

TO OBTAIN THE HIGHEST DEGREE OF EFFICIENCY

Special attention must be paid to the diet, and regularity must be promoted in the Stomach, Liver and Bowels

You can help Nature wonderfully by trying



PREFER TALKING TO READING. Writer Asserts That Southerners Excel in One of the Most Charming of Accomplishments.

Fifteen years ago, of thereabouts, I heard a publisher describe the South as "the home of the paper-covered novel and the ten-cent magazine."

But the aristocrats of Dixie, the fine, cultured, delightful Southerners one knows—how comes it that they confess to an utter and absolute indifference toward reading?

There are no chorus men in London musical shows this season.

Is Work Too Hard?

Many kinds of work wear out the kidneys, and kidney trouble makes any kind of work hard. It brings morning lameness, headache, nervousness, rheumatism and urinary troubles.

A Nebraska Case. J. Fuehrer, Thirteenth St., Central City, Neb. says: "I had to go around half bent over with each hand across my back as every step I took was painful."

HIGH COST OF LIVING

This is a serious matter with house-keepers as food prices are constantly going up. To overcome this, cut out the high priced meat dishes and serve your family more Skinner's Macaroni and Spaghetti.

Reason Enough. "Do you think she loves him?" "Desperately."

No Denial. "You spend money like water!" "My friend," replied Mr. Dustin Stax, "if you will look over the records of my big corporations, you will find that most of it really is water."

Natural Tendency. "I suppose the majority of women who vote scratch their tickets."

TAKES OFF DANDRUFF HAIR STOPS FALLING

Girl! Try This! Makes Hair Thick, Glossy, Fluffy, Beautiful—No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time.

Get a 25 cent bottle of Knowlton's Danderine from any store, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine. Adv.

The Trouble. "What do you think of this wonderful work of art?" she asked as she proudly led him to where was hanging in state the impressionist landscape she had purchased.

"I think," he replied, after careful investigation, "that the man who did it must have had painter's colic."

Must Be Spared. First Mother—Isn't it a nuisance to have to slow up so often on account of these fool pedestrians?

Estimating the Breakage. "You won't have to take the pledge any more, when prohibition prevails."

His Chance. Sparks—This is a world of change, Sponger—Yes; and, by the way, have you got any with you?

NEWS and GOSSIP OF WASHINGTON



Capitol Traditions Will Be Upset by Miss Rankin

WASHINGTON.—Since the election to congress of Miss Jeanette Rankin of Montana officialdom here has been realizing that a new epoch has come in the nation's history—the epoch of woman lawmakers.



To begin with, the tradition barring women from the floor of the house after congress is in session is shattered beyond repair. Always before, there were "galleries" for the women.

They'll have to do some ripping and tearing away and rebuilding in the old house chamber. For now Uncle Sam must provide the woman's "cloakroom," where women's politics of the future will be made and unmade as they have been in the historic G. O. P. and Democratic gathering places.

Officials Try Meals From Traveling Army Kitchen

THE possibilities of providing hot and palatable foods to the marching armies of the United States were demonstrated to officials and employees of the war department the other day.



The kitchen is being used abroad, and by certain United States organizations on the border and in Mexico. One of them for several weeks cooked the food for Battery B, Field Artillery, N. G. D. C., when that organization was at Fort Myer.

The difficulty of getting hot meals to patients when considerable distances have to be traversed for each patient has offered a serious problem aboard naval hospital ships for many years.

The steam table will be filled with hot food in the diet kitchen on the lower deck, rolled down the hall and into the elevator, and brought out on the upper deck, thence it will be wheeled into the ward and down the aisle of beds, the plate of each patient being taken from the steaming vats.

Vardaman's Big Slouch Hat and Long Black Cloak

IT WAS a crowded Mt. Pleasant car, capitol-bound. At Seventeenth and I streets it stopped. An impressive figure stepped aboard, with a great black slouch hat partly covering flowing, iron-gray locks that rolled over his collar, and enveloped in a long black cloak reaching almost to his ankles.



Everybody knew who he was. He was Senator Vardaman. That is—Everybody but one. She was a wee bit of a golden-haired chick, cuddled up in her mother's lap.

Silent Sentinels Got Congressman Kent's Arctics

MRS. KENT, wife of the congressman from California, has been supremely interested from the start in the work of the "silent sentinels," the suffragists who have been picketing the White House.



"Oh," she hastened to tell him enthusiastically, "I took those over to the silent sentinels this morning. They are doing such wonderful work and it was so cold."

Now the congressman is an ardent ally of the suffragists and likewise a good fellow. But after he had thought the matter over a while he half rose from the position in which he was looking under the sofa and spoke thus: "My dear, I want to ask you, please, to leave to me—and not take to the silent sentinels—my leather hunting coat, my furred gloves, and the woolen stockings which my mother knitted for me."

A German woman came along and volunteered to hold a banner. Scarcely was she in her place when an English woman happened by. The suffragists let no one escape uncollected for aid. On request, she, too, consented to take a banner. The next instant the representatives of England and of Germany found themselves in a common cause lined up side by side.

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine.

Explanation. She—I wonder why men lie so. He—Because their wives are so blamed inquisitive.

There are 283,315 girl stenographers and typewriters employed in this country.

Missouri Druggists Stand Back of Reliable Kidney Medicine

We commenced selling Dr. Kilmer's Swamp-Root ten years ago and since that time we have known of cases of catarrh or inflammation of the bladder and rheumatism that were cured through its curative action.

Very truly yours, CARTER'S PHARMACY, Burlington Junction, Mo.

Neglected Colds bring Pneumonia. Look out.



The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Crisp in 3 days. Money back if it fails.

Prove What Swamp-Root Will Do For You

Puts a... Distemper CURES THE SICK. And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles.

Millions Spent on Music.

If expenditure of money is any test, America can certainly claim the credit of being a musical country. According to an estimate compiled some time ago by an expert, the United States spends no less than \$120,000,000 on music every year.

HE CAN'T BE FOOLED AGAIN

Next Person Who Goes Into This Grocery Store With Pot Will Be Looking for Trouble.

Into the grocery store walked an ancient lady with a slow and halting tread, and carrying on her arm a basket containing a large earthenware pot with a lid.

STOMACH MISERY GAS, INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, or foul breath.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Please for your sake, get a large fifty-cent case of Pape's Diapepsin from any store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Not a Learner. "Do you think you will learn anything from this stock market investigation?"

"No," replied Mr. Dustin Stax, "I don't believe there are any kinks in the stock market game that I don't already know."

The Reason. A rich rascal writes: "I have five brothers and only four of them say unkind things about me. I never have lent any money to the fifth."

It is reported that a large number of Russians are about to colonize in South America.

Why Rheumatism Comes With Cold Weather!

A close connection exists between these two—cold weather and rheumatism. Prof. Alex. Haig, of London, has the most followers in the medical profession in the belief that the presence in the system of uric acid, or its salts in excess, is the real cause of rheumatism.



There was a young lady named Bunker, who slept while the ship lay at anchor. She woke in dismay when she heard the mate say, "Now insist on the top sheet and spunk."

Boschee's German Syrup

handy there is no need to worry. It gently soothe inflammation, eases the cough, insures a good night's sleep, with free expectoration in the morning.

"ROUGH ON RATS" Kills Rats, Mice, Bugs. Use outdoors. 10c and 25c.

W. N. U., OMAHA, NO. 5-1917.

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