

Gems of Thought

There is knowledge of the way from walking in it, and a walking in the way through knowledge of it.—Swedenborg.

Economy is the poor man's mint.—Tusser.

It ain't no use to grumble and complain;
It's just as cheap and easy to rejoice.

When God sorts out the weather and sends rain,
Why rain's my choice.

—JAMES WHITCOMB RILEY

Man is created free, and is free, even though born in chains.—Schiller.

He who toils with pain will eat with pleasure.—Chinese.

CLASSIFIED DEPARTMENT

FEATHERS WANTED

FEATHERS OLD or NEW—WANTED. Top prices. 41 Years Satisfactory Dealing. Ship Express or Write FELLOW MFG. CO., 2219 Cole Street, St. Louis, Mo.

WANTED: GEESE, DUCK, PHEASANT body feathers and quills. We also buy dressed geese and ducks. Send to FARMERS' STORE—Mitchell, S. D.

TIRES

TIRES — ALL SIZES

Grade 1, II, III Permits
WHITE KING TIRE CO.
424 S. Commerce — Wichita, Kan.

SEEDS WANTED

FIELD SEEDS WANTED. Brome Grass, Sweet Clover, Alfalfa, Red Clover and field seeds of all kinds. Mail identical samples giving amount for sale. Top prices paid. Kollman-Warner Co., Inc., Norfolk, Neb.

CREMATION

FOREST LAWN CEMETERY
• OMAHA •
CREMATION
of the most modern type
Write to us for booklet

Leopard vs. Chimpanzee
When attacked by a leopard, a chimpanzee can overcome its assailant by biting its paws.

COLDS DEMAND IMMEDIATE ATTENTION GET PROMPT RELIEF!

Colds may lead to serious illness, if neglected! Rest—avoid exposure. And for usual cold miseries, take Grove's Cold Tablets. They're like a doctor's prescription—that is, a multiple medicine. Contains effective medicaments—relieve promptly, decisive relief from all these cold symptoms. Headaches—body aches—fever—nasal stuffiness. Take exactly as directed. Get Grove's Cold Tablets from your druggist—for fifty years known to millions as "Bromo Quinine" Cold Tablets.

Save Money—Get Large Economy Size

GROVE'S COLD TABLETS

Gorillas Here
There are 16 gorillas in the United States.

YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, weak, nervous, cranky feelings, are a bit blue at times—due to the functional "middle-age" period peculiar to women—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Taken regularly—Pinkham's Compound helps build up resistance against such distress. It helps nature! Also a fine stomachic tonic. Follow label directions.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Black Leaf 40 KILLS LICE

Cap-Brush Applicator makes "BLACK LEAF 40" SO MUCH FARTHER JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS

Catgut From Spiders
Silk taken from spiders provides the best catgut.

WNU-U 45-43

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

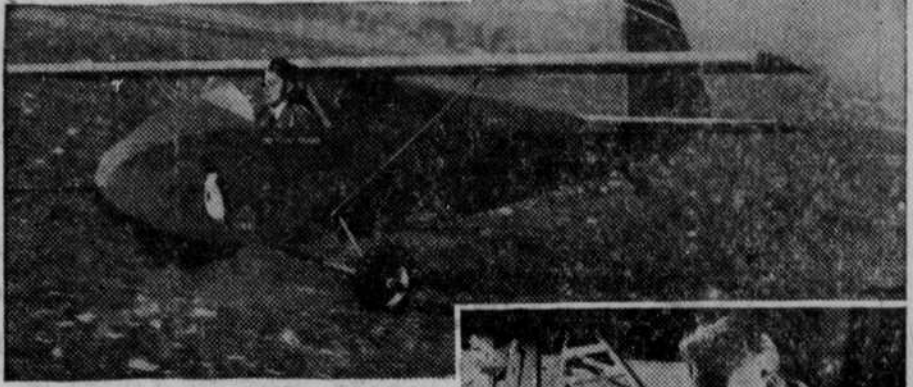
You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feet constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

DOAN'S PILLS

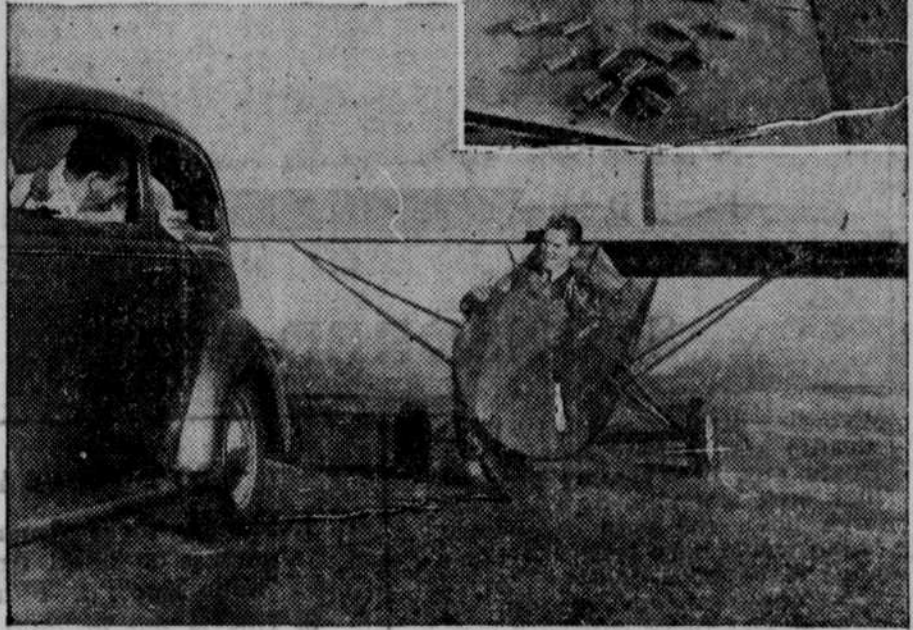
Juvenile Fliers Learn Tricks Of Air Currents on Ground

Schoolboys may be too young to fly real airplanes for their country, but they want to learn the principles of aviation in a manner which approaches the thrill of the real thing. A California glider company and Aeronautical Engineer Volmar Jensen have created a preflight glider which brings youngsters plenty of thrills and a basic flying technique without risking their necks. With the glider, schoolboys learn to keep a steady course through rushing air currents. They do it on the ground towed by a car going 30 miles an hour.

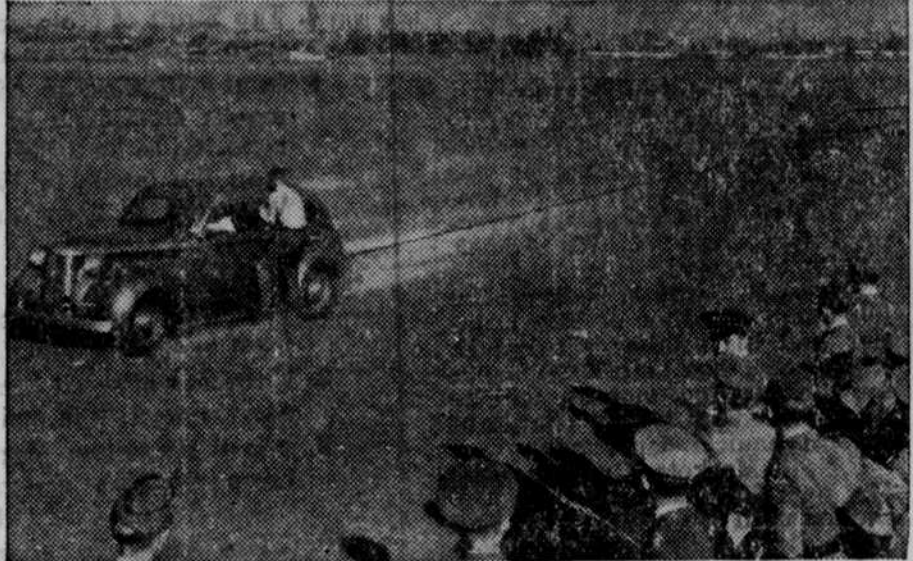


Breezing along behind the tow car, the cadet above tries to prevent the glider's wing tips from scraping the ground. Perfectly controlled, the glider will roll smoothly with tail up.

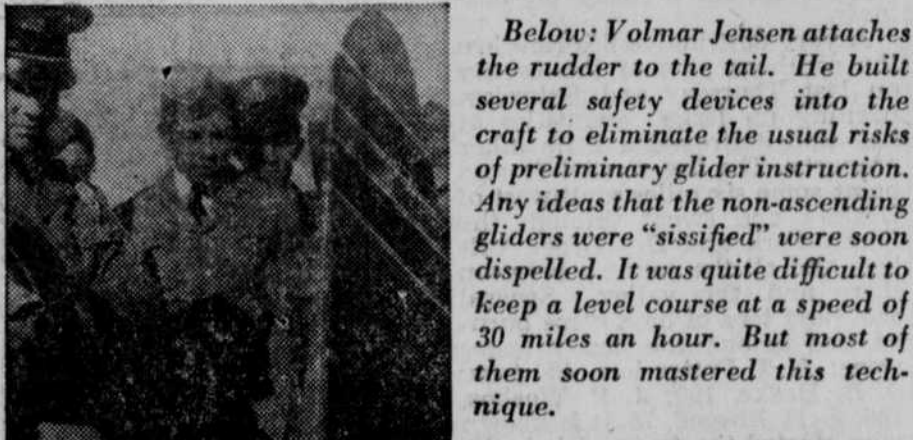
Right: Use of these jigs simplifies construction of the glider. Wood parts are fitted in, nailed and glued. The glider is made of non-priority materials and can be assembled by school manual training classes. A control stick is connected to wings and tail.



Ready to match his technique against air currents, the student, above, informs the automobile driver that he is ready. Tow car pulls away and the 100 foot line is jerked taut.



The glider zooms past an assembly of fellow students. Despite rushing air, it is level. The operator is controlling its balance, something that any pilot must master before he takes to the air.



Below: Volmar Jensen attaches the rudder to the tail. He built several safety devices into the craft to eliminate the usual risks of preliminary glider instruction. Any ideas that the non-ascending gliders were "sissified" were soon dispelled. It was quite difficult to keep a level course at a speed of 30 miles an hour. But most of them soon mastered this technique.



Wings and rudder are removable for transportation purposes.

Farm Topics

Danger of Fire Lurks Constantly in Barns

Hazards May Be Removed By Simple Precautions

Barns generally house the farmer's most valuable livestock, equipment and feed; yet, the barn is packed with fire hazards. But to all practical purposes, all of the major causes of barn fires can be eliminated if the farmer will practice simple precautions and be constantly vigilant. The National Fire Protection association working with the Department of Agriculture, has compiled a list of these dangers.

Cobwebs, dust and litter of all kinds should not be allowed to ac-



cumulate around fuse boxes where they may be ignited by short circuits or around high-speed machinery where sparks can set them ablaze. Knotting of electric cords is dangerous as it may be the cause of short circuits. The main switch box should also be far enough removed from the lightning rod cable so that bolts of lightning cannot jump from the cable to the switch box, short circuiting the wiring.

Inflammable roofs often are ignited by chimney sparks, or sparks blown long distances from brush fires, bonfires or forest fires. For this reason inflammable barn roofs should be re-covered with fire-resistant materials such as asphalt shingles or asphalt roof.

Lanterns should never be placed where an animal or a workman can



kick them over. They should not be hung on a twine from a dusty and cobweb-covered ceiling. They should be kept away from drafts and away from any accumulations of combustible materials. It was a cow kicking over a lantern that started the great Chicago fire, according to tradition, and many a barn has been destroyed in this way.

Smoking should be prohibited in the barn at all times. It is even dangerous to light up a pipe or a cigarette on the way out the barn door, as the sparks may be blown back to ignite combustible stores inside. Workmen are also advised against carrying loose matches.

Spontaneous combustion of hay is one of the most common barn fire causes. All hay should be properly cured before being stored in the mow and should be inspected frequently for signs of heating. Roof leaks creating moisture will start the heating process in perfectly cured hay.

In addition to these precautions, fire-fighting equipment should be kept on hand at all times to tackle any blaze that breaks out despite all carefulness. Each farm should have a long ladder, hose, buckets of water and sand reserved solely for fire use, and a fire extinguisher. To be effective these things must be kept in sound condition and in a spot where they are immediately available in an emergency.

Clear Pecan Groves

Clearing low producing trees and all foreign timber from a pecan grove often may double production in a relatively short time. According to J. F. Rosborough, horticulturist for the Texas A. & M. college, this clean-up has the further benefit of aiding in the control of certain insects and diseases, and facilitating the harvesting of nuts. In all cases, however, it should be followed through with the elimination of stumps and sprouts.

TO YOUR Good Health
by DR. JAMES W. BARTON
Released by Western Newspaper Union.

THYROID EXTRACT

When an individual is nervous, jumpy, overactive mentally and physically, heart rapid, the physician usually advises metabolism test which shows the rate at which the body processes are working. In a case such as the above, the test will usually show that the body processes of this individual are working 15 per cent or more faster than normal. And the cause of this speeding up process is an overactive thyroid gland. The treatment is rest and iodine and if necessary removal of the thyroid gland by surgery or X-rays.

On the other hand, where the individual is sluggish mentally and physically, is overweight, and skin shiny, the metabolism test will usually show that the body processes are working at a rate of 15 per cent or more below normal. The cause is an underactive thyroid gland and these patients are given thyroid extract daily to bring the rate at which the body processes work up to normal.

The above symptoms of the overactive and underactive thyroid gland describe what should be called advanced cases. What about cases where the symptoms are not so pronounced?

In the slightly overactive cases, rest of body and mind is needed, and in the slightly underactive cases some stimulation of mind and body is needed.

Physicians have been finding many children in whom nose and throat infections, and also intestine disturbances and infections occur so often that they suspect some underlying condition of the body as being the cause. Dr. M. H. Stiles in "Archives of Pediatrics" (children's diseases) states that because some children were having distention of the abdomen and other symptoms pointing to a lack of thyroid juice in the body, studies of the basal metabolism were made in a group of 30 children and teen-age boys and girls, in whom there were persistent colds, bronchitis and inflammation of ears and of stomach and intestine. Of the 30 children studied, 90 per cent had basal rates below zero or less, and 60 per cent had rates of minus 10 or less, and for the whole group, the average rate was minus 11.

Of the 30 patients studied, 18 were given thyroid extract. Of these 18, there were 15 who showed great improvement, and only three were not improved. Where, then, these symptoms keep occurring, the metabolism test might well be given.

Another symptom to appear in early heart failure is swelling of the ankles or of the other parts, especially the liver.

The first thought in the treatment of early heart failure is to reduce the amount of work done by the heart by resting more, strengthening the power of the heart muscle yet quieting it if necessary. The drug used to strengthen the power of the heart is digitalis which not only slows, steadies and strengthens the heart action, but helps to drive the water from the tissues. The work of the heart is greatly reduced by reducing the amount of water in the tissues.

Excess Fluid in Body Puts Strain on Heart

When the heart is beginning to fail, the first symptom noted is shortness of breath after exertion, and especially after eating. Palpitation—hard beating of the heart—is another early symptom of a failing heart. Even lying down does not ease the shortness of breath or quiet down the palpitation for some minutes.

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In Southern Medicine and Surgery, Dr. J. B. Mc Lester, Birmingham, the noted food and nutrition authority, makes the following suggestions in the treatment of heart patients.

"Weigh the patient every day; increase in weight is the first sign of excess fluid in the tissues. The increase in weight occurs several days before the appearance of liquid—swelling—in the ankles and other tissues. If the swelling (edema) is present or if the weight increases, have the patient stop using salt in his food and rest as much as possible." Excess water in the tissues must be removed by use of ammonium chloride, in 15 gram doses, three times daily for three days, if the low salt diet fails to remove it.

QUESTION BOX

Q.—What is the meaning of re-infection type of tuberculosis? Is there a cure for it?

A.—Reinfection type of tuberculosis means that tuberculosis has healed, but lung has become infected again. Treatment is rest of the lung.

Q.—Is the yolk of egg "butter fat"?

A.—Yolk of egg is unusually rich in fat but it may not be classed as "butter" fat.

PATTERNS SEWING CIRCLE



8314
12-20

8499
36-52

For Every Day.
MAKE this dress up for every day service—you'll not get tired of it after constant wear. The pleasing bodice has just enough detail to make it always interesting.

Pattern No. 8499 is in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, short sleeves, requires 4 1/2 yards 38-inch material.

Hugs Waist.

THE princess dress has a way of hugging the waistline which turns out to be most flattering. Furthermore, the skirt, widening out at the hem, swirls as you dance. Could anything be more perfect?

Pattern No. 8314 is in sizes 12, 14, 16, 18, 20. Size 14, short or 3/4 sleeves, requires 4 1/4 yards 38-inch material.

Household Hints

Hanging racks on cupboard doors are one solution to the need for additional storage space.

Make a sauce for cottage pudding out of left-over fruit juice by dissolving cornstarch in cold water and adding it to the fruit juice and cooking it for a few minutes.

Grape juice frosting is delicious and different. Put three tablespoons grape juice into a pint bowl, then stir in 1 to 1 1/2 cups of confectioner's sugar till mixture is thick enough to spread on your cake.

To dry a pair of silk stockings without creases or pin marks, clip a couple of clothes pins to a towel rack, slip the stockings over them and spread the pins apart to stretch and spread the hose smoothly.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to:

SEWING CIRCLE PATTERN DEPT.
530 South Wells St. Chicago
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size
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the way grandma did. She used muton suet she medicated herself to relieve colds' coughing and muscle aches. Now mothers just rub on Penetro. Has base containing old reliable muton suet, with modern scientific medication added. 25c, double supply 50c. Get Penetro.

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star of Lady of Burlesque, a United Artists release, is one of the many well-groomed, well-informed Hollywood stars who use Calox Tooth Powder.

CALOX TOOTH POWDER

AT FIRST SIGN OF A
COLD 666
USE
666 TABLETS, SALVE, NOSE DROPS

YOUR KITCHEN IS ON THE FIRING LINE

You're helping our troops when you save used fat in your kitchen and turn it in to your meat dealer. One pound of fat contains glycerine for 1.5 pounds of gun powder.