

Sturdy Womanhood

is the demand of to-day

In the Health and Strength of the Wives and Mothers Rests the Future Integrity of the Nation.

We must preserve our womanhood. There is need, greater than ever for strong women. Apparently, the race is not as sturdy as formerly or our women are victims of an over-civilization and less able to resist disease.

Thousands suffer and thousands more are destined to suffer from that most insidious of diseases, catarrh. Ninety-seven per cent of the people have catarrh. It is not confined to the head, nose and throat as many suppose. Catarrhal inflammation may attack the stomach, bowels or any portion of the body where there are mucous linings. It is no respecter of persons or position. Everyone is liable to attack.

Mrs. Mary Fricke, 507 Bornman St., Belleville, Ill., was one of its victims. She says: "I have weighed a little as 100 pounds. For years I suffered with my stomach, cramps and severe headaches. After reading Dr. Hartman's Health Book, I decided to try Peruna. The first

bottle brought good results, but as I was bound to get well, I took twelve.

Fifteen years ago, I started with Peruna and I wouldn't be without it. My weight is now around 200 pounds and I am hale and hearty at the age of 63. I can do as much work as my daughter."

The use of Peruna for forty-five years in the American family has proved its worth. If you are sick, do not give up, try Peruna. Write The Peruna Company, Dept. B, Columbus, Ohio, for Dr. Hartman's Health Book. It is free. Peruna is sold everywhere in liquid and tablets. Insist upon having Dr. Hartman's Famous Peruna Tonic. Ask your dealer for a Peruna Almanac.

BROOD MARES



In foal or foal at foot, having Distemper or Influenza, or any other form of Contagious Disease, may with absolute safety to Mare and Foal, be given

SPOHN'S DISTEMPER COMPOUND

It is also the very best Remedy to prevent mares slipping foals, and should be given to all Mares, Colts, Stallions and all others, in bran or oats, or on the tongue. Then you will have very little trouble with

sickness of any kind among your horses. Sold by druggists. Write for booklet.

SPOHN MEDICAL CO., GOSHEN, INDIANA

The Wise Man's Comment.

"Women will vote the way their husbands tell them to." "Guess you haven't had much experience with women."

Brides and horses both require grooms.

Of Two Evils.

Wife—Richard, I wish you would take care of the baby for an hour or two. I am going to have a tooth pulled.

Husband—See here, dearie, you mind the baby, and I'll go and get a couple of teeth pulled.—Cartoons Magazine.

"FAKE" ASPIRIN WAS TALCUM

Counterfeiter Caught! The New York health authorities had a Brooklyn manufacturer sentenced to the penitentiary for selling throughout the United States millions of "Talcum powder" tablets as Aspirin Tablets.

Don't ask for Aspirin Tablets—Always say "Bayer."

Don't buy Aspirin in a pill box! Get Bayer package!



Always say, "Give me genuine 'Bayer Tablets of Aspirin.'" Insist you want only the Bayer package with the "Bayer Cross" on the package and on the tablets.

The genuine "Bayer Tablets of Aspirin" have been proved safe by millions for Pain, Headache, Neuralgia, Toothache, Earache, Rheumatism, Lumbago, Colds, Grippe, Influenza Colds, Joint Pains, Neuritis. Proper dose in every "Bayer" package. American owned!

Boxes of 12 tablets—Bottles of 24—Bottles of 100—Also Capsules.

Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid

Never. "One thing that need never expect any sympathy when it's down—'And that is?' 'The thermometer.'"

The Difficulty. "Why doesn't your wife run over of an evening sometimes to see us?" "She'd like to, but the cook won't let her have an evening out."

OLD AGE STARTS WITH YOUR KIDNEYS

Science says that old age begins with weakened kidneys and digestive organs. This being true, it is easy to believe that by keeping the kidneys and digestive organs cleansed and in proper working order old age can be deferred and life prolonged far beyond that enjoyed by the average person.

For over 200 years GOLD MEDAL Haarlem Oil has been relieving the weakness and disability due to advancing years. It is a standard old-time home remedy and needs no introduction. GOLD MEDAL Haarlem Oil is contained in odorless, tasteless capsules containing about 5 drops each. Take them as you would a pill, with a swallow of water. The oil stimulates the kidney

action and enables the organs to throw off the poisons which cause premature old age. New life and strength increase as you continue the treatment. When completely restored continue taking a capsule or two each day. GOLD MEDAL Haarlem Oil Capsules will keep you in health and vigor and prevent a return of the disease.

Do not wait until old age or disease have settled down for good. At the first sign that your kidneys are not working properly, go to your druggist and get a box of GOLD MEDAL Haarlem Oil Capsules. Money refunded if they do not help you. Three sizes. But remember to ask for the original imported GOLD MEDAL brand. In sealed packages.

Spain's Harvest.

Official statistics as to the 1918 harvests in Spain show that the crops were as follows, in metric tons: Wheat, 3,693,429; barley, 1,970,343; oats, 442,330; rye, 773,339; corn, 613,225; rice 207,648, and chickpeas, 110,727.

Fine clothes do not make the woman, but they sometimes break the husband.



PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

THE PAXTON HOTEL
Omaha, Nebraska
EUROPEAN PLAN
Rooms from \$1.00 up single, 75 cents up double.
CAFE PRICES REASONABLE

KODAK FINISHING
and supplies. Largest house in the west. All Eastman goods. We pay return postage on finishing.
THE ROBERT DEMPSTER CO., 1813 Farmers Street
Eastman Kodak Co. Omaha, Neb.

Agents: 50c buys 1 lb. of our wonderful Harba; drives most stubborn rheumatism entirely out of system. Rheumatism Herb Co., Venice, Cal.

W. N. U., OMAHA, NO. 18-1919.

POULTRY FACTS

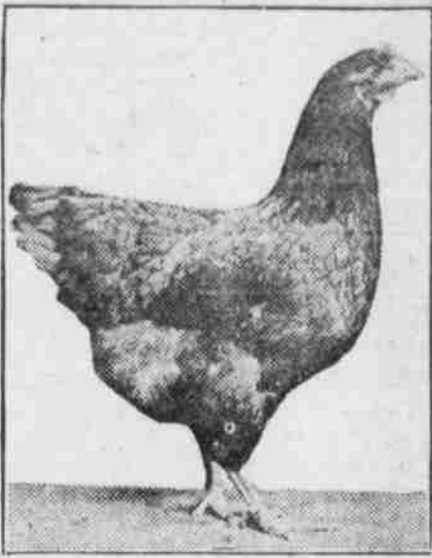


COTTONSEED MEAL FOR HENS

Experiments on Government Farm Show It May Be Fed to Chickens With Good Results.

(Prepared by the United States Department of Agriculture.)

Cottonseed meal in rather limited amounts has been fed with excellent results, to a pen of 30 pullets on the experiment farm of the United States department of agriculture. These pullets averaged 52.3 eggs each in 20 weeks, from November 1 to March 20, which is practically equal to the best egg yield received during the year from any of the other experimental



A Combination of Utility and Standard Quality.

rations. No bad effects have been noted from this feed, either in the eggs or in the condition of the fowls, and the hens eat it freely. The ration follows:

Scratch Mixture	Dry Mash
1 pound cracked corn	2 pounds cottonseed meal
1 pound wheat	4 pounds bran
1 pound oats	2 pounds beef scrap
	6 pounds middlings
	9 pounds corn meal

The scratch mixture is fed sparingly so that the hens eat about equal parts of this mixture and of the dry mash.

A large per cent of cottonseed meal in a dry mash without any beef scrap has not given satisfactory results. Pullets fed a ration with 33 per cent cottonseed meal averaged only 33.2 eggs apiece in one year. A considerable per cent of these eggs had discolored yolks, with green or brownish-green spots, making them unfit for market.

These results appear to indicate that cottonseed meal can be fed at the rate of about 10 per cent of the mash, or 5 per cent of the total ration, with an equal per cent of beef scrap with excellent results. In sections where cottonseed meal is produced, half of the beef scrap in the mash apparently can be replaced by cottonseed meal with excellent results.

PROFITABLE TO CULL FLOCK

West Virginia Raiser Reduces Number of Hens One-Half and Gets as Many Eggs.

(Prepared by the United States Department of Agriculture.)

That it does not pay to keep poultry in the winter—that is, some poultry—has been demonstrated to at least one West Virginia poultry raiser and his neighbors. Last fall he followed the advice of the poultry extension specialists and culled his flock. From a flock of 81 hens he culled out 39 and sent them to the market. To his surprise the remaining 42 birds produced as many eggs as the original flock and his feed bill was nearly halved.

POULTRY NOTES

Severe hot weather is hard on little chicks.

Hastily collected eggs for hatching are likely to be disappointing.

A turkey gobler has strong wings, and strong feet; when he gets cross he can do serious damage to children.

Never market good, strong, vigorous pullets, as these will make your early layers.

A good layer is more active and nervous and yet more easily handled than a poor layer.

Clover and alfalfa hays should be fed in the mash mixture. Some farmers throw a forkful or two of clover in the henhouse occasionally.

Early broilers are the most profitable and their production requires the use of an incubator and a satisfactory system of brooding.

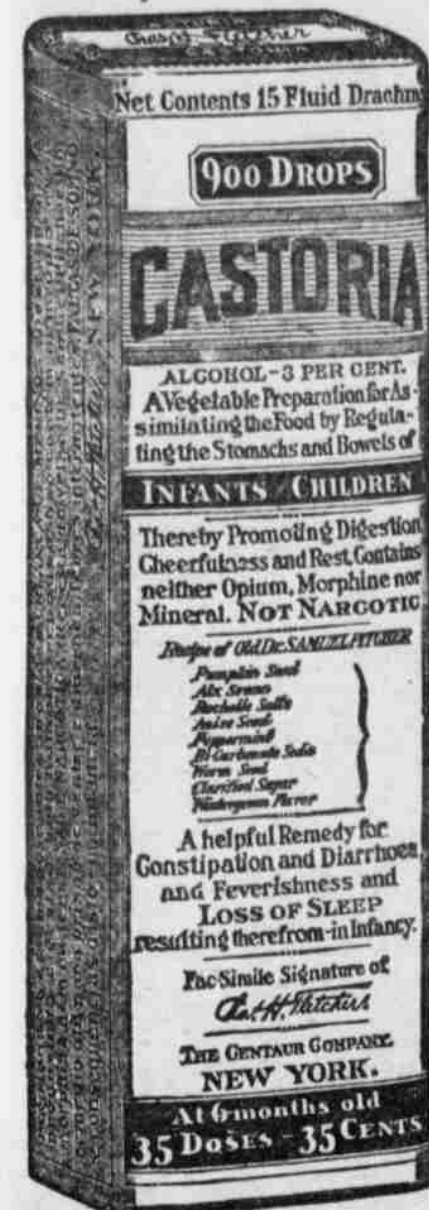
Early hatched pullers properly grown and matured will begin to lay during the fall and early winter when fresh eggs are scarce and when egg prices are at their very highest point.

Physicians Recommend Castoria

YOU know the real human doctors right around in your neighborhood: the doctors made of flesh and blood just like you: the doctors with souls and hearts: those men who are responding to your call in the dead of night as readily as in the broad daylight; they are ready to tell you the good that Fletcher's Castoria has done, is doing and will do, from their experience and their love for children.

Fletcher's Castoria is nothing new. We are not asking you to try an experiment. We just want to impress upon you the importance of buying Fletcher's.

Your physician will tell you this, as he knows there are a number of imitations on the market, and he is particularly interested in the welfare of your baby.



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Do the People Know?

Do you know why you are asked to call for Fletcher's Castoria when you want a child's remedy: why you must insist on Fletcher's? For years we have been explaining how the popularity of Fletcher's Castoria has brought out innumerable imitations, substitutes and counterfeits.

To protect the babies: to shield the homes and in defense of generations to come we appeal to the better judgment of parents to insist on having Fletcher's Castoria when in need of a child's medicine. And remember above all things that a child's medicine is made for children—a medicine prepared for grown-ups is not interchangeable. A baby's food for a baby. And a baby's medicine is just as essential for the baby.

The Castoria Recipe (it's on every wrapper) has been prepared by the same hands in the same manner for so many years that the signature of Chas. H. Fletcher and perfection in the product are synonymous.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

"As You Were" Defined.

A British officer who has just returned from German East Africa tells an amusing story of the Askari recruits whom he was training. Mistakes in the drill were frequent, and, in consequence, "As you were" became an order rapped out with increasing severity of expression. Later the officer overheard a conversation between two natives in the squad.

"What does our officer mean by 'As you were?'" inquired one Askari.

"Asuwer," replied the other, "is a word the Englishman has invented for when he wants to say 'I am sorry, I have made a mistake.'"

A man likes to be called a brick, but refer to him as a lump of common clay and he will get mad.

Unnecessary.

"Oh, my," yawned the wife as hubby pleaded with her to arise and prepare his breakfast, "you never let me have my beauty sleep!"

"But you don't need a beauty sleep, dear," answered hubby.

And it came to pass that wifey quickly arose, and there have been no more late breakfasts in that household, even unto this day.—Judge.

A Chesterfield in the Rough.

Lady—I think you are the worst-looking tramp I have ever seen.

Tramp—Lady, it is only in the presence of such uncommon beauty that I look so bad.

Some men are better satisfied with failure than others are with success.

Beyond Pardon.

"An infernal scoundrel over at Sand Mush shot his brother-in-law tuther day," related Gap Johnson of Rumpus Ridge.

"Well, such things will happen," replied a neighbor. "That is about all brothers-in-law 'pear to be created for, and—"

"Yes, but after shooting him this yer demon went and writ a piece of poetry about it for the paper!"—Kansas City Star.

A fellow feeling makes us wondrous kind—unless it's a fellow feeling for our pocketbook.

Always look at your joys with a microscope and at your sorrows with the wrong end of an opera glass.

Have you ever heard this?

"My baking powder," says the smooth solicitor, "costs less than Royal."

But he omits to say that it often leaves a bitter taste, that food made with it is likely to stale in a day and that it contains alum, which is condemned by many medical authorities for use in food.

England and France prohibit the sale of alum baking powders.

ROYAL Baking Powder

is made from Cream of Tartar derived from grapes

Royal Contains No Alum—Leaves No Bitter Taste