When Work Is Hard

That kidney troubles are so common is due to the strain put upon the kidneys in so many occupations, such as:
Jarring and joiting on railroads, etc.
Cramp and strain as in barbering, moulding, heavy lifting, etc.
Exposure to changes of temperature in iron furnaces, refrigerators, etc.
Dampaess as in tanneries, quarries, mines, etc.
Inhaling poisonous fumes in painting, printing and chemical shops.
Doan's Kidney Pills are fine for strengthening weak kidneys.

A Nebraska Case

M. Liebert, shoemaker, Seward, Neb.,
says: "I suffered from
pains through the
email of my back, together with headaches
and dizzy spells. I
could hardly stoop
and mornings I got
up tired and worn out.
The kidney secretions
were highly colored
and very painful in
passage. Doan's Kidney Pills made my
kidneys normal and mey Pills made my kidneys normal and corrected all the oth-er ailments. I seldom have need of a kidney

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

Constipation Vanishes Forever Prompt Relief—Permanent Cure CARTER'S LITTLE LIVER PILLS never

fail. Purely vegeta ble — act surely but gently on the liver. Stop after rove the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Hiding Her Light. "I notice that your initials are A.

B. But why do you always restrict your signature to your initials?" "My name is rather conspicuous," faltered the girl.

"And what is your first name?"

"Aurora." "That's a pretty name. Nothing to be ashamed of in that. And what is your middle name?"

TENDER SKINNED BABIES

"Borealis."

With Rashes and Irritations Find Comfort in Cuticura. Trial Free.

Baby's tender skin requires mild. soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when

baby's skin is irritated and rashy. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.-Adv.

Black Snakes Beneficent.

In Burlington county, New Jersey, he farmers who, in the erroneous belief that they are a pest, have been killing black snakes, are being urged to conserve them as enemies of the rattlers, which have been unpleasantly numerous this year. The damage done by the non-poisonous reptiles is now recognized to be of slight account in comparison with the good they do. Not only will the black snake fight and best the rattler, but he earns more than his keep by keeping down other pests. It has taken man a long time to identify his friends of the lower orders, and even today many persecuted animals do not receive the credit that is due to them.-New York Sun.

In the School. Teacher-What expands with cold and contracts with heat.

Women Once Invalids

Now in Good Health Through Use of Lydia E. Pinkham's Vegetable Compound. Say it is Household Necessity. Doctor Called it a Miracle.

All women ought to know the wonderful effects of taking Lydia E. Pinkham's Vegetable Compound even on those who seem hopelessly ill. Here are three actual cases:



Harrisburg, Penn.-" When I was single I suffered a great deal from female weakness because my work compelled me to stand all day. I took Lydia E. Pinkham's Vegetable Compound for that and was made stronger by its use. After I was married I took the Compound again for a female trouble and after three months I passed what the doctor called a growth. He said it was a miracle that it came away as one generally goes under the knife to have them removed. I never want to be without your Compound in the house."—Mrs. Frank Knobl, 1642 Fulton St., Harrisburg, Penn.

Hardly Able to Move.

Albert Lea, Minn.—"For about a year I had sharp pains across my back and hips and was hardly able to move around the house. My head would ache and I was dizzy and had no appetite. After taking Lydia E. Pinkham's Vegetable Compound and Liver Pills, I am feeling stronger than for years. I have a little boy eight months old and am doing my work all alone. I would not be without your remedies in the house as there are none like them."—Mrs. F. E. Yosr, 611 Water St., Albert Lea, Minn.

Three Doctors Gave Her Up.

Pittsburg, Penn.—"Your medicine has helped me wonderfully. When I was a girl 18 years old I was always sickly and delicate and suffered from irregularities. Three doctors gave me up and said I would go into consumption. I took Lydia E. Pinkham's Vegetable Compound and with the third bottle began to feel better. I soon became regular and I got strong and shortly after I was married. Now I have two nice stout healthy children and am able to work hard every day."—Mrs. Clementina Duerring, 34 Gardner St., Troy Hill, Pittsburg, Penn.



All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice,—it will be confidential.

Out Comes the Truth. "I suppose," said Singleton, "that you were deeply touched when your wife presented you with this easy

chair on your birthday anniversary." "I sure was," replied Wedderly, sad-ly. "I was touched for fifty dollars to pay for it."

The fermenting power of brewers' geast has been 'ncreased by five minutes' exposure to ozone.

Train service between Chile and Bo-

"Scientists are now generally agreed that drunkenness is a disease, and

that the man who drinks should be treated by a physician." "Oh, well, most men who drink don't

care who treats them."

Open and Shut. "Is there an opening here for a bright, energetic young man?" "Yes; an' close it as you go out."-

Manchester, England, has a glass

livia has been increased and improved. bottle famine. DRUGGISTS HIGHLY RECOMMEND DR. KILMER'S SWAMP-ROOT

Satisfied With Results

I have been selling Dr. Kilmer's Swamp-Root for six and one-half years and my customers are always satisfied with the results obtained from the use of the medicine and speak favorably regarding it. I have used it for "pain in the back" and a bottle or two put me in Inflammation of Bladder and Rheumation of Bladder and Rh good shape and made me feel fine again. ture any cases for which it is recommended if they are not of too long standing.

Very truly yours, FRANK JENKINS, Druggist. Pilgrim, Texas. November 11th, 1915.

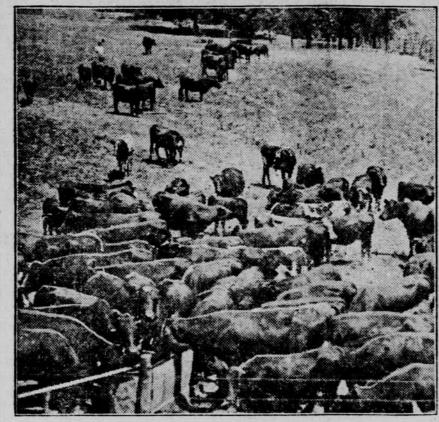
Customers Speak Favorably

We have been handling Dr. Kilmer's Swamp-Root for fourteen years and during all that time we never had a dissatisfied user of Dr. Kilmer's Swamp-Root; all of our customers speak very tism where it produced the most benefi-I believe Dr. Kilmer's Swamp-Root will cial results. We believe it is a good ture any cases for which it is recommend-

Very truly yours, McCUNE DRUG CO., By N. E. McCune, Bridgeport, Texas.

November 11th, 1915.

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, taking about the kidneys and bladder. When writing, be sure and mention this paper. It is fifty-cent and one-dollar size bottles for sale at all drug stores. STEER-FEEDING LESSONS FROM MISSOURI



SCENE ON A WESTERN CATTLE RANCH.

(By P. F. TROWBRIDGE, Missouri Agreeat deal of nourishment and were ricultural Experiment Station.)

very likely to have at least occasion-

Steers that are full-fed from birth should not be held beyond twenty or twenty-two months of age because there is a decided falling off in the rate of gain. After this age the carcasses are overdone, there is an undue waste of excess fat and the gain in weight in proportion to feed consumed able gains. is much reduced as well as the gain Missouri agricultural experiment sta-

The steers which received feed in-In fact, among more than a hundred animals.

Most Profitable Gains.

Steers fed for long periods such as three years and a half on feed insufficent for the greatest growth, did not seem to be able to digest their feed growth was greatly retarded for only

very likely to have at least occasional large quantities of good nutritious feed while the steers in the test were kept regularly on small quantities of food for long periods so that they seemed to lose the capacity to eat and digest as large quantities as they must handle to make the most profit-

Thrifty yearlings put on feed that per day per steer. These are the re- is not sufficient, even to keep up the sults secured in a recent test at the body weight they already have, continue to grow in height and frametion in which some steers were full- work even when made to lose half a fed while others received much less pound a day. Measurements of the skeletons did not indicate any decrease in the rate of growth for several sufficient for the greatest growth were months. Even when these animals most affected by such ailments as in- were using the body fat to supplement digestion and pink eye, and their sick- the lack of feed there was a very ness was more likely to result in death. noticeable addition of fat in the skeleton. Only when approximately all the steers in the experiment, all the losses fat was taken from the soft parts did except one were among the low-fed the animals begin to draw on the fat in the skeleton to maintain existence. Economical Beef.

The most economical choice beef resulted from the use of a feeder weighing about 750 pounds so fed as to make a gain of 500 pounds. Such and to make good gains when later put a steer will probably not quite top on full feed. Even a steer whose the market but he should make the greatest possible profit to the feeder one year never equaled in weight a and furnish an economical carcass for steer of the same age which had been the butcher and housewife and meat full-fed from birth, although when put of a quality to please the most exactback on full feed he made very profit- ing. The carcasses show that of this able gains and developed a very choice 500-pound gain; 38 per cent is water, carcass of beef. These results do not 49 per cent fat, and 12 per cent prodisagree with the common observation tein. When similar steers were fatthat thin steers often make the most tened until they had gained another profitable gains. Such feeders have 500 pounds or gone from 1,250 pounds usually not been starved so long or so to 1,750 pounds, the carcasses were steadily. They have usually had bulky much overdone and the second 500 feed which kept up the stomach ca- pounds was 76 per cent fat, 18 per pacity even though it didn't furnish a cent water, and 5 per cent protein.

PORK PRODUCTION ON | PAINT METAL ROOFS **GRAIN AND PASTURE**

Hogs Can Be Marketed Sooner. Which Is Often Great Advantage to Some Farmers.

When corn is high priced and pasture plentiful, it will pay to feed less than a full feed of grain to hogs, says W. L. Robison in the Monthly Bulletin of the Ohio Experiment station. When corn alone is fed, a limited ration is much cheaper because green feed takes the place of much of the high-priced grain.

Hogs fed all the grain they will eat make more rapid but less economical gains. They can be marketed sooner which often is an advantage to farm-

For hog pasture, alfalfa, clover, rape and soy beans are recommended. Corn is usually fed alone to hogs in such pasture. Pigs weighing less than 100 pounds should receive a small amount of protein feed, such as tankage, in addition to the corn. About 1 part to 15 parts of corn is recommended. With larger hogs pork production is usually too expensive when tankage

JUDCING POULTRY IS NOT DIFFICULT TASK

Pullet With Fine Head, Alert Eyes and Fine Wattles Has Not Gone Far Amiss.

Judging poultry is said to be a finer art than the selection of other farm animals, says an Ohio Agricultural college expert, but the man or woman who picks pullets with a fine head, alert eyes and comb, face and wattles of fine texture, has taken the first step. toward increased egg production.

Good pullets should stand square on their feet, with legs wide apart, with the front end of the body slightly higher than the posterior end, and with a long back and tail carried rather high. The body should be wedge-shaped, yielding ample room for the reproductive and digestive or-

Take Time in Churning. It doesn't pay to "put 'er through" just as tight as you can jump when you are churning. Take your time to quickly and it will be lots better.

Supplement Short Pastures. If the pastures grow short and dry, the extra forage of grain should be supplied before the shortage is felt. piece of lard free from salt.

Keep Posted on Market. When buying seeds keep posted on

WITH THIN RED LEAD

Because of Oily Surface and Gloss Paint Does Not Stick -Keep It Well Stirred.

(By J. A. BONNELL, South Dakota Experiment Station.) Paint will not stick very well to a new galvanized roof because of the oily surface and gloss. Let it weather

awhile, then if still too glossy give it a brushing with a wire brush. The best prime coat for metal is red lead thinned and rubbed on well. Let it get thoroughly set before applying second coat. Paint cannot dry in on metal as it will on wood. It must set and cling only to the surface. We

recommend 35 pounds of dry red lead

to one and one-eighth gallons of boiled oil and one quart of turpentine. Thin, if necessary, with more turpentine. Mix the dry lead with three-fourths of the oil a day or so before using so as to soak it good, then add the rest of the oil and the turpentine when ready for use. Stir well before and during use, for the lead settles to the bottom. After this prime coat, any paint can be applied.

FALL PLOWING FOR CONTROL OF INSECTS

Particularly Advantageous as It Will Destroy Large Number of Injurious Pests.

Fall plowing will be particularly advantageous this fall, as it will destroy large numbers of insects that do damage to crops. Cut worms, corn earworms, grasshoppers and army worms will be greatly reduced in numbers by fall plowing. This is accomplished by turning out these insects at a crucial stage of development and exposing them to the frosts and rains or in breaking open the cells in which they are transforming. This is good practice each year, but it is especially recommended this fall in view of the presence of an unusual number of various worms in the soil and the fact that the army worm has been so numerous during the summer.

Correcting Soil Acidity. Slaked lime, if it can be had at less cost than ground limestone, and if in condition to spread well, is very satisit. The butter will come just as factory for correcting acidity in sour

> Watch for Lice on Chicks. Watch for head lice on the chicks. If found, rub top of head with a small

> Cool Cream to 50 Degrees F. Cool the cream down to 50 degrees Fahrenheit, as soon as it is separated.

TO ECONOMIZE DIGESTION

The Eating of Vegetables Without Mastication Is Productive of Gastric Rebellion.

Indigestion is often attributed to hasty eating, and people are reproved and rightly so, for bolting their food; but it is interesting to observe that while the bolting of meat is always severely censured, one never hears any blame attached to those who swallow fruit by the mouthful, and devour uncooked vegetables without any attempt at mastication. Nevertheless, it is the hasty swallower of vegetable fiber who is really the inciter of gastric rebellion. Vegetables are, at all times, very imperfectly digested by the stemach, and require their tough fibers to be thoroughly broken up by the teeth if they are to be dissolved even in the bowel.

There is a well-known saying which ivers that digestion waits upon appetite, and there is no doubt that of all the helps to digestion a keen desire for food is the most powerful and important. But appetite itself often depends upon conditions which are independent of the body's absolute necessities. Thus the aspect of the food, its smell, taste and even the manner in which it is served, all help either to stimulate a desire for it, or to induce sense of aversion, while the environment of the diner often exercises important influence, beneficial or otherwise. Brain work of any kind interferes with the rapid digestion of food, and even the habit of reading during meal times, practiced by so many, is conducive neither to appetite nor digestion. A well-lighted room, music and frivolous conversation will often permit a chronic dyspeptic to enjoy without remorse the pleasures of the table. while a depressing atmosphere, uncongenial company and unappetizing dishes may induce a fit of indigestion in the most healthy individual.-Food and Cookery.

COOKING UTENSILS OF GLASS

Baking Dishes Made of New Material Have Been Found Very Satisfactory and Almost Unbreakable.

A new material now on the market for cooking utensils is glass. A great variety of cooking dishes are made, but the baking dishes or casseroles, would probably appeal most to the home-keeper. No silver or copper container is required for the casserole when put on the table and hence they are comparatively inexpensive.

A great variety of dishes have been cooked in the glass casserole with splendid results. The material is cooked uniformly throughout the dish, due to the conductivity of glass and the results have been just as good with a souffle as with a meat pie.

The oven can be better regulated since one can see the material cooking in the dish-i. e. one can see whether it is cooking too fast or too

The utensils are attractive and seem to be almost unbreakable.

The casserole has proved to be the most satisfactory baking dish we have ever used .- Magdalene Hahn, Colorado Agricultural College, Fort Collins, Colo.

Pepper Meat Cups. Take as many large peppers as you need, either green or red, but of the sweet variety, and as round as you can get them. Cut off the tops, take out the seeds, pour boiling water over them and cook gently for five minutes. Drain well, place in a baking dish and fill with a mixture made according to these directions: Take enough of the white meat of chicken-other meats will do if you have no cooked chicken on hand-fill a cup with the meat chopped fine, one and a half cupfuls of bread crumbs moistened with a little hot water to swell them; also a large tomato peeled and chopped, with two teaspoonfuls of grated or chopped onion, an ounce of butter, a level tablespoonful of chopped parsley, half a teaspoonful of salt, a dash of red pepper and a raw egg well beaten. Pour a little stock or hot water around the peppers and a very little over each one and bake 25 minutes .- New York

Brine for Pickles.

It is the custom with vegetables such as tomatoes and cucumbers to soak them in brine before putting them through the regular pickling process. The brine is probably used because it withdraws moisture from the tissue of the vegetable and makes it possible to obtain a firmer result, renders a milder flavor, gives the desired salt taste, and adds to the keeping quality of the pickles.

The strength of the brine required depends on the length of time the vegetable to be pickled is to remain in the brine.

Too strong a brine softens and spoils the vegetable. The proportions should be: To one quart of water add one-third to one-half cupful salt. The brine should be strong enough to float a fresh egg.

Chocolate Hearts. Two ounces of butter, two ounces of

cornstarch, two ounces of grated chocolate, a tablespoonful of milk, two eggs, one-quarter tablespoonful of baking powder, three ounces of powdered

Cream the butter and sugar together, beat in the eggs, next add the chocolate, cornstarch, baking powder and sufficient milk to make a thick batter (rather over a tablespoonful may be required).

Have ready 12 little heart-shaped tins well greased. Divide the mixture between them and bake for half an hour in a moderate oven.

Fricassee Giblets. Thoroughly wash the wings, neck, stomach, heart, liver and feet of any fowl, cut off claws at first joint of each toe and scald feet in boiling water; this loosens scaly cuticle and it is easily removed. Place the other parts in pot with feet and cover with water. Add a small onion, pepper and salt. Boil till tender. When done thicken liquid with browned flour and butter. Stir in a little parsley.

THE PERFECT GUM



Have a package of each always in reach

Don't forget WRIGLEYS after every meal



WHITE PINE IS IN PERIL

Blister Rust in the East Has Caused Heavy Ravages in Timber.

The present is a gloomy hour for the forestry enthusiasts, especially in the eastern states, where so much reliance is being placed upon the white pine as the tree par excellence for quickly rehabilitating our shabby woodlands. Last year's discoveries in Massachusetts of the dread blister rust of Europe led other states to investigate within their borders. The active and well organized co-operative effort that is now being made by the federal department of agriculture and the officers of the several states whose timber interests are involved indicates the seriousness with which they regard the situation. Since their work for the control of the disease began in the early summer it has become apparent that while Massachusetts is beyond question dangerously infected in certain sections, other states, whose officers regarded their territory as relatively free, are, in fact, no better off than we. All New England is on the fever map, and even

Wisconsin and Minnesota investigators have lately turned up infection. Hope for the successful control of the fungus is not forlorn, considering the plant pathologists who are conducting the campaign. The greatest need of the present hour, however, is a livelier interest on the part of our woodland owners.

The baby seal, being snow white, is invisible on the ice, one of the protective provisions of nature.

The Formula Failed. Willie had disobeyed again, and his mother had sent for a switch, declaring that she meant to "wear him out. "Now, Willie," she demanded very

ing to do with this switch?" "Yes'm," he answered promptly, 'you're going to shake it at me and say, 'Willie Parsons, if you ever do that again I'll switch you good!"

solemnly, "do you know what I'm go

Couldn't Fool Hiram.

But she didn't .- Christian Herald.

"Look here, Hiram," said Si, "when are you going to pay me that eight ionars for pasturin your neiters ave had her now for about ten weeks.

"Why, Si, that critter ain't worth more than ten dollars." "Well, suppose I keep her for what you owe me?"

"Not by a jugful! Tell you what I'll do; you keep her for two weeks more and you can have her."

In the near future wireless apparatus will be installed in all important police stations.



W. N. U., OMAHA, NO. 42--1916.

Longest wearing rubber overshoes made-20,000,000 pairs have proved it!-

Made of rubber as tough al-most as rawhide, they won't kick through at the heels or wear through on the soles like others do.

Light in weight, "classy" in looks and snug as a glove in fit. Double wear in every pairmen's, women's or children's. Sold-and recom-



-not just "rubbers"



The B. F. Goodrich Co., Akron, Ohio ers, also of TEXTAN—the

ALL STYLES