

THIS MAN DREADED TO SEE NIGHT COME

Was So Restless He Couldn't Sleep and Daylight Was Always Welcome.

"With the exception of a little milk toast, which comprised my diet for more than eight weeks, I could not eat anything," said Capt. Geo. W. Womble, residing at 105 Jennings St., Knoxville, Tenn., a highly respected citizen of that city.

"I am now able," continued Captain Womble, "after taking two bottles of Tanlac, to eat practically anything. I had a bad form of stomach and intestinal trouble for a long time and for months my condition had been such that I suffered agony. I got so I could not eat the simplest food. I tried doctor after doctor and all kinds of medicine, but nothing that was prescribed for me seemed to do me any good. I had a terrible pain in my breast just over my heart and for weeks and weeks I got no relief.

"I finally got so nervous that I actually dreaded to see night come, as I could not sleep, and was always so restless that I would rejoice to see daylight come. I was also constipated all of the time. In fact, life seemed a burden and I was so miserable that I was almost on the verge of despair. Several of my neighbors told me about Tanlac and advised me to try it.

"I am personally acquainted with Mr. Dan M. Chambliss, of the firm of Kuhlman & Chambliss and when I told him of my condition and how I suffered he advised me to begin taking Tanlac without delay and that it had relieved hundreds of the best people in Knoxville. I have now taken two bottles of Tanlac and am giving you this testimonial in the hope that it may induce others to take it. Since taking this medicine I actually feel like I had been made all over again with the youth, energy and ambition of a sixteen-year-old boy."

Tanlac is sold by leading druggists everywhere.—Advertisement.

Some Frame-Up.
Felix—Are the pictures in the rogues' gallery framed?
Eyebad—Yes, in "gullit"—Louisville Courier-Journal.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.

In Court.
"What is that man arrested for?"
"Making obnoxious smoke."
"Cigar or auto?"—Louisville Courier-Journal.

Watch Cuticura Improve Your Skin.
On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.

Why He Couldn't Fall.
Tom was making his first visit to the country. He enjoyed riding on the old, gentle horse.

When his aunt arrived to spend the week end he was anxious to display his new achievement.

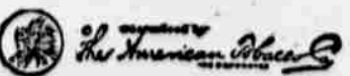
With hands deeply imbedded in the horse's mane, Tom rode proudly by. "Be careful or you will fall off," admonished his aunt.

"No I won't," was the reply. "I got hold of her hair."



Cigarette

No cigarette has the same delicious flavor as Lucky Strike. Because Lucky Strike is the toasted cigarette.



Senegal and Its People



Mountaineers of Senegal.

Prepared by the National Geographic Society, Washington, D. C.

Senegal, brought into prominence because of the thousands of Senegalese who, as soldiers and laborers, assisted the French in the World war, is the gateway and main trade route to France's West African possessions.

In that country and in the regions inland to the east, Mohammedanism holds almost undisputed sway; and from there, some observers declare, there is likelihood that this religion will sweep southward until the great majority of African natives will become Moslems in name at least.

On its west, or Atlantic coast, Senegal may be said to mark the beginning of the real Africa—the hot, moist "dark continent" peopled with negroes. For northern Africa is to a large extent desert, and is the land of Arab and Berber or "Moor." As one steams down the Atlantic coast of Africa, leaving the last of the perennial streams of Morocco, he skirts a forbidding desert coast without a permanent stream for 1,800 miles. The first large stream encountered is the Senegal, emptying into the sea through a lagoon of lakes and lagoons, navigable during the rainy season for 600 miles inland. This was naturally one of the best trade routes into the interior of northwestern Africa, and by the construction of a railroad from the river's rapids to a point 435 miles farther inland, it has been made still better.

Real Control by France is Recent.
The foothold of France in Senegal dates from the days of Richelieu. In 1639 Fort St. Louis was established as a trading post at the mouth of the Senegal river. France could point to little more than the maintenance of coast stations in this region, however, until relatively recent times. It was not until near the middle of the Nineteenth century that there was anything like an aggressive effort to consolidate Senegal under French control. How great the progress has been since that time is indicated by the fact that there are now four self-governing municipal communes in Senegal, and they jointly send a deputy to the French chamber in Paris.

The portion of Senegal which may be regarded as having progressed far toward becoming, like Algeria, a part of France, is small, embracing less than 1,000 square miles and having a population of only a few hundred thousands. The remainder of Senegal, with an area of more than 70,000 square miles, consists of native states under French protection and under the supervision of resident agents.

Situated between desert Africa and moist tropical Africa, Senegal is not unnaturally a region of mixed races. As one advances from the north, the Senegal river marks the first encounter with predominantly negro tribes, as it marks the end of the desert and its fringe of semi-desert. On the north side of the river dwell people of Berber or "Moorish" stock—swarthy, straight-haired, straight-nosed. To the south of the river the tribes vary much in appearance, but practically all are negroes—black or dark chocolate colored, with broad flat noses and kinky hair. Close to the coast are the members of the Wolof tribe, who are usually regarded as typically Senegalese. They are said to be the blackest negroes known. Even their lips are black. The people of this tribe are particularly loyal to the French and have served in large numbers as soldiers.

Wise Methods of Administration.
In administering Senegal, as indeed in administering all her African possessions, France has depended on tact rather than on force. Her officials not only recognize native chiefs, but also treat them with consideration. The greatest of the rulers are presented with valuable gifts, which emphasize the wealth and power of France, and some of the leaders are taken to Paris as guests of the government. The

French administrators have earned the gratitude of the large and influential trading class in Africa by breaking up brigandage and policing the caravan routes. The Moslems are all grateful because of the French policy, which has insured privacy to the mosques and harems and has permitted them to continue their schools and colleges, and in some cases has even subsidized such institutions.

But though France has permitted Moslem schools to be carried on, she has not left all schooling to the Mohammedans. Public schools have been established in Senegal and elsewhere in the West African possessions, in which children of the various races, tribes and religions are taught in French. At present these schools reach only a few thousand children in Senegal, but the system is being extended as rapidly as possible.

Excellent roads have been built by the French in Senegal, connecting the various towns and supplementing the river and rail routes to the sea coast. Dakar, which is situated under the lee of Cape Verde, the westernmost point of land in Africa, is the best port on the whole west coast, and almost the only port on that coast at which ocean-going vessels can tie up alongside a quay protected from the surf. As a result, the commerce of the port is heavy, and the trade route to the east starting there is used to distribute and collect supplies to and from extensive regions in the interior. Dakar is the seat of administration for all French West Africa and has a larger European population (about 3,000) than any other town in Senegal or the neighboring countries.

No Place for White Men.
Senegal is not a "white man's country." Because of its climatic conditions it is unhealthful for Europeans and probably always will be. The French recognize this and have made no efforts to colonize the country. The European population is made up almost entirely of administrators of various kinds, and traders. This situation has made necessary the French plan of organizing the country largely on the basis of native states under protection.

Although cattle-raising on the grassy plains of the upper Senegal has long been the chief industry, agriculture has attained a place of greater importance in recent years. The principal article of export is the peanut, and considerable amounts of other oil seeds, oils, hides, rubber, timber and cocon also are sent out. Senegal ships large quantities of kola or cola nuts. These are eaten by the natives throughout western Africa, and even in the more remote parts of the continent, because of their stimulating qualities.

Cotton grows wild and its production might be made into an important Senegalese industry but for the habits of the natives. They are unwilling to engage in the cultivation of a crop which requires considerable steady work and a relatively long wait for maturity. They prefer to raise such crops as peanuts and millet which require little attention between planting and harvest.

While there are a few tribes of natives in the outlying portions of Senegal whose members practice fetish worship, the great majority of the inhabitants of the country profess Mohammedanism. This religion was introduced both by the Berbers or "Moors" from the north and by nearly pure negroes who came from the West about the Thirteenth century and set up the powerful sultanate of Thiabuctu. Some of the tribes of Senegal are apparently staunch Mohammedans, but others are only nominal followers of the Prophet, preserving their superstitions and pagan practices such as nominal Christians continued to hold to such superstitions in Europe during the Dark Ages.

CUSTOMS FIFTY YEARS AGO

Who among us would say to-day, "I never use a Dentifrice, I never have to?" Yet fifty years ago, odd as it may seem, not one person in 1,000 used a Dentifrice—or even a tooth brush.

So to-day, after more than 30 years of persistent publicity of Allen's Foot-Ease, the Antiseptic Powder for the Feet, not many well-turned-out people care to confess, "You know I never have to use a Powder for the Feet!"

More than One Million five hundred thousand pounds of Powder for the Feet were used by our Army and Navy during the war.

The reason is this: Incasing and confining the feet in Leather or Canvas Shoes is bound to create friction, more or less. Allen's Foot-Ease removes the friction from the shoes, and freshens the feet. It is this friction which causes smarting, callouses, corns and bunions. You know what friction does to your motor-car axle. Why not remove it from your footwear by Shaking into your Shoes to-day, Allen's Foot-Ease, the cleanly, wholesome, healing, Antiseptic powder? Get the habit, as millions now have it.

PROBABLY SORRY HE SPOKE

After That "Break" There Really Was Little That Indianapolis Man Could Say.

Detective Sergeant Church went calling with his wife the other evening on some relatives. Dinner was served, and as was customary at such a gathering, the visitors brought along some of the eatables. The cake served was of two kinds, angel food and devil's food.

When it came to the cake part of the meal, the sergeant ate heartily of the angel food, but only nibbled at the devil's food. "I guess you folks will have to save this devil's food cake until I come again," he said. "I am so full I just can't eat another bite."

Arriving back home the sergeant turned to his wife: "That angel food cake was mighty good, but I just couldn't go that devil's food. It was sure punk cake."

"Well, that was the cake I made," his wife said.—Indianapolis News.

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.

A Windfall.

A couple of Chicago youths met on the street one day when one made the following announcement:

"Well, Harry Harkins' uncle has just died and left him a lot of money. Harry always said that his ship would come in some day."

"Yes," said the other youth, "but he didn't expect an heirship."

Love.

"She ought to be happy." "Why?" "Her husband seems as fond of her as he is of his golf."

MUCH TOO LARGE AN ORDER

Naval Authorities Had Not Provided Sufficient Flags to Convey Peppery Admiral's Message.

A certain British admiral tells an amusing story of an explosive old seaman under whom he served many years ago.

During some tactical operations one of the ships of the squadron had made some bad blunders, and at last the admiral lost his temper. He stormed about the quarter-deck, and informed his hearers of his opinion of the officer in command of the erring ship.

When he paused at last for want of breath, he turned to the signaler and said, "And you can tell him that, sir."

The man scratched his head meditatively.

"I beg your pardon, sir," he ventured, "but I don't think we have enough flags for your message."

ASPIRIN

Name "Bayer" on Genuine



Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

His Busy Day.

A solemn-faced individual wandered into the office of Mr. Dubwalte, who was up to his eyes in work.

"My brother," said the solemn visitor, "I come to you with a message."

"Hand it to one of my clerks," answered Mr. Dubwalte, as his pen continued to trace his signature at the bottom of business letters. "He'll sign for it and bring it to my attention if it contains anything that—ahem—requires my attention."—(Paul Cook in the Birmingham Age-Herald.)

Are You All Worn Out?

Do you suffer daily backache and stabbing pains—feel worn out and dispirited? You shouldn't! You want to be well and the best way to get well is to find what is making you feel so badly. You should look, then, to your kidneys. When the kidneys weaken you suffer backache, rheumatic pains and urinary irregularities; your head aches, you are tired, nervous and depressed. Help the weakened kidneys with Doan's Kidney Pills. Doan's have helped thousands. They should help you. Ask your neighbor!

A Nebraska Case

Thomas Shane, retired mail carrier, Clay Center, Neb., says: "I was bothered with kidney trouble and my back at times would give out. I couldn't do any lifting or stooping and I had to get up often to pass the kidney secretions. I also suffered from rheumatic pains in my left shoulder and down to my knees. I was told to get Doan's Kidney Pills and use them. Doan's soon had me feeling all right."

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

No More Misery After Eating

Just Takes An Eatonio

"The first dose of Eatonio did me wonders. I took it at meals and am no longer bothered with indigestion," writes Mrs. Ellen Harris.

Thousands of people, like this dear lady, gratefully testify about Eatonio, which does its wonders by taking up and carrying out the excess acidity and gases which bring on indigestion, heartburn, bloating, belching and food repelling. Acid stomach also causes about seventy other non-organic ailments. Protect yourself. A big box of Eatonio costs but a trifle with your druggist's guarantee.

DOES YOUR SUIT LOOK LIKE A LOOKING GLASS?

A 25c package of our cleaner will make it look like new. A one dollar package cleans a rug or carpet. Clean 'em on the floor. Money back if not satisfied. Agents wanted everywhere. The C. H. Roskam Sales Co., Room 6, Clayton Block, Denver, Colo.

Enslow Floral Co.

131 So. 12th : Lincoln, Neb.

126 MAMMOTH JACKS
I have a bargain for you, come quick.
W. L. DELOW'S JACK FARM
Cedar Rapids, Iowa

FRECKLES POSITIVELY REMOVED by Dr. Deary's Freckle Ointment. Free Sample at 25c. 2575 Michigan Avenue, Chicago

Are You Human?

A little baby. A little child. Don't they appeal to you? Doesn't your heart yearn to pick them up, to cuddle them close to you, to shield them from all harm? sure it does else you're not human. Being human you love them. Their very helplessness makes you reach out in all your strength to aid them. In health there's no flower so beautiful. In illness there's no night so black.

Save them then. Use every precaution. Take no chance.

When sickness comes, as sickness will, remember it's just a baby, just a child and if the Physician isn't at hand don't try some remedy that you may have around the house for your own use.

Fletcher's Castoria was made especially for babies' ills and you can use it with perfect safety as any doctor will tell you. Keep it in the house.

Children Cry For



Do the People Know?

Do you know why you are asked to call for Fletcher's Castoria when you want a child's remedy? why you must insist on Fletcher's? For years we have been explaining how the popularity of Fletcher's Castoria has brought out innumerable imitations, substitutes and counterfeits.

To protect the babies: to shield the homes and in defense of generations to come we appeal to the better judgment of parents to insist on having Fletcher's Castoria when in need of a child's medicine. And remember above all things that a child's medicine is made for children—a medicine prepared for grown-ups is not interchangeable. A baby's food for a baby. And a baby's medicine is just as essential for the baby.

The Castoria Recipe (it's on every wrapper) has been prepared by the same hands in the same manner for so many years that the signature of Chas. H. Fletcher and perfection in the product are synonymous.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

THE CENTAUR COMPANY, NEW YORK CITY.

Exact Copy of Wrapper.