

TO OBTAIN THE HIGHEST DEGREE OF EFFICIENCY

Special attention must be paid to the diet, and regularity must be promoted in the Stomach, Liver and Bowels

You can help Nature wonderfully by trying

HOSTETTER'S Stomach Bitters

Clinched His Assertion. "Anything new in the show?" asked the local manager. "Yes," answered the visiting agent. "The biggest supply of new songs, new faces, new jokes ever shown in captivity. Just to show you the trouble we've taken with that show, we've been collecting all that material for the last ten years."

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again. Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Gala Affair.

"How was Gertrude Swanshby's wedding?" "A great success, apparently. The Swanshby exhausted their credit getting ready for it and the society editors exhausted their stock of adjectives describing it."

TAKES OFF DANDRUFF HAIR STOPS FALLING

Girls! Try This! Makes Hair Thick, Glossy, Fluffy, Beautiful—No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance.

Get a 25 cent bottle of Knowlton's Danderine from any store, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that all—you surely can have beautiful hair and lots of it if you will just try a little Danderine. Adv.

Portugal has the world's greatest deposit of wolframite, the mineral from which tungsten is obtained.

Unless you bear with the faults of a friend you betray your own.

Is Work Too Hard?

Many kinds of work wear out the kidneys, and kidney trouble makes any kind of work hard. It brings morning lameness, headache, dizziness, nervousness, rheumatism and urinary troubles. If your work is confining, strains the back, or exposes you to extreme heat or cold or damp, it's well to keep the kidneys active. Doan's Kidney Pills are reliable and safe. Thousands recommend them.

A Nebraska Case

J. Pughner, Thirteenth St., Central City, Neb., says: "I had to go around half bent over with each hand across my back as every step I took was painful. I noticed the trouble worse at night and I couldn't sleep well. The kidney secretions didn't pass regularly and I was miserable and run down. Finally I used Doan's Kidney Pills and they greatly relieved all these ailments."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

Americans Working for French Blind Soldiers

Devoted men and women from the United States teach warriors who have lost their sight certain vocations by which they can earn a living

By DOROTHY CANFIELD FISHER.

PARIS is full of big new street signs, flag-surmounted, announcing in very large letters the existence of war philanthropes of one kind and another for the relief of those stricken by the disasters of this disastrous age. No signs are bigger, none have larger letters than those surmounted by the crossed flags of France and the United States which announce that a Franco-American committee is at work there.

And yet one of the most interesting, unique and valuable of these fine American philanthropes has no big sign, no large letters and is so little known in America that I am sure a description of its work will be news to most Americans, and very good news at that. This is the Phare de France (the French Lighthouse for the Blind). It is supported by the Franco-American Committee for Men Blinded in Battle, and is under the direction of Miss Winifred Holt, whose years of work at the American Lighthouse for the Blind in New York has so marvelously transformed life for the blind of that city.

She has been in France for a little more than a year, throwing herself into work for men blinded in battle with the same tremendous energy and indomitable perseverance which has accomplished so much for the blind in America. The French Lighthouse is the result of that year's activity.

Into Quiet Courtyard. Imagine that you are now about to visit that institution under the guidance of one of the volunteer workers, perhaps that charming young granddaughter of our President Grant, to whom is often assigned the task of showing visitors about. You ring at No. 14 on the Rue Daru, the quiet old street of the Russian church, with its gold-tipped domes.

The heavy door swings open, you step into a large, peaceful, stone-paved courtyard, with a handsome old palace facing you, at the top of a flight of broad steps. A soldier or an officer in a natty uniform is probably either going limply up or coming confidently down those steps, swinging a light bamboo cane. His alert, upright bearing give you no hint of his blindness.

If you follow him as he turns to his left, you find yourself in a well equipped gymnasium for the blind, which is, so your guide tells you, the only thing of the sort in France. Your blind soldier (who is enjoying a rest between lessons) stoops, puts on a pair of roller skates, and is off in a dashing swoop about the polished gymnasium floor.

His face is soon tingling and glowing with the exercise, the strong rhythmic swing of his body is exhilarating to witness. Your guide murmurs that four months ago that man was in a hospital, alone, sick, utterly discouraged, life a black abyss of despair before him. Here is one of the achievements of the French Lighthouse.

"But is he really blind?" you ask incredulously. "How can he have won back that fine physical poise, that splendid confidence in his body which means so much for seeing people and which we never associate with the blind?"

America's Great Gift. "Ah, that is the special secret of this American institution, the especial gift of America to the French blind. Our blind soldier, his interval of recreation gone by, has slipped off his roller skates and stepped quickly into a nearby room. His blindness only revealed by a flourish of his light cane to make sure of the position of the door.

He has gone to take a lesson in massage, which is one of the most profitable means of livelihood open to men without eyes. Like all his fellows in the Phare, he takes very short lessons; with frequent intervals of recreation and change of occupation, because war blindness means nearly always head wounds and head wounds mean a brain that must not be overtaxed.

We leave him to his study of the skeleton, the big plaster casts of muscular arms and legs, and to his expert teacher; while we turn to other things. Our guide takes us back through the



THIS MAN HAS LEARNED TO WEAVE AND TO RUN A TYPEWRITER.

shower bath room and pauses proudly. If you are an American you probably look blank. Shower baths are not such uncommon objects as all that. Oh, but they are, she tells you, in France, for the blind! So uncommon, in fact, that only at the Phare you are visiting can blind men, after exercising, have the stimulating tonic of showering water, which helps so much to tone up the system shattered by the nervous shock of wounds. This is one of the Americanisms of the Phare. Look at it respectfully.

At the door of the court your guide hesitates between possibilities and then decides to show you the printing press in the big room above the gymnasium. This is an American machine, the only electric press which prints books for the blind in France. By the time this article appears the first issue of a monthly magazine for the blind will have been issued from this press.

Blind Editor Busy.

The magazine is under the direction of a blind editor, who with a corps of seeing assistants (volunteers), will also, during the winter, arrange for the publication by this press of a series of manuals in raised type, which will help the blind in their re-education.

You descend the stairs, glance in at the gymnasium, where a couple of blind men are now fencing, under the careful direction of a teacher, and your guide tells you that the teacher is perhaps the best-known master of arms in France. In spite of being mobilized he manages to come three times a week to give himself to his blind comrades.

You cross the court to the room of the handicrafts. Here you see sights which, if you are inexperienced in what may be done for the blind, seem miraculous to you. You see a one-armed blind man who in five weeks has learned to manage a knitting machine so that he can earn a good living by knitting sweaters and bands. You see another blind soldier with only one arm who is weaving successfully by means of a device of his own invention, which enables him to make one foot do the work of his missing hand. You see blind men weaving colored rugs with but slightly more supervision than is usually given to sighted weavers, and others who are making felt work.

Then your guide steers you away and astonishes you by saying that you have not yet even set foot inside the main building proper. This main building is a beautiful old palace, belonging to the Vatican. The entrance hall is a nobly proportioned room, which serves as a general meeting place.

You Are Astonished.

Here come wives, sisters, sweethearts to visit with their men, to hear of progress made in re-education, to guide the sightless heroes out for a walk in the pleasant paths of the nearby park. Through this room pass the teachers of stenography, typewriting, Braille reading and writing, clay modeling, who daily fill the rooms of the old palace with such useful industry as it can never have known before. Here the blind men

as they step out of the dining room adjoining, pause for a moment to light their cigarettes and pull down their well-fitting uniforms, before they take their brisk way along the ingeniously placed paths of coca matting.

Now you are to see the stenographic department. Everyone who uses a typewriter knows that the best work is done without looking at the keys; and this means that in typewriting the blind are perhaps more nearly on a footing of equality with the seeing than in any other gainful occupation.

Your guide (remember that she is the granddaughter of our General Grant) stops to chat for a moment to one of the teachers in the stenographic department, a tall, steady-eyed, extremely attractive American girl who is another gift of the American White House to the French blind. This is Miss Esther Cleveland, who is giving all her time to the work of the Phare.

Miss Cleveland is no amateur teacher of stenography. She has mastered the entire Braille system of instruction at the Pennsylvania Institute for the Blind and has been working for months in England.

There are the dormitories (for this American institution is housing and feeding its men as well as re-educating them), here are the bathrooms (strange innovation in this eighteenth century abode), there is the clinic room, where minor medical attention is given, where wounds are cared for, antiseptic treatments carried on; as well as the other rooms already referred to.

Keeping Men Cheerful.

It is difficult to realize the effort required to create and maintain the cheerful atmosphere of the house, which means as much for the future health of the men as does their careful technical re-education. Outside the classes, the institution is like a well-run club. The president of the French republic has several times given his box to the blind men at the Phare, and they often go out to the theater and the Opera Comique. Owners of automobiles send their cars to take the blind out for long, exhilarating drives.

The blind men have a club of their own where they discuss all manner of topics and enjoy music and recitations. Some of them go for horseback rides in the Bois, and others, on their vacations, have found themselves so benefited by the tonic, healthgiving atmosphere of the Phare that they have been able joyfully to take up again old delights of swimming and fishing.

And all this comes from America. Here is an American woman who has left a big American philanthropic enterprise and given a solid year of her life to alleviating the misery caused by the war in which her country has officially no part. Here is a comparatively small committee of American men and women, without dipping into any of the funds raised by the great war-relief organizations, has been able to raise money enough to start and carry on the work you have seen.

MAKE DRASTIC MOVE

GERMANY'S U-BOAT CAMPAIGN UNEQUALLED IN HISTORY.

DESIGNATES DANGER ZONES

Expect to Starve England and End War Quickly—Permits One Ship From U. S. a Week.

Washington, D. C.—Germany has notified the United States and announced to the world in general that from now on it will conduct an unrestricted submarine warfare in the waters of France, England and Italy and in the eastern Mediterranean.

It hopes thus, according to high German officials, to starve both England and France and end the war within two months.

In the note to the United States, American ships are warned from entering the war zone, although certain precautionary measures are suggested for distinguishing American steamers not carrying contraband, according to the German designated list.

The new campaign, to be more ruthless than the world has ever known, became effective February 1, and Germany announces its intention to relentlessly pursue its course, destroying all merchantmen and other vessels found in the restricted water-barring one each way once a week from the United States to Falmouth, England. And even these weekly exempted vessels must follow a designated line, carry no German contraband and leave and arrive on days designated by the German government.

This, the most sweeping blockade in history, is Germany's answer to the refusal of the allies to consider peace as suggested by Germany some time ago.

Whether it means severance of diplomatic relations by the United States government, the issuance of an ultimatum which may be the first step in the direction of war, or whether, possibly, by what the United States might deem to be an unfriendly act and the basis of immediate hostilities between the two countries, are considerations that have shocked Washington as nothing else since the war began.

The possible consequences of Germany's intention, which means that all rules of international sea warfare are cast aside, that she from now on pursues rules of her own making, are that Germany may have hostile complications with any or every neutral nation on the globe.

Decided After Entente Reply.

Germany's new submarine policy was decided, according to German diplomats, after the entente sent its unfavorable reply to President Wilson's peace note.

It is admitted in these quarters that since the Sussex sinking there has been little doubt in the German official mind that submarine warfare would have to be resumed in unrestrained form.

Germany herself warned us of this when she made her last pledges. In her note of May 4 she said neutrals could not expect her, "forced to fight for her existence, to restrict the use of an effective weapon for the sake of neutral interests, if her enemy is permitted to continue to apply at will methods of warfare violating the international law in relation to commerce between Germany and the European neutrals."

Overrides President's Veto.

Washington. — President Wilson's veto of the immigration bill because of its literacy test feature was overridden in the house by a vote of 286 to 106. Party lines were ignored in the fight, republicans and democrats being almost equally divided on either side.

For twenty years there has been a fight to establish a literacy test as a restriction upon immigration.

Four times such a provision has run the gauntlet of congress and has been vetoed by President Cleveland, by President Taft and by President Wilson in 1915 and this year. The bill now goes to the senate where an effort will be made to override the veto.

Spanell is Acquitted.

San Angelo, Tex.—A verdict of not guilty was returned after less than two hours' deliberation by the jury in the case of Harry J. Spanell of Alpine, Tex., tried on a charge of killing his wife, Crystal Holland Spanell, last July. Spanell is also charged with the killing of Lieutenant Colonel M. C. Butler. He will be tried on the second charge in the near future.

Found Trading With Enemy.

Paris.—W. C. Silbermann of New York, who was sentenced to five months' imprisonment and fined on a charge of trading with the enemy, has had his sentence increased to one year imprisonment as the result of an appeal to the higher court.

Norse Steamer Sunk.

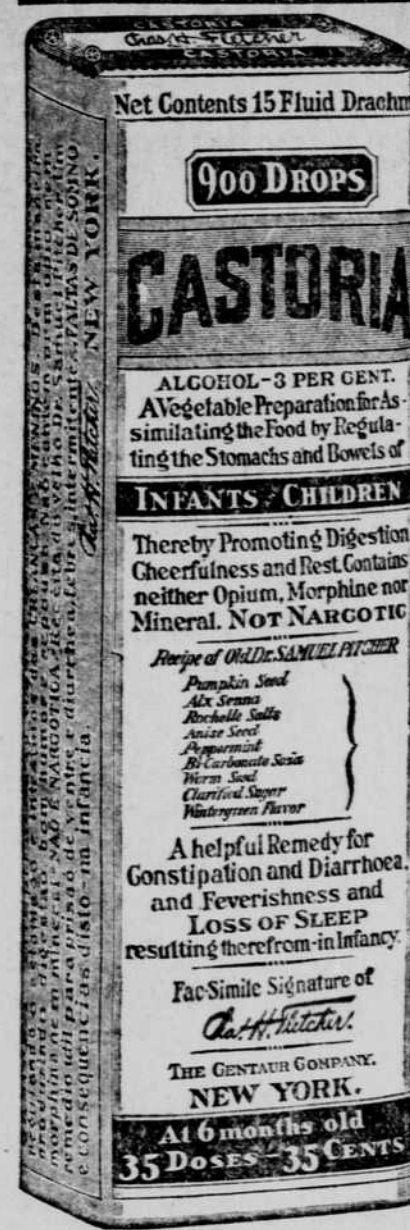
London.—Lloyd's announces that the Norwegian steamer Argo, 1,261 tons, has been blown up and that nine of her crew are reported lost. The Norwegian steamer Fulton has been sunk.

Welcome Arch Costly.

Omaha.—The welcome arch at Eighteenth and Farnam streets cost the city \$1,791.55 during 1916 for maintenance. The current cost \$469.17 and repairing and changing letters entailed an expenditure of \$1,322.38 during the same period.

Increase Paper Prices.

Steuerville, O.—The Steuerville Herald-Star and the Steuerville Gazette have raised the price of the papers from 25 cents a month to 10c a week, owing to the high cost of paper.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

J. C. Hitchcock

of

In Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Missouri Druggists Stand Back of Reliable Kidney Medicine

We commenced selling Dr. Kilmer's Swamp-Root ten years ago and since that time we have known of cases of catarrh or inflammation of the bladder and rheumatism that were cured through its curative action. It is well spoken of by its patrons and is held alongside the best on the market.

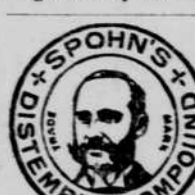
Your Dr. Kilmer's Swamp-Root has been the means of producing many satisfied customers in our trade for every person who has tested our medicine has been gratified at the results obtained, and fifteen years in selling Swamp-Root has not yielded a single dissatisfied user. I have used it in my family and they derived very good results.

Very truly yours, CARTER'S PHARMACY, Burlington Junction, Mo. Oct. 3, 1916.

Very truly yours, W. B. JAMES, Druggist, Salisbury, Mo. Oct. 3, 1916.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.



Puts a ... Stop to all Distemper CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

As the Old Year Died. "I couldn't get out of marrying her," Henpeck explained. "When she proposed she said: 'Will you marry me? Have you any objection?' You see, no matter whether I said 'yes' or 'no,' she had me."

The Beautiful. "Snow in the city is pestiferous, in the suburbs a poem," opines the Baltimore American. To which the Syracuse Post-Standard rejoins: "Snow is a delight in city and country when it doesn't degenerate into slush."

STOMACH MISERY GAS, INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, or foul breath.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Please for your sake, get a large fifty-cent case of Pape's Diapepsin from any store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the family eat something which doesn't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest relief known. Adv.

The Toiler.

"Does a farmer have to work hard?" "Yep. But not as hard as the average person who has to buy what us farmers raise."

A nitrogen plant will be erected at Arlington, Va.

The American farmer is the hope of the nation.

Why Rheumatism Comes With Cold Weather!

A close connection exists between these two—cold weather and rheumatism. Prof. Alex. Haig, of London, has the most followers in the medical profession in the belief that the presence in the system of uric acid, or its salts in excess, is the real cause of rheumatism. Everyone has recognized the difference in the appearance of their water as soon as it gets cold; there is often a copious sediment of brickdust. Several causes may lead up to an accumulation of uric acid in the system, which, in turn, causes rheumatism or gout, or creaky joints, or swollen fingers, or painful joints. For one reason the skin does not throw off the uric acid, by profuse sweating, as in the hot weather, and the kidneys are unable to take care of the double burden. Another reason is that people do not drink as much water in cold weather as in summer, which helps to flush the kidneys. Again, they eat more meat in cold weather, and many people are so susceptible that they soon develop rheumatism after eating meat. At all such times persons should drink copiously of hot water, say, a pint morning and night, and take Anuric three or four times a day. This Anuric comes in tablet form and can be had at almost any drug store. It dissolves the uric acid in the system and carries it outward. I would advise everyone to take Anuric occasionally, and continue for three or four weeks, and in that way avoid rheumatism, gout and many of the painful disorders due to uric acid.—Adv.

Neglected Colds bring Pneumonia. Look out.

There was a young lady named Banker, who slept while the ship lay at anchor. She awoke in dismay when she heard the mate say, "Now hang up the top sheet and anchor!" It's enough to frighten anybody to awake covered out of a sound sleep with the first symptoms of a cold clutching at the throat and lungs, with that chilly creepy feeling all over. Quick action is necessary at such times to nip it in the bud and thus prevent bronchitis or serious lung trouble. If you will always keep a bottle of old reliable

At Any Drug Store

Boschee's German Syrup

handy there is no need to worry. It gently soothes inflammation, eases the cough, insures a good night's sleep, with free expectoration in the morning. This old remedy has been successfully used all over the civilized world for the last 51 years. 25c. and 75c. sizes at all druggists and Dealers everywhere. Try it and see."

"ROUGH ON RATS" Ends Rats, Mice, Bugs, Die outdoors. 10c and 25c.

W. N. U., OMAHA, NO. 5-1917.