

SUFFERING OF A LIFETIME ENDED

"Words Can't Express Gratitude I Feel Toward Tanlac," Says Mrs. Burrington.

"From childhood until I got Tanlac, I suffered from indigestion and stomach trouble," said Mrs. J. A. Burrington, 540 Stanford Ave., Los Angeles.



MRS. J. A. BURRINGTON
Los Angeles, Calif.

Calif., "and that's been a long time, for I'm now in my sixty-eighth year. I remember when I was a child I was kept on a strict diet of lime water and milk for weeks and I have been in constant distress all these years. I suffered terribly from bloating and had to be very careful of what I ate. I became so weak and nervous I could hardly go about my household and was in a miserable condition. About two years ago my husband got such splendid results from Tanlac he insisted on my taking it and the medicine wasn't but a little while in ridding me of my troubles. It gave me a splendid appetite, and I could enjoy a good hearty meal, even things I hadn't dare touch before, without any fear of it troubling me. Then I had the influenza and became dreadfully sick and weak, but my stomach kept in good order and it only took four bottles of Tanlac to build me up again to where I'm now feeling better than at any time I can remember. I have gained eleven pounds in weight, too, and words can't express the gratitude I feel toward Tanlac. I keep Tanlac in the house all the time now, for I know it is a medicine that can be depended upon." Tanlac is sold by leading druggists everywhere.—Adv.

Perforating Envelopes.

Perforation around the return address of an envelope enables the receiver of the letter to use the corner card as the address for a return letter. By tearing off the perforation the name and address of the sender may be taken from the envelope and pasted on the answering letter. Such practice, according to Popular Mechanics, will insure correct addressing.

Catarrh

Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the system, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Frank.

"Well, he's frank even if he isn't tactful."
"In what way?"
"He admits he wants all the money he can make; he says in most matters he thinks of himself and his own interest first and he doesn't claim that he was happier when he didn't have a dollar to his name."

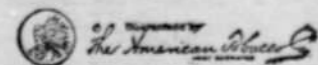
England is feeding daily a quarter of a million starving children in central Europe.



Cigarette

To seal in the delicious Burley tobacco flavor.

It's Toasted



Bridal Gowns in New Triumphs



HAVING thought of it more or less for years—and decidedly more since her engagement—many a June bride has already determined just what her wedding gown shall be made of and how it shall be made. Tradition points unswervingly to white satin and lace for materials and to graceful lines and simple designs in the style, and within these bounds there is much room for variations. But there are all sorts of precedent for going beyond them and choosing other fabrics and less simple designing. The bride must determine for herself whether she wishes to look regal or demure, classic or quaint, very youthful and unsophisticated or very modern and up-to-date, and choose a gown accordingly; her choice must be governed by her type.

Conceding that satin will hold the allegiance of many brides, the choice of many others will fall on georgette, chiffon, crepe de chine, lace or the sheerest and finest voile. Occasional-

ly silver cloth will be called upon as a foundation to be veiled by lace or other diaphanous stuffs. Lace plays a great role in this year's wedding gowns and shares prestige with pearl beads as trimming in bands and embroidery and for making girdles or various finishings. Veils, either of tulle or lace, are draped in many ways and are an invitation to the pearl or pearl-adorned headdress.

The bride pictured has chosen a simple and dignified wedding gown of white satin and a tulle veil that flows from a stately Russian headdress. This may be made of orange blossom or pearl beads—or both—on a light, fine wire foundation. It has been beautifully developed in lace, or lace and tulle and adorned with little sprays of orange blossoms.

Julia Bottomley
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Coats Appropriate to Youth



GIRLS of twelve to sixteen years and their little sisters, spend many of their waking hours in utility wraps made of sturdy materials that will stand any exigencies of the weather and strenuous wear. Lightweight coatings in familiar weaves are chosen to make these garments for spring and summer wear and designs for them are simple and practical, colors quiet. Tans, grays, browns and blues, shepherd's checks and tan or gray mixtures find themselves always acceptable. If one is occupied with the choice of utility coats for children, these facts are guides that it is safe to follow. The model pictured on a little girl of five or so, at the right of the picture, is a type that one finds repeated—with little variations—in coats for all children, and made of various materials.

When coats are selected for occasional wear and not with an eye to utility alone, the choice of materials and colors immediately widens. For

very little girls it is extended to taffeta, faille and rep silks and includes smooth-faced cloths. Tan is the favored color, but beginning with white, the color range includes blue in many shades, pink, rose, coral, soft shades of green, gray and brown. On some of these coats, collars and cuffs of fine embroidered batiste, in deep cream color, bespeak the dressy character of the garment.

For the girl in her early teens there are such tasteful garments as that one pictured on the fortunate flapper at the left of the picture. It will be safe to imagine it in tan or gray gabardine of a firm quality, with a contrasting color brightening the embroidered bands at each side of the back, which are mainly worked in the same color as the coat.

Julia Bottomley
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Home Town Helps

IMPROVE LOOK OF MAILBOX

One of the Best of Schemes is to Give it the Appearance of a Birdhouse.

The usual R. F. D. mailbox is a simple affair of tin and wood—efficient but ugly. It stands out in front of the house and spoils the looks of the place.

What's the remedy for this? Build more stately boxes. Here you see a mailbox that is divided into two floors—the lower one for



Attractive Mailbox.

papers, magazines, and packages, the upper one for letters. Each floor has its own separate door, which the mailman opens when he arrives. The upper floor is lined with tin to protect the letters from a possibly leaky roof. If you decide to try out this birdhouse-mailbox, don't be surprised if you find the makings of a bird's nest in the midst of your mail some fine morning.—Popular Science Monthly.

COMMUNITY HAS NEW IDEA

Blanket Insurance Practically Covering Whole Town is Said to Have Had Excellent Results.

All the workers employed by the various industries located at Kingsport, Tenn., have been insured against death, sickness and accident under a single group policy the New York Times records.

In all about two thousand persons employed by ten large concerns are thus protected and as the population of the town of Kingsport is estimated at about 10,000, almost every family in the community will receive a financial benefit in case of accident, sickness or death overtaking one of its bread-winning members.

The policy has been in effect for some months. According to officials of the insurance company this is the first instance known where a whole community has adopted a standardized plan of insurance. The experiment is attracting the attention of many other municipalities, especially public officials who are interested in community service.

A prominent community worker has said that the prospective financial benefit to be derived by individuals under the policy was of far less importance than the general good which has resulted from the quickening of the conscience of the whole Kingsport community.

Garden Cities for London.

London is trying to work out its housing crisis by building little garden cities about twenty miles outside its limits. These experiments in wholesale home construction are being carried on by the enterprise of private capital backed up with the generous government subdivision that is being given to all home construction projects.

The profits of the promoting company will be limited to seven per cent of the investment, the proceeds over and above this amount going back into town improvements.

The ideal house, so much talked of in England, that resulted from the Daily Mail competition will be given a practical try-out in this new city. The name of the place when completed will be Welwyn Garden City.—New York Post.

Plant Vines on Indoor Lattice.

In altering old homes rather than in the construction of new ones, lattices and grilles seem to appeal to the interior decorator's scheme of things.

The same manner of treatment is given a too expansive bay window, where, instead of curtains, decorative iron holding climbing vines are placed at the sides. The vines will soon make the lattice a thing of beauty.

The use of the growing vines on the lattice indoors is growing in favor. The plainness of the walls of the breakfast room is relieved by the green of the climbing vines.

Foolish Question.

"There goes Lieutenant Podkins. He has traveled thousands of miles under water."

"In a submarine?"
"Of course. Did you think he tied paving stones to his heels to keep him down and held his breath?"—Birmingham Age-Herald.

THE KITCHEN CABINET

Have you named all birds without a sun? Love! The wood-rose and left it on its stalk? At rich men's tables eaten bread and pulse? Unarmed, faced danger with a heart of trust? And loved so well a high behavior, in man or maid, that thou from speech refrained. Nobility more noble to repay? O, be my friend, and teach me to be thine! —Ralph Waldo, Emerson.

WHAT SHALL WE HAVE TO EAT?

Oysters this year, though high in price, have been excellent in quality. Before they are out of market, try the following good dish.

Celeried Oysters.—Cut a bunch of celery into one-fourth inch pieces and cook in water to cover for 20 to 30 minutes. Drain, add the water—there should be two cupfuls—two tablespoonfuls each of flour and butter rubbed smooth. Cook until thick, adding one-half cupful of cream and when the mixture is smooth stir in the celery, salt, pepper to taste and add one pint of oysters. Cook until the oysters ruffle and serve on buttered toast.

Omelet Celestine.—Put two tablespoonfuls of fresh butter into a hot omelet pan. When sizzling add four eggs beaten with two tablespoonfuls of cream, two of powdered sugar, one-fourth teaspoonful of salt and four macaroons, grated. Cook until the eggs are set, then add two tablespoonfuls of strawberry jam or preserve beaten with two tablespoonfuls of cream. Spread this over the omelet, fold, turn out on a hot platter and sift with powdered sugar.

Cottage Cheese and Peanut Loaf.—Mix together thoroughly one cupful of cooked cereal, one cupful of bread crumbs, two tablespoonfuls of peanut butter, one-half cupful of chopped nuts, one tablespoonful of cream or oil, one teaspoonful of salt, one-half teaspoonful of paprika, one-fourth of a teaspoonful of soda mixed with the cream and seasoning of onion juice or any desired seasoning such as Worcestershire, thyme, celery leaves or parsley. Mix all in a compact loaf, butter a mold, line with paper and pack the mixture into the mold. Bake in a pan of hot water a half hour.

Date Bars.—Grind one cupful of nut meats and one pound of dates. Mix one cupful of flour with one cupful of sugar, a pinch of salt. Take out half the flour mixture and mix with the nuts and dates. To the remainder of the flour mixture add four well-beaten yolks, then add the nut mixture and fold in the well-beaten whites. Press in a greased tin nine inches square and bake in a moderate oven. Cut in bars and roll in powdered sugar.

I strove with none; for none was worth my strife,
Nature I loved, and next to Nature,
Art;
I warmed both hands before the fire of life.
It sinks, and I am ready to depart.
—Water Savage Landor, at Seventy-five.

SEASONABLE GOOD THINGS.

There is no lack of good things to serve the family, good things prepared from the common foods. Variety is the spice of life. Let us learn to make some new combinations from the well-liked standbys and surprise the family.

Veal With Catsup.—Take one veal steak, one medium-sized onion, four slices of bacon cut very thin, one-half cupful of catsup, salt, pepper and two cupfuls of boiling water. Fry the bacon, brown the veal on both sides in the bacon fat. When brown add the boiling water, onions, catsup, salt and pepper. Cook very slowly for an hour and a half, adding more water if needed, having one cupful of the liquid when ready to serve.

Raisin Pie.—There seems to be nothing to hinder this pie from being good. Take two cupfuls of raisins, cook in one and one-half cupfuls of boiling water for five minutes, pour over one cupful of sugar which has been well mixed with four tablespoonfuls of corn starch, cook until thick, add two tablespoonfuls of lemon juice, one tablespoonful of grated lemon rind, the juice of an orange and a tablespoonful of grated orange rind, one cupful of chopped walnuts. Mix well all together and bake between two crusts. Walnuts may be omitted without making the pie unpalatable.

Asparagus and Meat Souffle.—Take one bunch or one can of asparagus, two cupfuls of chopped meat, two cupfuls of stock, use the liquor from the can or from the cooked asparagus, three eggs, beaten well, whites and yolks separately; two tablespoonfuls of flour and salt and pepper to taste. Cook the meat, egg yolks, flour and stock together for five minutes. Add the stiffly beaten whites; pour into a casserole which has been lined with stalks of asparagus. Put the rest of the asparagus in the center. Bake until firm. Serve garnished with asparagus tips.

Nellie Maxwell

SUFFERED SEVEN LONG YEARS

Finally Relieved by taking Lydia E. Pinkham's Vegetable Compound

Ravenswood, W. Va.—"For seven long years I suffered from a female trouble and inflammation so that I was not able to do my household work. I consulted several doctors but none seemed to give me relief. I read in a paper about Lydia E. Pinkham's Vegetable Compound so I decided to try it, and before the first bottle was gone I found great relief so I continued using it until I had taken eight bottles. Now I am very well and can do my own household work. I can gladly recommend Lydia E. Pinkham's medicine to suffering women."—Mrs. BERTHA LIERING, R. F. D., Ravenswood, W. Va.

The ordinary day of most housewives is a ceaseless treadmill of washing, cooking, cleaning, mending, sweeping, dusting and caring for little ones. How much harder the tasks when some derangement of the system causes headaches, backaches, bearing-down pains and nervousness. Every such woman should profit by Mrs. Liering's experience. Remember this, for over forty years Lydia E. Pinkham's Vegetable Compound has been restoring health.

One Hopeful Feature. Christopher Morley reprints in the New York Evening Post the following "full-page table-ruled advt." in a "farmer weekly": "You will share our deep sorrow at the death of Mr. —. He was the founder and organizer of the company, which will continue to bear his name. Due to the discontinuance of business for a week, there has accumulated an enormous stock of suits and coats which we will dispose of at an unusually low price. This is an opportunity which you cannot afford to miss."

The Maoris of New Zealand, at one time cannibals, now subsist mainly on potatoes.

Do you know you can roll 50 good cigarettes for 10 Cts from one bag of



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W. N. U., Salt Lake City, No. 20-1921.