



Take Care of Your Kidneys!

One should not neglect kidney and bladder irregularities.

Too many people sacrifice health by failing to heed the early danger signals of kidney disorders. Even minor irregularities should be dealt with promptly.

A drowsy, listless feeling; lameness and stiffness; constant backache and bladder irregularities are often timely warnings. Don't neglect them.

To promote normal kidney action and assist your kidneys in cleansing your blood of poisonous wastes, use **Doan's Pills**. Recommended the world over.

50,000 Users Endorse Doan's:
Benjamin Faucher, 222 Silver St., Manchester, N. H., says: "For a time I couldn't do any work, for when I bent over my back would ache. My kidneys acted very irregularly and I felt all out of sorts. After using Doan's Pills, I felt fine again."



Fair Exhibits Big Aid in Educational Work

The Department of Agriculture is taking the government to the people in a way that will give a better understanding of what the department is attempting to do in bettering agricultural and home conditions, says the Washington Star. Requests have been received from approximately fifty state fairs and thirty interstate fairs for exhibits of some phase of the department's work.

By means of pictures, diagrams, charts and motion pictures the various exhibits are giving demonstrations of the best methods in live stock and poultry raising, dairying, forestry, marketing, road development, boys' and girls' club work and other activities. The various exhibits total from 1,000 to 1,400 square feet each and make an impressive demonstration of Uncle Sam's interest in his children. Approximately twenty carloads of exhibits were sent out altogether to make the circuits of the various fairs which requested them.

From a Polo Player

"What is your book about?"
"Marco Polo."
"And how does that differ from the regular game?"

If you have little faith in your town let a stranger censure it, and you will soon get a lot.

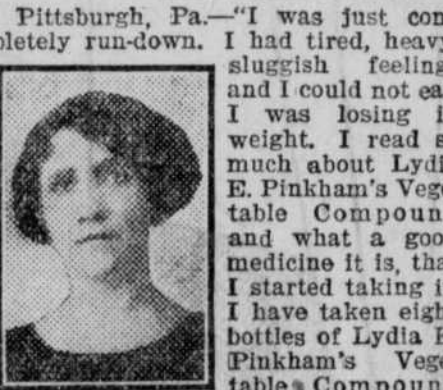
HANFORD'S Balsam of Myrrh
A Healing Antiseptic
All dealers are authorized to refund your money for the first bottle if not suited.

Roofing and Repairs
NATIONAL ROOFING CO., Inc.
Omaha—Sioux City—Sioux Falls—Council Bluffs
Write for Estimates

Wondered Why They Laughed
Teacher was explaining a problem in geometry at the blackboard. Very seriously she said, "Now, I know my figure isn't very good, but if you watch closely you'll see it."—Boston Transcript.

ALWAYS KEEPS IT ON HAND

Lydia E. Pinkham's Vegetable Compound Helps Her So Much



Pittsburgh, Pa.—"I was just completely run-down. I had tired, heavy, sluggish feelings and I could not eat. I was losing in weight. I read so much about Lydia E. Pinkham's Vegetable Compound and what a good medicine it is, that I started taking it. I have taken eight bottles of Lydia E. Pinkham's Vegetable Compound and I feel like a new woman."

and about the same in tablet form. This is one medicine a woman should have in the house all the time. I am improving every day and I sure am able to eat. I am willing to answer any letters I get asking about the Vegetable Compound.—MRS. ELLA RICHARDS, 21 Chautauque St. N. S., Pittsburgh, Pa.

Health Giving Sunshine E
All Winter Long
Marvelous Climate—Good Hotels—Tourist Camps—Splendid Roads—Gorgeous Mountain Views. The wonderful desert resort of the West
Write Croo & Charley
Palm Springs CALIFORNIA
FOR ALL CARS old and new. Rims, Wheels, Accessories, etc. Write or call.
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AUTO SALVAGE & EXCHANGE CO.
Distributors of Guppies Tires and Tubes
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Out Our Way



By Williams

Coed Scrapes Steam Boilers to Help Pay Her Schooling Costs

CORVILLE, ORE.—Scraping out steam boilers may not be ideal work for a woman, but Ruth Steele of Portland has proved that a girl can scrape them just as well as any man.

That, in connection with dusting and sweeping, is the way she worked her way through high school. That is the way she earned her expenses for her first two years at Oregon state college, and that is the way she probably will earn her expenses next year.

Five years ago, when Ruth was a sophomore in high school, she decided she did not want to take care of children any more. She couldn't do office work. So when someone was needed to help with the dusting at high school she volunteered.

Dusting was not all. She swept and scrubbed floors, she washed windows and doors, tended furnaces and fixed motors and scraped boilers and tubes. In fact, she did everything that the manager could find for her to do.

The manager of janitors was getting tired of squeezing into the steam boilers through manholes that were too small, but steam boilers must be scraped and oiled, so Ruth took over the job.

It took her nine hours the first time she scraped the two boilers but when she finished the job was hers permanently. That was four years ago and she has been scraping boilers ever since. Sometimes she works over the weekend, and always goes to Portland during the Christmas vacation and washes windows and scrapes the boilers.

At first she wore a bathing suit but later adopted her brother's overalls, which proved unsatisfactory. The manager solved the clothing problem by offering the suit he had worn, a garment resembling a diver's outfit, and with the aid of numerous tucks and safety pins it was made to fit. She has since worn this costume.

tations and conferences, to induce the miners to consent to a wage cut, but the cry "not a penny off the pay, not a minute on the day" was raised.

Then the South Australian government railway began to import fuel from Great Britain rather than pay the high prices for Australian coal. Next the owners closed the mines, and for some months now orders for thousands of tons have been going to England and New Zealand.

The trade in South American ports that once took supplies from Australia has been lost.

WOMEN'S TROUSER EAD ENCOURAGES COTTON INDUSTRY

BOSTON — Trousers for women are becoming an ally of the cotton industry in a fashion world which has continuously decreed short skirts during the last few years.

Beach pajamas, overalls and trousers cut sailor fashion with a pirate sash are the 1929 mode in the evolution of trousers which began with the bloomers worn by the daring few during the bicycle craze.

So widespread is the use of such garb becoming that the style advisory board of the National Association of Cotton Manufacturers suggests, in its monthly report, that women throughout the country will don pajamas for house wear, and even porch and lawn use, within a year.

"The present vogue for trousers had its beginning in the bloomers worn with bicycling costumes," the report sets forth. "At that time there was a loud outcry against disappearing femininity, breaking up of the home, subservience of men, etc."

"But the entrance of women into the field of war work was a different story. It was considered a noble duty to discard feminine frivolity. The farmette appeared, women donned overalls in factories and uniforms were almost general.

"Trousers for women during the period between 1919 and 1924 meant men's knickerbockers, worn for any possible excuse. The idea was there to stay. So fashion decided to capitalize it.

"The demand for sun and air brought the idea out in the open. In Venice on the Lido, smart society found that it could be both smart and comfortable lying around the beaches all day in pajamas."

The latest costumes are the overalls, printed or plain, with hats of rough straw or cotton fabric. And the logical answer to men's plus fours, the stylists believe, are the long duck or crash trousers cut sailor fashion and worn with a sleeveless tuck-in shirt and pirate sash at tennis or sailing.

Gigantic Farm Project Employs Alabama's Large Convict Labor

MONTGOMERY, ALA.—Alabama has turned to agriculture for solution of its convict labor problem. A gigantic farm project, designed to supply work for at least 1,000 prisoners, calls for the early planting of from 8,000 to 9,000 acres of cotton, corn and other crops on land at four major prisons.

Abolishment of the convict leasing system under Gov. Bibb Graves brought more than 4,000 prisoners out of the mines and ended a labor that had become traditional in Alabama. At the same time it confronted the state board of administration with the serious task of finding employment for the convicts. For a time they were transferred from the mining settlements to "road camps" where they were put to work on the extensive road building program that also had been a part of Governor Graves' campaign platform.

The program slackened, and while legislators are advocating a special session of the state assembly to authorize a road bond issue, the prison man power has been turned into agricultural channels.

In accord with the plans of Alabama growers to enlarge the state's strawberry industry, the prison department will devote a large acreage on the Atmore prison farm to berry production. It coincides with the state department of agriculture's desire to make Alabama a leading strawberry state following inauguration of state federal inspection service and the interstate commerce commission's granting of express refrigerator car service for Alabama strawberries.

A canning factory, to supply all state prisons with vegetables, is to be erected on one of the penitentiary farms.

SHABBY COTTAGE SYMBOL OF KRUPP GROWTH IN POWER

ESSEN.—The drama of one of the world's greatest industries is summed up in a shabby little dust colored frame house that stands in the shadow of the brick chimneys of the Krupp steel works. Its sloping roof irresistibly reminds American visitors of the house where Herbert Hoover was born in Iowa.

In this tiny overseer's cottage in 1826, Friedrich Krupp, founder of the great plant, died at the early age of 39, overburdened with debt and believing a failure his self imposed task of evolving a European competitor for British Sheffield steel.

In this same three-room house, Alfred Krupp, then 14 years of age, faced the problem not only of meeting his father's debts but of carrying on his father's dream of steel making.

For 14 years he kept the shop operating by being manager, overseer, traveling salesman and laborer. Then, in 1840, the first steel cannon manufacture appeared in

Europe and seeing his chance to get in on the ground floor of a new industry, he bought out his mother's and sister's shares in the shop and in 1848 founded the great gun factory that gave to Germany in the World War the famous "Big Bertha."

By another contradiction of circumstances, the man who made possible that engine of destruction also laid the foundations for social welfare work and laborers' protection in German industry.

"The object of industry should be the common welfare," he said, "for work brings blessing, since work itself is a prayer."

Australia's Coal Trade Is at a Standstill Now
SYDNEY, AUSTRALIA.—Carrying coals to Newcastle is a phrase that has become literally realized in Australia.

Australia has abundant coal supplies, but for months the industry has been at a standstill because of the high cost of production. The owners sought, by protracted negotiations the total number of horses on farms in the United States at 14,029,000 head, and mules 5,447,000 head," reports Mr. Lowe. "This is a reduction in horses of approximately 500,000 and in mules of 85,000 in a year."

"Assuming that the average life of a farm work animal is 15 years, about 1,000,000 foals annually are required to maintain the work-stock population at its present level. At present it is only on a half-rate replacement basis."

However, the horse has and will hold his place, in the city where he has been found more efficient than the motor truck for certain types of heavy hauling in congested traf-

Frills and Fripperies For Daytime Pajamas

PARIS.—The difference between daytime and nighttime pajamas is about 12 inches width in the trousers legs, according to present style standards.

Daytime suits, in a majority of cases, have trousers that are almost as wide as skirts. Many of them are shirred from the waist. Others have fitted hips with the flare beginning above the knee.

Some of the more frivolous daytime pajamas have narrow pleated ruffles in place of trouser cuffs. The same pleating appears again on the bottom of the jackets.

fic, and on the hilly farm, as well as in sport, where he can never be replaced.

Mr. Lowe's Farm Journal figures indicate a trend toward more heavy-duty horses and the selective breeding of riding and racing types. The draft breed stallions now being licensed, he points out, outnumber the lighter type stallions by approximately 12 to 1.

Endurance Run

Landlady—And what's wrong now? Youthful Lodger—I just wanted to say that I think you get too much mileage out of this roller towel—Loughborough Herald.

Reason Enough

Sap—Why did they bury the captain at sea?
Head—Because he was dead.

Orchid Days End

Friend—How's business?
Florist—Not so good. All my old customers are married now.

For any BABY

We can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use.

As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't, you should call a physician.

All through babyhood, Castoria should be a mother's standby; and a wise mother does not change to stronger medicines as the child grows older. Castoria is readily obtained at any drugstore, and the genuine easily identified by the Chas. H. Fletcher signature that appears on every wrapper.

It's a wise man who doesn't send his wife to the door when fortune knocks. Men and women who weep easiest are frequently of the temperament that scold easiest.

The Mark of Genuine Aspirin..

BAYER ASPIRIN is like an old friend, tried and true. There can never be a satisfactory substitute for either one. Bayer Aspirin is genuine. It is the accepted antidote for pain. Its relief may always be relied on, whether used for the occasional headache, to head-off a cold, or for the more serious aches and pains from neuralgia, neuritis, rheumatism or other ailments. It's easy to identify Bayer Aspirin by the Bayer Cross on every tablet, by the name Bayer on the box and the word "genuine" always printed in red.

Aspirin is the trade mark of Bayer Manufacturers of Monoaceticacidester of Salicylicacid

Girl Fights Big Handicap

MANY a girl would give up in despair when she found herself snubbed in school and unpopular in college, but not so Mrs. Norma Kussel Jones of 1567 Cramer Street, Milwaukee, Wisconsin.

"When I was seventeen I went away to college," says Mrs. Jones. "Freda, my room-mate, was a very popular girl. Soon she asked to have her room changed. It seems I kept her awake at night, I slept so restlessly. No one knows how I suffered."

"One day one of my teachers found me sobbing. 'Why,' she said, 'sometimes sluggish circulation causes restless sleep. Why don't you try Nujol?'"

"In two weeks Nujol had begun clearing out the poisons in my body, my skin had a clear healthy appearance, and everything looked brighter. 'What have you been doing to yourself?' asked my room-mate. 'You are a different girl.' The days and years that followed were filled with every activity and not long ago Freda was maid of honor at my wedding. That's what Nujol did for me!"

Such a simple way to health and happiness! Your doctor will tell you that Nujol contains no medicines or drugs—it is simply bodily lubrication—harmless, normal, and it works easily so you will be regular as clockwork. You can get a bottle in a sealed package at any drug store for what you would pay for two or three sodas.

Get a bottle today and try it. If you are like most other people Nujol will make you brighter, happier, more able to succeed. Don't put off good health! Start being well this easy way, this very day.

Girls should always sing soprano instead of alto because it is higher toned. If abuse makes a man whine instead of rage, there's something wrong.

New life for old leather

Clean, smooth color restored. Scuffs concealed instantly. The lustre of leather revived. 50 wonderful shades—50 cents. Colors for black, brown, tan and white shoes—a neutral polish for others.

BARTON'S DYANSHINE
SHOE POLISH