

Engineer Cressy Praises Tanlac

Fermentation, Bloating, Nervousness and Constipation Relieved, Health Restored, Gains 26 Pounds

"Tanlac did me so much good that I have been boosting it whenever I could," says B. Cressy, 959 Ellis St., San Francisco, a well-known electrical engineer. "Stomach trouble was the seat of my trouble. Whatever I ate did not digest. It would lie in the pit of my stomach and ferment, cause gas that bloated my stomach and pinched me. Often this trouble was so bad I could hardly breathe. I was always constipated and lost weight fast. Of course I was nervous and at night I never slept soundly. "Then a lady advised me to take Tanlac. I did, with wonderful result. It relieved all stomach trouble, gave me an appetite, cleaned my system of constipation and built up my strength. I have gained 26 pounds since taking Tanlac. And never felt better." Take Tanlac for better health, for strength. First bottle shows amazing results. At your druggist's. Over 40 million bottles sold.

SCHOOL DAYS



THE THERMOMETER

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Mother's Cook Book

The happy state of mind so rarely possessed in which we can say "I have enough," is the highest attainment of philosophy. Happiness consists not in possessing much, but in being content with what we possess. He who wants little, always has enough.—Zimmerman.

SOMETHING TO THINK ABOUT

By F. A. WALKER

YOUR CHIEF CONCERNS

ALL the happiness you have in the world is the happiness you carry with you. The flowers may be waking up and smiling after their winter's sleep; the birds may be making love, singing and building nests; the children may be romping and laughing in the sunlit parks and along the roadways, but if there is a grain of discontent, or a grain of anger in your heart, you are not carrying with you your share of the world's joys. To be every wish happy, you must stretch out your heart's hands and press to your breast all the happiness that belongs to you. It is everywhere around you, waiting for your embrace. Don't overlook it in the morning when you open your eyes to the new day, for it is then you need it most to lighten your feet and to sweeten your voice. A soft word at the breakfast table bids joy a welcome for the whole day. A certain sort of qualification is necessary to enable you to pick the roses of cheer that grow along your path without pricking your fingers with thorns, but a little practice in the right spirit will soon impart to your heart's hand wonderful proficiency. This talent, like the roses, must be cultivated to bring out the delectable colors, the exquisite form and the delicious odors. No one can do it for you. You must dig and rake in all kinds of weather; and especially when clouds of ill-humor darken the cheery blue and threaten with storm. The world is what you make it, bright with sunshine or somber with surging frowns. And so is your disposition, and to go a little deeper, so is your spirit which casts its potent spell on others and comes back to you bearing with it the scowls or the smiles with which you sent it out. Pack your soul with good cheer. Offer it with liberal hands to the weary and worn, to the discontented and the trouble mongers. Begin today, and observe the change that comes over your enemies, the gladness with which they greet you, the faith that wells up in your heart and the divine love that permeates your whole being, and fits you for the good things of life and the better things of eternity, which ought always to be your chief concern.

WORTH REMEMBERING

THERE is nothing more important to a household than the health of the mother. When going upstairs, place the body erect; on the stair, keep the whole foot; this manner of climbing stairs will not strain any muscle unduly. When it is necessary to clean upholstered furniture in the house, cover with a dampened cloth and beat, unless you are fortunate enough to have a vacuum cleaner. When raisins and prunes stick to the paper or carton, steam slightly for a moment over the teakettle. An infant, no matter how young, should be given frequent drinks of pure water. A bottle is the best way to give it until the child is old enough to drink from a cup or spoon. Orange and tomato juice (strained) for babies is a most wholesome and refreshing drink; begin when the child is three months old to serve it every day. For an older child who needs a laxative the following is one that any mother need not fear to administer and the child will enjoy taking it: Grind through a meat grinder one pound each of prunes (softened), figs, dates and raisins, and keep in a cool place. For a child a piece in the size of a pecan will be sufficient for an adult, a larger piece. This is a good laxative to take with one on a journey; it is agreeable and easy to take. Citron melon if grated thin preserved may be used for many dishes which call for the dried citron. It is especially good for garnishes, for ice cream and puddings; dried slightly and sugared, may be used for confections and cake decorations. In the mince meat it is a great addition, its delicate flavor adding much to the taste of the time-honored pie filling. One may boil a pudding in a double boiler, saving time and trouble. Line the upper part of the double boiler with oiled paper and turn in the pudding to be steamed. When done it will come out in good form.

Women's Employment

Among the many trades women have taken up for a livelihood in Great Britain is that of breeding goldfish. An Irish girl gets a living by breeding goats; Lady Rachel Byng breeds Angora rabbits. There are several women "masters of fox-hounds," a woman has chosen "tea tasting" for a living, another is a cattle judge and one young lady puts in her whole time as a master of harriers. A college girl has become "a scribe and heraldic illuminator," two others jointly earn a living by jam making on a large scale, two sisters run a small upholstery business, another is a builders' merchant.

Getting Ready

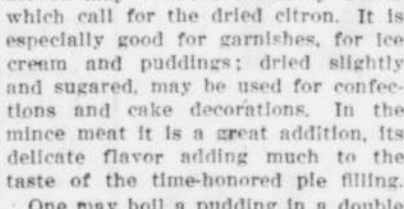
Mrs. Downing—Why are you bathing your head in cold water? Her Husband—To keep awake. I've called the doctor for my insomnia and I'll feel like a fool if I'm asleep when he gets here.

The busy have no time for tears.

"A God-sent Blessing"

is what one mother writes of Mrs. Winslow's Syrup. Thousands of other mothers have found this safe, pleasant, effective remedy a boon when baby's little stomach is upset. For constipation, flatulency, colic and diarrhoea, there is nothing like MRS. WINSLOW'S SYRUP. The infant's and children's Regulator. It is especially good at teething time. Complete formula on every label. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. At all Druggists. Write for free booklet of letters from grateful mothers. ANGLO-AMERICAN DRUG CO. 215-217 Fulton St. New York

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she wonders what the single tax advocates would do about the widowers and if they'd have to pay it, too.

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How It Started

By JEAN NEWTON

"TOXIC"

FREQUENTLY we hear infections or other ills of the body referred to as "toxic" conditions, and we know the word to mean "poisonous." Most of us, however, do not know that its syllables are no mere etymological combinations originating in deliberate word coining, but a relic of an illuminating practice of an ancient people. And in its origin the word bears no relation to the sick room or the medical laboratory. "Toxic" comes to us from the Latin "toxicum" which was originally a special substance used for the tips in making poisoned arrows. It is from this ancient arrow poisoning also that we have the modern word "toxine" which is used to describe various poisonous substances in the body, and to the same source, too, we must credit "toxicology," the science of poisons!

(Copyright.)

UPS AND DOWNS

By SYDNEY J. BURGOWNE

WHEN life has dealt you a mighty clout And you take a fall, a-kiting, When you sure are "down" and almost "out"— That's when you must keep on fighting

There isn't one-half the need to stick When everything's fine and dandy; Don't be a quitter, but just a "brick" When your fighting comes in handy.

The "ups" and "downs" will always come, And the man for the victor's crown Is the one who keeps on making things hum, When the whole world says he's "down."

So it's just how you take the "downs" of life, Which shows the stuff you're made of; And you'll prove when getting the worst of the strife, That there's nothing to be afraid of!

(Copyright.)

THE WHY OF SUPERSTITIONS

By H. IRVING KING

BODIES ON SHIPBOARD

REAL deep-water sailors who go down to the sea in "wind-jammers" are as uneasy today and as confidently expect trouble when a dead body is on board as they did in the days when Shakespeare's sailor in "Pericles" insists that the body of the queen be thrown overboard as "the sea works high, the wind is loud and will not lie till the ship be cleared of the dead." And long before the age of Shakespeare or the "Prince of Tyne" the superstition existed. Old Fuller says of the transportation of the body of St. Louis: "His body was carried back to France, there to be buried, and was most miserably tossed, it being observed that the sea cannot digest the crudity of a dead corpse, being a due debt to be interred where it dieth, and a ship cannot abide to be made a bier of." Then there is the story of the attempt to carry the body of St. Cuthbert into Ireland, when the "sea worked high" and drove back the ship upon the English shore. And there are many other ancient stories of the same sort. Should new and modern ones to like effect be required they can be picked up along the waterfront of any great seaport. This superstition had its origin in the association of ideas, and Capt. Basil Hall, in his book of "Travels" in the early part of the last century, gives an excellent explanation of its genesis. He says: "This superstition is easily accounted for among men whose entire lives are passed, as it were, on the very verge of the grave, and who have quite enough, as they suppose, to remind them of their mortality without the actual presence of its effects." The knowledge of the silent passenger down below gets on the sailor's nerves, makes him apprehensive; and if a storm does come, what more natural than to ascribe it to the presence of the corpse?

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Do You Know

That:???

"LOG-ROLLING":

The term, of course, is American. If you help me roll away logs to make my clearance, I will help you roll away the logs of yours. Log-rolling implies the combination of different interests, on the principle of "you tickle me and I'll tickle you." One friend praises the literary work of another with the implied understanding that in return he will receive as much admiration as he gives. The mutual admirers are called "log rollers."—Anna S. Tarnquist.

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Dad's Definition

Willie—Pa, what is worldly wisdom? Pa—Worldly wisdom, my son, is a perfect knowledge of the failings of our neighbors.—Boston Transcript.

Many people talk themselves into positions, but frequently they are awkward positions.—Washington Star.

Why?

A constant preaching of the Good Gentlemen is that we should all do a good deal for others. . . . How about the others? Should they not be criticized for failure to so much as take care of themselves? Why should one forever hold out his hand and another put something of value in it?—E. W. Howe's Monthly.

If a married woman likes to talk while her husband listens she ought to encourage him to smoke a pipe.



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Says Dangerous Varicose Veins Can Be Reduced at Home

Rub Gently and Upward Toward the Heart as Blood in Veins Flows That Way. If you or any relative or friends are worried because of varicose veins, or bunions, the best advice that anyone in this world can give you is to ask your druggist for an original two-ounce bottle of Moore's Emerald Oil (full strength) and apply night and morning to the swollen, enlarged veins. Soon you will notice that they are growing smaller and the treatment should be continued until the veins are of normal size. So penetrating and of powerful is Emerald Oil that even Phlegm are quickly absorbed. Your druggist sells lots of it.

Funeral for Snake

Some time ago a rattlesnake was captured in the Blue Ridge foothills by wood haulers. The reptile became domesticated and docile in his tame surroundings. He was called "Lucky Jake" and became the favorite pet of workers at the Deford tannery in Virginia. Recently during a severe cold spell Lucky Jake died, probably from old age. The whole tannery force turned out for his burial but well-attended funeral services.

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W. N. U., PORTLAND, NO. 13-1927.

The Croupier's Rake

Charles M. Schwab, at a dinner on the eve of his departure for Europe, discussed his recent pronouncement in praise of speculation. "Speculation," he said, "isn't gambling. While speculation benefits business, gambling benefits nothing and nobody except the gambling house." Mr. Schwab laughed. "An American family wintering in Nice," he said, "took their colored nurse to see the gambling at the casino. For half an hour or so the old woman watched the croupiers gathering in the cash; then she turned to her mistress and said: "Ah tells yo' what 'tis, Miss Abby. De yo' say to beat dish your game is to git yo'self one o' dem 't' rakes!"

Why?

A constant preaching of the Good Gentlemen is that we should all do a good deal for others. . . . How about the others? Should they not be criticized for failure to so much as take care of themselves? Why should one forever hold out his hand and another put something of value in it?—E. W. Howe's Monthly.

If a married woman likes to talk while her husband listens she ought to encourage him to smoke a pipe.

Children Cry for



Fletcher's CASTORIA

MOTHER—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.

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