

**JAMES P. HUMPHREYS**, well-known automobile man of Hebron, Md., who declares he believes Tanlac is the best thing to overcome stomach trouble and run-down condition. States it completely restored his health.



"I believe in giving everything its due and I want to say right now I just can't praise Tanlac too highly for what it has done in my case," declared James P. Humphreys, proprietor of the Lebron Motor Co., Hebron, Md.

"For three years or more I suffered from indigestion. After eating I would bloat terribly with gas and my heart would palpitate until it interfered with my breathing. I was habitually constipated and my nerves were all upset. My sleep was unsound, I got up mornings all tired out, and I was only a shadow of my former self.

"Well, Tanlac has given me a keen appetite, stomach trouble has disappeared, my nerves have steadied down, and I have gained several pounds. Tanlac, to my mind, is the best thing ever sold for stomach trouble and run-down condition."

Tanlac is sold by all good druggists.

#### The Joke Market.

"You think culture is on the decline?" "Yes, we get very few jokes out of relativity."

### Have You a Bad Back?

Are you lame every morning? Do you drag through the day with a steady nagging backache—waking find you "all played out"? Probably your kidneys are to blame. Hurry, worry, lack of rest and a heavy diet, all tend to weaken the kidneys. Your back gives out; you feel depressed and suffer headaches, dizziness and kidney irregularities. Don't go from bad to worse. Use **Doan's Kidney Pills**. Thousands recommend them. Ask your neighbor!

#### An Iowa Case

M. S. Phipps, blacksmith, Leon, Iowa, says: "I was in bad shape with kidney trouble and had to give up most of my work. My back gave out entirely and I could hardly get a round. I had blinding, dizzy spells and flashes came before my eyes. My kidneys acted irregularly. Doan's Kidney Pills freed me from the trouble."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
 FOSTER-MILBURN CO., BUFFALO, N. Y.

### Rats in the Cellar, Mice in the Pantry, Cockroaches in the Kitchen

What can be more disagreeable than a home infested with pests? Destroy them with **Stearns' Electric Paste**, the standard exterminator for more than 43 years.

Kill rats, mice, cockroaches, waterbugs or ants in a single night. Does not blow away like powders; ready for use; better than traps. Directions in 15 languages in every box. Money back if it fails.

2 oz. size 35c. 15 oz. size \$1.50.

### Western Canada Land of Prosperity

offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms fertile land at \$15 to \$30 an acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

**Farm Gardens, Poultry, Dairying** are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches and schools, good markets, railroad facilities, rural telephone, etc.

For certificate entitling you to reduced railway rates, illustrated literature, map, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc. write:

W. A. GARDNER, 157, Waterloo, Ont.; W. V. BERTON, 300 Peter's Trust Bldg., Omaha, Neb.; R. A. GARRETT, 317 Jackson Street, St. Paul, Minn.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

**150 ACRES FARMERS CAN AFFORD FREE**

### Twelve Most Famous Living American Men?

McCready Sykes, In Commerce and Finance.

While various committees and persons in authority are compiling lists of America's 12 greatest living men, divers people have occasionally filled an idle hour by making selections of the 12 greatest living Americans of the inferior sex.

To qualify, a man should have a record of achievement or influence that marks him as a man who has definitely affected the course of the history of his time. All such lists are merely tentative and suggestive and if properly chosen will probably include the names of persons with whose views and achievements the compiler is in sympathy.

Any such list compiled with fair perspective and sobriety of spirit should include some of the following names. We claim no more than that for this suggested dozen from among the greatest living Americans. The names are arranged alphabetically:

William E. Borah                     Charles H. Mayo  
 Thomas A. Edison                 John D. Rockefeller  
 Charles W. Elliot                 Elihu Root  
 Henry Ford                         William H. Taft  
 Samuel Gompers                 Booth Tarkington  
 Charles E. Hughes               Woodrow Wilson

The statistically inclined may note that these names may be cross-indexed as follows:

Republicans ..... 4	Baptist ..... 2
Democrats ..... 3	Unitarian ..... 2
Party not publicly announced.... 5	Episcopalian ..... 1
	Denomination not publicly announced ..... 7
Married ..... 12	Did not go to college ..... 4
Not married ..... 0	Went to college ..... 8

If the department of agriculture should get hold of these figures the government would probably print a pamphlet jumping to the conclusion that by keeping his mouth shut on politics and religion a man would not destroy his chances for the Hall of Fame; that going to college would increase his chances, but that if he remained an obscure bachelor he would not even have a look in.

Disclaiming any willingness to be personal, we would remind the compilers of lists of America's Dozen Dazzling Dames that their conspicuous choices have nothing on the wives and mothers of the greatest men. None of the distinguished gentlemen but would proclaim "It is they that have made us and not ourselves."

Our list is neither copyrighted nor ex cathedra. Revised editions may be compiled at will.

### LONGER LIFE AND BETTER.

The cost of life insurance ought to come down. The figures of the census office show that the average span of life in the original registration states is increasing, and, in all probability, the same is true of the entire country.

Insurance rates are based on the length of life span of the insured. The longer the insured live, the more insurance premiums they pay, and the more premiums they pay the less the annual premium can be and the company still keep financially safe.

That is the argument, sound enough if the basic fact is right.

We often hear statements that the life span is longer because the average age at death is greater. Which is all very interesting, but the insurance companies know the shortcomings of such statements from the statistical standpoint.

The statement as to the increasing span of life, as shown by a study of vital statistics of the original registration area, is sponsored by the statistical department of the Metropolitan.

Within the last 20 years, or the period beginning with the census of 1900 and ending with that of 1920, the increase in life expectancy of the different age groups was as follows:

At birth .....	5.05 years
5 years of age .....	2.21 years
10 years of age .....	1.82 years
15 years of age .....	1.85 years
20 years of age .....	1.75 years
30 years of age .....	1.29 years
40 years of age .....	1.28 years
50 years of age .....	1.28 years
60 years of age .....	1.02 years
70 years of age .....	1.07 years
100 years of age .....	.19 years

The only losses in life expectancy in the 20 years have been:

Age 60 .....	.07 years or 26 days
Age 70 .....	.17 years or 255 days

These may seem like trifling gains, but note how they bulk.

The aggregate gain for the at-birth group is nearly 15,000,000 years.

Among those 30 years old the aggregate gain is about 2,500,000 years.

The sumtotal of increase in life span of all persons of all groups is a figure in excess of the estimated age of the earth. Not only are men living to older age, but they are efficient for a span of life that is certainly one decade longer than was the case a few years ago.

The proportion of men and women 60 years of age and older capable of earning a living and more was never so large.

If we would readjust our economies so as to set aside certain types of jobs for old people, morons, cripples and those with certain other disabilities—jobs for which they are well fitted physically, mentally, temperamentally, and otherwise—we would find a large part of the grip over 70 years of age earning their day's pay.

Protecting people against various forms of contagion, and shielding them against undue hardship is bringing a large proportion of the population into efficient, early old age, and a fair proportion into even longer reaches of life.

The British government issued an official document, "white paper," saying it will not change its mind; that a Jewish national home will be in Palestine as of right and not on sufferance. That is satisfactory.

Jews were in Palestine before there were any English in England, Irish in Ireland, or French in France.

The "white paper" adds that "his majesty's government has no such aim in view as that Palestine should become Jewish as England is English." Palestine, of course, will become as Jewish as the Jews of the world decide to make it. At the present the Arabs are ten to one against the Jews. Jews can change that if they choose.

Abe Eplonzo, San Francisco, was disqualified at the 37th hole in the finals of the northern California professional golf tournament at Del Monte, when he picked a four leaf clover and then brushed the line of putt with his hand.

Now that it has been officially settled that Colonel Harvey's knee breeches aren't plush, perhaps we can get around to less important matters, such as a reduction in federal taxes.

Hearst for governor campaign buttons have appeared in New York. If it is not presumptuous, it is suggested that New York city papers give more attention to home affairs and less to trying to "reform" the middle west.

### YOU, TOO, HOWARD?

ELSEWHERE on this page appears an article concerning James R. Howard's unintentional betrayal of the farmers on ship subsidy. Mr. Howard's surrender on this subject has been a mystery. Now, it appears, he is talked of as the "farm member" of the federal reserve board to be appointed soon; and it is said that his attitude toward subsidy has enhanced his chances of landing the job.

One of the greatest ills in national life is the succumbing of men who are on the firing line for the people to the urgings of personal ambition. Men who would not take a money bribe fall when honors and financial ease appear theirs if they will but "play the game." They do it without really realizing what they are about. They become intoxicated by flattery and under the subtle manipulation of vanity by those who know exactly what they want.

It is to be hoped that Mr. Howard will stand firm for the interests of those who employ him. If it appears that he is not going to do so, then he should be given his choice of resigning or being "fired."

There was no mention of bequests to charity in William Rockefeller's will. But that isn't important. If the visible property amounts, as it probably will, to \$200,000,000, the United States will collect \$50,000,000 in inheritance taxes and the state \$10,000,000. Thus while working for himself and his family, Mr. Rockefeller has gathered together \$60,000,000 to be used for public purposes.

The former kaiser says "a monarch, but not I" will return to Germany. The republic is only temporary, in his mind. He thinks, apparently, that one of his sons will get back the job that he lost, and historically he is justified in the thinking.

Republics in Greece, Rome, France and elsewhere have started, lasted a little while, then made way for monarchy or tyranny. The French republic has come back, after eclipse. This republic, like the republic of Switzerland, has lasted.

And the kaiser overlooks the fact that the German republic is made up of men that have had 40 years of training under the social democratic party. If they know anything it is that the one thing they do not need is another kaiser.

"KNOCK WOOD."  
 The phrase, "knock wood," comes from an old Danish myth. Here is the authentic origin: According to Danish tradition, whenever an old Danish sea captain was about to start on a long journey in his wooden vessel, he would tap on the side of his ship and stand silently by. It was a superstition that the elves of the forest would come out to bless his ship because it held millions of their kinds in its timbers. So the superstition became a custom. And the old idea has come down to modern times. That is why one "knocks on wood" whenever he does not want his luck to desert him.

We shall best honor these men and days of old by signing our own declaration of independence from all those elements of selfishness and sordidness that lead to indifference as to the country's welfare and to an all absorbing desire for mere personal ease or acquisition.—Princeton Press.

Fears that gasoline will go to 30 cents a gallon increase when one reads that John D. gave away \$20 in new dimes at a church benefit.

# Don't be Penny Wise and Pound Foolish

Don't think because you can get a big can of Baking Powder for little money that you are saving anything.

There's Only One Way to Save on Bake-Day  
**USE**

# GALUMET

## The Economy BAKING POWDER



—It costs only a fraction of a cent for each baking.  
 —You use less because it contains more than the ordinary leavening strength.



## BEST BY TEST The World's Greatest Baking Powder

### NEGRO'S MEMORY A PUZZLE

Of Limited Educational Attainments, Colored Man Has Wonderful Fund of Useful Information.

Jim Gilmore, a negro aged fifty-six, who lives in the town of Greenville, Tex., is said by scientists who have examined him, to possess one of the most remarkable memories known. With apparently a small amount of educational training Gilmore is able to quote any verse in the Bible suggested to him. He answers any questions pertaining to the Civil war, the Spanish-American war and the late World war, giving dates of all outstanding historical events. He can name every station and water tank from San Francisco to New York on the principal transcontinental railroads.

There seems to be no limit to the amount of poetry Gilmore can quote. "The Sinking of the Titanic," numbering 40 verses, and "The World War From Beginning to End," in 60 verses and three parts, is another literary achievement of which he can boast. He has traveled extensively and possesses an excellent vocabulary for one of limited education.—Exchange.

**Her Achievement.**  
 "My wife got after a blue fencer with a hatchet out in the yard yesterday," related Gap Johnson of Rumpus Ridge. "After going twice around the track, as it were, she ketched her foot in a mess of baling wire and fell and sprained her arm. But, by cripes, she shore cut off that there snake's head as she went down!"—Kansas City Star.

**Half a Dozen Fines Did It.**  
 "Mr. Grumpton is a changed man since he bought a car."  
 "For the better?"  
 "Yes. There was a time when he wouldn't take anybody's advice, but now he lends an attentive ear to traffic policemen."—Birmingham Age-Herald.

**Quiet.**  
 "They're very modest, aren't they?"  
 "Very. Even insisted on being divorced quietly."

### WAS UNDER NO OBLIGATION

Transaction of Youthful Newspaper Proprietor Had Been on a Strictly Business Basis.

George developed a journalistic instinct at the early age of fifteen. With the consent of his father and some assistance from the same source he bought an "amateur printing outfit" and started the Kinkerville Monthly Journal, subscription price 50 cents a year, payable in advance.

"I suppose you call yourself the editor and proprietor of this office," remarked an envious young associate who dropped in at his "sanctum" in the basement of the paternal dwelling one day.

"Of course I do," responded the youthful journalist. "I don't owe a cent on it."

"Proprietor! Umph. Everybody knows you got \$25 from your father to start it with."

"Yes, sir!" stoutly rejoined George. "And his subscription for the Journal is marked paid fifty years ahead on my books!"—Pittsburgh Dispatch.

**British Columbian Iron Resources.**  
 A complete survey of the iron resources of British Columbia will be commenced this summer. The Dominion geological survey, in co-operation with the provincial department of mines, will conduct the work. R. G. A. Young, the geological survey department's specialist, will commence the work in a few weeks.



## Health is Wealth Itself

—and depends more upon the selection of proper food than upon anything else.

The reason is simple—the right kind of food digests promptly and is absorbed into the blood for building sound tissue; while food that digests slowly may ferment and lead to serious conditions.

Grape-Nuts—the delicious cereal food made from whole wheat flour and malted barley—

is so easy to digest that even delicate people and young children thrive on it.

This is only natural, because Grape-Nuts is baked for 20 hours, which transforms and partially pre-digests the starch elements, resulting in easy digestion and quick assimilation.

Served with milk or cream Grape-Nuts is a complete food—and along with its nutritive qualities it has that wonderful flavor!

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere!

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