

**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

## Something to Think About

By F. A. WALKER

### LOSING OUR BEARINGS

THE fine spirit of assurance which we mortals frequently exhibit in the presence of our rivals, very often withers out and crackles before an explosive flame of passion.

It is in such a blaze that the impetuous soul loses his bearing and wakes up in his senses to find himself adrift on an uncharted sea. If he has within him but a small portion of the substantial fibre of which manhood is made, he places the fault where it belongs and proceeds without waste of time to mend his ways.

Every hour somewhere, capable men and women, qualified by innate ability and hard-bought education to manage large affairs, lose their course and go wrong, because of a little flaw in their mental structure which in the hour of test will not stand the hard strain.

Yesterday they were proud, conceited and overbearing; today they are humble, sad-eyed and despondent, having, in a flare-up of unmanageable emotion, gone too far in an unwarrantable dispute with the master at the wheel.

And, paradoxical as it may seem, the very men and women who know their duty, commit the most grievous sins.

They imagine they are indispensable, that no other man or woman in all the wide world can be found to take their place. And this hallucination holds them in its grip until they slowly wake up and see everything around them going along at its customary gait.

That haughty old general, Ego, has caused as much misery in the world as have all the generals of war combined. He is in the field twenty-four hours a day and never loses a battle.

When we find pride swelling in our breast, our hats getting too tight, our tried friends boring us, we are getting perilously close to the befogged state of mind where, if we do not overcome our egotism, we shall lose our bearings.

And again, when an overweening sense of importance lays its hands upon us and we lose the simplicity of manners which had always been ours, become stiff-necked, turn abruptly to genealogy and manifest a keen interest in heraldry, we need a long vacation

In the vast open where we can commune alone with Mother Nature, And at night in the sublime hush, beneath the stars, let us ask ourselves what has become of our great, weighty ambitions and lofty purposes!

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### Has Anyone Laughed At You Because—

By ETHEL R. PEYSER

**Of Being Too Close Mouthed?**

Here is a place where you are pretty much alone! The Mountain to Keep-Your-Mouth-Shut is far away and hard to climb. But, friends, stay there if you have reached it. The tongue has done as much harm as good in the world and if you know the "control" hold it and your tongue no matter who laughs. You may get out of "gossip fests," but you will never get into messes. You will have time to do your work; you will have time, too, to make yourself popular, in other ways.

SO

Your get-away here is: To realize that you are on the right track—where the signal system is always O. K.

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### IF HE WANTS TO

By DOUGLAS MALLOCH

IF HE wants, a boy can be Always full of courtesy: To his mother, nice to her, To his father answer "sir," Kind in act, polite in speech, At the table never reach, Never take beyond his needs, Know just what to do with seeds, Never drop his spoon or plate, Not complain when asked to wait, Yes, a youngster really can Be a little gentleman, If he wants to.

Yes, indeed, a boy can be Help to all the family: He can get his father's chair, He can put his slippers there, Help his mother busy days In a half a dozen ways; There are things on every side Any boy could do who tried: Wipe the dishes, "tend the lawn," Be his dad when dad is gone, Run on errands, promptly, too— Such a lot a boy can do, If he wants to.

Mind you, I don't say a boy Is a model and a joy All the while in every way; But I know that every day Any boy can make his dad And his mother proud and glad, Make the neighbors, friends of his, Say how fine a boy he is, Even make the boy next door Help his folks a little more, Give the world a smiling face— Make the home a happier place— If he wants to.

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**Walrus Tusks Prized**

Ivory carving is becoming a lost art among the Eskimos of Alaska and the ornately carved walrus tusks are much prized by collectors. A generation or so back the artisans who did this work were quite numerous, but they have gradually passed away and the young men have not learned to do it.

### WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and 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.

Pain in the back, headache, loss of ambition, nervousness are oftentimes symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

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.

**Dig Up Ancient Synagogue**

The Danish scholar and excavator, Doctor Sommerfeld, found in the Palestine village of Kapernaum the ruins of an old synagogue. It was in this village that Christ first preached to the Jews. On the walls of the synagogue was found the swastika emblem.

### MOTHER'S COOK BOOK

The perfection of breeding creates an atmosphere which brings out the best in others and which helps all well-meaning people to feel comfortable and at ease. We admire the grandeur and the glitter of a glacier, but it holds no homelike suggestion.

#### HELPFUL THINGS

WHEN cooking the fresh green peas add a teaspoonful of sugar to them; if adds to their flavor. Sweet corn, beets, carrots, sweet potatoes, when not over sweet, are all improved by adding a little sugar when cooking.

Add a tablespoonful of melted butter to the sirup for the cakes and less butter will be needed to serve on the cakes.

Clear tomato soup may be bought in cans and will be found a great convenience in making a tomato sauce, adding such seasonings as desired; all that is needed is the thickening of butter and flour and the sauce is ready. One-half a can will make sufficient sauce.

Now that the fresh mushroom is again with us we may have steak with mushroom sauce, creamed mushrooms on toast, in timbale cakes, paty shells or ramekins, broiled, fried

### SCHOOL DAYS



or combined with sweetbreads, so that we may have many dishes for variety.

A delicious casserole dish for dessert is baked bananas, which have a sauce of lemon juice and butter poured over them with a little sugar. Bake until tender and serve garnished with a little currant jelly. The bananas that are under ripe are good for this dish as baking seems to ripen them, without their becoming too soft.

Hot coffee poured into the saucers of plants, such as geraniums and ferns,

will warm the roots and start new growth. The grounds worked into the soil will sweeten it and make it more porous.

Don't chuckle if you put over a substitute when an advertised product is called for. Maybe your customer will never come back.

Ben Malford, Jr.

### Sure Relief FOR INDIGESTION

**BELLANS**  
6 BELLANS Hot water Sure Relief

**BELLANS**  
25¢ AND 75¢ PACKAGES EVERYWHERE

### Reflections of a Bachelor Girl

By HELEN ROWLAND

MANY a girl fancies that a man has fallen in love with her, when he has merely stumbled—and caught his balance.

The first bitter honeymoon quarrel is the "blowout" on the road to Happiness; after that, marriage always seems, somehow, to scrape along on a flat tire.

Why is a man always so suspicious of a girl's "designs" upon him, when, nine times out of ten, a woman hasn't ANY designs; she has nothing but impulses.

The worst cases of incompatibility are those in which a man treats his wife's "afflictions" as a joke, and a woman regards her husband's jokes as an affliction.

Oh, yes, even a society woman needs a husband, if only for somebody to send postcards to from Europe or Florida, and to look up, when she's passing through town.

Theoretically, a man may believe that a girl has the right to do the proposing; but when he hears anything that sounds like it from a woman's lips, it frightens him like a motor horn close to the ear.

Before marriage, when a woman speaks to a man in an undertone, he

calls it "cooing"; after marriage, he calls it "nagging."

(Copyright by Helen Rowland.)

### The Young Lady Across the Way



The young lady across the way says if she ever gets a revolver it will be an automatic, as she never dare touch the thing.

(© McClure Newspaper Syndicate.)

Children always turn to the light.

### POINTS ON KEEPING WELL

Dr. Frederick R. Green,  
Editor of "Health."

(© 1924, Western Newspaper Union.)

### WHAT IS INSULIN?

DIABETES is a disease characterized by the presence of sugar in the urine. It has been known for thousands of years.

Formerly regarded as a disease of the kidneys, it was found, about forty years ago, to be due to degeneration of the pancreas, following some infection, such as influenza or typhoid fever. It may be caused by obesity.

In 1890, Langerhans found that only a part of the gland was destroyed in diabetics and that the pancreas was really two glands in one.

One gland secretes the pancreatic juice, which goes into the small intestine and aids digestion. The other gland manufactures a substance which is taken up by the blood and which is necessary for sugar digestion.

The parts of the gland which secrete this second substance are called the Islands of Langerhans.

If these islands degenerate, then the sugar in the food, instead of being used by the body, is discharged through the kidneys. So that, no matter how much the patient eats, he is unable to get enough nourishment, because much of his food is thrown away.

Diabetic patients have enormous appetites, but the more they eat the more poorly nourished they are. To make matters worse, the changed chemistry of the body produces an acid condition of the blood called acidosis, which eventually poisons the patient.

He becomes unconscious—what is known as diabetic coma—and usually never awakens.

In 1921, Dr. F. G. Banting, a young Canadian physician, determined to find this mysterious substance, the absence of which caused diabetes.

After many experiments he succeeded in making a serum containing the secretion of the Islands of Langerhans, which he called insulin.

It is now made from the pancreas of the hog, which contains more insulin than that of any other animal.

Before the discovery of insulin the only thing the doctor could do for diabetes was to give them a starch and sugar-free diet.

Since Doctor Banting's discovery it is possible to restore the diabetic patient to practically normal condition.

The doctor weighs the patient's food, estimates the amount of sugar eaten and the amount of sugar excreted.

Then he gives the patient enough insulin to digest the sugar taken into the body. This enables the body to absorb it.

Insulin is not a cure for diabetes. It replaces the missing substance in the blood of the diabetic patient and so enables him to lead a normal life.

It is not a substitute for other methods of treatment. Careful diet and ways of living are still necessary.

It is possible that its continued use may restore the pancreas to normal, at least in mild cases, but this we do not know, as yet.

### GOOD FOOD SURPASSES DRUGS

NEW YORK city spends thirty-five million dollars each year maintaining its hospitals. Of this amount, ten millions, or nearly one-third, are spent for food.

This is quite different from the old idea of a hospital. People used to think they went to a hospital to take medicine. They know better now. A hospital is a place for making sick people well, not for dosing them unnecessarily.

A hundred years ago doctors didn't know what caused diseases or how they could be prevented, so the only thing they could do was to give such medicines as they had, in the hope of restoring the patient to health. The wise doctor today doesn't give any medicine unless he knows that it's going to help the patient. Of course, this means that what medicine is given today is much more necessary and beneficial than the larger quantities that used to be administered. Doctors give fewer drugs today because they know more than their predecessors did. Hospitals spend more money for food than they do for medicines, because they know that every patient needs to be properly nourished, while comparatively few need drugs.

With our better knowledge of the chemistry of foods and the processes of digestion we are able to combine feeding and medication in a way that the old-time doctor never thought of. A certain amount of iron is necessary for health. If you must have it in a hurry your doctor gives you a prescription containing iron, which will rapidly increase the amount of iron in your blood. But he would rather give it to you in a natural way through your food. The iron you get in fresh vegetables and fruits is better suited for your bodily needs than the iron you get in pills and in bottles.

So the doctor today gives his patients, either at home or in the hospital, many needful substances in their food which he formerly had to give in the form of medicines. When he does give medicine, he gives it because it is necessary and he gives the smallest amount that will do the work.

Every capable physician knows today that it is just as important for his patient to have the right kind of food as the right kind of medicine.

### Nellie Maxwell

(© 1924, Western Newspaper Union.)

### ROMANCE OF WORDS

"HABERDASHER"

THOUGH Swinton, who can usually be relied upon for the accuracy of his investigations into the antecedents of words, declares that "haberdasher" is derived from the German "Habt ihr das?" and is based upon the fact that a haberdasher is expected to keep nearly everything in his store, it almost certainly dates back even further to the days of the berdash, or neck-cloth, a combination of the words "berd" and "tache," meaning a covering.

Chambers, in referring to the word, states: "Berdash was a name formerly used in England for a certain kind of neckdress, and hence a person who made and sold such neckcloths was called a berdasher. Gradually, however, there grew up berdashers of two kinds—those who sold small wares, such as buttons, tapes and other trifles which might be included in the old Norman term 'habertask' and those who sold hats. The latter being made of a substance known as 'habertas', the syllable 'hab' was naturally prefixed to the word 'berdasher' and the name 'haberdasher' applied to anyone who handled articles of either class."

(© by Wheeler Syndicate, Inc.)

**Plain Speaking Barred**

Mr. Sparks—Ah! stranded, I see. Perhaps I can be of some assistance. There are one or two things I can tell you about your make of car.

Motorist—Well, keep them to yourself. There are ladies present.

**ASPIRIN**

Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

**Safe** Accept only a Bayer package

which contains proven directions Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists Aspirin is the trade mark of Bayer Manufacturers of Monocrocin at Bayer, Germany



### You Need HANCOCK SULPHUR COMPOUND

Physicians agree that sulphur is one of the most effective blood purifiers known. For pimples, black-heads, freckles, blotches, and tan, as well as for more serious face, scalp and body eruptions, hives, eczema, etc., use this scientific compound of sulphur. As a lotion, it soothes and heals; taken internally it gets at the root of the trouble. For over 25 years Hancock Sulphur Compound has given satisfaction.

60¢ and \$1.20 the bottle at your druggist's. If he can't supply you send his name and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY  
Baltimore, Md.  
Hancock Sulphur Compound does more than just clean the skin. It is a Liquid Compound.

### PEACE!

Relief from spacy is within your grasp. Don't go on suffering. "Munyon's Guide to Health" will be sent to you free. Write today. Get these famous remedies at any good drug store:

- Munyon's Paw Paw Tonic
- Munyon's Diarrhoea Remedy
- Munyon's Constipation Ointment
- Munyon's Grip Remedy
- Munyon's Paw Paw Laxative Pills

or any other Munyon Remedy you may need

"There's a Munyon Pill For Every Ill!"

Doctor's Advice FREE

Munyon's, Scranton, Pa. "There is Hope!"

### DR. J.D. KELLOGG'S ASTHMA REMEDY

No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to: NORTHTROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

### Foreign Birds in America

English starlings, 50 of which were released in Central park, New York, in 1890, are now common in all the Northeastern states; but until the last two or three years they have not gone South in any considerable numbers. They have spent their winters in the North, as the English sparrows do. But last autumn huge flocks went South; so it may be that they have learned to migrate in America as they usually do in Europe.

Men can sew, but most of them make a mended rip look like a welt raised by a horsewhip.

Truths and roses have thorns about them.—Proverbs of Spain.

### Cuticura Talcum

Is Soothing For Baby's Skin

Susp. Ointment, Talcum sold everywhere.

**KEEP EYES WELL!**  
Dr. Thurston's Eye Water will strengthen them, disperse inflammation, soothe the eye, and relieve the eye.

### KILLS PESKY BED BUGS P. D. Q.

Just think, a 50¢ box of P. D. Q. (Pesky Devil's Quietus) makes a quart, enough to fill a million Bed Bugs, Roaches, Fleas or Cooties, and stops future generations by killing their eggs, and does not injure the clothing. Liquid fire to the Bed Bugs is what P. D. Q. is like; Bed Bugs stand as good a chance as a snowball in a justly famed heat resort. Patent sport free in every package of P. D. Q., to enable you to kill them and their next eggs in the cracks.

Look for the devil's head on every box. Special Hospital size, 12.50, makes five gallons, contains three spoons. Either size at your druggist, or sent prepaid on receipt of price by Owl Chemical Works, Terre Haute, Ind.

### ITCH!

Money back without question if HUNT'S SALVE fails in the treatment of ITCH, ECZEMA, HINGE, WOUND, FEVER, or other itching skin diseases. Price 75¢ at druggists, or direct from A. S. Richards Refine Co., Sherman, Tex.

### PARKER'S HAIR BALSAM

Removes Dandruff, Itchiness, Redness, Itching, and keeps the hair clean, soft and healthy. Beauty to Gray and Faded Hair. 50¢ and \$1.00 at Druggists. Highest Quality. Made in U.S.A.

### HINDERCORNS

Removes Corns, Calluses, etc. Stops all pain, causes comfort to the feet, makes walking easy. The best mail or at Drug Store. Highest Chemical Works, Philadelphia, N. Y.

### Take It at Night Makes Morning Bright

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