

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

HOSTETTER'S Stomach Bitters

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."



Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS

HIGH COST OF LIVING

This is a serious matter with housekeepers 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." "What makes you think so?" "Because not one woman in ten could cast a ballot straight."

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?

Second Mother—Indeed, it is, but everybody says we've got to have a bigger standing army.

Estimating the Breakage.

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

"That's right. And I have no doubt it is rather more difficult to break a law than it is to break a pledge."

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. It's just going to upset everything, including all tradition, this advent of the woman lawmaker.



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. Now Miss Rankin will have a seat of honor down under the speaker's eye.

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. This difficulty, however, will be overcome when the new hospital vessel now planned by the navy department is launched.

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.



The crowd in the car watched with interest as he strode down the aisle.

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.

She gaped as the senator approached. Then she gasped. And giggled. "Oh, mamma!" she chortled. "Does he have to wear those?" And she gazed wonderingly at his locks.

The senator halted in his tracks, it seemed, while the crowd held its breath. Then he moved ponderously on down the aisle.

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.

Every day she takes them something to contribute to their comfort. The first day she went around to the White House she whipped off her fur coat and her gaiters for a girl who was not warmly clad. Since then she has been around with sweaters, hot bricks, and dear knows what all.

Well, the other night Congressman Kent wanted his arctics. After he had looked the house over he began to wonder, orally, where, O where, could they be? Mrs. Kent heard him.

"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 fur-lined gloves, and the woolen stockings which my mother knitted for me."

The incident is typical. It has a bearing on the situation in hand. It shows the extent to which the suffragists' activity enters into many a household beside the Kents' today. Everybody in Washington is talking about the sentinels—either for or against—everybody is carrying to them or holding on to his possessions to keep them from being carried to them. Enemies are lined up side by side at the White House gates.

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 unselected 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. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Explanation.

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

There are 263,315 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. It is well spoken of by its patrons and is held alongside the best on the market.

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. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

Puts a Distemper

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

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. This is three times as much as the same country spends on its army and navy; while "musical Germany," it is pointed out, spends ten times as much on its army and navy as on its music.

In the American total, church music accounts for \$10,000,000 a year. The sale of pianos reaches \$27,000,000, of organs \$2,000,000, of gramophones and records \$13,000,000, and of sheet music and music books \$2,100,000.

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.

Placing the basket on the counter, she made various purchases, which she put carefully in the pot and had her bill made out.

"By the way," she said, "do you mind keeping this pot with the purchases in it until I come back and pay for them, as I have to buy other things some distance off, and it will be more convenient for me to leave the things here till later?"

This request was willingly acceded to, and, lifting the pot carefully out of the basket, the old dame placed it, with an effort, in a corner; then, putting her basket on her arm, left the shop.

Hours went by, day ripened into evening, and evening gave way to night, but the old woman did not return.

At last the proprietor thought of examining the earthenware pot to see if by any chance it had its owner's address upon it, and great was his astonishment, not untinged with dismay, to find that it possessed no bottom!

Nowadays that shopkeeper is very suspicious of pots in baskets.

And to Bore Editors.

"Pa, what is poetic license?" "It's the tacit permission given to poets to live, my son."—Boston Evening Transcript.



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

Boschee's German Syrup

handy there is no need to worry. It gently soothes inflammation, eases the cough, insures a good night's sleep, with free expectoration in the morning. This old remedy has been successfully used all over the civilized world for the last 51 years. 25c. and 75c. sizes at all druggists and Dealers everywhere. Try it and see.

"ROUGH ON RATS" Kills Rats, Mice, Bugs, etc. outdoors. 10c and 25c. W. N. U., OMAHA, NO. 5-1917.

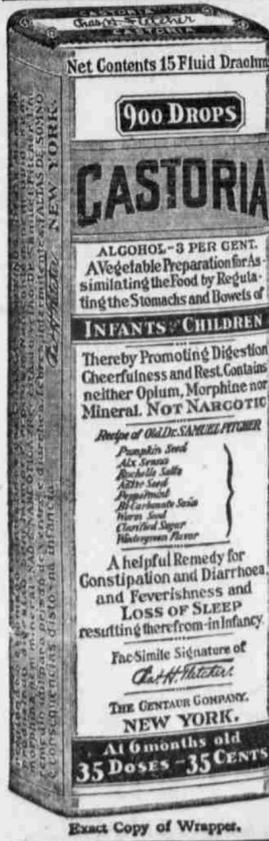
Why Rheumatism Comes With Cold Weather!

BY VALENTINE MOTT PIERCE, M. D.

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. Everyone has recognized the difference in the appearance of their water as soon as it gets cold; there is often a copious sediment of brickdust.

Several causes may lead up to an accumulation of uric acid in the system, which, in turn, causes rheumatism or gout, or cranky joints, or swollen fingers, or painful joints. For one reason the skin does not throw off the uric acid, by profuse sweating, as in the hot weather, and the kidneys are unable to take care of the double burden. Another reason is that people do not drink as much water in cold weather as in summer, which helps to flush the kidneys. Again, they eat more meat in cold weather, and some people are so susceptible that they soon develop rheumatism after eating meat.

At all such times persons should drink copiously of hot water, say, a pint morning and night, and take Anurio three or four times a day. This Anurio comes in tablet form and can be had at almost any drug store. It dissolves the uric acid in the system and carries it outward. I would advise everyone to take Anurio occasionally, and continue for three or four weeks, and in that way avoid rheumatism, gout and many of the painful disorders due to uric acid. Adv.



CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Hatcher. In Use For Over Thirty Years CASTORIA