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Purely vegetable. Act gently on the liver, stimulate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Sick Headache and Indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Wm. Wood

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

AGENTS PAIR SILK HOSE FREE

State size. Become agent for beautiful line, direct from mill to wearer. Gift to every customer. Large profit. Easy work. Write today.

TRIPLEWEAR MILLS, Desk K, 112 So. 13th St., Philadelphia, Pa.

More Valuable.
"Money has no value in Europe now."

"No; I heard at Monte Carlo they were staking ham sandwiches."

Activities of Women.
The duchess of Sutherland, who is acting as a Red Cross nurse, was under fire during the bombardment of Namur by the Germans.

Of the 500,000 women workers employed by the trades in London over forty-five thousand are out of work, while some two hundred thousand are on half-time.

Mrs. George W. Goethals, wife of the governor of the Panama canal zone, is known as the "first lady of the land" in that territory.

Over one million women signed the appeal presented to President Wilson asking him to lead a movement for peace among the warring nations abroad.

Pertinent Suggestion.
A wealthy but miserly merchant was celebrated for having a magnificently decorated dining room, whilst his viands were very few. A celebrated wit was invited to dine on a certain occasion, and the host asked him if he didn't think the room elegant.

"Yes," was the reply. "But it is not quite to my taste."

"And what change would you make?" asked the host.

"Well," answered the wit, "if this were my house, you know, I would have—looking at the ceiling—'less gilding and'—here he glanced furtively at the dining table—'more carving.'"

Superior—
"Surpassing others in greatness, goodness, extent or value of any quality."—Century Dictionary.

That's the definition, and that's why Post Toasties are called the

Superior Corn Flakes
—the surpassing, delicate Indian Corn flavour being sealed in by skillful toasting with sugar and salt.

Post Toasties
are made in clean, airy, modern factories—cooked, seasoned, rolled and toasted to crisp golden flakes—

Ready to serve direct from the package.

To secure the Superior Corn Flakes, ask for

Post Toasties
—sold by Grocers.

DANCE CRAZE IS FIRST APPEARANCE OF SOCIAL HYSTERIA IN CENTURIES

From Cottrell's Magazine.
This present epidemic of dancing—which began with the turkey trot, then changed to the bunny hug, Texas tommy, fishworn wriggle, Frisco glide and finally the tango—is the first violent appearance of social neuromania or hysteria since the Fifteenth century.

The dancing mania of the Middle Ages did not assume the proportions of a social disease until July, 1374, when a frenzy swept through the town of Aix-la-Chapelle and whole mobs of men and women danced in the streets, shouting and foaming at the mouth.

This was kept up until they fell from exhaustion, and a great many of the dancers finished by beating their heads against walls until they heard the overture in the clouds.

The dancing mania had its greatest run in the German cities, but milder off-shoots reached out like caravans and extended into all parts of Europe.

Italy was hardest struck with this plague in the town of Taranto. It became known as tarantism, and was diagnosed by the physicians of that time as a contagious malady started by the bite of the tarantula spider.

The Italian doctors tried the dancing cure, and they invented a very fast dance known as the tarantella, to the accompaniment of castanets and tambourines. The idea probably was to let the disease feed on itself, on the same principle that a certain dose of arsenic will kill, but an overdose will not.

It took 200 years for tarantism to run its course in the hot Italian blood, and historians recorded that the most effective plan discovered for curing dancing mania was to bury the patients in the ground up to their necks.

Dancing 8,000 Years Ago.
Dancing is the most ancient of the arts. Confucius mentioned it and it was recorded in that part of the Hindu Vedas written nearly 8,000 years ago.

It came from Tango, Japan, a district on the southern shore of Wasaka bay, and on the west coast, where it originated some 800 years ago in the city of Hahidate.

Hashidate, Matsushima and Miyashima are the Japanese pleasure resorts corresponding to our Newport, Atlantic City and Tuxedo.

The music for the Japanese tango was strummed on an instrument known as the stamisen. When Argentine borrowed the dance from Japan and gave it plenty of advertising, they discarded the stamisen and hired brass bands.

They also modified the dance just as a composer makes ragtime out of classical music by eliminating notes in regular combinations to get a syncopated, rocky, lumpy and syncopated.

Tango itself is an oriental word; the name of the Chinese dynasty that ruled from 618 to 905, A. D.

Nearly all sensuous dances originate in the hot countries, and Japan has been a hot country for evers of dancing that sent out branches all over the world.

The famous side show hulu-hulu dance of the Hawaiian Islands was adapted from the Japanese sacred hula dance.

We have all been reading of the great awakening of China, how the Chinese are striving to eclipse the Japs.

The success of the Japanese tango evidently made Chin-jenous, for about the time the new tariff bill passed the Senate, they exported a Chinese dance known as the tao-tao, which already is eclipsing the tango here in America.

"Hop light, ladies, your cake's all dough."

Then came the polka epidemic in 1844, beside which the present tango crazes mild.

The polka was an old peasant dance, handed down with folk-lore. Josef Neruda saw a girl dance it in the Ebbelinitz market place. He showed it to some friends in Prague. From there it spread to Vienna and Paris.

The Greatest Dancing Master.
Then Cellarius, a Frenchman, probably the greatest dancing master who ever lived, took the polka to London screaming and foaming at the mouth.

The newspapers said that he was kept busy giving lessons that the one hour between 2 and 3 a. m. was the only time he had in which to sleep.

None of the freak dances of that time lasted. They were given names like ragtime music, Up Tails All, Lumps of Pudding, The Bath, The Ladies' Misfortune, Rub Her Down With Straw, and there was one dance called An Old Man's a Bagful o' Bones.

Here in America we have originated only one international dance; the two-step.

Most of our other dances were devised by plantation darkeys—cake-walks, reels, clogs and breakdowns—and never "took" abroad, except on the stage.

The roller skating obsession of the early '80s put dancing in the background and when roller skates got common during the '90s dancing did not come back—bicycles came in.

Then bicycles got so common that when they went by boys yelled "ice," and for a time it looked good for dancing.

But along came automobiles, and it was not until the novelty of riding in an automobile began to wear off that the recent revival of dancing began.

Tango Is Japanese.
The tango did not originate in Argentine.

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"Hop light, ladies, your cake's all dough."

THE AMERICAN WOMAN'S IMPORTED GOWNS.

Ida M. Tarbell, in the Woman's Home Companion.
What is the label on which we American women pride ourselves? Do we boast that the silk in our gowns came from Massachusetts, the cloth in our coats from Rhode Island, that our hats were designed in Chicago and our house furnishings in Grand Rapids?

Not we! There is scarcely a woman of us between the Atlantic and the Pacific that does not love the feel of the word "imported" on her tongue. What were the frantic bedraggled, moneyless American women who fled from Europe in 1847 August hugging to their breasts? Paris hats and Belgian laces, French silks and Swiss embroideries, Viennese gowns and German holers.

Of all the tens of thousands of American women who crowded the wharves when they sailed here there was scarcely one that was not planning to bring home all her income allowed of finery.

It is so every year. And what sums they leave behind. And, more important, what stimulus to art and ingenuity they leave behind though it is only by money we can measure it. What that is, look at their invoices and see. I have examined scores of them which called for from \$5,000 to \$30,000 in duties. And this did not include what was not declared—diamonds in the heel of a slipper, lace in a double walled trunk, lingerie in a laundry bag!

These personal importations are but a hazette beside those of merchants, which in many lines run into the tens of millions annually. Hats and bonnets and feathers and flowers come into this country to the tune of at least \$20,000,000 a year; jewelry between \$40,000,000 and \$50,000,000; silks made in the piece nearly \$100,000,000. And so one might go on through the bewildering assortment of articles which make for our elegance.

Why do we do it? "Because"—any woman of taste and knowledge will tell you this—"I can get in European products more beauty of design, more 'snap' in style, more cunning in details more durability in material." And why?

Are American manufacturers and designers incapable of this superior craftsmanship and art? No, the truth is that American women have never given them a fair opportunity to prove what they can do. Consider for a moment what it would mean to our manufacturers and designers if annually their factories and workrooms were visited by hundreds of women examining their stock, suggesting designs, encouraging experiments, giving liberal orders. It is to Europe we give this stimulus.

Moreover, if these women had the opportunity to choose between two equally good pieces of work, domestic and foreign, they would every time take the foreign. That is the fact of the relation of the woman in the United States, who can influence these things to her country's industry. She has the sense of responsibility, little loyalty or pride in this matter.

And what are the results of industry? Can our manufacturers do anything else than become makers of cheap goods? Would they do otherwise if they could?

It has been my business to go much

in the last few years among American manufacturers. One of the things which has impressed me deepest has been the men who wanted to make good things; who apologized for cheap wares.

I remember a Massachusetts woolen manufacturer showing me three different pieces of exquisitely woven stuffs. They were oases in cords of cotton woads.

"I make these," he told me, "for the pleasure of making a good thing. Bradford can do nothing better; but there isn't an American woman alive who wouldn't prefer to say that Bradford made her cloth in her suit, rather than Massachusetts."

I have had spread before me as beautiful designs for summer cottons as were ever made, and heard the manufacturer only, with longing in his voice: "If we could but put these into fine, soft fabrics! but the American woman will not buy expensive domestic goods. She demands the foreign mark."

As pliable, durable and beautifully finished silks as there are in the world can be made here in quantities. But where is the American woman who boasts that she wears American silks?

The day has come for the American woman to wake up to her duty to the industries of this country.

What Is Greatness?
Ah, gentle, tender lady mine!
The winter wind blows cold and shrill;
Come, fill beside me glass of wine,
And give the silly fools their will.

And what care we for war or wrack,
How kings and heroes rise and fall?
Look yonder, in his coffin black,
There lies the greatest of them all.

To pluck him down, and keep him up,
Died many million human souls—
His twelve o'clock and time to sup;
Bld. Mary heap the fire with coals.

He captured many thousand guns,
And dying, only left his name;
The recollection of his shame.

Though more than half the world was his
He died without a road his own;
And borrowed from his enemies
Six foot of ground to lie upon.

He fought a thousand glorious wars,
And more than half the world was his;
And somewhere now, in yonder stars,
Can tell, mayhap, what greatness is.

—William Makepeace Thackeray.

*Written at Paris at the time of the second funeral of Napoleon.

"DO NOBLE THINGS—NOT DREAM THEM"

Annle Winsor Allen in the Atlantic.
To each man, by an illusion of interior optics, his own real life appears to be, not what we see him do, but what he feels himself feeling—his own invisible sensations, emotions, aspirations and satisfactions. He is to himself, the center of a web-like universe, and every least nerve message that comes to him is, by a necessity of his soul's unity, equally interesting and exciting to him. But this subjectiveness is not life; it is existence. Life is conduct; it is growth and betterment; it is what follows the emotion and desire; it is effort and achievement or failure. Unless we do these things, we cannot get beyond to seek further things. As for back as man began he has thought and felt delicately. The Mid-Victorians set out to delicately. It is this doing the things that makes us grow up.

There Is But One Morality.
From the Chicago Herald.
In his last speech at Plattsburg, N. Y., Samuel Gompers uttered this patriotic wish:

"May our country prove to the world that there is such a thing as an international morality, and may she help the warring nations back to a plane of peace and good will."

May she do even more! May she not only show that there is an international morality, but a morality in the mutual relations of all divisions of our population?

May no aggregation of men within the nation, however numerous, get the idea that mere numbers alter in any way the moral obligation?

May no man who is a member of any aggregation labor under the delusion that it is his duty to promote the success of that organization that are not right to promote the success of an individual?

We have outcroppings of this mistaken idea from time to time. We see the familiar tendency of bigness and numbers to make a man feel that he is released from the moral rules that apply to individuals.

This is all wrong. There is only one morality that applies to every nation, race, tribe or organization and individual. What's right is not a question to be decided by numbers or size.

This country will not have performed its duty to the world and to itself until it has proved not only that there is an international morality, but also an "inter-everything" morality.

Britain Mothered Germany's Navy.
From Answers, London.
Strange though the assertion may sound, it is nevertheless literally and absolutely true that the German navy is the child of the British navy.

There are people still living in Portsmouth who can recall seeing a little boy in a sailor suit, who, more than twenty years ago, used to wander about the wharves, looking at the ships there with eager curiosity and asking all sorts of questions concerning them.

This little boy was none other than the present German emperor, who in those days was a frequent visitor to his grandmother, Queen Victoria, at Osborne. The then newly created German empire had at that time practically no fleet, and the child, old beyond his years, was frequently heard to lament this fact.

"When I grow up I will have ships built like these," he was once heard to remark, indicating with a wave of his hand the stately ironclads moving in and out of Spithead. Meanwhile, as he himself told us, he talked ships by day and dreamt ships by night while at home in Germany his favorite recreation was to sail a beautiful 20-ton model of a British frigate on the Havel lakes near Potsdam.

Food Price Advance Not Justified.
From the Saturday Evening Post.
Commodity prices in the United States have advanced to the highest level ever recorded on a world basis—much above the level of five and six years ago, when discussing and denouncing the high cost of living was a national occupation.

Taking the many staple articles that enter into Bradstreet's index number, the advance in a fortnight after war was declared amounted to 13 per cent.

Generally speaking, this advance was quite unjustified. There was not the slightest reason, for example, to suppose that war in Europe would affect either the demand or the supply of poultry and vegetables in this country; and the price of poultry and vegetables moved up from 20 to 40 per cent. Even in rural districts, where local supply needs are met by a farmer's own place, there was no conspiracy about it, and the causes are beyond the reach of the most puissant attorney general.

Everybody was excited about war, and through long habit war and food are associated in the public mind. A cullinary order was issued to the effect that marked up the price and people who had to buy food paid it.

There might reasonably have been some advance in sugar, but the price doubled in 15 days—incidentally, according to Wall Street's calculation, netting the sugar trust a profit of \$3,000,000. That was merely panic, for which the sugar trust was no more particularly to blame than anybody else.

The only feasible remedy lies in the hands of consumers. If they will cut down consumption of articles that have advanced, for example, the price will fall. Wheat and sugar are the only staple food articles the distribution of which seems likely to be affected in a permanent way by the war. Probably the demand for the former will be increased, because each belligerent, with the possible exception of Russia, will wish to store up any surplus stock of the cereal as possible. And the available supply of sugar will doubtless be decreased.

As to most articles, consumers are warranted in resenting an advance in price; but the resentment will not be effectual except as it expresses itself in a refusal to buy.

Never Got That High.
Speaking of the new French dresses now on exhibition in the large department stores throughout the country, Eleanor Gates said in Boston:

"I am glad to see that the slit skirt is abolished. The slit was too immodest, especially when it was a shocking, long slit. How those long slits drew all eyes!"

"A Philadelphia debutante, provided with a beautiful wardrobe in which the slit skirt in its most exaggerated form figured extensively, spent the winter at Palm Beach."

"One morning, in her white serge gown from Callot, slit almost to the knee, she was leaving her hotel for the beach when her sister called her back and said:

"Oh, Mary, you've got a big black smudge on your nose!"

"With an indifferent toss of her head the debutante answered:

"What difference does that make? Nobody ever looks at my face when I've got a slit skirt on."

VILLAINS AND HEROES.
+ One murder made a villain,
+ Millions a hero—princes were privileged
+ To kill, and numbers sanctified
+ The crime.

+ Ah! why will kings forget that they are men,
+ And men that they are brethren?
—Bishop Porteus.

WINCHESTER
THE W BRAND
REVOLVER AND PISTOL CARTRIDGES.
Winchester Revolver and Pistol cartridges in all calibers prove their superiority by the targets they make. Shoot them and you'll find they are ACCURATE, CLEAN, SURE

DEFENDS POPULAR REMEDIES

Speaker Says Newspapers Should Investigate Merits of Medicines Before Barring Advertisements.

That an organized attempt has been made to blacken the reputation of the popular family remedies of this country, and to mislead the newspaper publishers into rejecting the advertising of such medicines, was the charge made by Carl J. Balliett, of Buffalo, N. Y., at the convention of the Advertising Affiliation at Detroit.

Mr. Balliett is a director of the Proprietary Association of America, which includes in its membership two hundred firms which make the popular prepared medicines of America.

Mr. Balliett pointed out that it is the duty of the newspaper publisher to refuse the advertising of any fake or fraudulent medicine, just as it is his duty to refuse any fake or fraudulent advertising, but it is not right to shut down on all medical advertising because there have been some fakers, any more than it would be right to refuse to publish all department store advertising because certain stores have made a practice of lying about bargain sales.

Disease and death are mysteries. People who are perfectly well are skeptical. They laugh at the time-worn patent medicine joke, just as they laugh again and again over the many variations of the operation joke—"The operation was a success but the patient died." This so-called humor has perhaps hurt the medicine business with well people, but when the hitherto healthy man feels a severe pain or illness, he immediately wants medicine, and will bless the cure whether it be at the hands of a regular doctor, a homeopath, an osteopath, a Christian Scientist or patent medicine. There is nothing more deadly than disease; nothing more honorable than to cure it.

Mr. Balliett refuted the idea sought to be spread about that patent medicines are unpopular by showing that from 1900 to 1912 the amount of prepared medicines consumed in America increased from \$100,000,000 to \$160,000,000 annually. He showed that, although the American Medical Association is trying as an organization to exterminate so-called patent medicines, the family doctor, individually, is not fighting them but prescribing them. He estimated that 40% of the prescriptions written by doctors today include proprietary medicines.

The writings of Dr. Harvey W. Wiley, he said, have also aimed to destroy confidence in proprietary medicines; but that Dr. Wiley's ideas are not infallible is shown by cases where his analyses were entirely wrong. Mr. Balliett mentioned a case where, with all the power of the Government, he fought a preparation as being dangerous to health, and was ingloriously walloped.

There has been spread the idea that a clever faker can mix a few useless ingredients and, by smart advertising, sell tons of it and win sudden wealth; whereas, as a matter of fact, the medicine business is notoriously difficult, and, where there has been one success at it, there have been a hundred failures. Any medicine which has no merit cannot live, because persons who are duped into buying it once will not buy it again, and the profit from advertising a medicine can only come from repeat sales to the same, satisfied people. Therefore, any medicine which has been on the market for a number of years, and is still advertised, must have merit behind it to account for its success.

In conclusion Mr. Balliett declared that no newspaper is doing justice to

its readers in the matter of medical or other advertising, unless it investigates, not only the wording of the advertisement offered for publication, but the merits of the article advertised. He pointed out that the few newspapers who have been deluded into the policy of barring out medical advertising have adopted this general policy, rather than to form an investigation bureau of this kind which could, in a constructive and useful effort, investigate and decide what is a good product and what is a fraud, in not only the medicine business, but in every other business which advertises its wares to the public.

The audience seemed to agree with Mr. Balliett's ideas on the subject and the chairman decided the question at issue in his favor.

Shadowing a Shadow.
A very stout old lady, going through the park on a very hot day, became aware that she was being followed by a tramp.

"What do you mean by following me in this manner?" she indignantly demanded. The tramp slunk back a little, but when the stout lady resumed her walk he again took up his position directly behind her.

"See here!" she exclaimed, angrily, "if you don't go away I shall call a policeman."

"For heaven's sake, kind lady," urged the tramp, looking at her appealingly, "have mercy and don't call a policeman. You're the only shady spot in the whole park."—Harper's Magazine.

Hard Job for Agent.
Some years ago the owner of a small vaudeville house out West, who had spent some time in the clothing store he had formerly owned than he had in school, found the receipts of the theater dropping off, and decided to cut expenses. A few days later his vaudeville agent called him up and said he was sending him a quartet for the next week's bill.

"How many in a quartet?" asked the manager.

"Four," answered the agent, naturally a bit surprised at the question. "Nothing doing," came back the manager. "You'll have to cut it to a quartet of two."

Alsace and Lorraine.
The area of Alsace is 3,344 square miles; of Lorraine, 2,309 square miles. Population of Alsace-Lorraine, 1,800,000, of mixed German, French and Celt stock. Incorporated with the German Empire in the tenth century, Alsace-Lorraine had been practically French since the treaty of Westphalia, in 1648, until it was taken by Germany in 1871 as one of the spoils of the Franco-Prussian war.

Roll of British Soldier Dead.
A beautifully illuminated book, containing 22,000 names, a roll of the dead in the South African war, is on view at the Royal United Service Institution at London. It will be placed in Cape Town cathedral as part of a memorial.

Had No Objection.
Callow Youth—Can I have this dance?
Proud Beauty—Why, certainly. I don't want it.

Rather Inquisitive.
"One ticket to Lemont."
"Single?"
"None of your business."—Life.

It's a homely girl that a photographer cannot pose to look pretty.—Deseret News.

WAITING FOR YOU

160 ACRE FARMS IN WESTERN CANADA FREE

Yes, waiting for every farmer or farmer's son—any industrious American who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is higher but her farm land just as cheap and in the provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads are Actually Free to Settlers and Other Land at From \$15 to \$20 per Acre

The people of European countries as well as the American continent must be fed—thus an even greater demand for Canadian Wheat will keep up the price. Any farmer who can buy land at \$15.00 to \$30.00 per acre—get a dollar for wheat and raise 20 to 45 bushels to the acre is bound to make money—that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada but there is an unusual demand for farm labor to replace the many young men who have volunteered for service in the war. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada; or to

J. M. MacLennan, Drawer 197, Watertown, S. D.; W. V. Bennett, 220-17th St., Room 4, Box 505, Omaha, Neb.; and R. A. Garrett, 311 Jackson St., St. Paul, Minn.

Canadian Government Agents.