



# PERUNA A Wonderful Remedy

**FOR EFFECTS OF LA GRIPPE**

Mr. George E. Law, 11 1/2 North Franklin St., Brazil, Indiana, has a word of cheer for sufferers from LaGrippe and its results.

Liquid or Tablet Form Sold Everywhere

### Read His Letter

"I have suffered for the last two winters with that terrible disease, LaGrippe. Having often heard of the great value of Peruna I decided to try it. I have only used four bottles and I do not now have any bad effects from the Grippe as it has just about entirely disappeared, and my general health is good. I am satisfied that Peruna is a wonderful remedy, and I do most heartily endorse and recommend it for LaGrippe."

## WORLD WOULD BE CLEANER

Excellent Thing If the Profession of the "Spy" Can Be Altogether Eliminated.

We pray God that the next big thing the world will do will be to eliminate forever from the face of the earth that unspeakable creature known as the "spy."

In war it has sometimes become necessary for a good man to be a spy, but it was the direst necessity and nothing else that could induce him. Nathan Hale was a spy, but he was such only to save the liberty of his country. His last words when he died were that he regretted that he had only one life to give in that holy cause.

But, there are spies who are such by profession as well as by nature. And that kind of man is a creature so low in the scale of humanity that a polecat is respectable compared to him.

The spy is a person who will break bread with you, eat your salt, accept the kindly and hospitable shelter of your roof, worm himself into your affections, and then betray you. He will bite the hand that feeds him as a dog would do. He will send to death those who have taken him to the household of their hearts.

A sublime effort is being made in the world's affairs now to let the light in on all the dark corners. The windows are to be flung open and the sunlight let in at the door. And, when this is done, the spy will disappear. He cannot endure in the light of day. His world is the world of the shadows. He must have the cover of darkness or he cannot work.

Of all crawling vermin that infest the earth the spy is the most detestable. He is the most poisonous of reptiles. The rattlesnake and sidewinder are scholars and gentlemen compared to him.

Civilization will have taken almost its longest stride forward when the spy is removed from the scene of earth which he festers by his corrupting presence.—Exchange.

### Molly Maguire.

The Molly Maguire originated in Ireland in 1843 during the rent troubles there. The name was derived from Cornelius Maguire, baron of Inniskillen. Molly was added because most of their raids were made while dressed in women's clothes. The Pennsylvania society was organized in 1866, and was composed for the most part of Irishmen. For ten years prior to 1877 it terrorized the inhabitants of the coal mining sections of Pennsylvania. Murders were committed and vast quantities of coal and other property were destroyed. In 1875 their depredations extended throughout the section and the militia had to be called out to suppress the disorders. After the militia had been withdrawn a number of brutal murders were committed, which resulted in an outburst of public wrath which forced arrests and the conviction and execution of ten members of the society. This put an end to the terrorism.—Brooklyn Eagle.

**The American Army University.**  
The American Army University, the largest university in the English-speaking world, has been opened in Beane, southeast of Paris.

Fifteen thousand soldiers have enrolled for a three months' course. The faculty of 500 members, chiefly drawn from the American expeditionary forces, is headed by Col. Ira I. Reeves, formerly president of Cornell University in Vermont.

The buildings now serving as study halls and dormitories were used during the war as an American hospital. A farm of 600 acres is used as the main agricultural college, while former work shops of the hospital supply quarters are being utilized by classes in engineering. The university has opened a branch at Bellevue, near Versailles, for nearly 1,000 students of art and architecture.

### Can Only Guess at History.

Now that the Venus of Milo, back from Toulouse, whither she went on an indefinite visit four years ago last August, is at home in the Louvre, she is entertaining a more cosmopolitan company of guests than has ever before thronged the galleries of that famous museum. Among those present are soldiers and civilians of all the allied nations. Her flight from Paris adds another notable episode, but her whole eventful history, from about the fourth century B. C., when she is held to have been sculptured, to 1820, when she was found by a farmer in the island of Melos, can apparently never be written. It must remain problematical, like the much discussed question as to what she was doing with her hands.

### Speed in the Air.

By merely modifying wing curvature, airplanes of to-day could be made to fly at a speed of 250 miles an hour, according to a British captain who is considered an aeronautical authority. The obstacle that this would present, however, would be a minimum landing speed of about 150 miles an hour. Greater speed in the air is much to be desired, but no pilot is particularly anxious to bring his machine to earth at a rate such as that indicated.

### Problem of the Future.

"The air Pullman has arrived."  
"So I hear."  
"What will be the status of the air Pullman porter? There will be no dust and cinders to brush off. What legitimate reason will he have to extract a quarter or more from each aerial passenger?"—Birmingham Age Herald.

## "Cold in the Head"

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. All Druggists Sell. Testimonials free. \$1.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

**Starch From Decayed Potatoes.**  
The department of agriculture in its war-time experiments has discovered that starch can be made from a decayed potato just as well, if not better than from a good one. The surplus stock of the farmer or dealer need no longer be thrown away or wasted. It can be turned to good account at once.

For sale, alfalfa \$9; sweet clover \$10 per bu. John Mulhall, Sioux City, Iowa.

All man's best deeds and all man's worst can be attributed to the influence of woman.

## KIDNEYS WEAKENING? BETTER LOOK OUT!

Kidney and bladder troubles don't disappear of themselves. They grow upon you, slowly but steadily, undermining your health with deadly certainty, until you fall a victim to incurable disease.

Stop your troubles while there is time. Don't wait until little pains become big aches. Don't trifle with disease. To avoid future suffering begin treatment with GOLD MEDAL Haarlem Oil Capsules now. Take three or four every day until you feel that you are entirely free from pain.

This well-known preparation has been one of the national remedies of Holland for centuries. In 1896 the govern-

ment of the Netherlands granted a special charter authorizing its sale. The good housewife of Holland would almost as soon be without food as without her "Real Dutch Drops," as she quaintly calls GOLD MEDAL Haarlem Oil Capsules. Their use restores strength and is responsible in a great measure for the sturdy, robust health of the Hollanders.

Do not delay. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. Take them as directed, and if you are not satisfied with results your druggist will gladly refund your money. Look for the name GOLD MEDAL on the box and accept no other. In sealed boxes, three sizes.



## WORMS

"Wormy" that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as distemper. Cost you too much to feed 'em. Look bad—are bad. Don't physic 'em to death. Spohn's Compound will remove the worms, improve the appetite, and tone 'em up all round and don't "physic." Acts on glands and blood. Full directions with each bottle, and sold by all druggists. SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

## Stop Losing Calves

You can Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of **DR. DAVID ROBERTS' "Anti-Abortion"**

Small Expense Easily Applied. Sure Results. Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS VETERINARY CO., 180 Grand Ave., Waukesha, Wis.

## BRAVE AS THEIR BROTHERS

"Little Things" Couldn't Daunt American Girls in Their Work of Mercy in France.

One of the girls began to laugh. "Little things is right!" she exclaimed. "Cooties, and rats and mice! You know," she turned to me, "our billets are usually pretty old places, and they were full of—about everything. I remember one night I was sleeping with one of the girls and she said to me, all of a sudden: 'Is that your foot that I feel?' I jumped. 'I was just going to ask you the same thing,' I answered. 'We'd better get out the flashlight!' And when we did we found that there was a big rat in bed with us—under the covers—"

"Shells, and wounded men, and doughnuts, and rats—under the covers!" I exclaimed.

"And mud up to their knees, and gas attacks," finished another voice, the voice of a man who had been reading silently in one corner of the room. "And rheumatism and grip and other little things like that. They're the little things that girls don't tell about."

—Margaret E. Sangster in the Christian Herald.

### Raising His Spirits.

Twice as the omnibus slowly wended its way up the steep hill the door at the rear opened and slammed. At first, says London Notes, those inside found little heed, but the third time they demanded to know why they should be disturbed in this fashion.

"Whist!" cautioned the driver. "Don't spake so loud. He'll overhear us."

"Who?"

"The boss. Spake low. Sure O'm desavin' the crayture. Every time he 'ears the door close he thinks wan of yez is gettin' down ter walk up the hill, and that sort of raises 'is sperits."

### Banana Consumption Big.

According to statistics for 1914, the latest available, the people of this country consumed 48,583,592,000 bananas, of which 15,000,000 bunches came from Jamaica, 8,000,000 bunches from Honduras, 5,000,000 bunches from Costa Rica, and 5,000,000 bunches from Panama. The others came from Guatemala, Mexico, Cuba, Colombia, Nicaragua, British Honduras, Santo Domingo and Brazil.

The milk of human kindness usually tests 3.5 per cent or more.

Suspicion, wants no argument.—Seneca.

## Honey-BEES-Honey Keep Bees!

Interesting work with good profits. Help supply the world's demand for nature's best sweet. We can help you. Write for information.

**WESTERN HONEY PRODUCERS SIOUX CITY, IOWA**

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

W. N. U., SIOUX CITY, NO. 16-1919.

## WRONG VIEWPOINT OF LIFE

Foolish "Modern Girls" Who Get the Idea That They Know Better Than Their Mothers.

Scene—The dressing room of a Broadway restaurant at the dinner hour. Two of the prettiest girls imaginable, both in frocks that suggested not the city shops, but the careful fashioning of mothers' hands, were smoking and laying on rouge, with lavish hand. And both were excited, for evidently things had been happening at home.

Said Rose and Black: "Those chumps told ma that I hadn't been working there for six weeks. There was an awful row at home when she found out."

Her companion sneered complacently: "Well, I never tell my mother anything. My job's my own business. What's the use? They don't seem to understand that times have changed. You can't live in New York like they did in the backwoods when they were young. If they think I'm going to slave in an office at twelve a week and never go out at night and then marry someone who means the Bronx and three rooms they have another guess coming. Not for me."

Two pretty faces, hardened into lines that ill became them, turned toward the corridor and their waiting escorts.—New York Sun.

### Dog Teams Saved Many Lives.

Word has recently been received of the heroic efforts made during recent months to check the influenza epidemic in Yukon territory, where remote communities faced grave danger because of limited medical and nursing supplies. To meet the emergency, Indian runners with dog teams were dispatched from Dawson with anti-influenza serum and sent across the snow as far north as Fort McPherson, near the mouth of the Mackenzie river, making the round trip of 1,000 miles in a little less than two months, which is a fair performance in mid-winter. The journey included crossing the Rocky mountains.

### Knew Where It Would Land.

Lawyer—"Yes, sir! We can settle up this estate for you in about eight months." The Principal Heir—"But can you wait that long for the money?"—Judge.

Many a man lives a cat-and-dog life. He purrs in the parlor and barks in the kitchen.

Indifference sometimes wins where manifest desire stands no show.

## Stop and Think!

Why are Americans using such great quantities of

## POSTUM CEREAL

Health value, wonderful flavor and practical economy make Postum the ideal American table drink.

Boil just like coffee—

(15 minutes after boiling begins)

—but remember that, unlike coffee, this beverage contains no drugs to upset stomach, heart or nerves. It is absolutely pure and without harm, made from the best of roasted wheat and wholesome molasses.

You can get the original Postum at grocers. Two sizes—

Usually sold at 15c and 25c

## Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GORDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISBELL, Box 197, North Haven, Conn.

## In Such Cases

# LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good



### Counted 'Em.

Almost by design, it seemed, a health officer placed a card on an Adams street home, directly under the house number.

Two youngsters on their way home from school stopped to try to read the card.

"What does it say?" asked one.

"After a close scrutiny the other replied: 'It says '3436 Measles.'"

"My sakes!" said the first speaker. "I knew you had to have a card on the house, but I didn't know you had to tell how many spots there were on you."—Chicago Journal.

A man is seldom as black as he is painted or a woman as white as she is powdered.

A man frequently outwits himself in trying to outwit others.

### Little Things Cost.

The reason so many Americans have not been thrifty was because they failed to appreciate the power of little things. It is yielding to the little impulses to spend small amounts foolishly that keeps many a family hard up from one year's end to another.

It was the thorough appreciation of the value of little things that made many a man wealthy and powerful.

In these war days, learn to prize highly the little things. To understand their value is to know one of the chief secrets of success and happiness.

Some folks will yell their heads off if they open a bad egg, and then go out and probe into a scandal.

Of course, we all believe it is better to give than to receive—until some one passes around the hat.

### Annoyed His Dogship.

Eileen coming home from school with two little playmates, Edith and Ethel, encountered a "bigish" dog. Her little friends evidenced a certain amount of scare as the dog approached.

"Don't be scared," Eileen told her little mates, "he won't hurt you."

Just then the dog jumped at Eileen. "He must have heard what I said," said Eileen, in relating the incident to her mother later.

### Different Troubles.

"I have an electric runabout on my hands." "You're lucky. I have a run around on my fingers."

No man with a knowledge of law ever mistakes the will for the deed.

Ever notice that people who love themselves have few rivals?

## The Tongue Test

Put a little alum on the end of your tongue and you will have the reason why alum baking powder should not be used in food.

England and France forbid the sale of baking powder containing alum.

You can tell whether baking powder contains alum by reading the label.

# ROYAL Baking Powder

Absolutely Pure  
Royal Contains No Alum—  
Leaves No Bitter Taste