

### Stop That Backache!

Those agonizing twinges across the small of the back, that dull, throbbing ache, may be your warning of serious kidney weakness—serious, if neglected, for it might easily lead to gravel, stone in the kidney, bladder inflammation, dropsy or fatal Bright's disease. So if you are suffering with a bad back, have dizzy spells, headaches, nervous, dependent attacks or disordered kidney action, get after the cause. Use Doan's Kidney Pills, the remedy that has been tried out for you by thousands.

**A South Dakota Case**  
L. T. Woodring, Spearfish, S. D., says: "I think over work weakened my kidneys. I had attacks of backache and often when I went to shovel coal a sharp pain caught me across my back and I could hardly straighten. I also had dizzy spells. I have always used Doan's Kidney Pills for those attacks and they have quickly relieved me."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
POSTER-MILBURN CO., BUFFALO, N. Y.

### Thousands of Happy Housewives in Western Canada

are helping their husbands to prosper— are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce the cost of living—where they could reach prosperity and independence by buying on easy terms

**Farm Gardens—Poultry—Dairying**  
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts. For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan and Alberta, and reduced railway rates, etc., write Department of Immigration, Ottawa, Can. or G. A. COOK, Director, 197, Wellington, South Dak. R. GARRETT, 311 Jackson Street, St. Paul, Minn., Canadian Government Agents.

### HOT WEATHER Hits the Stomach Hardest

Chicago, Ill.—Hot weather upsets the strongest stomach and causes serious trouble for the weak ones, so word is now going out to thousands of eatonic users that they should, during this hot weather, be on the safe side and take one eatonic tablet about half an hour before meals, as well as after eating. Do this and keep the excess acids and poisonous gases from forming in stomach and bowels. Eatonic acts quickly; it will help the appetite and take away the hot-weather, feverish, thirsty feeling from mouth and stomach, because it takes up the excess acids, poisons and gases and carries them out of the body and, of course, when the cause of the trouble is removed, there can be no bad feeling. Eatonic is like a bit of candy, and is recommended to all as a safe, sure remedy these hot days for stomach and bodily troubles, caused from overeating and drinking cold things. Adv.

### ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake into Your Shoes  
And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Calluses and gives rest and comfort to hot, tired, smarting, swollen feet. More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war. Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, freshens the feet and makes walking a delight. Nothing relieves the pain of tight or new shoes so quickly or thoroughly. Try it to-day. Sold everywhere.

### Skin Troubles Soothed With Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

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## PRETTY INSECTS COST MILLIONS

### Butterfly Does Immense Damage to Alfalfa Fields of Different Western States.

### STRIP LEAVES FROM PLANTS

#### Chickens, Turkeys and Many Birds Destroy Worms During Feeding Stage—Bollworm Devours Both Worms and Pupae.

(Prepared by the United States Department of Agriculture.)

"What a beautiful creature!" exclaimed a farm visitor, indicating a gorgeous yellow butterfly which had alighted upon a nearby shrub and now raised and lowered his black-edged wings in slow, graceful palpitations. The insect appeared to be the very spirit of the hot summer day; his colors were the colors and shades of brilliant sunshine and the deepest, blackest shadow, set in a delightful contrast; and its will was the will of the breeze that stirred the broad alfalfa meadows beyond the garden, where host and guest had retired to enjoy the shade.

Appreciation Dampened.  
"Beautiful—yes," responded the rancher, "but my appreciation is somewhat dampened by the knowledge that the pretty creature costs the alfalfa growers of Arizona and California about \$1,000,000 a year. What this butterfly costs in other states—Kansas, Oklahoma, Texas and others—I'm unable to say, but it must be an immense sum. Rather a high price to pay for beauty, isn't it? We could endow a good many art galleries with that sum; we could beautify our schools and hang Rembrandts in every classroom, if there were enough of them to go around. We could bring thousands of the city children out into the fresh air and sunshine, if we had the price of that yellow fellow and his mate."

"How does he accomplish all this?" asked the interested listener. "It's a harsh indictment to lay against a creature so apparently lacking in malice. Tell me about him; where does he come from; how does he live, and what are his peculiarities?"

The rancher rose, stepped through the hedge, and came back with a handful of alfalfa, freshly pulled from the nearby field.

"You can find out all you wish to know from Farmers' Bulletin 1094, just published by the United States department of agriculture, but I think we have his life history and a catalogue of his crimes in this bunch of herbage."

"Here's the egg," he continued, indicating a tiny, brownish, elongated object upon the upper side of an alfalfa leaf. "That's the first stage, and is interesting only because the female butterfly lays from 200 to 500 of them in her lifetime. It has been estimated that if all the eggs of a single female butterfly hatched—and there were no losses in the progeny, or in their eggs or young—this first butterfly would be grandmother to 8,000,000,000 insects before the end of the summer."

"Fortunately for us an insect parasite destroys a good many of the eggs."



Alfalfa Caterpillar—Female in Adult or Butterfly Stage.

Here's a ruined egg—it's black, you see, instead of brown; the parasite has been there.

### Million-Dollar Damage.

"Next is the larva, or worm stage; and it is in this form that the alfalfa caterpillar does the million-dollar damage. A number of these worms will strip most of the leaves from a crop in a very short time. Here is a small worm evidently just hatched, and here on this bud is a larger one. Note the green color of its body and the white stripe down each side. He is nearly an inch long and has made his growth by gorging upon the tender leaves and terminal buds of my alfalfa. Wherever there is an unusually large number of these worms, they will eat the stems, too, but their favorite food is the tender portion of the plant."

"While in this stage, the larva is victim of many conditions and is preyed upon by many creatures. A fly lays its eggs upon the worm. These hatch into grubs which penetrate and kill their host. Chickens, turkeys and many birds destroy the worm during the feeding stage."

"Moisture and a hot, heavy atmosphere will induce the spread of a disease among the worms. See here are worms just afflicted with the disease—note the lighter color of their skins and their sluggish movements. In a few hours they'll die and decompose into a black decaying mass. You can understand why alfalfa hay loses its feeding value if it is heavily impreg-

nated with these corpses—the animals don't like the flavor.

"But the conditions that foster this disease are valuable in controlling the pest. Upon irrigated farms, water may be turned into the field to provide moisture which, with the heat, will start the plague and kill the worms."

"From this stage the worm enters the pupa period. He spins no cocoon, as many caterpillars do, but hangs himself, head up, among the stems and swings in a little loop of silk, like a steeple-jack—see this, chap!"

"You've heard of the bollworm—so injurious to corn and cotton? He comes to our aid in the fight against the alfalfa caterpillar, and, by one of those queer natural compensations, does us a favor by devouring both worms and pupae. Odd, isn't it? Lay Eggs All Summer."

"Unless the worm is destroyed, the butterfly you have admired emerges from the pupa in a few days and begins to lay eggs to establish a new cycle. This goes on all summer."

"Control is accomplished by cutting alfalfa close and clean. We clear out our fence corners and ditches, and cooperate with our neighbors in clearing their land. This leaves no shelter for the caterpillar to live in from one alfalfa crop to the next, and the few which do survive find food mighty scarce, and many perish of starvation."

"Disking with a harrow over the meadows after a crop has been moved destroys many of the insects in the egg, worm or pupa stage. Besides killing



A Parasite of the Alfalfa Caterpillar.

The insects which are preparing to ravage the next crop, the disking process, as every one knows, is a mighty good thing for the alfalfa."

"We also use a brush drag well weighted and run it over the alfalfa meadows after the disking is done. The drag gets into the hollows and crevices where the harrow has not touched and crushes the insect in whatever stage it finds him. Even if the first cut has been ruined by the pest, these methods of irrigation and cultivation will insure the reduction of the caterpillar in time to save the next cutting from his attacks."

"These methods are recommended by the department of agriculture, and we hope to prevent most of the annual loss caused by the activities of yonder butterfly."

### BEST PRACTICE WITH CLOVER

#### Crop Should Be Cut When Seed is in Dough—Chaff Makes Good Bedding for Stock.

The clover should be cut when the seed is in the dough, and when well cured raked up early in the morning and put under cover. It is the practice with some growers to let the clover after it is cut remain in the swath for several weeks; there is a loss of seed if the weather should be wet. The better method is after the clover is well cured to haul to barn or barrack and have the seed hulled out when the weather is cold and dry. The clover chaff makes excellent bedding for stock. It is a good practice to top-dress the grain with the chaff.

### INFESTATION OF HESSIAN FLY

#### As Result of Many Wheat Growers Planting Too Early Last Fall Outbreak is Likely.

A shortage of farm labor and unfavorable weather conditions at planting time combined to influence many wheat growers in planting their grain too early last fall. This has resulted in a heavy infestation of Hessian fly in about all of the early planted wheat of last fall.

Unless winter wheat growers can be induced to unite in a concerted movement to observe the approved methods of combating the Hessian fly during the summer and fall of 1920, it seems that a disastrous general outbreak of the pest very probably will occur in 1921.

### SPLENDID GARDEN RESULTS

#### Attractive Place Where All Space is Devoted to Cultivated Crops During Entire Season.

It is simply wonderful what a common farm garden of rich soil will grow in one season if all of the soil is kept busy all the time. Where all the space is run to cultivated crops through the growing season the garden is an attractive place, and no part of it becomes hard and baked in dry weather, as where patches are neglected after the first short crops have been harvested.

### VEGETABLES NEED NITROGEN

#### Large Amounts Required by Cabbage, Collards, Lettuce, Etc., Grown for Foliage.

Vegetables that are grown for their foliage, as cabbage, collards, lettuce, spinach, etc., need large amounts of nitrogen. Vegetables that produce large quantities of seed, but little foliage, need mostly phosphorus. An example is the tomato.

## Home Town Helps

### IDEAL CITY OF THE FUTURE

#### Will Be Attained When Every Citizen Realizes the Importance of His Part of the Work.

A city sanitary, convenient, substantial; where the houses of the rich and poor are alike comfortable; where the streets are clean and the skyline is clear as the country air; where the architectural excellence of its buildings adds beauty and dignity to its streets; where parks and playgrounds are within the reach of every child; where living is pleasant, toll honorable and recreation plentiful; where capital is respected but not worshiped; where commerce in goods is great, but not greater than the interchange of ideas; where industry thrives and brings prosperity alike to the employer and employed; where education and art have a place in every home; where worth and not wealth gives standing to men; where the power of character leads men to leadership, where interest in public affairs is a test of citizenship and devotion to the public weal is a badge of honor; where government is always honest and efficient, and the principles of democracy find their fullest and truest expression; where the people of all the earth can come and be blended into one community life, and where each generation will vie with the past to transmit to the next a city greater, better and more beautiful than the last.—The Nation's Business.

### NO EXCUSE FOR UGLINESS

#### Man Who Today Builds an Unattractive or Commonplace House is Behind the Times.

There is no excuse in these days for building an ugly or commonplace house. A generation ago not many capable architects were available, especially in the western country. Even when they were, the prevailing taste ran to frills of turrets and jagged work. The beauty of simplicity was not known, and the architect who stood out for it often found his client obturate.

All that has changed. A comparison of the bulk of the houses built in the eighties and nineties with those of more recent years will reveal how far the country has come. The number of competent architects has increased, and of even greater importance, the stock of sound architectural ideas has become widely diffused.

Books and magazine articles on the subject have multiplied amazingly. The prospective builder ought, of course, to avail himself of the services of a good architect. But even if he fails to do this he can find in the public library excellent designs to meet his needs.

### City Planning Public's Business.

Real city planning is neither a private enterprise nor a move for "the city beautiful." It is primarily a business enterprise and its benefits accrue to the public at large. A planning commission, with the aid both of planning experts and the city government, cannot hope to succeed in its work without the aid of the public.

The fact that planning must be made popular was emphasized at an important session of the realtors' convention. Whatever method is adopted, a planning commission, after first carefully preparing its plans must "sell" its ideas and aims to the people. Through constant publicity the public must be educated to see the needs and the benefits of a businesslike ordering of the city's development, and must be made to share the labor involved and to contribute to the cost.—Exchange.

### Stagger Imagination.

Suggestions of distances more and more inconceivable are a feature of recent astronomical investigation. In studying the parallax of a sixth magnitude star, Dr. Robert Trumpler has found a tenth magnitude star more than eight minutes of arc from it that has the same large proper motion and the same parallax, and he concludes that the two stars must undoubtedly be connected. They are separated by not less than 13,200 times the distance of the earth from the sun. Revolving in a circular orbit around a common center, they must require hundreds of thousands of years to complete a single revolution, and yet they are so remote from the multitude of other star systems that there is no interference with their companionship.

### "Ball" Lightning.

Occasionally readers report having seen or heard of a thunderbolt falling in some place, or an account appears of the damage done by a thunderbolt. Very often this can be accounted for by certain forms of lightning, particularly that known as "ball" lightning. The "ball" is probably an isolated sphere of ozone gas containing a considerable amount of energy stored in it by the action of electricity during a thunder storm, which falls earthwards as a luminous ball after a severe flash of lightning, and explodes with extreme violence on nearing the earth. The energy thus liberated is capable of causing all the damage attributed to "thunderbolts."

## Perfect Health is Yours If the Blood is Kept Pure

### Almost Every Human Ailment Is Directly Traceable to Impurities in the Blood.

You should pay particular heed to any indication that your blood supply is becoming sluggish, or that there is a lessening in its strength and vital force. By keeping your blood purified, your system more easily wards off disease that is ever present, waiting to attack wherever there is an opening. A few bottles of S. S. S., the great vegetable blood medicine, will revitalize your blood and give you new strength and a healthy, vigorous vitality. Everyone needs it just now to keep the system in perfect condition. Go to your drug store and get a bottle to-day, and if you need any medical advice, you can obtain it without cost by writing to Medical Director, Swift Specific Co., 112 Swift Laboratory, Atlanta, Ga.

**Her Candid Friend.**  
Miss Passé (in Switzerland)—That handsome guide kissed me a moment ago. Do you think I ought to deduct something from his fee?  
Miss Keem—I think you ought to add to it, my dear.—Boston Transcript.

## ASPIRIN

### Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monoceticacidester of Salicylicacid.—Adv.

**Acrobatic Spider.**  
My oldest boy saw a spider making a web from the ceiling. He exclaimed: "Come quick and see the spider. He has a string tied to his leg, kicking himself down."—Exchange.

**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. Watson*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

**Threatening Prospect.**  
"How about the watch on the Rhine?"  
"Well, if the Huns don't behave themselves any better than it looks now, it is going to be an alarm clock."

**To Have a Clear Sweet Skin.**  
Tough pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

## KODAKS

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906 Pierce St., Sioux City, Iowa

## FRECKLES

POSITIVELY REMOVED BY Dr. J. C. Watson's Freckle Remover. No Pain. No Danger. No Disfigurement. Sold Everywhere.

## ASKED TOO MUCH OF TIRES

#### Small Boy's Comment Appeared to Sum Up the Situation in a Thorough Manner.

Judging from their appearance, the two gentlemen who were visiting London from the north of England hadn't been troubled overmuch by food regulations or shortages. More, their bulk suggested profiteering in every direction. And their wives were not much smaller. Plump didn't really describe them; they were worse than that. Going along the Strand, the tire of the taxicab which had the job of carrying them suddenly burst with a terrific bang. Of course, the usual crowd collected like magic, and prepared to watch the free show.

At the request of the driver of the taxi, his four fares descended one by one. As they appeared, the eyes of a small newsboy began to goggle, and when the four of them stood in a row on the curbstone, he eyed them solemnly, and then exclaimed: "And no bloom'n' wonder, either!"—London Answers.

**Somnolent Affair.**  
"That old band wagon you organized for yourself turned out to be a heartless constituent."  
"I wouldn't say it was a band wagon at all," replied Senator Sorghum. "It was more like a sleeping car."

A good life is nothing more than a lot of days lived well.

They'd all be topnotchers if we'd all be willing to put up with the drudgery of practice.

## Good Judgment leads thousands of housewives to serve Grape-Nuts

in place of foods that require hours of drudgery in a hot kitchen. Needs No Sugar Comes ready to eat from the package.

"There's a Reason" for Grape-Nuts