

THIN PEOPLE SHOULD TAKE PHOSPHATE

Something Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphorus than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphorus known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a weighty transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

Now Is the Time to Buy a Farm in Good Old U.S.A.

Although the war is over, the demand for food continues. The business of producing things to eat, therefore, gives promise of paying satisfactory dividends.

The U. S. RAILROAD ADMINISTRATION offers the co-operation of its HOMEDEVELOPMENT BUREAU to those who wish to engage in farming, stock-raising, dairying, poultry raising, fruit growing, and kindred pursuits. Free information will be furnished about farm opportunities in any State on request.

Write today. Give me the name of the State you want information about; say what line of farm activity you wish to follow, and the number of acres you will need, and let me know what kind of terms you desire. The more particulars you can send regarding your requirements, the better I can serve you.

Nothing to Sell. Only Information to Give.
J. L. EDWARDS, Manager,
Agri. Section, U. S. Railroad Administration, Room 2000, Washington, D. C.

CALIFORNIA

Pacific Grove—with its ideal climate—famous summer and winter resort city on charming Monterey Bay—128 miles south of San Francisco. Wonderful fishing; world-renowned auto drives along rugged shores and in beautiful pine, oak and cypress forests. Free literature. Address Chamber of Commerce, Pacific Grove, Cal.

Bullet Meets Bullet.

So many bullets flew through the air in both directions in large battles of the great war that some of them were bound to bump into each other. A pair of fighting bullets were picked up by an English soldier one day after he and his comrades had pushed the Germans back several hundred yards. In their perilous journey over No Man's land they struck barbed-wire entanglements with the varied results shown.

Seamen the world over entertain the belief that renamed ships are unlucky.

We have to guess what the future and the merchant who never advertises, have in store.

WAS IN MISERY

Mrs. Jones Was in Serious Condition From Dropsy. Doan's Made Her Well.

"I don't think many have gone through such misery as I," says Mrs. G. Jones, 139 Federal St., Burlington, N. J. "That awful pain in my back felt as though my spine were crushed. My head ached and had ringing and fainting sensations when everything would turn black. Though the kidney secretions passed ten or fifteen times in an hour, only a few drops came at a time and they felt like boiling water. I soon found I had dropsy. I bloated all over. My face was so swollen I could hardly see out of my eyes. My ankles and feet felt as though they would burst if I put any weight on them. My night clothes became wringing wet with sweat and I would get chilly and shiver all over. Doan's Kidney Pills soon had me feeling like a different woman. My kidneys were regulated and all the swelling went away. The aches and pains left me and after I had finished my eighth box of Doan's, I was as well as ever. My kidneys have never bothered me since Doan's Kidney Pills cured me."

Subscribed and sworn to before me.

J. LEBDON SMITH,
Notary Public.
Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

SEND FOR ONE TODAY!
Price \$2.00—Prepaid by Parcel Post.



Cut Your Own Hair With THE DUPLEX Automatic Hair Cutter
"Works With Perfection!"
Just run it through your hair like a comb and in two minutes you will have a trim and stylish haircut as good as any barber can give you. Cut the children's hair. Will last a lifetime, and will please you every time you use it. Sent prepaid for \$2.00. CORNLAND SUPPLY CO., 4902 Military Avenue, Omaha, Neb.

AGENTS—\$1.15 buys 1 lb. of our wonderful herbs; drives most stubborn rheumatism out of system. Rheumatism Herb Co., Venice, Cal.

W. N. U., OMAHA, NO. 19—1919.

WASHINGTON GOSSIP

"The Airbug'll Git You, if You Don't Watch Out"

WASHINGTON.—Senatorial aviators have become so numerous among statesmen whiling away the hours in Washington until congress reconvenes that leaders have become apprehensive of casualties and are demanding the adoption of a "pairing" system in arranging flights.

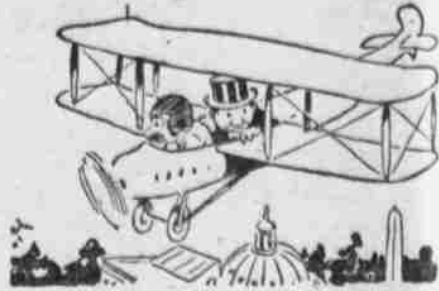
In other words, Republican leaders want an understanding that every time a Republican senator is taken up one or more Democratic senators must be taken up, too. They want the risk to be made bipartisan.

The Republican margin of control in the senate is only two votes. A casualty or two among the Republican senatorial aviators, followed by the appointment of a Democratic successor, as might happen in several cases, would upset their control and place the machinery back in the hands of the Democrats despite the results of the last election. Hence the solicitude of the Republican shepherds for their flocks and their demand for a pairing system.

It is an every-day sight nowadays to see senators soaring in planes over Washington. Half a dozen or so "go up" nearly every morning from Bolling field. Hardly a senator remaining in Washington for President Wilson to call an extra session has escaped the flying craze.

Among the more prominent of the senatorial aces are Senator Henderson of Nevada, Senator Jones of Washington, Senator McNary of Oregon, Senator Pittman of Nevada, Senator King of Utah, Senator Sterling of South Dakota, and Senator New of Indiana.

So the Hoosier poet, James Whitcomb Riley, is now paraphrased thus by the Republican leaders in Washington: "The airbug'll git you if you don't watch out."



Lawmakers Sure New Child Labor Law Will Stand

THE political savants who watch the course of events "up on the hill" in Washington are chuckling over the clever manner in which congress recently passed another federal child labor law. The new law is tacked to the end of the revenue bill, and is so technically correct, according to one of its framers, that the Supreme court is going to have a hard time proving it unconstitutional.

For there is a feud between the United States congress and the United States Supreme court which dates back to the days when John Jay managed to make the court much more influential than congress thought it had any right to be—a feud which has lost none of its virility. Thus the new child labor law is worded very carefully. It provides that in addition to all other taxes, an excise tax of 10 per cent of the entire net profits shall be collected by the commissioner of internal revenue on the output of mills, canneries, workshops, factories and manufacturing establishments employing children under fourteen years of age; and of quarries employing children under sixteen years of age.

This same tax will also be levied where children between the ages of fourteen and sixteen are employed for more than eight hours a day or on night work. That is all. Nothing is said about how the law is to be enforced.

In the executive, legislative and judicial appropriation bill, however, the commissioner of internal revenue is provided with an appropriation of \$184,100, which he is permitted to turn over to the secretary of labor to enforce the child labor law. It does not say that he must do this, but that he may do it.

Congress did not dare mention the children's bureau, which was given authority to enforce the first child labor law. The whole matter is left to the discretion of the commissioner of internal revenue. If he wants to employ the children's bureau to do this work for him it is not illegal.

Civilized Man Just Can't Live Without Cooks

TO AVERT the new peril which, the war being over, has risen to endanger the homes of the United States and Great Britain, American housewives are working out a plan along the lines of a movement already under way in England to solve the servant problem.

In London the answer is the Legionary. In this country, according to the United States department of labor, it is "the industrialization of domestic service."

Cooks and housemaids, having escaped from the home, refuse to return to it on the old terms. Money in the case of domestic servants appears to be no object. In this country at least, for cooks, if they will consent to cook, can earn war wages even in the kitchen.

In spite of this and of the fact that women are more in demand as domestic servants than in any other field of human activity, reports from all over the country to the employment service agree that women are reverting to housework only when driven to it by sheer necessity, and then on the plain understanding that they will remain only until they can get something else to do.

Under these circumstances there has been created in London the Legionary, and in the United States there is in process of creation the "industrialized domestic." The Legionary is the brain-child of Lady Londonderry, president of the Women's legion. Lady Londonderry's plan is to organize, as women are demobilized, a household section. No uniform will be worn during the hours of service, but when off duty the women will wear their badges and service stripes and, if they please, the uniform of the legion.

Domestic servants recruited and supplied by the section will work under conditions and terms of service drawn up by the legion, the idea being to render domestic work attractive by giving it a status equal that of similarly paid work outside the home. Hours of work and of recreation and terms of service, including a minimum wage, are clearly defined.

Split Is Threatened in the Good Roads Forces

A GOOD roads controversy that bids fair to split the highway forces of the nation into two hopelessly irreconcilable factions has developed out of the recently launched movement for a national system of "main line roads," to be built and maintained by the federal government.

Boosters for the project met in Chicago recently and formed a "federal highway council" to centralize and direct the national campaign which is already under way, focussed on members of congress and on the bill introduced by Senator Townsend of Michigan, in which the new plan has been embodied. So far as surface indications went everything was lovely.

As a matter of fact, the spirit of harmony was by no means as dominant as it appeared. Should the Townsend bill become a law, federal road building activities will be taken out of the hands of the department of agriculture and its bureau of public roads and turned over to a federal highways commission of five members. "This body will be empowered to lay out, construct and maintain a national system of highways "to comprise not less than two main line roads in each state," with an appropriation of \$425,000,000 provided for the purpose.

Opponents of the measure claim to have the support of Secretary Houston, who, it is said, does not favor altering the present plan of providing federal aid to the states in their own roadbuilding activities. Besides, the forest service, in charge of the national forests, is the biggest political machine in the country. In fact, its influence depends upon its power to build roads in the national forests wherever it chooses.

Many of the states are naturally against it, since their highway commissioners prefer to do the work in their own way, and think they can do it better.

I HOPE THEY GET TOGETHER SO WE CAN HAVE GOOD ROADS



POULTRY FACTS

SUCCESS OF POULTRY FLOCK

Keep Them Growing and Prune and Cull Vigorously—Give Careful Attention to Details.

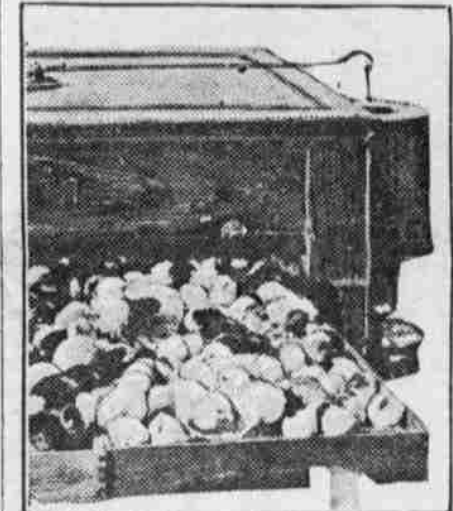
(Prepared by the United States Department of Agriculture.)

The poultry department of the farm establishment must not be forgotten. When pruning or culling time comes, spraying the orchard is no more important than spraying the henhouse or dusting or greasing the hens and chicks. Early hatching is one of the prime essentials for success; but early hatching is only the beginning. If you want good, strong, vigorous, well-matured pullets to do the laying for you next fall, you must see that the chicks hatch out at the proper time, and then keep them growing, and prune and cull vigorously. The success of the future depends on the work of today.

Many people think that because they paid attention to details and "got things going" last year they don't need to bother much this season. This is a big mistake. The real results this year were caused by attention to details last year, and next year will depend on this year—which means that careful attention is necessary every year. Those baby chicks, too, must be looked after. Ask your county agent or home demonstration agent for a circular on "First Care of Baby Chicks."

When planning to raise standard-bred chicks, many people mistakenly think that different methods should be used. This is all wrong. To those who have made a success in raising mongrel or mixed poultry—the common "barnyard flocks"—it is necessary only to suggest that the same methods be employed with the standard-bred chicks that were used in raising the mixed or mongrel variety. To those who have not raised poultry, the best advice is, "Give the chicks a good chance and they will do the rest." Do not hamper them with needless restrictions.

Baby chicks are easily trained and will naturally seek places that are warm, but they have no power to regu-



Hatching Season Demands Poultry Raiser's Most Careful Attention.

late the heat or ventilate the room or to supply fresh water. Keep charcoal, grit, etc., before them all the time, or when needed. They naturally love to scratch, and if given a chance will make the litter fly in digging after tiny morsels. Keep them scratching. This can best be done by not overfeeding. Have an outside room that is a little colder than where the brooder is kept, or put the brooder in one side of the building or room. This will leave the other side cooler. Remember that sweating or damp brooders or houses are more dangerous to chicks than cold; but chicks must have a sufficiently warm place to hover whenever they wish.

To those poultry raisers who brood by the hen all there is to say is to let the hen do the brooding. Keep the hen free from lice and also keep her dry and keep the coop clean. It is no difficult task; all that is needed is thoughtful and careful attention. Baby chicks will get under the old hen whenever they feel the need of a little warmth. It is, therefore, very important that the hen should be kept dry. Do not allow the hen her liberty with her brood for at least four weeks. This will give the chicks plenty of opportunity to become strong. Unless the grass is short and conditions favorable, it is better not to turn her out as early as four weeks. The first two weeks, however, are the most important in the life of the chick, and the most important factor is brooding during that period. The hen will do that properly if given the proper place and let alone.

To those operating brooders the best advice that can be given is, "Watch and follow instructions." Don't be too big-hearted and overfeed the baby chicks the first week, as it is a well-known fact that more chicks die as a result of overfeeding the first week or two than from any other cause.

POULTRY NOTES

Beef scraps or sour milk help to fill the egg basket.

Anything that frightens a flock of fowls upsets it to the extent that it reduces egg production.

Chicks should be fed little and often, thus keeping them hungry and busy. A busy chick will keep healthy.

WRIGLEY'S

5 long-lasting bars in each package.

The biggest value in refreshment you can possibly buy.

A BENEFIT to teeth, breath, appetite and digestion. The price is 5 cents.



And Then He Quit. A French officer was trying to learn the English language. The following is his version of our mother tongue: "When I discovered that I was quick I was fast; that if I was tied I was fast, and if I spent too freely I was fast. I was discouraged. But when I came across the sentence 'The first shall be last and the last shall be first,' I gave it up."

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the awful agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of kidneys are usually indicated by stiff lame backs and other wrenching pains, which are nature's signals for help. Here's the remedy. When you feel the first twinges of pain or experience any of these symptoms, get busy at once. Go to your druggist and get a box of the pure, original GOLD MEDAL Haarium Oil Capsules, imported fresh every month from the laboratories in Haarlem, Holland. Pleasant and easy to take, they instantly attack the poisonous germs clogging your system and bring quick relief. For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Three sizes. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box—Adv.

Too Much of a Good Thing. "I thought," said the boy's mother, "that I told you I wanted you to stay where I could put my hand on you." "I didn't know," he whimpered, "that you wanted me to get across yer knee an' stay there."

Catarrh Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the blood on the mucous surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

On Being Cheerful. You find yourself refreshed by the presence of cheerful people? Why not make earnest effort to confer that pleasure on others?—Lydia Maria Child.

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

Storms Can Brew, Anyhow. "Pa, where are those dark-looking clouds going to?" "To thunder, my son!"—Cartoons Magazine.

A girl doesn't trouble herself much about a man's future if he comes with a present or two.

Supreme Law. The children in the neighborhood organized a club and were enthusiastic about it. "Tell me about your laws and by-laws," I said to one of the members. "Oh," he replied, "we only have one law, and that is to serve refreshments at every meeting."

IT'S NO SECRET



Probably no man in America was ever better qualified to successfully treat the diseases peculiar to women than Dr. Pierce, of Buffalo, N. Y. The cases that come to him run into many thousands, giving him an experience that rarely comes to any one man. Dr. Pierce found that in nearly every case there were certain vegetable growths which rarely failed to give prompt relief in those feminine disorders from which so many women suffer. He combined these roots and herbs into a temperance medicine that he called Dr. Pierce's Favorite Prescription. This medicine is sold in both liquid and tablet form by druggists everywhere. A weakly, sickly, backache, headache, nervous, despondent woman, with regular or irregular pains—with feminine disorders that come in youth or middle age—is pretty sure to find in Dr. Pierce's Favorite Prescription the exact remedy that her condition calls for.

Why Bald So Young Rub Dandruff and Itching with Cuticura Ointment Shampoo With Cuticura Soap

An Allibi. Leave it to the Irish to squirm out of tight situations. This one was before Judge Richardson and along with other testimony it was stated that he called the arresting officer names. "Shure, Judge, an' I did nothin' o' the kind," protested Pat. "All I did was that wan of us should be in the zoo."—Los Angeles Times.

Yes, Rose, every race is a sure thing, but the majority of girls bet the wrong way.

When Your Eyes Need Care Try Murine Eye Remedy No Smarting—Just Eye Comfort. 50 cents a bottle. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO