By Williams

Eat Everything without Fear of Indigestion

Are there lots of foods you can't ent—for fear of gas, bloating, pains in the stomach and bowels?

Do you have to pass up favorite dishes—while the rest enjoy them?

That's a sign you need Tanlac! For more than 10 years Tanlac has restored to vigorous health thousands who suffered like you do.

Mrs. Arvena Bowers, of 1230 Jackson St., Topeka, Kans., says: "Five years I was troubled with gas, bloat-

years I was troubled with gas, bloating and dizzy spells. But Tanlac toned up my whole system and increased my weight 10 lbs."

If you suffer from indigestion, gas, dizziness, headaches, or torpid livertry Tanlac. One bottle often brings the needed relief.

Tanlac is a good, pure medicine, made of roots, barks, and herbs. Get it from your druggist today. Your money back if it doesn't help you.





IF SUFFERING WITH PILES, any kind. Let me help you, Drop me a line. FRED C. WHITNEY, 545 28th St., Des Moines, Iowa.

The Ideal **Vacation Land**

Sunshine All Winter Long Splendid roads—towering mountain ranges—Highest type hotels—dry in-tigorating air—clear starlit nights— California's Foremost Desert Playground

Write Cree & Chaffey Hera Sedering CALIFORNIA

Cheap Transportation

The cost of a trip from Alexaniria, Ya., to Washington by boat, seven miles, in 1844 was 121/2 cents, according to a letter written by James Jackson, a student in the theological seminary in Fairfax county, to Edmund F. Slafter at Andover, Mass. ' he letter is now in the library of William and Mary college, the gift of Charles H. Taylor of the Boston Globe.

Garfield Tea Was Your

Grandmother's Remedy



For every stomach and intestinal ill. This good oldfashioned herb home remedy for constipation, stomach ills and other derangements of the sys-

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

Tree Had Sealed Pipe When A. R. Sullivan, of Tacoma,

picked up a piece of wood to throw 'nto his stove, clos examination disclosed that an old pipe had been sealed in the heart of a tree, and that 80 rings had ground around it. William Bonney, curator of the Washington State Historical society, declared that the pipe had probably been placed in a hole in a fir tree nearly 100 years ago by some trap per or hunter.

Cross-Country Stuff "Then riding to hounds in a car was not a success?" "Far from it."

"Eh?" "It refused half the jumps."

How One Woman Lost 20 Lbs. of Fat

Lost Her Double Chin Lost Her Prominent Hips Lost Her Sluggishness Gained Physical Vigor Gained in Vivaciousness Gained a Shapely Figure

If you're fat-first remove the

cause! Take one half teaspoonful of KRU-SCHEN SALTS in a glass of hot wa-ter before breakfast every morning— cut out pastry and fatty meats—go light on potatoes, butter, cream and sugar-in 3 weeks get on the scales and note how many pounds of fat we vanished. Notice also that you have gained

in energy—your skin is clearer—your eyes sparkle with glorious health—you feel younger in body—keener in mind, KRUSCHEN will give any fat

Get an 85c bottle of KRUSCHEN SALTS (lasts 4 weeks). If even this first bottle doesn't convince you this is the easiest, safest and surest way to lose fat-if you don't feel a superb : provement in health-so gloriously energetic-vigorously alive

-your money gladly returned. Mrs. Mame Carey of Buffalo, N. Y., writes—"Since I began taking Kruschen Salts I have lost 20 pounds and I feel as if I had lost 50 pounds -I feel so good and the best part of it all is that I eat anything I

Sioux City Pig. Co., No. 12-1931.

Out Our Way



College Experts Help Iowa Farmers to Turn Losses Into Profits by Figuring Agriculture as Business



Iowa farmers gathered with their farm management advisor and specialists from the University of Iowa are shown here studying farm records and problems connected with their "business."

Ames, Ia.-(NEA)-A farm management movement, designed to make good business men out of farmers, has been instituted by the extension service of Iowa State university here, and is spreading fast throughout the state.

The organization and running of farms on a business basis is the object of the management plan. It is speeding to an end the day of the haphazard farmer who does not know whether he is losing or making money on his crops or livestock.
To conduct farming along business lines, it is necessary to keep books and production figures. Iowa farmers realized this three years ago, and the first farm management association was organized in the state then.

It was composed of farmers of Hardin, Butler, Franklin and Grundy counties, and was called the Four-County Farm Business association. Today it has a membership of about 200. In 1930, members started keeping records and 191 of them completed the year's work, an unusually large percentage for this type of work.

Covers Big Investment

The association now represents a total capital investment of \$9,000,-000 and combined land holdings of 50.000 acres.

The second farm association in Iowa was organized last fall, and began operation early this year. It is Four-County Farm Business Association No. 11, composed of about 200 farmers in Greene, Boone, Webster and Calhoun counties.

These associations hire a trained farm management man to assist them with their business problems. He works with members, much as a cow tester works with members of his association. He gives them individual attention and help with their records, analysis, readjustment of farming methods and checking of unwarranted expenses.

The records kept show detailed accounts of money paid out and money taken in. Comparison with averages enables the operator to see on which enterprises he is losing money and on which he is profitng.

From Loss to Profit An example of what can be done by keeping records is shown in the case of a farmer in northern Iowa. He adopted modern methods of agriculture a few years ago after repeated failures on his farm. He changed certain practices which his records indicated were not efficient, readjusted his planting and farm program, discontinued poor-paying

The Art of Happiness. From Chicago Journal of Commerce.
That happiness may be increased, and unhappiness decreased, by tak-ing thought, is not to be denied for each of these conditions is "a state of mon." Somewhere in the great Guide of Happiness, the Bible, is a statement that "as he thinketh in his heart, so is he." Whether this applies to all men we are not prepared to say, but the inference is that it does. So happiness may be cultivated, and also unhappi-

ness.

We have found that contemplation of the blessings we enjoy make us thankful for them, and bring us near to happiness, while centering products and is making money to-

His present "management return," or the amount left after interest on investment, wages for himself and hired help and other expenses were paid, increased from \$600 "in the red" to \$2,000 "in the clear" in five years. During the five years he replaced nearly all of

the buildings on his farm. The college extension service also offers a special farm management course to farmers in counties where no business association operates. Last year 750 farmers throughout the state completed this course.

How System Helps Benefits of this instruction and application of it show themselves in various ways. A farmer may find he is farming too large or two small. He may not be keeping enough livestock to balance the rest of his program, or the other way

around His farm may be arranged in such a way that he wastes time. Or he may find that crop yields are too low to allow a margin of profit and that his soil needs lime or fertilizer. Modern management enables farmers to stop "leaks" which for-merly made the difference between

loss and profit. "Poetic License" in Stories.

From the San Francisco Chronicle. Explorers in that shadow land whence come some of the most vivid pictures of historical events make curious discoveries of poetic license. The Longfellow account of Paul Revere's ride and Whittier's chronicle of Barbara Frietchie are included in the list. From Paul Revere's own letters it appears that the lantern hung in the belfry arch of the old North Tower was not a signal to him, but to folks across the bay. He knew already of the British plans. And instead of "two by the village clock when he came by bridge to Concord town," Revere did not get to Concord at all upon that eccasion.

Barbara's nephew is authority for the statement that at the moment that fiery patriot was supposed to be waving the flag from the window of her house while Stonewall Jack-son was marching by, the lady was a bedridden invalid 95 years of age. and Stonewall Jackson's army passed up a lane 300 yards away

from the house. Still these things speak the spirit of their times. In spite of the lib-erties taken with details they, perhaps, stamp a clearer image upon the mind of posterity than would be the case with more labored accura-

our thoughts on our misfortunes and troubles has the opposite result. Discontent is easily aroused. And so, perhaps, is content when we go about cultivating it in the

Optimism puts a man in good spirits. Pessimism depresses him. The first makes him cheerful, the last makes him miserable. When we compare our condition with what it might be, and put the emphasis on the desirable thing we have, we may find much to be grateful for and to yield us comfort. It is a good thing to be alive, in good health, to have a job, a roof to protect us, and a reason to look forward to a pleasant future. When we have

cy and, perhaps, in the last analysis, than a truer one. An artist and a realtor standing on a hilltop do not see the same thing. The artist sees a sunset, the realtor a valley ripe for subdivision.

Q. Do all uncivilized tribes in tropical countries wear loin cloths?

Practically every primitive tribe dwelling in the tropics that has been studied by scientific observers has been found to wear some form of bodily covering of the loin region either in the form of paints of various colors, tattoo marks, strands of beads of various materials, beaten bast or bark cloth, or of woven girdles or aprons of cotton or other vegetable or animal fibers. The inhabitants of the Nicobar islands and of central east Africa are apparently of all tribes the most free from loin coverings of all sorts. Reasons given for the wearing of loin coverings vary. Native modesty is usually present in some form, even apart from any influence that may be attributed to the whites; tribal and ceremon-ial painting or tattooing is often a causative factor and may supplement a woven girdle worn for entirely different purposes, for the insertion of the hilt of knife and as a place of attachment for burdens; most primitive peo-ples are burden carriers. Protection against insect pests is often at-tempted through the agency of breech clouts. Tradition and native styles usually dictate the use of certain forms of loin covering even to the minutest detail.

Q. If a tree were to fall, and there were no ear to hear, would there be any sound? I know that is an old question, but I'd appreciate havinb the answerrepeated, J. G. F. A. The word sound is used in two senses. From the viewpoint of the psychologist, sound is a sensation; from that of the physicist, sound is that form of vibratory motion which may be perceived by the ear. In the case of the falling tree, there would be no sound in the sense in which the word is used in psychology, but as it is used in physics there would be sound, because the tree in falling would set up vibrations of the air which would be capable of affecting the ear, if one were present. This explanation is from Henderson's "Physics in Everyday Life."

Q. How long have there been castes in India? W. W. C.
A. It is not known definitely just when castes originated in India. Records are not available until the Vedic Arya period about 1200 B. C. Castes were then in existence.

these we ought to be happy. Good behavior is the finest happiness insurance-good behavior in the home and on the job, willingness to earn the happiness we want. We all incline to expect happiness from increasing possessions. Very well, if with them we meet honestly the obligations they impose on us.

But the man who dwells on gloomy things and the reverses that may come in the future, will never be happy.

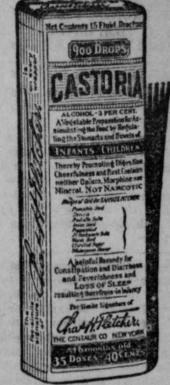
More than 128,000 pounds of cabbages have been sold this year by farmers in Jackson county, N. C. through co-operative agencies.

Can't PLAY Can't REST

-child needs Castoria

WHEN a child is fretful and irritable, seems distressed and uncomfortable, can't play, can't sleep, it is a pretty sure sign that some-thing is wrong. Right here is where Castoria fits into a child's scheme the very purpose for which it was formulated years ago! A few drops and the condition which caused the trouble is righted; comfort quickly brings restful sleep.

Nothing can take the place of Castoria for children; it's perfectly harmless, yet always effective. For the protection of your wee onefor your own peace of mind—keep this old reliable preparation always on hand. But don't keep it just for emergencies; let it be an every-day aid. Its gentle action will ease and soothe the infant who cannot sleep. In more liberal doses it will



effectively help to regulate sluggish bowels in an older child. All druggists have Castoria; it's genuine if you see Chas. H. Fletcher's



Wicipus - assurance of a good,

The regular, consistent use of Cutieura Ointment and Cutieura Soap is assurance of a healthy scalp. Let the shampoo be preceded by an application of Cutieura Ointment (if there is dandruff or skin critteness Cintingent (if there is dandrult or skin irritation); then shampoo with a strong suds, or with a soft soap made by dissolving shavings of Cuticura Soap in a little hot water. You will be pleased with the healthiness of your scalp.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Shaving Cream 35c.

Proprietors: Potter Drug & Chemical Corporation, Malden, Mass.

Try the new Cuticura Shaving Cream.

rashes and blemishes, too

Failed to Weigh His Words ilusband-Forgive me this time, larling. Let us hang the cloak of hristian charity over the past. Wife-Did you say cloak? How much may I spend on it?-Dorfbar-

It removes

MOTHERS ARE LEARNING USES

wrvice for many women. It relieves nausen, heartburn, 'morning sickness," inclination to comit; helps digestion. Its mild laxative action assures regular bowel

novement. Phillips' Milk of Magnesia is betser than lime water for neutralizing low's milk for infant feeding. All drugstores have Phillips' Milk of Magnesia in generous 25c and 50c

endorsed by physicians for 50 years.

bottles. Always insist on the genuine,

American Swamp Areas The Florida everglades, Virginia)ismal swamp, the cypress and mangrove swamps of other southern states and the Tule swamps of the San Joaquin valley are among the est-known swamp areas.

Choice of Evils

Doctor-Are you taking the medi- friend meeting Smithers. me regularly?

hat I'd rather have the cough,-Life, as I am is a piano tuner."

Without Poison A New Exterminator that Wen't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicke

From the beginning of expectancy mtil baby is weaned, Phillips' Milk of Magnesia performs the greatest pervice for many women.

A-R-O can be used about the home, barn or poul cry yard with absolute safety as it contains no leadly poison. K-R-O is made of Squill, as recommended by U.S. Dept. of Agriculture, oven dried under the Connable process which issures maximum strength. Used by County Agents in most rat killing campaigns. Money-Back Guarantse.

Insist upon K-R-O, the original Squill exterminator. All druggists, 75c, \$1.25, \$2.00. Direct if dealer cannot supply you K-R-O Co., Springfield, Ohio

That's All "My father belongs to the country club. Does yours?"

"He plays golf, doesn't he?"

"Well, he goes to see all the pole

games, doesn't he?"

"Well, anyway, he belongs to some kind of a club, doesn't he?"

"No." "Doesn't he do anything at all?"

"No, he jus' works."

Tough!

"How's business?" asked an old

"Rotten," he growled. "The only l'atient-I've tasted it and decided fellow doing as much loafing now



For COLDS

We all catch colds and they can make us miserable; but yours needn't last long if you will do this: Take two or three tablets of Bayer Aspirin just as soon as possible after a cold starts. Stay in the house if you can-keep warm. Repeat with another tablet or two of Bayer Aspirin every three or four hours, if those symptoms of cold persist. Take a good laxative when you retire, and keep bowels open. If throat is sore, dissolve three tablets in a quarter-glassful of water and gargle. This soothes inflammation and reduces infection. There is nothing like Bayer Aspirin for a cold, or sore throat. And it relieves aches and pains almost instantly. The genuine tablets, marked Bayer, are absolutely harmless to the heart.

BAYER ASPIRIN