

**BOWRON SOUGHT RELIEF 40 YEARS**

Tanlac Restores Los Angeles Man to Splendid Health After Everything Else Had Failed.

"Tanlac has done me more good than all other medicines and treatments combined, and that's saying a great deal, for I was a sufferer from indigestion forty years and have tried every kind of medicine that came my way," said R. H. Bowron, 1635 W. 17th St., Los Angeles, Cal.

"I could hardly stand the bad spells I frequently had with my stomach. I was weak and nervous, had no appetite, and I felt miserable generally. Nothing I took gave me more than temporary relief and I gradually grew worse.

"About two years ago Tanlac put me in splendid condition and it has been my standby ever since. Whenever I get to feeling a little off, a bottle or two puts me in fine shape. I eat heartily now, sleep fine, have no distress after meals, and, in fact, am enjoying splendid health. Tanlac is just the thing for those who suffer as I did."

Tanlac is sold by all good druggists.

**The Moose's "Shovels."**

Old moose shed the big, shovel-like antlers early in January, younger ones weeks later. By the middle of May the new growth of horn protrudes less than an inch from the skull. In three months the development of the 70-pound shovel, often six feet across, is entirely completed.

**WOMAN COULD NOT WORK**

Made Strong and Well by Lydia E. Pinkham's Vegetable Compound

St. Paul, Minn.—"I took Lydia E. Pinkham's Vegetable Compound for a tired, worn-out feeling and painful periods. I used to get up with a pain in my head and pains in my lower parts and back. Often I was not able to do my work. I read in your little book about Lydia E. Pinkham's Vegetable Compound and I have taken it. I feel so well and strong and can do every bit of my work and not a pain in my back now. I recommend your medicine and you can use this letter as a testimonial."—Mrs. PHIL MASON, 801 Winslow St., St. Paul, Minn.

Just another case where a woman found relief by taking Lydia E. Pinkham's Vegetable Compound. Many times these tired, worn-out feelings and pains about the body are from troubles only women have. The Vegetable Compound is especially adapted for just this condition. The good results are noted by the disagreeable symptoms passing away—one after another.

Lydia E. Pinkham's Vegetable Compound is a Woman's Medicine for Women's Ailments. Always reliable.

**"111" Cigarettes**



10¢

They are GOOD!

**SQUEEZED TO DEATH**

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

**GOLD MEDAL BARKEN OIL**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the same Gold Medal on every box and accept no imitation.

W. N. U., KANSAS CITY, NO. 27-1922.

**The Kitchen Cabinet**

Copyright, 1922, Western Newspaper Union.

The lark's on the wing,  
The snail's on the thorn,  
God's in his heaven—  
All's right with the world.  
—Browning.

**HOUSEHOLD HINTS**

Tea, and most fruit stains, may be removed by spreading the cloth over a bowl and pouring boiling water through the stain. The higher it is held when pouring the more force will strike the stain. If the stain will not respond, try sprinkling with borax and soaking in cold water; if this fails rub a little glycerin on the spot and soak it for a time in glycerin.

Iron rust will usually respond to lemon juice and salt, if placed in the strong sunlight, or try salts of lemon, moisten and place in the sun; then be sure to wash out the spot to remove the acid.

Ink, if fresh, may be removed by soaking the linen in sour milk. If the fabric cannot be so treated, apply dilute oxalic acid to the stain and rinse in water with ammonia in the water.

Tar—Kerosene is a good agent to remove tar, if fresh; then wash in soap and water. If the spot is dry, soften it first with a little lard well rubbed in, then wet with turpentine; scrape off the fat and rub again with turpentine.

Steel wool has been sold at ten cent stores for years and yet there are housewives who have never heard of it.

No. 0 steel wool is the best scouring agent for all kinds of kitchen utensils. It may be used, protecting the hand with a piece of paper, or held by pliers when a good deal of force is needed.

A fine sable pad may be made of newspapers basted together; then cut to fit the table, having it one-fourth inch in thickness, cover with an old sheet and a pad that costs nothing will be made.

Use a white shellac over the tips of shoes or other places that have been skinned, then put on the shoe polish as usual.

Each home has an individuality that is strongly its own, and expresses to the world the ideals and standards of life of those within.

**COOL AND REFRESHING ICES AND DRINKS**

There is nothing that "touches the spot" like a cold drink or a good flavored frozen dish. Be sure to make a few bottles of the delicious raspberry shrub.

Raspberry Shrubs.—Take twice as much per measure of fresh raspberries as vinegar. Put over the heat in an agate kettle and cook until the fruit is mushy. Strain through muslin, and to each quart of the juice allow one pound of sugar. Bring to the boiling point again and seal in sterilized bottles. Allow two tablespoonfuls to a glass of iced water. Cider vinegar should be used and, if very acid, slightly reduce with water.

Fruited Mint.—Make a syrup of two cupfuls of sugar and one-half cupful of water; do not stir. When it spins a thread add the strained juice of one orange and six lemons. Pour one cupful of boiling water over the pulp and skins of the fruit. Set over the heat and let come to the boiling point. Strain and add to the first mixture. Cool. Add one cupful of red raspberries and one and one-half quarts of ice water. Serve with a sprig of mint.

Ice-Cream Coffee.—Add four tablespoonfuls of finely ground coffee to one pint of boiling water, one-fourth of a cupful of rich milk and one-fourth of a cupful of cream. Let the coffee drip in a percolator, scald the milk and cream and add to the hot coffee. Put in a covered vessel and surround with ice. When ready to serve pour into slender glasses and put a spoonful of vanilla ice cream on top of each glass and a cube of sugar on each plate.

Fig Ice Cream.—Soak two pounds of figs over night in orange juice, put through the meat grinder and return to the juice; steam and cook in it until soft. To one pint of cream add one quart of milk, one and one-half cupfuls of sugar; boil, add a tablespoonful of lemon juice, cool, add the figs and some of the lemon rind, and freeze as usual.

Ginger Special.—Put two tablespoonfuls of grape juice in a glass, add shaved ice and fill the glass with ginger ale. Serve at once.

Nellie Maxwell

**"POSSUM AND TATER TIME"**

Georgia Editor Also Writes of Other Good Things to Eat and Drink in Seasons.

Persimmon beer is here. That season in which this moderate type of "home brew" is being served from large barrels at the country farmhouse. Really this drink, when properly made, is delicious, is suggestive of a few other things that a tired, hungry editor longs to see. It is suggestive, first of all, of the ginger cakes, like our "mammy" used to bake—large, dark-brown home affairs that really had a flavor of ginger in them—ginger that must have been gathered when the ginger crop was at its best. It suggests the season of the "possum and tater" feasts—times when the community life is astray by the fumes from the baking pan. Did you know that "possum am good?" It is, when properly prepared, a meat that is unequaled, especially if you barricade the brown ribs and flecks of flesh with several big yellow yams—yams that can be seen partly in and partly out of the rich, brown gravy. Hold on a minute. Don't do anything rash. This is enough to sharpen the appetite of any man, we admit, but never cross the bridge until you get to it.—Walton (Ga.) News.

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers.—Advertisement.

**SAW OPPORTUNITY TO SAVE**

If Tale is True, Pekin Merchant Was More Than Ordinarily "Child-like and Bland."

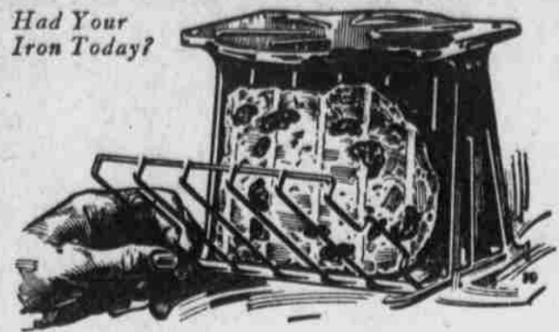
Dr. Wellington Koo, the brilliant young Chinese diplomat, said at a dinner party in New York:

"Some men seem to think that we Chinese are a very childlike and very innocent people. They think we all exactly resemble the Pekin merchants of the story.

"According to this story—and it is a gem—a Pekin merchant took a rather notorious foreigner to board with him at a rate of \$20 a week. Six months passed, and the rather notorious foreigner had not yet let his host once see the color of his money.

"So, at the end of the six months, the Pekin merchant thought the matter over very thoughtfully and reduced the foreigner's board from \$20 to \$10. He explained that thus, if the foreigner never paid him, he would not lose so much money."

Had Your Iron Today?



**Toast It—Delicious Raisin Bread**

DO this some morning and surprise the family: Serve hot *raisin toast* at breakfast, made from full-fruited, luscious raisin bread. Let your husband try it with his coffee. Hear what he says.

Your grocer or bake shop can supply the proper bread. No need to bake at home.

Made with big, plump, tender, seeded Sun-Maid Raisins, and if you get the right kind there's a generous supply of these delicious fruit-meats in it.

Insist on this full-fruited bread and you'll have luscious toast.

Rich in energizing nutriment and iron—great food for business men.

Make most attractive bread pudding with left-over slices. There's real economy in bread like this.

Try tomorrow morning. A real surprise. Telephone your dealer to send a loaf today.



**Sun-Maid Seeded Raisins**

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers, Membership 13,000, Dept. N-27-12, Fresno, Calif.

**2 or 3 Cans of Baking Powder Are Not Worth the Price of One**

If they are the "big can and cheap" kind because they may mean baking failures

THAT'S WHY

**CALUMET**

The Economy BAKING POWDER

Is the biggest selling brand in the world



Don't let a BIG CAN or a very low price mislead you.

Experimenting with an uncertain brand is expensive—because it WASTES time and money.



BEST BY TEST

The World's Greatest Baking Powder

10 Cents

Gives Cheerful New Color Tone to Old Curtains

PUTNAM FADELESS DYES—dyes or tints as you wish