

# MRS. J. MITCHELL GAINS 30 POUNDS

Long-Standing Stomach Trouble Completely Overcome by Tanlac.

"I was sick for a year and lost thirty pounds, but the Tanlac treatment ended all my troubles, I regained my lost weight, and my wonderful improvement was the talk of all my friends," said Mrs. James Mitchell, 107 16th St., Columbus, Ga. "I suffered with chronic indigestion, became dreadfully run down and weak and I fell off until I was little more than a skeleton. My nerves were frightfully excited and I felt that life held nothing for me. "What others said in the papers started me taking Tanlac and the way it built me up was astonishing. My indigestion has disappeared, my nerves are steady and I get plenty of sleep. I can work all day without getting too tired. Several of my friends have taken Tanlac on my advice and all have had splendid results." Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.—Advertisement.

**The Fishing Hog.**  
I have my loves and my hates. No words can record my aversion for the person (is he man or devil?) who snares the little fish under size, whose abortive selfishness leads him to continue when the creel is full, and who catches the mother at spawning time. To me he is the human wolverine, the fish glut; and for him I have loathing as well as hate.—From "Old Black Bass," by Albert Benjamin Cunningham.

**FOR OVER 40 YEARS**  
HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh. HALL'S CATARRH MEDICINE consists of an Ointment which Quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists. F. J. Cheney & Co., Toledo, Ohio.

**The Unnecessary Sex.**  
Mother (leaving Egyptian room in museum)—What did you think of it, dear?  
Dorothy—Well, it was all right, but I don't see why there were so many mummies and no daddies.—Life.

**Got Their Money's Worth.**  
Nevada Paper—The beautiful renditions of several numbers by Miss Martha Scraggs was well worth the admission fee, which was purposely made small.—Boston Transcript.

**Sure Relief FOR INDIGESTION**  
BELLANS FOR INDIGESTION 25 CENTS  
6 BELLANS Hot water Sure Relief  
**BELLANS**  
25¢ AND 75¢ PACKAGES EVERYWHERE

## TOO FEW PEOPLE HEED DANGER SIGN

Observations of an Illinois Woman, Who Says Her Family's Good Health Is Due to Prompt Use of Black-Draught.

Saint Joseph, Ill.—In speaking of the good health record of her family, Mrs. Asa G. Ollis, of this place, says that for symptoms of torpid liver "the first thing we do is to take Black-Draught."

"It is the best liver tonic I have ever known," declares Mrs. Ollis, "and the rest of the family seem to feel the same way. They take it for sour stomach, indigestion and constipation."

"Too few people pay enough attention to constipation, which is the beginning of most ills, but I have used Black-Draught for constipation and it regulated me, and I can recommend it for that."

As Mrs. Ollis so truthfully says, constipation leads to a great deal of sickness among those who do not understand its dangers, and who neglect prompt treatment. The poisons which constipation forces your blood to reabsorb may cause much suffering, and greatly endanger your general health.

Theford's Black-Draught (purely vegetable) has been found to relieve constipation, and by stimulating the action of the liver, when it is torpid, helps to drive many poisons out of your system. Biliousness, indigestion, headache, and similar troubles are often relieved in this way. It is the natural way. Be natural! Try Black-Draught.

Sold everywhere. Price only 25c.

**Tutt's Pills**  
SPEEDY RELIEF FOR CONSTIPATION

# OUR COMIC SECTION

## Big Events in the Lives of Little Men



(Copyright, W. N. U.)

### This Happens Only in Dreamland

1 HAD A FUNNY DREAM LAST NIGHT FOLKS! I DREMPY I WUZ IN AN ICE CREAM JOINT AND I FELT UNDER TH' EDGE OF TH' TABLE W' THEN WUZNT A SINGLE CUD O' GUM PARKED THERE! GOSH!

2 AND I DROPPED A DIME ON TH' FLOOR WHEN I WUZ PANIN' TH' MAN AN' HE NEVER SAID, "LET IT LAY. WE'LL GET IT WHEN WE SWEEP OUT IN TH' MORNIN'!" GEE!

3 AND A GUY TALKIN' TO ANOTHER GUY ON TH' STREET SEZ, "WELL, MY NEW HOUSE DIDNT COST ME AS MUCH AS I THOUGHT IT WUZ GOING TO!" NOW, WHO EVER HEARD OF ANYTHIN' LIKE THAT?

4 AND LISSEN! I ASKED A FELLER HOW HE LIKED TH' HOME PAPER AN' HE HOLLERED, "GREAT! I DONT SEE HOW TH' EDITOR MANAGES Y' GET OUT SUCH A NEWSY SHEET IN THIS QUIET LIL TOWN!" THEN I KNEW I WUZ DREAMIN' SO I WOKE UP!

CHARLES SUGROE

### You Said It, Felix

DID YOU LEAVE A NOTE OUT FOR HIM?

CERTAINLY! AND IT DIS-TINCTLY SAID TO LEAVE AN EXTRA QUART OF MILK, BUT THAT FOOL MILKMAN LEFT A DOZEN EGGS INSTEAD

HERE'S ANOTHER NOTE—RUN DOWN AND PUT IT IN THE BOTTLE, WILL YOU

FOR THE LOVE OF PETE! WHAT IS THIS—A BUNCH OF EGYPTIAN LIEROGLYPHICS?

NO, FRESLIE, IT ISNT—IT SAYS TO LEAVE AN EXTRA QUART OF MILK!

SAY!—TYPEWRITE THIS WILL YA—NO WONDER HE LEFT A DOZEN EGGS—DONT BLAME THE MILKMAN—HE CANT ALWAYS GUESS RIGHT

JOE RISELEY & BOSS, LIBERTY, N.Y.

VAN ZELM

# Wall HARMONIES

The Cross and Circle is printed in Red on every genuine package



HAVE your interior walls tinted the exact color. Exercise your own good taste in just the color tones to bring out the best features of every room. There is only one sure way.

# Alabastine

Instead of Kalsomine or Wall Paper

Literature.  
"What has become of the dialect story?"  
"Nowadays they tell it in sla'g."

## Baby Ceased to Fret After He Had Teethina

"When my baby began to cut his teeth he was so fretful and feverish I couldn't do a thing with him. It took all my time to nurse him and I couldn't look after my housework," writes Mrs. Annie Reeves, Route 31, Roswell, Ga., "but as soon as I began giving him Teethina he stopped fretting and has given me little trouble since."

Teethina is far superior to soothing syrups and similar preparations for quieting a fretful child. It contains no opiates and is therefore perfectly harmless. Weak, sickly children thrive on it, and doctors recommend it.

Teethina can be had at any drug store or send 30c to the Moffett Laboratories, Columbus, Ga., and receive a large package and a free copy of Moffett's Illustrated Baby Book.—(Advertisement.)

Her Easter Eye Open.  
"Your wife is a close observer, isn't she?"  
"If you spell it c-l-o-t-h-e-s."

GENIUS OF THE SIGN BOARD  
After All, What Is the Small Matter of an Apostrophe "Between Friends"?

Some years ago I was met by a painting genius while he put the finishing touches on a masterpiece, "Lafayette and Gent's Restaurant."  
"Pardon my inquisitiveness," said I, "but why do you put the apostrophe before the s?"

"The which before the word" he questioned courteously.

"The little curly-tailed mark after that e and that t. Some call it an apostrophe."

"Posserphie, is it? Well, young feller, I seen and I make that dings a hundred times, and I never knowed it had a name. Posserphie? That's a good one; I'll have to spring it on my gang. Some painters always paint after the s, but I always put it before the s, because I think that it looks more artistic there. Otherwise, I don't make no difference where you put it."—De Laval Monthly.

Music and Food.

"They didn't pay much attention to my speech at the banquet given in my honor."

"No," replied Senator Sorghum. "But they liked the food and the music was fine."

"Did they play 'Hail to the Chief'?"  
"Maybe. But it sounded to me more like 'Hail to the Chef.'"

This is the time when you must positively use care in selecting foods—when you must use care in selecting articles of food, to be sure that you get the real food values that help build up good health.

You must have the vital elements in foods if you want to keep well. These vital elements cause the food you eat to assimilate—it means health and growth in children—also in grown-ups. It means replacement of worn out tissue, the building of lost bodily vigor. In fact, it is absolutely necessary to life itself.

Many food authorities agree that pure baking powder and good plain flour are much better for food value and health than many self-rising flours.

For the best of health—for the most economical results—use only plain flour and good baking powder.

YOU, AS A GOOD HOUSEWIFE know that the time to add anything to flour is just before you begin your baking, not months before and you also know that no prepared mixtures such as the self-rising flour can be as fresh—can be as certain in results—as the good old fashioned straight flour and pure baking powder.

For best results use—**Calumet Baking Powder** and a good plain flour.