

# FEELS LIKE A NEW WOMAN

As Lydia E. Pinkham's Vegetable Compound Dispelled Backache, Headaches and Dizziness.

Piqua, Ohio.—"I would be very ungrateful if I failed to give Lydia E. Pinkham's Vegetable Compound the praise it deserves, for I have taken it at different times and it always relieved me when other medicines failed, and when I hear a woman complain I always recommend it. Last winter I was attacked with a severe case of organic weakness. I had backache, pains in my hips and over my kidneys, headache, dizziness, lassitude, had no energy, limbs ached and I was always tired. I was hardly able to do my housework. I had taken Lydia E. Pinkham's Vegetable Compound on one other occasion, and it had helped me so I took it again and it has built me up, until now I feel like a new woman. You have my hearty consent to use my name and testimonial in any way and I hope it will benefit suffering women."—Mrs. ORPHA TURNER, 431 S. Wayne St., Piqua, Ohio.



Women who are suffering from those distressing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

**Not Quite Insolvent.**  
Abraham Lincoln Carter appeared before the bar of justice in Staunton, Va., charged with stealing \$7.50. Evidence was strong against him, but the young lawyer appointed by the judge to defend the prisoner put up a strong plea and Abraham was acquitted.

A little later counsel and client met outside the court house. "I worked hard for you this morning, Abraham," said the lawyer, "and the court pays me very little. There is a big wood pile out behind my house and you had better work on it two or three days and pay your part."

"Yes, suh," replied Abraham, "but couldn't I pay you in money 'stead o' work?"

"Money? Where will you get any money, you rascal?"

"Well, boss, I reckon I still got dat \$7.50."

## SCALP ITCHED AND BURNED

Greenwood, Ind.—"First my hair began to fall, then my scalp itched and burned when I became warm. I had pimples on my scalp; my hair was falling out gradually until I had scarcely any hair on my head. I couldn't keep the dandruff off at all. My hair was dry and lifeless and I lost rest at night from the terrible itching sensation. I would pull my hat off and scratch my head any place I happened to be.

"For several years I was bothered with pimples on my face. Some of them were hard red spots, some were full of matter, and many blackheads. I was always picking at them and caused them to be sore. They made my face look so badly I was ashamed to be seen.

"I tried massage creams for my face and all kinds of hair tonic and home-made remedies, but they only made things worse. Nothing did the work until I used Cuticura Soap and Ointment. I washed my face with the Cuticura Soap, then put plenty of Cuticura Ointment on. Three months' use of Cuticura Soap and Ointment has made my face as smooth and clean as can be." (Signed) C. M. Hamilton, Sept. 24, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston."—Adv.

**Got His Answer.**  
The other day a new story was told in connection with one of Mr. Joseph Chamberlain's political campaigns.

During one of his speeches a man in the audience kept on shouting:

"Are you going to tax my food? Are you going to tax my food?"

After a bit the audience lost patience with the man, and loud suggestions were heard that he should be turned out. Mr. Chamberlain calmed the storm, however, and proceeded with his speech, but a few minutes later the man's voice was heard again:

"Are you going to tax my food? Are you going to tax my food?"

"Oh, stop your braying!" roared somebody; "histles'll never be taxed!"

**Important to Mothers.**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Charles H. Fletcher*. In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Great Candy Consumer, Too.  
"What a dear little mouth Peggy has."  
"Yes, her last dental bill amounted to \$87.50."

A healthy horse eats nine times its weight in food in a year; a healthy sheep six times.

# NATIONAL ELECTION HAS FRANCE ROUSED

Paris Rings With Martial Songs on Eve of Big Political Event.

Paris, Special: Tomorrow is the date of the general election, when the parliament, which some call the most discredited since the Panama canal scandal, will appeal to the people for a return to power.

The platform of the government's supporters is a patched-up structure of all the planks that are likely to win votes, including a graduated tax on incomes, secular education, which is a popular cry in France, and repeal of the onerous three years' conscript service law.

Although Premier Doumergue expresses confidence of the outcome, the populace on the eve of the elections is singing songs of ironic enthusiasm to the old tunes that have accompanied social convulsions in France or preceded them.

Songs are not usually the end but the beginning of events in this country. Historians even consult the songs of a period to explain radical changes. There is a strong feeling that perhaps a new chapter in history is being introduced in the songs one hears in the music halls and cabarets of Montmartre. All of them have originated since the Calmette affair, and they are becoming more virulent nightly.

One, entitled "Woman and Lady," is based on Mme. Callaux's remark when arrested, "I am a lady." It is sung to the old air, "Petit Fromage," in a well known cabaret, and the police have several times ordered it stopped.

The killing of Gaston Calmette, editor of the Figaro, by Madame Callaux, wife of the ex-minister of finance, and the great Rochette scandal which the Figaro tragedy served to bring to a furious climax, will, no doubt, have considerable influence upon the voters, but probably not so much effect as may be thought by observers abroad.

The point which stands out in connection with the elections is that for the first time under the present regime two powerful and well defined constitutional parties are opposed to each other. One of these parties is made up of the radical and socialist-radical groups; the other is the federation of democrats of the left, formed a few months ago only by Aristide Briand.

**Start a Saving Account.**  
Many women are kept from making an effort to save by the fact that their husbands with lavish hands fling away more money than they are able to save by their small economies, but this should be the very reason why they should try all the harder. If the husband and father is careless it will take double diligence on the part of the wife and mother, not only to save money, but to train the children in habits of thrift. It is hard to walk three or four extra blocks to save five cents on vegetables, and then see the man of the house buy an expensive cigar or refuse to wear a garment that is patched, but if the five cents are safe in the bank it is better than flinging that amount away to show that if one won't save they will do it for her.

It usually happens that when the mistress of the house has saved \$100 she can no longer keep the secret, so she unfolds her wonderful plan to the man of the house. Then the savings account goes forward by leaps and bounds, for the husband gladly does his part in making contributions to the fund, says the Mother's Magazine.

He finds himself able to put by the price of a cigar or two without much trouble, to assist in the home tasks that mean so much when a man must be hired for every trifling bit of repair work, to receive various small economies in the way of clothing, and above all to cheer and support his wife who has the greatest burdens on her shoulders.

Most people will admit that it is easier to make money than to save it, and the woman who carefully orders her household so that the health of the family is conserved, their garments suited to their needs, and their food wholesome and nourishing without being expensive, deserves more credit than she gets in the ordinary home. Of course it is a great joy to her to know her account is growing every day, but if in addition she has the support and sympathy and help of a manly man, she is all the better fitted for her duties.

**A CITY'S BUSY BUZZARDS.**  
Nasty Scavengers From the Sky Are Charged With Spreading Disease.

The theory of how the buzzard spreads hog cholera has been exploited in the papers and has put the farmers to thinking. It is calculated to reverse their hitherto good opinion of the buzzard and his function. And yet the buzzard is the emblem of a proud southern city.

Who has not heard of the Charleston market place buzzards? The market place is the place the visitor to the ancient and honorable city puts out to first, after locating, and the sight remains like a bad taste in the mouth. The Observer's recollection of it were "I was the other night in a moving picture show in Charleston. On the screen it was announced 'Vultures at a market house in a southern city.' We knew what was coming. There had been no need to name the city. There it was—the throwing of offal from a doorway into the street and the blowing of the ugly beasts of the air flying down from the roof to the feast on the cobblestones.

Tradition dies hard in Charleston. The sacred birds are tolerated and protected there because their services as scavengers cost the city nothing. But it is not a defiance of the laws of health? After the buzzards have gorged on the offal, there follow the flies. After the flies the sun to dry the matter into dust, and then the wind to blow these germ-laden atoms into the nostrils of aristocratic Charleston. It must be said that Charleston does not wholly depend upon the buzzards for its scavenger work, but that it permits the survival in any degree of a custom so repulsive and so insanitary is abiding cause for wonder.

**The Precious Maple.**  
The inroads that are being made upon the hard maple trees of the country must needs alarm every boy who has a taste for genuine maple syrup with his buckwheat cakes. Nor is the crystallized liquid distributed in the form of sugar cakes to be lightly surrendered by boyhood. A bulletin of the United States department of agriculture points out that maple is one of the most widely used of native hardwoods and so brings warning that the syrup supply is in danger. Maple is a favorite flooring, being especially in demand for roller skating rinks and bowling alleys. How many joy-producing trees do you suppose must be slaughtered to floor a skating rink? It is reported that the shoe manufacturers of Massachusetts use 13,000,000 board feet of sugar maple every year in the manufacture of shoe lasts. You see much of the maple furniture—sugar trees were cut to make it! The strength and hardness of this wood cause it to be used for a wide variety of purposes. Altogether 1,150,000,000 feet of sugar maple are cut in the United States every year. So make the most of your opportunities to consume real maple syrup, for the time is coming when the only "maple" syrup obtainable will be the kind concocted from brown sugar flavored with the juice of the corn cob.

# CHECKING CIGARETS.

From the Houston Chronicle.

Seeking the now famous "cigaret cure," a young man reported to Dr. Slataper. A Chronicle reporter was present to witness the operation of giving a young man a silver nitrate cure. The reporter heard the questioning of the boy along these lines:

"So you want the silver nitrate cure for the cigarette habit?" asked the doctor.

Embarrassed nod in the affirmative by the young man, who seemed very much in earnest, now that he had mustered courage to come into the office and get the "cure."

"And are you sure that you are not just 'experimenting' with yourself?" asked the doctor, "meaning, simply, 'are you sincere' in taking this treatment? We are not encouraging this cure for boys who simply want to know how it feels to be doped with nitrate of silver."

"All I want is some help to shake off the cigarette habit," answered the young fellow, whereupon the doctor spoke, saying, "Stand up, young man." And the young man stood up, looking a bit frightened.

But the treatment was not at all severe. Taking the little bottle of solution in one hand, and dipping the camel hair brush into it, the doctor requested that the patient open his mouth.

Then he delicately painted the edge of the youngster's tongue with the silver stuff. "I paint it along the edge, so," said the doctor, "for the simple reason that it is the edge of the tongue that holds the nerves of taste."

The reporter thought the sense of taste was to be found along any part of the tongue. But it seems that this idea is wrong, speaking geographically of anatomy, as it were.

In about two minutes, by the "wrist work" the operation was completed and the patient had left the office.

"Funny thing about these boys," said the doctor, after the door had closed. "Almost all these young fellows want to quit smoking, yet they won't resist the temptation to try a 'cigarette' soon after the treatment as possible. Now, I'll bet something worth while that this patient you just saw is hitting it up for a quiet spot to smoke a cigarette."

And the doctor laughed. Why he laughed the reporter learned about half an hour later.

In the high school hall was the same young man making his rather shaky way toward a class room. The young man looked a bit white as to complexion, and, as to gait, well, he was a bit "tottery." One who had seen him a few moments before would have noticed these changes at any rate.

"What's the matter?" was the greeting the reporter gave him.

Admits Trying to Smoke.  
"Aw, gee, my mouth tastes like I had been trying to eat a brass watch case. I went out and tried to smoke, and did smoke. When I drew the smoke into my face, it tasted fine, but when I blew it out! Gee!"

And here the young man almost lost the remainder of his lunch at the mere memory of the trying episode.

When he lies the explanation of the "silver nitrate cure."

As long as the patient does not smoke he feels no bad effect from the nitrate of silver soaked along the edge of his tongue, but as soon as the nicotine starts mixing with the silver solution, it produces a sickening sensation that runs clear through one.

And the odd part of it is that all of the youngsters are not affected in the same manner. Some of them, after trying several times, come back to the doctor for another "painting."

Saturday, at the juvenile court, another class will be treated, and in the meantime, boys are coming from all parts of Houston to see Dr. Slataper and have a taste of the little brown bottle.

"Know the details of the feeling pretty good, eh?" remarked the editor when the reporter handed in the above story. "That's the way to do. Future things, sympathize into 'em. And, now, as a reward for your good work, I will hand you this nice cigar."

The reporter turned a wry face. "No, thanks," said the young man, "my mouth's sore."

# COAXING THE SEA TO BUILD UP THE SHORES

From the Engineering Record.  
Programs for conservation, in this country at least, have been principally with water for power purposes, and with timber and coal lands, so that in proposing the creation of a federal department of foreshore protection Elmer L. Corthell calls attention to a subject the seriousness of which is not generally appreciated even by engineers. The waves are making a constant assault on our coasts and if this country would profit by the experiences of Holland, England, Belgium and other European countries it will need to adopt more vigorous measures than are displayed by the isolated and unscientific methods which now prevail.

In his article reviewing his 44 years' experience in sea-defense works, Mr. Corthell makes the definite statement that any sandy coast can be permanently protected at reasonable cost, but it is useless to expect that vertical pile bulkheads with an unpractical shore front, extending out beyond the effective in resisting the smashing blows of heavy storms. The continental method of shore protection is by gentle slopes, covered with clay, straw and stone blocks, properly built, spur jetties, extending out beyond the main slopes, may be used to make the sea deposit its burden of sand, thereby building up the coast line instead of washing it away.

The principle upon which the engineers of the last half century have based their plans and methods are simple and effective. The great destructive forces of nature have been skillfully turned into constructive forces. They did not place an artificial wall or "bulkhead," against the encroachments of the sea, but coaxed it to deposit its sands on the shore and so build it up, rather than throw them inland, and then, hungry for more, eat into the shore.

**Shall We Breed or Import?**  
Prof. Edward A. Ross in the Century. Very truly says Professor Wilcox, in praise of immigration: "The cost of rearing children in the United States is rapidly rising. In many, perhaps in most cases, it is simpler, speedier and cheaper to import labor than to breed it." In like vein it is said that "a healthy immigrant lad of 18 is a clear \$1,000 added to the national wealth of the United States."

Just so. "The Roman world was laughing when it died." Any couple or any people that does not feel it best to bring to transmit to its children may well reason in such fashion. A couple may reflect, "It is simpler, speedier and cheaper for us to adopt or import than to produce children of our own." A nation may reason, "Why burden ourselves with the rearing of children? Let them perish unborn in the womb of the mother. The more we keep up the population." A people that has no more respect for its ancestors and no more pride of race than this deserves the extinction that surely awaits it.



"I Spend My Hard-earned Nickels for

WRIGLEYS SPEARMINT

I get the most pleasure for the longest while."

You can't get a bigger buy for a nickel. It is as delicious as economical—as beneficial as delicious—as popular with your family as with you.

It's as clean as it's fresh. It's always clean and always fresh because the new air-tight, dust-proof seal keeps it so. Every sealed package is personal to you.

Look for the Spear



Purify your breath, preserve your teeth, harden your gums and keep your digestion good with this mouth-cleansing pastime.

# Chew it after every meal

Be SURE it's WRIGLEY'S

After the votes have been counted most of the candidates discover that their names were on the wrong ticket.

**Danger of Too Much Talk.**  
Don't talk too much. Just after you have talked a man into buying, if you keep on talking you will talk him out of buying.—Athlison Globe.

Putnam Fadeless Dyes guarantees satisfaction. Adv.

**Loses Its Charm.**  
It's difficult for a newly married man to generate much enthusiasm over his bride's beautiful hair after he has seen her pile it on the bureau for the night.

**Kill the Flies Now and Prevent Disease.** A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six cent express paid for. H. SOMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

**Why?**  
Alden has reached the "Why" age. "Isn't always easy to answer the whys. One day he lay on the floor with his eyes shut.

"Am I asleep, mother?" he asked. "You know you aren't," said his mother.

"Well, I'm lying down; my eyes are shut, why ain't I asleep?"

# Iowa Directory

**Barber Supplies**  
The Kleeblatt Barbers Supply Co., 618 Pierce St., Sioux City, Ia., will treat you right. Write them.

**Kodaks DEVELOPING and PRINTING**  
Send for Catalogue and Finishing Price List. ZIMMERMAN BROTHERS, 608 Pierce St., Sioux City, Ia.

# The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—Act surely and gently on the liver. Cure Bilelessness, Head-ache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

*Wm. Wood*

# 35 BUSHELS PER ACRE was the yield of WHEAT

160 ACRES OF FARM IN WESTERN CANADA FREE

on many farms in Western Canada in 1913, some yields being reported as high as 50 bushels per acre. As high as 100 bushels were recorded in some districts for oats.

50 bushels for barley and from 10 to 20 for flax.

J. Keys arrived in the country 5 years ago from Denmark with very little means. He homesteaded, worked hard, is now the owner of 320 acres of land in 1913 had a crop of 200 acres, which will realize him about \$4,000. His wheat weighed 68 lbs. to the bushel and averaged over 35 bushels to the acre.

Thousands of similar instances might be related of the homesteaders in Manitoba, Saskatchewan and Alberta.

The crop of 1913 was an abundant one everywhere in Western Canada. Ask for descriptive literature and reduced railway rates. Apply to Superintendent of Immigration, Ottawa, Canada, or J. H. Macpherson, Brewer 378, Waterman, S. B. W. F. BENTLEY, Box 3000, Omaha, Nebraska and E. A. Garrett, 311 Jackson St., St. Paul, Minn. Canadian Government Agent

# SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

# Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." All druggists, 50c. large box, or by mail, The Paxton Toilet Co., Boston, Mass.

Pettit's Eye Salve FOR EYE ACHE

SIoux CITY PTG. CO. NO. 19-1914

# Is Your Stomach Wrong?

Sooner or later you will be wrong in every organ of your body. It is a well known fact that over 95% of all sicknesses are caused by ailments of the digestive organs. If you have the slightest suspicion that your stomach requires treatment, don't delay a moment. Little ills soon grow into serious ills.

# DR. PIERCE'S Golden Medical Discovery

soon rights the wrong. It helps the stomach digest the food and manufacture nourishing blood. It has a tonic effect and soon enables the stomach and heart to perform their functions in a natural, healthy manner, without any outside aid.

As Dr. Pierce's Golden Medical Discovery contains neither alcohol nor narcotics there is no reaction. For over forty years it has stood the test of both use and abuse and is today the greatest remedy of its kind in the world. Begin now. Take it home today. Sold by Medicine Dealers in liquid or tablet form, or send 50c to Dr. Pierce's Invalid Hotel, Buffalo, N. Y., for a trial box.

For \$1c you can get the Common Sense Medical Adviser, 1008 pages—cloth bound—to pay cost of mailing. Write Dr. R. V. Pierce, Buffalo, N. Y.