

Eat Everything without Fear of Indigestion

Are there lots of foods you can't eat—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, 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 liver—try 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.



PARKER'S HAIR BALM
Removes Dandruff—Stops Hair Falling
Imparts Color and
Beauty to Gray and Faded Hair
Sells at 10¢ at Druggists
Hiscox Chem. Wks., Patchogue, N.Y.



FOR BURNS
HANFORD'S
Balsam of Myrrh

IF SUFFERING WITH PILES, any kind, let me help you. Drop me a line. FRED C. WILKENY, 515 25th St., Des Moines, Iowa.

The Ideal Vacation Land
Sunshine All Winter Long
Splendid roads—towering mountain ranges—highest type hotels—dry-icing air—clear starlit nights—California's Foremost Desert Playground
Write Geo. & Chaffey
Palm Springs
CALIFORNIA

Cheap Transportation
The cost of a trip from Alexandria, Va., to Washington by boat, seven miles, in 1844 was 12½ 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. The 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 ailment. 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.

Tree Had Sealed Pipe
When A. R. Sullivan, of Tacoma, picked up a piece of wood to throw into his stove, close 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 Vivaciousness
Gained a Shapely Figure

If you're fat—first remove the cause!

Take one half teaspoonful of KRUSCHEN SALTS in a glass of hot water 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 have 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 person a joyous surprise.

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 improvement 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 like."—Adv.

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

Out Our Way



FINANCIAL STANDING. J.R. WILLIAMS '37 © 1931 BY NEA SERVICE, INC.

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 1929, 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 profiting.

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

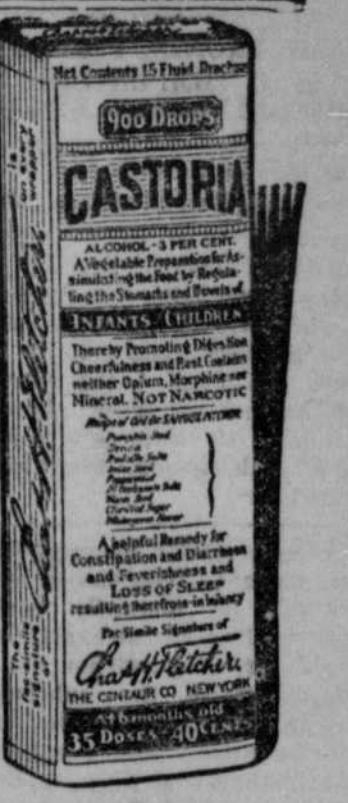
The Art of Happiness.
From Chicago Journal of Commerce. That happiness may be increased, and unhappiness decreased, by taking thought, is not to be denied, for each of these conditions is "a state of mind." Somewhere in the great Guide of Happiness, the Bible, is a statement that "as he thinketh in his 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 unhappiness.

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

By Williams

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 something 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.



Cuticura—assurance of a good, healthy scalp.
The regular, consistent use of Cuticura Ointment and Cuticura Soap is assurance of a healthy scalp. Let the shampoo be preceded by an application of Cuticura Ointment (if there is dandruff 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.

Failed to Weigh His Words
Husband—Forgive me this time, darling. Let us hang the cloak of Christian charity over the past.
Wife—Did you say cloak? How much may I spend on it?—Dorfbauer, Berlin.

MOTHERS ARE LEARNING USES OF MAGNESIA
From the beginning of expectancy until baby is weaned, Phillips' Milk of Magnesia performs the greatest service for many women.

It relieves nausea, heartburn, "morning sickness," inclination to vomit; helps digestion. Its mild laxative action assures regular bowel movement.

Phillips' Milk of Magnesia is better than lime water for neutralizing cow's milk for infant feeding. All drugstores have Phillips' Milk of Magnesia in generous 25c and 50c bottles. Always insist on the genuine, endorsed by physicians for 50 years.

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

Choice of Evils
Doctor—Are you taking the medicine regularly?
Patient—I've tasted it and decided that I'd rather have the cough.—Life.



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
Aspirin is the trade mark of Bayer Manufacture of Monoaceticester of Salicylicacid