

Make Every Meal A Perfect Feast

Tanlac Makes Each Bite a New Delight

WHEN your digestive system is working efficiently and smoothly, extracting from your food abundant stores of vital energy and piling up a reserve force of vigor to meet any emergency, every bite is eaten with keen zest and appreciation. If your meals are not a real event, if you do not approach the table

organ and through ample secretion of digestive fluids. It then promotes energetic action of all the bowel muscles and glands and enables the food to pass through the digestive canal in the normal time. Each of the thousands of little glands whose duty it is to pick up nourishment from the food and send this to all parts of the body are stimulated to their utmost. The whole result is that food is taken care of without distress of any sort in such manner as to derive the utmost benefit from it.

If your appetite is not keen, if your food seems to disagree with you, if you are underweight, nervous, irritable and lack energy, give Tanlac the chance to show you that it can work a miracle



with the most lively anticipation of its delights, then you are only half-living, because you are only half getting the value of your food.

Lack of appetite, or distress from indulging the appetite, are both due to the same cause—failure of the digestive system to properly do its important work. The undigested food remaining in the alimentary canal may merely cause a distaste for more food when it cannot take care of what it has, or it may undergo chemical and putrefaction changes that cause acute disease.

Besides, these chemical changes produce poisonous substances that are carried to every cell and organ of the body and that cause all sorts of distressing symptoms.

Tanlac, the famous digestive tonic and body builder, has achieved its wide success because it is able to invigorate the entire digestive tract.

It acts to cause vigorous stomach preparation of the food, both through the muscular churning action of that



in your condition as it has in so many thousands of other cases.

If you are despondent, gloomy, with little taste for and enjoyment of life, try Tanlac and no doubt you will see the clouds of gloom roll away under the sunshine of health.

You are entitled to be healthy, vigorous, efficient and happy. Give yourself the chance to become so as thousands of others have, by taking Tanlac.

Get Tanlac from your druggist this very day. Why wait for tomorrow when Tanlac—and health—await you today?

Co-Operation.

Mrs. Worth had just learned that her negro workwoman, Aunt Dinah, had, at the age of seventy, married for the fourth time.

"Why, Aunt Dinah," she exclaimed, you surely haven't married again!" "Yassum, honey, I has," was Aunt Dinah's smiling reply. "Jes' as often as de Lawd takes 'em so will I."—The Argonaut.

MOTHER! MOVE

CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Hurry, mother! Even a sick child loves the 'fruity' taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child tomorrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

The Mark.

"Heaven save the mark." "Yes, everybody is after him."—Louisville Courier-Journal.

Any small boy in his first trousers feels sorry for his mother.

Lloyd Products
Baby Carriages & Furniture

Ask Your Local Dealer

Write Now for 32-Page Illustrated Booklet



The Lloyd Manufacturing Company
(Haywood-Wakefield Co.)
Dept. 12
Menominee, Michigan (16)

Mohammed in Court.

It was in a court of law, and a witness was being cross-examined. Said Counsel—Why do you assert that the plaintiff is insane?

Witness—Because he goes about declaring he is the prophet Mohammed. Counsel—And do you consider that clear proof of his insanity?

Witness—I do.

Counsel—Why? "Because," answered the witness, with a complacent smile, "I am the prophet Mohammed myself."—Edinburgh Scotsman.

There is something funny about a rabbit's tail—probably because brevity is the soul of wit.

HAPPENINGS IN GOPHER STATE

News From All Parts of Minnesota Given in Condensed Form.

EVENTS BRIEFLY TOLD

Where Busy Readers Will Find News From All Parts of State Tensely Chronicled for Their Benefit.

Gilbert—Aurora Legion basketball team, the range championship claimants, were defeated by the Gilbert City team, 30 to 24.

Madison—Contracts have been let for the construction of judicial ditch No. 4, in Lac qui Parle county, to cost \$132,901.60.

Chisholm—The administration ticket was defeated. George Trask was elected mayor by 200 majority and the entire opposition ticket with him.

St. Cloud—Mr. and Mrs. Charles E. Bell, for almost 40 years prominent residents of Sauk Rapids, celebrated their golden wedding anniversary.

Biwabik—In the largest vote ever recorded at a village election here, G. H. Lommen was chosen mayor over Grover C. Helsel by a vote of 350 to 280.

Minneapolis—Mrs. Webster Tallant was re-elected president of the Minnesota society, Daughters of the Revolution, at the annual convention held here.

Montevideo—If present plans are carried out the Chippewa State bank, closed here by the state banking department several months ago, will be reopened for business May 2.

Hibbing—Victor L. Power, under whose administration Hibbing gained the name of "the richest village in the world," was defeated in his attempt at re-election as president of the village.

Wabasha—City Attorney Michael Marx, 51 years old, prominent in state Democratic circles, died here. He was formerly Wabasha county attorney and a candidate for the 1920 Legislature.

Rochester—After running continually for 65 years, the Rochester Milling company announced its plant would be shut down, for four months, during which time the building would be entirely remodeled.

Slayton—L. M. Adams was elected mayor of Slayton for the third successive term in yesterday's village election. He was unopposed. All officers of the village of Slayton were elected without opposition.

Balaton—Because the last coal has been thrown into the firebox of the heating plant of the school, it was announced classes would be dismissed until a car of coal, en route several weeks should arrive.

St. Paul—John Briggs West, founder of the West Publishing company, and a resident of St. Paul more than 40 years, died at his home in Pasadena, Calif., from heart disease after an illness of one month.

White Bear—White Bear will have a special village election March 30 to decide the contest for mayor, which resulted in a tie vote at the regular village election last Tuesday. Earl F. Jackson and Peter Fournelle each polled 348 votes.

Ellendale—By a majority of nine votes, the final phase of a bitter fight on the consolidation of five school districts was settled, when at a special village election here, the voters endorsed the issuance of bonds in the sum of \$75,000 to build a consolidated school.

Moorhead—Mrs. Leo Jenny today instituted suit for \$7,500 against the Union Light, Heat and Power company, for the death of her husband, who was asphyxiated Dec. 5, 1921. Mrs. Jenny alleges pipes in the rooming house where the accident occurred were defective.

Winona—Announcement of the enlargement of the College of Saint Teresa, Catholic school for women in this city, to the proportions of a university and a change in name to the "Teresan University," was made public by Bishop Patrick R. Heffron of the diocese of Winona.

Minneapolis—Charles S. Sedgwick, architect, designer of the Westminster Presbyterian church, the old Y. M. C. A., the Dayton store building, and many other churches, business blocks and residences of the city, died at St. Barnabas hospital. He was 66 years old.

Brewster—Miss Mabel Hansen, member of the civics class in the local high school, shot one of her feet almost off while the members of the class were studying sound waves. A shotgun was being used to produce the sound and Miss Hansen was selected to shoot the firearm. Thinking it was loaded with a blank shell, the girl shot towards the floor. A regularly loaded shell was in the gun and the shot passed through her foot and ankle.

Faribault—If present plans of the Rice County National Farm Loan association mature, \$144,000 will be available among the farmers of the county the coming summer. The organization of the association was perfected here at a meeting at which farmers desiring loans were present.

Canby—Two farmers were driving a herd of cattle down a business street of this town when two of the calves strayed onto the city sidewalk. Losing their footing the animals crashed through a plate glass window. It cost the price of several calves to pay for the damage.

Eskimos Slaughter Musk Ox.

The Eskimo hunts the musk ox with dogs from which they do not flee. On sighting a small band he lets one or two dogs loose when the older animals immediately face outward in defensive formation with calves in the center, and prepare to give flight. As soon as the herd is thus "anchored" the Eskimo lets all his dogs loose and then proceeds to kill the musk ox with gun or bow and arrow. The musk ox are very fierce, and if a wounded bull charges the Eskimo, the dogs in turn immediately attack him, which gives the hunter a chance to shoot a second time. In this way the Eskimo is able to dispatch the whole herd.

The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them.—Advertisement.

Outside Influence.

Rub—"What do you think of short skirts?" Dub—"Well, it doesn't depend upon the skirts."

It is far easier to return a compliment than a borrowed umbrella.

Ask Your Dealer



ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

Alabastine

Instead of Kalsomine or Wall Paper

Buy Alabastine from your local dealer, white and a variety of tints, ready to mix with cold water and apply with a suitable brush. Each package has the cross and circle printed in red. By intermixing Alabastine tints you can accurately match draperies and rugs and obtain individual treatment of each room.



Write for special suggestions and latest color combinations

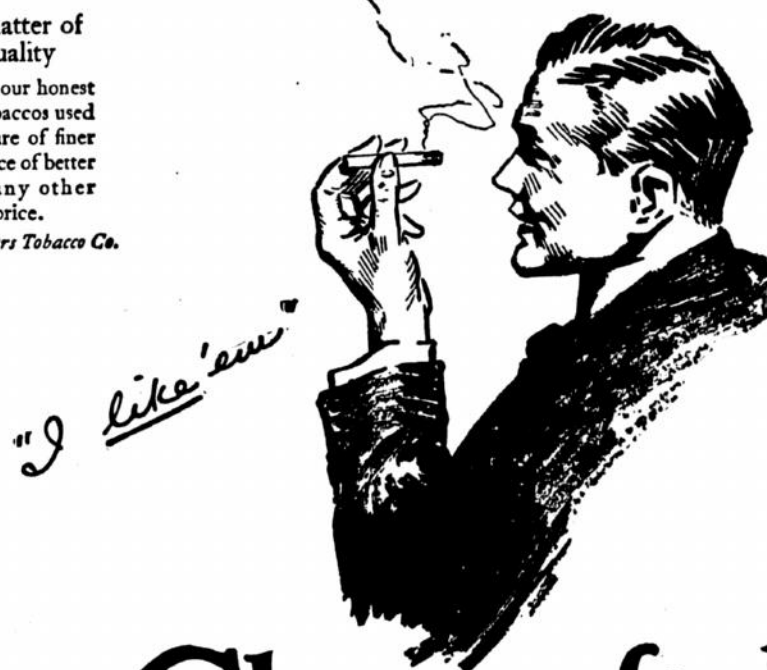
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We state it as our honest belief that the tobaccos used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.

Liggett & Myers Tobacco Co.



Chesterfield

CIGARETTES

of Turkish and Domestic tobaccos—blended

"They Satisfy"

Prehistoric Ruins.

The fascinating interest of the ancient ruins in Rhodesia, South Africa, drew the attention of the archaeologists of the British association during its recent meetings at Cape Town. Among these ruins the most conspicuous is the great Zimbabwe temple, which lies about 200 miles inland from the Indian ocean. The oldest of the ruined buildings are believed to date back at least to the days of King Solomon. It is thought that they were constructed by Semitic colonists, whose chief object was gold mining, and who have left indications of their worship of Bani and Ashtaroth, as described in the Bible. Experts believe that precious metals to the value of \$3,000,000 or \$4,000,000 must have been extracted from the gold reefs of Rhodesia in ancient times.

Enthusiasm begets understanding.

Either Way.

"There are many little ways of practicing economy in the home," proclaimed Walter Wheese sagely to his guest, after making sure Mrs. Wheese was out of hearing.

"So?" encouraged the visitor politely.

"Yes. Last winter my wife said we must get a new sofa in the spring."

"Well?"

"Instead, I got a new spring in the sofa."

A Guilty Conscience.

"You look troubled, Zeke," remarked Squire Witherbee.

"I am that, 'Squire," said Chiggerville's best-known loafer. "I've been down to th' gospel tent hearin' that new sawdust evangelist preach on th' sin of idleness. Before th' feller got through, dog my cats if I didn't think he was personally acquainted with me!"—Birmingham Age-Herald.

Holy City in Early Days.

Ancient Jerusalem stood on four hills, now almost entirely molded together, and the intervening valleys filled with debris. Mount Zion is that height on the southwest, the city of David, made conspicuous today by the towers of the German ecclesiastical buildings for which the former kaiser gave the land. Mount Moriah is on the east, the site of Solomon's temple, separated from Mount Zion by the valley of the Tyropeon, Mount Akra on the northwest, the two latter representing the crowded quarters of the modern city.

If we could see ourselves as others see us the brotherhood of man could be hastened.

When people actually carry out their good intentions the millennium will be in full blast.

Did you ever try Grape-Nuts? with stewed prunes or peaches?

THERE isn't anything better for breakfast or lunch than a dish of Grape-Nuts, with cream or milk, and stewed prunes or peaches.

This delicious combination gives you the elements of a well-balanced food. For it contains not only the material needed to build tissue and furnish energy, but it also supplies fruit acids, that help keep the system in good order.

Go to your grocer today and order a package of delicious Grape-Nuts. You will find that it will digest more readily than most other cereals, and it will "stay by" you longer—because it's so richly nourishing.

Grape-Nuts for Health
"There's a Reason"



Genuine



ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monacochheim at Salzkotten.