

That Knife-Like Pain

Have you a lame back, aching day and night? Do you feel sharp pains after stooping? Are the kidneys sore? Is their action irregular? Do you have headaches, backaches, rheumatic pains, feel tired, nervous, all worn-out? Use Doan's Kidney Pills—the medicine recommended by so many people in this locality. Read the experience that follows:

An Iowa Case

C. Hardsy, Marion St., Sigourney, Ia., says: "I had severe attacks of pain in my back and was confined to bed for over a month. My kidneys acted too freely and the secretions were filled with sediment. Nothing helped me until I used Doan's Kidney Pills. They rid me of the rheumatic pains and helped me in every way."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

BLACK LEG LOSSES SURELY PREVENTED by Carter's Blooding Pills. Low priced, fresh, reliable, preferred by Western stockmen, because they protect where other venous fail. 10-cent size, Blooding Pills 50c. Use as directed. Write for Circular. The Carter Laboratory, Berkeley, Cal., or Chicago, Ill.

Murphy's Dilemma. They met on the high road and shook hands. "Shure, Pat," said Murphy, "betin's a shockin' bad habit."

"Shure, Murphy," said Pat. "But why?" "Ye know Costigan?" "Troth I do!" "Well, said Murphy, he bet me sixpence to a shilling that I couldn't swallow an egg without breaking the shell of it."

"And did ye lose the bet?" asked Pat. "No, Pat, I wcn it," replied Murphy. "Then phawt's allin' ye?" "Shure, it's the egg that's allin' me," groaned Murphy. "If I jump about I'll break it and cut me stomach with the shell, an' if I kape quiet it'll hatch an' I'll have a Shanghai poster scratchin' me inside!"—Pearson's.

'ts Status. "Did Bibbs give his wife her new car voluntarily?" "I rather think it was a case of auto suggestion."

You can attract some attention by being a champion speller, but the fellows who have to look it up in the dictionary seem to have most of the good jobs corralled.

Congressman Olmstead wants to know what it costs to keep a hen a year. The cost varies. To some married men the expense runs into thousands of dollars.

The Croton river, which furnishes to New York the greater part of the water consumed in its limits, was named for an Indian chief.

Exactly. "What do you think? They pinched the multimillionaire for speeding." "Well, wasn't that a rich one!"

A gasoline engine driven dynamo that is entirely automatic in its action is attracting attention in England.

MAKES COOKING A FINE ART

Skill of the French Woman Really is Something at Which to Marvel.

Mabel Potter Daggett has contributed to the Pictorial Review a study of the methods of the French housewife. In it she says:

"She is making the pot-au-feu, which might so easily be a commonplace soup if it were not a chef d'oeuvre, done with the infinite care and pains that is the genius of French cookery. There must be the covered earthenware pot, which of itself insures a certain flavor. It must be rook salt that is put into the water in which the meat is allowed to boil some three or four hours. Then Madame Vinet has stepped through the curtain of green and white bamboo that swings in the kitchen doorway, on to the terrace and out to the garden not three feet from the door. She gathers one gorgo, which is a vegetable looking like a small green squash, two white turnips, three celery leaves, four leeks and fifteen small carrots. These, tied neatly in a bundle, are the bouquet added to the meat in the pot. Does it matter that there should be three celery leaves and four leeks and all the rest? It is the art of it that there are. So the cheapest soup meat shall come out of the pot more delicious than a Delmonico roast, more finely flavored than the tenderest chicken."

"Now this soup meat, it is planned, shall last for more than a day. But you know how it is that the man of the house balks at eating leftovers. Haven't you tried him yourself? That Sunday's roast you may possibly get on for Monday's dinner, but by Tuesday you are almost sure to hear: 'Oh, get rid of it, my dear. Just throw it away! I don't want to see that piece of meat again.' And for all of your well-intentioned economy, into the garbage pail it must go.

"But you should see the clever Frenchwoman manage. It is she who knows the heart of man. She never sets before him the same dish twice—until she has disguised it beyond his recognition. Not as she values the happiness of her hearth and home, would Azelle Vinet put that soup meat on cold, or even 'warm it over' for the second day. But she will transform it into golden brown croquettes strewn with sprigs of green parsley. And for the third day she may masquerade it as stuffed vegetables, alternating green gorges and red tomatoes and white onions filled with the meat, sprinkled with bread crumbs and cheese and baked in a brown dish. And for the fourth day she may make the famous plat de ravioles of which a husband always calls for more. Really, you see, there's no limit to the time he may be fed along on leftovers, just so that it's skillfully done."

Novel Billiard Tables. Billiard tables supported on solid rock are among the novel features of a house on one of the islands of the San Juan archipelago in Puget sound. Each table rests on a massive concrete base which extends through an opening in the floor and has its footing on bedrock, and is therefore as solid and as free from vibration as if it were a part of the island itself.

Improvement Impossible. "I've been a strap-hanger for 20 years," said the man who more a resigned look.

"I guess you have your opinion of the trolley company?" "Well, I haven't thought much about the company, but I believe if I would devote a little time to it I could invent a more comfortable strap than any now in use."

The Speciee. "I have a fine setter at my place." "S. have I." "Mine's a Gordon setter." "Mine's a Plymouth Rock."

To remove grease and dirt from machinery with gasoline is the purpose of a new compressed-air syringe. A perforated rubber fly swatter has been invented, having the advantage that it will not scratch furniture.

A blush is one of the few things that cannot be counterfeited.

MOTHER OF SCHOOL GIRL

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health.

Plover, Iowa.—"From a small child my 13 year old daughter had female weakness. I spoke to three doctors about it and they did not help her any. Lydia E. Pinkham's Vegetable Compound had been of great benefit to me, so I decided to have her give it a trial. She has taken five bottles of the Vegetable Compound and according to directions on the bottle and she is cured of this trouble. She was all run down when she started taking the Compound and her periods did not come right. She was so poorly and weak that I often had to help her dress herself, but now she is regular and is growing strong and healthy."—Mrs. MARTIN HELVIG, Plover, Iowa.



Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

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

CANCER

We make a specialty of treating cancer and tumor without the knife. Hundreds cured. Write for booklet and testimonials. Address DR. H. HORNBY, Sioux Falls, S. D.

AUTO HORN JERICHO TRUMPET

Does Not Make Any Walls Fall But Signals Smashing of Speed Laws.

"This lady has a Jericho horn on her auto." Patrolman Helmuth made this accusation to Recorder Gaskill against Mrs. E. B. Frost of Philadelphia, passing the summer at 110 South Dorset avenue, Chelsea. Students of the Old Testament will remember that when Joshua and his hosts blew the then auto siren the walls of Jericho fell.

Mrs. Frost denied indignantly that she broke any walls, even that she broke the anti-speed law, although Helmuth charged that 40 miles an hour is a lame gait when Mrs. Frost drives.

"Five dollars fine," said Recorder Gaskill gently. "A warning, this five. Try to add to the city's quietude by muffling that Jericho horn, I beg of you, madam."—New York World.

Coal Is Dethroned. The Norfolk & Western railroad has electrified 100 miles of its system in West Virginia, one of the heaviest coal carriers in the world. The electric locomotives in use weigh 270 tons each and two of them attached to a 4,000-ton train recently carried it with ease up a two per cent grade at the rate of fourteen miles an hour, a rate twice that attained by the most efficient steam locomotives formerly used on the system.

Seasonal Misfortune. Museum Manager—Where's the human fly? Attendant—Can't perform today. His wife's been swatting him.

Quite Easy. "I hear Jim is going to organize an aeroplane enterprise." "He ought to find it an easy matter to keep its stock soaring."

Misbranded. "You don't call your husband 'honey' any more." "No; I found he was only glucose."

HOME TOWN HELPS

CONTROL OF STREET TREES

Municipal Oversight Imperative is Conclusion Arrived At by Student of the Subject.

After many years' study of the street-tree problem, digesting reports from the principal cities in this country, viewing such work done in California, one can form but one opinion as to how the work may be properly instituted and prosecuted. No satisfactory permanent improvement in street planting may be done except under direct and strict municipal control.

But very few property owners are competent to choose the right tree for a specific street, and not one such may live in your block or in your street. It is all a question of fitness, of which its natural ability to thrive under the hard conditions prevailing in city streets is by far the most important point. Then comes longevity, for a tree should stand for centuries.

Even after the right tree is planted it must have intelligent care bestowed, and all trees on one street should be watered and pruned alike, set at the same distance apart and given the same general care, the latter consisting of numberless little things that make an important factor as a whole. Even the control of insect and other pests becomes a serious matter early in the life of any tree. Individual property owners are possessed of too great a variety of tastes, interests, ideas of responsibility and degrees of hanging on to the purse strings ever to make unorganized effort more than a failure or even organized effort much of a success.—Los Angeles Times.

PAYS TO SAVE THE TREES

They Add to Attractiveness and Comfort of Home, is Declaration of Writer.

It is a rare case when we cannot give the following admonition, says a writer in the Minneapolis Journal. Save all the trees possible on your land. If a tree insists on standing in the way when you are building a road, let your road take a way around. Even a tree left standing at the side of a road or in the sidewalk may add picturesqueness to the land, which in itself is an attraction to buyers.

If the land bordering the road in a residential tract is thickly wooded, trees may not be needed in the planting strip. Indeed, leaving all planting out of the street tends materially to widening its appearance. It is unusually, however, a good idea to plan for street trees. Their presence makes for coolness and comfort and the general attractiveness of the region.

Forty feet apart is the best distance for street trees and a safe one to follow. Planting at closer distance gives the trees scant room for mature development. It is also more expensive for the real estate man. Trees may be planted opposite each other, if the distance between trees on opposite sides of the street is forty feet. Should the distance be less, the trees had best be "staggered"—that is, placed alternately.

Small Town's Beauty.

Austin, Minn., with a population of about 8,500, has the usual activities of a little western town. Five divisions of the C. M. & St. P. railroad center there for repair shop facilities. It has a large packing house, its own electric light and water works, worth \$300,000; a good-sized cement plant, brick and tile works, etc. But this prosperous community is especially notable for its "city beautiful" idea. Not content with its parks of forty-five, fifteen and five acres, it has established a floral decorative scheme. The well-paved streets are arranged on a floral plan. The wide parkings of one street are beautiful at one season with a profusion of the wild crab tree's color; another presents a ribbon of bloom from geraniums; another street presents a line of catalpas, snowy with blossoms, and so on. The workmen at the shops and railroad station at their own expense annually employ a landscape gardener, and the bare, dusty patches of waste ground thereabouts have been transformed. Spices, phlox, lilacs of all kinds and flowering shrubbery, as well as annuals, are used.

An Original Scheme.

A tramp who drifted into Elkheart and "registered" as Pat Mahoney put over a clever deal in a crowded street in the business district, until the police got wise and locked him up for public intoxication.

Pat noticed a woman in modest attire and timid demeanor as she stood holding her baby in front of a barber shop, waiting till her husband got shaved. Pat took up his station about thirty feet away from her.

"Say, pardner," Pat would whimper, "that's me woman an' kid over there. I'm broke and I'm tryin' to get them down to her folks' place. I wanna git 'em there so's I kin git out alone an' find some work. Couldn't you help us wid a little piece o' coin?"

It is said he raked in many nickels and dimes—and spent them in a nearby saloon.—Indianapolis News.

Joye of Apartment Life. Newlywed—Guess I'll make some lemonade, dear. Mrs. N.—I'm afraid you'll have to wait till morning, darling. My bread is beginning to rise, and you won't be able to get into the kitchen.

He Was Covered All Right. As he crawled out of the wreck of his auto a solicitous friend asked: "Are you covered?" "Yes," he said sadly. "With mud, blood, chagrin and insurance. Is that enough?"—Detroit Free Press.



Give the Children The Goody That's Good For Them

The best way in this world to spend a nickel for refreshment is to get

WRIGLEY'S

wholesome, impurity-proof chewing gum. It's made clean and kept clean. It's wrapped in waxed paper and sealed. Its two delicious flavors are always fresh and full strength.

It is the longest-lasting, most beneficial and pleasant goody possible to buy. It aids appetite and digestion, quenches thirst, sweetens mouth and breath.

Write for free copy of "WRIGLEY'S MOTHER GOOSE," a handsomely illustrated booklet in colors that will amuse young and old and remind you of this Perfect Gum.

In it the WRIGLEY SPEARMEN have acted all the old familiar Mother Goose scenes to the "tune" of new jingles. Address Wm. Wrigley Jr. Co., 1312 Kesner Building, Chicago.

"Chew it after every meal"



SEA FIGHT SPOILED FOREVER

At Least So Far as Being Favorite Theme for Artists is Concerned.

Truman H. Newberry's comments on our naval equipment serve to remind us that a favorite theme of the artist—the sea battle—is spoiled forever. Modern vessels fight at from ten to seventeen miles, if they fight at all, and thrilling pictures such as Jones, Perry, Farragut, Nelson and Dewey have inspired probably will not be painted again.

Marine warfare has become very largely a matter of hide-and-peek anyway. So far as the gunman arid stripped the armor-plated builder that were equally matched vessels to engage, a few seconds' firing would reduce millions of dollars' worth of ships to scap-iron shambles.

And when the skulking menace of the submarine is considered we can understand how completely the traditions of sea fighting have been upset. It was predicted that modern warfare on land would be stripped of all its former aspects, but we are told of bayonet charges, of trenches 40 yards apart, of steel helmets and even of full suits of armor being used. Yet on the sea what destruction has been wrought has been through methods far removed from the old-fashioned stand-up fight through which heroes of other days won their fame.

A Pitched Battle. "From the viewpoint of an innocent bystander," philosophically remarked the old codger, "I believe that the keenest competition I know of occurs when two chronic dyspeptics get together and compare their symptoms."—Judge.

An Ideal Combination. "What is your idea of a happy combination?" asked the doctor. "A millionaire menu with a deck-hand appetite," answered the gouty patient.

New Minnesota Iron Mine. A new iron mine now being operated in Minnesota has an estimated content of 40,000,000 tons of ore. It will be worked by the open-pit method prevalent in that state.

This Year. "Isn't it warm today?" "Yes; but how lovely and cool your furs do make you look."

Nearly 20 per cent of the persons engaged in agricultural pursuits in this country are members of industrial and economic organizations.

British Columbia reports the discovery of extensive gypsum deposits.

Sea Sleds for Coast Defense.

Sea sleds are the latest craft to be considered by the United States navy for coast defense work. The navy is experimenting with a half-motor boat, half-hydroaeroplane, which neither flies over the water nor cuts through it, but skips along its surface. A 24-foot boat of this type has made 3 1/2 miles an hour at a navy test. It is hoped to obtain a boat that will carry men at 55 or 60 miles an hour. It is said 200 of such craft could be built at the cost of a single scout cruiser and would be much more effective.

SELF SHAMPOOING

With Cuticura Soap is Most Comforting and Beneficial. Trial Free.

Especially if preceded by touches of Cuticura Ointment to spots of dandruff and itching on the scalp skin. These supercreamy emollients meet every skin want as well as every toilet and nursery want in caring for the skin, scalp, hair and hands. Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

Lawful Procedure.

Magistrate—Why should you not be heavily fined for blacking this man's eye? Defendant—I beg to remind your honor I was performing an action required by the law.

Magistrate—What do you mean, sir? Defendant—I was only dimming his lights.

A Wise Parent. "Father," said Willie, "I want to write a war poem and I can't think of a rhyme for Przemysl. Would weasel do?" "I don't know, my son," replied the pater. "But I'm told there is no rhyme for Jitney. Why not try that? Nobody'd know the difference."

Explained. Cadler (complacently)—Ah, Bobby, I am glad to see my photograph in your sister's frame on the mantel. Bobby—Well, she had to rush some to get it in over Tom's before you came.

When It Is. "Pa, is marriage a failure?" "Usually, my boy, if a man marries for money."—Detroit Free Press.

Our idea of a mean woman is one who refuses to pay the doctor after he has converted the late lamented's insurance policy into ready money.

A seismograph invented by a Japanese scientist registers the velocity of all earthquakes two hundred fold.

Waterproof Matches.

Hint for camping and fishing parties. Many of you have encountered the annoying experience of finding yourselves miles from a store and all the matches in your possession so damp that they could not be used. A fact worth knowing is that matches can be made waterproof without injury by dipping them in very hot melted paraffin, allow them to cool and they are ready for use. The paraffin does not interfere with their use in the regular way and they are absolutely protected from dampness.

Unexpected Reply. "Ethel, do you know you have hair just like your mamma's?" "Oh, no, I haven't. I can't take mine off!"

Half the important European land battles of the last centuries have taken place in Belgium.

Many a man imagines that there is only one honest man in the world.

You Can Build Your Own HOUSE - BARN - SILO -

BUY DIRECT from mill YOUR OWN TERMS

Houses—\$200 up. Kestlers Lumber, first material, best workmanship. Guaranteed. Barns—\$100 up. Best lumber, rightly put together. Up-to-date inside arrangement. Silos—\$80 up. Satisfaction guaranteed. Best in workmanship and material. WRITE FOR FULL DETAILS ASTORIA LUMBER ASSN. Astoria, Oregon

University of Notre Dame

NOTRE DAME, INDIANA
Thorough Education. Moral Training. Twenty-one courses leading to degrees in Classics, Modern Letters, Journalism, Political Economy, Commerce, Chemistry, Biology, Pharmacy, Engineering, Architecture, Law. Preparatory School, various courses. For Catalogues address

BOX H, NOTRE DAME, INDIANA

\$15 Per Acre Five year terms. Good land which will grow alfalfa. Fine silage country. South Dakota. BATES & FOSTER, Gordon, Neb.

Sioux City Directory

"Hub of the Northwest." FOR BEST SERVICE BELL. **RICE BROTHERS**
Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

SEED

Send for sample. Wertz Seed & Bird Co., Sioux City, Iowa
W. N. U., SIOUX CITY, NO. 35-1915.

Food for the Business Trenches

It takes the highest type of nerve and endurance to stand the strain at the battle front of modern business. Many fail. And often the cause is primarily a physical one—improper food—malnutrition. It is a fact that much of the ordinary food is lacking in certain elements—the mineral salts—which are essential to right building of muscle, brain and nerve tissue.

Grape-Nuts

made of whole wheat and barley, contains these priceless nerve and brain-building elements in highest degree.

Grape-Nuts food is easy to digest—nourishing—economical—delicious, and as a part of the menu of modern business men and women helps wonderfully in building up the system for strenuous demands—and keeping it there.

"There's a Reason" for GRAPE-NUTS

Sold by Grocers everywhere.

