

FROM 94 POUNDS SHE GOES TO 132

Mrs. Gross Praises Tanlaol For Overcoming Stomach Trouble of Long Standing—Says Results Are Priceless.

When I took Tanlaol I only weighed ninety-four pounds and nearly had strength to sweep the floor or make the beds; but now I weigh one hundred and thirty-two and am as healthy and happy as can be. This remarkable statement was made recently by Mrs. Mabel Gross, 1137 Aldrich St., N. Minneapolis, Minn.

For nearly two years I had been in a seriously weakened condition and suffered nearly all the time from headache and backache. My nerves were beyond my control and I was terribly dizzy. I couldn't eat, but my stomach was so out of order that even the sight of food nauseated me.

PERFECTION A PHANTOM.

There is no such thing as absolute perfection in this old vale of tears and laughter and, after a man tries infinite toil and endeavor has got so that he can remember to butter only one slice of bread at a time, he is arraigned in the most severe terms as soon as the country goes on account of the size of the bites.—Olds Rate Journal.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kiltner's Swamp-Root, the great kidney, liver and bladder remedy. It is a physician's prescription.

WHY TAKE LAXATIVES?

Discovery by Science Has Replaced Them. Pills and salts give temporary relief from constipation only—the first step toward permanent injury, says an eminent authority.

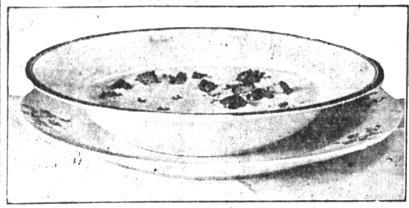
DIYED HER BABY'S COAT, A SKIRT AND CURTAINS WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn-out clothes. Even if she has never dyed before, she can put a new, rich color into shabby shirts, dresses, waists, stockings, sweaters, coverings, draperies, hangings, everything. Buy Diamond Dyes.

A fashionable church in one where the preacher doesn't touch about the canal and the needle's eye.

Look to Your Eyes Beautiful Eyes, like fine Teak, are the result of Constant Care. The daily use of MURINE gives Clear and Radiant Eyes. MURINE is Recommended by All Druggists.

FOOD VALUE OF SOUPS WILL VARY WITH VARIOUS INGREDIENTS USED



Milk Soups Are Especially Good for Everybody.

There is something unusually apt about the soup, whether served as the first course of a meal or as a whole meal in itself. The South has its gumbo, and Maine has its chowder, fulfilling the same purpose. Ocean travelers expect pea soup as a part of ship routine; they look for barley broth in Scotland and in France, minestrone soup in Italy, bean or lentil soup near the Rhine. In every household the early cooking and dishwashing is done in service soup course is compensated for by the enjoyment of the family, the economy of using materials often wasted, and the reduction possible in the amount of food served for other courses.

The food value of soups varies with the ingredients. The United States Department of Agriculture points out that the food value of a milk soup is higher than that of a water or clear soup. Milk soups are especially good for children as it looks like something warm and delicious, but is too "hearty." Soups made with the water in which vegetables have been cooked contain much more nutrition than those which are thrown away, though the amount of them is small. Soups made from meat stock contain more nutrition than those which are believed to stimulate digestion, but which do not contain the place of meat. Cooked meats selected meat are more nutritious than ordinary stock but, as a rule, considered to serve at the family table. The soups served at dinner should be made from a different kind of meat from that in the main course. For example chicken broth goes better with beef than with chicken, because the latter combination would over-emphasize one flavor at a single meal.

TELEPHONE SERVICE WITHOUT MUCH COST

Operation of Switchboard Is One of Most Importance.

Where Regular Operator Is Required on Full Time It Is Well to Rent a Separate Room or Building With Living Quarters.

Prepared by the United States Department of Agriculture. One of the principal reasons for getting telephone service in rural communities, where frequently a small municipal company may be formed to have such service at all, is the necessity of switchboard service. There are several ways of managing this necessary function without undue cost.



The Telephone Is Indispensable in the Rural Home.

States Department of Agriculture, the suggestion is made that rural line switchboards may be located in private homes or trees if the volume of business does not justify renting or owning offices or buildings. In the case of a switchboard in a private home, a member of the family is made operator and paid for the service which can be done while carrying on regular housework. In case of an emergency a night call will always receive attention. When the switchboard is placed in a store or stand in a house, it costs but little, as someone has to be on duty in the store all day, but night calls can not receive attention except by special arrangement.

When a regular operator is required Discolored Tea Cups. Tea cups that have been in long and constant use often become stained a dark brown. This is unpleasant to look at, and the condition may be remedied by vigorously rubbing with a teaspoonful of salt.

When Cork Is Too Large. If the only cork in a bottle is a little too large for the bottle, soak it in boiling water until it becomes soft, then you can readily squeeze it into the neck of the bottle.

Warm waters and soap is splendid for cleaning porcelain. The soap dissolves the grease accumulation with out wearing down the surface enamel as dry grit powders.

Sportswear for Summer; Group of Five New Hats

The plaited skirt, of silk or wool crepe, has reached the point where it goes without saying that it is the favorite style for summer sportswear. "Sports wear" includes far more than things for actual sports; a world of informal but smart clothes, comfortable and pretty, but having a casual character, are classed under this title and are seen everywhere and any time, for all sorts of out-dooring.



PLAITED SKIRT FOR SPORTSWEAR

Three colors combined with white, will be found in the company of many overblouses, jackets and sports coats. Nothing has more class than black and white in these combinations. An example of the black and white idea appears in the illustration, where a blouse of black satin, adorned with white ribbon, is worn with a plaited skirt of black silk crepe.

DISH FOR LUNCH OR SUPPER

Recipe Given for Making Black Vegetable Omelet or Souffle—Bacon Gives Flavor.

Brain cooked vegetables—peas, beans, corn, carrots, spinach, or any preferred vegetables—to make one cupful of thick vegetable pulp, chopped or put through a sieve. Make a thick sauce by blending quarter cupful of fat with quarter cupful of flour and adding one cupful of liquid, which may be whole or skim milk, cream, meat stock, or the water in which vegetables have been cooked. Beat three eggs, and combine with the sauce and vegetable pulp. Add seasoning of salt, pepper, onion juice, and one of the following. Finely minced parsley, chives, ham, one-half teaspoonful curry powder. Bacon used in making the sauce gives a good flavor. Beat the three eggs in a bowl, add the pulp into the southe mixture and bake in a buttered baking dish in a slow oven until firm. Other vegetables may be served around the souffle.



VERY LATEST IN MILLINERY

These. Plaited skirts are not becoming to the average figure unless they are roomy enough to hang loosely. That is, they must not be clinging, else the effect of slenderness is lost.

There is an endless variety in blouses and jackets. Most of them are of printed silks, plain crepe de Chine or other crepes. A crepe satin adorns itself smartly as may be gathered from the picture. This is a slip-over blouse with short sleeves, neckline high at the back and having revers at the front opening. The

Felt Hats. Felt hats of the very soft variety that may be crushed in the hand and that clean easily are smart now. They are trimmed with velvet or flowers elaborate with ostrich feathers.

Next Summer's Cottons. Gingham are expected to be out in great force next summer. The designs will be a little different from those we are accustomed to the ground plainer and the checks divided by lines rather

than in solid blocks. Battines and crepes will likely hold their place in favor, too.

Tinsel in All Gowns. A glistening thread of tinsel is almost compulsory in the afternoon and evening gowns. Gold and silver cloths, which gladden all over, have lost none of their popularity. But when a gown is not made wholly or in part of these glorious fabrics it must have glitters of metallic luster in its pattern or in an embroidered panel.

"Lots for Your Money Brands" Should Not Tempt You—Use CALUMET

The Economy BAKING POWDER

That's What Millions of Housewives Do. They know that Good Baking Powder can't be sold for less—that "more for the money" means bake-day failures, waste of time and money—that Calumet means economy.

THE WORLD'S GREATEST BAKING POWDER



Canada Offers "Last Chance" for Virgin Farms

THINK of what you could produce on a farm of virgin fertility, without the burden of high-acreage cost. Think of what 20-to-40 bushel wheat would mean to you under these conditions, and of dairying and stock raising on cheap pasture land, and pay for itself in a few crops—no artificial fertilizer—no heavy investment. You have evaded the farmer who got his start when land was cheap. Here's your chance, perhaps your last chance, for the same brand of prosperity.

Western Canada—Your Opportunity!

Western Canada is the farmer's land of opportunity. Thousands of settlers who started out many years ago with little or nothing, are today the owners of fine farms, with comfortable homes and barns, three-hired stock, dairy herds—all the marks of prosperity. Yet land is not dear—only \$15 to \$20 an acre for rich, virgin prairie convenient to railways. Land is not dear in Western Canada—yet because there is so much more to be had. Many settlers are expected in 1922, and now is your opportunity, before the best farms are taken. Get started. Taxes are reduced, and land brought under cultivation. On farm buildings, improvements, machinery, personal effects, automobile, etc., there is no tax at all. Canada wants workers—it wants its land farmed—and the farmers, through their municipal councils, have practical control of all local taxation.

Get the Facts—Costs You Nothing

Mail the coupon to the agent mentioned below, located nearest to you. He will send you a copy of the Canadian Government, authorized to give you information and assistance, without charge, and glad to be of service in any way.

Mail the Coupon—Tell us something of your position, and descriptive book with maps and free service of the Canadian Government. Agent to your territory, also information how special railway rates can be arranged for a trip of inspection.

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Free Homesteads are still available in some localities. Call on our country—No transport required. Address Nearest Agent: J. M. MacLACHLAN, Desk W. 10 Jefferson Ave., Detroit, Mich.

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Grocery Mortality High. The average grocery store in the United States closes every seven years. Of the men who enter the grocery business, 5 per cent are successful, 15 per cent stagger along the rugged edge, and 80 per cent are successful in seven years.—McClure's Magazine.

The Grand Coup. Rub—How did you fool your wife? Dub—I just told her the truth.—New York Sun.

DO YOU SUFFER FROM ASTHMA?

Give Test. Has relieved him. Mother Gray's Sweet Powders. This relief for asthma and other ailments. Pure, harmless, soothing. Pure, harmless, soothing. BAKERS' GAZETTE, New York.

Use by Mothers for over 30 years. Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

Growing Children are often troubled with Feverishness, Constipation, Headache, Stomach troubles, Teething disorders and Worms. At such times thousands of Mothers use MOTHER GRAY'S SWEET POWDERS for CHILDREN and find they give certain relief. They tend to break up colds. Cleanse the stomach, act on the liver and bowels and induce refreshing sleep. Easy to give and pleasant to take.

Putnam Fadeless Dyes—dyes or tints as you wish

10c Gives Old Capes Glow of New