

Well-Known Engineer Comes Out With Facts

"I am always glad to recommend Tanlac to anyone suffering as I did, for it certainly is a wonderful medicine," recently said John B. Stout, High St., Hummelstown, Pa., well-known Philadelphia A. Reading engineer. Mr. Stout then related his experience with Tanlac as follows:

"For two years I had been in a badly rundown condition. My nerves were unstrung, I had no appetite, and the little I did eat was hardly worth my going to the table. My rest was so broken I got up mornings tired as when I went to bed.


"Well, sir, I noticed an improvement with my first dose of Tanlac. Six

bottles shattered my troubles, and I now feel fine, eat hearty, sleep all night and get up mornings bristling with energy. My nerves, too, are steady as steel.

"My wife is taking Tanlac now for stomach trouble, and while just on her first bottle, both of us notice the improvement. We wouldn't think of being without Tanlac."

"Tanic is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanic Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.



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 hair 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.

60c 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
Bellevue, MA.
Solely Prepared, Guaranteed
Satisfaction or your money back.

Dizziness

And that dull feeling in your head are often signs of stomach trouble and impaired digestion.

JAQUES' CAPSULES

For Ailing Stomachs

"The only remedy that relieved my stomach trouble and cured the dizziness I had been subjected to," writes T. J. Coffin of Brooklyn, N. Y. One or two Jaques' Capsules with a swallow of water help remove the cause of disorder and restore the digestive organs to normal condition.

At all druggists or 60 cents by mail postpaid from Jaques Capsule Co., Flattsburg, N. Y.

JAQUES' CAPSULES Give Quick Relief

Up-to-the-Minute.

A bride entered a market and wandered around for a while.

Finally she began to poke gingerly at some hen fruit.

"Are these eggs fresh?"

"We have them brought in by fast airplane every morning, madam."

Still she seemed dissatisfied, whereupon the proprietor brought a radio headpiece and suggested she adjust it.

"For what purpose?"

"We also broadcast the crackles of the hens that laid 'em. No charge for listening in."

Freak of Lightning.

Lightning made a strange incursion into a country house near Tarent, in Austria. It came down the chimney of a room in which twelve persons were seated at dinner, struck the table, breaking the crockery and melting the silver, went out of the open door and killed a dog and a cat. The diners were uninjured.—London Tit-Bits.

Think of Poor Sol.

Some of the sun spots are said to be thousands of miles in diameter, and yet think of the fuss a girl makes over an ordinary freckle.—Boston Transcript.


A natural source of vitamins

Grape-Nuts

with milk or cream

Contains every element for perfect nutrition—a complete food

There's a Reason



There's a Reason

Daddy's Evening Fairy Tale

BY MARY GRAHAM POWNER

MEAN CHICKEN-POX

"Now look here," said Peter Gnome to a mean, ugly-looking creature that went by the name of Chicken-pox.

"Where?" asked Chicken-pox. "Is there some place where we could annoy where we haven't so far?"

"Dear me, I don't mean that," said Peter Gnome. "Have you no heart?"

"Of course not," said Chicken-pox. "What good would a heart do in our family? We wouldn't want one any more certainly and we wouldn't want one for the lot of us."

"Well, only go bounding it about, back and forth, like a football or something of that sort, and each would say to the other:

"Here, take this old heart, I don't want it. I want to have some mean fun, some unkind pleasure, some hard-rid joy."

"That is what each of us would say. And that would be what we should say. Of course, we don't want a heart. Do you suppose we want to feel pity and such things?"

"Don't you ever feel sorry for anyone?" asked Peter Gnome. "Not even a little scrap sorry?"

"No," said Chicken-pox, "we don't. Sometimes you will hear of a mild case of chicken-pox which some one has. Well, maybe you think that means we're feeling a little sorry for people, but it doesn't."

"No, no. If you think that, you're wrong."

"It means that we're taking a rest from all our fun. It doesn't mean that we're having sympathy or anything like that."

"Sometimes we get a little weary with all the fun and excitement we have."

"I wish you got weary often," said Peter Gnome.

"That's the splendidly mean part of us," said Chicken-pox, "for we don't care what anyone wishes us to do. You may beg me to be good but I won't be, no, indeed."

"Of course we're sometimes driven away and people are in good health."

Aspirin

Say "Bayer" and Insist!

Genuine BAYER

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds Headache
Toothache Lungs
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monocellulose of Salsylacid.—Advertisement.

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.

Intricate.

The most marvelous machine in the world, invented by an English gas-fitter, was exhibited recently before the British Medical association. The demonstrator was an aimless man, who sat before a small table and with his feet operated the mechanism which was situated beneath. Over the table came two long, thin groping arms, like bent gas pipes, which in an unaimed way picked up from a rack the various implements required by the aimless man. The latter, simply by careful movement of his feet, took a knife and fork, ate a good meal, washed himself, struck a match, lighted a cigarette and wrote a letter in pencil, placing it inside an envelope and sealing it down.

So Unconventional.

"How do you like your job as telephone operator?"

"Oh, it is all right."

"But doesn't it embarrass you to take rings from strange men?"—London Tit-Bits.

Simple.

"A popular song must be simple."

"Yes," commented Miss Cayenna, "even idiotic."

and good health is an enemy of ours, but we're never good because we're asked to be good.

"I'd give you the chicken-pox if I could, Peter Gnome. But of course the fairies and the elves and the brownies and the gnomes and the others of your friends and relations can never have any of our sicknesses."

"And yet you are always wishing we'd leave people alone. Isn't it enough that we leave you alone?"

"You can't help doing that. It isn't as though you wanted to do so," said Peter Gnome.

"No, we'd be ashamed to do so out of kindness. It's only because we can't help ourselves."

"But here you are, trying to make us give kindness about when that is not what we do."

"You're different from some creatures, Peter Gnome. Some creatures who're rich or well are so satisfied with what they have themselves that they don't care about others."

"But you're always wishing to scatter good fortune and health about."

"We, of our family can't understand it."

"You see, years ago we began our mean ways and they've grown on us and were not in the least sorry, so there is no hope of changing us!"

"We love it when children rub us hard and scratch our mean selves, for then we can make them feel even worse."

"Oh, we like to be so mean and so horrid and so hateful. It's such fun to us."

"Dear me," said Peter Gnome, "it is sad to think that there must be such a thing in the world as you, Chicken-pox, but one thing more—"

"No," said Chicken-pox, "you've kept me talking long enough. I must be off."

"Don't go, Chicken-pox, I have something else to ask you."

But Chicken-pox had gone. Peter Gnome, though, was glad that he had kept Chicken-pox this long, for he was kept away from doing his bad deeds in this way, and that was the best Peter Gnome could do with him—to delay him every time he got the chance so that Chicken-pox could do less than was planned.

As for changing Chicken-pox and the family ways! Alas, Chicken-pox and the family were without hearts, and what in the world can even a dear little gnome do with a heartless family?

The KITCHEN CABINET

Why is it that we so seldom think of house management as a business? Well, we do so, and often, and it is according to ordinary business standards. It is essential if we want to attain a state of efficiency.—Hazel Rowley.

COLD DESSERTS

There is no simple dessert that is more popular with the young than apple dumplings. They may be served hot or cold with cream. Roll out a piece of pastry or rich biscuit dough very thin, cut it into circles and in-

crease it a quarter, core and peel apple. If small, take two, brush egg whites, brush in a rather slow oven until the apple is well cooked. Open the dumpling, add sugar, nutmeg, cinnamon and butter and serve each rich morsel topped with a spoonful of whipped cream.

Lemon Snow.—Soak two tablespoonfuls of gelatin in one-half cupful of cold water and after ten minutes add two cupfuls of boiling water, one cupful of sugar, the juice of three lemons and the grated rind of one. Stir until dissolved and chill. When cold and beginning to set beat with a whisk until frothy, then fold in three well-beaten egg whites. Heap by spoonfuls on a glass dish and sprinkle thickly with grated coconut. Chill and serve with a custard sauce.

Oh, East is East, and West is West, and never the two shall meet. Till Earth and Sky stand presently at God's great Judgment Seat. But here is neither East nor West, Border, nor Hind, nor Birth, When two strong men stand face to face, they come from the ends of the earth.

—Kipling

SEASONABLE HINTS

When drying herbs and spices for winter use the stalk, leaving all the leaves on, put them into preserve jars, leave down and set the jars into the oven, uncovered. When dry adjust the rubbers, seal and store them away. Used in this way they will last for years.

When making cookies or doughnuts using sour milk or cream mix them up the night before and set them on ice. They will roll out with less flour, will be light and keep moist much longer than by the usual method.

After cooking carrots until tender put them through the ricer, season and heat as one does mashed potatoes. Even those who refuse to like carrots cannot resist them thus prepared. A dash of nutmeg and a bit of lemon juice will add variety of flavor.

When serving toast to a child or an invalid place the egg slowly poached on toast well buttered and cut into cubes without disturbing the shape of the slice. It is much easier handled and eaten. Drop the egg into a muffin ring in the water when poaching, cut the toast the same size and an attractive dish will result.

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FOOD FOR THE MIDDLE-AGED

The eating habit is fairly well established with all ages, but in middle life overeating is a most common failing and as hard to overcome as any other well-established habit.

After middle life the digestive apparatus is not as active as in youth, while the appetite is often very good and the temptation to graze it great. As the power of the lungs, liver, kidneys and skin is considerably diminished, the food is not assimilated nor waste eliminated as rapidly, and so the organs become clogged.

During the last half of life less food is required and each individual should study to know just what is needed to keep the body in perfect health. An entire fast day once a week is a good rule for those who are possessed with an overamount of weight. For others a meal skipped, omitting the one least noticed, is another good method to reduce. High blood pressure and hardening of the arteries may be helped, if taken in time, by dieting.

Any person who is carrying around a surplus pound of flesh should question his habits. Overeating is one of the worst forms of waste.

For the extremely aged, a light meal four or five times a day will often be found more agreeable than the regular three meals a day. Another important point is to select such foods as are easy on mastication, and avoid tough, fibrous and very coarse foods.

Milk is a valuable food for any age, but is especially good for old people. If it does not seem to agree, try different forms of it. Junket and koumiss are often taken, when the milk is refused. Buttermilk is another valuable form of milk, easily digested.

Condiments are of value to excite the digestive juice and should be used moderately.

Cream soups or vegetable purees, with the coarser part of the vegetable removed, make fine dishes for the aged.

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Conflagration Raging in Tokyo After the Quake



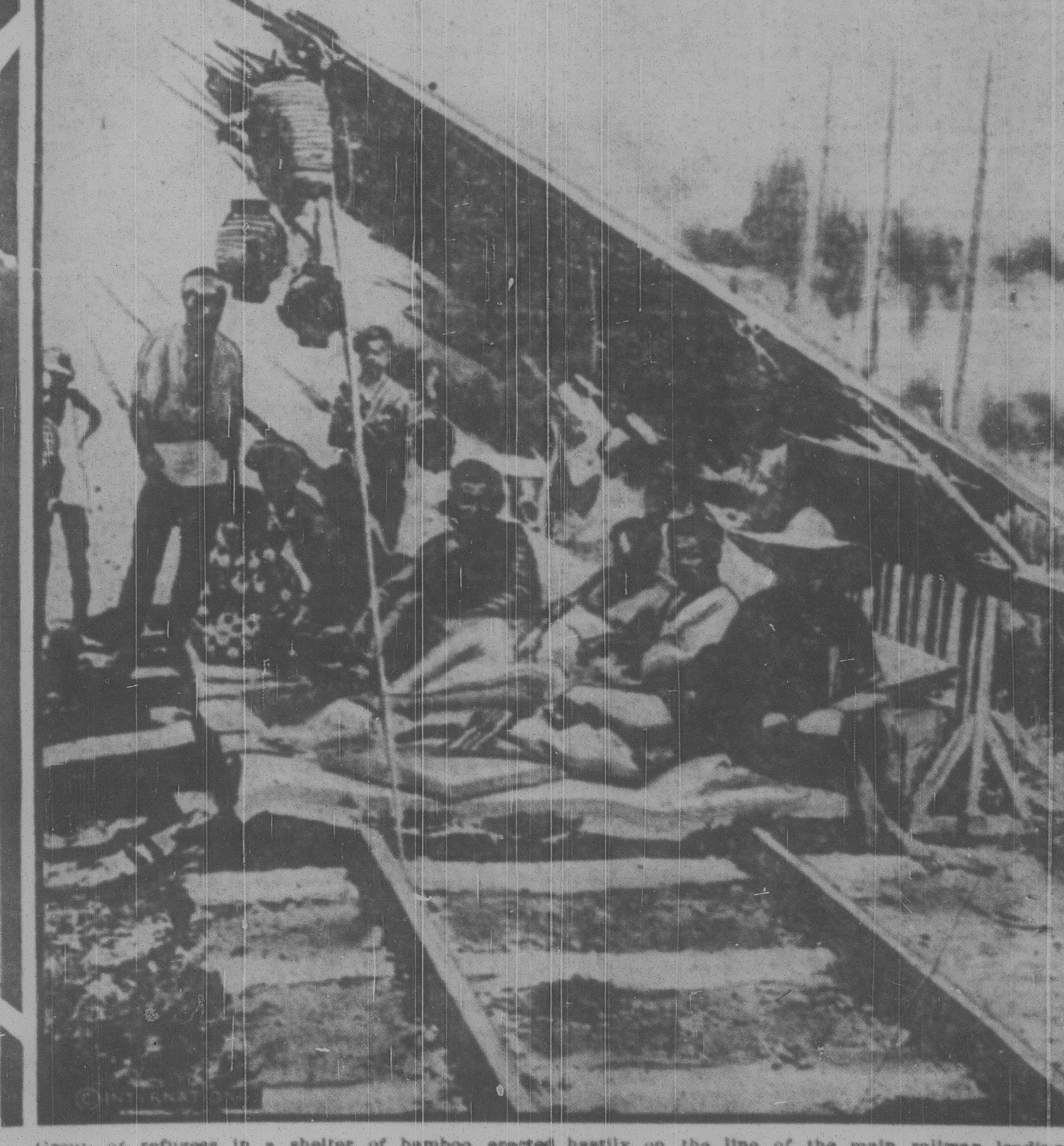
This photograph, taken the day after the first earthquake shocks, shows the conflagration sweeping through Tokyo. In the center is the Imperial theater.

Freak Result of the Convulsion of Nature



Here is a big boat, one of those that piled the streams near Tokyo, buried from the water upon a bridge.

Refugees on the Shattered Railway From Tokyo



Group of refugees in a shelter of bamboo erected hastily on the line of the main railway leading out of Tokyo. Hundreds of thousands thus remained hungry and destitute for many days.

Nellie Maxwell