

PERUNA A WONDERFUL MEDICINE



Rundown and Unable to Work

"I am pleased to recommend Peruna as it was beneficial in restoring my health when I was all run down from overwork and nervous worry and was unable to take up my regular work. A friend recommended Peruna and friend he was sure that it would restore my strength. I soon found that I was getting better and in a little over two months I was able to resume my duties with renewed vigor and strength. It certainly is a wonderful medicine to vitalize the system."

To Vitalize the System

Mr. George Atkinson, Stationary Fireman and Member United Workmen, 523 E. 8th Ave., Topeka, Kansas. His letter opposite leaves little doubt of his faith in Peruna.

The Difference.

Jimson had heard news about Jonson that pained and grieved him. When he met Jonson he demanded: "What's this I hear about you and your wife having trouble? Before you were married you told me you would go to the ends of the earth together."

"Yes," said Jonson, and there was a great weariness in his voice; "but I didn't know she wanted to go there in a taxi."—Boston Post.

Doesn't Know Enough.

"Why don't you sue the paper for libel?"

"Not me, mister. I ain't had no college education."

IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ill-afflicting people today can be traced back to the kidney trouble.

The kidneys are the most important organs of the body. They are the filters of your blood. If the poisons which are swept from the tissues by the blood are not eliminated through the kidneys, disease of one form or another will claim you as a victim.

Kidney disease is usually indicated by weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago.

signals that the kidneys need help. You should use GOLD MEDAL Haarlem Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Go to your druggist today and get a box of GOLD MEDAL Haarlem Oil Capsules. In twenty-four hours you should feel health and vigor returning. After you feel somewhat improved continue to take one or two capsules each day, so as to keep the first-class condition and ward off the danger of other attacks.

Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

UNHURT BY LONG IMMERSION

Articles Salvaged From Sunken Ships Found to be Practically Unharmed by Action of Water.

Captain Reginald Humphreys of the British navy in speaking of the action of the sea on vessels and merchandise says:

"Wooden ships, after being sunk, are rapidly covered with a marine growth which forms a sort of lime deposit and preserves the wood in some cases for several centuries. We are informed by one of the underwriters of New York who had charge of the salvage operation on the Oregon that bicycles were brought up from her hold that had been in the water over four months and yet looked as bright as when they went down; also silks the outer folds of which only were injured."

Some wines that had been recovered from a vessel sunk about fifty years brought \$75 a bottle at auction. Gold and some other metals, glass and precious stones are never affected.

A new avenue of wealth is opened to the world by means of the salvaging submarine.

Where Else Could He Shave?

A private was busy shaving himself in the open air beside the barracks, when his sergeant came along.

"Do you always shave outside?" asked the sergeant.

"Of course," answered the private. "Did you think I was hair-lined?"—Pittsburgh Chronicle-Telegraph.

His Work.

She—That son of ours does nothing but spend money.

He—Oh, yes, he does me.

This Drink Doesn't Change Its Price

Its quality doesn't vary, and it doesn't start a headache.

The Original POSTUM CEREAL

is pure and drug-free. It will agree with you, and its rich, robust flavor makes it a big favorite.

Postum is a real part of any meal for old and young.

"There's a Reason"

The DAIRY



ICE PROBLEM FOR DAIRYMEN

Scrupulous Care in Production and Handling of Milk Is Necessary to Keep It Sweet.

(Prepared by the United States Department of Agriculture.)

Keeping milk fresh and sweet this summer is likely to be more of a problem than usual. Cold is the most important single factor in keeping milk sweet, and ice is usually necessary to accomplish this. In most natural ice sections of the country, however, there is a marked scarcity of natural ice. Heretofore, in regions where 85 per cent of American milk has been produced, natural ice has been plentiful and cheap, and has been the principal means by which a perishable food product has been sent long distances to market without spoilage. As a result of the mild winter in many sections little natural ice was harvested and since in the North the manufacture of artificial ice is confined principally to the larger cities, it is doubtful if this product would be available to milk producers even if the price could be made satisfactory.

On account of the lack of ice, dairymen will be compelled to use scrupulous care in the production and handling of milk and cream. It will be necessary to adhere more closely than ever to the three C's in caring for milk—keeping it clean, cold, and covered.

One of the most important factors in reducing the bacterial count in milk, and thus lengthen its keeping qualities, is the sterilization of utensils. Pails, strainers, separators, surface coolers, and shipping cans must be cleaned and sterilized, preferably



Sterilizing Dairy Utensils an Important Factor in Keeping Milk Sweet.

by steam. Every farmer who can afford it should possess a steam boiler and sterilizer. If he feels that this is too great an expense, there are other sterilizers on the market, cheap but efficient, which will render milk utensils sterile. A satisfactory home-made sterilizer has been developed by the United States department of agriculture, and can be made at a cost of about \$10. Complete directions for making it may be obtained by addressing the department, at Washington.

Such important factors as clean udder, milking with clean hands, keeping the stables clean, and the use of small-top pails will lower the bacterial count, and should be carefully observed by all milk producers.

In cooling milk dairymen should use facilities already existing, such as cold water in wells and springs. When milk is drawn from a cow it has a temperature of about 95 degrees F. In the North, well and spring water generally varies in temperature from 50 to 60 degrees F. By the use of surface coolers and a tank of cold running water, milk can quickly be cooled and held within two to four degrees of the water.

During warm weather it may be necessary to ship or deliver milk twice a day. This would have a tendency to check spoilage, especially of evening milk, which is usually more than twelve hours old when shipped. Milk dealers can do much to prevent spoilage by pasteurizing the milk. Pasteurization not only kills disease bacteria but reduces count, and therefore delays spoilage.

CHECK BAD FLAVOR IN MILK

Unless Utensils Are Thoroughly Washed and Scalded Fine Flavor of Milk Is Overcome.

Milk itself decays with age and produces a very offensive odor; and unless the milk utensils are thoroughly washed of all traces of milk and scalded, the fine flavor of the fresh milk and cream will be overcome with the bad flavor of the traces of the decayed milk.

Imitations Are Dangerous.

AN OHIO druggist writes to "The Practical Druggist," a prominent New York Drug Journal, as follows: "Please furnish formula for Castoria. All the formulas I have worked with are either ineffective or disagreeable to administer."

To this "The Practical Druggist" replies: "We do not supply formulas for proprietary articles. We couldn't if we wanted to. Your experience with imitative formulas is not surprising, but just what is to be expected. When Castoria is wanted, why not supply the genuine? If you make a substitute, it is not fair or right to label it Castoria. We can give you all sorts of laxative preparations for children, but not Castoria, and we think a mother who asks for Castoria would not feel kindly toward you if you gave her your own product under such a name."

No mother with a spark of affection for her child will overlook the signature of Chas. H. Fletcher when buying Castoria.

Children Cry For



Mothers Must Use Care.

Why do we so often call your attention to imitations of Fletcher's Castoria? Because it is a baby's medicine and imitations are always dangerous, particularly imitations of a remedy for infants.

Your druggist may not keep an imitation but they are to be found on drug-store shelves. Reliable druggists think only of the welfare of their customers. The other kind only of the greater profit to be made on imitations.

Your own judgment tells you that Fletcher's Castoria having for over thirty years at great expense held up its reputation, must jealously guard it. Then, it follows that this company must use the very best of material. Must employ experts in the selection of the herbs. Must retain skilled chemists in its manufacture.

Your same good judgment must tell you that these irresponsible imitators are trading on your credulity and the reputation built up by Mr. Fletcher, during all these years, for his Castoria.

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.



W. N. U., OMAHA, NO. 34-1919.

A Joiner.
"Didn't you say you were something of a bolshevist?"
"Yes. But I'm cured. You see, I used to be one of those people who wanted to join every new society that came along."

Show us a homely baby and we'll show you a father that'll admit it looks like its mother.

Let Cuticura Be Your Beauty Doctor

All druggists. Soap, Ointment & Cream. Sample each free of "Cuticura, Dept. E, Boston."

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. High references. Best results.



LUCKY STRIKE cigarette

It's toasted to increase the good, wholesome flavor of the Kentucky Burley tobacco. A regular man's smoke and delicious!

Guaranteed by The American Tobacco Co.