

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

The Right Way

In all cases of **DISTEMPER, PINKEYE, INFLUENZA, COLDS, ETC.** of all horses, brood mares, colts and stallions is to



"SPOHN THEM" on the tongue or in the feed with **SPOHN'S DISTEMPER COMPOUND**

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers, 60 cents and \$1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

LAUGHS AT GREENLAND COLD In His Primitive Abode, Eskimo Dwells in Comfort Through the Monotonous Arctic Winter.

The Eskimo of Greenland, no matter what his station in life may be, always has both a summer and winter home. The winter house is described by Roger Pocock in the Wide World Magazine as being a dugout with an upper structure built of turf and beams of driftwood. It has but one window, as winter in Greenland occurs during the four-month-long arctic night. Entrance to the one large room of which the house consists is gained through a long tunnel about five feet in height, in which the dogs live. In the rear of the living room is a raised dais on which the entire family sleep, and in the front part stands the stove. This stove consists of a hollow stone filled with seal oil in which burns a rag wick, which lights and heats the house and cooks the meals.

NOT MUCH STUDY INVOLVED Grandma Evidently Didn't Think Highly of the Doings at Women's Debating Club.

Timothy had to be very quiet on certain days in the week. Sunday mornings were bad because then father had to study his lesson for the afternoon Sunday school. Tuesday evenings he had to tiptoe around while brother John studied his lodge ritual. Friday evenings sister Nellie went to a debating club and it was often preceded by the last look at her part in the debates. Then one day mother announced that she had been invited to join a bridge club. Every one was anxious for her to join but little Timothy, who sighed: "Oh, mother, now will you have to study, too, before you go there? What do they recite at your club?" Everybody smiled but dear old grandmother, who did not approve of bridge clubs. "Oh, she won't have to study much," she retorted tartly. "She can just listen at the first few meetings until she learns how to gossip like the rest of them."

Up to Date. At the now justly famous Jackson day dinner a number of good stories were told and the women are enjoying one told by Senator Hitchcock of Nebraska apropos of the growing influence of women. Referring to the habit of American men of calling their wives "the better half," he repeated a story told him by the prince of Wales during his recent visit here.

Visiting a dugout occupied by American doughboys the prince was surprised to find there, side by side, large pictures of his father and mother clipped from some illustrated magazine. He stepped closer to note the inscription. Under one was "King George the Fifth," under the other, "The Other Four-Fifths!"

Easily Pleased. "Some of these office seekers are not so particular," remarked Senator Shortworthly.

"No?" replied a visiting constituent. "A fellow came to Washington the other day from a town in my state to get an easy berth with Uncle Sam. After I told him there wasn't a thing in sight in the way of a government job he wanted to know if I could use him as my chauffeur."—Birmingham Age-Herald.

Gulls of the Pacific Coast. Along the Pacific coast there are three common species, the glaucous-winged, the western and the California gulls, which are not found in the East. They are white-headed species, not strikingly different from the herring gull.—A. A. Allen, in American Forestry.

Three-fourths of the foreign-born people in the United States live in the cities. Churchgoing has cured many a man of insanity.

PUBLIC HIGHWAYS

TRUCKS AIDING ROAD PLANS

Long Island Cited as Example of Prosperity Maintained by Efficient Highway System.

(By WINDSOR T. WHITE, Chairman Motor Truck Committee, National Automobile Chamber of Commerce.)

Motor highway transportation has grown to such vast importance in the past few years and has so well demonstrated its value and efficiency that it has won official public recognition in many of our states. But this activity can develop in a sound economic way only as good roads programs are developed. While there are examples where motor transportation has succeeded when run in territories that have undeveloped roads, they, in comparison with the thousands of motor-truck routes, are practically negligible.

One of our greatest wastes in the handling of the prime necessity, food, occurs in our present transportation methods. Hundreds of millions of dollars are annually wasted because the present method of transportation adapted to our present road system, is so costly that it does not pay to move this food from the farm to an area of consumption.

It is said that New York state has 18,300 miles of surface highways and 79,308 miles of unimproved rural roads. While the state has a much higher percentage of improved roads than is common for the United States, they do not benefit the farmer as much as could be desired.

Long Island is one of the most prosperous agricultural areas in New York state. It is not exceptionally fertile; in fact, it may be said that it is fertile because man has made it so. There are many areas in the state that are naturally more productive than Long Island, but which are far less prosperous. If you could take a trip over the island you would know the reason why the island farmers are famous for their product and financial independence. A well-planned, well-constructed, and finely maintained system of roads is the greatest asset the island has. Every evening one can see hundreds of motortrucks, from two to five ton capacity, rolling over these roads, bound for the New York market. Here is no 50 nor 40, nor even 10 per cent waste. While in other ru-



Farmer's Wife Transferring Farm Produce to Motortruck to Be Taken to City Market.

ral districts the farmer drives a thundering team through a sea of mud or well-nigh impassable snowdrifts or shoves with the dust raised by his team if the road is dry, the Long Island farmer carries a greater load, makes about four times the speed, and is more comfortable in driving his motortruck over the good highways.

SAMPLES OF ROAD MATERIAL

Tests Made by Laboratory of Bureau of Public Roads Show Increase Over Preceding Year.

A special laboratory devoted to the microscopic examination and classification of road-building rocks, maintained by the bureau of public roads, United States department of agriculture, has examined 686 samples of material during the past year, according to the chief of the bureau. This represents a considerable increase over the preceding year and shows the pronounced interest in matters relating to highway construction. Of the samples examined, 249 were rock, 41 slag, 151 gravel, 189 sand, 45 clay, and 11 miscellaneous.

BENEFITS OF HIGHEST VALUE

Following in Wake of Improved Roads Are Better Buildings and Greater Civic Interest.

The benefits that follow in the wake of good roads by improved farm lands and buildings, from shiftlessness to progressive activity, better schools and churches, more intimate social intercourse, greater civic interest and better living conditions are of incalculable value.

HAD TERRIBLE COUGH AND NIGHT SWEATS

Cough about gone, eats and sleeps well, and gained 12 pounds.

"In December, 1911, I had a fearful cough, and my physician ordered me to change climate immediately. I went to San Antonio, Texas, and entered a sanatorium. Left there and came to Oklahoma City in October, 1912. Had no appetite, could not sleep, had night sweats and was losing from one to three pounds a week. I also had catarrh of the bowels, which the doctors had been unable to relieve.

"Relatives urged me to try Milk Emulsion. I did so and began to improve, slowly at first, but steadily. My weight has increased 12 pounds, I have no temperature, and my cough is about gone. I can eat heartily, sleep well, and am working at my trade again."—V. W. Neff, 60 No. Dewey St., Oklahoma City, Okla.

Nature does wonders in fighting off disease, if given the chance. Milk Emulsion is a powerful help in providing strength and flesh. It costs nothing to try.

Milk Emulsion is a pleasant, nutritive food and a corrective medicine. It restores healthy, natural bowel action, doing away with all need of pills and physica. It promotes appetite and quickly puts the digestive organs in shape to assimilate food. Chronic stomach trouble and constipation are promptly relieved—usually in one day.

This is the only solid emulsion made, and so palatable that it is eaten with a spoon like ice cream. No matter how severe your case, you are urged to try Milk Emulsion under this guarantee—Take six bottles home with you, use it according to directions, and if not satisfied with the results your money will be promptly refunded. Price 50c and \$1.50 per bottle. The Milk Emulsion Co., Terre Haute, Ind. Sold by druggists everywhere.—Adv.

The Ruling Passion. A submarine attack was on. The sea heaved and rolled. The destroyers were dropping depth bombs. The deck of the troopship was lined with Yankee soldiers. All was silent. Suddenly the tension was broken by a small, weary-looking soldier.

"Say," he said in a hollow voice, "is there anyone here who wants to buy a nice watch and chain?"—Everybody's Magazine.

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 dependent; 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 Modern Rub. "Say, Cy, I jes' found out what a rub is." "That so, Hiram? What is it?" "Why, it's one of them forty-one-hour, \$25-a-week labor guys that thinks a farmer is gon' to sell him food cheap."—New York World.

Loyalty Unshaken. Watter (in Germany)—Wasser? American Girl (flustered)—No, Wellesley.—The Bun.

Alabastine

Instead of kalsomine or wallpaper



You Can Not Be Deceived! This Package Protects You

You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

The Cross and Circle printed in red on the package is your guarantee of quality and results.

Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or similar colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute.

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FOR FARMERS ONLY

We want one farmer in each township to expert and distribute for us our 1920 line of Power Washing Machines, Cream Separators, Feed Grinders, Gasoline Engines, Farm Wagons, etc.

EXCEPTIONAL OPPORTUNITY

for live farmer to establish himself in business, without investing any capital or interfering with other work.

How About Starting the "Boy" in Business?
Manufacturers' Sales Co., Omaha, Nebr.

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E-Z

STOVE POLISH

Save time and hard work by using E-Z Stove Polish; absolutely dustless, smokeless, odorless; gives a durable—ebony-black shine.

Try a 10c box of E-Z Oil Shoe Polish. All colors and white. It saves the leather and prevents cracking. Don't risk cheap polish. To open box just lift the latch.

SHOE POLISH

Brief Encounter. "You seem much interested in this photoplay." "Yes. You might say that I enjoy a personal acquaintance with the star." "Dear me! Tell me how you met her." "I've never met her, but one day when I was crossing the street in Los Angeles she nearly ran over me in her sport car."—Birmingham Age-Herald.

A woman forgets all her troubles when she is wearing her new spring hat for the first time.

A woman can understand everything if she isn't asked to explain why she does.

How Fast Can You Say Them? Here are a number of amusing "tongue-twisters":
A glowing gleam growing green.
The black breeze blighted the bright blossoms.
Flesh of freshly flying fish.
Six thick thistle sticks.
Two tons tried to trot to Tedbury.
Give Grimes Jim's great gilt gilt whip.

Jud Tunkins. Jud Tunkins says that if any of his folks actually looked like some of the pictures in a fashion magazine he'd send 'em to a hospital to get cured, no matter what it cost.

Poets are born just the same as other unfortunates.

FOOD FORTIFIES

against exhaustion and illness—if it's the right kind of food.

Grape-Nuts

is easily digested and with cream or good milk is a well balanced ration that builds tissue and increases strength of body and mind.

"There's a Reason"

Another Royal Suggestion

PIES and PASTRIES

From the NEW ROYAL COOK BOOK

CHEER up! There is no further reason for worrying about table variety. The new Royal Cook Book gives new suggestions for every meal every day. The book is so full of surprises there will never be another dull meal in the home. Here are a few suggestions from the new Royal Cook Book.

Plain Pastry
This recipe is for one large pie with top and bottom crust
2 cups flour
1/2 teaspoon salt
2 teaspoons Royal Baking Powder
1/4 cup shortening
cold water
Sift together flour, salt and baking powder; add shortening and rub in very lightly with tips of fingers (the less it is handled the better the paste will be). Add cold water very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part thin on floured board and use for bottom crust. After pie is filled roll out other part for top.

Rich Pastry
2 cups pastry flour
1/2 cup Royal Baking Powder
1/2 teaspoon salt
1/2 cup shortening
cold water
Sift flour, baking powder and salt; add one-half shortening

and rub in lightly with fingers; add water slowly until of right consistency to roll out. Divide in halves; roll out one half thin; put on in small pieces half remaining shortening; fold upper and lower edges in to center; fold sides in to center, fold sides to center again; roll out thin and put on pie plate. Repeat with other half for top crust.

Apple Pie
1 1/2 cups flour
1/2 teaspoon Royal Baking Powder
1/2 teaspoon salt
1/2 cup shortening
4 apples, or 1 quart sliced apples
2 tablespoons sugar
1 teaspoon milk
Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together and bake in moderate oven 30 minutes.

FREE
By all means get the new Royal Cook Book—just out. Contains three and 400 other delightful, helpful recipes. Free for the asking. Write TODAY to
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