"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind .- "From the time I was eleven years old until I was seven-



teen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run do n and the doctors did not de me any good. A

neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every menth."—Mrs. HAZEL HAMILTON, 822 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit?

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.

JOKER PLAYS HIS LAST JOKE

Mamous Japanese Prepares Surprise for His Friends, Who Gather Around Funeral Pyre.

Ikku, the Japanese joker, author of what are described by Saito Man as books of immortal humor," lay dying. He called friends and relatives to him, and, addressing them in affectionate phrases, and now that his going was coming, he had a last request-to cremate his body just as it lay. If they did that he would show them his gratitude. They did so, and gathered sadly around the pyre, Ikku in the thin coffin into which he had been lifted.

As the flames crackled there suddenly began a weird tattoo inside the coffin. The crowd was filled with horror. "He's alive, trying to get out!" Just then the coffin took fire, and there was an explosion, scattering red embers in a shower over the mourners, who turned to run, but presently a pillar of fire shot up from the now visible body, and at its shimmering summit they saw a beautiful pyrotechnic flower expand and disappear. It was his last joke. He had hidden the fireworks in his kimono.- East and West News Bureau.

Why He Was Happy.

Peter's father was a shoemaker when he was a young man, and now he is a minister, but never forgets to tell how happy he was as shoemaker. One day at the table his father talking about the bishop of hi 'He is one of the happiest men I

ever met." he said. 'Was he once a shoemaker, papa?'

Peter asked, as he had come to associate the idea of happiness with his father's trade.

Obliging.

Long-Suffering Employer-Good graclous, girl. I sent you to get me fifty post cards nearly an hour ago! What's kept you?

Well, sir, I had to pick 'em out. I wasn't very sure which you'd like best, so I got half actresses and half comics."-London Opinion,

GLASS OF WATER Upset Her.

People who don't know about food should never be allowed to feed persons with weak stomachs.

Sometime ago a young woman who lives in Me. had an attack of scarlet fever, and when convalescing was permitted to eat anything she wanted. Indiscriminate feeding soon put her back in bed with severe stomach and kidney trouble.

"There I stayed," she says, "three months, with my stomach in such condition that I could take only a few teaspoonfuls of milk or beef juice at a time. Finally Grape-Nuts was brought to my attention and I asked my doctor if I might eat it. He said, 'yes,' and I commenced at once.

"The food did me good from the start and I was soon out of bed and recovered from the stomach trouble. I have gained ten pounds and am able to do all household duties, some days sitting down only long enough to eat my meals. I can eat anything that one ought to eat, but I still continue to eat Grape-Nuts at breakfast and supper and like it better every day.

"Considering that I could stand only a short time, and that a glass of water seemed 'so heavy,' I am fully satisfied that Grape-Nuts has been everything to me and that my return to health

as due to it. "I have told several friends having nervous or stomach trouble what Grape-Nuts did for me and in every case they speak highly of the food."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich. Ever read the above letter? A new e appears from time to time. They e greater, true, and full of human

GRETA'S GROUCHY GOBLIN.

(Copyright, 1916, by the McClure News-paper Syndicate.)
"Greta, Greta," called a weak voice self.
"Every soul has run away and left

pets, build a fresh fire, and set the mush on the stove for supper. On a tiny tray she set a wee teapot, a plate of cakes and a bit of honey, all ready for her mother's evening meal.

"A bunch of wild laurel would look so pretty on the tray," she said to her-self. "I think I will have plenty of time to run down in the woods and get a bit before the mush is done."

So she ran down to the grove, which was at the foet of the hill. Then she stopped suddenly, for she remembered stopped suddenly, for she remembered that in these very woods and just where the prettiest flowers grew was the magic mound, where, folks said, the goblins played.

"Well, I am not afraid of goblins,"

said Greta. "Besides, mother says there are no such things. Anyway, goblin or not, I am going to get the laurel."

She went on until she reached

She went on until she reached a laurel bush, on which hung beautiful clusters of the pink blooms. Just as she put her hand up to break a bough she head a squeaky voice at her feet exclaim, "Ouch! Get off my toe!" and ooking down, she saw in the grass a little man about a foot high.

He was a very funny looking little man, for he had on nothing but his

underclothing, and was shivering with cold. Greta could not help laughing at the sight. "I don't see anything funy in almost freezing to death," exclaimed the goblin, hopping about in

with her—she says I am so cross she won't live with me any longer." Now, Greta did not blame the gob-

lin's wife for leaving such a grouchy man, but she was a very kind hearted man, but she was a very kind hearted child; so she took off her jacket and wrapped it about the little man until he was warm again. But he never sald even, "Thank you." He just began scolding again. "I am just starving!" he cried, breaking into tears. "My wife locked the cupboard and took the key. Come into my room and see." And he took the girl's hand and led her into a beautiful room, hidden in the mound. Its sides were of pink coral and the furnishings in emerald green velvet, with silver trimmings. Then Greta saw

"Well, hurry up," replied the goblin. "You big people are so slow!" and he kicked the crown across the floor. Greta ran home, and returned in a few minutes with the steaming pot of mush, which she held by a short chain,

as it was very hot.
"Don't put it on that table by the



his anger.

"Then why don't you put on your clothes?" asked the girl.

"I can't, I can't," he screamed; "my wife has run away and taken them all the wife has run away and taken the wife has run away and taken the wife has run away away away a pot of mush. Out of the room she flew, with the pot of mush dragging after her, and she never stopped until she found herself safe it the kitchen at

THE WHITE HORSE.

dash through the streets and across the fields and gardens, trampling the vegetables or whatever grew in his The castle door opened, and out vegetables or whatever grew in his

After a while some of the young the top of the castle.

men in town decided to put an end to his visits by catching him, but he was no sooner caught and mounted than he dashed away with his rider into the forest, until seven young men had been carried into the forest and never returned.

The stranger raised his sword and the grew quiet.

The stranger raised his sword and the grew quiet.

The stranger raised his sword and the grew quiet.

The people warned him of the fate watching them.

the forest and waited.



the stranger held him, and, taking horse. It was as you thought the bridle from his black horse, he threw it over the head of the white could of tamed him as I have.

horse and rode into the forest.

The white horse knew that a mas-

knocked three times with his hoof.

From the top of the tree came a voice, saying "Enter," and the tree ppened and the horse and the rider enterpolation. The could not say enough in his praise.

"All I ask is the white horse," he said. "I have been looking for one to drive with my black horse."

When the horses were side by side tered. White horse carried his rider along a dark road, and after riding distance the stranger found him take the horse that had caused himself in front of a castle, and out so much trouble.

(Copyright, 1916, by the McClure Newspaper Syndicate.)
In a town across the seas, which borThe stranger looked up and saw a

paper Syndicate.)
In a town across the seas, which bordered on a forest, the people were frightened by seeing a very large, white horse, with flying tail and mane.

"Have you brought another?"
The stranger looked up and saw a large head looking at him with fiery eyes. "Run with him, white horse," example to the stranger commanded the voice, but the stranger is the stranger in the stranger in the stranger is the stranger in the stranger in the stranger is the stranger in the stranger in the stranger in the stranger is the stranger in the

After a while some of the young the top of the castle.

At last the people were filled with struck at the giant's arm, and it fell terror and the burgomaster of the town offered a large bag of gold to the one that should capture the white

one that should capture the white horse and hold him.

One day a horseman rode through on a beautiful black horse, and, hearing the story of the white horse, he volunteered his services.

The horse walked back of the castle and there the stranger saw seven rocks in a row and a dragon washing them.

of the seven young men, but when The stranger drew his sword and night came he rode to the edge of after a hard battle he slew the dragon. The rocks began to move, and from a cave under each rock came a youth. They were very fat and could hardly

> "You have saved us," they said to the stranger "The giant was fat-tening us for his feast. We were given all kinds of nice things to eat that we might grow fat and then he intended to eat us.'

> intended to eat us."
>
> "Why did you not hold the horse? asked the stranger. "Why did you let him carry you into the forest?"
>
> "We could not hold him," replied one of youths, "and we did not think to take a bridle as you did. He deshed away with us and when he dashed away with us and when he reached the castle he obeyed the giant and brought us here behind the castle and threw us into a hole which had been made to receive us. The giant sends this horse through the country to gather youths from each place that

he visits. let him go on his wild dash and waited for his return, and when he entered the forest he caught at the flowing main and mounted him. The white horse plunged and pranced, but dragon and I have tamed his white horse. It was as you thought. If you had thrown a bridle over his head you

Everyone in the town had given up the stranger, and thought he had fared ter hand held him now, and he walked as the others, but when they saw him along quietly until he came to a very large tree, and there he stopped and could not say enough in his praise.

"All I ask is the white horse," he said. "I have been looking for one to they were of the same height, and the town people were glad to have

CAN YOU RELAX?

When your husband or your brother or your father comes home from work at night, slips into his pumps and dinher coat or smoking jacket and slip-pers as the case may be, he is usually n a frame of mind to indulge in mental relaxation. Except as memories of the lay's work linger in his mind, there is nothing to disturb him. In the haven of home there are none of the nagging, petty worries of the office. His

ring, petty worries of the office. His work is done.

Yet in the same home, you, Mistress flousewife, find so little relaxation asually. Your eyes wander to an infinitesimal shadow in the corner of the room. Can it be a cobweb? Did Norah, who comes in to clean, disregard your instructions to use the long handled that it is absolutely useless. Still, why should you let the men of your family enjoy this health giving relaxation when you don't have it yourself? Just try for a day or so, to call a halt to the activities of your housework, at a certain time in the evening, just as

Copyright, 1916, by the McClure News- you must speak to the landlord about paper Syndicate.) putting in new Coors before your husputting in new floors before your husband signs the lease for the house for another year. Your chair tips I There! A castor has given way. must have it repaired. You wonder whether the castors in the tool box will ones. And so you worry on. You have almost forgotten what it means to relax in your own home. You don't need to be told that this

wall brush when she was dusting the living room? There is a strange, muf-fled crash from below. The man of roll-top of his desk. In the daytime it Could it possibly be that Tabby the cat in prowling around the basement had jumped on the shelf of canned fruit? You don't go to investigate, but still you worry. A dozen times you feel to be an it is the base of the woman who works for the woman who wow who works for the woman who works for the woman who works for t fruit? You don't go to investigate, but still you worry. A dozen times you hear faint sounds that you think must be the baby crying. Still, baby is in the next room, sleeping peacefully, enough for that. Still you might, if you didn't put a check on it, worry cone walk across the floor; a board creaks, and that reminds you that yourself into a sanatorium.

Stenographer's View of Employer. "Much has been said and written,

and rightly, too, of the 'girl who works just to closing hour,' " says a stenographer in the Woman's Home Companion. Might something not also be panion. Might something not also be said of the employer who allows, or even expects, his stenographers to work late, or in the evenings, and then wonders why they cannot do efficient work after a month or two of such dead the medicines used by them in work? Many a stenographer just out their last illness.

of school starts in working till her work is done regardless of the clock, only to find that she has established a custom which must be lived up to by her or her successor always thereafter, ro matter what increase there might be in the business and work of her employer or firm."

Natives of Algeria bury with the

WHY CRANES DANCE.

"Greta, Greta," called a weak voice from the bed. Little Greta, who was busy in the kitchen of the cottage, ran to her sick mother with a drink of cool water.

Then she went back, to clean up the pets, build a fresh fire, and set the self.

Self.

"Every soul has run away and left me," he moaned; "not a servant left, and I don't know how to cook a bite."

"Wait a minute," exclaimed kind Greta; "I will run home and bring you some mush."

"Well hurry up," replied the goblin. away in the wilds of Australia, that wonderful country on the other side of the world.

Back in the depth of the jungle there has lived for hundreds of years a race of people who are called Bushmen, as the forests they inhabit are called the Bush. They are brown in color and have long, black hair, while their only clothing is a mat tied around the body

These Bushmen have always been fond of dancing, and every week they would held a feast, at which the girls and men would prance around a blazing fire from sunset till dawn, whirling about in the moonlight to the music of the tom-tom and native drums drums.

Among the maidens of the olden times were two daughters of a mother who had great power in doing strange things, and seme even said she gath-ered poisonous herbs to put in the food of her foes. The girls were not at all alike. The oldest, whose name was Oba, was a dark beauty, but with flashing eyes and a flery temper. Sura, who was slight and quiet, had a gentle nature and was not at all striking in appearance. Both were beautiful dan-ters, but the steps of Sura were said to be more graceful than those of her sister, which made the older girl very lealous. Besides, the girls both loved to young man who was devoted to Sura. So it soon happened that Oba grew hate her younger sister most heartily.

One night Sura and the young man one night Sura and the young man were walking in the forest down a path bordered by thick bushes, and in the tangle weeds they stopped. Here they planned to have a wedding feast and a great dance the following week. Oba, who was seated in the bushes, heard every word and her face dark-

ened with anger.

"Never shall my sister marry the man I love," swore Oba under her breath. "I will show her how she can insult her older sister."

So Oba went home, and finding the mother asleep, she asked questions of her and received replies, for the woman did not know to whom she was talk-

ing.
"Is it possible to turn anyone into a bird?" she whispered into her mother's ear.

ves." said the mother. dreaming, "if one will gather the root of the yucca and boil it at dawn, the juice will turn anyone into a bird that will centinue to act in most ways as

if it were a mortal."
"But where can I find the yucca?"
whispered Oba again in her mother's

"Down by the green poel," returned the woman. "The water there is full of the plant." Oba ran out of the house, and, as

she did so, brushed past her sister coming back to the hut singing in her happiness. In a few minutes the wicked girl had reached the peel, gathered a handful of root and was home again. Then she sat till dawn to

The next day the coming marriage was announced and great prepara-tions were made. When the night ar-rived, Oba opened the feast with her dancing, which she kept up for an hour, whirling about in 1,000 fantastic

When it came to the turn of the bride, Sura rose timidly, but she soon forgot the crowd and danced away as lightly as a feather blown by the breeze. The company broke into a storm of ap-plause. Oba took a chance when she thought no one was looking to pour the yucca juice into the bride's cup, but she did not notice that the bridegroom, when her back was turned, exchanged the cups, so that the one intended for Sura stood before Oba instead. The young bridegreem knew of the sis



ter's jealousy, and seeing something put into his bride's cup by the sister, knew it was for harm.

When Sura had finished, Oba thought to outdo her sister, so she started again in a mad whirl. As she came by the bridegroom he took up her cup and offered it to the tired girl.
"You are weary with the feasting,

"Drink and refresh yourself. Oba turned up the cup and drank thirstily. But hardly had she swal-lowed its contents when she uttered a scream—the charm was beginning to work and she realized that she had

made a mistake.

She commenced to shrivel up in the legs, her body grew short and fat her neck pulled out into a long, ugly thing, with a tiny head, to which was stuck a red bill. Two long, thin legs reached to the ground—in short, the wicked sister had turned herself into a crane. Then she began to dance. Around and around she whirled, bowing and swaying in all kinds of figures, her bony legs skeeping in time to the music, while her harsh voice was raised in a scream. So waitzing, and bowing, and side-stepping, she vanished from view in the swamp of the green pool, but no ene was serry, for all feit she had got-ten what she deserved.

None But Pro-American Letters. Editorial in St. Paul Dispatch.

The broad latitude permitted heretofore to correspondents of the Mail Bag in discussing the international situation was undoubtedly right, in view of the neutral attitude of America and the advisability of an open-minded debate of the questions involved.

Involved.

But the situation has changed. The United States has laid down, in behalf of civilization and humanity, a distinct policy that becomes the American policy. All patriotic Americans—and we are all patriotic Americans—will agree that it is their duty to support their government in its high-minded purpose. Agreeing in this, they also will agree that the Mail Bag should exclude all letters written from other than a distinctly pro-American point other than a distinctly pro-American point of view.

Murdocks Still Expounding.

From the Christian Science Monitor. From the Christian Science Monitor. Forty years ago an advertisement of T. Murdock reading, "I will bore wells or drain cellars, or saw wood for cash or stock, or expound the scriptures at any time or place whenever wanted, free," appeared in the Fort Scott (Kansas) Tribune, and the editor of the Emporia (Kansas) Gazette discovers in that typically energetic, enterprising and versatile western pioneer the grandfather of Victor Murdock, former progressive member of congress, Marcellus and Alice Murdock, Brock and Murdock Pemberton, Will Stoller and Mrs. Frances Woods—all newspaper people in active service. The Murdocks are still expounding.

FRECKLES When Housework Drags

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Crafty Nature.

"Nobody seems to know just where our congressman stands on preparedness."

"Can't you tell by the way he "No. You see, he's a politician first

and a patriot afterward." FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly. Fifty years of uninterrupted success of Dr. Kino's Epilepsy Medicine insures lasting results. LARGE TRIAL HOTTLE FREE. DH. KLINE COMPANY, Red Bank, N. J.—Adv.

High frequency electric apparatus for massaging and shampooing has been invented.

Keeping house is hard enough when well. The woman who has a bad back, blue, nervous spells, and dizzy headaches, has a hard lot, for the family tasks never let up. Probably it's the result of kidney trouble and not the much-feared "woman's weakness." Strengthen the kidneys with Doan's Kidney Pills. They are as harmless as they are effective and may be used for children with weak kidneys, too.

An Iowa Case

Mrs. A. H. Schierholz, 813 W. Third St., Boone, Ia., says: "Backache was the beginning of my kidney trouble. Mornings I was stiff and sore a cross my kidneys and could hardly straighten. The kidney secretions were unnatural and I went from bad to worse. Doctors' medicine and six weeks' treatment in the hospital failed. Doan's Kidney Pills, however, cured me and made me feel like a different person."

Get Doan's at Any Store, 50c a Bez

Get Doan's at Any Store, 50c a Bez DOAN'S HIDNEY

FOSTER-MILBURN CO., BUFFALO, N. Y.

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No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle fed and fattened on the grasses of that

as all of the United States, or over 300,000,000 bushela

can figure out the revenue for the pro-ducer. In Western Canada you will find good markets, splendid schools, excep-tional social conditions, perfect climate and other great attractions. There

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or

J. M. MacLACHLAN, Drawer 197, Watertown, S. D.; W. V. BENNETT, Room 4. Bee Bldg., Omaha, Neb., and R. A. GARRETT, 311 Jackson St., St. Paul, Mian **Canadian Government Agents**

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attitude." "So you have, sir. There is a dis-

Dry lightly and apply Cuticura Ointment gently to all affected parts. Instant relief follows and baby falls into

Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.-Adv.

all our progress, we women haven't managed to strike the courtship pace of the men when it comes to giving away candy, flowers and matinee tick-

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for

Bears the Signature of Chat Hilthurs
In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Well Paired. "You and Grump seem to get along pretty well." "Yes. You see, he never borrows

One Exception. "All roads lead to Rome."

"Not Hampton Roads. They're

"I don't care who he is. He's got no business stealin' my stuff."

of Eddie Foy."

jected his neighbor.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Indignant.

on the stage is imitatin' my imitation

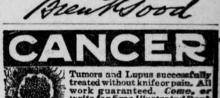
"But that's Eddie Foy himself," ob-

Silent neighbors make a desirable neighborhood.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try CARTER'S LITTLE LIVER PILLS Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate CARTERS

SMALL PILL, SMALL DOSE, SMALL PRICE, Genuine must bear Signature



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where the ships stop going to roam." SIOUX CITY PTG. CO., NO. 20-1916.

If you Suffer from Backache, Lumbago, Kidneys or Rheumatism, Take Hot Water and "ANURIC"

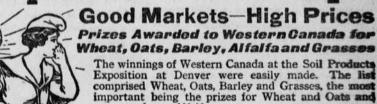
American men and women must guard tism, gout, gravel, neuralgia and sciation constantly against kidney trouble, because we cat too much and all our food is rich. Our blood is filled with uric throw out and eradicate this uric acid which the bidness estimate for the constant of the cons in health.

in health.

When your kidneys feel like lumps of lead, when your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or 'hree times during the night, when you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your druggist—"ANURIC." Because of urice acid in overabundance in the system, backache, pains here and there, rheumatism past 50 years. Adv.

uric throw out and eradicate this uric acid which the kidneys strive to filter from the system. Dr. Pierce believes they weaken from overwork, be"Anuric" to be 37 times more potent out, they weaken from overwork, become sluggish; the eliminative tissues elog and the result is kidney trouble, bladder weakness and a general decline is health and a general decline than lithia, and consequently you need no tism or gout, or many other diseases which

Bumper Grain Crops



country. A recent shipment of cattle to Chicago topped the market in that city for quality and price. Western Canada produced in 1915 one-third as much wheat

> Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you

is no war tax on land and no conscription.

"Waddye know about that?" exclaimed the vaudevillian. "That guy

"I do not," replied the eminent pacifist. "Then I have misunderstood your

position nowadays to make the price of peace prohibitive." CUTICURA COMFORTS BABY

Suffering From Itching, Burning Rashes, Eczema, etc. Trial Free. Give baby a bath with hot water and Cuticura Soap, using plenty of Soap,

a refreshing sleep, the first perhaps in weeks. Nothing more effective. Free sample each by mail with Book.

Leap-Year Observation. "Leap year doesn't attract the attention it used to."

"No," replied Miss Cayenne; "with

infants and children, and see that it

anything but trouble, and that's all I ever have to lend." USE ALLEN'S FOOT-EASE
The antiseptic powder to be shaken into shoes and used in foot-bath. It relieves painful, swollen, smarting, aching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold everywhere, 25c. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y. Adv.

