

Make Every Meal A Perfect Feast

Tanlac Makes Each Bite a New Delight

WHEN your digestive system is working efficiently and smoothly, extracting from your food abundant stores of vital energy and piling up a reserve force of vigor to meet any emergency, every bite is eaten with keen zest and appreciation. If your meals are not a real event, if you do not approach the table

organ and through ample secretion of digestive fluids. It then promotes energetic action of all the bowel muscles and glands and enables the food to pass through the digestive canal in the normal time. Each of the thousands of little glands whose duty it is to pick up nourishment from the food and send this to all parts 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, irritable and lack energy, give Tanlac the chance to show you that it can work a miracle



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 cause—failure of the digestive system to properly do its important work. The undigested food remaining in the alimentary canal may merely cause a distaste for more food when it cannot take care of what it has, or it may undergo chemical and putrefaction changes that cause acute disease.

Besides, these chemical changes produce poisonous substances that are carried to every cell and organ of the body and that cause all sorts of distressing symptoms.

Tanlac, the famous digestive tonic and body builder, has achieved its wide success because it is able to invigorate the entire digestive tract.

It acts to cause vigorous stomach preparation of the food, both through the muscular churning action of that

in your condition as it has in so many thousands of other cases.

If you are despondent, gloomy, with little taste for and enjoyment of life, try Tanlac and no doubt you will see the clouds of gloom roll away under the sunshine of health.

You are entitled to be healthy, vigorous, efficient and happy. Give yourself the chance to become so as thousands of others have, by taking Tanlac.

Get Tanlac from your druggist this very day. Why wait for tomorrow when Tanlac—and health—await you 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.

They'd Know About It.

One 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 teaspoonful today may prevent a sick child tomorrow. If constipated, bilious, 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 "California 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 loafer," said Uncle Eben, "don't go to special barn, 'ceptin' when he tries 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.

THROUGH EYES OF GEOLOGIST

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

The geologist supposes that it took from sixty to three hundred 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, Shirpura 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 rental 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 nightcap, 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 land.—Brooklyn Eagle.

Why Briand Stammered.

A beautiful example of courtesy 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 soldier 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, stammered 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, Monsieur 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 comfortable.

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 commonplace of today as the airplane, wireless telegraphy, motion pictures, the submarine and the automobile barely existed.—Indianapolis News.

Taste is a matter of tobacco quality

We state it as our honest belief that the tobaccos used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.

Liggett & Myers Tobacco Co.



Chesterfield CIGARETTES

of Turkish and Domestic tobaccos—blended

Many a man makes his mark in the 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 class.

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

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

Oldpat—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. The teacher received this note the 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 see into it?"

Eskimos Slaughtering Musk Ox.

The Eskimo hunts the musk ox with dogs from which they do not flee. On sighting 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 fierce, 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.

GOT BACK AT "BR'ER SIMCOX"

Fool Question Met Merited Rebuke From Colored 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 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 pallin's to dry.'"

"A member rose in the back of the church.

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

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

"Den, pawson, who made de pallin's?"

"Br'er Simcox, set down," said the parson severely. "Such fool questions as yours 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. Wheese was out of hearing.

"So?" encouraged the visitor politely.

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

"Well?"

"Instead, I got a new spring in the sofa."

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

Bullion in a government die is invariably hard pressed for money.

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

Each package of "Diamond Dyes" contains 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 times.

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 February 22, 1889.

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

About the best way to get along with some people is to get along without them.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly it lifts 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.

Ask Your Dealer



ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

Alabastine
Instead of Kalsomine or Wall Paper

Buy Alabastine from your local dealer, white and a variety of tints, ready to mix with cold water and apply with a suitable brush. Each package has the cross and circle printed in red. By intermixing Alabastine tints you can accurately match draperies and rugs and obtain individual treatment of each room.



Write for special suggestions and latest color combinations

ALABASTINE COMPANY
1047 Grandville Ave. Grand Rapids, Mich.



Did you ever try Grape-Nuts? with stewed prunes or peaches?

THERE isn't anything better for breakfast or 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"

