



No bother to get summer meals with these on hand

Vienna Style Sausage and Potted Meats

Libby's Just open and serve. Excellent for sandwiches. Insist on Libby's at your grocer's.

Libby, McNeill & Libby, Chicago



RETAIN CONTROL OF SELF

Without That It Is Unreasonable to Think One Has the Ability to Control Others.

The other day a man who makes his living by fighting was struck by an undersized man, and instead of returning the blow he walked away from his diminutive assailant.

This man exhibited much more self-control than the majority of people. Men who class themselves as being on a higher plane than this fighting man would have mixed immediately with the hot-headed individual.

What would you have done? The chances are that you would have rushed at the fellow with all your might; you would have permitted your savage instincts to rule you.

This proves that you have not as much power as you should have over your impulses.

You may boss other people, but you are not boss of yourself.

Maybe you wonder why others are forging ahead of you as leaders of men.

It is because they have a check rein on themselves. They have schooled themselves that they may be able to guide others. Self-control is the attribute of a leader.—Chicago American.

Narrow Escape.

A Columbus woman was going from her desk to her home for a noon luncheon. She had a slight headache, the sun was shining brightly and she was tired. All around her motor cars were purring softly or snorting past without giving her so much as a toot of the horn.

"I wish I was wealthy enough to own a car," she said to herself. "I never would walk a step if I had a car of my own. Just listen at that car coming now. I wish somebody was driving who knew me and would offer to take me home in it. It sounds like one of these long, easy riding, rakish looking touring cars—the kind just built for comfort. Gee! I wish the driver would ask me to ride."

Then she looked up as the car went past her. It was an automobile hearse.—Indianapolis News.

The Other Side of It.

The Lady—Why do they call the class of men you belong to tramps?

The Holo—I guess it's 'cause we refuses ter do a 50-cent job fer a 15-cent handout, ma'am.

Escaping Fire.

Church—I see 5,000 copies of the Bible have been placed in the guest-rooms of the hotels in Washington, D. C.

Gotham—Well, some consider them the surest fire-escapes.

Grape-Nuts

embodies the full, rich nutriment of whole wheat combined with malted barley. This combination gives it a distinctive, delicious flavor unknown to foods made from wheat alone.

Only selected grain is used in making Grape-Nuts and through skillful processing it comes from the package fresh, crisp, untouched by hand, and ready to eat.

Through long baking, the energy producing starches of the grain are made wonderfully easy of digestion.

A daily ration of this splendid food yields a marvelous return of health and comfort.

"There's a Reason"

Sold by Grocers everywhere.

CIUDAD JUAREZ



STREET SCENE IN JUAREZ

CIUDAD JUAREZ, the scene of the recent important events in connection with the trouble with Mexico, is situated on the right bank of the Rio Grande, directly opposite El Paso, Tex., and 1,223 miles north of Mexico City. The very name of the city of Juarez suggests noteworthy events in the history of the southern republic, and the conferences which have been held there recently by the representatives of the military forces of both the American and Mexican governments add another interesting chapter to the community's annals, says the National Geographic society bulletin.

For more than 200 years Juarez was known as El Paso del Norte (the pass of the North), and it was not until 1855 that the city was renamed in honor of one of Mexico's greatest statesmen and patriots, Benito Juarez, who established his capital here during the troublous times when Napoleon III of France was abetting the ill-fated Maximilian in his effort to found an empire in the western hemisphere.

Juarez, a full-blooded Zapotec Indian, born in an obscure village near Oaxaca, succeeded to the presidency of Mexico when Comonfort, weary of the internal strife, "quit the job" and went to the United States, leaving affairs in the hands of his chief justice. Immediately Juarez was embroiled in civil war by the assumption of the executive office by Zuloaga. It was while trying to displace his rival that the Indian patriot endeavored to borrow money from the United States and, as a part of the bargain, he agreed to a treaty the terms of which brought forth a storm of protest from England and France. By this treaty, which was never ratified, the United States was to have a perpetual and unrestricted passage across both the Isthmus of Tehuantepec and the northern states of Mexico, and the right to employ American troops to enforce these rights as well as to protect American citizens against levies and loans.

Start of Maximilian's Attempt. A short time later Juarez precipitated an international crisis by his decision to suspend for two years the payment of interest on the national debt. England, Spain and France sent fleets to Vera Cruz to force payment, but England and Spain soon withdrew, while France, her soldiers once on Mexican soil, decided to press her claims, and gradually Napoleon's scheme for a western empire began to assume definite form. His scheme eventuated in the abortive attempt to establish Archduke Maximilian of Austria on the throne of the Montezumas.

It was during the famous defense of the city of Puebla against the invading French army that a young Mexican soldier, who was to become the most conspicuous figure in the history of modern Mexico, distinguished himself by his bravery and his exceptional powers of leadership. This young hero was Porfirio Diaz, now known to fame as "the strong man of Mexico."

It was in the center of the international bridge which connects Juarez and El Paso that President Taft and President Diaz (he who had been Juarez's military right hand) met in 1910 upon the occasion of the centenary celebration of Mexican independence.

The traveler who passes through El Paso on his way to Juarez may choose any of four times by which to set his watch—Central, Mountain, Pacific and Mexican. Mountain time is an hour slower than Central, while Pacific is an hour slower and Mexican is 24 minutes faster than Mountain.

Famed for Its Bull Fights. On account of its bull fights and cock fights, Juarez has long been a city of fast-day pilgrimage for Americans in search of a new sensation. The Spaniards, who became addicted to the bull-fight habit in the twelfth century, during the occupation of the Iberian peninsula by the Moors, introduced this sport into Mexico shortly after their overthrow of the Aztecs. The fights in Juarez are not so elaborately staged as those in Mexico City, for native bulls are used customarily, and these have not the ferocity of the animals imported by the capital from Andalusia at a cost, frequently, of \$1,000 (Mexican) each.

On important bull-fight days the population of Juarez tops the 10,000 mark, while there is a relative temporary decrease in the size of the fifth

city in Texas, El Paso, which had only 736 people in 1880 but which had grown to more than 39,000 in 1910.

Nuevo Laredo is important. Another center of Mexican population along the frontier is Nuevo Laredo, the border city of Tamaulipas.

It is one of the most important gateways to the southern republic, not on account of its population, for El Paso and Juarez constitute a hyphenated city more than twice as large as Laredo (American) and Nuevo Laredo (Mexican), but because the latter is the northern terminus of the shortest railway route to Mexico City, the distance being only about 800 miles, compared with 1,200 miles by way of Juarez and 1,000 miles through Ciudad Porfirio Diaz (Eagle Pass).

With 8,000 people, Nuevo Laredo is a little more than half as large as the American town at the other end of the 900-foot international bridge which spans the Rio Grande at this point. The two towns were one up to the time of the secession of Texas, the settlement on the left bank of the river being captured by Texas rangers in 1846 and occupied by United States troops under General Lamar a year later.

BLOCKADE IS ALWAYS DEFIED

Brave Sailors Have Ever Been Found Capable of Eluding Any Cordon of War Vessels.

Blockading and blockade running is not a young war measure by any means, a writer in Munsey's says. One of the earliest authentic instances of the practice dates back two centuries before the Christian era. Marcus Claudius Marcellus, commanding a powerful Roman army and an efficient fleet, laid siege to Syracuse, a rich city on the Isle of Sicily. Carthage, Rome's great rival on the north shore of Africa, one of the great sea powers of that time, was not at all pleased with the idea of Rome capturing Syracuse, a free city and probably a source of great revenue through trade with Carthage.

Syracuse was a well fortified city, and there seemed to be no immediate prospect of Rome taking it by storm. So Marcellus decided to starve its inhabitants into submission. He put a cordon of ships across the entrance to the harbor and arrayed his army on the land side so that no succor could come from without. But he had underestimated the boldness of the Carthaginians. There was no question of contraband in those days—conditional or other.

In their swift, oar-driven galleys the sailors of the African city easily eluded the ships set to watch the port and carried provisions, water and war material into the beleaguered city. So successful were the Carthaginians in getting supplies into the city, running the blockade—that had if not fallen through treachery it would have been enabled to hold out indefinitely. While blockades probably had been established before on a small scale the blockade of Syracuse is one of the earliest instances where the efficiency of a blockade by sea was of vital importance in determining the success of war on an important seaport.

Greatest Master of Chess.

In 1858 during a trip to Europe, Paul Murphy played eight games, blindfolded, with the best British chess players, winning six, losing one and drawing one. In Paris he played blindfolded simultaneously against eight of the strongest French players, winning six and drawing two. This feat he repeated on several occasions while abroad and after his return to this country. He was educated for the law and finally gave up chess playing in order to devote himself to the practice of law, but lost his mind and died in 1884. His father was attorney general of Louisiana and afterward judge of the supreme court of that state. He was accounted a good chess player, but the son gave him odds and beat him when the son was only twelve years old.

More Effective Now.

In 1845 there were 1,240 sugar mills in Louisiana and their output averaged that year 171,005 pounds per mill. The operation factories numbered 153 in 1913 and averaged 3,826 pounds of such each; while the short crop of 1915 was handled by 130 factories, the average of each being 2,022,000 pounds

WHO'S GOT THE MONEY

In Four Staples Alone the Farmers of Western Canada Produced 408 Million Dollars in 1915.

The Calgary (Alberta) printers have a house organ, called "The Magnet," and in its columns a few weeks ago appeared an article entitled "Who's Got the Money?" It was cleverly written, and but for its length, the writer would have been pleased to have copied the article in its entirety. The purpose for which this article is published, however, that of letting the readers of the paper know of the great progress that is being made in agriculture in Western Canada, will be served by copying a portion of the article. Many of the readers of this paper doubtless have friends in one of the three provinces—Manitoba, Saskatchewan or Alberta, and they will be interested in feeling that their friends are enjoying a portion of the wealth that has come to Western Canada farmers as a result of careful tilling of a soil prodigal in everything that goes to make good grain, cattle, horses, hogs and sheep.

Reproducing from the article: The Government does not produce money. It can stamp "One Dollar" on a slip of white paper, and we accept it at a dollar's worth, but neither the paper nor the printing are worth a copper. What gives it value is the promise of the people of Canada which stands behind the printed slip, and our faith in that promise.

Now do you know who's got the money?

Let us put it into figures. The farmers of Alberta, Saskatchewan and Manitoba last year raised 342,948,000 bushels of wheat. If we take for an average 85 cents a bushel in Manitoba, 81 cents in Saskatchewan, and 79 cents in Alberta the season's wheat crop was worth \$280,629,000. Add to this an oat crop of 334,840,000 bushels, worth \$95,457,000; a barley crop of 35,254,200 bushels, worth \$15,871,000, and a flax crop of 10,559,000 bushels worth \$15,843,000, and you find that on these four staples alone the farmers of Western Canada produced a wealth of \$407,800,000.

Please note that this wealth is in money. It is not in real estate at inflated values, industrial stocks that are half water and the rest air, fictitious goodwill or unobtainable merchandise. It is in hard cash, or—which is better—hard wheat.

These figures are only for the staple grain productions. They do not include the millions of dollars represented by the live stock and dairying industries, or the additional millions included in the root, fruit, and garden crops. The creameries of Saskatchewan, for instance produced more buttermilk and ice cream last year than their total production amounted to six years ago. The milk, butter, and cheese production of Alberta for 1915 was valued at over eleven million dollars. The potato crop of the three provinces was worth five millions and a half. Corn and alfalfa—comparatively new crops, charged with tremendous possibilities—amounted to over a round million. Even honey—you didn't know we raised honey (the bee kind) in this country, did you? Manitoba produced 105,000 pounds in 1915, and there isn't a bee in the province that doesn't swear he's a better honey-sorter than anything in California or Washington. That's where the money is; in the

jeans of our honest friend the farmer, who was too slow to get into the cities when the rest of us saw short-cuts to wealth; who hadn't imagination enough to think a man can make money without earning it, and who was too dull to know that hard work is foolish. Well, he has the laugh now. Likewise the money.—Advertisement.

HE HAD MADE NO PROMISES

Substitute Was Not Asked if He "Could" Play the Game, but Only if He "Would."

Although he will not get many opportunities of playing in cricket matches this year, George Robey will help to keep himself fit by practicing at the nets at Lord's.

The famous comedian has a great love for the summer game, and he tells an amusing story of one of those off days, when everything goes wrong, which once befell him. He was watching a game when one of the captains came up to him, explained that he was "a man short," and asked him if he would play.

"Certainly," agreed Robey. He went out to field, and chiefly distinguished himself by missing two catches, fumbling the ball, and so on. Not content with that, he made a duck when he went in to bat.

The captain who had got him to play took things badly.

"Why, you can't play at all!" he said sneeringly.

"Sir," replied George Robey majestically, "when you asked me to play you asked me if I would, not if I could. And so that's that."—Pearson's Weekly.

As the Years Roll On.

You remarked fatuously the other day, "I'm just as young as I ever was."

Oh, no, you're not! If young people weren't too polite they'd soon undeceive you. You have been so busy leading a successful life that you have forgotten to notice that your successful life has been led. Youth is flouting you every day. Youth is through with you. You appeal to it for recognition, and it laughs at you.

You still young? You? No, indeed! Look at real youth pursuing its fantastic preferences; at Reginald Warneford, engaging a Zeppelin single-handed, in regions near the sun; at Otto von Weddigen leaving his bride to carry on a desperate warfare under seas.

Do you honestly sympathize with them?—Atlantic Monthly.

Her Secret.

A witness, a jolly, plump old woman, in a trial in the supreme court of Massachusetts, was asked what time a certain train of cars passed her house. She replied that she began knitting at three o'clock and had knit twice around the leg of a stocking before it came along.

The next question, of course, was how long it would take her to knit twice around. The judge here, in his usual quiet humor, suggested that that would depend upon the size of the stocking.

To this the witness remarked that the stocking was for herself and they could exercise their own judgment as to the size, and guess how long it would take.

And those chaps who think that they ought to get pay for being good probably wouldn't draw much of a salary at that.



HORSE SALE DISTEMPER

You know that what you sell or buy through the sales has about one chance in fifty to escape SALE STABLE DISTEMPER. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed." 50 cents and \$1 a bottle; 15 and \$10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturer.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

Children Cry For



What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

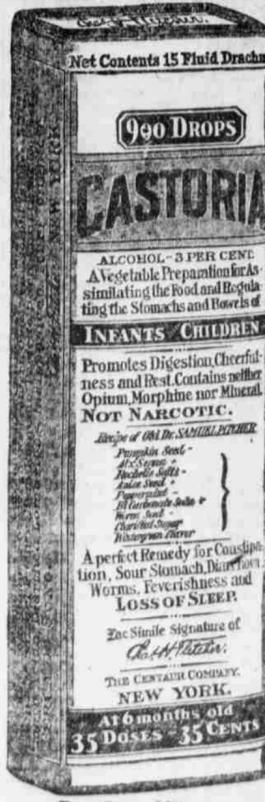
GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.



WOMAN HAD NERVOUS TROUBLE

Lydia E. Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves and for female troubles and it straightened me out in good shape. I work nearly all the time, as we live on a farm and I have four girls. I do all my sewing and other work with their help, so it shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I have also had my oldest girl take it and it did her lots of good. I keep it in the house all the time and recommend it."—Mrs. DEWITT SINCEBAUGH, West Danby, N. Y.



Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

It is no more necessary than Smallpox. Any experience has demonstrated the almost miraculous efficacy, and harmonious, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house language. Ask your physician, druggist, or send for "Have you had Typhoid?" calling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. Producing Vaccine and Serum under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

As the Years Roll On. You remarked fatuously the other day, "I'm just as young as I ever was." Oh, no, you're not! If young people weren't too polite they'd soon undeceive you. You have been so busy leading a successful life that you have forgotten to notice that your successful life has been led. Youth is flouting you every day. Youth is through with you. You appeal to it for recognition, and it laughs at you. You still young? You? No, indeed! Look at real youth pursuing its fantastic preferences; at Reginald Warneford, engaging a Zeppelin single-handed, in regions near the sun; at Otto von Weddigen leaving his bride to carry on a desperate warfare under seas. Do you honestly sympathize with them?—Atlantic Monthly.

Her Secret. A witness, a jolly, plump old woman, in a trial in the supreme court of Massachusetts, was asked what time a certain train of cars passed her house. She replied that she began knitting at three o'clock and had knit twice around the leg of a stocking before it came along. The next question, of course, was how long it would take her to knit twice around. The judge here, in his usual quiet humor, suggested that that would depend upon the size of the stocking. To this the witness remarked that the stocking was for herself and they could exercise their own judgment as to the size, and guess how long it would take. And those chaps who think that they ought to get pay for being good probably wouldn't draw much of a salary at that.

SEEDS Alfalfa, Broom Clover, Etc. For sale and put on crop payments. W. H. LITTLE, Box City, Iowa.

Sioux City Directory

"Hub of the Northwest"

RICE BROTHERS

Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City.

Every Woman Wants

Paxtine ANTISEPTIC POWDER FOR PERSONAL HYGIENE Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

W. N. U., SIOUX CITY, NO. 31-1916.