

Another Nurse Praises Tanlac

"As a nurse I have seen many marvelous results from Tanlac. For anæmia, nervousness, stomach trouble and building up the system after operations I consider Tanlac great!" Mrs. K. M. Lowe, Walnut Park, Cal.

NURSE Lowe's statement merely backs up what over one hundred thousand grateful Tanlac users have said about this great natural tonic and builder. Our files are packed with such testimony.

If your system is run down, if you can't seem to eat or sleep, have lost weight or suffer from trying pain, why not let Tanlac strength and health.

No long, wretched wait to get results! Tanlac starts right in to build you up. It cleans the blood, revitalizes digestive organs, fixes up the liver and makes you feel like a new person.

For Constipation
Take Tanlac Vegetable Pills

TANLAC FOR YOUR HEALTH



Now—as You Read—
—Make this Test!

PRESS the thumbnail firmly for a few seconds—then watch it... unless the blood comes rushing back rich and red, it means that you too may blame your lack of energy on Anæmia—blood starvation.

The best way to restore the iron and manganese to your blood is by the daily use of Gude's Pepto-Mangan.

Physicians have seen thousands of worn out bodies regain health because of its iron and manganese content. Easily assimilated by the blood stream, it is distributed to every cell in the body—rebuilding their vitality.

Gude's Pepto-Mangan is now at your druggist in liquid or tablet form.

Gude's Pepto-Mangan Tonic and Blood Enricher

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: NORTHROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

One Soap is all you need for TOILET BATH SHAMPOO

Keep your complexion free of blemishes, your skin clear, soft, smooth and white, your hair silky and glowing, your entire body refreshed, by using Glenn's Sulphur Soap. Contains 33 1/2% Pure Sulphur. At druggists. Rohland's Styptic Cotton, 25c.

Porter's Pain King A Liniment

For fifty years your neighbors have relied on this remedy of pure and wholesome herbs. Yet, even now, some do not know that quickly checking colds, relieving aches and pains, healing cuts and burns, are but a few of its many uses. Read the directions with every bottle. USE IT TODAY!

Beware Of Coughs That Hang On

Pneumonia and serious lung trouble usually start with a cough. So if you have a cold or cough—stop it at once with a few doses of that fine old medicine, Kemp's Balsam. This famous Balsam soothes the nerves of the throat, stops the tickling cough and nature does the rest. No form of cough syrup so good for children's coughs. 50 cents at all stores.

For that Cough! KEMP'S BALSAM

The SANDMAN STORY

TEDDY BEAR'S ADVICE

LUELLA, the doll who lived in the big doll house in the playroom, was very unhappy when the magic hour came around and the toys could talk, because her husband, Harold Doll, had not come home.

All the toys could hear her softly weeping and Teddy Bear mustered up courage to say to the other playroom folk: that he would go and see what was the matter.



"He Did Not Stay Away Because He Wanted To."

of the room this morning. She said men didn't stay at home all day long. They had to work and earn the money for the wife to spend."

"Well, perhaps then Harold had to stay away and work," said Teddy Bear. "Anyway I think I'd better go to Luella and ask her what is the matter."

"Are you in trouble, Luella Doll?" asked Teddy Bear.

"Oh, Teddy Bear," sobbed Luella. "Harold has not come home and he never stayed out so late before."

"There is always a first time," snapped Calico Cat, who had followed Teddy. "You may as well get used to it, Luella, they all do it."

"But I am sure something has happened to him," said Luella. "He isn't staying away because he wants to. Oh, dear, what shall I do?"

"Fiddlesticks!" said Calico Cat before Teddy could say a comforting word to poor Luella. "Don't waste your pity on Harold. He is having a good time while you, poor dear, are staying at home alone. That is all that is the matter with him."

"I am sure he will come home just as soon as he can," said Teddy.

A LINE O' CHEER

By John Kendrick Bangs.

AS TO CLOUDS

WHEN clouds beset my way Upon some wintry day I greet them carelessly because 'tis known to me That naught of substance lies In any clouds that rise. And that at worst they bring But misty vaporing That I may brush aside As toward my goal I stride. (© by McClure Newspaper Syndicate.)

The Why of Superstitions

By H. IRVING KING

SQUEALING PIGS

WHEN pigs squeal or grunt more than usual it is a sign of rainy weather—some say simply of "bad weather." This is a superstition almost universal in the rural districts. It is a question whether all the so-called superstitions regarding the power of animals to foretell the weather really belong in the superstition category.

Lord Bacon believed that all our-door animals were weatherwise, attributing this to a susceptibility they acquired to atmospheric conditions by their constant exposure to the elements. The ancients attributed the weather-wisdom of birds and animals, on the contrary, to some mystic quality drawn from mythological sources.

The idea that squealing pigs predict wet weather has its evident origin in the status of the pig in ancient Egypt where it was closely connected with agriculture and was sacrificed to Isis at the Feast of the New Moon, the moon (Isis) being the source of moisture.

"Don't you cry, Luella, Harold is staying away on account of business. You can be certain he will come as soon as he is able. Now dry your eyes and sit down on the steps and chat with the rest of us, or the magic hour will soon be over."

Calico Cat laughed and said: "Yes, he will come home, Luella—in the morning."

It was long after the sun was shining in the playroom window that the little mistress opened the door and came in with Harold in her arms, and placed him in his house with Luella Doll.

When the hall clock struck the magic hour that night Calico Cat ran to the doll house and sat down close to it with her ears wide open. "What did I tell you?" she loudly whispered to Teddy Bear. "He is telling her that the little mistress left him out in the yard all night under a bush, and that silly Luella Doll believes him. He better not tell me that."

In a little while Luella Doll and Harold came out of the doll house. "You were right, Teddy Bear," said Luella. "Harold could not help it. He did not stay away from me because he wanted to."

"Oh, dear me!" laughed Calico Cat. "She has swallowed the whole story, poor thing."

"Calico, you are a very unpleasant creature," said Teddy Bear. "Why do you try to make Luella unhappy? Don't you think there are any good gentlemen dolls in the world?"

"Well, I am not foolish, Teddy Bear. If I am unpleasant," snapped Calico Cat. "Nobody could fool me as Harold has fooled poor Luella."

"I would rather be foolish than think unkind things of folks the way you do, Calico," answered Teddy. And then he went over to the doll house and sat on the steps with Harold and Luella.

"You mustn't listen to anything Calico says, Luella," Teddy said. "She can't help being catfish, you know, because she has claws."

(© by McClure Newspaper Syndicate.)

Have You This Habit?

By Margaret Morison

REGINA

ALWAYS Regina's mother and father had stood between her and reality. When Regina wanted a new dress that the family finances could not afford, her mother went without a muff all winter. On the first day that Regina came home from school with a bad report, angry and mortified, a complaint was entered and her teacher was changed. If her younger sister was asked to a party and Regina omitted, regrets were sent. It was not strange that at twenty Regina should be afflicted with elephantiasis of the ego.

Then the day came when family finances broke down. Regina, who felt that her home town did not appreciate her as it should, went away to earn her living. In a strange city, as one of several applicants for the position of companion to a rich old lady, Regina was not surprised to be chosen. Naturally any one would want her before others. Even when she learned that her employer had once been indebted to her mother for a kindness, her self-satisfaction was not shaken—for was it not HER mother? From the first, Regina took the stand that she was a guest in the house; she insisted on her cup of coffee before she got up in the morning, and upon fresh flowers in her room each week. "Water seeks its own level" was a platitude often on her lips.

Then the cook, who had lived with the old lady for thirty years, struck, and Regina found that her own level was elsewhere.

A long interval of seeking and not finding followed: Regina's suit was very shiny, but her self-esteem undimmed, when she read one day a sign in a restaurant window that a waitress was wanted. "A lady can do anything," she whispered to that within which corresponded to her soul as she donned apron and cap. In the same spirit she haughtily refused her first tip and found herself the laughing-stock of the place. Three months later her tactics had changed; for the privilege of being waited upon by HER a customer could not tip too high. One day when she was tipped five cents instead of ten she offered a piece of her mind, was reported—and fired.

As she sat in her lodging-house room, for which she had paid her last dollar, for the first time she sought one answer to her predicament. Then, from a changed angle, she thought of the restaurant as a place where tired working people came to get refreshment, instead of an institution that was run to pay her wages. The old lady's household was now a place where she might have learned the running of an establishment with the least possible friction. Her own home became a group to which it had been her special privilege to bring refreshment.

Suddenly the enormity of her habit of self-consciousness, of seeing in any situation only what affected herself, came upon her, and she asked herself how far, at thirty-five, this horrible habit of self-consciousness had destroyed her power of adjusting to a world made up of many people?

HAVE YOU THIS HABIT?

(© by Metropolitan Newspaper Service.)

use. Lillias Ruthven appears in Scotland in 1557. She was probably so called from the old romantic poem of Roswell and Lillian, which was a great favorite in Scotland. The Lillian of this ballad is the queen of Naples. The English adopted the name as it stood and claim that it comes from Lily, using it as such. The Scotch have always preferred Lillias or Lillias, but America adopted both Lillias and Lillian.

Lillian's jewel is the lovely lapis lazuli, the oriental gem as blue as the sea with tiny golden flecks like bits of sunshine. It has the power to cure melancholy and is also believed to have medicinal value in allaying intermittent fever. To dream of it means faithful love. Lillian's flower is most fittingly the morning glory, the fairy bloom which scarcely survives the dew that vanishes before the sun's rays. Her lucky day is Thursday and 2 is her mystic number.

(© by Wheeler Syndicate, Inc.)

Curiously enough, Lillian is not derived from Lily as is popularly supposed, though it is called by etymologists a "flower name." The consensus of opinion seems to be that it has the same origin as Cecilia, though the connection seems a trifle difficult to perceive. However, Coeler Vivenna, an Etruscan general, who named the Coelian hill and gens, is the root from which a number of names containing the syllable "lilia" is derived.

There was a Lillioin Gonzaga in Italy in 1340, and she is considered the first instance of the name. Lillias was another form, which is still in popular

Lon Chaney



This well-known motion picture player was born April 1, 1883, in Colorado Springs, Colo. He received his education in the city of his birth. Chaney is 5 feet 9 1/2 inches tall. He weighs 160 pounds. He has dark hair and dark eyes. He had a varied stage career before becoming an actor in the "movies."

think unkind things of folks the way you do, Calico," answered Teddy. And then he went over to the doll house and sat on the steps with Harold and Luella.

"You mustn't listen to anything Calico says, Luella," Teddy said. "She can't help being catfish, you know, because she has claws."

(© by McClure Newspaper Syndicate.)

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

THE EFFECT OF HIGH TEMPERATURE

FAT men endure high temperature and humidity better than thin men. This has been proved by the American Society of Heating and Ventilating Engineers, in co-operation with the United States bureau of mines and Carnegie Institute of Technology, at Pittsburgh. In experiments to determine the relative effect of various temperatures and humidities on the human body, the scientists also found that sweat is the chief factor, causing sore eyes, when a person becomes heated.

Another common belief was blasted during the experiments when it was found that the drinking of ice water failed to develop cramps in men after they had been subjected to an hour's exposure to high temperature.

The object of the research work was to establish, by scientific study, the exact degree of temperature, and of humidity, or "comfort lines," a person should be subjected to in a room. The first experiments were to study the physiological effects of various temperatures and humidities on human subjects at rest in still air, and for these, a staff of physicians and employees of the society have subjected themselves to great hardships.

One of the important results of the experiments was the discovery of the great variations of external temperature which the human being can endure, and at the same time retain his physiological efficiency. Another fact discovered was that increasing pulse rate was more the cause of discomfort than is body temperature, when in a heated room.

In a report of the experiments are these assertions: While irrelevant to the present study, an attempt was made to determine the cause of the inflammation of the eyes, and also to find out whether or not the drinking of ice water produces cramps, as so frequently complained of by workers in the industries. On a day when the eyes were normal a small quantity of sweat which had been collected during an experiment was dropped in the eye. The conjunctiva almost immediately became inflamed and the eye felt sore. The sweat collected from the face seemed less irritable to the eye than that collected either from the chest or arms. Sweatbands were then applied to the forehead during the experiments, thus preventing the sweat from falling into the eyes and also preventing the inflammation. This proves that the sweat is the chief factor in producing the conjunctivitis which accompanies exposure to heat.

It has frequently been stated that workers exposed to high temperatures developed severe cramps after drinking ice water. A few of the subjects of these experiments volunteered to drink ice water after an hour's exposure to high temperature, and two of them, in one experiment, drank a quart of ice water in less than fifteen minutes without ill effects.

PREVENTING MENTAL ILLS

MANY people have much the same ideas about feeble-mindedness that they have about germs. They think that all feeble-minded persons are dangerous and that all germs are harmful. This is not true in either case. Only about one germ out of forty produces disease, and only a small number of feeble-minded persons are vicious.

Out of 3,500 school children found mentally below normal, less than 7 per cent showed any vicious tendencies. Many feeble-minded persons who have been given careful training and special education during childhood have become useful members of the community, capable of earning their own living.

The child which is below normal can be educated, not to the extent of a normal child, but enough to make it nearer normal than it would otherwise be. Without special care and training, however, the feeble-minded child is apt to grow worse. Too often, it is regarded as wilfully stupid or vicious. It is blamed and punished at home, it is teased and picked on by other children, it is either not sent to school at all or it is neglected and punished by the teacher, who does not understand the reason for its stupidity.

If it is recognized early and given suitable training by an understanding teacher, it may develop into a self-supporting adult.

We are just beginning to learn that the feeble-minded child needs special care and treatment just as do persons who are suffering from tuberculosis, typhoid fever or pneumonia. Letting them alone or shutting them up in institutions will not help them, or anyone else.

Many of our states are now endeavoring, by early examinations, especially on entering the public schools, to sort out defective children from normal ones and to give them such special training as they need.

It is estimated that the feeble-minded persons in the United States form 1 per cent of the population. This means that there are probably 200,000 children who need special training. To allow these children to grow up in state institutions and to live at the expense of the taxpayers, is impossible. So prevention is not only the best and the most humane method, but by far the cheapest.

Snow King Baking Powder

The standard of the South for fifty years. Quality--of the highest! And only 25 cents for 25 ounces.

25 OUNCES for 25 CENTS

Buy Concord Yarns

direct from manufacturer at a big saving. Spun from long combed wool. Write for free samples. Many beautiful shades and heavier mixtures. 50c per 4-oz. skein; \$2.00 per lb. Postage paid on all orders. CONCORD WORSTED MILLS, Dept. 479, West Concord, N. H.

She Understood

Heir—Now, don't forget, dearest, that for family reasons our engagement must be kept a profound secret.

Actress—Yes, that's exactly what I'm telling everybody.

Good health depends upon good digestion. Safeguard your digestion with Wright's Indian Vegetable Pills and you safeguard your health. 422 Pearl St., N. Y. Adv.

Nothing New to Him

Phil—"Did you ever meet a bob-haired hand?" Adolph—"Meet one? I take one out every night."

Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION 25 CENTS
6 BELL-ANS Hot Water Sure Relief
25¢ AND 75¢ PACKAGES EVERYWHERE

RESINOL

Soothing and Healing For Baby's Tender Skin

"666" REMEDY BEST FOR COLDS-GRIP

READ THIS!

HOW TO GET RID OF CATARRH

No matter how long you have suffered from this dreadful and annoying complaint, a speedy and effective relief from your suffering is now offered to you in CAMPHOLE, whose wonderful results are realized at the very first trial. The most stubborn case will quickly yield to CAMPHOLE.

I would like every sufferer from Catarrh in this city to try my CAMPHOLE, says Dr. Brigadell. Go to your druggist and get a 35c jar of my CAMPHOLE, and if it fails to give immediate relief and is not better than anything you have ever used, return the jar to your druggist, who is authorized to refund your money. Once you have tried CAMPHOLE, you'll then realize how good it is, not only for Catarrh of nose and throat, but also for Asthma and Bronchitis.

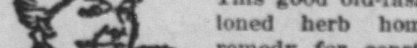
At All Druggists Beware of Substitutes

Dr. Brigadell's Camphole, Atlantic City, N. J.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.



tem so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

LEONARD EAR OIL

for DEAFNESS and HEAD NOISES Price \$1.00 At All Druggists
Do Not Do This
ASK ABOUT "LEONARD'S" ON REQUEST.
A. O. LEONARD, INC. 70-SPRING, NEW YORK