A NURSE TAKES DOCTOR'S ADVICE

And is Restored to Health by Lydia E. Pakham's Vegetable Compound.

Euphemia, Ohio. - "Because of total Ignorance of how to care for myself when verging into womanhood, and from taking cold when going to school, I suffered from a displacement, and each month I had severe pains and nausea which always meant a lay-off from work for two to four days from the time I was 16 years old.

"I went to Kansas to live with my sister and while there a doctor told me of the Pinkham remedies but I did not use them then as my faith in patent medicines was limited. After my sister died I came home to Ohio to live and that has been my home for the last 18 years.

"The Change of Life came when I was 47 years old and about this time I saw my physical condition plainly described in one of your advertisements. Then I began using Lydia E. Pinkham's Vegetable Compound and I cannot tell you or any one the relief it gave me in the first three months. It put me right where I need not lay off every month and during the last 18 years I have not paid out two dollars to a doctor, and have been blest with excellent health for a wowoman of my age and I can thank Lydia E. Pinkham's Vegetable Compound for it.

'Since the Change of Life is over I have been a maternity nurse and being wholly self-supporting I cannot over estimate the value of good health. I have now earned a comfortable little home just by sewing and nursing. I have recommended the Compound to many with good results, as it is excel-lent to take before and after child-birth."—Miss EVELYN ADELIA STEW-ART, Euphemia, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confi-dential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

DENTIST HAD WASTED TIME

Really Was No Use Walting for Patient to Close Eye, Seeing Its Composition.

He was a nervous man, says the Philadelphia Record. Most men are when they find themselves in a dentist's chair, but he was exceptionally go. The tooth that had to come out was quite a small affair-from the dentist's point of view. From the patient's it felt about the same size as

He decided to have gas. The dentist, who was in a hurry to go to a baseball game, tried to persuade him to do without, but he was determined.

The dentist, in a fever of impatience, waited for the victim of lose consciousness, but the nervous man insisted on keeping an eye open, though he had enough gas to float an

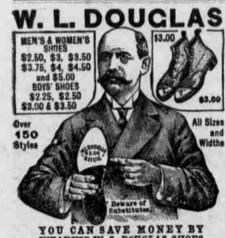
Unable to control himself any longer, the trate tooth-puller exclaimed: "Let go yourself, man! Shut your eye, you idlot!"

dreamland the patient murmured sleepily:

"Can't-it's glass!"

When a man says, "I'm built that way," it means that he is both selfwilled and self-made.-Desert News.

Unfortunately all classical music doesn't have the accent on the class.



YOU CAN SAVE MONEY BY
WEARING W. L. DOUGLAS SHOES.
For 31 years W. L. Douglas has guaranteed the
value by having his name and the retail price
stanged on the sole before the shoes leave the facstanged on the sole before the shoes leave the facstanged on the sole before the shoes leave the facstanged on the sole before the shoes leave the facstry. This protects the wearer seminet high prices
for inferior shoes of other makes. W. L. Douglas
shoes are always worth what you pay for them. If
you could see how carefully W. L. Douglas shoes are
made, and the tight grade leaders used, you would then
understand why they look better, fit better, bold their
shage and wear longer than other makes for the price.
If the W. L. Douglas shoes are not for sale in your
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W. L. DOUGLAS, 210 Spark St., Brockton, Mass.

DEFIANCE STARCH is constantly growing in favor because it

Does Not Stick to the Iron and it will not injure the finest fabric. For laundry ourpose sit has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska

SMALL ORCHARDS

at The Gern City of the Piedmonts
Divided to suit purchaser. Paying good interest at
once. Very best varieties of Peach, Apple and Cherry
trees, in and adjoining city, with its 30 passenger
trains daily, largest business and best depot between
Atlanta, da. and Greenville, 8. C. Water Sewers, trie Lights, Telephones and all City conveniences o I. C. WADE, CORNELIA, GEORGIA

Highest Cash Prices Paid For CHICKENS, VEAL, CREAM WRITE FOR SPECIAL PRICE LIST. THE R. E. COBB CO., 14, 3rd Street, St. Paul, Minn.

Typewriters Slightly used and rebuilt typewriters era at low prices. Sent on approval anywhere without adeposit; callor write for stock list. B. F. Sanason Company. All Locust Street, Des Moines, lowards

Agents Wanted Saw-Wood Dressing Combs made from new comb material; you can't break 'em: 30% profit; sample So; cata-loguefree, Saw-Wood Comb Co., Atlanta, Ga.

Sioux City Directory "Hub of the Northwest."

SHIP YOUR LIVE STOCK TO SIGUX City Live Stock Commission Company Sapital \$50,000.00 and Plane 1507, Bell Plane Office Lot us know if you are in beed of market reports. We will mail you live Stock Record free of charge FOR BEST SERVICE SHIP

RICE BROTHERS Live Stock Commission Merchants at SIGUX CITY, Chicago or Kanaas City

THE MARTIN HOTEI ABSOLUTELY FIREPROOF 250 ROOMS. RATES SI.00 AND UP. his protein foods, especially as the moderate use thereof appears to add to his immediate comfort and well

Fundamental

Principles of

Health Esters

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray)

PROTEIN FOOD.

man, kept absolutely motionless in

bed and fasting, develops 1,625 calo-

ries a day, an amount of energy equiv-

alent to lifting one ton (2,000 pounds)

more than 2,500 feet, and that to this

must be added the energy expended in

additional heart beats resulting from

mental excitement or any other form

of muscular action. This implies a

combustion of tissue fuel and, of

ing nitrogen in a wonderfully complex

dering series of metabolic changes in

the body chiefly in the urine, but to

Physiologists take these facts as a

the body must be losing protein.

stance, one may be in nitrogen equi-

librium on one ounce of protein and

can burn in your furnace three buck-

ets of coal a day or ten. Experience

teaches that the extra protein is me-

tabolized in the body and equilibrium

is established on a higher level so that

there is no accumulation, but the or-

gans must work harder to expel the

been found that there is a certain low

limit of protein which just suffices to

maintain nitrogen balance, and be-

tween this level and the maximum ca-

pacity of the body to digest and ab-

sorb protein food the nitrogen equi-

tibrium may be maintained upon any

given amount of protein. The investi-

this field seem to show that nitrogen

equilibrium may easily be maintained

on a plane vastly lower than that gen-

erally prevailing, and to lower the

this minimum undoubtedly would be

of great benefit to the average indi-

vidual in many ways, especially dur-

body as urea, creatinine and uric acid.

Urea is the most important of the ni-

the chief end product, so far as nitro-

Next to urea and the ammonia com-

Just what the latent adaptive powers

tor temperatures in tropical climates

Just an ordinary flower pot will do,

or any sort of clay jar, porous vessel,

or common unglazed earthenware pot.

cloth with strong salt water and keep

it over the top of the flower pot. The

ends should dip down into a soup dish

All you need do is to moisten a

or the hottest of August days.

clay jar or pot.

in the body in the same time.

the urine is creatinine.

ing hot weather.

molecule that passes through a bewil- ciple of coffee and tea, and theobro-

our bodies and finally, after having respectively trimethyl and dimethyl

must be waste or ash.

PURIN FOOD MATTER.

Emil Fischer first called attention to a nucleus composed of carbon, hydrogen and nitrogen, which he called "Purin," and which is found to be widely distributed among food matters. The purin bodies are regarded as the parent substance of compounds of the uric acid and xanthin group, which are progressively oxidized purin nuclei, running about as follows: Purin; adenin, or amino-purin; guanin, or amino-oxy-purin; hypoxanthin, or exy-purin; xanthin, or diexy-purin; uric acid, or trioxy-purin, uric acid being the most highly oxidized purin of the group. We have noted that the average

About twelve different combinations of the purin nucleus are known to exlet in nature, but not fewer than 146 have been produced in the laboratory. How many may be formed in the body in the cycle between the protein intake and the nitrogenous excreta and every additional motion, even to the their final effect on human health and happiness is not known, but certainly they exert a profound influence on us. Purin bodies are stimulants and they exist in all meat extracts, in the course, wherever there is combustion, flesh meats of ordinary consumption unless it be of pure carbon, there and in much larger quantities in the glandular organs. In lesser amounts Among our main food materials the they occur in many vegetables and proteins are characterized by contain- grains, as in oats, the potato and the

completed the cycle, is expelled from compounds of xanthin. Hall names a number of common a smaller extent in the feces and foods containing purin bodies, and the following list gives the amount contained per pound:

sugar beet. Caffein, the active prin-

min, the active principle of cocoa, are

basis from which to figure t requirements of our bodies, as	the food nd when FISH.	Grains
they speak of the nitrogen bal	lance, or per nound.	per pound
the carbon balance, they refer	r to that Halibut 7.14Salmor	
amount of nitrogen or carbon		
that is exactly balanced	show ow Mutton 6.70 Beefst	
amounts of nitrogen or car	TORK INCIDENCE MADE COURT	
creted from the body. Nitrog	A COLOR CONTROL OF THE PROPERTY OF THE PROPERT	breads70.4
librium, then, is that state in which the nitrogen intak	m 4 41 m m m m	у 8.8
actly balanced by the nitrog	Boat strioin 9.13	
pounds expelled. If the ba		TOTAL TOTAL
even, then the body is receiving	The state of the s	
	on the to	Grains
food as much protein nitrogen	Pres steeps	per cur
metabolizing and eliminating		
excreta. If there is a plus ba	Dans 9 95 Dotat	0.16
favor of the food it is evident	that the	
bade to landow on an atasta o		

body is laying on or storing protein, Milk, butter and cheese are not while if the balance is minus, that is, found to contain any free purin or if the total nitrogen excreted exceeds purin yielding substances. Lehman the nitrogen protein taken in the food, found one gram (15.43 grains) of uric acid excreted in 24 hours on a purely Obviously, anything that will tend vegetable diet; 1.1 grams (16.94 to disturb the normal appetite must grains) on a mixed diet, and 1.4 grams upset this delicate balance, and there-(21.56 grains) on a diet consisting in lies the disadvantage and the grave chiefly of meat. Haugton found three danger in using dietetic whips in the times as much uric acid excreted by shape of condiments, sauces, cockmeat eaters as by vegetable eaters, and tails and all highly flavored non-nutri- Herman, Rosenfeld and Orgler found tious substances. It is important to uric acid-nitrogen excreted in amounts bear in mind the fact that nitrogen or ranging from 0.046 gram in 24 hours protein equilibrium may easily be es- on purin-free diet to 2,793 grams on

tablished on different levels. For in- a meat diet. Dapper, Ranke, Bunge, Marez Schultz, Taylor, Burian and Schur and a meat diet than by vegetables, fats and carbohydrates. Dietetics is gradually becoming an exact science and certain general principles are recognized by science about as universally as they are disregarded by the average individual.

additional ash. Experimentally it has One definitely fixed fact is that the physiological fuel values of our foods are as follows:

> Carbohydrates, 4 calories per gram (15.43 grain.) Fat, 9 calories per gram (15.43 grain). Protein, 4 calories per gram (15.43 grain)

Proteins are exactly interchangeable with carbohydrates as a fuel food, gations of Chittenden and others in but carbohydrates are not interchangeable with proteins. Proteins are, as pair foods, for which there is but a limited demand, and any material exprotein allowance approximately to cess, especially in the purin nucleus containing proteins, tends to derange our metabolizing functions, to form body poisons and thereby break down Nitrogen is eliminated from the our execreting organs.

Carbohydrates and fats, on the other hand, furnish straight fuel or trogenous excreta of the body, being energy producing foods, which, in their natural state, are burned in the gen is concerned, of the physiological body with a minimum residue and metabofism of the proteins and the without creating deleterious by-prodalbumenoids of the foods. If we know ucts. Because of its stimulating qualhow much urea is secreted in a given lities, protein is not only an uncomfortperiod we know approximately how able and dangerous hot-weather fuel much protein has been broken down food, but it is very expensive. Three thousand calories of lean steak at 20 cents a pound cost \$1.26; the same pounds it forms, the most important amount of energy in cysters at 30 of the known nitrogen constituents of cents a quart will cost \$1.90; but the same 3,000 calories in genuine whole-Uric acid is generally believed to wheat flour at 6 cents a pound will be the result of the daily wear and cost 10 cents, and the same energy in tear of cell constituents, the final re | milk at 8 cents a quart will cost but

sult of cleavage of nucleoproteins. 37 cents. To be healthy and efficient about of the normal human body may be three-tenths of our energy should be we do not know, but inasmuch as secured from butter, cream, milk, fats there is some close connection be- and oils; six-tenths from potatoes, tween the uric acid group and many bread, cereals, fruits and vegetables, of our insidious diseases, the wise man and one-tenth from protein foodsis using great caution in the matter of beef, chicken, fish and the like.

GOOD AS A REFRIGERATOR | put in the jar and it is exposed to a current of air, say, on a dark window still with windows open and shutters Frenchman Tells of Some Remarkable closed.

Things That May Be Done With The water inside the porous pot the Humble Flower Pot. perspires its way in a microscopic A certain Frenchman of an investimoisture through to the outer surface gating turn of mind has just found The burlap maintains such a slow rate of evaporation that the pot is kept out that an ordinary red clay flower pot can be made use of to keep water, cold and this cools the contents. butter and other things at refrigera-

This use of flower pots to make ice water can be made valuable not only to every home and boarding house in the land, but in times of ice famine on trains, in deserts, on the baseball field and in the pantries and kitchens of hotels and other places.

American Girl Cosmopolite.

An East End car stopped for severor basin on which the flower pot al minutes in an exclusive district stands. This draining dish must be and my attention was attracted to a kept full of water all the time. A well-dressed girl standing on the sidedark, cool pantry, just where you walk. I idly speculated on the coswould keep an ice cooler or a re- mopolitan character displayed by her frigerator, is a good place to keep the apparel. She wore a Russian skirt, a China silk blouse of Japanese cut, a Another way described is to wrap Roman striped girdle, Panama hat a layer of burlap around a porous jar. with a Scotch plaid band and English The water or butter or what not is walking shoes - New York Sun.



Taps Own Pay Envelope First Time in 27 Years

B OSTON, MASS.—When John Gearon of Malden skidded to the altar 27 years ago he wore a veteran dress suit, had a small set piece in his coat lapel, and did everything possible to make the incident appear like a wedding, but when he was arraigned in



court here, charged with nonsupport, he declared that something went wrong with the arrangements and he was sentenced to life by a quiet-appearing clergyman.

"I love my wife," said Mr. Gearon, but, oh, you kid, judge, I've led a

"No nonsense," said the judge sternly. "Practically none," answered Mr. Gearon, ignoring the reprimand. "My

only amusement has been solitaire, and as I lost one card in 1895 and another, the ace of diamonds, in June, 1908, it's been very, very hard to make it come out properly. On my birthday, in 1910, I made arrangements to buy a pack of cards for a nickel, but my wife used the range finder with a large soup tureen, and it scored as a shot, and made me crosseyed for a week.

"I don't quite get you," said the court patiently. "Do you mean that you have had no money in twenty-seven years?" "Let him answer that," said Mrs. Gearon, sideswiping her little husband with an emphatic gesture, and causing him to bump his head against the bar

of justice. "That's just why he is in this court. Last week he came home with his pay envelope ripped open and 50 cents gone from it. Ask him what he did with that. Let him tell your honor the silly story about having a tooth pulled. The wretch!' Mr. Gearon moved aside as if fearing his wife would step on him. "Judge," he said, "in twenty-seven years I have never opened my pay

envelope until last Saturday. Along about four o'clock a nerve in my tooth exploded; my hair stood up like wire and my jaw swelled out so that I couldn't put my hat on. When I got paid at six o'clock I was so dizzy I didn't care what became of me, and I ripped my envelope and had a dentist pull "Hold!" said the court, apparently in a daze. "I will continue this case.

For some reason, I don't seem to be able to quite get it. I will consider it all until next Monday at ten o'clock, at which time I will give my decision.

Farmer Glad He Is Clever; Hands Stranger Cash

C HICAGO.—The supply never fails, because there is a new one born every minute, and sometimes twins. John Bjorheim is considered a smart farmhand in Montana. There he earned \$323 and started for Norway a few days ago.

SHOW

EM THAT

IN HONEST

When he arrived in Chicago he went to the Elk hotel in South State street, and after depositing his baggage went out for a walk on Michigan He smiled as he thought of the

disappointment any swindler would have if he tried to sell any of those high buildings to a smart farmhand from Montana. A well-dressed stranger saw the

smile of amusement. "Tell me the joke," he suggested.

times. Then he told the police.

Bjorheim told his joke and the stranger looked relieved. "An honest man at last," he exclaimed. "I will pay you well if you will

may increase it to two or three ounces many others find that a higher excredo a little work for me. I have a friend who wants me to match pennies with and still be in equilibrium, just as you tion of uric acid is brought about by him. I have been looking for an honest man to hold the stakes. You are sure you are honest? "Oh, yes," Bjorheim assured him, and they started away together to the

penny matching place at Twenty-fourth street and Indiana avenue. The other man was waiting to match pennies. "Maybe this man isn't honest," he objected.

"He has \$323," said Bjorheim's new friend. "I'll bet he has not-let me count it," said the other, and Bjorheim hand-

ed over the roll. "We'll walk around this way," said the man, "and you walk around the other way and meet us. We will have the money counted by then." Bjorheim started around the block. He walked around the block several

Don't Get Worried About the Double-Faced Bill

DETROIT, MICH.—Beware of the double-faced currency issued by the United States government, lest it land you in jail for a few days while the wonwe have seen, growth and tissue re- dering folk of the country recover from an imaginary scare, and get the



government officials to prove that a \$10 bill with a \$20 back on it is a bona-fide note. Some time ago the printers of our United States money got some plates mixed and eight notes with a perfect print of \$20 on one side

and \$10 on the other were put into circulation. The other night Nicholas Kowalski purchased a 25-cent lunch in a Michigan avenue Baltimore lunch. He tendered what he thought was a\\$10 note in payment. The clerk refunded

aim \$19.75. "Here, you have given me \$10 too much change," said Kowalski. "You gave me a \$20 bill." retorted the waiter. "I never had so much money in my life, but if you will look in the cash

register, you'll find that it was a \$10 bill," laughed the patron. The waiter opened the cash register and there was the \$20 bill. He took out and threw it on the counter. The bill turned over during the operation and there it was a \$10 note. Both the customer and the waiter pinched themselves several times to make sure they were not dreaming. The bill remained

The police were called and both men taken into custody, Kowalski claiming that it was not the bill he had tendered the waiter, and the waiter alleging that Kowalski was trying to pass a counterfeit bill on him.

The bill was turned over to government authorities, who explained

Hungry Manatee Always Bellowing for Eel Grass

N EW YORK.—Once in a while a guest drops into the zoo and makes things a trifling embarrassing. Now, for example, you take Pa Knick's very latest guest, a most amiable old manatee which lately splashed into the tank at the Aquarium after having come all the way from "down South." Sure

ing him feel so is something else again. You know there is nothing makes one feel quite so at home as to find just what he likes to eat on the table. But when you have an old cow-faced, herbivorous, manatoid, sirentan mammal on your hands that likes nothing

he's welcome, but the matter of mak-

better to eat than salt eel grass, and when that isn't handy most any other kind of water grass, why, it is hard to keep him in salad. Thus far the hosts down at the Aquarium have been

fortunate in securing eel grass flavored just to the manatee's taste. But the supply isn't always to be relied upon. Healthy adult manatees weigh a ton and a half when they get all they

want to eat. They grow to be eight feet long. How long they live no one knows. They're good natured and like to be petted.

Elucidation.

He Had His Chance. "That wealthy man who has been "Now, Thomas," said the teacher, can you more fully explain the adage, courting her told her that if she did Old men for counsel and young men not marry him he would go to Europe or war'?" "It means," replied Thom- and throw his life away in battle." as, "that the old men do the quarrel-"What did she say to that?" "She ng and then let the young men do the asked him if he would promise to do that if she would marry him." ching."-Fun

MENTAL ACTIVITY AND AGE Peruna Cured This Man Of

That Attitude of the Mind Has Much to Do With Length of Life is Well Known.

A few years ago a young man died of old age" in a New York hospital. After an autopsy the surgeons said that while the youth was in reality only twenty-three years old he was internally eighty!

It is the aged mind that frequently makes the body old. "Keep growing or die," is nature's motto, a motto written all over everything in the universe. There must be a constant activity in the mind that would not age; and the body is but the expression of the mind.

There is no doubt that, as a race, we shorten our lives very materially through our false thinking, our bad living, and our old-age convictions. Doctor Metchnikoff of the Pasteur institute in Paris, says that men should live at least 120 years. Yet it is only in rare instances today that a man reaches even the century mark.

Making a business of prolonging life and still retaining as much as possible of its vigor, freshness and buoyancy ought to be a prime object. especially after one has passed fifty. While proper care of the body is absolutely essential for the attainment of this object the mental influence far transcends all others. The attitude of the mind has everything to do with hastening or retarding the degeneralve process incident to one's declining years. It is an established fact that the body follows the thought, is shaped by the mental convictions, emotions, moods,-Orison Swett Marden in October Nautilus.

HEAD IN WATERY PIMPLES

R. R. No. 1, Kyles, Ohio.-"My baby's head when about a year old began to break out with small watery pimples causing her head to itch. She would scratch her head till the blood came causing the top of ner head to be in almost a solid eruption. The pimples at first were nearly as large as a pea and in patches which would inflame and fester and when they would come agen would leave a kind of wet scales there for a few days. Then when it dried up it would leave scales on her head that caused her hair to fall out just in great bunches.

"One day I happened to see Cuticura Soap and also Cuticura Ointment advertised in a paper and I ordered a sample of each. They seemed to help her head so much that I purchased a cake of Cuticura Soap and a box of Cuticura Ointment and in two weeks' time her head was sound and well. Her hair had stopped falling out and was also free from dandruff." (Signed) Mrs. J. L. West, Feb. 20, '14. Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post

card "Cuticura, Dept. L, Boston."-Adv. Preferred His Grouch

A landlord, returning home after an absence of several weeks saw one of his tenants sitting on a stone wall. In Use For Over 30 Years. A landlord, returning home after an whistling merrily. The moment that he greeted him, however, the man scowled and began abusing him.

"Why, what's the matter, Pat?" he asked. "Matter is it?" was the answer. "Matter enough, when your stheward

is afther evicting me, bad luck to "Evicted you? What for?"

"The old liar pretended me cabin wanted repairing, and as Oi wouldn't let him, shure he put me out." "Never mind," said the landlord, "I

hear the cottage you have always wanted is vacant, and I'll let you have that at the same rent."

"No, thanking your honor," said Pat. "I couldn't think of it." "But why not? What is to hinder

you?" "No, your honor," was the reply, 'Ol'd rather have me grievance.'

South America.

"The people of South America are people of great and brilliant possibilities. The leading man, perhaps, in the last Hague conference was a Brazilian. Among the common people there are immense possibilities of undeveloped character and service," so declares a religious leader.

"Where in the world will you find a more patriotic people?" he contin-

"Where in the world will you find people who have been as willing as the South American people have been for 100 years to die for great fdeas and for great causes and for great personal loyalties?

"They lie at our door today-these forty million people, awaiting at our hand the help that is to make of them great and powerful nations, and to enable them to discharge their duty of service to the world."

Right, Part of the Time. "Does your wife ever accuse you of things you don't do?" "Yes, and a lot of things that I do

It serves a man right if he marries a suffragette and has to take in whitewashing to support her.

A woman is never popular with a man who knows less than she does.

grow worse and made me miserable. I could scarcely and my taste me. My head ached constantly, and at times had high fever and bleeding at the nose. I was a perfect "I tried several doctors, but derived no relief. I read in one of your lit-tle booklets, called 'lis of Life,' of Peruna being a remedy for catarrh, and procured a bottle at once. After the use of one bottle I felt some better, so I tried the second and the

third, and now I am a well man."

The Wretchedness of Constipation

Can quickly be overcome CARTER'S LITTLE LIVER PILLS. Purely vegetable —act surely and gently on the liver. Cure ache, Dizzi-

Catarrh.

Mr. A. B.

Maryland.

writes: "Two

years ago I be-

came a suf-ferer with ca-

tarrh, which

continued to

ness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE, Genuine must bear Signature

Reason for His Faith.

"Bruddren and sistahs," began Jim Dinger, the gambling man, during the revival in Ebenezer chapel, "I rises to testify dat I has done been snatched fum de slough o' sin and de sass-pole o' 'nickerty whuh I has been wallerin' for lo dese many days."

"Hallelooyer! Bless de Lawd!" shouted a dozen earnest voices.

"Yas, bruddren and sistahs, de Lawd's done made muh eyesight so po' yuh of late dat I kain't sca'cely see de spots on a cyahd, and I mought dess as well j'ine de church as to stay outside. Muh days o' usefulness is ovah, anyhow."

The Biggest Jackknife.

Larry Mount, a policeman of New Britain, Conn., has completed, after four years' work, what is believed to be the largest jackknife in the world. It is 6 feet 7 inches long when open and 3 feet 21/2 inches when closed, and the large blade is 6% inches wide.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Children Cry for Fletcher's Castoria

On the Job. "I was told I would find a game center here."

"That's him over there," "Who?" "The game scenter-my pointer."-Baltimore American.

Money for Christmas. Selling guaranteed wear-proof hostery to friends & neighbors. Big Xmas business. Wear-Proof Mills, 3200

Chestnut St., Philadelphia, Pa.-Adv.

"Her appearance is as fresh as a young schoolgirl's." "Yes, but it's all put on." A woman's worth may be more than

she can extract from her husband's pockets. The Cause Laid Bare

Tea and coffee drinkers often notice backache, headache, rheumatic pain, disciness, drowsy, tired feelings, disturbed urination and other signs of kidney weakness. The constant use of narcotic or alcoholic drinks is very apt to irritate the kidneys, and weak kidneys need prempt help to avert all danger of dropsy, gravel or fatal Bright's disease. Avoid the use of stimulants, drink more water, get more rest, fresh air and exercise. To tone and strengthen the tired kidneys, use Doan's Kidney Pills, the most successful and highly recommended kidney remedy.

A South Dakota Case



ACHES Pettit's Eve Salve W. N. U., SIOUX CITY, NO. 43-1914

Nervous **Emotional**

WOMEN who are restless, with constant change of position, fidget-iness," who are abnormally excitable or who experience fainting or dizzy spells, or nervous headache and wakefulness are usually sufferers from the weaknesses of their sex.

DR. PIERCE'S Favorite Prescription

is the soothing, cordial and womanly tonic that brings about an invigorating calm to the nervous system. Overcomes the weakness and the drag-ging pains which resemble the pains of rheu-matism. Thousands of women in the past forty years can bear witness to its benefits.

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Dizzy Depressed Mrs. Addio Cartsinger of Cedar St., Cairo, Ill., writes Dr. R. V. Pierce as follows:

"I send 3i cents for your 'Common Sense Medical Adviser' for my daughter who has recently married and I know the book will be of much value to her. I have read and used for 25 years the valuable treatments contained in the 'Medical Adviser' and have taken many bottles of Dr. Pierce's Favorite Frescription, and have been restored to health each time I used it. It is a great remedy for women as a strength

fine for the nerves an