

Tanlac added 20 pounds

"Seven years' stomach trouble cost me lots of money, but 6 bottles of Tanlac made me a well and happy man. I have gained 20 lbs.—never felt so well!"—Otto Segria, Portland, Ore.

TANLAC is Nature's greatest tonic and builder. Made from roots, barks and herbs after the Tanlac formula, it revitalizes the blood, tones up the digestive organs and puts the whole system in fighting trim.

Don't go about your work sickly and discouraged. Follow the example of millions who have been helped by Tanlac. Stop at your druggist's today and get this wonderful tonic. You'll be surprised how quickly you start to improve.

For Constipation
Take Tanlac Vegetable Pills

TANLAC FOR YOUR HEALTH



Will the Rich, Red Blood Rush Back?

PRESS the flesh firmly between hand and thumb. Now watch—how long does it take the blood to come back? Unless it is practically instantaneous in its return, Anemia—blood starvation—is indicated. You cannot have energy and vitality unless your blood contains the iron and manganese content that Gude's Pepto-Mangan alone can supply.

Gude's Pepto-Mangan Tonic and Blood Enricher

Advertisement for Porter's Pain King Aliniment, Soother for Strains, Sprains, Swollen Joints, Tired Muscles, Lame Back. Use It Today!

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.

First Quiets—Then Ends A Cough

That terrible "hack," "hack," "hack," that almost drives you frantic and strains your whole body can be quieted in a jiffy by taking a swallow now and then of that fine old medicine, Kemp's Balsam. It cuts the phlegm, soothes the inflamed membrane and takes away that constant desire to cough, cough, cough. Only 25 cents at all stores.

For that Cough! KEMP'S BALSAM

TCH!

Money back without question if KEMP'S BALM fails in the treatment of TCH, ECZEMA, RINGWORM, JETTER, or other itching skin diseases. Price 75c at druggists, or direct from S. S. Roberts Medicine Co., St. Thomas, Tex.

SAVE YOUR EYES!

THE SANDMAN STORY

CHINA CAT GROWS WISE

ONCE in a farm house there lived in the parlor on a high mantel a china dog and a china cat. The cat was white with yellow spots on its sides and she sat looking over the big parlor for many years until one night when the house was quite still the black dog with white spots said "Bow."



"Come Here," China Boy Called to China Dog.

think you were like the master's dog that comes in here sometimes all covered with hair. You are nothing but a smooth-coated toy dog—not real at all. "I am real, or I could not bark, and I want you to get right off of my shelf," snapped China Dog. "Your shelf?" said China Cat. "I want you to know if anyone owns this place it is I. Get down on the floor yourself if you think you are so real. That is where dogs belong."

like the real puss that comes in here sometimes and is always driven out, and that is why I cannot understand how it is you are allowed to remain. "My coat isn't soft and furry, but it is nice and clean and not a bit like that puss who is driven out or here," replied China Cat, "and if you will look in the mirror yourself you will soon find out you are no more like the dog that comes in here than that vase in the middle of the shelf."

"Your eyes are all wrong," said China Dog. "I am a very big, fierce dog with a hairy coat and—" In the middle of the mantel holding a vase for flowers stood a china boy. "Come here," he called to China Dog, at the same time giving a low whistle which made China Dog stop quarrelling and run to his master.

"Stand up on your hind legs and beg," commanded the china boy, and up on his legs stood little China Dog and whined.

"Good doggie," said China Boy, patting China Dog's head. "Now roll over and play dead."

Little China Dog obeyed, and when China Boy told him to jump up he patted him again. "If we were real folks I'd give you a bone," he said.

Again China Dog whined, and this time he wagged his tail. "Now go back to your place on the end of the shelf and stand there until tomorrow night," said China Boy.

"Well, if I shan't give up," said China Cat. "I would just like to see myself minding that vase boy the way you did."

"Look! There is a mouse," said China Boy. "It ran back of the sofa."

China Cat jumped to the floor and there she lay next morning, with her head broken off, and though she was mended and put back on the shelf, when the magic hour came around next night she kept to her own end of the shelf and said not a word.

But China Cat thought if she did not speak, and what she thought was that she did not like boys or dogs and she would rather not speak at all than have to mind that vase boy as little China Dog did.

"Bow," said China Dog as he started back to his corner after playing with China Boy. "You aren't real. I told you you were not."

"I am wise if I am not real," thought China Cat. "I'll sit here the rest of my days and never let you or that vase boy know I can speak at the magic hour. Then I shan't be bothered by two such silly creatures as you, who think they are real when they are nothing but china like me. But some day they will tumble off the shelf and then they will find it out just as I did."

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There are several suggestions as to the origin of this name. The probability is that with this name, as with many others, there were several independent origins in different localities where families of the name sprang up. It is said that in most cases Bean is derived from the Scottish "ban," meaning white. It has been thought that in certain sections the bean is and was to an even greater extent a crop of immense importance. When the name is found to have originated in Cornwall, England, it is undoubtedly derived from the worn "bean," meaning in Cornish small. Then it is an adjectival nickname.

Waters.—Quite clearly this is a surname derived from Walter and not from water in the present sense. It has been pointed out that two or three hundred years ago Walter was always pronounced as if spelled water, and the dropping of the silent "t" in the surname would have been a natural development.

performed on someone in the family, that recently when her young son was taken down with the measles, she suggested to the doctor that he send for a noted surgeon to cut out the spots.

When Daysey Mayme Appleton has her picture taken, she always wears a dress cut low enough to show her ribs and collar bone. "I have to pay the photographer just as much when I don't," she argues.

Mrs. Lysander John Appleton has a silver spoon, which, she says, one of her ancestors saved by smuggling in the front of her shirtwaist when she took passage on the ark.

Mrs. Lysander John Appleton has always entertained the opinion that her husband isn't much, but recently when he received a package of garden seeds from the congressman from his district, she began looking at him with renewed interest. He must, she argued, be a man of Some Influence.

weeks. There seemed no possibility that he would get away from a proposal. Daysey Mayme believes she would have landed him if her mother hadn't said so much to him about his soul.

Mrs. Lysander John Appleton is so crazy to have a surgical operation

Allan Dwan



Not a "movie" star, but a director who is famous in the production end of the game, is Allan Dwan. He was born in Toronto, Canada. He was educated in the public schools of Chicago and at Notre Dame university. He had brief experience as an actor in college plays and failed at play writing. Later he produced scenarios, and following a brief career in writing picture plays he was given an opportunity to direct, in which he has proved highly successful.

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HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH" (c. 1925, Western Newspaper Union.)

STAMMERING AND STUTTERING

EVERY schoolboy knows the story of Demosthenes. As a boy he stutted. He could not pronounce the letter "R." So he put pebbles in his mouth and practiced speaking on the seashore and became, in time, the greatest orator in Athens.

Stammering and stuttering are probably as old as human speech. The boy who stutters today has just as much trouble with his "R" as Demosthenes had three thousand years ago. He can overcome his trouble as Demosthenes did, if he will work as hard to train his tongue and his lips.

Some impediments of speech are due to physical defects, such as tongue-tie, hare-lip, cleft palate and others. But there is nothing wrong with the vocal machinery of the child who stutters. His machine is all right, but he can't control it.

Any person, when surprised, confused or shocked by some unexpected occurrence, will stammer. Why? Because he is confused. His mind is not working clearly, and his brain is sending contrary orders to his tongue and his lips. That is the condition of the stutterer. From fright, embarrassment or habit, his talking muscles, when he tries to use them, are seized by a spasm and produce a series of senseless, confused sounds instead of clear, definite speech. This is generally due to lack of confidence and self-control, so that the cause of stuttering is really the mental condition of the child. The principal reason why a child stutters is because he is afraid he will stutter.

Punishment by parents or teachers or ridicule by playmates only increase this fear. The child ceases to talk, except when compelled to. Other people avoid talking to him, until talking, instead of a natural, unconscious habit, becomes an agony of effort.

Stammering is a temporary inability to speak. Stuttering is the repetition in rapid succession of the same syllable or word. In one case he can't get started; in the other he starts but can't go on.

In either case, the child's speech mechanism is defective, not in construction but in action. He must be taught slowly, gently, kindly and patiently how to run his speech machine smoothly, evenly and without effort.

Stutterers must learn to take time to consider what they are going to say before they speak. Most children with speech defects are impulsive. They must learn self-control. They must learn to speak slowly, distinctly and regularly. They should practice reading aloud every day. They should practice the vowels, just as a singer practices her scales. Then short combinations of letters should be practiced, at first slowly and the speed rapidly increased.

Above all, stammering children should be developed physically by sleep, good food, outdoor play and exercise. For anything which makes the child stronger and more confident helps to do away with the fear which is the cause of the affliction.

WASHING THE HANDS IN ECZEMA

EVERYBODY knows what eczema is. Almost everyone, sometime or other, has had some personal experience with it. It is especially liable to attack the hands. During the cold months of winter, almost everyone has chapped hands or wrists. This is simply a mild, local, temporary form of eczema, in which the skin, irritated by the cold air and the soap and water of frequent washings, becomes dry and irritated and finally cracks and bleeds. Everyone knows that under such circumstances soap and water will not only fail to clean the skin but will also irritate it all the more and so make the skin worse.

Eczema of the fingers or hands is also found in many occupations where the skin is subject to special irritation. So one of the first things the doctor tells his patients is not to use soap and water on the irritated skin. Instead, he advises them to clean their hands with oil, so as to prevent the irritation from the soap.

But the oil alone does not cleanse the hands and is apt to leave a disagreeable oiliness, so that the patient's hands not only look dirty but feel dirty as well.

To remedy this, Doctor Glaze, in a recent article, gives the following method for cleaning the hands in cases of eczema.

The patient is advised to get a supply of oil of sweet almonds or olive oil, preferably in a shaker such as barbers use to sprinkle bay rum, hair tonic and other liquids on the hair. In a separate container is put the yolk of an egg. One egg yolk will be enough for 20 or 30 times. A liberal quantity of oil is poured into the palm of the hand and thoroughly but gently smoothed and worked into the skin. Then a small amount of egg yolk is added and the two substances are briskly worked together into a lather exactly the same as soap. A few drops of water added will make a thin creamy fluid with which the hands are thoroughly rubbed. They are then rinsed off with cold water. This method cleans the hands and leaves the skin soft and white without any visible oiliness.

Your Last Name

IS IT BEAN?

ONE of the earliest of Bean families in this country has the distinction of having been of Jersey origin. That is, the progenitor of the family was a native of the Isle of Jersey in the English channel. He settled in Boston, Mass., in 1670. There he died, leaving a widow and three sons, Lewis, Ebenezer and Joseph. The widow Bean removed from Boston to Maine, settling in York. Ebenezer was killed by the Indians and Joseph was captured and kept captive for six years. Lewis became the progenitor of all of his family in the New world. One of his descendants was Eli Bean, a general in the Civil war.

One branch of the Bean family in this country was founded by John Bean, a native of Scotland, who settled in Exeter, N. H., in 1690. His descendants lived in Maine. Among them is to be found the name Joshua, which seemingly does not appear in the other Bean family.

William Bean, a companion of Daniel Boone, was the first white settler west of the Alleghenies. He explored with Boone, returning to Kentucky with his family in 1788 to make his permanent home in the wilderness.

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The Why of Superstitions

By H. IRVING KING

SEWING ON THE BUTTON

IF A GIRL sews a button on the clothing of a single man of marriageable age it is a sign that she will marry him within the year. Almost anybody in the rural districts of New England can tell you that, and perhaps the superstition is found in other sections. At least superstitions of a kindred nature are found in many parts both of this country and Europe. The superstition is based upon that phase of sympathetic magic known as the doctrine of knots.

As has been said before, to the ancients what was associated in thought was associated in fact. Knitting and sewing were placed in this philosophy in the same category as knots. All three conveyed the idea of uniting. When a maiden, therefore, sews a button on the coat of a bachelor the union of the button and the coat by means of the thread suggests the union of herself and the young man upon whose garment she is operating. This gets up the sympathetic magic of like producing like and the two young persons are by its operation bound together, even as the button is bound to the coat. The setting of the time within which they will be married at "within a year," is merely the suggestion of a reasonable time for the magic to take effect and is frequently omitted.

The point of the superstition is that they will be married before long.



BEER BE ON THE HOG THAN TIDE TO HIS TAIL!

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Advertisement for Davis Baking Powder: bake it best with DAVIS BAKING POWDER

One Point of View: "If a woman is unable to manage a husband after she has trained him, she doesn't deserve to have a husband," said a woman in an English county court.

A Lady of Distinction: Is recognized by the delicate, fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

Some men can hear the ring of a silver dollar further than that of a church bell.

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Advertisement for Kellogg's Asthma Remedy: DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrup & Lyman Co., Inc., Buffalo, N.Y.

Advertisement for Parker's Hair Balm: PARKER'S HAIR BALM. Removes Dandruff, Itch, Itching, Redness, Color and Beauty to Gray and Faded Hair. 50¢ and 75¢ at Druggists. Illinois Chem. Works, Chicago, Ill.

Advertisement for Hindercorns: HINDERCORNS. Removes Corns, Calluses, etc., stops all pain, restores comfort to the feet, makes walking easy. Be it nail or all drugs give. Hindercorn Chemical Works, Fairport, N.Y.

Equal Rights for Women: The Barber (mechanically)—Hair's a bit thin on top, madam.—Life.

DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear If You See the Safety "Bayer Cross." Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

The only things some people say that are worth listening to are things we have heard before.

One application of Roman Eye Balsam will prove how good it is for sore eyes. Costs only 25 cents. 212 Pearl St., N. Y. Adv.

The bearing and training of a child is woman's wisdom.—Tennyson.

S.S.S. keeps away Pimples

THERE are thousands of women who wonder why their complexions do not improve in spite of all the face treatments they use. They should not continue to wonder. Eruptions come from blood impurities and a lack of rich blood-cells. S.S.S. is acknowledged to be one of the most powerful, rapid and effective blood cleansers known. S.S.S. builds new blood-cells. This is why S.S.S. routs out of your system the impurities which cause boils, pimples, blackheads, acne, blotches, eczema, tetter, rash. S.S.S. is a remarkable flesh-builder. That's why underweight people can quickly build up their lost flesh, get back their normal weight, pink, plump cheeks, bright eyes, and "pep."

S.S.S. is sold at all good drug stores in two sizes. The larger size is more economical.

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