

FARMER'S WIFE TOO ILL TO WORK

A Weak, Nervous Sufferer Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Kasota, Minn. — "I am glad to say that Lydia E. Pinkham's Vegetable Compound has done more for me than anything else, and I had the best physician here. I was so weak and nervous that I could not do my work and suffered with pains low down in my right side for a year or more. I took Lydia E. Pinkham's Vegetable Compound, and now I feel like a different person. I believe there is nothing like Lydia E. Pinkham's Vegetable Compound for weak women and young girls, and I would be glad if I could influence anyone to try the medicine, for I know it will do all and much more than it is claimed to do." — Mrs. CLARA FRANKS, R. F. D. No. 1, Maplecrest Farm, Kasota, Minn.

Women who suffer from those distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health by the many genuine and truthful testimonials we are constantly publishing in the newspapers.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read, and answered by a woman, and held in strict confidence.

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SIOUX CITY P.T.G. CO., NO. 19-1915.

HAVE PROVED THEIR METTLE

Soldiers of the Present Day Show Bravery at Least Equal to That of Their Forebears.

All the rules have gone smash in the war. There's an old one in the British army that you ought to begin to look to retreat when ten per cent of the men are down. In ours it is 15. In all armies it is either 10 or 15. British regiments have stuck when 60 per cent were out. German and French regiments have continued charging when only a handful were still alive or un wounded. Men have never fought so bravely as in this war. The idea that humanity was getting soft was the most ridiculous piffle that ever emanated from a "knocker" of the good old human race.

In the old times you fought for a few hours and the battle was over. If you were uncertain of your courage, you took a drink before you charged. Now you fight day after day; you face the enemy in apprehension that any moment a shell may bury you alive or eviscerate you. Hand grenades are tossed back and forth like bouquets. It's a war of nerves, and in this age of nerves the highly civilized and organized man is standing what would utterly demoralize a savage.—Frederick Palmer in Collier's Weekly.

Just because a girl marries a fellow is no sign she loves him. There may be some other "hussy" she wants to make jealous.

IN A SHADOW Tea Drinker Feared Paralysis.

Steady use of either tea or coffee often produces alarming symptoms, as the poison (caffeine) contained in these beverages acts with more potency in some persons than in others. "I was never a coffee drinker," writes an ill woman, "but a tea drinker. I was very nervous, had frequent spells of sick headache and heart trouble, and was subject at times to severe attacks of bilious colic.

"No end of sleepless nights—would have spells at night when my right side would get numb and tingle like a thousand needles were pricking my flesh. At times I could hardly put my tongue out of my mouth and my right eye and ear were affected.

"The doctor told me to quit using tea, but I thought I could not live without it—that it was my only stay. I had been a tea drinker for twenty-five years; was under the doctor's care for fifteen.

"About six months ago, I finally quit tea and commenced to drink Postum. "I have never had one spell of sick-headache since and only one light attack of bilious colic. Have quit having those numb spells at night, sleep well and my heart is getting stronger all the time."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum. —sold by Grocers.

A RUSSIAN CHIEF ONCE NAILED HIS SHIELD TO GATE OF CONSTANTINOPLE—YEAR 907

When the last Moslem soldier has fired his last shot in the defense of Constantinople and the troops of the allies march in triumph to the sublime porte, somewhere in the Russian contingent of that procession will be carried a round steel shield, a replica of the kind Slav warriors used 10 centuries ago.

The shield of Oleg will have come back to the resting place that doughty warrior king won for it ages ago!

In the legend of Oleg's shield the Russian of today finds the earliest substantiation for his claim that the czar should rule in Constantinople. Oleg led his hordes down the rivers of the Black sea in 907 A. D. Constantinople was ashier. It was besieged for weeks. Like the wolves of his native forests, Oleg snapped at the city's outer defenses. He swept everything aside except the main wall. There the wave of Russians was halted. But not before Oleg had nailed his shield to the city's golden gate and wrung from Leo VI, a descendant of the Isaurian adventurer who won the Byzantine throne two centuries before, a promise of tribute.

The shield hung where Oleg had nailed it until Byzantium had recouped its strength and announced itself free of Russian overlordship.

Since then no Russian soldier has hammered at the gates of Constantinople. Byzantine mercenary and Turkish janissary have stopped him in all his many lunges at the golden horn.

But the Russian never forgot! The tale of Oleg and his shield has come down from father to son through all the generations of 10 centuries. It was the symbol that Russia's dream of

an open Black sea was once near realization. Time has added many fancies to the fact of Oleg's triumph against the weak-willed Leon. Historians have despaired of separating them. But it is certain that Oleg headed a vast army which he led to the gates of Constantinople and forced Byzantium to acknowledge him as a sort of overlord.

Tradition has it that he sailed from the mouth of the Don in a fleet of boats so numerous that they hid the waters of the Black sea from "the eagle's eye."

They drove the Byzantine troops back on their main defenses. The fleet entered the Bosphorus and assaults were made on the city. But the engineers of Byzantium had bulled well. The walls could not be breached. Oleg was in despair. His expedition promised to fail. His untamed warriors used to rough fighting and quick victory, were not suited to siege methods. No disciplining could give them long content. They left the ships in bands and prowled over the countryside on plundering expeditions.

Oleg saw that if he could get his ships into the Sea of Marmora he would have a better chance to win. He tried to run by the city's defenses. Chains and barricades stopped him.

Then he conceived the plan of beaching his ships on the Black sea coast back of Constantinople. There wheels were fitted to them and he sailed across the Tchatalja line and launched them again in Marmora.

Constantinople was astounded. Before it could recover Oleg was nailing his shield on the gates and Leo VI had promised to pay a tribute to the savage chieftain in return for guaranty of the city's safety.

middle and upper classes is to sponge upon the men.

An Exploded Myth.
"A young man can no longer soothe himself with the comfortable axiom that 'two can live as cheaply as one.' When he marries he is likely to find that it not merely costs twice as much for two as for one, but 10 times as much."

"You think that women should be wage earners after marriage?"
"Every woman not engaged with the care of small children should give herself to an intellectual profession," said Dr. Nearing, "if the women of today continue to be the economic burdens to men that they are now, they will ruin this country, just as Rome was ruined by its dissolute women."

However, women are responsible for only a fraction of the economic obstacles to the early marriage.
In one of his first books, "Wages in the United States," Dr. Nearing proved that half the adult men in the United States are earning less than \$400 a year; that three-quarters of them are earning less than \$300 annually; that nine-tenths are receiving less than \$300 a year. It has been estimated that a man and his wife and three children cannot maintain a normal standard of life on less than \$400 a year. Elementary arithmetic would seem to show why there are fewer early marriages, why there are fewer marriages at any age, why there are smaller families.

No Hope for Early Marriages.
"It is the unmarried worker who fixed the wage, not the married one," said Dr. Nearing. "Our economic attitude toward marriage is anti-social, anti-moral, the worst word you can think of to call it. It's the exceptional young man who can afford to get married before he's 30, unless his father says to him, 'Go ahead and I'll support you.'"

"And do you think the father should say that?"
"Not if he answered emphatically, 'I do see a theoretical solution in the suggestion of one writer that the state should say to its men of 25 and its women of 21: 'Get married now, so that your children's future city taxes may be born before you are too old, and I'll support you for five years,' but I realize that is not practical politics, and personally I see no hope for the return to the early marriages."

A Famous Whittler.
From September Strand.
Mr. F. W. Foster, of Waterbury, Conn., has whittled from his earliest days—in fact, at the interesting age of 2 he is said to have whittled the top leg of the dining room table, and thus laid the foundation of his future hobby. When table legs began to give out, his father bought him a harmless little whittling set—not so much to encourage him in his art as to save the rest of the household furniture. After whittling most of his fingers, Foster settled down to real work, and began to turn out some really remarkable carvings. He whittled while at school, and thereby attracted the attention of his teachers, who were not always in sympathy with his hobby. When he left school he still continued to whittle, and in fact, he has been whittling, on and off, ever since.

In his home at Waterbury, Mr. Foster has dozens of wonderful models, among them being a cribbage board which contains no fewer than 2,500 pieces of wood, so marvelously put together that it is difficult, without the aid of a microscope, to find the joinings. You will also see a locomotive and an old-fashioned square rigged sailing ship. The latter is made of ice and surrounded by Polar bears, all waiting to take a bite at the crew as they show their faces. Then there is the battleship Maine, with 55 sailors drawn up on deck, each tar being exactly the same size as the others. Models "of a minor importance," as Mr. Foster modestly puts it, are to be seen, but these are far too numerous to describe.

Within the City Walls.
Walter E. Weyl in Harper's magazine.
And yet, when all is said that can be said against the city, when all is considered and weighed and balanced, the fact remains that in a moral as well as a physical sense the city advances more rapidly than does the country, and that it is precisely the city, with its errors and its carelessness, and its ruthlessness, that the foundations are discovered upon which is to be reared a great moral democratic American civilization.

While men, despairing of our city civilization, cry, "Back to the land," forgetful of the fact that you cannot return an urban population to the fields or a graybeard to childhood, at this very time, profound narrative forces are at work, and from the heart of our omnipresent city evils themselves arises a new social civic ideal. Everywhere in America city problems are being envisaged and attacked. City poverty, city crime, city carelessness, city misgovernment, are being studied, analyzed and combated. The housing problem, the rapid transit problem, the health problem, the educational problem, and a hundred other problems of the city are approaching a point where at least a partial solution is in prospect. Formerly cities were buying ground for rural immigrants; even within rather recent decades the annual city deaths equaled the city births. All that has changed. Year by year the city death rate declines, and the time is perhaps not far distant when the expectation of life will be as great within as without the city walls.

W. L. DOUGLAS

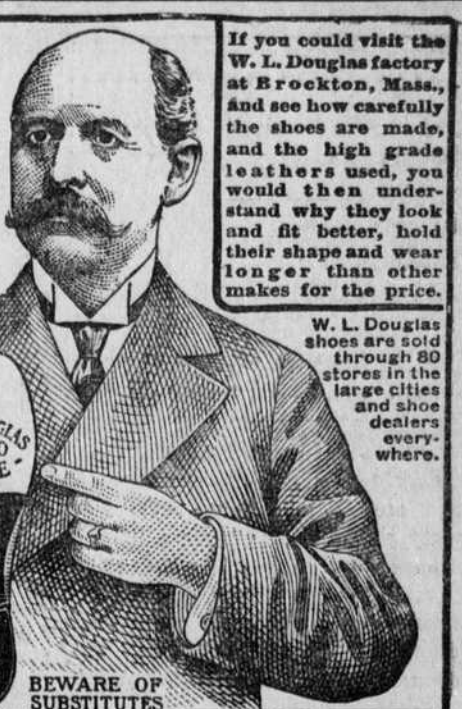
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BEWARE OF SUBSTITUTES

Joy.
"We're getting up a May day celebration. Can you suggest any features for it?"
"I would think moving pictures would be rather appropriate."

The rule among surgeons is that no person who submits to an operation shall be permitted to take his vermillion appendix away with him.

CUTICURA COMPLEXIONS

Are Usually Fresh and Clear, Soft and Velvety. Try One.

The Soap to cleanse and purify, the Ointment to soothe and heal. Thus these supercreamy emollients promote and maintain the natural purity and beauty of the skin, scalp, hair and hands under conditions which if neglected might disfigure them. Sample each free by mail with Book. Address postcard, Cuticura, Dept. XV, Boston. Sold everywhere.—Adv.

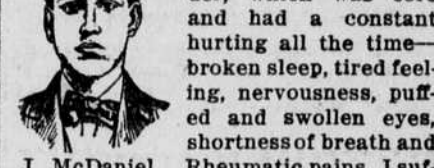
Few Will See Ben's New Picture.
And now they are putting Ben Franklin's picture on the \$100 bills. But you'll be likely to get better acquainted with his features through the medium of the humble but useful one-cent stamp.—Port Arthur (Tex.) News.

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 *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Not Guilty.
"Willie, what does this mean? I found a box of cigarettes in your pocket."
"Yes, mamma. You see, I took 'em away from Jimmy Jones so he wouldn't smoke 'em."

OVERWORK AND KIDNEY TROUBLE

Mr. James McDaniel, Oakley, Ky., writes: "I overworked and strained myself, which brought on Kidney and Bladder Disease. My symptoms were Backache and burning in the stem of the Bladder, which was sore and had a constant hurting all the time—broken sleep, tired feeling, nervousness, puffed and swollen eyes, shortness of breath and Rheumatic pains. I suffered ten months. I was treated by a physician, but found no relief until I started to use Dodd's Kidney Pills, I now feel that I am permanently cured by the use of Dodd's Kidney Pills."



J. McDaniel. Rheumatic pains. I suffered ten months. I was treated by a physician, but found no relief until I started to use Dodd's Kidney Pills, I now feel that I am permanently cured by the use of Dodd's Kidney Pills. Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free.—Adv.

God Comforts the Suffering.

God wants to be more to us in time of keen suffering than at any other time of our lives. "May her days of suffering be her best days," prayed one for the pain-stricken wife of a dear friend. A parent's love is never so tender as when a little child clings to it through tears of sorrow, in agony of body or mind. So God's love, unsearchable in its richness at all times, means most to us when we cling close to him unseeing, in the midst of suffering. The closer we get to his love, and the more we realize our utter dependence upon it, the better our days will be. Let us not rob ourselves of the blessings he longs to send us in these our best days of need.—Sunday School Times.

The Clock Was All Right.

A man went into a clock store and handed out the pendulum of a clock, which he wished to leave for repairs. The clockman asked him why he didn't bring the whole clock.

"The clock is all right," was the reply. "It's the pendulum that won't go. As soon as I pulled that out, the rest went like the very dickens."—Judge.

We Work Here.

Bill—According to an English paper, 60,000 women in London were thrown out of work by the war.

Jill—And over sixty thousand women began knitting in this country when the war began.

Tough Luck.
"Jiggs seems awfully downhearted since his wife eloped with the chauffeur."

"No wonder. They smashed up his best car, and he had to foot the bill for repairs."

Nothing so disappoints a woman as the discovery that her husband has been telling her the truth

DREW THE LINE AT WIDOWS

School Superintendent of Purityville Explained Situation to Young and Pretty Woman.

"Well, now that I have seen Purityville, I can see how anybody would take almost any kind of a chance to get away."

She's an Indianapolis grass widow. The grass widow went to Purityville and asked the school superintendent for a job. He pried into her past like a detective, and finally drew from her that she was a divorcee. The superintendent threw up his hands.

"My dear young woman," he said, "I am sorry that I cannot employ you. We are opposed here to the employment of widows of both classes. Our school board has a sort of unwritten law against it."

The grass widow sighed and looked out of the window.
"But I am a widow through no fault of mine," the young woman insisted. "It was the husband who erred. And, besides, single women also have been known to kidnap married men from their families."

"Yes, yes, I know," the superintendent chirped; "but the single ones are not so bright and attractive."

She felt the need of employment, and had heard that Purityville was in the market for school teachers. Now, Purityville is a nice, live city not far from Indianapolis, but it has a reputation for following bad reform waves, local gossip and flutter of municipal dissension.

No, she didn't get the job.—Indianapolis News.

Free Will.

It was the day of the picnic, but Jean had got a bad cold.

"I'll get you the prettiest doll I can find, if you will stay at home," said Jean's mother. "Now, which had you rather do?" A burst of tears was the only reply.

"Dear, dear, I did not know that you wanted to go as badly as all that," said the mother soothingly.
"I'm not crying because I can't go," sobbed Jean. "I'm crying because I've got to decide."

Nearly every joker proceeds upon the theory that a bald-headed man is one of the accessories of humor.

Why send your money away for "bargain roofing" when you can get the best roofing at a reasonable price of your own local dealer whom you know?

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