



**Doctor's 3 RULES
Big Help to Bowels**

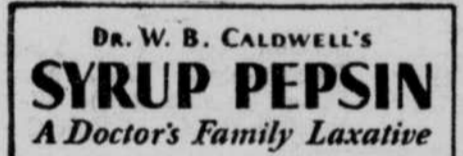
What a joy to have the bowels move like clockwork, every day! It's easy, if you mind these simple rules of a famous old doctor:

1. Drink a big tumblerful of water before breakfast, and several times a day.
2. Get plenty of outdoor exercise without unduly fatiguing yourself.
3. Try for a bowel movement at exactly the same hour every day.

Everyone's bowels need help at times, but the thing to use is Dr. Caldwell's Syrup Pepsin. You'll get a thorough cleaning-out, and it won't leave your insides weak and watery. This family doctor's prescription is just fresh, laxative herbs, pure pepsin and other helpful ingredients that couldn't hurt a child. But how it wakes up those lazy bowels! How good you feel with your system rid of all that poisonous waste matter.

Clean up that coated tongue, sweeten that bad breath, and get rid of those bilious headaches. A little Syrup Pepsin will soon free the bowels from all that waste matter that makes the whole system sluggish. You'll eat better, sleep better and feel better.

You'll like the way Dr. Caldwell's Syrup Pepsin tastes. The way it works will delight you. Big bottles—all drugstores.



What Grit!
"I like to read stories in these fashionable magazines."
"What stories?"
"About a young couple, you know, struggling to get along on only \$7,000 a year."



Her Reward

When children are weak and run-down, they are easy prey to colds or children's diseases. So it is never wise to neglect those weakening and depressing symptoms of bad breath, coated tongue, fretfulness, feverishness, biliousness, lack of energy and appetite, etc.

Nine times out of ten these things point to one trouble—constipation—and mothers by thousands know this is easily, safely relieved by California Fig Syrup.

Mrs. Chas. J. Connell, 1434 Cleary Ave., St. Louis, Mo., says: "I gave Virginia California Fig Syrup for constipation and she was more than rewarded for taking it. It regulated her bowels, helped her digestion, increased her appetite, made her strong and energetic."

The genuine, endorsed by doctors for 50 years, always bears the word California. All drugstores have it.



**Garfield Tea
Was Your
Grandmother's Remedy**

For every stomach and intestinal ailment. This good old-fashioned herb home remedy for constipation, stomach flits and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

**Sunshine
—All Winter Long**

At the Foremost Desert Resort of the West—marvelous climate—warm sunny days—clear starlit nights—dry invigorating air—splendid roads—gorgeous mountain scenes—finest hotels—the ideal winter home.

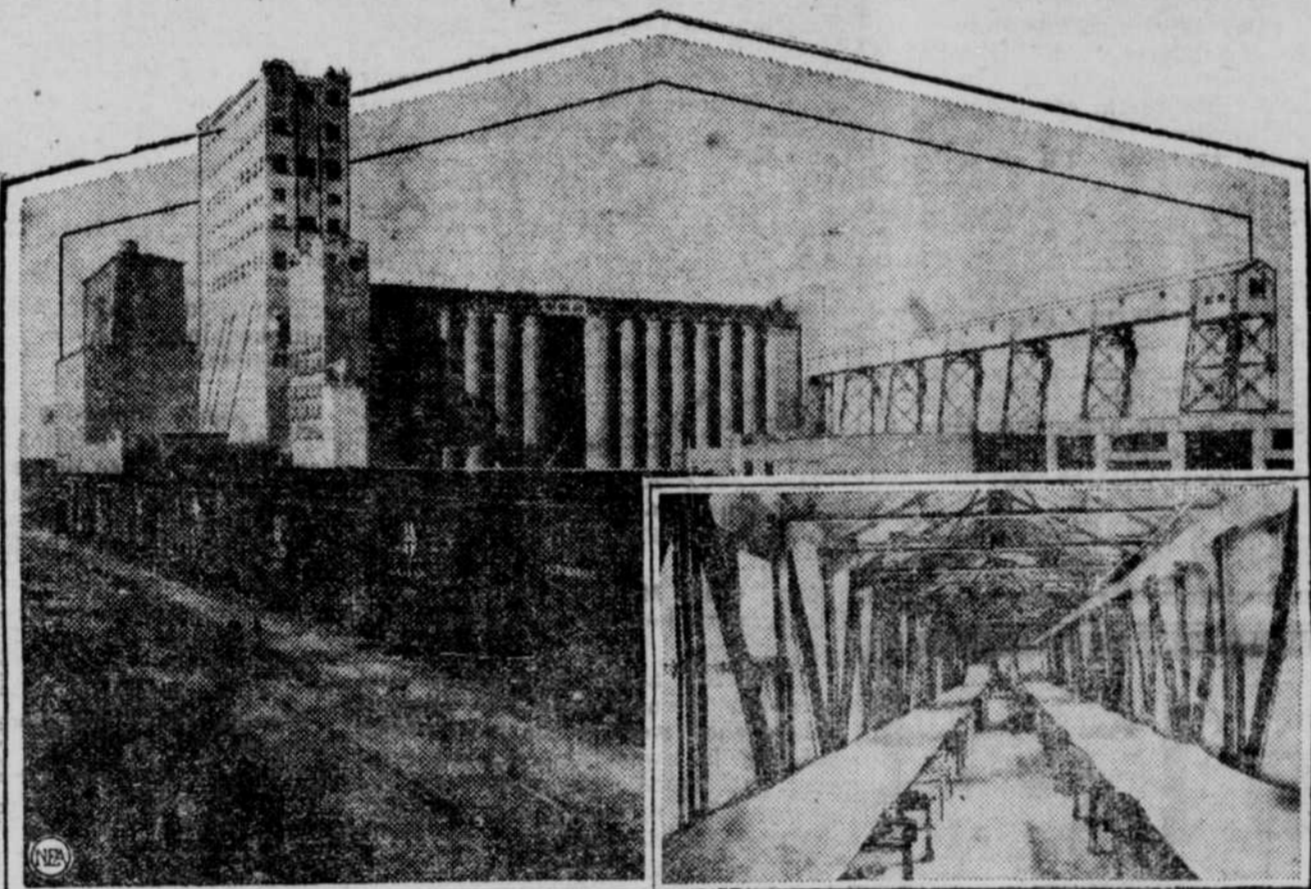


Sioux City Ptg. Co., No. 7-1531.

Out Our Way



Largest Grain Elevator in United States, With Capacity of 6,000,000 Bushels, Erected at \$3,000,000 Cost at Galveston



This recently completed elevator at Galveston, Tex., has a capacity for 6,000,000 bushels of grain. At right are two of the 42-inch belts which convey the grain to and from storing bins.

Galveston, Tex. —(NEA)—What is believed to be the greatest port grain elevator in the United States, and one of the largest in the world, will be opened here soon, after 18 months of constant day and night work.

The storehouse has a capacity for 6,000,000 bushels of grain. Its cost is \$3,000,000.

The largest grain elevator on this continent and, perhaps, in the world is "Elevator No. 6" of the Canadian Wheat Pool at Port Arthur, Ont. Its capacity is 7,500,000 bushels.

"Elevator B," as the one here is designated, is of steel and concrete construction, fronting on the Galveston channel. A total of 14,000 pilings, 300,000 bags of cement, 60,000 yards of concrete, and 4,400 tons of structural and reinforcing steel were used in its construction. It rises to a height of 235 feet and

covers a content of 217,800,000 cubic feet.

Wheat and other grains from all over Texas and other southwestern states are expected to be shipped here for exporting to South America and other countries.

Electrically Operated
Built at a cost of more than \$3,000,000, the storehouse is composed of six units, all electrically operated and designed to cut manual labor to a minimum. Three of the units contain 427 bins for storing the grain. Other units are the head-house, grain drier and a first aid building for caring for sick workmen.

Modern mechanical contrivances have been installed which will permit the unloading of 50,000,000 pounds of grain, or 500 carloads, in a single day, and the loading of three vessels at the rate of 200,000 bushels an hour.

There are six 42-inch distributing belts on which the grain is placed. These belts, running like an endless chain, take the grain into the bins or to steel galleries 1,000 feet in length for loading purposes.

Load Ship in 40 Minutes
After the grain is loaded on a ship, it is but a matter of 40 minutes until the vessel is in open sea and on its way to ports of West Indies, Great Britain, Germany, Italy, the Scandinavian countries, the Near East and South America.

Total weight of the structure is estimated at 250,000,000 pounds. When it is filled to capacity, this weight increases to 600,000,000 pounds.

An inscription on the elevator reads: "May the grain in these bins be good grain and may it spread joy and sustenance throughout the world."

Hampshire Gilt



A typical Hampshire gilt, and the kind specialized in by Wilbur Hodgen on his farm near Pierson, Ia. Hodgen will have a sale of 50 head of bred sows, fall and spring gilts on February 10, and the get of Lucky Whirlwind, the sire of this gilt will be featured.

**MILLIONS NEEDED
TO FREE FORESTS
OF BLISTER RUST**

Spokane, Wash.—To control a parasite more deadly to

**GAME TO BOOST
FARM INCOME**

New York —(NEA)—A new source of income has been made available to farmers through the adoption of a new game policy by the American Game conference here, assuring farmers who practice environmental control of game compensation for their labor.

northwest forests than fires, an expenditure of more than \$7,500,000 within 10 years will be necessary.

This is the estimate of forestry experts of the federal government and northwest states meeting here to plan a concerted defense from the blister rust that reached the Pacific coast from Europe eight years ago.

The forest industries in Washington, Idaho, Oregon and Montana—some 3,000,000 acres—produce an annual revenue approximating \$40,000,000. More than 1,500,000 acres of this timber is controlled by the United States, the largest "owner."

The blister rust, less spectacular than the fire, is potentially more disastrous. E. K. McHarg, inspector of the federal forest service said, but the fight against it has been organized, and damage has been confined to thousands of dollars rather than millions.

The rust grows quietly like a fungus on gooseberry and current bushes is wafted to pines, girdles and kills them and then drifts back to the bushes for another cycle.

of game on land which cannot be more profitably utilized.

This will mean that hunters desiring to shoot game on a farmer's land will pay him a set price for a day's hunting or a price for every head of game taken.

Ross L. Leffler, president of the Pennsylvania Game commission, and chairman of the conference, says that there are various methods by which the farmer will be compensated.

"In some places the sportsman pays the farmer a fixed rate for hunting on his land, and as most sportsmen spend several days in

eradication work consists of killing bushes by uprooting or damaging them with chemicals.

**TIMBER BAMBOO URGED
AS FLORIDA FARM CROP**

Palm Beach, Fla.—Florida farmers may find in timber bamboo a new source of revenue.

Timber bamboo has been planted in various sections of the state by the United States department of agriculture for 28 years, and the results have been such that farmers are urged to develop the product commercially.

Some of the uses for the timber varieties include poles for ornamental fences, trellises, flower stakes, clothes poles, poles for gardening purposes and garden furniture. It grows rapidly and provides a good shade.

the field, this may run to a goodly sum," he says.

"Beyond that, many farmers give the sportsman board and lodging at a proper figure, which adds to the revenue. Many sportsmen leave their dogs to board with the farmer for the year round. Or they become customers for the farmers' surplus of eggs and milk. This, naturally, is clear profit to the farmer."

Small diamonds have been made artificially by dissolving carbon melted in iron and allowing it to crystallize.

By Williams

**How to Escape
FLU**

1. Avoid so far as possible the places where flu germs are most likely to be spread; overcrowded cars and public meeting places; overheated, stuffy rooms.
2. Be careful of close contact with others and beware of all coughers and sneezers; breathe through the nose, get fresh air, but avoid drafts or chilling.
3. Get lots of rest. Eat plenty of citrus fruits. Keep the bowels open. Take extra precaution to keep in good physical condition, so your system will have high resistance against germs.
4. Above all, avoid catching colds. They lower your resistance to the flu germ. Ward them off. At the first sign of any cold, take Bayer Aspirin and remain indoors if possible until your cold is gone. If you have a sore throat, dissolve some Bayer Aspirin tablets in water and gargle; this will relieve the soreness and reduce the inflammation.
5. If you have any reason to suspect even a touch of flu, call your doctor at once.

**Long Hours of Sunshine
Important to Iceland**

Health conditions in Iceland are excellent, Dr. Henry Dwight Chapin says in a report in Hygeia Magazine of a trip that he made to that northern island last summer.

Dr. Chapin was especially interested in the children. He found that infant mortality there was about the lowest in Europe—52.3 per 1,000. One factor he considered important in this result is that most of the infants are breast fed.

The climate of Iceland is favorable to health, Dr. Chapin believes. The prolonged daily sunshine, which in summer reaches twenty hours a day, is an important influence. Ultraviolet radiation is effective until 1:00 p. m. and the purity and clearness of the air favor the full effect of the sunshine.

**Lose Fat
Safely and Quickly**

Kruschen Salts—in perfect combination of the six mineral salts your body should have to function properly—purify your blood of harmful acids, and aid the kidneys and bowels to throw off waste material—the continual formation of which is probably the cause of your fat.

In this modern age of living, it's impossible to get these salts from the fancy foods you eat—but don't worry just as long as you have Kruschen Salts.

Take a half teaspoon every morning before breakfast in a glass of hot water—little by little that extra fat disappears, you'll feel better than ever before—years younger, more energy. You'll soon possess that enviable beauty, clear skin, sparkling eyes, superb figure which only perfect health can impart.

An 85c bottle (lasts 4 weeks) at any progressive druggist in America. Money back if Kruschen doesn't convince you that it is the safest, quickest, easiest way to lose fat.

A Hartford woman writes, "I'll tell the world Kruschen Salts is wonderful stuff to reduce." An Ohio woman lost 10 pounds with one bottle.—Adv.

**SWEETEN ACID
STOMACH THIS
PLEASANT WAY**

When there's distress two hours after eating—heartburn, indigestion, gas—suspect excess acid.

The best way to correct this is with an alkali. Physicians prescribe Phillips' Milk of Magnesia.

A spoonful of Phillips' Milk of Magnesia in a glass of water neutralizes many times its volume in excess acid; and does it at once. To try it is to be through with crude methods forever.

Be sure to get genuine Phillips' Milk of Magnesia. All drugstores have the generous 25c and 50c bottles. Full directions in package.

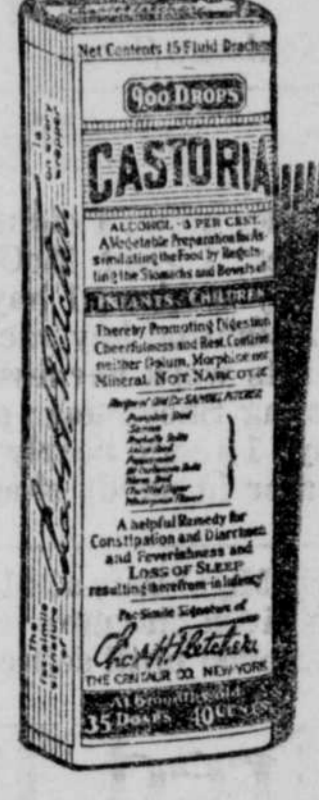
How It Began
George—A month ago Edith and I agreed that we would point out each other's faults without reserve.
Bob—And what did you tell each other?
George—Oh! We only got as far as one remark each!—Stray Stories.

Much Wasted Time
A Belfast (Maine) citizen, owner of a fine clock, took it to the jeweler's to be regulated. In due course he called for it and the jeweler remarked as he handed it across the counter, "As I have wound it, you won't need to touch it for a week."
"Won't need to wind it for a week?" gasped the customer, "And why not?" "It's an eight-day clock. Didn't you know it?" returned the jeweler. "Know it?" shouted the excited clock owner. "No! I've had that clock for over twenty-five years and wound it every night of my life!"

A Round Trip
"I wonder why it is that fat men are always good-natured?"
"Probably because it takes them so long to get mad clear through."—Capper's Weekly.

**No more
COLIC pains
... give Castoria**

ACRV in the night may be the first warning that Baby has colic. No cause for alarm if Castoria is handy! This pure vegetable preparation brings quick comfort, and can never do the slightest harm. Always keep a bottle in the house. It is the safe and sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. When there's need of gentle regulation. Every child loves the taste of Castoria, and its mildness makes it suitable for the tiniest infant, and for frequent use.



And a more liberal dose of Castoria is usually all that's needed to right the irregularities of growing children. Genuine Castoria has Chas. H. Fletcher's signature on the wrapper. It's prescribed by doctors!