

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, Torpid Liver or Constipation.
"Ask Anyone Who Has Taken TANLAC"
OVER 40 MILLION BOTTLES SOLD
For Sale By All Good Druggists

Pretty Feature at Empire Exhibition
Omar Khayyam's "chequer board of nights and days" is mechanically realized in the palace of engineering at the British empire exhibition, says the Boston Transcript. A group of model cottages have been erected in the midst of rural scenery. Through an ingenious system of automatic illumination days will come and days will go, in miniature, throughout the normal day. The sun will rise, arrive rapidly at its zenith, and then the brilliant light will wane to evening. New lights will begin to twinkle in the cottages and the miniature village. As the darkness deepens the street lamps will be lighted, more will appear in the houses, and all will burn brightly until dawn appears again. How many miniature years these miniature days will represent when the exhibition comes to an end is a speculation that will probably interest the mathematician.

Foretelling the Weather
The weather bureau says that the forecasting of weather for more than a few days in advance is attended with great uncertainty. For this reason the national weather bureaus in various countries do not attempt detailed forecasts of the weather for more than a week in advance. Beyond a week the condition of the weather cannot be foretold according to reliable and scientific principles.

Get Back Your Health!
Are you dragging around day after day with a dull headache? Are you tired and lame mornings—subject to headaches, dizzy spells and sharp, stabbing pains. Then there's surely something wrong. Probably it's kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get plenty of sleep and exercise and use Doan's Pills, a stimulant diuretic to the kidneys. They have helped thousands and should help you. Ask your neighbor!

A Virginia Case
F. B. Powell, carpenter, 1311 Carter St., Martinsville, Virginia, says: "I was troubled with my back hurting and was annoyed with a dull pain. It was difficult to go about my work at the carpenter trade. My kidneys didn't act properly, so I decided to give Doan's Pills a trial. I purchased a box and started using them. They cured me of the attack."

DOAN'S PILLS
60c
STIMULANT DIURETIC TO THE KIDNEYS
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

Retain the Charm of Girlhood
A Clear Sweet Skin
Cuticura
Will Help You
Use Cuticura Soap Every Day

LIVE!
Your case is not beyond hope. Let Munyon's Remedies bring you back to health. Write now for "Munyon's Guide to Health"—a FREE medical work. Munyon's, Scranton, Pa. These wonderful remedies sold in any first-class drug store:
Munyon's Paw Paw Tonic
Munyon's Nerve Remedy
Munyon's Rheumatism Remedy
Munyon's Pile Ointment
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Munyon's Bladder Remedy
Munyon's Kidney Remedy
Munyon's Hay Fever Remedy
Remedy or any other Munyon Remedy you may need
"There's a Munyon Pill For Every Ill"
Doctor's Advice FREE
Munyon's, Scranton, Pa.

My Picture on Every Package P. D. Q.
P. D. Q., a chemical (not an insect powder) that will actually rid a house of Bed Bugs, Roaches, Fleas and Ants with its proper use—impossible for them to exist as it kills their eggs as well and thereby stops future generations.
A 25c package makes a quart. Free—a patent spot in every package, to get them in the hard-to-get-at places. Special Hospital size, \$2.50, makes 5 gallons. Your druggist has it or can get it for you. Mailed prepaid upon receipt of price by the Owl Chemical Works, Terre Haute, Ind.

Something to Think About
By F. A. WALKER

BETTER THAN GOLD
FOR ages it has been the custom of the larger proportion of earthlings to bow to the yellow god of gold and worship it, overlooking in their insane idolatry the wondrous, enduring riches that lie at their feet, disregarded and trodden down.
Children come into the world with shining eyes and laughter on their lips. They are as blithesome as birds in the springtime until they are taught by their parents to look reverently upon the cold face of the god of mammon.
Then comes a change in their speech and deportment. The little rich child is instructed to look with disfavor upon the little poor child, so a sharp line of distinction is drawn between them and each goes his or her way, unfriendly towards each other.
A bitterness springs up in their hearts. As the years come and go, it grows to pride, disrespect and hate. Then follow the oft-repeated tales of history—strife, war, bloodshed, tears and sorrowing—tales that have been told over and over with rancor since the creation of man.
The happiness which the children knew is crushed to death beneath the ponderous weight of gold. The care-free laughter which they brought with them has flown away beyond their reach, and they have become hardened and sordid, like the rest of us, thinking and dreaming mostly of earthly wealth and power.
There are some noble spirits, however, who scornfully turn their backs upon the false god, refusing to bow down to it or admit its supremacy.

The Young Lady Across the Way
The young lady across the way says a microscopic examination shows that there are 5,000,000 red corpuscles in an apparently healthy person's blood, and it's certainly a wonder we live at all.
(© by McClure Newspaper Syndicate.)



Reflections of a Bachelor Girl
By HELEN ROWLAND
WHAT constitutes a "popular fellow": The ability to tell a good story—to men, and a good lie to a woman.
Every girl hitches her wagon to a star, in these days; but that never seems to prevent her from wanting a husband, if only as a parachute in case of disaster.
Advising a husband how to rule his wife or a wife how to manage her husband is deliberately juggling with T. N. T. But the world will always be full of intrepid "advisers," who keep the rest of us busy "picking up the pieces."
Nothing helps a woman's morale, in times of trouble, like a brand-new marcel, a freshly powdered nose, and an admiring glance from a good-looking stranger.
Between climbing onto a pedestal in order to reach a man's ideal, and having to step off of it, every now and then, in order to get down to his level, the average wife feels almost as though she were committing polygamy.
If a man were as careful about selecting a wife as he is about selecting a bootlegger, and as cautious about signing his name to a marriage certificate as he is about signing it to a check, there would be fewer sentimental bankrupts in the hands of the Reno receivers.
No matter what noble principles a man may stand for, his wife feels just-

Has Anyone Laughed At You Because—
By ETHEL R. PEYSER

You never buy trolley tickets ahead?
You probably live on a small allowance and buying in bulk, though best always, is unfeasible for you. Then, too, when you have the tickets you always feel that you must pay the other fellow's carfare. This becomes too costly even if it is a great joy to you. So you have wisely not accumulated tickets until you need them. Often, indeed, you have lost your tickets. "The dear little things" are vagrant and easily stray away. On the whole, buy as you ride, unless the saving is great—but do not live in heaven!
SO
Your get-away here is:
Buying, if nothing else, is your own trouble.
(© by McClure Newspaper Syndicate.)

SCHOOL DAYS



Mother's Cook Book

Never attempt to bear more than one kind of trouble at once. Some people bear three kinds—all they have had, all they have now and all they expect to have.—Edward Everett Hale.
HELPFUL SUGGESTIONS
A LARGE chicken is much more economical to buy than a small one, as the proportion of meat to bone is greater. After all the meat is removed, the bits too small to serve on the table may be used in a salad or a cream sauce on toast. The bones, with a stalk or two of celery, with an onion and a bit of carrot, covered with cold water and simmered for several hours, will make a most delicious soup.
Cream, egg or rice may be added, or it may be served clear with croutons.
For the child who carries a lunch sandwich or two, one for real nourishment and the other for a sweet, with a bit of seasonable fruit, will make a good meal and one easy to prepare on a busy morning.
Many a child has been taught to like tea or coffee by having the milk warmed by either of those beverages. This is a most pernicious habit to form. Milk may be warmed with hot water or heated milk may be given the child if a hot drink is desirable, but tea or coffee in any form should never be allowed. Weak tea or coffee is more harmful than a well-prepared concoction, some of our dietitians tell us, as the weak solution sets up a fermentation, causing sour stomach and other digestive disorders. The safe thing is to leave such beverages for older people who ought to be able to withstand such indulgence, if ill effects result from their use.

Reflections of a Bachelor Girl
By HELEN ROWLAND

Everyday Cake.
Beat four tablespoonfuls of butter to a cream, add one-half cupful of sugar, one-half cupful of chopped raisins, two egg yolks beaten light, one-fourth of a cupful each of maple and corn sirup, one-half cupful of milk; add one and three-fourths cupfuls of flour, a teaspoonful of cream of tartar, half teaspoonful of soda, one-half teaspoonful each of salt and mace all sifted together. Add the stiffly-beaten whites of the eggs and turn into a shallow pan. Sprinkle with chopped nuts and dredge with sugar. Bake in a moderate oven about an hour. When a cake for a nice occasion is wanted, the following will be the one to prepare:
Onions With Cheese.
Cook even-sized onions until tender, place a layer in a baking dish, cover with a rich white sauce and a half-inch layer of finely-minced cheese; cover with another layer of onions and white sauce, sprinkle with buttered crumbs and place in a hot oven to thoroughly heat through and brown the crumbs.

BIG BROTHER
By DOUGLAS MALLOCH

MY brother's bigger, lots, than me. I think it's nice, you will agree. Although he's big, the way he plays With me, at least on rainy days. He's eight and I am only five, And he can swim, and almost dive, And do a lot of other things That I can't do, with water-wings. But he and I we romp and run And have an awful lot of fun. I'm little, but it's all the same, As long as he can pick the game.
My brother's bigger, big and strong, And yet we always get along, As long as I will try to do The things that brother wants me to. When there is no one else around To play with, then he digs the ground And builds me castles big and grand, As long as I will bring the sand. And horse is something else we play A lot of times, most every day. He likes to play with me; of course He does if I will be the horse.
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ALONG LIFE'S TRAIL

By THOMAS A. CLARK
Dean of Men, University of Illinois.
(© 1924, Western Newspaper Union.)
GOING TO CHURCH

I WAS brought up to go to church. I Sometimes we drove three and a half miles from our house to the village; sometimes if the horses were tired or over-worked we walked. The weather made little difference; if it was cold we bundled up; if it rained we crouched under huge cotton umbrellas.
Our shoes were all shined on Saturday night, our Sunday clothes carefully laid out, our bodies made fit and proper for the Sunday service. There was never any discussion as to whether we should or should not go to church. Going to church was like going to school; it was a foregone conclusion, good for our minds, good for our souls. We got the habit, and like most habits of youth, it still persists and the reward is worth while.
Wagner did not go to church last Sunday though it has been his custom to do so regularly at home. He is, in fact, a member of the church and looked upon somewhat as a leader in religious matters in his home community. He explained the omission to himself and to his family in the letter he wrote home by alleging that he was too busy. The unfamiliar and exacting duties of a new life had taken his time and required his attention.
He had in fact, however, been out rather late on Friday night at a party; Saturday afternoon he had gone riding with some friends who had a car in town, and Saturday night he had been at a smoker and later had attended the second show at the Park. It was late when he got to bed and late when he awakened in the morning. After he got up, he sat around half dressed until dinner was ready.
His real reason for not going to church was not that he was busy but that he was a little lazy and just a little afraid, not knowing the boys in the house, that it might not be the popular thing to do. He waited for someone to make the start or the suggestion and no one did. He did not have quite the courage to admit that he was religious, and unless he develops a little strength of character he will, perhaps, not go to church next Sunday.
Church is a good habit. It turns one's mind away from the daily routine, it calls his attention to higher ideals, it emphasizes his duty to God. It strengthens his character and wards off temptation, and offers an opportunity for service. It is a habit learned early or seldom learned at all. One can give a score of creditable reasons for not going to church, but not one of them would hold if analyzed. You can go if you really want to. I, you don't it's because you are lazy, or indifferent, or afraid to stand on your principles.

DOING WHAT WE LIKE

"I DON'T care for my work; it doesn't suit me. If I could only find something I liked and was interested in, I think I might get on," a shiftless student said to me.
As he spoke I called to mind the figure of an old man I had seen the last time I passed through the country town where I spent my childhood. He was sitting on the station platform whittling and watching the train go through. He was bent, unshaven, unkempt—the living picture of failure.
I saw him first when I was seven and he a strong young fellow of thirty. He was running the grain elevator then with good business prospects, but he didn't like it; it did not seem to suit him. He had talents. He sang in the church choir, he led the village band, he presided at public meetings. He gave up the elevator shortly and opened a grocery store. He tried farming and market gardening; he ran a news stand; he was postmaster, but he never put his best effort into any one of these activities, because he was not interested; he thought it was not what he was cut out for. He couldn't just get down to it.
He drifted from Presbyterian to Christian Science; his political favorites ranged from St. John and Grover Cleveland to Theodore Roosevelt. He got nowhere because he could not find anything that really held his interest. Men with half his talent and one-fourth of his opportunity far outstripped him, and because he was never willing to do well the thing at hand, he found himself at seventy-five no further than the station platform.
I see men like him every day. They have opportunity to get training, but they are not satisfied, they are looking for some more interesting, more suitable, less exacting work. They hold back or shift about with the hope that they will discover some intellectual occupation that will thrill them so that they will go to it with constant enthusiasm and without personal effort. They fail because they can't get what they like, not realizing that it is possible to learn to like almost anything and obligatory to do our work whether we like it or not.
No man gets anywhere who waits until he is pleased before he does his work. The man who succeeds does more difficult, disagreeable, unpleasant, uninteresting things than does the average man. He doesn't whine and look about for something soft—he goes to it.

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Lectures by Wire
When a professor in an Iowa college was quarantined recently with smallpox some fifty miles away from his classes his students did not receive the holiday that they had been expecting. The professor, with the aid of the long-distance telephone, held classes daily so that his students were able to continue the course without any interruption.—Telephone Press Service.

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There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.
Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.
Start treatment at once. Sold 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.—Advertisement.

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Chief—I only engage married men.
Applicant—???
Chief—Yes—they are not in such a hurry to leave the office.—Stockholm Kasper.
Roman Eye Balm is an antiseptic ointment. Hence the medication heals by penetrating the inflamed eye surfaces. Adv.
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Removes Dandruff—Stops Itchy Scalp—Restores Color and Beauty to Gray and Faded Hair—Keeps the Hair Soft and Fragrant.
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ITCH!
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