

## Will Not be One Day Without PE-RU-NA

**This Lady TELLS Her FRIENDS**

Mrs. Mary Fricke, 507 Bornman St., Belleville, Ill., is just one of the many thousands of ladies throughout the country who, after an agony of years, have at last found health, strength and vigor in PE-RU-NA.

Her own words tell of her suffering and recovery better than we can do it: "I suffered with my stomach, had awful cramps and headaches so I often could not lay on a pillow. Saw your book, tried PE-RU-NA and got good results from the first bottle. To be sure of a cure I took twelve bottles. I have recommended PE-RU-NA to my friends and all are well pleased with results. I will not be one day without PE-RU-NA. Have not had a doctor since I started with PE-RU-NA, which was about fifteen years ago. I am now sixty-three years old, hale, hearty and well. Can do as much work as my daughters. I feel strong and healthy and weigh near two hundred pounds. Before, I weighed as little as one hundred. I hope lots of people use PE-RU-NA and get the results I did." An experience like that of Mrs. Fricke is an inspiration to every sick and suffering woman.



MRS. MARY FRICKE

If you have catarrh, whether it be of the nose, throat, stomach, bowels, or other organs, PE-RU-NA is the remedy. It is not new; it is not an experiment. PE-RU-NA has been tried. PE-RU-NA has been used by thousands who once were sick and are now well. To prevent coughs, colds, grip and influenza and to hasten recovery there is nothing better.

PE-RU-NA will improve the appetite and digestion, purify the blood, soothe the irritated mucous linings, eradicate the waste material and corruption from the system. It will tone up the nerves, give you health, strength, vigor and the joy of living. Do what Mrs. Mary Fricke and thousands more have done—try PE-RU-NA. You will be glad, happy, thankful.

Tablet or Liquid. Sold Everywhere.

### Still Left.

"Is there anything about here with a kick?" "Sure; there's Bill Jones' ex-army mule."

### None Available.

"Have you any soft drinks here?" "None but hard water."—Baltimore American.

### 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. H. H. Fletcher*

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

### A Snap.

"Everything is so high, these days!" complained a prospective customer. "Oh, no, Mrs. Stradup; not quite everything!" replied the proprietor of the Right Place store at Petunia. "These thermometers are down pretty low this morning."—Kansas City Star.

### Equally Diaphanous.

"Well, suzz!" ejaculated Mrs. Wawhoo, in the midst of her perusal of the county paper. "It says here that an ordinary soap bubble is only one five-millionth of an inch thick. That's pretty thin, isn't it?" "Eh-youp!" replied honest Farmer Wawhoo. "About as thin, I should say, as young Gabe Gawk's excuse that he wants to talk horse-swap with me, when he comes over to set up alongside of Hettie Jane."—Kansas City Star.

### She Was a Peach.

Three-year-old Mary Ellen demands a reason for everything and some of the reasons are mother's sudden inspirations. Sometimes she passes them on to other children. The other afternoon a group of children was talking to the wee miss, all giving her that sort of confection known as "taffy." Mary Ellen ate it with relish. Suddenly she turned to the child nearest her. "Do you think I'm pretty? Don't you think I'm sweet?" she asked. He answered in the affirmative. "Well," she smiled sweetly, "my mamma found me in a peach basket." Two or three of the children giggled but twelve-year-old Arthur sprang gallantly to the rescue. "No wonder you're such a little peach," he returned.

### A Preference.

Knicker—America is the melting pot. Bocker—Fine, but we'd rather be the sugar bowl.

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

### Would Be All Right.

Bernice asked her mother what she was going to do today. Her mother said she was going to wash the windows. Bernice answered: "Oh, mother, don't; it's going to rain." Whereupon Dorothy, aged three, said: "Mother, you wash them. You can hang them in the attic."

### Lost Her Pie.

In an effort to combat the high cost of eating, a girl living on the Illinois car line sometimes carries a midday lunch. Recently in fixing up her lunch she failed to put in a small pie, so rather than untie the package she simply put the pie in a paper sack and put it in a pocket of her coat. She had to stand all the way downtown and in some manner the pie got crowded out of her pocket so that when she started to leave the car the pie fell out of the sack face down on the floor of the car. And it was a soft berry pie, too.—Indianapolis News.

### So Subtle!

"Not all the poets," observed a frequenter of cosmopolitan society "have the gift of uttering quick, light-winged, magical nothings in society. I knew of one poet, greatly in vogue in Paris some years ago, who was not exactly a fluent dispenser of epigram. He was invited to the house of a great lady of the Faubourg St. Germain, and as soon as he entered he became the center of a circle of admirers, who waited vainly for some subtle or poetic conceit. The poet remained silent, ill at ease, red in the face, and uneasy of feet. "Come, my dear poet," the hostess finally begged, say something to us! "Have you observed—duchess," he faltered, desperately, "that—this—year's pawn tickets are pink?"

## WASHINGTON CITY SIDELIGHTS



### U. S. May Loan You Money on Your Liberty Bonds

WASHINGTON.—A plan by which the government can make \$100,000,000 a year, protect the holders of Liberty bonds against the loss incurred in selling to profiteers, and stabilize the price of bonds has been worked out by the United States bureau of efficiency and is suggested in the annual report of Herbert D. Brown, chief of the bureau, which has just been made public.

Owners of Liberty bonds of small denominations have been liquidating them at the rate of from \$10,000,000 to \$12,000,000 a day, according to Mr. Brown, selling them in the majority of cases, to money lenders who immediately benefit by such discounts as they can exact and then pass the bonds on to legitimate investors who wish to hold them. War savings certificates also are being redeemed on a large scale.

To protect the original purchaser and correct any impression that a Liberty bond is an unprofitable investment, it is proposed that the government, through the postal savings system, make loans at post offices on bonds at a low rate of interest, with privilege of redemption limited only by the maturity of the bond.

The plan provides that loans be made in two amounts only—\$45 on a \$50 bond, and \$90 on a \$100 bond, the limit of the amount which may be loaned to one person being \$200. The post office will then accept maturing coupons in lieu of interest, and charge on payment a fee of \$1 on a \$45 loan and \$2 on a \$90 loan. The borrower may sell his bond to the government with the privilege of redemption any time before maturity.



### Compulsory Military Training in the U. S. Senate

LEGISLATION which would amount to a virtual reorganization of the army with protection from outside attack as a primary purpose and with compulsory military training for boys from eighteen to twenty-one years of age as a leading feature has been agreed upon tentatively by the senate military subcommittee considering a permanent military policy for the nation.

While various minor details of the plan remain to be worked out, the committee's present agreement, Senator Wadsworth said, calls for a permanent standing peace army of 280,000.

One big army composed of the regular army as now organized and a reserve or citizens' army is provided in the tentative legislation. Of the latter army the National Guard would be a part, although the details of the organization of that service remain to be worked out.

Youths within the prescribed age limits would be required to take four months' military training with provision made for either the regular army or the National Guard of the various states being used in furnishing this training.

The youths, however, would be given an opportunity to elect either taking this training in a lump or of joining the National Guard for a fixed period, during which they would receive the same amount of training as prescribed for the four-month period.

Upon completion of this training, the recruits would be placed in a reserve army for a period of five years, but under no conditions, Senator Wadsworth said, could the reservists be called upon to perform military service except in case of declaration of war.

"While the bill will provide for compulsory military training," Senator Wadsworth said, "there will be no provision made for compulsory military service."

### Virtue Its Own Reward, Even in the Wilderness

NATIONAL park and national forest rangers are usually picked men. It's right they should be. They represent the federal government. Recently a party of tourists was motoring along a forest road in a lonely region not far from the Grand Canyon in Arizona. The big car was passing a tiny brown cabin, trimmed neatly in white with a green roof, set in a clump of juniper and pine near the road, when one of the party pointed to the cabin and explained to the man at his side: "One of our ranger stations."

"Fine!" the man returned. "Suppose we stretch our legs a bit and go over and look around."

On his order the car stopped and the party, consisting of four men and several women, passed through the two tall posts at the gateway, supporting the neatly painted sign bearing the name of a national forest and of this particular ranger station.

Late that day, a tired man threw himself wearily from his horse at the sordid gate. His horse rubbed down and turned out to pasture, the ranger reached the back door of his cabin, entered and started his preparations for supper.

There was no indication of the unexpected visit his cabin had been given in his absence. But as he turned to his kitchen table his eye caught sight of two white bits of cardboard lying there.

The first had written across it: "I am sorry I missed you. I congratulate you on the immaculate condition of your station." Embossed on the card was the name "David F. Houston," and in the corner "The Secretary of Agriculture."

The second card had written on it: "I, too, congratulate you on the fine appearance of your cabin." Printed on the card was "Dr. Hans Sulzer," and in the corner was "Ambassador from Switzerland."

### Michigan Establishes Victory Highway Memorial

MICHIGAN has jumped ahead of the other states in providing a memorial for its sons who served in the European war. The Michigan idea is a Victory highway, a paved road running across the state in a north-easterly direction.

The Michigan State Good Roads association started to work out the plan several months ago, but nothing much was said about it until it was assumed that there would be no hitch in carrying it out. The contracts are now being let.

In Michigan the road is to run from New Buffalo, near the Indiana line to Port Huron. It will be 343 miles in length and will traverse 12 counties. It will pass through St. Joe, Kalamazoo, Camp Custer, Battle Creek, Charlotte, Lansing, Owosso, Flint, and La Peer. There will be a northern branch, starting from Owosso, through Saginaw to Bay City, where the Dixie highway can be picked up.

The various counties along the proposed route have pledged their road funds to build the highway. The counties also plan to erect memorial buildings and monuments, also parks. The names of the men who served in the army will be listed on these monuments, with a special provision for those who were killed or wounded. One plan is to have memorial tablets by counties or townships.

A double row of walnut trees will be planted along the entire highway. These will be supplied by the Michigan state agricultural college.



## How Competition Helps You

The competition that exists among the hundreds of meat distributors, large and small, means

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Swift & Company must make its products of the highest quality, or see you turn to others. This means better meat for you and a greater variety of appetizing, wholesome food.

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### Nebraska Directory

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Eager to Recite.  
One day in school my teacher asked  
who was the backbone of the American  
revolution. I was eager to recite  
and replied: "The backbone is the  
spinal cord." At this exclamation  
the class laughed to my embarrassment.  
—Exchange.

If one has "pep," he does something,  
whether it is worth doing or not.

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