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CASTORIA

ALCOHOL-3 PER CENT.
A Vegetable Preparation for Assimilating the Food by Regulating the Stomach and Bowels of

INFANTS - CHILDREN

Thereby Promoting Digestion Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC

Prepared by **W. D. PARSONS**

Prevents Sore Throat, Croup, Whooping Cough, Hoarseness, Sore Eyes, Stomachic Distress, Constipation, Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in infancy.

A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in infancy.

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THE CASTORIA COMPANY, NEW YORK.

At 6 months old
35 Doses - 35 CENTS

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CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Wm. D. Parsons

In Use For Over Thirty Years

CASTORIA

THE CASTORIA COMPANY, NEW YORK CITY.

HOME TOWN HELPS

ERROR HOME BUILDERS MAKE

Too Many Seem to Forget That Individuality is a Requisite for Attractiveness.

The house which is the real home, beautiful and yet intimate, whether its possessor be rich or poor, is hard to find.

Go among the dwellings of the rich, and you will find thousands of handsome places, architecturally correct, supplied with every convenience, and yet lacking something. Something which you are puzzled to put your finger on—the home note which.

Cities of the country have numbers of handsome residences of the more expensive type. Some of them are admired academically for their correctness and their magnificence; they appeal to one's sense of the beautiful and to one's civic pride, but of the thousands of these houses there are only a few that bear the aspect of real homes to the average man.

Wander among the houses of the poor and you will find row on row of dingy habitations, crowded one on top of the other, perhaps painted a gray blue—and sadly in need of another coat. Not a tree, a shrub nor a flower near by. Houses and grounds so much alike that a man might go into any one of a dozen of them for his own, in a fit of absent-mindedness.

Yet the owner could be no more possessed of money than he is and still own a much more attractive place. His initial mistake was in picking a house of the same pattern as all the others in the street. He could have picked one, not more expensive but less common, if he had tried harder. One, too, that had an inviting coat of paint on it. Then he should have proceeded to develop a front lawn and garden, to plant some trees, if needful, as well as some vines to decorate the house and redeem it from the commonplace.

MODEL VILLAGES IN ENGLAND

Country is Recognizing Necessity of Improvement in General Housing Conditions.

It is said that the average English middle-class home is so ugly it ought to be just burned down, and Englishmen are just beginning to realize this fact, with the result that all over England plans are afoot to build model villages and model suburbs.

Brighton is the first to lead the way. It is building a super-suburb, consisting of 900 houses, so planned that there will be not more than ten to the acre. This will allow each house a garden of 16 rods—or 640 feet.

The suburb is to be built in an orchard setting. Fruit trees will line the roadway. There will be no walls, the gardens being divided by hedges. There will be recreation grounds, allotments and common playgrounds. The houses are to be built on modern and artistic lines, the internal arrangements being the last word in house comfort.

The only fly in the ointment is the question of the small boys. Will they be model enough to inhabit a model suburb, or will they help themselves to the fruit that abounds in the public thoroughfares? It is hoped they will become imbued with a great respect for communal rights and thus grow up first-class democrats.

Fruits on Highways.

We have much to learn from other countries, and the general plea for the fruit tree along highways is not so impracticable as many seem to think. Japanese cherries are famous the world over for the beauty of their flowers and foliage. Community spraying would at once change the possibilities of fruit raising and lessen the number of decayed orchards of which we hear. Many a township might easily become famous through the communal fruit it might raise along its roadside and induce its farmers to take up as well, sending to the markets only the perfect fruit and preserving the rest in marketable form. A farmer, observing a dozen fine Baldwin apple trees on the roadside by his place bearing a full harvest of perfect fruit, will not long resist the temptation to try some over his fence.

For Town Improvement.

New England has an organization known as the clean-up campaign committee whose work apparently covers all the six states. It offers as a prize each year a loving cup to the town or city showing the best results in the way of neatness and beautification. The award has just been made for this year and the cup has gone to Malden, Mass., for the third time. Other towns which have received it are Manchester, N. H., which won the prize twice; and Hartford, Conn.

Gardens in Cities.

It is the city dweller who needs the garden most. Anyone who has a back yard and refuses to turn it into a garden has a burden on his soul! Besides yourself many people look down into a city back yard—they can't be shut off like a country estate—it must speak of ugliness and neglect and discouragement to many—or it may sing at morning, noon and night a fresh hymn of hope and beauty, of freshness and new beginnings.—Exchange.

"BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylic acid.—Adv.

Often the Case. White—Is he in business? Black—No, he is the president of our Business Men's association.

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the awful agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of kidneys are usually indicated by stiff lame backs and other wrenching pains, which are nature's signals for help!

Here's the remedy. When you feel the first twinges of pain or experience any of those symptoms, get busy at once. Go to your druggist and get a box of the pure, original GOLD MEDAL Haarlum Oil Capsules, imported fresh every month from the laboratories in Haarlem, Holland. Pleasant and easy to take, they instantly attack the poisonous germs clogging your system and bring quick relief.

For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Three sizes. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box.—Adv.

No Help. "Now that the war is over I dare say your boy can write you where he is located in France."

"Oh, yes," said Mr. Cobble, "but the information doesn't do me another any good. He might just as well say he's 'somewhere in France.' The names of them French villages don't mean anything to people who've never been outside of the state they were born in."—Birmingham Age-Herald.

Signs Pointed That Way. Visitor—What makes you think William will grow up to be a great doctor?

Fond Mother—While playing doctor with his little playmates, he said: "Gentlemen, before we begin to operate you hold the patient's hands and feet, I'll get the three cents out of his right hand pocket."

MURINE

Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy, if they Tingle, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.

BITRO-PHOSPHATE IS GOOD FOR THIN NERVOUS PEOPLE

A PHYSICIAN'S ADVICE.

Frederick S. Kolbe, M. D., Editor of New York Physicians' "Who's Who," says that weak, nervous people who want increased weight, strength and nerve-force, should take a 6-grain tablet of Bitro-Phosphate just before or during each meal.

This particular phosphate is the discovery of a famous French scientist, and reports of remarkable results from its use have recently appeared in many medical journals.

If you do not feel well; if you tire easily; do not sleep well, or are too thin; go to any good druggist and get enough Bitro-Phosphate for a two weeks' supply—it costs only fifty cents a week. Eat less; chew your food thoroughly, and if at the end of a few weeks you do not feel stronger and better than you have for months; if your nerves are not steadier; if you do not sleep better and have more vim, endurance and vitality, your money will be returned, and the Bitro-Phosphate will cost you nothing.

Uncle Eben. "De trestest business man I ever saw," said Uncle Eben, "is one dat tried to go to de races, play golf an' take in a music show, all in he same day."

B. A. THOMAS HOG POWDER

Saves the Bacon

Mr. Pleasant, Ia.—"When I found sickness appearing in my herd I got a 25 lb. can of B. A. Thomas' Hog Powder. Before I finished feeding it, I was no longer sick, and when I got another, and when I got all well I got a third can and had that twice a week. I keep keeping them well." J. M. Kerueen, R. No. 1, OLD KENTUCKY MFG. CO., Inc., Paducah, Ky.

MILLIONS Suffer from Acid-Stomach

Millions of people suffer year after year from ailments affecting practically every part of the body, never dreaming that their ill health can be traced directly to acid-stomach. Here is the reason: poor digestion means poor nourishment of the different organs and tissues of the body. The blood is impoverished—becomes weak, thin, sluggish. Ailments of many kinds spring from such conditions. Biliousness, rheumatism, lumbago, sciatica, general weakness, loss of power and energy, headache, insomnia, nervousness, mental depression—even more serious ailments such as catarrh and cancer of the stomach, intestinal ulcers, cirrhosis of the liver, heart trouble—all of these can often be traced directly to acid-stomach.

Keep a sharp lookout for the first symptoms of acid-stomach—indigestion, heartburn, belching, food repeating, that awful painful bloating after eating, and sour, gassy stomach. EATONIC, the wonderful modern remedy for acid-stomach, is guaranteed to bring quick relief from these stomach ills. Thousands say they never dreamed that anything could bring such speedy relief—and make them feel so much better in every way. Try EATONIC and you, too, will be just as enthusiastic in its praise. Make your life worth living—no aches or pains—no blues or melancholy—no more of that tired, listless feeling. Be well and strong. Get back your physical and mental punch; your vim, vigor and vitality. You will always be weak and ailing as long as you have acid-stomach. So get rid of it now. Take EATONIC Tablets—they taste good—you eat them like a bit of candy. Your druggist has EATONIC—50 cents for a big box. Get a box for him today and if you are not satisfied he will refund your money.

EATONIC (FOR YOUR ACID-STOMACH)

Sioux City Directory

"Hub of the Northwest."

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The Dry Cleaner and Dyer

Expert Cleaning, Dyeing and Repairing. Hats Cleaned.

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SIOUX CITY, IOWA

Corner 5th and Jackson Sts.

125 modern rooms, popular price cafe and private dining room in connection.

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Electric Spark Laundry Soap

Trilby Toilet Soap

We have added a new and very useful premium to our 1919 list. Write us for it.

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New Management New Service

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High Grade Dry Cleaning

Dyeing, Pressing and Repairing. Special attention given mail orders. Parcel post paid one way. Have a good position to offer anyone interested in handling an agency for us. Let us hear from you.

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Everything for the Sportsman and Athlete

Ask for Catalogue

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Prices on application

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Stockman, Farmer and Shepper

We cater, too

Near all Depots. Frank J. Donohoe, Prop.

Trucks—Tractors—Attachments

Independent Trucks, 1 ton \$1,850; 1 1/2 ton \$1,950; 2 ton \$2,200. All standard parts. Front End Tractor Attachments \$185. Send postcard for full information.

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QUICKLY REMOVE PIMPLES, DANDRUFF, ITCHING

THE SKIN

Oregon Farms—Improved, \$50 to \$150 per acre. Good climate, school, roads. Send stamps for list. Geo. Melvin Miller, Eugene, Ore.

W. N. U., SIOUX CITY, NO. 89-1919.

Fell Down. Willis—What's the matter with Bump? Gillis—He was playing on a margin and fell off the edge.—Judge.

GREEN'S AUGUST FLOWER

In the good old summer time when fruits of all kinds are getting ripe and tempting, when cucumbers, radishes and vegetables fresh from the garden are too good to resist, when the festive picnic prevails and everybody overrears and your stomach goes back on you, then is the time for "August Flower," the sovereign remedy for tired, overworked and disordered stomachs, a panacea for indigestion, fermentation of food, sour stomach, sick headache and constipation. It gently stimulates the liver, cleanses the intestines and alimentary canal, making life worth living. Sold everywhere. Adv.

NEW SOMETHING ABOUT IT

Englishman Need Not Have Been Surprised at Acquaintance's Knowledge of "Jim Bludso."

In his book, "Winwood Memories," Sir Evelyn Wood relates how he once met a quiet American gentleman in England, and they began to talk of American poetry. Sir Evelyn mentioned the well-known poem "Jim Bludso," which he highly eulogized.

"My enthusiastic praise of the poem excited, I thought, an appreciative purr in my companion, but he remarked quietly:

"Jim was a fine fellow."

"I said, 'Or the author made him so?'"

"Oh, but he was."

"Why, was he real?"

"Yes, I knew him well."

"But don't you think that the poet embellished Jim's act?"

"No; I am sure he did not."

"Well, but how can you be sure?"

"And he replied quickly, 'I wrote it.'"

The gentleman to whom Sir Evelyn was speaking proved to be Col. John Hay, author of the "Pike County Balads," who was then the United States ambassador in London.

Foreseeing a Funeral.

Blank is the greatest blunderer in making excuses we ever knew. The other day a lady he did not particularly care for met him and said: "We shall be back from the beach pretty soon, and I'd be glad to have you come and lunch with us. Suppose we make it Thursday, three weeks from today."

Wishing to get out of it, Blank stammered: "Ah—er—let me see—three weeks from today, you say? Oh, I shall be going to a funeral on that day."—Boston Transcript.

Soft Pedal. Jones—This is a free country. Brown—Yes, but speak lower; some secret service man may overhear you.

\$100 Reward, \$100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$10.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists &c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

WAR HAD WROUGHT CHANGE

Doughboy Found It Hard to Realize the Difference Two Years of War Had Made.

A new story of the Red Cross bag comes from Harvey D. Gibson, former Red Cross commissioner for Europe and president of the Liberty National bank of New York. He got the story from one of the workers in a hospital hut in Dijon. Everybody who has ever seen a wounded soldier knows the bag of gaudy cretonne with the little Red Cross in the corner, in which each boy keeps the bit of shrapnel the doctor dug out of his knee, the last letter from home, the picture of his girl, his toothbrush and all his most cherished possessions. One of the boys in the Dijon hospital had just been presented with his bag, a pink-and-white one. He accepted it gracefully, then he began to laugh. "Say," he declared, "if someone had told me two years ago that I'd be again to war with a wrist watch on one wrist and a bracelet"—he held out his identification disk—"on the other and a cretonne bag in my hand! Say, I'd have patted him one!"

Where Poor Sermons Come From.

The little group on the steps of Saymouth's general store and post office were discussing the ministers' convention, then in session at the state capital, and Squire Lane, who had been "assessed" for his share of Rev. Mr. Lamb's expenses, said that in his opinion there were a good many better ways of spending five days.

"Cheaper, too," he added feelingly.

After a sigh of sympathy had completed a circle of the little group, Joe Rollins, who in village estimate, "wa'n't all there," asked "what they held them conventions for, anyway."

"They meet once a year to swap sermons," replied the squire.

"Now I know why we get such poor ones!" said Joe, momentarily enlightened. "Mr. Lamb never did amount to anything in a trade."—Youth's Companion.

Tyranny often defeats its own aims

A dish you'll always relish

At breakfast or lunch with either milk or cream

Grape-Nuts

fills a requirement for nourishment not met by many cereals.

No cooking No waste

At Grocers Everywhere.

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WHEN you see this famous trade-mark, think a minute! Think of the delicious taste of a slice of fresh toasted bread!

That's the real idea back of the success of Lucky Strike cigarettes. Toasting improves tobacco just as well as bread. And that's a lot.

Try a Lucky Strike cigarette—

It's toasted

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