

# HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well. "My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 6th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal. If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.

**Gave Himself Away.**  
"There goes one fellow who will never complain of the service here again," remarked the head clerk of the Seaview Inn.

"What makes you so sure of that?"  
"He came rushing up to the desk just now as mad as a hornet and demanded to see the 'warden.'"—Birmingham Age-Herald.

To insure glistening-white table linens, use Red Cross Ball Blue in your laundry. It never disappoints. At all good grocers, 5c.

**His Status.**  
"Isn't that man an invertebrate?"  
"No, sir; he's a Presbyterian."—Baltimore American.

Reading tiresome poetry when you are sad is equivalent to reading a cook-book when you are tired.

# THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing the hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness. Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing. Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health. CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

# Agents—Everybody

Make your hours profitable. A legitimate seller; big profits; everyone buys. Presidential endorsements. Sample 25c stamps. ARMY & NAVY RECORD San Fernando Bldg., Los Angeles, Calif.

# Kodak Finishing

Expert work. Prompt return. Special mail order department. We pay return postage. Write for price list. The Robert Dempster Co., Box 1138, Omaha, Neb.

**Farms For Sale**—Lee Co., good lands at moderate prices; good roads, elevators, cranberries and co-operative shipping. Home-seekers write Tupelo Realty Co., Tupelo, Miss.

**Suspenders and Braces** combined, keeps you erect, straight, comfortable; one operation releases trousers. Send \$1; money returned if unsatisfactory. Jos. Sizer, 243 B'way, N. Y.

**Free on request**, pictures and exceptionally interesting info. of world famous Texas Oil Fields. Room 6, Coulson Bldg., Ft. Worth, Tex.

**CAB-BO-DEEN** removes your carbon while you ride; 50c. put cans, agents and salesmen wanted. Car-Bo-Deen Mfg. Co., St. Louis, Mo.

**California Fig Land For Sale**—Best paying fruit crop. Write for booklet. California Fig Gardens, 828 E. Mills Bldg., San Francisco.

**Harvest Hands Wanted** for 200,000 acres wheat in Ford County, Kansas. Good wages. Write Commercial Club, Dodge City, Kan.

W. N. U., SIOUX CITY, NO. 24-1919.



**SPOHN'S DISTEMPER COMPOUND**  
And all diseases of the horse affecting his throat speedily cured; colts and horses in the same stable kept from having them by using SPOHN'S COMPOUND, 3 to 6 doses of ten cure. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. SPOHN'S is sold by your druggist.

# IDEAL FARM LANDS

Minnesota Man at Last Found What He Sought.

After Long Search, the Wondrous Productiveness of Western Canada Was Pointed Out, and He Is Going There.

He farmed for a number of years near Windom, Minnesota, and as Mr. O. S. Marcy told it, he had done well. He had made sufficient money to see him and his wife through their remaining days.

"But there were the boys," said Mrs. Marcy, "and six of them, too—some of the six not yet back from 'overseas.' Yes, we are proud of them," the fond mother said, "but, oh! my, we had no girl, and she bemoaned that. These boys had to be looked after. 'Why not settle them about you in your own neighborhood? You have good land there, splendid neighbors, and everything that might be desired.'"

"Yes, that is all true," replied this estimable lady, "but the land is so high-priced we couldn't afford to buy there, although worth every cent asked for it. You see we have six boys, and they are good one, too."

So, one day, three years ago, Mr. and Mrs. Marcy rigged up the automobile for a touring trip. They wanted to investigate for the boys' benefit. The journey lasted for a year. It took them through Arizona with its varied scenery, its climatic and agricultural attractions; into the canyons of Colorado they went, and the agricultural possibilities there aroused a large amount of interest. Still undecided, down into the valleys of California the automobile went. Fruit orchards were plentiful, grain fields were attractive, but the psychological time had not arrived. Reversing their way, they passed through Washington, Oregon and Montana and home. A year's journey and no results. "Oh, yes," Mr. Marcy said, "we had a delightful time, enjoyed it all but the day and night up in Colorado, when we were held up by a wonderful snowstorm; and six others. Planking the snow embankment, we came through safely, if a trifle inconvenienced."

It was interesting to hear these people talk. Their practical minds showed that they had not lacked opportunities for observation. They could not find what they wanted for the boys. When he was between twenty and twenty-five years of age, Mr. Marcy pictured to himself the kind of a home he wanted. He reared a family of boys and had yet to find such a place. His year's journey had been fruitless in that respect.

One day he decided he would try what Western Canada could do. He had read of it, and he had friends there who had done well. He toured the provinces of Manitoba, Saskatchewan and Alberta. He saw the vast prairies, yielding their twenty and twenty-five, and as high as forty bushels of wheat, with enormous yields of other grains. The north central country, which afforded the grass and the shelter that made stock-raising a valuable adjunct to the growing of grain, was visited, interviews were had with the settlers, many from his own home district, and all were satisfied.

Only the other day he arranged for a car in which he would load his effects to be taken to the Alberta farm he had purchased when on his visit. Mrs. Marcy goes with him, and the six boys will follow. He found the place he had pictured in his mind when he was twenty or twenty-five years old. "I was unable to find it until I made my Western Canada visit. I bought the farm, and I am satisfied. When I saw a carload of four-year-old steers brought into the Edmonton market weighing 1,700 pounds, that had never been inside a building nor fed a bit of grain, I was glad I had made up my mind."—Advertisement.

**Cunning as a Fox.**  
While sitting on the bank of a small stream, writes a Companion subscriber, a friend and I heard some hounds baying on the opposite side of the creek. We were guessing what they might be chasing, when all at once we saw a two-thirds-grown rabbit come from the weeds and slowly walk into the water until it got so deep that he was compelled to swim. We thought that the little animal was coming across; but suddenly he turned upstream and swam for some two or three rods, and then he climbed out on the bank and disappeared in the weeds and underbrush.

A few moments later the hounds came to the water and lost the trail. If that were not a piece of cunning on the part of Bunny, I am much mistaken.—Youth's Companion.

**His Occupation.**  
"I know a man who was making money hand over fist at his business when the police caught him."  
"What was he doing?"  
"Porch climbing."

A word to the wise may be sufficient, but the policeman often has to use a club on the otherwise.

And the great, underlying inspiration of the world war was lunacy run amuck.

# INFLUENZA

Catarrhal Fever, Pink Eye, Shipping Fever, Epizootic

And all diseases of the horse affecting his throat speedily cured; colts and horses in the same stable kept from having them by using SPOHN'S COMPOUND, 3 to 6 doses of ten cure. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. SPOHN'S is sold by your druggist.

# INTO THE UNKNOWN

Adventurers Irresistibly Lured to Untraveled Paths.

Martin Johnson and His Wife, Setting Out for the South Sea Islands, Explain Yearning That Calls Them to the Jungle Land.

To perpetuate the work that Jack London commenced and to film the unexplored mysteries of the jungle land—that vast unknown bush country of the South Sea Islands; to bring back photographic records of the habits, customs and mannerisms of tribes of which no white man has any knowledge; to endanger their lives in the tropic heat; to rub elbows with natives who are afflicted with leprosy, elephantiasis and other dangerous forms of contagious disease. All these items mean nothing at all to Martin Johnson and his pretty wife, Gsa, who will leave New York Monday for Australia prior to invading the vast bush country, the unexplored interiors of which no white man has ever seen, writes the New York Sun.

"I am anxious to go to the South Sea Islands because it is the nearest place to paradise on God's earth," said Martin Johnson. "There are no strikes there, and it is a far safer place than in your little old New York. You may have Broadway if you like, but as for me I want to get away from your talk of 'Bolshevism' and everything that has anything to do with it at all. Pro or con it doesn't make any difference. And then again," Mr. Johnson continued, "there is the lure of discovering things no white man has seen. There is the great adventure about it. It is a yearning to get away from all this back here and be out in the great wild. It is the unfathomable unknown, the insoluble wilderness that lures me." For Mrs. Johnson, this represents her second trip to the bush country, and she probably is the first woman from the United States to achieve such a distinction. The morality of the natives of the South Sea Islands is eulogized by Mrs. Johnson, who deprecates the morality of the white people, declaring the former to be of a higher standard. "No man covets his neighbor's wife there," she said. "Only in one instance did I see the penalty that a woman paid for alienating the affections of another woman's husband. They hanged her to a tree and executed her by slashing her body. A man lives three years with a woman before he marries her, in the Solomon Islands. In all that time he is never permitted to meet her in the open or mention his name to her, or she to him. Their coming together is decreed by order of the chief. The man is told who his mate is, to be and where he can find her. In the dead of night he goes to her. If they like each other they are married in three years. If not, then their children are given over to the unmarried bride's or bridegroom's parents."

**Use of Chemical Products.**  
The interest in chemistry and chemical products has greatly increased in the United States owing to the fact that this country has been forced by the war to depend upon its own resources in this direction. The following uses are ascribed to these chemical products: In making soap and paper pulp, mercerizing cotton and purifying mineral oils, caustic soda is used; soda ash is necessary in the manufacture of soap and glass; silicate of soda (better known as water glass) is utilized in the manufacture of soap and in dyeing and printing calico, finishing cotton goods, preventing wool rot, bleaching jute and preserving eggs.

**Abolishing Trench Foot.**  
In the first winter of the war we used to hear much about "trench foot," due to standing long in the icy water and mud of the trenches. It was an inflammation that ranged from a sort of glorified chilblain to a condition of gangrene.

Col. George G. Nashmith, who commanded the Canadian Mobile Laboratory with the British expeditionary forces in France, says in the Medical Record that this vanished from the British army when it was discovered that the periodical removal of puttees, drying and chafing the feet and legs, covering them with whale oil and putting on dry socks was an absolute preventive.

**Boy Scouts.**  
The boy scouts' organization was founded in England in 1910 and introduced in the United States the same year. The object is to develop patriotism, discipline, courage and self-control in boys, as well as to put the Golden Rule into daily practice. The unit of the organization is the "patrol" of from six to eight boys; a "troop" comprises two or more "patrols" and the scoutmaster is the officer in charge of a troop. Lieutenant-General Sir Robert Baden-Powell was the father of the boy scout movement in England and Ernest Thompson Seton in the United States.

**Record Shorthand Writing.**  
Herman J. Stich, an American court reporter, wrote under most rigorous rules at the rate of 300 words a minute for five consecutive minutes, and then presented a transcript that with only two immaterial errors almost reached perfection, the percentage of accuracy being 99.9. Mr. Stich's performance is described as the finest in the history of shorthand.

# COCA-COLA WILL BE USED TO CHRISTEN ENGINE

Program Will Feature Exercises at Fire Hall on Wednesday.

[From Nashville, Tennessee.]  
Ann Dallas Dudley, the new fire engine at the Waverly-Belmont fire hall, will be christened on Wednesday afternoon at 2 o'clock with appropriate exercises. Mrs. Gullford Dudley, for whom the engine gets its name, is one of the state's pioneer suffrage workers and it is due to her untiring work that partial suffrage was given the women of Tennessee. Mrs. Miles Williams, a resident of the twenty-first ward, is chairman of arrangements, and also a pioneer suffragist, and little Judith Winston Folk, the 6-year-old daughter of Mr. and Mrs. Reau Folk, also a pioneer suffragist and the youngest member of the Nashville organization, has been chosen sponsor. Miss Folk has selected as her maids the following young girls, daughters of prominent suffrage leaders: Travania Dudley, Lenore Kenny, Kate Barckside, Harriet Ingram, Mary Sue Cantrell, Jane Davis and Elizabeth Smith.

At the christening not champagne but a bottle of coca-cola will be broken and the maids will shower the engine with yellow flowers. Speeches will be made by Mayor William Gupton, Commissioner Tompkins and Chief A. A. Rosetta. Mrs. Dudley, a member of the national suffrage organization, and Mrs. Reau Folk, chairman of the city organization, will be honor guests of the occasion.—Adv.

All some women talk about is—well, about 18 hours.

Cry tomorrow, if you must, but laugh today.

**Freshen a Heavy Skin**  
With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

Do you put your "O. K." on your day's work?  
Laws are not alive until they are executed.

# IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ills afflicting people today can be traced back to the kidney trouble. The kidneys are the most important organs of the body. They are the filters of your blood. If the poisons which are swept from the tissues by the blood are not eliminated through the kidneys, disease of one form or another will claim you as a victim. Kidney disease is usually indicated by weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago. All these derangements are nature's signals that the kidneys need help. You should use GOLD MEDAL Haarlem Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Go to your druggist today and get a box of GOLD MEDAL Haarlem Oil Capsules. In twenty-four hours you should feel health and vigor returning. After you feel somewhat improved continue to take one or two capsules each day, so as to keep the first-class condition and ward off the danger of other attacks. Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

**Good Riddance.**  
"Shall we hire a detective to watch our wedding presents?"  
"I hardly think that will be necessary, my dear. Our friends have seized the opportunity to work off a lot of old junk."—Louisville Courier-Journal.

**The General Tendency.**  
"Everybody in America belongs to some kind of a social or commercial organization," observed the distinguished visitor.  
"Yes," answered Senator Sorghum. "We have developed into a nation of leagues."

**Their Faithfulness.**  
"Force of habit is almost as hard a master to some people as rum is said to be," commented the landlord of the tavern at Grudge. "Although the post office moved to its new location more than a month ago, and, too, though they never were compelled by law to do so, 'most any time o' day a bunch

of prominent and influential lunkheads can be seen standing in the doorway of the old post office room, patiently waiting for busy people to come, as they used to, and scrouge past them, trying to get in."—Kansas City Star.

Hard facts do not always make an impression on a soft-headed man.

# The Effects of Opiates.

**THEAT 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 functions 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. 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 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 *Chas. H. Fletcher*

**Don't Sneeze; You May Die.**  
Scientists say that we are never nearer death than when we sneeze, the act causing a momentary convulsion of the brain.

# FRECKLES

Now is the Time to Get Rid of These Ugly Spots  
There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

The bet you intended to make but didn't is always a safe bet.

# NEW SOUTH WALES INFORMATION BUREAU

Singer Building, 149 Broadway, New York City  
Will be pleased to send Government Bulletins or answer any inquiries regarding opportunities for farming, stock raising, fruit growing, mining and investment in New South Wales, AUSTRALIA



**PARKER'S HAIR BALM**  
A toilet preparation of merit. Helps to eradicate dandruff. For Reddened Scalp and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

# Kill All Flies!

THEY SPREAD DISEASE  
Flies everywhere, DAILY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and safe. Made of metal. Kills all flies, mosquitos, house flies, etc. Will not soil or injure anything. Guaranteed. D. H. H. FLY KILLER  
\$ by EXPRESS, prepaid, 61c.  
HAROLD SOMERS, 101 De Kalb Ave., Brooklyn, N. Y.



**Cuticura Heals Itching Burning Skin Troubles**  
All druggists; Soap, Ointment and Talcum. Sample sent free of "Cuticura, Soap, Ointment."

# HEART BURN

Caused by Acid-Stomach

That bitter heartburn, belching, food-rotting, indigestion, bloating, eructing—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, that tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestines and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They really suffer in the midst of plenty because they do not get enough strength and vitality from the food they eat. Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach miseries. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Brought them relief when everything else failed. Our best testimonial is what EATONIC will do for you. So get a big 50c box of EATONIC today from your druggist, use it 30 days—if you're not pleased, return it and get your money back.

# EATONIC

(FOR YOUR ACID-STOMACH)

**Hard to Determine.**  
Ruth Clifford, the moving picture star, has a cousin overseas. Recently his name appeared in the casualty list as wounded.  
"Yes," said Miss Clifford, in answer to an inquiry by her director, "he was wounded, but not seriously. We had a letter from the regimental surgeon."  
"Where was he wounded?" asked Gerard.  
"We are not quite sure. The surgeon mentioned the place, but we don't know whether it's an anatomical phrase or a French village."

# Health Insurance

One of the distinctive qualities of food baked with Royal Baking Powder is wholesomeness.

This is health insurance of such vital importance that millions of women bake at home just to be sure that Royal Baking Powder is used.

Remember the adage—"Bake it with Royal and be sure."

# ROYAL BAKING POWDER

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—Leaves No Bitter Taste