

A Voice From Sioux City, Iowa, says

PE-RU-NA

Worth Its Weight In Gold

You cannot mistake the words of Mr. W. W. Northrup, of 908 Fourth Street, Sioux City, Iowa. He is enthusiastic about his present health and the merits of PE-RU-NA and wants everyone to know it. Here is a recent letter from him:—



"PE-RU-NA is worth its weight in gold and then some. I used to think it only a woman's remedy but have changed my mind. I had a cough, especially in the morning. After using half a bottle of PE-RU-NA was much better. I would cough up chunks of phlegm and mucus, my eyes itched and bothered me. Judging from the symptoms given in your almanac it was catarrh. My stomach is in much better condition since using your medicine."

"Use this testimonial, if you wish. Don't hesitate to advertise the merits of PE-RU-NA."
(Signed) W. W. NORTHROP.

There are thousands just like Mr. Northrup, skeptical at first but convinced by a trial of PE-RU-NA. DON'T BE AN UNBELIEVER. If your trouble is of a catarrhal nature, try PE-RU-NA, then tell your friends. It is fine after an attack of grip or Spanish Flu.

Sold Everywhere Tablets or Liquid FOR CATARRH AND CATARRHAL CONDITIONS

Always End to His Rope.

The trouble with the cheat is that sooner or later he is bound to meet someone he can't cheat.

THE MEN IN CLASS A1

A sound, healthy man is never a back number. A man can be as vigorous and able at seventy as at twenty. Condition, not years, puts you in the discard. A system weakened by overwork and careless living brings old age prematurely. The bodily functions are impaired and unpleasant symptoms appear. The weak spot is generally the kidneys. Keep them clean and in proper working condition and you will generally find yourself in Class A. Take GOLD MEDAL Hamlet Oil Capsules periodically and your system will always be in working order. Your spirits will be enlivened, your muscles supple, your mind active, and your body capable of hard work. Don't wait until you have been rejected. Commence to be a first-class man now. Go to your druggist at once. Get a trial box of GOLD MEDAL Hamlet Oil Capsules. They are made of the pure, original, imported Hamlet Oil—the kind your great-grandfather used. Two capsules each day will keep you toned up and feeling fine. Money refunded if they do not help you. Remember to ask for the imported GOLD MEDAL Brand. In three sizes, sealed packages.—Adv.

It is better to say nothing than a lot of clever things you later on regret.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 50c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

And the way of the transgressor is sometimes hard to beat.

BITRO-PHOSPHATE IS GOOD FOR THIN NERVOUS PEOPLE

A PHYSICIAN'S ADVICE.

Frederick S. Kelle, M. D., Editor of New York Physicians' Who's Who, says that weak, nervous people who want increased weight, strength and nerve-force, should take a 5-grain tablet of Bitro-Phosphate just before or during each meal.

This particular phosphate is the discovery of a famous French scientist, and reports of remarkable results from its use have recently appeared in many medical journals. If you do not feel well; if you tire easily; if you do not sleep well, or are too thin; go to any good druggist and get Bitro-Phosphate for a two weeks' supply—it costs only fifty cents a week. Eat less; chew your food thoroughly, and if at the end of a few weeks you do not feel stronger and better than you have for months, if your nerves are not steadier; if you do not sleep better and have more vim, endurance and vitality, your money will be returned, and the Bitro-Phosphate will cost you nothing.

HEADACHE Often Caused by Acid-Stomach

Yes, indeed, more often than you think, because ACID-STOMACH, starting with indigestion, heartburn, belching, food-repelling, bloating and gas, if not checked, will eventually affect every vital organ of the body. Severe, blinding, splitting headaches are, therefore, of frequent occurrence as a result of this upset condition.

Take EATONIC. It quickly banishes acid-stomach with its sour, pain and gas. It aids digestion—helps the stomach get full strength from every mouthful of food you eat. Millions of people are miserable, weak, sick and ailing because of ACID-STOMACH. Poisons, created by partly digested food charged with acid, are absorbed into the blood and distributed throughout the entire system. This often causes rheumatism, biliousness, cirrhosis of the liver, heart trouble, ulcers and even cancer of the stomach. It robs its victims of their health, undermines the strength of the most vigorous.

If you want to get back your physical and mental strength—be full of vim and vigor—enjoy life and be happy, you must get rid of your acid-stomach. In EATONIC you will find the very help you need and it's guaranteed. So get a big box from your druggist today. If it fails to please you, return it and he will refund your money.

EATONIC FOR YOUR ACID-STOMACH

Oil Lands Make Fortunes. \$250 purchase 1/10 interest in 80 acre adjoining 3 producing oil wells; only 4 interests for sale, settling estate. United Trust Co., Independence, Kan.

W. N. U. OMAHA, NO. 37-1919.

POULTRY FACTS

WHITE LEGHORN IS POPULAR

Most Widely Kept of Egg Breeds—Markets Prefer White Eggs and Pay Premium for Them.

(Prepared by the United States Department of Agriculture.)

Egg production doubtless is the leading branch of poultry keeping, and, in addition, is a very important agricultural activity. According to the last census the eggs produced in the United States in 1909 numbered more than 1,581,000,000 dozens, with a value of more than \$306,000,000. Eggs, of course, are produced wherever chickens are kept, and by far the greater part of the egg crop comes from the general farm, yet large so-called egg farms have been developed with the main purpose of producing eggs for market. The largest of these egg farms and the greater number of them are located near markets which pay a premium for white eggs; and for this reason, together with the fact that eggs are primarily desired, the breeds kept are those known as the



Splendid Flock of White Leghorns.

egg breeds, such as the Leghorn, Campine, Minorca and Ancona. The Single Comb White Leghorn is undoubtedly the most popular and the most widely kept variety of the egg breeds. These breeds comprise the Mediterranean and Continental classes, as given in the American Standard of Perfection. The egg breeds frequently are found on general farms also, particularly in those sections near markets preferring a white egg, and where considerable flocks of poultry are kept.

TURKEYS ON GENERAL FARMS

These Birds, as a Rule, Are Raised in Small Flocks Where Range Is Plentiful.

(Prepared by the United States Department of Agriculture.)

Many turkeys are raised in Texas, as well as a considerable number in Mississippi and Alabama and in western Florida. As a general proposition these birds are raised in small flocks on general farms, where plenty of range is available. Under such conditions they usually yield a profitable income. Not many ducks are raised in the South, but considerable interest is displayed in geese production, while guineas also are raised on many farms. Guinea eggs are used on the home table, as well as being marketed, but as a rule the guineas are allowed to run wild and are not produced on any scale for market purposes.

SUMMER FEEDS FOR CHICKS

Fowls in Confinement Must Be Supplied With Abundance of Green Feed and Meat or Milk.

Chicks and fowls in confinement during the hot weather must have lots of green food and meat or milk, or both. If they are on free range they can obtain much of their meat food in the form of bugs and worms and can add to their variety of grain the various vegetable growths that they obtain by foraging. This is equally true of the fowls.

POULTRY NOTES

- Keep the house and yard clean.
- Give a heavier feed of grain in the evening.
- Keep poultry free from lice and the house free from mites.
- Feed grain in straw or other litter to make the hens scratch for it.
- Grow green crops in the poultry yards if they are not in permanent sod.
- If you have had little or no experience in poultry keeping, start in a small way. Then increase as your experience and success warrant.
- Don't let roosters run with the hens after the breeding season is over. The hens will lay just as well and the eggs will be infertile and will keep better.

"BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

The Reason.

"I heard Nell tell that rich crank the other day that he was sweet enough to eat."
"That was her way of hinting he was a dough nut."

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be despondent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

The Only Cure.

"He's money-mad."
"That's a bad disease. Do you think he'll ever get money enough to cure it?"

A SUMMER COLD

A cold in the summer time, as everybody knows, is the hardest kind of a cold to get rid of. The best and quickest way is to go to bed and stay there if you can, with a bottle of "Boschee's Syrup" handy to insure a good night's rest, free from coughing, with easy expectoration in the morning.

But if you can't stay in bed you must keep out of draughts, avoid sudden changes, eat sparingly of simple food and take occasional doses of Boschee's Syrup, which you can buy at any store where medicine is sold, a safe and efficient remedy, made in America for more than fifty years. Keep it handy.—Adv.

The experience a man buys is always delivered a little too late.

The thicker the letter a woman writes the less there is in it.



Savory beans, Mexican peppers, choice bits of tender beef—all in a hot Spanish sauce! Such is Libby's Chili Con Carne—ask your grocer for a package today. Try it with rice, mashed potatoes or spaghetti—it's delightful.
Libby, McNeill & Libby, Chicago

"Gold Bond" Clothes

are Insured

READY!
New Fall Styles in Suits and Overcoats for Men, Young Men and High School Chaps

The "Gold Bond" Certificate in each garment absolutely guarantees your satisfaction in every respect.

Popular Prices

The Milton Schs Co. Cincinnati



LUCKY STRIKE CIGARETTE

GET a package today. Notice the flavor—the wholesome taste of Kentucky Burley tobacco.

Why do so many "regular men" buy Lucky Strike cigarettes? They buy them for the special flavor of the toasted Burley tobacco.

There's the big reason—it's toasted, and real Burley. Make Lucky Strike your cigarette.



Guaranteed by The American Tobacco Co.