

## YOUNG GIRL FINDS RELIEF

Wants to Tell Other Girls All About It

Evansville, Ind.—"I am eighteen years old and have been bothered for several months with irregular periods. Every month my back would ache and I always had a cold and felt drowsy and sleepy. I work in a millinery shop and I went to work every day, but felt stupid and would have such cramps. I had seen Lydia E. Pinkham's Vegetable Compound advertised and had heard several women talk of it, so mother got me some. This Vegetable Compound is wonderful and it helped me very much, so that during my periods I am not now sick or drowsy. I have told many girls about your medicine and would be glad to help anyone who is troubled with similar ailments. You may use my testimonial as you like."—STELLA LUX, 6 Second St., Evansville, Indiana.

Some girls lead lives of luxury, while others toil for their livelihood, but all are subject to the same physical laws and suffer in proportion to their violation. When such symptoms develop as irregularities, headaches, backaches, bearing-down sensations and "the blues," girls should profit by Miss Linx-wier's experience and give Lydia E. Pinkham's Vegetable Compound a trial.

Equal to the Occasion. "Before we were married," said the young wife, "you used to bring me flowers every day. Now you never even think of buying me a bunch of violets."

There were tears in her eyes. But he was equal to the occasion. "My darling," he said, with great tenderness, "the pretty flower-girls don't attract me now as they used to do."

After which, of course, he told her that she didn't really care much for flowers.

One Good Result From War. The war aided in stopping the progress and diffusion of yellow fever by preventing travelers from entering epidemic areas and carrying out the disease.

## Sure Relief



BELL-ANS FOR INDIGESTION

## HEALTH AND ENERGY

Built on Rich, Red Blood. Rich, red blood is the very fountain source of all energy. Enrich your blood by increasing the red blood corpuscles. S. S. S. is recognized as the general system builder, and has been successfully used for over 50 years in the treatment of rheumatism and skin diseases arising from impoverished blood.

For Special Booklet or for individual advice, without charge, write Chief Medical Advisor, S. S. S. Co., Dept. 434, Atlanta, Ga. Get S. S. S. at your druggist.

## S. S. S.

For Rich, Red Blood

## Western Canada Offers Health and Wealth

and has brought contentment and happiness to thousands of home seekers and their families who have started on her FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms Fertile Land at \$15 to \$30 an Acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthy climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for Dairying, Mixed Farming and Stock Raising make a tremendous appeal to industrial settlers wishing to improve their circumstances. For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write C. A. COOK, Director 187, Waterloo, S. Dak.; R. A. GARETT, 813 Jackson St., St. Paul, Minn.



Authorised Agent, Dept. of Immigration and Colonization, Dominion of Canada

## MINISTER DISCUSSES HIS WIFE'S TROUBLES

Rev. A. H. Sykes, former pastor of the Watkins Park Presbyterian church, Nashville, Tenn., says:

"After seeing what Tanlac has accomplished in my wife's case, I am convinced that it is a medicine of great power and extraordinary merit. I do not think I have ever seen anything give such prompt results. Mrs. Sykes had been in delicate health for ten months, suffering from stomach trouble and nervous breakdown.

"I frequently sought medical advice but Tanlac is the only thing that gave her any relief. After taking the medicine only a short time, she was able to sit up and help with the household duties. I think it only a short time until her health will be fully restored."

Tanlac is sold by leading druggists everywhere.—Advertisement.

## An Ominous Possibility.

"Pretty bad fire you had here last night," commented the recently arrived guest.

"Eh-yah!" replied the landlord of the Petunia tavern. "The fire company had it pretty nearly put out, and then the mayor came and took personal charge of the conflagration, and yelled orders till he got the firemen so mixed up that they couldn't do anything. And I reckon if it hadn't begun to rain directly the whole dole-moiled town would have been holo-causted. But I s'pose it might have been worse."

"How could it have been worse?"

"Why, the governor or a congressman might have come and took charge instead of the mayor, and it might not have rained."—Kansas City Star.

## ASPIRIN

Name "Bayer" on Genuine



Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin, cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Advertisement.

When You Feel That Way. She (gushingly)—There are days when we seem more in unison with nature than at other times; when our hearts seem to beat in accord with the sublime harmony of the universe. Have you ever noticed it? He—Indeed, I have. It is always that way with me on pay day.

## Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition. Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

## Resist Thought of Illness.

Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which a man should resist on principle at the onset.—Lytton.

## Cuticura Soothes Baby Rashes

That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Advertisement.

There is less in a name than in the way it is applied.

## MAN THE MORE EMOTIONAL

Mrs. Carrie Chapman Catt Contradicts Opinion Long Held as to Qualities of Sexes.

Mrs. Carrie Chapman Catt, president of the International Equal Suffrage association, has a theory that men are more emotional than women, in illustration of which she tells the following story, according to the New York Sun:

"I once visited a small village in New England which was bordered by a small river, so that farmers coming into the village from either way had to ford the stream.

"Year after year the town meeting debated laying a bridge over the stream, but it was always decided that local finances would not stand the additional strain of the necessary tax, and that the farmers would just have to wait until the stream got low in the spring and then ford, as usual.

"One year, shortly after this annual decision, an elderly village pauper died. He was a veteran of the Civil war, but the village folk had never paid any attention to him in his life. They had never tried to find out what they could do to help him to a better way of life nor contributed in any way to his well-being. However, as soon as he died, the town began to have a tender conscience about the manner of his burial. They were unwilling that the man they had neglected all his life should have a pauper burial. So they tried to hire a hearse from a nearby town to give him what they call a christian burial. Not being able to hire a hearse, they decided they ought to have a hearse of their own, and consequently they bought one costing several hundred dollars.

"Then they said: 'What good is a hearse without horses?' And so they bought horses. And then they said, 'Now, that we've a hearse and horses, we must have a place to keep them,' and so built a stable and carriage house for the horses and the hearse. Altogether the expenditure was very much greater than would have been necessary for the bridge, and all because they had emotionally decided that they must give what they regarded as a fine burial for a man whom they had never helped to happiness while he was living."

If there are any men present when Mrs. Catt relates this instance of the emotional qualities of men she always smiles agreeably and adds:

"Although I am quite convinced that men as a whole are more emotional than women, of course, there are exceptions."

## Bottled Fireflies Lure Fish.

Anyone would have supposed that fish were immune to demoralization of modern scientific progress, but even fishing is coming under the sway of advanced and entirely original ideas of bait and fish hooks.

Izaak Walton would have shuddered at the thought of using the storage battery in the tail of a firefly to lure wily bass at night, yet the contrivance has been used to good advantage by William P. Osborne of the New York State College of Forestry.

By imprisoning fireflies in a small glass vial and rigging the container with an ingenious arrangement of hooks, black bass have been found to succumb to the scintillations of the insects and to swallow with great rapidity hook, line and sinker.

An ordinary tubular pill bottle is fitted with a harness to which are fastened three pronged hooks, two on the sides and one on the end. The bottle is then equipped with a swivel similar to that used on a wooden minnow. Four or five good-sized fireflies are placed in the bottle and the bottle sealed.—Milwaukee Journal.

## Vienna Still a Music Center.

About the only thing that may be said to flourish in the Austrian capital these days is music. Despite the hard times and the almost worthless nature of Austrian money, the concerts of the concert halls is taxed to the utmost. Music-making starts early in the day and lasts till night, one hall frequently having as many as five concerts in one day. And most of the halls are sold out, although where the money comes from is somewhat of a mystery.

This artistic life speaks well for Vienna as a music center, as that city is attracting not only native talent, but musical artists from many outside countries. Even Sweden is sending musicians, and a seventeen-year-old Chilean boy pianist was a recent artist who took that city by storm.

## Progress in New Guinea.

It is 13 years ago that Zahn of the Evangelical Lutheran synod went to New Guinea and began his work among the natives, who were then largely heathen. There were many cannibals in the territory. A letter recently received from Morobe, shows wonderful spiritual progress. A large proportion of the islanders have renounced heathenism and given up their instruments of witchcraft. It is estimated that 8,000 of them have been received into the Christian church.

## Aerial Mail Service.

Ecuador and Nicaragua are establishing aerial mail service, and in China 400 planes are operating 800 miles from Shanghai to Peking, according to the National Business. Passengers and parcels are carried as well as postal matter and on letters thus delivered in Old Cathay are stamps bearing by way of fitting contrast a pictured airplane beside a picture of the Great Wall.

## Making History.

INFANT MORTALITY in past ages has been something frightful, something almost beyond belief, and even today it occupies the time and the mind of leading physicians in all countries. The death rate among infants is being gradually reduced through new methods of hygiene, new preventatives and new remedies for infants. This reduction in the death rate has NOT been accomplished by adapting the precautions taken and remedies used by adults. Rather has it been to keep clear of the old methods, and choose after long research the precautions and remedies specifically applicable to infants.

This being so, is it necessary for us to caution mothers against trying to give her baby relief with a remedy that she would use for herself? Will she remember that Fletcher's Castoria is strictly a remedy for infants and children?

## Children Cry For



Of Course You Love Your Baby.

You love it because of its very helplessness, because it can't tell you what is the matter when it feels bad. It can only cry and look to you for help. But the more you love baby, the more you want to help baby, the more you ought to realize that a wonderful remedy Fletcher's Castoria is. It has been used for babies' ailments for over thirty years.

An experienced doctor discovered Fletcher's Castoria especially for babies' use. It is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. Doctors who know what is safe and best for babies have only good to say of it.

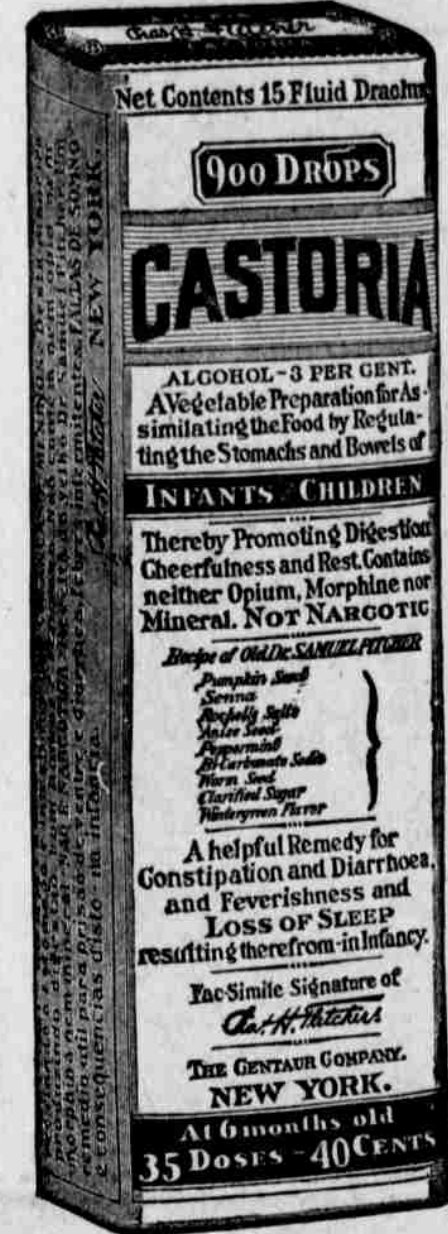
Don't neglect your baby. Get a bottle of Fletcher's Castoria and give baby a few doses of it. See how the little one smiles at you as if trying to thank you for helping it. Soon you will learn to depend on Fletcher's Castoria, made just for Infants and Children, and of course you would not think of using anything for them that was not prepared especially for Infants and Children. So keep it in the house.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.



Exact Copy of Wrappers.

## IT WORKED THE OTHER WAY

Checker Player's Opponent Was the One to Get the Benefit (?) of Those Cigars.

A general storekeeper in an Indiana town, whose name was synonymous with all that is popular in the game of checkers, received a box of cigars from an enthusiastic drummer from Chicago during the course of the merchant's last battle with an ex-champion from Missouri.

"With those cigars," said the donor, "you can beat the world."

"Well," said the storekeeper, quietly and significantly, "I have to play Jones this afternoon."

"Never mind, old man; with those cigars you will play all right."

Later in the day they met again, and the storekeeper informed the drummer that he had won a game from Jones that afternoon.

"Fine! Those cigars were a help?"

"I hardly think so," said the storekeeper.

"Didn't you smoke them?"

"Me smoke them?" cried the storekeeper. "No! I don't smoke. But I gave one to Jones."—Philadelphia Ledger.

## About All Summer Cottage Has.

A Kentucky woman swallowed five teaspoons. That woman would put the average summer cottage completely out of business.

Genius may be a disease; and isn't there some way of spreading it by inoculation?

The closer you get to some people the more distant they are.

## IF IT HADN'T BEEN SUNDAY

Cook Certainly Would Not Have Overlooked the Use of That Insulting Pronoun.

The ritual of society, as women make it, is very exacting the world over, even in almshouse, and in this relation there is told a story showing the serious difficulty that arose among a set of workhouse officials in a western town.

The infirmary nurses, three in number, had demanded a separate sitting room and the delight of Sunday dinner therein, and the matron had sought to humiliate them by sending the cook to enjoy her Sunday dinner in their company. The brawny cook described what occurred as follows:

"Well, Nurse Jones, she comes down and gets inside the door. 'Four plates?' she says. 'Four? Who's the fourth?' 'Me,' says I. 'You?' she says, and with that she tosses her head and walks away."

Here the cook drew a long breath, and then continued: "If it hadn't been Sunday, gentlemen, I should have let her have it for calling me 'you!'"

## Rivals.

"You are looking charming tonight Alice."

"That's what Ferdie told me."

"But surely you don't believe what that idiot says, do you?"—Boston Transcript.

## Surprise the Weapon.

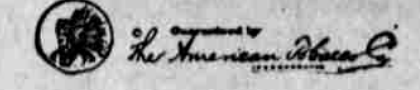
Rub—"I surely got even with Brow." Dub—"How?" Rub—"Paid him that \$10 I owed him."



## Lucky Strike Cigarette

To seal in the delicious Burley tobacco flavor.

## It's Toasted



Cuticura Soap The Velvet Touch For the Skin Soap 25c, Ointment 25 and 50c, Talcum 25c.

## Omaha Crematory

Send for illustrated booklet Address or call on Forest Lawn Cemetery Assn. 720 Brandeis Theatre Omaha, Neb.

## HUMPHREY The Dry Cleaner and Dyer

Expert Cleaning, Dyeing and Repairing Hats Cleaned. 513 Nebraska St., SIOUX CITY, IOWA

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\$79 A WEEK GUARANTEED for selling 4 average Cresco Raisinets 5 day. Outfit FREE. We Deliver and Collect. Improved Mfg. Co., Dept. 151, Ashland, O.

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This food builds strength

Maximum nourishment with no burden to the digestion is secured from that famous food—Grape-Nuts.

The nutriment of wheat and malted barley, from which Grape-Nuts is made, builds strength and vigor—and delights the taste.

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