The Community Phone.

The war has about eliminated gos-Mp over rural telephone lines in the Owensville community. The old familiar answer from central that the "line's busy" has been crowded out by answers of this kind: "Can't ring 'em. They are out so-

Mciting for the Red Cross." "You'll find 'em at the Red Cross

work shop." "Mrs. Farmer is helping put up hay.

Call later." "Haven't been able to ring 'em all

day. They are out at work."

Discreet.

She-That dealer is a fraud. He sold the parrot knew a lot of words. He-Maybe they are words he doesn't like to say in the presence of a lady .- Boston Evening Transcript.

Always sure to please, Red Cross Ball Blue. All grocers sell it. Adv.

The woman of the hour is the one who promises to be ready in a second. 'he wouldn't have to make a light.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest doses, if continued, these opiates cause changes in the func-tions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable.

only then if unavoidable. The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly decried, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to decribe the modelfully with narcotics. dose them willfully with narcotics. Castoria contains no narcotics if it bears the

signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of Charff Flitchere



No Appetite? Mouth Dry? Tongue Stiff and a Fierce Thirst? Here's Relief!! 16

Hot, heavy foods and iced drinks; often play havoc with bad stomachs In hot weather. The weak ones haven't untold misery for its owner.

When you have that dull, depressed feeling after eating-stomach pains, bowel disorders, heartburn or nausea, belching, food repeating-it is the dan-

cool and sweet. It is a commonsense way. No starvation plan of diet is needed. Make this test and see how quickly you get a good appetite in bot weather and on the the test and see how and boy and the test and see how and the test and see how and the test and test a

EATONIC Tablets have amazed people everywhere with the marvelous benefits they have produced for thougot a chance. A quickly chilled or sands of stomach sufferers. Start the overworked stomach is a starter of test today and let your own stomach tell you the truth.

Hard Bolled Sergeant.

At a regular Saturday morning in-

spection, a private was not wearing

First Sergeant-Have you a belt?

First Sergeant--You report to the

quartermaster sergeant for a new one,

and don't forget to tell him to charge

you for the one you lost. I'll stop this

Private-All right, top, but I loaned

you the belt about two months ago.

-Corp. S. C. Samuels, Battery C. One

Hundred and Twenty-Sixth Artillery,

Outstretched.

A Daylight Scorner.

The Girl-"Did you observe the

his belt.

carelessness !

in Judge.

er's."-Puck.

Private-No, sir.

EATONIC works quick-it absorbs and neutralizes hurtful, poisonous acids, juices and stomach gases caused Thousands from undigested foods. be quick about it in this hot weather. A way has been discovered to make sick stomachs well and to keep them cool and sweet. It is a common the store that it quickly puts the stomach in a clean, sweet condition—recreates -builds up the lost appetite and makes life worth living for the man who likes good things but who suffers every time he eats testify that it quickly puts the stomach

What the American **Red Cross Is Doing**

THE RED CROSS has organized fifty THE RED CROSS is the link between base hospital units, nineteen of which are now seeing service in France. In ten others, the nursing personnel has been supplied by the Red Cross.

rolling canteen service back of the American lines. The canteen provides coffee, sandwiches and other refreshments to the troops.

THE RED CROSS has instituted a THE RED CROSS is enlisting more than one thousand volunteer nurses a month, and is training them for work in the field. It sends them to the army fully trained and equipped.

the American people and the Ameri-

can Dreadnaughts. It is the official

agency through which gifts from the

people can be made to the Navy.

scientific cam- paign against trench fever.	TO HELP THE PEOPLE OF FRANCE AND BELGIUM.	has furnished five base hospi- tal units for the n a v y — physi- clans, nurses and equipment. THE RED CROSS will help the families of our enlisted men to maintain their standards of health, education and irdustry. THE RED CROSS will supply warm parments, kit
THE RED CROSS has undertaken to provide the t entire supply of a splints for the American army. THE RED CROSS a will furnish the entire supply of nitro-oxide for use in surgical t operations.	 The Red Cross Has Sought To conserve the sick and wounded among its defenders. To conserve the health and spirit of the troops. To conserve the households which are maintaining the culture of the soil and the fabric of self-government in the war zone. To conserve the coming generation by its backing of three score children's colonies. 	
THE RED CROSS feeds and clothes the entire popula- tions in time of need.	To conserve the children by maintaining villages for sever- al thousand of these little refugees. To conserve the refugees by health centers and tuberculo-	cnses, necessities for the wounded. THE RED CROSS will provide san- litary units to keep a sharp eye
THE RED CROSS a is caring for a 50,000 children in France, 60,000 a in Poland. b	sis prevention. To conserve home and commu- nity life. - スースースースースーステースースースース	on the surround- ings of the can- tonments so as to ward off pos-
movable factories fo	has established THE RED CRO or the manufac- for our soldiers with food, soa	y are prisoners of war

ture of artificial ice for our soldiers during the summer months.

THE RED CROSS is prepared to care for any American soldier who may return from the war a prey to tuberculosis or maimed or blind.

THE RED CROSS will send food parcels to American prisoners in Germany. Each parcel contains meat, butter, sugar, jam, coffee, tea, salt, rice and dried fruit.

will be provided with comforts and pleasure during convalescence from fllness. THE RED CROSS is constructing 4 chain of recreation huts in conjunc-

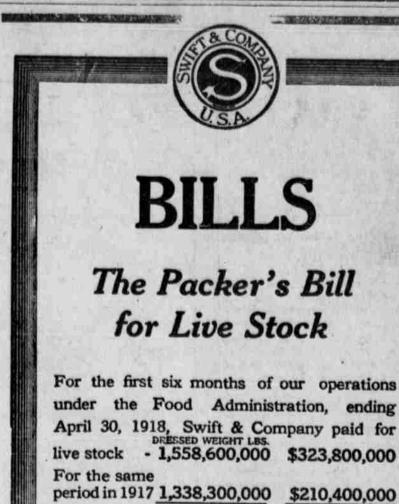
THE RED CROSS is building houses

In the cantonments where "rookies"

tion with the base hospitals. To each hospital it sends each month 300 books, 400 magazines and 2,500 newspapers.

The American Red Cross in more than a hundred ways is rendering service here and abroad that saves human lives and maintains the fighting spirit of our allies. The Red Cross must always be financially prepared to deal with the unexpected emergencies arising from war conditions. In these emergencies immediate relief is the only effective relief.





Increase in Weight 161/2% 220,300,000 Increase in cost 54%

\$113,400,000

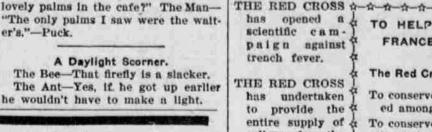
The Consumer's **Bill for Meat**

must necessarily have increased correspondingly, as Live Stock prices and meat prices fluctuate together.

When the producer gets high prices for his live stock, the consumer's meat bill must necessarily be larger.

> Year Book of interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois

Swift & Company, U.S.A.



hot weather and enjoy the things you like without misery to follow.

What "Maru" Means.

Itching Rashes The word "Maru," attached to the name of every Japanese merchant ship and commonly accepted as meaning "ship," has no especial meaning, acith Cuticura cording to Captain Takeshima of the Japanese steamship Hudson Maru, reuggists; Soap 55, Ointment 25 & 50, Talcum 25 le each free of "Cuticura, Bept. S. Bustos." cently captured and released by a German raider in the South Atlantic. Cap-DAISY FLY KILLER placed anywhere, tain Takeshima said that the word is FLY KILLIER placed anywhere, attracts and kills attracts and the second attract attracts and kills attracts and the second attracts attracts and kills attracts attracts and kills attracts attracts and kills attracts at the survival of a Japanese custom centuries old. He explained the origin as follows: "There are two opinlons as to how the custom originated. One of the stories is that in ancient times the Japanese attached 'maru'

TYPHOID In no more necessary than Smallpox, Army experience has demonstrated the simost miscallow of the Severinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid" telling of Typhoid Vaccines, preducing from use, and danger from Typhoid Carriers. Preducing Vaccines and Serums under U. S. License The Cutter Laboratory, Berketey, Cal., Ohlesge, Ilb.

to the name of anything highly prized. It was first applied to a ship's name about 2,000 years ago, when the Empress Jingo sent an expedition to Korea. She added the word to the name of the ship that transported the troops to Korea. Ever since then 'Maru' has been part of the name of every steamship or sailing vessel. It is never used with the name of a warship."-Fishing Gazette.

Beats Hun Glass.

The United States bureau of stand-

ards has just issued a report on its

tests of American-made glass for

Jena, both German glass that was al-

A defective stomach keeps more peo-

Some men take what is in sight and

EveryTimelEat

TOASTIES

(MADE OF CORN)

Eat em up Bob

You're saving

wheat for

the boys in

France'

Dad says -

POST

ple awake than a guilty conscience.

hustle for more.

Sioux City Directory

"Hub of the Northwest." HUMPHREY The Dry Cleaner and Dyer Expert Cleaning, Dyeing and Repairing. Hats Cleaned. **521 PIERCE ST., SIOUX CITY, IOWA**

Used Cars Parts and Tires Bought, Sold and Exchanged We have wrecked to date 150 cars. "We tear'em up and sell the pieces." Auto Salvage & Exchange Co., Inc. A. F. SWANSON, Manager 301 Jackson St., SIOUX CITY, IOWA

Angel - Self Superior - Angel "Like Lightning in the Laundry." MADE FOR USE IN THE MIDDLE WEST BY

Haskins Bros. & Co., Sioux City, Iowa, and sold by all first class dealers.

The sweater, having inspired all white stripes is of the slip-over variety. sorts of sweater coats and sport coats Its collar and cuffs are stripes with for the benefit of those who like to white and it is adorably trim and

combine smartness with uniformity in youthful. dress, has improved its own original conception. In the new models now being manufactured of sweaters pure and simple we discover garments more trim and more carefully planned than in the time-honored old original. Much more attention is given to the details chemical use, which shows all the new of finishing, and even the utility sweat-American brands to be superior to the er makes a feature of color. Any number of gay shades, as bright as Kavaller and equal or superior to the field flowers, enliven outdoor backmost universally used before the war. grounds.

> Many women knit their own sweaters and sweater-coats, but these handmade garments are few by comparison with those knitted by machinery. And designers of machine knitted garments have shown themselves amazingly clever in turning out sweaters that are almost replicas of those knitted by hand. They are responsible for the best of new models and the introduction of novel decorative features that make them interesting. Recently they have introduced caps to match-in the case of utility-to be worn in keen autumn days or whenever wind and cold make a bat not practical.

> In the picture, at the left, a sweatercoat is shown in a light color bordered with white. The range of colors includes turquoise, orchid, rose, citron, gold, emerald, amethyst, etc., and less unusual shades that have come to be recognized as sweater shades. The picture tells the story of this model in every detail, simple and effective designing, attractive color combination with substantial wearing qualities and comfort.

At the right a model in fing blue with | from the battlefields in France.

ulia Bottomley

Ultra Smart Room.

An ultra smart llving room has an extra long davenport, with long, loosesent cushions, two bolster-shaped end pillows and three oblong upright back pillows, as well as the frame upholstery, all done in heavy brown satin. At either end of this stands a small lamp table. There are three chairs, one black lacquer, with an e-pbroidered panel and seat and one watnut-framed armchair, upholstered in tapestry. The other furnishings are a lacquered chest, a window seat, one framed portrait and voile curtains

After varnishing linoleum, which will preserve it, try waxing it on top resist wear.

Women to Award Pensions.

Young women "of good education and high purpose" are urged in an appeal by the British minister of pensions to volunteer in the work of awarding pensions to disabled soldiers

Soft Coal Increased. The fuel administration announces

the whole time."

over the production of the week be-

fore. For the month, it is estimated,

46,478,000 net tons were mined, which

is about 10 per cent over the amount mined during April, 1917 .- Pathfinder,

Not Entertaining.

last night?" Chollie-"No, she sang

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

Better say only half you think than

Think of Factory Price Bame price as before the war. Then write to us for catalogue. AMERICAN FLAG MFG. CO., Easton, Pa.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free Bates reasonable. Highest references. Best services

WHEN YOU THINK FLAGS

to think only half you say.

Mollie-"And did she entertain you

"You are the same kind of a scamp that during a recent six-day period your father was before you." "Well, then, why is it he is now al-11,688,000 net tons of bituminous coal were mined in this country. This ways after me?" amount is an increase of 5.7 per cent

Reverse Methods.

Lemon Juice For Freckles

Girla! Make beauty lotion at home for a few cents. Try It!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost. Your grocer has the lemons and

any drug store or tollet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how freckles, sunburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.-Adv.

A man who is supposed to know says that marriage without love is like tripe without onions.



-that's what thousands of farmers say, who have gone from the U.S. to settle on homesteads or buy land in Western

Canada. Canada's invitation to every industrious worker to settle in Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free

or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farm-ing is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either

for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to

M. J. Johnstone, Drawer 197, Watertown, S. D. ; R. A. Garrett, 311 Jackson St., St. Paul, Minn.

Canadian Government Agents



with fringed lambrequins. Waxing Linoleum.

of the varnish just as you would polish a hardwood floor. About once a week wipe with clear water and a clean cloth and about once in two weeks apply the floor wax, leaving it to dry about twenty minutes, then polish with a dry, soft cloth. The wax will brighten the linoleum and flelp to