Make Every Meal A Perfect Feast

Tanlac Makes Each Bite a New Delight

up a reserve force of vigor to meet with keen zest and appreciation,



with the most lively anticipation of its delights, then you are only half-living, because you are only half getting the value of your food.

Lack of appetite, or distress from indulging the appetite, are both due to the same causefallure of the digestive system to properly do its important work. The undigested food remaining in the alimentary ranal may merely cause a dis-

undergo chemical and putrification changes that cause acute disease. Besides, these chemical changes

are carried to every cell and organ under the sunshine of health. of the body and that cause all sorts of distressing symptoms.

and body builder, has achieved its thousands of others have, by taking wide success because it is able to in- Tanlac. vigorate the entire digestive tract. . It acts to cause vigorous stomach preparation of the food, both through when Tanlac-and health-await you the muscular churning action of that today?

Outside Influence. Rub-"What do you think of short skirts?" Dub-"Well, it doesn't depend upon the skirts."

There is something funny about a rabbit's tail-probably because brevity is the soul of wit.

CORNS

Lift Off with Fingers



hurt a bit! Drop a little on an aching corn, instantly Doesn't hurt a bit! that corn stops hurting, then shortly you lift it right off with fingers. Truly Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

WHEN your digestive system is organ and through ample secretion working efficiently and smooth- of digestive fluids. It then promotes ly, extracting from your food abun- energetic action of all the bowel dant stores of vital energy and piling muscles and glands and enables the food to pass through the digestive any emergency, every bite is eaten canal in the normal time. Each of the thousands of little glands whose If your meals are not a real event, duty it is to pick up nourishment from

> of the body are stimulated to their utmost. The whole result is that food is taken care of without distress of any sort in such manner as to derive the utmost benefit from it.

If your appetite is not keen, if your food seems to disagree with you, if you are underweight, nervous, irrritable and lack energy, give Tanlac the chance to show you that it can work a miracle



taste for more food when it cannot in your condition as it has in so many take care of what it has, or it may thousands of other cases.

If you are despondent, gloomy, with little taste for and enjoyment of life, try Tanlac and no doubt you produce poisonous substances that will see the clouds of gloom roll away

You are entitled to be healthy, vigorous, efficient and happy. Give Tanlac, the famous digestive tonic yourself the chance to become so as

Get Tanlac from your druggist this very day. Why wait for tomorrow

They'd Know About It. day young aunty was left in charge of the small apartment and the two children.

"I'm going into the kitchen to prepare baby's milk, Bobby," she said importantly; "you be sure to call me when he wakes up."

"Oh, you'll hear him for yourself," flung Bobby; "that kid turns himself on the minute he wakes up-he's his own alarm clock!"

MOTHER! MOVE CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Hurry, mother! Even a sick child loves the 'fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A tenspoonful today may prevent a sick child tomorrow. If constipated, billious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "Callfornia Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California' or you may get an imitation fig syrup.-Advertisement.

When Loafer Becomes a Pest. "A lowfer," said Uncle Eben, "don' do no special harm, 'ceptin' when he tr.es to be mistook for a worker an' insisses on gettin' in de way."

When political grafters fall out honest newspaper men get a lot of copy.

Ask Your Dealer

A SK your local dealer to rec-ommend a practical dec-

THROUGH EYES OF GEOLOGIST

Man of Science Sees Mother Earth as Many Hundred Millions of Years O'd.

The geologist supposes that it took from sixty to three headred millions of years for the earth's crust to assume its present appearance, and calculates that from the time when the first rudimentary form of life appeared there have been 12 important geologic periods of the advancement of life, the last of them being the Quarternary or Post-Tertiary, when mankind appeared. The first part of this Post-Tertiary age or period when man existed is called the Pleistocene. At that time beds of drift gravel were deposited in which have been found flint hatchets and other implements, apparently made by men. Primitive man is also known as Paleolithic, and the age in which he lived is often called the Old Stone age. Some authorities, however, believe that primitive man existed before Paleolithic man, but left no traces of his existence. He probably gained his food through hunting, wandering along the river valleys-and then later took to cave dwelling. Rude drawings have been found in caves, the work of the "cave man." The flint weapons gradually improved, the cave man became a better artist, he domesticated animals and cultivated the soil. In this period, which is called the New Stone age, man is known as Neolithic man. Then came the Bronze age, when bronze took the place of flint; after that the Iron age and the Age of History. The Chinese records of their history commence about the year 2400 B. C. About 5000 B. C. (according to "Tabular Views of Universal History," compiled by George Palmer Putnam, A. M., and edited by George Haven Putnam, Litt., D.), flourishing city states appeared in the Mesopotamia region, indicating an antiquity for Babylonian civilization that may be carried back approximately to the eighth or ninth millennium B. C. In Egypt the latest research has brought the sixth millennium B. C. within the scope of history, and about 4500 B. C., in Asia, there was a "struggle among the kings of Kengi, Kish, Shirpurla and Gishban in Babylonia,"

King George's Rent Roll, King George recently applied to parliament for permission to sell certain portions of his entailed duchy of Lancaster estates. The total rent roll of these valuable properties is only about \$275,000. It ought to be a very great deal more, but for the fact that previous sovereigns were in the habit of granting what were in effect perpetual leases at a nominal rent, plus a substantial cash payment by the original lessee. It is for this reason that the present king has to be content with a nosegay of roses as rental for that portion of the duchy estates on-which stands St. Olave's Grammar school, near Tower bridge; whereas what the lawyers term its "economic rent" has been calculated at about \$25,000. Similarly, a tablecloth, a fur coat, a horse and halter, a currycomb, a nighcap, a pair of scarlet hose, a falcon, a cross-bow and a pair of tongs figure every year in the duchy accounts. Each article represents the "rent" paid, or supposed to be paid, for some manor, farm or piece of

> Why Briand Stammered. beautiful example of courtesy

land.—Brooklyn Eagle.

was shown recently by Premier Briand of France during a ceremony at which he conferred a medal of honor upon an American soldier, the Delineator states. Monsieur Briand does not speak English; the American soldler spoke no French. The boy had, however, learned a little French speech. But when he rose before the distinguished audience, the French words deserted him. He began, got through the first sentence, stuttered in the second, hesitated, reached into his mind in vain for the rest of the French words-and then finished his thanks in English.

The expression on the face of the French premier never changed. When the boy had finished speaking, Monsignor Briand began a few English words he had learned. "I have a great affection for your country and a veneration for-" He hesitated-and finished in French.

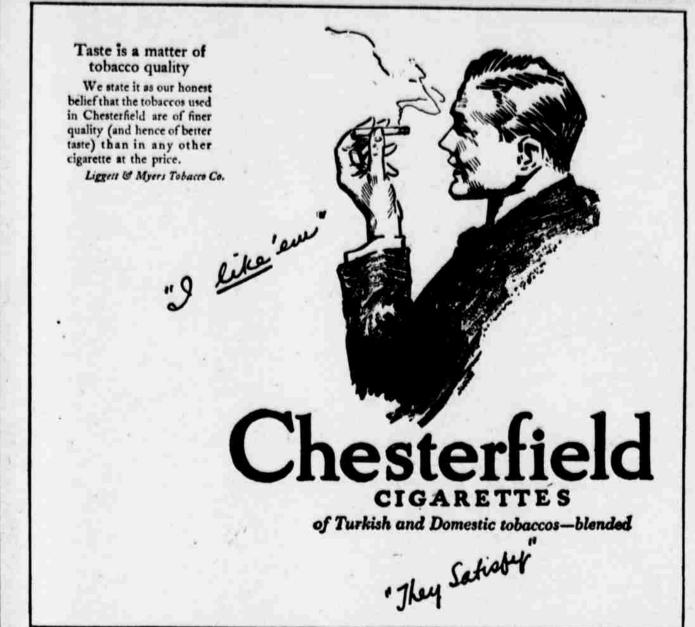
It was a delicate way to make the soldier feel that the premier of France was as poorly equipped in the soldier's language as the soldier had been in French. And this is manners. Back of that kind act was solely a desire to make a fellow being more comfort-

Waitress Has Idea on Tip's Status. Whether the "man in the street" regards the tip he leaves beside his plate after lunch as a free gift in recognition of service rendered or as part of the charge for his lunch, there is no doubt about its status in the mind of one Broadway waitress.

Because he had no loose change in his pocket, one diner walked out of his habitual luncheon haunt the other day without leaving his customary dime. Next day, to square accounts, he put down two dimes as he rose from the table. Whereupon blonde Elsie, retrieving the coins with practiced hand, remarked: "Oh, yes, that's so; you do owe me a dime."—New York Sun.

World Progress.

The Twentieth century has just completed its twenty-first year. It seems scarcely credible that when the century was born such commonplaces of today as the airplane, wireless telegraphy, motion pictures, the submarine and the automobile barely existed.-Indianapolis News.



world because he is unable to write.

Snowy linens are the pride of every housewife. Keep them in that condition by using Red Cross Ball Blue in your laundry. At all grocers.-Advertisement.

Even the humble shoemaker frequently associates with the upper

The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your every-day tollet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No tollet table is complete without them .-- Advertisement.

Overtaken.

Welwisher-I hear young Scadsworthy is going to marry Miss Manchester. He ought to look before he

Oldpal-He did. He took a glance over his shoulder and saw she was rapidly closing in on him. Then it was too late to leap.

A Visible Excuse. . Tommy and Billy had been fighting on their way home from school.

next day: "Dear Sir-As one of your scholars hit my boy in the eye with a stone, he can't see out of it. So will you please

Eskimos Slaugister Musk Ox. The Eskimo hunts the musk ox with

see into it?"

dogs from which they do not flee. Onsighting a small band he lets one or two dogs loose when the older animals immediately face outward in defensive formation with calves in the center, and prepare to give fight. As soon as the herd is thus "anchored" the Eskimo lets all his dogs loose and then proceeds to kill the musk ox with gun or bow and arrow. The musk ox are very flerce, and if a wounded bull charges the Eskimo, the dogs in turn immediately attack him, which gives the hunter a chance to shoot a second time. In this way the Eskimo is able to dispatch the whole herd.

Many a man makes his mark in the GOT BACK AT "BR'ER SIMCOX"

Fool Question Met Merited Rebuke From Colcred Preacher-Surely Right on One Point,

Bishop Candler, of Atlanta, was condemning a certain theological controversy. "Such idle controversies," he said,

"remind me of the colored preacher

"'Dem's mah words, Br'er Simcox. Dem's mah words!'

".'Den, pawson, who made de palin's?" "'Br'er Simcox, set down,' said the parson severly. 'Such fool questions as yourn would upset any system of theology."

Either Way.

"There are many little ways of practicing economy in the home," proclaimed Walter Wheese sagely to his guest, after making sure Mrs. wheel was out of hearing.

"So?" encouraged the visitor po-

"Yes. Last winter my wife said we must get a new sofa in the spring."

"Well?" "Instead, I got a new spring in the

Sunday at the Zoo.

It was Sunday at the zoo. "What's the trouble with the fellows?" inquired the orang-outang. "Most of them look as if they'd seen a ghost."

"It's this economy stunt," explained the monkey. "They've decided to transfer the keeper of the elephants ruary 22, 1889. to the insect house, and they don't know how to break the news to him."

The mule is very apt to be behind with his business affairs.

Bullion in a government die is in- some people is to get along without variably hard pressed for money.

Zero Count.

Minister-"Yes, my boy, even the hairs on our heads are numbered." Small Boy-"Dad's ain't; he's baldheaded."-Spare Moments.

DYED HER DRAPERIES. SKIRT AND A SWEATER WITH "DIAMOND DYES"

"remind me of the colored preacher who began a sermon with the words:

"Breddern and sistern, when de fust man, Adam, was created, he was made outer wet clay and set up agin de palin's to dry."

"A member rose in the back of the church.

"Pawson,' he said, incredulously, 'does yo ser'ously state dat Adam was made outer wet clay and set up agin de palin's to dry?"

"L'Dem's mah words Bres Simon.

"Each package of "Diamond Dyes" contains directions so simple that any woman directions so simple that any woman directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade, or run. So easy to use.—advertisement.

Prehistoric Ruins.

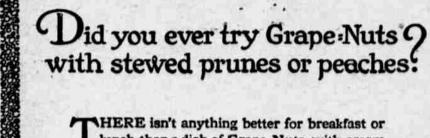
The fascinating interest of the ancient ruins in Rhodesia, South Africa, drew the attention of the archeologists of the British association during its recent meetings at Cape Town. Among these ruins the most conspicuous is the great Zimbabwe temple, which lies about 200 miles inland from the Indian ocean. The oldest of the ruined buildings are believed to date back at least to the days of King Solomon. It is thought that they were constructed by Semitic colonists, whose chief object was gold mining, and who have left indications of their worship of Baal and Ashtaroth, as described in the Bible. Experts believe that precious metals to the value of \$3,000,000 or \$4,000,000 must have been extracted from the gold reefs of Rhodesia in ancient

State of Washington.

The state of Washington was formerly a part of Oregon and was created a territory in 1853. It was admitted to the Union as a state Feb-

Love laughs at locksmiths? Nonsense! Aren't nearly all the locks smiths married?

About the best way to get along with

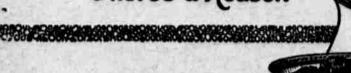


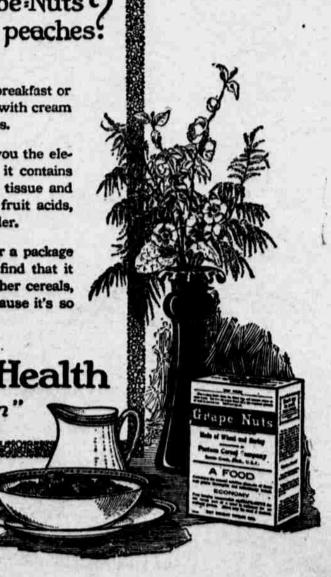
L lunch than a dish of Grape-Nuts, with cream or milk, and stewed prunes or peaches.

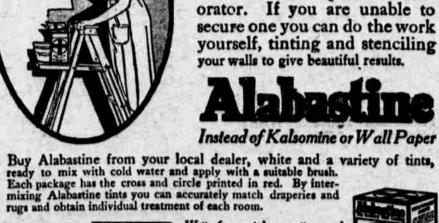
This delicious combination gives you the elements of a well-balanced food. For it contains not only the material needed to build tissue and furnish energy, but it also supplies fruit acids, that help keep the system in good order.

Go to your grocer today and order a package of delicious Grape-Nuts. You will find that it will digest more readily than most other cereals, and it will "stay by" you longer-because it's so richly nourishing.

Grape: Nuts for Health "There's a Reason"







Write for special suggestions and

ALABASTINE COMPANY

