### POLK COUNTY NEWS, TRYON, N. C.



and the states

**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 glutton; 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.

of Catarrh. HALL'S CATARRH MEDICINE con-sists of an Ointment which Quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Sur-faces, 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?

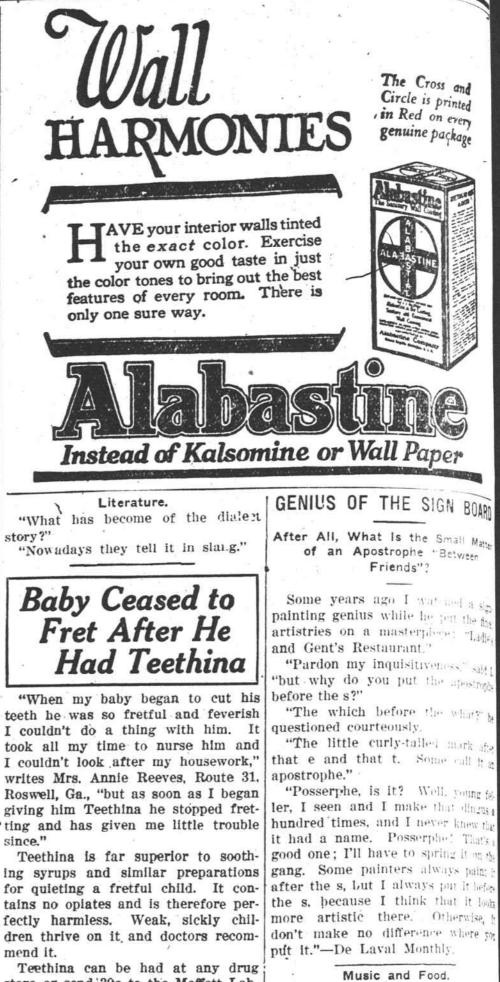
Dorothy-Well, it was all right, but I don't see why there were so many mummies and no daddies.-Life.





## This Happens Only in Dreamland





store or send 30c to the Moffett Lab-"They didn't pay much attention to oratories, Columbus, Ga., and receive my speech at the banquet given in my a large package and a free copy of honor." Moffett's Illustrated Baby Book .--- (Ad-

"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.'"

"If you spell it c-l-o-t-h-e-s."

Her Easter Eye Open.

"Your wife is a close observer, isn't

vertisement.)

she?"

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.



which constipation forces your blood to reabsorb may cause much suffer-ing, and greatly encanger your general health.

Thedford'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.

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-

