

A CRITICAL PERIOD

INTELLIGENT WOMEN PREPARE

Dangers and Pain of This Critical Period Avoided by the Use of Lydia E. Pinkham's Vegetable Compound.



How many women realize that the most critical period in a woman's existence is the change of life, and that the anxiety felt by women at this time draws near is not without reason?

If her system is in a deranged condition, or she is predisposed to apoplexy or congestion of any organ, it is at this time likely to become active and, with a host of nervous irritations, make life a burden.

At this time, also, cancers and tumors are more liable to begin their destructive work. Such warning symptoms as a sense of suffocation, hot flashes, dizziness, headache, dread of impending evil, sounds in the ears, timidity, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude are promptly heeded by intelligent women who are approaching the period of life when woman's great change may be expected.

We believe Lydia E. Pinkham's Vegetable Compound is the world's greatest remedy for women at this trying period.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism, and builds up the weakened nervous system as no other medicine can.

Mrs. A. E. G. Hyland, of Chesterton, Md., in a letter to Mrs. Pinkham, says:

Dear Mrs. Pinkham:—

"I had been suffering with a displacement for years and was passing through the change of life. I had a good deal of soreness, dizzy spells, headaches, and was very nervous. I wrote you for advice and commenced treatment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me, and I have passed safely through the change of life a well woman."

For special advice regarding this important period women are invited to write to Mrs. Pinkham, Lynn, Mass. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Her advice is free and always helpful to ailing women.

Made Her Sick.

From the New York Weekly.

Young man, I feel in the mood for reading something sensational and startling—something that will fairly make my hair stand on end.

Wife—Well, here is my last dressmaker's bill.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; also cases out of ten are caused by Catarrh, which is often followed by an inflammation of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) which is cured by our "All's Catarrh Cure." Send for circular free.

F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, etc.
Take Hall's Family Pills for constipation.

Hair Raising.

From Washington Life.

Husband—I feel in the mood for reading something sensational and startling—something that will fairly make my hair stand on end.

Wife—Well, here is my last dressmaker's bill.

DISFIGURING SKIN HUMOR.

Impossible to Get Employment, as Face and Body Were Covered with Sores—Cured by Cuticura.

"Since the year 1894 I have been troubled with a very bad case of eczema which I have spent hundreds of dollars trying to cure, and I went to the hospital, but they failed to cure me, and it was getting worse all the time. Five weeks ago my wife bought a box of Cuticura Ointment and one cake of Cuticura Soap, and I am pleased to say that I am now completely cured and well. It was impossible for me to get employment, as my face, head and body were covered with it. The eczema first appeared on the top of my head, and it had worked all the way around down the back of my neck and around to my throat, down my body and around the hips. It itched so I would be obliged to scratch it, and the flesh was raw. I am now all well, and I will be pleased to recommend the Cuticura Remedies to all persons who wish a speedy and permanent cure of skin diseases. Thomas M. Rossiter, 290 Prospect Street, East Orange, N. J. Mar. 30, 1905."

Railroad Blunders.

From the New York Weekly.

Brakeman—on railroad train at night—Pough-keep-sie!!!

Poughkeepsie Lady—Dear me! Will these railroad men ever learn to pronounce so folks can understand them? What station is this?

Friend—This is our station—P'keepsy.

Mrs. Winslow's SOOTHING SYRUP for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cent a bottle.

Accidents Will Happen.

From the New York Weekly.

Miss Gushington—"I admit, Arthur, that this is not the first time I have been engaged, but I'm sure your noble, generous heart—"

Little Brother—"Sis, the baby's got your bag of engagement rings."

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *W. A. Stearns*

THE AGE OF CEMENT.

Seventy-five per cent. of the farms of America are a disgrace to the owners from the standpoint of neatness and appearance of the buildings and surroundings. Wooden structures in varying stages of collapse; rotting fence posts; inefficient watering troughs and floors; and cellars all speak of decay and temporary use. If these farmers could be awakened to the importance of building for all time instead of for a day, the sum total of prosperity and enjoyment in country life would be immeasurably increased.

It has been suggested that the huge stones used by the ancient Egyptians in the building of the pyramids and other monuments which have endured thousands of years, were not quarried out of solid rock, but were made from some substance resembling our modern cement, formed in molds on the site of their final occupation. Their process may be another of the lost arts and if so we are but repeating history, for we most certainly are entering upon an era, when cement is bound to constitute our dependence in permanent buildings of all sorts.

The hold which cement as a building material has in the world today is as strong as the material itself. Timber is becoming scarcer, and at the present rate of consumption the supply in the United States will not last longer than forty years. A durable and satisfactory successor of wood may be found in Portland cement concrete. It is always sitting down to rest on ordinary work, and one of cement to three of sand and six of stone or gravel where strength is of minor importance. Mixed for ordinary work a barrel of cement (94 cubic feet) will make about 27 cubic feet of concrete. As the sand fills the spaces between the stones (or gravel) and the cement fills the spaces between the grains of sand, the total quantity of concrete will be but slightly in excess of the original quantity of gravel or broken stone.

Portland cement costs \$1.40 a barrel at the mill, and other materials cost according to the hauling distance. At 80 cents a yard for sand or gravel the cost of concrete is about 8 cents, exclusive of labor.

It is often found that concrete construction is absolutely cheaper than lumber, and possessing the additional advantage of being fireproof and permanent. It is used for gutters in stables, cellar and stable floors, drain tile, sills, sidewalks, fence posts, bridges, houses, barns, watering and feed troughs, ice houses and cisterns. There seems no limit to its usefulness. The simplicity with which it is handled by the unskilled in carpentry. Cement should be mixed with its bulky companions in a dry state and just enough water added to make it pack well. A mold for the form required is then filled and tamped down. It is then allowed to set for twenty-four hours when the mold may be removed; or if made with hinges, as are fence post molds and other small forms, it may be removed within a few minutes. Surfaces are generally finished off with a smooth coating of pure cement. Building is made from separate blocks or constructed in a solid wall. One of the latest methods is to build this wall hollow, thus making a frost-proof structure, warm in winter and cool in the hot weather.

Of the general kinds of cement, Portland possesses the highest cementing power and an additional virtue of hardening under water. All cement should be kept dry. When properly protected it often improves with age. Crushed stone makes a somewhat stronger concrete than gravel; cinders are frequently used. The mortar may be colored to suit the fancy of the builder, and some very beautiful houses are now made of this material.

The department of agriculture has issued a farmer's bulletin No. 235, on "Concrete Mortar and Concrete," with special reference to its preparation and use for farm purposes. This bulletin is for the asking, and gives in detail many valuable hints and methods impossible in this space.

Cement should use nothing but a good grade of cement. It is made by a number of concerns. Do not buy from unknown dealers. Several firms make iron molds for fence posts, tile, building blocks, etc., and these will greatly facilitate construction being cheaper and purer than those made by a machinist.—Farmers' Voice, Chicago.

POULTRY POINTS.

The cheapest and most economical food raised on the farm is the poultry. No breed is so fine that you can make it pay well if you mismanage your poultry farm.

Feed enough coarse food. It promotes digestion and helps to keep the fowls healthy.

In providing nests see that they are so located that they are handy both for the hen and you.

When it comes to raising turkeys, Texas takes the lead. The following Missouri, Illinois, Iowa and Ohio.

Don't sell the eggs from your best pens in the market when you have a surplus. Sell them to people who will pay the price they are worth. You can find purchasers through the columns of The Farmer and Breeder.

Drinking vessels of all kinds should be arranged so that the fowls cannot get into them with their feet. If nothing else can be done, they should have a large enough to leave only room to drink around the edges.

An old belief, and one that is still more or less credited, is that the presence of the male is necessary for good egg production. This is wrong. Eggs of the large egg farms no males are used at all. Some even claim that hens lay better without roosters, but this is at best an unsettled question.

At the Kansas state poultry show at Topeka in January, the barred Plymouth Rocks exceeded any other kind in number, there being 192 birds of this breed. The first prize cockerel sold for \$45. There were 118 white Plymouth Rocks on display and 109 buffs.

Don't blame it all on the incubator when some of the chicks die in the shell, but see to it that the next setting is composed of nothing but fertile eggs. Poultry raising is no longer exclusively a farmer's occupation. It has become a business in which people of all classes are interested and in which women as well as men are embarking. It is a business offering exceptional opportunities for the serious investor, and one which can be carried on by people living in small towns and residents in outlying districts of large cities and towns with remarkable hopes of success.—From Pacific Fruit World.

Onions require rich soil, not too sandy, as they must be able to reach constant moisture. To grow onions successfully from seed they must be sown early, and one which can be carried on by people living in small towns and residents in outlying districts of large cities and towns with remarkable hopes of success.—From Pacific Fruit World.

It is not enough to put fresh water into the drinking vessels. A good washing is absolutely essential to keep them clean and sanitary for the hens.

A good turn influences every man to the end of his consequences.

HOW MUCH CAN THE BUSINESS GIRL EARN?

(Copyright, 1906 by the McClure-Phillips Company.)

BY SALLY CHAMBERLAIN.

The first and last question which confronts a girl who enters business life is "How much money can I earn?" She may be dependent on her daily effort for her livelihood, she may need only to make her own pin money, or she may be working merely to kill the monotony of an idle existence. Still the query remains the same and the extent of the weekly salary is the most emphatic if not the most important phase of her presence in the strenuous grind of the money making world.

To know how much money she can earn a girl must first know what her earning capacity is. This in nine cases out of ten controls the amount of her salary and until she knows just what she stands in this regard, she will never be sure of the size of her income. Understanding the extent of her earning capacity, however, is an unduly true fact, she will be able to turn her energies in one of at least three or four different directions and still procure the same remuneration for her work.

Three things determine a girl's ability to make money. The first and foundation of the three is health. The second is training, which is positively essential to obtaining any kind of a salary in the modern business world, and the third is spirit—the interest feigned or genuine which a girl instills into her work.

Health lies at the bottom of all three and the amount of money which a girl can earn will always be dependent upon her physical strength. The girl who is always sitting down to rest cannot hold her position very long as a saleswoman in a store. The girl who is continually having headaches will not be retained many months as typewriter or bookkeeper, and that girl who has a small chance of earning any kind of a salary who spends a month or two of every year in a sick bed. The same holds true also of work in the field of art, where vitality and strength are indispensable to the girl from whom originality is constantly demanded.

So whatever it may be at the beginning, the question of salary resolves itself finally and often very quickly into a question of red corpuscles. A girl may have an ambition which leads her to the study of a profession, she may have a mind capable of the most clever inventions or she may have a talent which falls barely short of genius, and if she had not the red blood corpuscles which insure her with the round of daily difficulties, a regular day-in and day-out work, all her other qualifications will count for nothing and she will have to drop out of the race entirely or content herself with a living wage.

Given good health, however, and a girl is always assured of her living expenses, though the amount of her income will depend very largely upon the second gauge of her earning capacity, her business training.

One girl who has tried to earn a living without a training in some regular line of work can realize the difficulties of finding an opening in the up-to-date business world when she has not a knowledge of some particular trade or profession for her finger tips. The girl who enters a business with the girl starting out single-handed and alone both meet with the same catechism, "What do you know how to do?" and the "know" implies that the girl must "know" she knows, she must be sure of it.

"What shall I train myself in?" is the cry of the girl who is to venture into the money-making world.

Her question is invariably answered by the query, "How much money do you want or need to earn?" And it is a fair reply to the girl's question, for, lofty as may be her ambitions, she is obliged to take the work which is open to her, and this is seldom the work which she most wants to do. For there are but comparatively few fields of employment which assure certain salaries, and these in nine hundred and ninety-nine out of every thousand cases, have to be used as stepping stones to realizing more exalted ambitions.

Among these assured salaries are that of the stenographer, the typewriter, the bookkeeper who need never earn less than \$6 to \$8 a week and with a fair amount of experience she is sure of from \$10 to \$15. The clerk behind the counter can depend upon earning \$6 to \$10 a week, the telephone operator from \$6 to \$12, and so on through the ranks of seamstress, milliner, proofreader, nurse and teacher.

And what is the training which assures these average salaries? It is six to ten to twelve months of study for the stenographer and bookkeeper, an apprenticeship of at least three months and perhaps several years for the girl behind the counter, and from ten to twelve months of night duty for the girl who answers the telephone.

With the larger salaries the training is longer and harder, and the seamstress and milliner have to plod along a year, and perhaps two, turning out plain sewing or doing the drudgery part of hat trimming before they can expect the assured returns. The comfortable \$17 a week salary of the proofreader is allowed by the union only after a girl has worked as copyholder for the two years, while the teacher and nurse both earn the salary of \$20 or \$25 a week only after three years of the hardest kind of schooling.

Beside the technical training and experience the assured salaries are also dependent upon two important qualities of character, promptness and accuracy. A girl must be prompt, she must finish her tasks in an allotted space of time. Every successful business woman demands these three things of every employe, and the girl who would compete with the great mass of business women is obliged to make them an integral part of her business training.

Third, and lastly, girl's personality is a strong factor in determining the amount of money she is able to earn. She must keep her good natured side foremost, she must always be tidy in her appearance, and she must center all her interests in business hours to further her employer's ends.

As to her capacity for good nature, the smile of the girl on the stage should be the smile of every girl who is engaged in the business world. Perhaps it is a look of interest rather than a smile, but no matter what blue days a girl may have with herself, she has always to remember that those working beside her, and especially her employer, must be shown no sign of the inward turmoil. In the same way do petty grievances, jealousies and annoyances have to be covered by an attitude of good cheer. A girl's covered self must be held in the foreground when she is earning a salary, and while her good nature is worthless unless it is self respecting, she must never fail to make it manifest in every part of her daily routine.

Her personal appearance is also a factor in her earning capacity. Good looks are certainly an advantage, but it is the girl who is always tidy and attractively dressed, who wins the surest part of her employe. The hair particularly needs to be carefully

BEET SUGAR INDUSTRY.

The beet sugar industry in the United States is growing rapidly and the states west of the Mississippi river now produce 24,000 tons more sugar than they can consume. In addition to this east of the Mississippi 254,000,000 pounds are produced, or equal to over 17 per cent. of the consumption of this sugar in the United States.

This increase in the industry is of much importance to the people of the country and to the farmers and raisers of live stock, since the byproducts of the factories can be used for stock food to such a good advantage. Sugar beets are adapted to irrigated districts as well as to other districts where crops are grown by rainfall. The industry in its development has had a great influence in promoting irrigation, immigration, land settlement, the building of railroads and trolley lines, the making of other improvements and the upbuilding of various industrial enterprises.

Only a few years ago the United States depended almost entirely for its sugar supply upon that brought in from other countries and from that made from sugar cane. In 1905 there was produced in the United States 312,920.6 tons of beet sugar, grown upon 307,364 acres. Iowa is to have two factories this year, as it has been shown that Iowa soils will produce as good sugar beets as any other section. This new industry should be received with enthusiasm by the farmers of Iowa, as it should by those in other states where the beet can be profitably grown. The use of the byproducts as stock feeding will no doubt increase the area devoted to beet growing as much as will the production of sugar. Where beets can be grown they will make a double profit.

FINDING OUT WHAT PAYS.

It is not only important for a farmer to know whether, upon the whole, he is losing or gaining, but it is, if anything, more important for him to know at what point he is losing or gaining, that he may cut off those things which do not pay, and put his money where it will do him the most good.

Another way of being of value to the employer is to surmise what he wants, if possible, before he asks for it. It is, in fact, learning to keep in touch with his method of working and conforming to it. It is the keynote to the work of the girl who holds her position with perfect assurity, for the business world always has salaries, and big ones, too, for the person who does work for the man higher up in exactly the special way that he likes to have it done.

New Breed of Water Fowl.

From the St. Paul Dispatch.

It has remained for an enterprising farmer of Beltrami county to successfully breed a new water fowl, which promises to take its place in the front ranks of the game birds of the state, and which has already caused considerable embarrassment to two Bemidji nimrods.

Charles Saxrud owns a farm in Maple Ridge township, about fifteen miles northwest of Bemidji. Last year he decided to raise a flock of ducks, and, with that object in view, he ordered a pair of ducks, and, in the nature of things, the female was desirous of hatching out a brood of her own kind, and she was given an even dozen of nice eggs with which to begin business. The duck sat industriously on these eggs for five days, when she was accidentally killed. Mr. Saxrud was at his wife's end as to what to do with that setting of ducks' eggs. He had an old Brahman hen that had been employed on door knobs and any other old thing that was lying around loose, and he put her to work on the duck eggs. The eggs finally produced eight small, hairy fowls that caused great consternation to the old hen, but she took care of them until they happened to get down to the lake one day. The ducks immediately took to the water, and the hen raised a great commotion as her adopted youngsters were seen. She was repined for several days, until Mr. Saxrud, in desperation as to how to allay the concern of the hen, decided to tie pieces of rubber to her henship's feet, which would allow her to swim with her brood. The duck sat on her eggs to perfection, there being a perfect web foot. The brood was raised and is still a part of Mr. Saxrud's flock. This year, when the old Brahman exhibited signs of desiring another family to look after, she was again put to work on the duck eggs. The hen sat on the eggs for five days, and she was given a duck's bill and had webbed feet. They were larger than ducks, but had all their habits. They at once took to the water, and a Mr. Saxrud again forced to provide the hen with her rubber "socks." The brood developed rapidly, and were soon large, lusty fellows, nearly as large as full-grown chickens. One day last week George McTaggart, a member of the board of aldermen of the city of Bemidji, and Fred W. Rhoda, clerk of the district court, made a trip up in Maple Ridge township for an outing. They changed to camp near Saxrud's place, and while out one afternoon they were exactly shot in the bunch. They rowed out to get their haul, when they made the discovery that there was an old hen with rubber tied around her feet and the half-breed ducks. Just then Saxrud happened along, and he took considerable promise of refreshments on the next trip to town before the two shooters were allowed to go. But three of the entire bunch of chicken-duck were saved from annihilation, but Mr. Saxrud thinks he has enough left to form a nucleus for a large flock of the new variety.

GOOD FARMING.

What is good farming? Does it consist in making money?

What may be termed good farming does not necessarily consist in hoarding money derived from the farm.

By good farming we would understand a large, full life for every member of the farmer's family.

Financial success ought to be sought, but it should not be the sole object in view. Money is of value only in so far as it aids us in securing those accessories which contribute to the development of the intrinsic self.

Good farming in our judgment means the maintenance of the fertility of the soil, the breeding of good stock, the growing of maximum crops, the education of the children, the abandonment of slaving for the women folk, pleasure trips occasionally for the family, and the reading of good literature.

It also should include the keeping of the premises in respectable condition and a healthy interest on the part of the farmer in the public affairs of the township, county, state and nation.

Good farming is not theoretical or fancy farming. It must pay; that is essential, but it must not make a slave of any member of the family, and it must trouble with American farming is that many of us are farming more land than we can farm well.

For example, there are too many 100 acre farmers working 300 acres.

Lyrical Golfers.

From the King.

It is very interesting to note how golfers, when they are gathered together in convivial entertainments, seek to enshrine their golfing memories either in song or in poetry. Mr. Ernest Turner, in singing the song entitled "Good Company," at the Leeds Golf club dinner, added this verse:

When I sit in the club at the close of the day,
And hear brother golfers discussing the play,
As they fight o'er again the game they have had,
And swear that "that stymie was rather too bad,"
I care not, I know not, where pleasure may be,
But I know I'm in excellent company.

Rev. H. T. M. Goddard, vicar choral of Yorkminster, the captain of the club, conferred upon the members the privilege of hearing an original golf song, of which the subjoined was the chorus:—
If you want to be young, and no to be old,
That yer build may run warm instead o' deid cauld,
Tae be canty and crouse, not dowie and dowie,
Take an auld man's advice and learn to play golf.

More Bad Luck.

From the New York Weekly.

Mr. Winks (looking over the paper)—Cheap, Drugg & Co. are selling all sorts of cheap medicines.

Mrs. Winks—Just our luck. There isn't anything the matter with any of us.

FAINTING SPELLS.

Cured by Dr. Williams' Pink Pills, the Remedy Which Actually Makes New Blood.

Anemia makes the patient short of breath so that there is often a sense of suffocation, sometimes there is a cough and the sufferer seems to be going into consumption, at others there is a murmur of the heart and heart disease is feared. In the following case severe fainting spells were an alarming symptom resulting from "too little blood."

Mrs. George Forrester, of 7 Courtis street, Watertown, N. Y., says: "Some time ago I took a heavy cold and I fell in a very weak condition. I became worse and worse until finally I had anemic. I lost flesh and appetite, had no color and was subject to fainting spells. Sometimes they would attack me suddenly and I would fall to the floor with hardly any warning."

"I had one of our best physicians, but after he had been attending me about a month without any improvement in my condition, I decided to see what Dr. Williams' Pink Pills would do. "The pills were well known to me, for, about two years before, members of my family had taken them with the best results. I soon found that the pills were just what I needed for I soon began to notice an improvement. After I had taken them a while longer I was entirely cured, and we all believe in Dr. Williams' Pink Pills and recommend them highly."

Dr. Williams' Pink Pills actually make new blood. They do one thing and they do it well. They improve the blood in deficient in red corpuscles. Dr. Williams' Pink Pills increase the number of these red corpuscles and in this way send health and strength to every tissue.

All druggists sell Dr. Williams' Pink Pills or they will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$3.50, by the Dr. Williams' Medicine Co., Schenectady, N. Y.

THE DAISY FLY KILLER destroys all the flies and other pests that annoy you. It is a safe and reliable remedy for all insects. It is sold by all druggists and is the best remedy for all insects. It is sold by all druggists and is the best remedy for all insects.

SONS OF FARMERS

Have Twenty-five Chances to Win a Fortune in the NEW SOUTHWEST Against One at Home

SEND FOR OUR PRIZE OFFER

OF TEXAS FARM LANDS ON EASY TERMS, and be interested forever. Write now to GEO. H. HEAFFORD, Secretary Farm Land Development Co., 277 Dearborn Street, Chicago, Illinois.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Eruptions, Constipation, Headaches, Colic, Worms, and all other ailments of children. It is sold by all druggists and is the best remedy for all ailments of children.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness.

Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

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Rheumatic Sufferers—Will tell you remedy that cured me and fifty others. It's free. Cunningham, 38 Corn Exchange, Minneapolis, Minn.

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SIOUX CITY PT'G CO., 1,141, 23—1906

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Druggists

BEST FOR THE BOWELS