

The PERUNA Family

has three members you should know if you desire to enjoy life.

1. The popular liquid form of Peruna—the reliable tonic of the American household, with a long history of success in treating all catarrhal difficulties.
2. The tablet form, which is made after the same formula and is more convenient for many.
3. Manalin, the ideal laxative, by the regular use of which constipation may be overcome and natural action restored. Manalin has no habit-forming effect, but is an aid to nature.

Your druggist has all three. So many thousands have received benefit from the use of one or both these remedies that they are a recognized part of the equipment of every careful household.

THE PERUNA COMPANY, Columbus, Ohio

Apt to Starve.
"A contributor to a magazine says he likes a fat wife."
"And his wife is fat?"
"No, I understand."
"Well, if he tries to support her by contributing poetry to magazines she won't stay fat long"

Not Changed for the Better.
"I hope you find your daughter much improved since she went to college."
"She's educated," replied the old-fashioned mother. "but I can't say she's improved."—Life.

Evasive.
"Does this automobile racing pay?"
"Well, it does manage to raise the dust."

TO LIVE LONG!

A recipe given by a famous physician for long life was: "Keep the kidneys in good order! Try to eliminate the poisons that otherwise clog the kidneys. Avoid eating meat as much as possible; avoid too much salt, alcohol, tea. Try a milk and vegetable diet. Drink plenty of water, and exercise so you sweat—the skin helps to eliminate the toxic poisons and uric acid."

For those past middle life, for those easily recognized symptoms of inflammation, as backache, swelling "water," or if uric acid in the blood has caused rheumatism, "rusty" joints, stiffness, get Anuric at the drug store. This is a wonderful eliminator of uric acid and was discovered by Dr. Pierce of Invalida's Hotel, Buffalo, N. Y. If your druggist does not keep it send 10 cents to Dr. Pierce for trial package and you will find that it is many times more potent than lithia and that it dissolves uric acid as hot water does sugar.

When a periodical drinker begins to get linded he should come to a full stop.

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have headache, biliousness, coated tongue, indigestion, sour stomach or constipation. Adv.

Engaged to One.
Maud—To protect myself against burglars, I'm going to get a six-shooter.
Ethel—I'm going to get a six-footer.

Bang!
"Did you know that the Steenth National bank has busted?"
"Yes; I heard the report."

The Quinine That Does Not Cause Nervousness or Ringing In Head

Because of its Tonic and Laxative effect, LAXATIVE BROMO QUININE can be taken by anyone without causing nervousness or ringing in the head. It removes the cause of Colds, Grip and Headache. Used whenever Quinine is needed.

—but remember there is Only One "Bromo Quinine"

That is the Original Laxative Bromo Quinine

This Signature on Every Box

Used the World Over to Cure a Cold in One Day. 25c.

E. W. Brown

Canadian Farmers Profit From Wheat

The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near \$2 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops.

You can get a Homestead of 160 acres FREE and other lands at remarkably low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre many yields as high as \$5 bushels to the acre. Wonderful crops also of Oats, Barley and Flax. Mixed farming is profitable as an industry as grain raising. The excellent grasses full of nutrients are the only food required for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent. Military service is not compulsory in Canada, but there is an urgent demand for farm labor in the United States. Men who have volunteered for the war. The Government will furnish them transportation to the States. Write for literature and particulars as to reduced railway rates to Dept. of Immigration, Ottawa, Canada.

W. V. BENNETT
Room 4, Box 319, Omaha, Neb.
Canadian Government Agent

WHEN A BACHELOR TAKES A WIFE

By LAURA JEAN LIBBEY.

Whom first we love, we know, we seldom wed. Time runs us all. And Life, indeed, is not the thing we planned it out ere hope was dead.

The problem which worries many a bachelor is whether or not he could content himself to conform to the ruling of one woman after having been a free lance so long. He hasn't the home spirit in him and never had. He has been used to living here and there as long as he found it pleasant—striking out for pastures new when his surroundings became irksome to him. It was the same case with his loves. He discarded the old for the new, to suit his fancy. He grants that love usually changes a man's entire nature. But the question is, how long will it remain changed? By no possibility would he drift into his old ways and notions? Of all men the bachelor should be the most clever in choosing the right kind of a wife to make him happy.

The callow youth, who has not had his experience, is apt to make the mistake of his life by imagining fervent admiration to be the grand passion. When all is said and done, the man in his thirties is not much wiser. He is just as apt to stray far afield in searching for the right kind of wife. It is often the matter of simple luck that he gets the right one.

The well-seasoned bachelor has had so many lessons in the book of life that his studies on woman and her nature should be valuable to him. He knows the putting sweetheart would evolve into a grumpy wife. He knows there is nothing like a sulking wife to make a home life unhappy. He is wise enough to steer clear of the young woman who would do all the talking. He can see far enough ahead to realize that her tongue would run on incessantly though all the years. No matter how much the flirt has attracted the bachelor in other days, he is wise enough not to take her to the altar. A flirting sweetheart is bad enough, but a wife whom other men were making eyes at—oh, never! The bachelor can judge with much accuracy whether or not he would be suitable for a woman when he has been in her society a few times.

There is one great and glorious good trait about the bachelor when he does meet the right woman, he surrenders straightway and loses no time in asking for her heart and hand. He makes one of the best of husbands. Places outside of home have no longer a lure for him. He is forever grateful to the woman who has married him; realizing that the first and best years of his life have been squandered and that only the husks of life's fruitage remain for her. His devotion makes up for all else. The bachelor does not exist who does not secretly admire modest, noble womanhood.

SOME SMILES

Power of Will.
Hojax—There goes Mrs. Jim Jones. They say she married Jim Jones to reform him, and has succeeded by mere force of will.
Tomdix—But she's such a frail little thing! How did she manage it?
Hojax—By giving him to understand that if he didn't brace up and do better she would will her money to charity.

Friendly Comment.
"Yes," said the newly elected freightpayer, as he lighted his trusty old pipe, "it was a case of love at first sight for mine."
"Well, it's too bad," rejoined his old bachelor friend, "that you didn't have time to take a second look."

Fresh Roasted.
"What are you doing, my pretty maid?"
"Gathering chestnuts, sir," she said. Smilingly he watched her saucy capers. Gathering them from the funny papers.

A Hurried Man.
"Now, this naturalist tells us that we never heard of a squirrel worrying himself to death?"
"Perhaps not, but I've seen squirrels in revolving cages that seemed to have something on their minds."

Asked and Answered.
Mrs. Newed—Why don't you get your life insured, my dear?
Newed—I'm afraid people might say I was too cowardly to take chances on your cooking. That's why.

Getting Paw on a String.
Willie—Say, paw, will you buy me a nickel's worth of fly paper?
Paw—What do you want with fly paper, my son?
Willie—To make a kite.

An Explanation.
Smith—Old man Green was forced to start his son in business.
Jones—Forced to?
Smith—Yes; he couldn't induce anyone to pay him a salary.

Our Sawed-Off Sermon.
A woman says there is no accounting for taste, but a man can merely always account for that dark brown taste he has the morning after the night before.

RELATIVES

The affected ties.
The enforced interest.
The uncongenial tastes.
The compulsory visits.
The clammy kisses.
The chiding for neglect.
The apology for not coming oftener.
The inquiry about bedridden Hester.
The assumed sympathy.
The cooling at the baby.
The pretended wish to hold him.
The real wish to drop him.
The alleged wish to hear Dorothy play.

The outward joy at her progress.
The inward boredom caused by her playing.
The making of conversation.
The introduction of a pet topic.
The uninteresting response.
The squelched feeling.
The furtive glances at the clock.
The repressed yawn.
The forced brightness.
The invitation to stay for tea.
The hasty excuse for not staying.
The inward thanks.
The rising to go.

Here Are Simple Tests by Which to Tell Whether You Are Physically Fit.

In the last analysis, the condition of the fibers of a man's heart determines his physical fitness. Or stated in another way, a man is not physically fit unless his heart fibers will stand certain tests. These tests have recently been reduced to such simplicity by French army surgeons that they may be applied by any intelligent person; and they offer an excellent hygienic suggestion for persons in civil life for determining their physical condition.

The tests as described in the bulletin of the French academy are made as follows: The first test consists in having the subject, after the pulse rate at rest in the standing position has been determined in the usual manner, execute running steps on one spot, with the thighs, at the rate of two steps a second. At the end of one minute the subject stops and remains standing, while the pulse is counted for fifteen seconds in each minute, and continuing the count until the pulse rate has returned to normal, or nearly so. If the pulse rate has returned to normal by the end of the second minute, the subject is considered fit for any kind of hard physical exertion. If, at the end of the second minute, the pulse rate is over thirty in the fifteen seconds—that is, 120 beats per minute instead of about seventy-five or eighty, it is a sign of slight weakness of the heart. Such a condition, however, may be corrected by proper treatment, and treatment should be undertaken at once.

In the second test the subject, while standing, raises a ten-pound weight over the head, then brings it down between the legs with the body bent forward, repeating this for one minute at the rate of one cycle in two seconds, or one second for each upward and each downward movement. The pulse rate is then tested as in the first exercise.

This second test is considered somewhat more exacting than the first; but either is adequate for practical purposes.

Power of Flight That Is Possessed by Birds One of the Wonders of Nature.

There is nothing more wonderful in nature than the power of flight possessed by birds, and no subject which yields more startling facts upon investigation.

"The way of an eagle in the air" is one of those things which Solomon confessed himself ignorant; and there is something truly marvelous in the mechanism which controls the scythe-like sweep of wings peculiar to most birds of prey. Yet even naturalists of the first order have had little or nothing to say about the power of flight in birds, while some of them speak on very insufficient evidence, says the Boston Transcript.

Witness Michelet's statement that the swallow flies at the rate of 240 miles an hour. Roughly this gives us 1,000 miles in four hours, but naturally, even in its swiftest dashes, the swallow does not attain to anything like this speed. But the Duke of Argyll is rather under than over the mark when he computes the speed at more than 100 miles per hour.

The mechanism of flight in the swallow is carried through an ascending scale, until in the swift it reaches its highest degree, both in endurance and facility of evolution. Although there are birds which may, and probably do, attain to the speed of 150 miles per hour, this remarkable rate is not to be looked for in any of the birds of the swallow kind.

In their migrations swallows stick close to land, and never leave it unless compelled. They cross straits at the narrowest part, and are the most easily fatigued of all birds. Apparently, though they possess considerable speed, they have no powers of sustained flight.

Mistletoe an Odd Parasite; Has No Use for the Earth.

The story of how the mistletoe gets on the trees is a most interesting one. Covering the mistletoe twigs are pearly white berries. These come in the winter season, when food is comparatively scarce, and hence some birds eat them freely. Now, when a robin eats a cherry he swallows simply the meat and flips the stone away. The seed of the mistletoe the bird can't flip. It is sticky and holds to his bill. His only resource is to wipe it off, and he does so, leaving it sticking to the branches of the tree on which he is sitting at the time. The seed sprouts after a time, and not finding earth—which, indeed, its ancestral habit has made it cease wanting—it sinks its roots into the bark of the tree and hunts there for the pipes that carry the sap. Now, the sap in the bark is the very richest in the tree, far richer than that in the wood, and the mistletoe gets from its host the choicest of food. With a strange foresight it does not throw its leaves away, as do most parasites, but keeps them to use in winter, when the tree is leafless.

How He Lost His Friends

He was always wounding their feelings, making sarcastic or funny remarks at their expense.

He was cold and reserved in his manner—cranky, gloomy, pessimistic.

He was suspicious of everybody.

He never threw the doors of his heart wide open to people nor took them into his confidence.

He was always ready to receive assistance from them but always too busy or too stingy to assist them in their time of need.

He regarded friendship as a luxury to be enjoyed instead of an opportunity for service.

He never learned that implicit, generous trust is the very foundation stone of friendship.

He borrowed money from them.

He was not loyal to them.

He never hesitated to sacrifice their reputation for his advantage.

He measured them by their ability to advance him.—Success.

Suited All Parties.

The proprietor of a Georgia seed store adopted a novel method of extracting the seeds from a special variety of watermelon which he wished to introduce, and of which he had a number of specimens. The melons were cut and a great crowd of negroes were invited in from the street to eat their favorite fruit free. All that was required of them besides eating melon was to save the seeds.

BRILLIANTS

"Don't spend your time explaining mistakes, spend it preventing them."—Anon.

Anger wishes that all mankind had only one neck; love that it had only one heart.—Richter.

"I see no use in having anything to do with a 'past' except to get a 'future' out of it."—Anon.

A wide-spreading, hopeful disposition is your only true umbrella in this vale of tears.—T. B. Aldrich.

THE BASIS OF CANADA'S RICHES

A Theme Discussed by the Wall Street Journal.

In speaking of Canada a short time ago the Wall Street Journal made the statement that "The basis of Canada's riches is the fertility of the soil, and no freak of warfare can injure that while her grain will increase in demand as the population of the world grows. As an investment field Canada is worthy of consideration." These words are well worthy of attention, especially coming from such a source as this eminent financial journal. With a land area exceeding that of the United States and with tillable areas under cultivation, the wealth of Canada's future can scarcely be estimated, while the wealth today is such as to bring her most prominently before the world.

During the past year thousands of farmers in Western Canada sold their crops for more than the total cost of their land. Lands at from \$15 to \$30 an acre produced crops worth \$40 to \$75 an acre. Stock raising and dairying were equally profitable.

The year 1915 saw most wonderful crops and magnificent yields over the entire country, and many farmers wiped out indebtedness that had hung over them long before they came to the country, and the year 1916 put them in a condition of absolute independence. A report to hand verified by a high official might seem marvelous, were the particulars not well known, and where are not other cases that would seem almost as phenomenal. This is a southern Alberta story: A farmer wished to rent an adjoining farm on which a loan company held a mortgage. The applicant said he wanted the first ten bushels of wheat, after which he would divide, giving the loan company one-third. After threshing he paid into the bank at Calgary \$16 per acre for every acre cultivated, to the credit of the loan company, as their share or their third of the crop. Sixteen dollars per acre rent. His two-thirds was \$32 and in addition the first ten bushels of wheat. Land on this same security can be purchased for from \$16 to \$30 per acre. Wonderful yields are reported from all parts of this district. Recently 4,640 acres of a ranch were sold to an Illinois farmer; 300 acres of wheat in 1916 produced a yield that averaged 42½ bushels of wheat per acre. George Richard, formerly of Providence, R. I., on a southern Alberta farm cut 2,052 bushels of wheat from a 50-acre field, or over 40 bushels per acre, and from a 50-acre field of oats got a return of 76 bushels per acre and still had some sheaves left over for feeding.

The First Sponge Farm.

Around the shores of an island off the west coast of Florida has been established the first sponge farm in existence. It is believed. It is estimated that 500,000 sponges are thus being cultivated. The method is simple. Concrete disks, about ten inches in diameter, are sunk, the bits of sponge being first attached by a small piece of aluminum wire; this is to hold them in position as a safeguard against being washed away. One disk is planted or dropped for every square yard. Fully 80 per cent of the sponges planted mature. The water possesses sufficient nourishment for them, and, unlike other farming, sponges require no cultivation during their growth. They may be left alone after planting until they are large enough to gather.

Much Soil Washed Into the Sea.

An average of 85 tons of soil and loose rock is washed into the ocean every year from every square mile of the United States. This estimate does not include the Great Basin. The immensity of this contribution may be better comprehended when it is realized that the surface of this country covers 8,088,500 square miles.

May Issue Iron Coins.

Copper appears to be as scarce in Scandinavia as it is in France. A dispatch from Stockholm states that the governments of Denmark, Norway and Sweden are seriously considering the advisability of issuing iron coins for the smaller currency, and three national banks are in favor of this project.

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Quite Damp.

"The Giltbers baby threw a bundle of stock into the fire yesterday morning."

"What a loss! It was destroyed, of course?"

"No. Giltbers bought the stock from a promoter. It was too full of water to burn."

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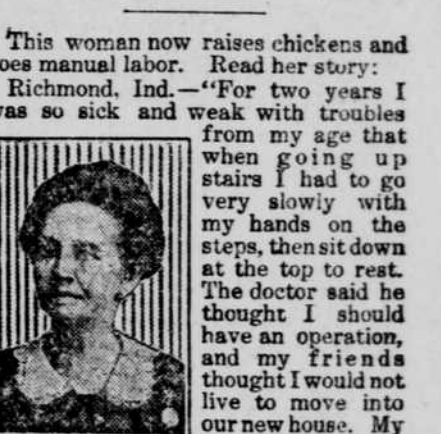
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"No. Giltbers bought the stock from a promoter. It was too full of water to burn."

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.

This woman now raises chickens and does manual labor. Read her story: Richmond, Ind.—"For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shoveled dirt, did building and cement work, and raised hundreds of chickens and ducks. I can not say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women."—Mrs. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind.



TO KILL RATS, MICE AND COCKROACHES ALWAYS USE STEARNS' ELECTRIC PASTE U. S. Government Buys It SOLD EVERYWHERE — 25c and \$1.00

Persians Buying American Shoes. Persians are becoming partial to American shoes. More than \$10,000 worth of them have been purchased recently in Teheran, the capital of Persia, according to a report from the American vice consul there.

Taxing His Patience. "So you are trying life on the farm?" "No," replied the former city dweller. "I'm following some rules I read in a book and life on the farm is trying me."

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without gripping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Good Health Makes a Happy Home

Good health makes housework easy. Bad health takes all happiness out of it. Hosts of women drag along in daily misery, back aching, worried, "blue," tired, because they don't know what ails them.

These same troubles come with weak kidneys, and, if the kidney action is distressingly disordered, there should be no doubt that the kidneys need help.

Get a box of Doan's Kidney Pills. They have helped thousands of discouraged women.

A Nebraska Case

Mrs. George Reesley, 28 W. Third St., Fairbury, Neb., says: "For several months my nerves were disordered and I had a tired, nervous feeling. My back ached most of the time. When I happened to read about Doan's Kidney Pills, I tried them and two boxes cured me. I have been feeling much better ever since."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured. Write DR. WEAVER, 306 1/2 So. 1st St., Omaha, Neb.

APPENDICITIS

If you have been threatened or have GALLSTONES, KIDNEY COLIC, or PAIN in the right side write for valuable Book of Information FREE L. E. BOWERS, DEPT. W. C., 219 S. DUBLIN ST., CHICAGO

Kansas has a woman coroner.

W. N. U., OMAHA, NO. 4-1917.