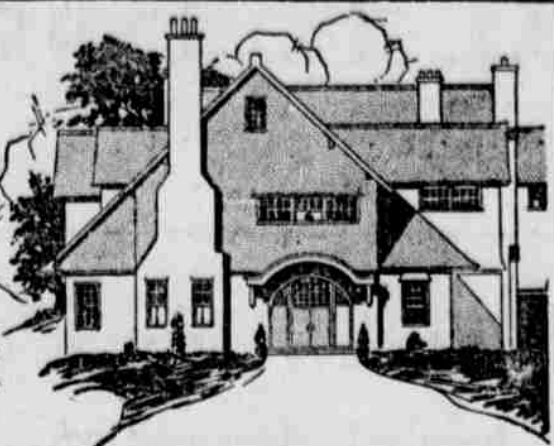


Your New Home



should be made artistic, sanitary and livable.

These walls should be Alabastined in the latest, up-to-the-minute nature color tints. Each room should reflect your own individuality and the treatment throughout be a complete perfect harmony in colors.

The walls of the old home, whether mansion or cottage, can be made just as attractive, just as sanitary, through the intelligent use of

# Alabastine

Instead of kalsomine or wallpaper

How much better, when you have a new home, to start right than to have to correct errors afterward from former treatment with other materials, when you come to the use of Alabastine, as does nearly every one sooner or later.

Once your walls are Alabastined you can use any material over it should you desire, but having used Alabastine you will have no desire for any other treatment.

Alabastine is so easy to mix and apply — so lasting in its results — so absolutely sanitary — and so generally recognized as the proper decorative material in a class by itself that it is becoming difficult to manufacture fast enough to supply the demand.

Alabastine is a dry powder, put up in five-pound packages, white and beautiful tints, ready to mix and use by the addition of cold water, and with full directions on each package. Every package of genuine Alabastine has cross and circle printed in red.

Better write us for hand-made color designs and special suggestions. Give us your decorative problems and let us help you work them out.

ALABASTINE COMPANY

Grand Rapids Michigan



How much easier it is for some folks to make their won't than it is to make their will.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used. 5c.

### Study in Eugenics.

My grandfather lived to be ninety-two.

At eighty-five he felled the giant oak that stood near the gate in the south meadow.

One summer during court week he went to town and stopped a runaway horse with his fist in front of Sutter's Racket store.

Now and then he sipped a hot toddy before breakfast. He chewed Greveley & Miller's best since the age of twelve and passed away smoking un-cured leaf in his pipe.

His boy Henry could hold a barrel of flour out straight.

He played football at Missouri State.

And won two silver cups for standing jumps.

I am Henry's son.

Yesterday I watched a man washing a window on the thirtieth floor of the Woolworth building.

And went home fainting in a taxi-cab.—New York Tribune.

### Rank by Christening.

Two negroes were carrying a heavy piece of timber. Both wanted to "boss the job."

"Lay it down here," ordered one. "Who you-all a-talkin' to man?" the other demanded. "Does you-all think you kin boss me around like dat?"

"Sure I kin," said the first darky.

"Mah name is Leu Tenant."

"Huh! dat's nothin," responded the second son of the sunny south. "Mah name is Sam Browne."—Yank Talk, French and Billet.

### Reconstruction, in a Manner.

An unwonted noise of saw and hammer greeted me as I entered the usually quiet little restaurant where I am in the habit of doing much of my writing, while a disagreeable array of raw white planks disturbed the repose of its dark wood paneling.

As I dropped into my usual corner I saw that the panels were pitted and scarred in a score of places, while even the plastered frieze was chipped and marred; and I wondered.

As the waitress laid my table, however, I heard the story:

"Reconstruction?" she remarked in answer to my inquiry. "Oh, no! We had the burglars in last night, and they blew up the safe just where you are sitting, and incidentally perforated all the walls. That's all!"—London Chronicle.

### Faithful Until Death.

The death of Navarre, the famous young French ace—Navarre was considered the best flyer in the world—led Orville Wright to say:

"The fascination that flying exerts over its devotees is the strangest thing imaginable. If men and women were as faithful to their love as airmen are to their art the divorce courts would disappear.

"Two young airmen were talking one day at our flying school at Issoudon.

"I hear that Jones has given up flying," said the first airman.

"Gee!" said the second, "when's the funeral?"

### Getting On.

Old Pa Pscadds—Won't have you marrying a mere clerk. You tell that young man to keep away until he has an interest in his firm.

Myrtle Pscadds—Why, dad, he has that now. The manager told him he'd have to take some interest in his work or he'd lose his job, and he's already done it.

# Home Town Helps

## HURT REAL ESTATE VALUES

Urgent Reason Given by Practical Men for the Elimination of Unsightly Billboards.

A step, and one of considerable importance, toward the exit, at least in many places, of the much-discussed American billboard was taken in Atlantic City when the National Association of Real Estate boards agreed in condemnation of this form of outdoor advertising, without a dissenting voice among the 2,000 delegates. This sweeping agreement followed an address by the president of the Chicago Municipal Art League, in which he declared that the advertising billboard is now generally recognized as one of the leading nuisances in the home life of American cities. The case against "those purveyors of information to an unwilling public that line so many of our public streets" has ceased to be one of esthetics and become a matter of practical business concern to a large group of very practical men because they lower real estate values. And, with the campaign against them reinforced by real estate dealers all over the country, the billboard may well tremble on its often unstable foundations for its future existence.—Christian Science Monitor.

## FLOWER POCKETS ON FENCE

Corner of Old Box, With Proper Treatment May Be Utilized for the Purpose.

A wall pocket to hold a plant can be easily made out of the corner of an old box. It consists of three triangular pieces—two for the sides and one for the back. The sides are, of course,



cut from the box without being separated from each other. Several of them nailed to a fence, and each filled with a growing plant, present a very pleasing appearance, and as four pockets may be made from each box there is no trouble in matching them. In cutting the box, the saw should be held at an angle of not more than thirty degrees to the vertical.—Mrs. Grace E. Willey, Concord, N. H., in Popular Mechanics Magazine.

### Teach Proper Housing.

Cincinnati is said to be doing more to solve the problem of the careless tenant than any other city in the United States. This is being carried out through a better housing league.

The Ohio city put into effect the first systematic plan for teaching housing in the public schools, it is declared. Three visiting housekeepers are at work in various districts of the city. Each has a district small enough so that she can get to all the houses in her territory frequently. She gets in touch with the owner, explains the work, seeks his co-operation, and asks in return for her services that he make reasonable repairs that she may recommend.

It is not claimed by the league that the visiting housekeepers will revolutionize conditions in a day or a year. What is being accomplished, it is stated, is so satisfactory that the league hopes to gradually extend the work so that it may reach every tenant in the city.

### City Planning Proposed.

The city of Auburn, Maine, is to try the city planning method. Last fall it contracted with a park building association of Chicago, to draft a plan for the city, and it will be ready in October. It will be accompanied by a comprehensive report of its construction and suggestions relative to its execution. The cost of the plan is \$3,000, and it provides for the greatest possible development in the next 50 years. It is being adopted by Auburn in preference to haphazard methods followed by many cities.

### Town Plants 900 Trees.

The city of New Bedford, Mass., set out 900 trees in spring, and the city claims it almost holds the record for the number of trees it possesses in proportion to street mileage, according to a report of the American Forestry association of Washington, whose campaign for memorial trees for soldiers is nation-wide and which is registering all such trees.

### Town Arboretums.

In time wayside arboretums might become national or municipal possessions of very great value, for with intelligent forestry handling the trees could be cut down at the proper time, with replacements so arranged that the appearance of the shaded avenues would not be appreciably affected.

Harl Harl  
First Minstrel—Tumbo, can you tell me why baseball and pancakes are alike?  
Second Minstrel—No, I can't. What's the reason?  
First Minstrel—They both depend upon the batter.

Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

That Depends.  
"Do you think any woman believes you when you tell her she is the first woman you ever loved?"  
"Yes, if you are the first liar she has ever met."

Don't Forget Cuticura Talcum  
When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Ignorance is bliss until it begins to associate with egotism.

## GOODBYE, WOMEN'S TROUBLES

The tortures and discomforts of weak, lame and aching back, swollen feet and limbs, weakness, dizziness, nausea, as a rule have their origin in kidney trouble, not "female complaints." These general symptoms of kidney and bladder disease are well known—so is the remedy.

Next time you feel a twinge of pain in the back or are troubled with headache, indigestion, insomnia, irritation in the bladder or pain in the loins and lower abdomen, you will find quick and sure relief in GOLD MEDAL Haarem Oil Capsules. This old and tried remedy for kidney trouble and allied derangements has stood the test for hundreds of years. It does the work. Pains and troubles vanish and new life and health will come as you continue their use. When completely restored to your usual vigor, continue taking a capsule or two each day.

GOLD MEDAL Haarem Oil Capsules are imported from the laboratories at Haarlem, Holland. Do not accept a substitute. In sealed boxes, three sizes.—Adv.

Do your work cheerfully, heartily and effectively, and then be prepared for the place farther up.

Illusions are like intense sunlight—very beautiful, but blinding. Get rid of them.



## Saves the Bacon

Mr. Pleasant is—When I found sickness appearing in my herd I got a 20 lb. pack of B. A. Thomas Hog Powder. Before I finished feeding it, I was so satisfied that I got another, and when my hogs were all well I got a third and find that twice a week feed keeps them well. Jim Kerwood, R. No. 1, Old Kentucky Mfg. Co., Inc., Paducah, Ky.

## ASTHMA BRONCHITIS SUFFERERS

Quick and Positive Relief. LANTOF, the world's greatest discovery. Guaranteed. Ask druggist or write Roy S. Larson Co., 2300 Grand, S., Dept. 7, Minneapolis, Minn.

MONTANA'S FINEST RANCH. 1919 crop: 50 bushels Corn, 35 Oats, 100 Alfalfa, well irrigated, near city, 20 new modern buildings, 125 per acre; includes 1,000 head stock, new 200,000 farm equipment. Need partner or sell all. 4 smaller farms. Best for photos. Richard Meadows Ranch, Sidney, Mont.

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

Hemstitching and Pleating—Attachment that works on all sewing machines. \$1.50. Add. J. P. Light, Box 127, Birmingham, Ala.

W. N. U., SIOUX CITY, NO. 41-1919.

There are moments in the life of every married man when he wishes he hadn't.

# Too Ill to Work

## Scores of Women

in homes, stores, offices and factories are not fit to be at work. They toil on day after day and year after year suffering with distressing weaknesses and derangements, hoping against hope that they will soon feel better, but how can they hope to do good work or escape permanent invalidism?

Such women are in danger of derangement of women's functions. They owe it to themselves to try that good old fashioned root and herb remedy Lydia E. Pinkham's Vegetable Compound, which for more than forty years has been restoring American Women to health and strength.

### Here is a Notable Example

Joplin, Missouri.—"I took Lydia E. Pinkham's Vegetable Compound to see if it really would do as it was advertised and it sure did, and more. I was weak and could not do much work, had bearing down pains and had to go to bed. I learned about the Vegetable Compound from my mother and my husband told me to get it. After taking one bottle I was able to be on my feet most of the time and do my work again. I have a baby eleven months old and I have done all my own work, even the washing and ironing since she was three weeks old. I certainly recommend your great medicine to everyone who complains of female trouble and I am more than willing for you to use my testimonial."  
—Mrs. TIMOTHY GRANEY, 426 Connor Ave., Joplin, Mo.

### And Another

Chicago, Illinois.—"I suffered for four years with pains in my sides, hips and legs and a terrible backache. I could not do any work at all. I was treated by many physicians but they did not help me. I read in one of your books where other women have been helped by Lydia E. Pinkham's Vegetable Compound, so I tried it and it helped me very much so that now I can do everything in the house. I have told my friends about Vegetable Compound and you have my permission to use this letter."  
—Mrs. I. OVENSTEIN, 902 S. Marshfield Avenue, Chicago, Ill.

Thousands of such Letters Prove the Curative Value of



# Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.



A Drink That's Part of the Meal!

# POSTUM CEREAL

has a flavor that's sure to please. An economical factor in housekeeping. A health builder, used instead of coffee.

No Raise in Price  
Two sizes usually sold at 15¢ & 25¢

Made by Postum Cereal Company  
Battle Creek, Michigan.