THE FARMER MUST HAVE RUGGED HEALTH



Many Break Downs and Failures Due to Exposure and Hard Work

Catarrh in Some of It's Many Forms Claims Thousands

Every farm family has its medicine cabinet and in almost every one will be found a bottle of Dr. Hartman's World Famous Peruna. For coughs, colds and catarrh it is invaluable. It's use is indicated in all cases of catarrhal inflammation and congestion whether of res-piratory organs, stomach, bowels or other organs of the

else. Insist upon Peruna.

If you are sick and suffering,

write The Peruna Company, Dept.

77, Columbus, Ohio, for Dr. Hart-

man's Health Book. The book is

free and may help you. Ask your dealer for a Peruna Almanac.

NOT HIS UNLUCKY NUMBER

Although Unpopular, "Thirteen" Has

Been Decidedly Mixed With This

Englishman's Life.

Superstitious readers will be inter-

ested in the following extraordinary

story, of which the hero is Mr. F. G.

Cordwell, the well-known and popular

Mr. Cordwell has been literally

dogged by the number thirteen. It

was on the 13th day of the month that he attested, went to France, went

into action, got his first leave and returned to take up his commission. It

was in the thirteenth tent, in 13 lines,

13 camp that he had his first lodg-

ment in France. The tent contained

13 men. He had 13 days in hospital.

He was given No. 13 pills. And, re-

turning to civil work on January 18,

he found that his old room had been

Now count up the coincidences. You

will find 13 of them !- Answers, Lon-

The First Kipling Book.

new volume of poems have seen a copy

of that precious item of Kiplingiana,

the first edition of "Departmental Dit-

ties." It was, as its author says, "only

a sort of book"-a lean, oblong docket,

wire stitched, bound in brown paper

and secured with red tape, in imitation

of an Indian government report. A

hundred copies or so were put togeth-

er by the poet himself and posted, in

imitation official envelopes, "up and

down the empire from Aden to Singa-

pore, from Quetta to Colombo." The

first issue contained only twenty-six

poems, but others were added to the

new edition rapidly called for, until

gilt-topped volume. "But," says Mr.

Kipling, "I loved it best when it was a

little brown baby."-Manchester Guar-

One on the Judge.

A certain judge could not control his

temper, and consequently could not

control other people. One day there

was unusual disorder in court, and at

last the judge could endure it no

sistent contempt of court to go on,"

he exclaimed, "and I shall be forced

to go to the extreme length of taking

There was a long silence, then one

of the leading counsel rose, and with

just a trace of a smile, inquired: "If

it please your honor, from what date

The Usual Thing.

fraternal spirit among your citizens."

said the spectacled guest. "They ap-

pear to be almost at swords' points

with each other-backbiting, gossiping,

"Yep!" returned the landlord of the

tavern at Wayoverbehind. "But that's all on the surface. Just wait till some

stranger comes to town and gets into

trouble, and you'll behold a united com-

munity jump onto him with both feet

and in one voice."-Kanshs City Star.

Couldn't Read German Sign.

"No, I don't want any insurance?

Didn't you see 'No Admittance' on the

Agent-Sure I did! The Germans

had "No Admittance" written in barbed

wire and bullets outside their trenches,

Power Pays.

with an individual motor averages

1,000 stitches a minute, while the old-

foot-driven machine accomplishes only

Subject to Change.

"Mrs. Smith-Jones is a decided blonde, isn't she?" "Yes, but she

Mark Twain says that cauliflower

It takes a strenuous man to win a

Eyes inflamed by expoEyes inflamed by expoure to Sun, Bust and Wind
ure to Sun, Bust and Wind
uckly relieved by Hurino
Eyes Eyes Comfort. At
Your Druggists or by mail 60c per Bottle.
For Book of the Eye free write
Murino Eye Remedy Co., Chicago.

Granulated Eyelids.

victory over himself.

is only a cabbage with a college edu-

decided last week."-Stray

300 or 400 stitches a minute at most.

It is said that a sewing machine

but we got in, just the same,-Life.

denouncing, and-"

door?"

only

Stories.

"There does not seem to be much

will your resignation take effect."

the one step that will stop it."

"It is impossible to allow this per-

longer.

Few who are reading Mr. Kipling's

Fleet street journalist.

renumbered 113.

Mr. W. J. Temple of 800 Lincoln Ave., Delaware, Ohio, suffered for years with inflammation of the mucous linings of the stomach and bowels. According to his own story he did not eat a meal for five years without distress. He says: "I am Peruna is sold everywhere. You a farmer and must be exposed to may buy it in either liquid or taball kinds of weather. After years let form. Ask for Dr. Hartman's of suffering, a druggist recom-mended Peruna. I took all together five bottles and am a well man. else. Insist upon Peruna. Formerly, I could not do a day's work. Now, farm work does not fatigue me in the least. Peruna is the best medicine and tonic on the market. Time only strengthens my admiration for it, especially for catarrh and colds.

Crawfish Decide to Migrate.

Passengers arriving in New Orleans on a recent Sunday evening by the Louisville & Nashville railroad said the tracks were swarming with crawfish practically the whole distance between Micheaud and Chef Menteur. Hundreds were walking along gathering the seafood. Baskets, heavy with squirming, wriggling, pinching crawfish were brought in by scores of persons. Expert fishermen said the fish were crawling back to calm waters to escape the squalls outside.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Womens' complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy

condition, they may cause the other or-gans to become diseased.

Pain in the back, headache, loss of am-bition, nervousness, are often times symp-toms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome

Get a medium or large size bottle However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper—Adv.

Eventually. "I say, Fritz. I've found a diamond

stickpin." "For the time being over there in

the scarf of the old gent with the monocle."-Ulk, Berlin.

The prices of cotton and linen have been doubled by the war. Lengthen presently the book changed its format their service by using Red Cross Ball and grew into a conventional stiff-back, Blue in the laundry. All grocers, 5c.

Wait!

"Phwat's thot noise, Mrs. Mullaly?" "Mary Ann's practicin' th' scales." "Begorra, she musht weigh a ton!"

THIN PEOPLE SHOULD TAKE

Nothing Like Plain Bitre-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food alements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being aston-ishing.

ishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should disappear, dult eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION: — Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put en lesh.



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W. N. U., LINCOLN, NO. 26-1919.

BANDITS MAKE WOMAN DISROBE

Trio Gets \$1,800 Diamond Ring Hidden in Clothes, She Tells Police.

Chlcago.-Three ungallant holdup men compelled Mrs. Grace Harvey partially to disrobe in her apartment at 3614 South Michigan avenue. So persistent was their search for hidden loot, in fact, that the pretty young woman finally defied the robbers' menacing pistols rather than "drop another

The police found certain mysterious circumstances which lead them to believe the affair was unusual, as such



robberies go. They are searching for former visitors at the apartment as possible suspects.

For the robbers, undoubtedly had advance information on Mrs. Harvey's jewels. There was one item of an \$1,800 diamond ring. She slipped this down the front of her house-gown when she heard the men at the front door order her maid, Bessie Jensen, to hold up her hands. They had rung the doorbell.

Yet, though the ring was invisible, the robbers immediately demanded that she produce it. And when she protested ignorance of such a ring she was ordered to disrobe.

Three Are Electrocuted by Clothesline Contact

Honolulu, Hawaii. - Mrs. James S. Nott, her six-year-old baby boy and a Chinese servant were electrocuted while hanging out clothes in the rear yard of her home in Honolulu.

An electric light extension, leading from a back porch to a fernery, had been strung across the galvanized wire clothes line. In some manner the insulation became broken and the clothesline was charged with electric-

The Chinese servant was the first to die. Mrs. Nott, in going to his aid, was electrocuted. It is believed that the little boy attempted to help his mother and in so doing was killed.

TOT WALKS IN HER SLEEP

Four-Year-Old Girl Unlocks Door and Tramps Four Blocks to Grandmother's.

Rock Springs, Wyo .- Arising from her bed at 3:30 a. m., while sleeping soundly, four-year-old Lucille Davis unlocked a door, left the home of her parents, walked four blocks to her grandmother, broke a window pane with her fists, unlatched the window fastening, hoisted the sash, crawled through the window, climbed the stairs to the second floor of the house and was discovered-still sound asleepstanding against a wall that barred

her further progress. Her presence was betrayed by the barking of a watchdog, the noise made by her entrance not having aroused her grandmother's family.

Aside from a few cuts in her hand, the child is not suffering as a result of her remarkable performance, which is thought to be one of the strangest cases of somnambulism ever recorded.

SPENDS HALF LIFE IN JAIL

Criminal With Long Record Declares Life of Crime Does Not Pay.

Omaha, Neb .- "Stretch" Bird, arrested in Omaha charged with implication in the robbery of a garage and theft of a dozen high-priced automobile tires, has had an eventful criminal career. He is forty years old and has spent

more than one-half of his life in prison. "And it was worse than wasted," Bird said, "for all of the robberies I have committed yielded me less than \$100 in money. It doesn't pay to do

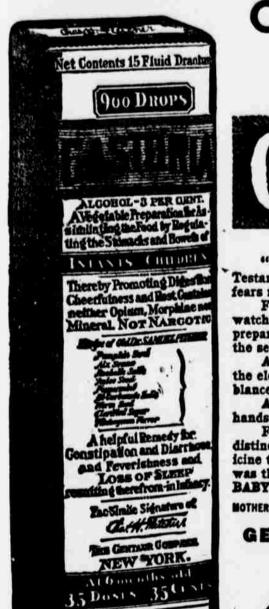
Care and Responsibility.

THE responsibility attached to the preparing of a remedy for infants and children is undoubtedly greater than that imposed upon the manufacturer of remedies for adults whose system is sufficiently strong to counteract, for a time at least, any injurious drug. It is well to observe that Castoria is prepared today, as it has been for the past 40 years, under the personal supervision of Mr. Chas. H. Fletcher.

What have makers of imitations and substitutes at stake? What are their responsibilities? To whom are they answerable? They spring up today, scatter

their nefarious wares broadcast, and disappear tomorrow.

Could each mother see the painstaking care with which the prescription for Fletcher's Castoria is prepared: could they read the innumerable testimonials from grateful mothers, they would never listen to the subtle pleadings and false arguments of those who would offer an imitation of, or substitute for, the tried and true Fletcher's Castoria.



Children Cry For CASTORIA

A Word About Truth

"Great is Truth, and mighty above all things." So says the Old Testament, yet it is equally true to-day. Truth shows no favors, fears no enemies.

From the inception of Fletcher's Castoria, Truth has been the watchword, and to the conscientious adherence to this motto in the preparation of Fletcher's Castoria as well as in its advertising is due the secret of its popular demand.

All imitations, all substitutes, all just-as-good preparations lack the element of Truth, lack the righteousness of being, lack all semblance even in the words of those who would deceive. And you! Mothers, mothers with the fate of the World in your hands, can you be deceived? Certainly not.

Fletcher's Castoria is prepared for Infants and Children. It is distinctly a remedy for the little-ones. The BABY'S need for a medicine to take the place of Castor Oil, Paregoric and Soothing Syrups was the sole thought that led to its discovery. Never try to correct BABY'S troubles with a medicine that you would use for yourself. MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

CASTORIA: ALWAYS



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tion. I believe."

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