By MILDRED MARSHALL

FACTS about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel

HENRIETTA

HENRIETTA is a charming sixteenth century product. Of Teutonic origin, but extraordinarily prevalent in France and England, it signifies "home rule" and comes from the mythological legend of the porter of Valhall, called Heimdall, who "sleeps more lightly than a bird and can hear the grass growing in the fields and the wool on the sheep's backs."

The first syllable of this accomplished person's name is the basis for masculine names without number. Through various stages of Heinrichs, Heinrichs and Heinz's, the French Henri is reached. The kings that it named are legion. Across the channel it became Henry.

The feminine form originated in France. Its first use seems to be in the house of Stuart d'Aubigne in 1588, when a daughter was called Henriette. The court of Catherine de Medici was

noted for its Henriettes. The name reached England through the daughter of Henry IV, Henriette Marie, whom the Prayer Book called Queen Mary. Her godchildren, however, were always addressed as Henrietta.

Coral is Henrietta's talismanic stone. It will guard her from contagion and other evil, and is said to have therapeutic value in combating anemia. Monday is her lucky day and 5 her lucky number.

(© by Wheeler Syndicate, Inc.)

A LINE O' CHEER

By John Kendrick Bangs.

A SUGGESTION

IF SUCH shall be your mental state That you can't help exaggerate, Exaggerating things do. Heed this small bit of halting rhyme

And try for just a little time, To magnify your joys and see— How much more happy you will be.

Then take your stock of daily troubles And turn them into airy bubbles— The daily troubles that you've nursed— And blow them up until they burst.

(© by McClure Newspaper Syndicate.)

Reflections of a Bachelor Girl

By HELEN ROWLAND

ALAS, poor woman! She can please some of the men most of the time, and most of the men some of the time; but no mortal woman ever could please ALL of the men any of the time, nor ANY man all of the time.

A man's love has to be repeatedly wound up, like a clock; but once a woman's heart gets started, it is supposed to go on working, automatically, forever no matter how many shocks it receives.

To be a successful wife, a woman has to spend half her time stimulating a man's vanity and the other half reducing the fever, so that it won't go to his head and make him dizzy.

In the history of marriage, Solomon was the original monopolist; Henry VIII the first Bolshevik.

Widows are so fascinating, because they are impressionable. If a widow has had a good, devoted husband, she thinks that all other men are like him; if she hasn't, she fondly believes that all the others are "different."

A wife is just the little "buffer" between a man and all the annoyances and discouragements of life—the servants, the family, the tradesmen, the children, the flies—and the consequences of his own follies.

Nothing so ages a woman as sitting meekly beside the smoldering ashes of love and waiting for the last spark to die out; but a man is aware that success in love as in cooking consists in knowing when to put out the fire and build a new one.

(Copyright, by Helen Rowland.)

Have You This Habit?

By Margaret Morison

PSYCHE JONES

THE first sign of superstition in Psyche Jones was years ago before it had become fastened upon her. Just before a dinner party at her house, a guest failed. The place was removed and everybody sat down. Then came coffee and finger bowls, and in the natural course of such events the party should have gone on to the drawing room. But Psyche did not move. They sat and sat. They began to grow restless as the hour grew later, but their hostess talked on, her eyes bright and feverish. At



(© by M. Clure Newspaper Syndicate.)

Viola Dana



This popular "movie" star has hosts of friends among the people who like moving pictures. Viola Flugrath is her real name. She is only twenty-two years old. Shirley Mason of the "movies" is her sister, as also is Edna. The sisters were on the stage continuously during their childhood. Viola has been in pictures since she was eleven years old. She was born in Brooklyn.

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last a telephone call came for one of the guests, and the spell was broken. Later Psyche explained in confidence, after sitting down she discovered that there were thirteen of them; Psyche knew the fate hanging over the first one to leave; she was no heroine, she confessed it; and if that message had not called away her unconscious victim they would have been sitting there yet!

After that Psyche's habit began to grow. She built a new house in the country, and visitors began to tell strange tales. One visitor had been surprised to find no mirror in her room. Of course mirrors were eliminated lest one be broken. Another told of her first meal at Psyche's. As soup was served and she put down her spoon, she wondered if her expression were as disappointed as the expressions of the other guests.

"I hope you like cooking without salt," said Psyche suddenly. "I am superstitious, you see, about spilling salt."

So it went. When there was pie for dessert, Psyche explained that every person at the table was being given a piece with the point directed toward him.

"I never saw," said she, "why such things should be left to chance."

In spite of Psyche's care, however, her guests did not find that many of them received letters the following morning.

The climax of Psyche's habit came when her horse ran away with her one day right across a funeral procession. Out of sheer fright she took to her bed. For a year she stayed there. A week before the year was up she made final arrangements for her demise. The fatal hour arrived. But Psyche did not die. And so the spell was snapped. It had taken a whole year under the shadow of a horrible dread to break the habit of superstition to which Psyche had become a slave.

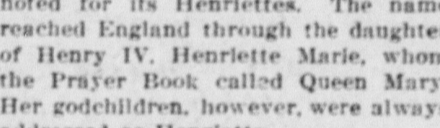
HAVE YOU THIS HABIT?
(© by Metropolitan Newspaper Service.)

HER SUN

Mrs. Jones—He's the light of my life!

Mrs. Brown—Do you mean your son?

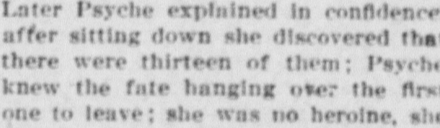
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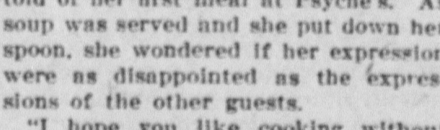
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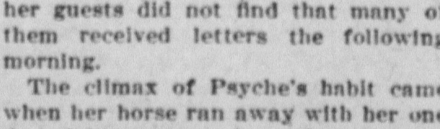
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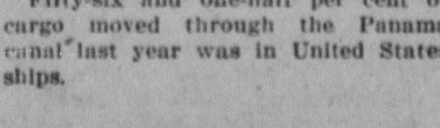
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The KITCHEN CABINET

(© 1924, Western Newspaper Union.)

Half the world is on the wrong scent in pursuit of happiness. They think it consists in having and getting and in being served by others. It consists in giving and in serving others.—Henry Drummond.

THE CHILDREN'S FOOD

It is the exceptional child which does not crave sweets. The wise mother will satisfy this craving with wholesome candies, giving a piece or two after a meal (never before), simple desserts of fruit, cake like sponge or angel food, unfrosted, crackers dotted with marshmallows and browned are all allowable. Desserts for growing children never include rich cakes or pastries, or heavy steamed puddings.

Grapenuts, used in the place of nuts when preparing a fruit salad, will satisfy and prove much more wholesome.

When the child refuses milk as a beverage it may be given custards, cocoa, bread puddings, using a few dates, figs or prunes, as well as the common raisins, to give variety.

For a supper dish there is nothing more satisfying than a good hot dish of milk toast.

Those who study the proper diet for the child tell us that cereals should never be served with sugar, but use instead a few dates, prunes, figs or raisins to furnish the sugar.

The skins of the fig, date and prune, the seeds of the fig, the woody fiber of the date add bulk to the food and furnish roughage which is needed to keep the digestive tract in good working order. The child who is well-nourished with good food, fruit, dried or fresh, will not crave candy.

Simple puddings like the bread pudding, with egg, served with cream and little cubes of jelly to add to its attractiveness, or with half a peach or pear served on top, make a good dessert.

The child is an individual, so all foods, even when wholesome, may not agree or appeal to the child. It is wise to teach him while young to eat and enjoy all foods that are good and wholesome, so that when he becomes a man he may be a normal eater and a pleasure to those who have to supply the food for his enjoyment. If, as is sometimes the case, certain foods make the child ill, those foods should never be forced upon him, as there are enough good things even if we have to eliminate a few.

The sweetest music is not in oratorios but in the human voice when it speaks from its instant life tones of tenderness, truth and courage.—Emerson.

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

Colds
Toothache
Neuritis
Neuralgia

Headache
Lumbago
Rheumatism
Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven 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.

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Savory Parsnips.—Wash parsnips thoroughly and boil in salted water until tender. Drain, wipe dry and peel. Cut in two lengthwise or leave whole as desired. Surround with a coating of sausage meat, roll in flour, arrange in a flat dish, sprinkle with salt and bake twenty minutes in a hot oven. Garnish with parsley.

WHOLESGOME GOOD THINGS

Chili sauce may be prepared at any time during the year; all that is needed are a few canned tomatoes, adding such spices as chopped peppers and onions as suit the taste.

Creole Stew.—Take one pound of lean beef, or a medium-sized fowl, two cupsful of tomatoes, one cupful of carrots, one cupful of sweet peppers, all chopped; one-half cupful of rice, one-quarter of a cupful of chopped onion, one teaspoonful of salt and one tablespoonful of fat. Cut the meat into pieces, melt the fat, add the onions, peppers, meat or chicken and brown the fat. Put into a saucepan with the seasoning, rice, vegetables and one cupful of boiling water; simmer for one-half hour, then put into the cooker for three hours; if the stones are used, two hours will be sufficient. With chicken and okra instead of the meat and carrots this is a favorite southern dish.

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