

DEMAND

TANLAC

The World's Best Tonic

Over 100,000 people have testified that TANLAC has relieved them of:

Stomach Trouble, Rheumatism, Mal-Nutrition, Sleeplessness, Nervousness, Loss of Appetite, Loss of Weight, Indigestion, Torpid Liver or Constipation.

"Ask Anyone Who Has Taken TANLAC"

Accept No Substitute—Over 40 Million Bottles Sold For Sale By All Good Druggists

DAISY FLY KILLER

PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Not clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't rust or tip over; will not soil or injure anything. Guaranteed effective. Sold by druggists, or by mail, 25¢ per bottle, 50¢ per dozen, prepaid, 8125. HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

GOLD MEDAL HAARLEM OIL CAPSULES

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

Big Sardinian Dam

The dam on the Tisno river in Sardinia, officially opened April 28, creates an artificial lake with a capacity of 450,000,000 cubic meters of water, which will give an estimated annual output of 50,000,000 kilowatt hours of electric power and irrigate 75,000 acres of land. The cheap power created by this dam will permit local electrolytic treatment of zinc ores, which have been exported hitherto, and will favor the development of other industries in the region. This is the first of several similar projects in Sardinia to increase the agricultural developments of the island.

Heredity

"How many are four and five?—hands up!"
A forest of hands perforated the air.
"Ah, you—little girl in the front seat."
"Fo'er and fiv," answered the young daughter of a former telephone operator. "are ni-yun."—Bea Telephone News.

The most difficult thing in life is to know yourself.

Will blind confidence lead you to physical disaster at age 31?

This is the experience of the average American, United States Life Tables, 1920, indicate

For the average person, health—physical freedom and full vigor—extends only from age 18 to 31. Then the slump. After 40, earnings fall off rapidly. What do these startling facts (taken from the United States Life Tables, 1920) mean for you?

It is time to check up. It is time to take stock of the present, and face the future with open eyes. Blind faith in the power of the human body to absorb punishment has failed miserably. Unwise eating, stimulated nerves, sleeplessness; disregard of the simplest laws of health; the lashing of the overworked body to new exertions by the use of drugs—physical decay beginning at age 31! This is the tragic chronicle.

Nature provides a danger signal—fatigue—to warn when the body needs rest. Certain drugs have the power to deaden the fatigue signal. One of the most common of these drugs is caffeine—a drug classified as a poison. The average cup of coffee contains from 1½ to 3 grains of caffeine—a dose equal to that often administered by physicians in cases of heart failure.

Caffein, by deadening the danger signal of fatigue, appears to give new strength. Actually, this strength is robbed from the body's own reserve, stored up for life's emergencies.

Coffee contains no nourishment. Its only virtues as a beverage, are its warmth and flavor. A good, hot, drugless drink is a benefit with every meal.

Millions enjoy such a drink in Postum. A drink made of whole wheat and bran, skillfully roasted, with a little sweetening—nothing more. A drink with the rich, mellow, full-

New Primrose

At the famous Kew gardens in London a new primrose of great beauty has recently been exhibited. It is the Primula rosea, a beautiful primrose from the Himalayas, which has been flowering profusely at the foot of the dripping well in the Rock garden. It has rich carmine-pink blossoms, which are very effective, particularly when viewed from a short distance. This new primrose ranks among the best of all waterside plants, but it is said to be equally happy in other situations. It will grow in almost any soil, but preferably in a rich loam, that contains a slight mixture of peat.

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. No second dose required. 372 Pearl St., N. Y. Adv.

Quebec Planting Trees

A contract for planting 10,000 trees on the Montreal-Quebec highway was awarded to a Pollette nursery by the provincial department of highways and roads. Half of these trees were to be planted this spring and the other half next fall. This number is in addition to the 2,000 trees to be planted by the lands and forest department for the account of the roads department. A total of 200,000 plants will be necessary to improve the scenery along the principal highways in the western section of the province.

Couldn't Find the Boxes

"Will you please tell me where the boxes are?" was the question propounded the pastor's secretary of the First Baptist church, Vermont and Meridian streets, as she stepped out of her office the other day.

It was a bewildered colored man who asked. Evidently he had been wandering about the church for some time.

On being asked what boxes he wanted, the colored man said: "Why, lady ain't dis yere de pos' office?"—Indiana News.

Financial, Not Moral

Mrs. Benham—Do you object to my smoking?
Benham—Not if you buy your own cigars.

In doing something for others you do not lose their respect by making it pay.

Daddy's Evening Fairy Tale

By Mary Graham Bonner

SOCIABLE SOLITARY WASP

"Of course," said a little wasp, known as Mr. Solitary Wasp, "I do not know the habits of all Solitary Wasps."

"There are many in the family. There are cousins and aunts and uncles and grandfathers and grandmothers and second cousins and third cousins and first cousins once removed—though I don't know where they removed themselves to, or why."

"I don't understand all about Marketing. I can't be supposed to know all their ways. There are too many. 'No one can keep track of every one in some way distantly connected with you."

"You don't know if they will all like school or if some do and some don't."

"You don't know if some like honey and if some do not. You can't tell about them all."

"But I know that we aren't solitary. Solitary means to be alone."

"We nest near together. We nest along the ground and we feed our little larvae children each day."

"Most solitary wasps, I have been told, don't do that."

"But here we're called solitary and we're all together. Foolish, I say, to be told, don't do that."

"Then there is a cousin of mine—I know about him. He guards the nest while his wife goes a-marketing."

"She thinks she can pick out the best things to eat for the children, and so she does this."

"But he is always on hand to guard the nest and look after the young."

"If he were really solitary he would be roaming off by himself."

"We may have our own home nests, but we so often group our nests together that really I don't think we should have this name."

"What I will do much later in life, I cannot tell. But I can't help thinking my name is a little curious."

"Why, only the other day I helped some friends of mine over a meadow beyond. I helped them with their marketing."

"That wasn't so solitary of me."

"I would call myself solitary if I went way off into the world all by myself and never bothered to speak to anyone."

"I would like to know why we can't have some other name, too. But I will not worry too much about it."

"Life is sweet with insects to crush and eat and flowers to sip."

"Flowers have such sweet honey. Oh no, I shall not worry."

"Only here I am with my neighbors. Perhaps great and wise people may tell me more than I know about myself. They will study me."

"But here I am and neighbors around me and there are people who have watched me and who have seen that this is so."

"Perhaps the social wasps are more social. But still that doesn't help me with my name."

"Oh well, as I said before, I will not let it worry me. I will enjoy the good things of the world without fretting and fussing."

"Ah, there goes Mrs. Wasp a-marketing and her Sweet Honey, husband I know is watching over the home nest."

"They're a nice couple, well matched, and they get along so well and seem to be so happy."

"But I must be having a meal myself. I really feel the pangs of hunger getting at my little wasp stomach. If that is what you would call it."

"You can't expect me to know the important names for everything."

"That would be too much to expect of me. Buzz, buzz, isn't that so?"

One More Bag to Bust

A public school teacher once put this question to her pupils: "Which would you rather have—three bags with two apples in each bag, or two bags with three apples in each bag?"

"Three bags with two apples in each bag," was the surprising answer given by one lad, while the rest of the class was struggling with the problem.

"Why, Harry?"
"Because there'd be one more bag to Bust!"

Good Grades

Jimmie (whose school records were usually discouraging)—Mother, I got a hundred at school today.

Mother—Oh, Jimmie, I am so pleased. You must have studied hard. In which subject?
Jimmie—I got 50 in reading and 50 in arithmetic.

Important to All Women Readers of This Paper

Swamp-Root a Fine Medicine

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Animals Not Only Pets

In the rush of signing up for the pet parade, a youngster went into the Irvington branch library and asked whether she might enter the contest. When questioned as to what kind of a pet she was going to take, she replied:

"I haven't any pet, but another little girl wants to know if she can take her baby brother."—Indianapolis News.

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.

Relationship

Muriel—I don't know whether to marry Ferdie or merely be a sister to him. What do you think, dear?

Madge—Oh, Ferdie's all right for a husband, but I wouldn't want such a

Anoint the eyelids with Roman Eye Balsam at night and see how refreshed and strengthened your eyes are in the morning. Send now to 372 Pearl St., N. Y. Adv.

Removing Rust Spots

Rust spots on metal should be rubbed with a cork that has been dipped in paraffin. A cork moistened with paraffin is also splendid for removing marks from breath tiles.

Thoughts are but dreams till their effects be tried.

MONARCH

Not sold by chain stores

You pay no unnecessary profits when you buy Monarch Coffee. There are only the Roaster and your Regular Retail Grocer between the plantation and your table.

This economical method of distribution is one reason why Monarch is priced so low. Quality considered, it is by far the most economical coffee you can buy. Order a supply today from your Regular Retail Grocer.

"Best Trade Uses Monarch"

"We have been selling your Monarch Coffee for several years. Our best trade uses and recommends it to their friends as the best coffee they ever drank. Our trade is growing daily on Monarch."

GIBBS CASH AND CARRY GROCERY, Ludington, Mich.



QUALITY for 70 years

REID, MURDOCH & CO. Established 1853 Chicago—Boston—Pittsburgh—New York

Cones	Mayonnaise Dressing	Cling Peaches	Cherries	Honey
Tea	100 Island Dressing	Sliced Peaches	Beets	Pumpkin
Sweet Pickles	Pork and Beans	Apples	Red Kidney Beans	String Beans
Beet Salad	Peas	Apricots	Lima Beans	Sweet Potatoes
Catup	Prepared Mustard	Pears	Apparatus Tips	Sweet Corn
Crull Sauce	Prepared Mustard	Loganberries	Corn	Spinach
Freezers	Fruit Salad	Red Raspberries	Tomatoes	Salmon
Mince Meat	Pineapple	Blackberries	Peas	Milk

Not Some, Anyway
Young Man—Don't you think that mind controls matter?
Critic—Not some reading matter.

Often the Case
"Is Algy really engaged to an actress?"
"The critics differ."

Children Cry for "Castoria"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 30 years as a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups. Contains no narcotics. Proven directions are on each package. Physicians everywhere recommend it. The kind you have always bought bears signature of

Chas. H. Fletcher.

Helpful Advice to Overworked Women



MRS. C. E. CHAPMAN, 1220 Elm St., New Albany, Ind.



DAY in and day out, week in and week out the tired, over-worked housewife and mother toils on, sweeping, dusting, cooking, cleaning and mending. Is it any wonder that after a time a weakness, such as Mrs. Chapman had, develops and the wife and mother pays a toll in physical weakness and pain for her efforts of love, the natural result of overwork?

Women who find themselves afflicted with weakness, pain, headaches, backache, nervousness, irritability and melancholia will be interested in Mrs. Chapman's letter, and should realize that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is especially adapted to overcome such conditions.

Mrs. Chapman's Letter Reads as Follows:

NEW ALBANY, IND.—"I took Lydia E. Pinkham's Vegetable Compound for a weakness which many women have from over work, and from which I suffered for quite a while. I wasn't fit to do my work and my sister advised me to take this medicine. After the first few days the pains were not so severe as they had been and after taking a few bottles I am not bothered any more. I am doing my housework every day and highly recommend the Vegetable Compound to any woman suffering from female trouble. Only yesterday a friend called me on the 'phone and knowing what it did for me wanted to know what to ask for at the drug-store, as she meant to give it a trial."—MRS. C. E. CHAPMAN, 1220 Elm Street, New Albany, Indiana.

Another Case of Nervous Breakdown

MEMPHIS, TENN.—"Two years ago I was completely run-down and my nerves were a wreck. I could not sweep a room without resting. I could not do any of my work except a little at a time and the doctor's medicine did not help me. One day some one threw a little book on to my porch and in it I read several testimonials of women who had been like myself. I went right out and got me a bottle of Lydia E. Pinkham's Vegetable Compound and before I had taken the whole of that bottle I knew it was helping me. I took six bottles and then in about three months I took two more. Now I am in perfect health. I do all my own work and could do more. I can truly say that I know Lydia E. Pinkham's Vegetable Compound gave me my health."—MRS. O. J. HINCKLEY, 412½ E. Georgia St., Memphis, Tenn.

Thousands of Women owe their health to

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

TEAR THIS OUT—MAIL IT NOW

POSTUM CEREAL Co., Inc., Battle Creek, Mich.
I want to make a thirty-day test of Postum.
Please send me, without cost or obligation,
one week's supply of
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Address _____
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