

Died of Premature Old Age!

How many times we hear of comparatively young persons passing away when they should have lived to be 70 or 80 years of age. This fatal work is usually attributed to the kidneys, as when the kidneys degenerate, it causes auto-intoxication. The more injurious the poisons passing thru the kidneys the quicker will those noble organs be degenerated, and the sooner they decay.

It is thus the wisest policy, to prevent premature old age and promote long life, to lighten the work of the kidneys. This can be done by drinking plenty of pure water all day long, and occasionally taking Anuric, double strength, before meals. This can be obtained at almost any drug store. You will find Anuric more potent than lithia for it dissolves uric acid as water does sugar.

A Sioux City Woman Speaks

Sioux City, Iowa.—"My mother gave me Dr. Pierce's Pleasant Pellets from my earliest childhood for biliousness and constipation and considered them to be the best medicine of the kind on the market. I used to suffer with severe headaches and every time two of the Pellets would give me almost instant relief. I have not had a spell of this kind for several years and consider myself cured of a chronic liver trouble. I would not hesitate a moment to give them to my children should they be afflicted as I was."—MRS. EDITH M'ANIGAL, 114 Cook St.

Dr. Pierce's Pleasant Pellets are the original little Liver Pills. All druggists.

THOUSANDS OF EXILES QUIT SIBERIA

Tymun, Siberia—Fifty thousand sledges, carrying victims of the old regime back to freedom in the new Russian government from convict camps of Siberia are speeding in endless chain across the snow of north Asia toward the nearest points on the trans-Siberian railway. The passengers range from members of the old terrorist societies to exiles who were banished by administrative decree without trial or even known offense.

It is a race against time as the spring thaw is imminent and the roads, even in the coldest settlements of the lower Lena, will soon be impassable. Exiles who do not reach the railroad within tonight must wait six weeks or two months until the ice melts and river navigation begins.

Carry Story of Freedom. In order to witness this unprecedented migration, a correspondent of the Associated Press came here in company with a member of the duma, M. Rosenoff and two members of the former council of empire. The three officials were sent by the provisional government to explain to the natives in these remote Russian outposts, the nature of the great change which has come to the country. Their mission carries them to some scores of thousands of heathen Asiatic tribesmen and they are especially directed to instruct voters in regard to the coming constitutional assembly which will decide the form of Russia's new government.

The liberation of Siberia's prisoners has barely begun. West of Ural the Associated Press correspondent only encountered a handful of exiles, who, when the revolution began, were at or near the railroad. The first large party was encountered when the Siberian express reached Ekaterinburg in the fall. It consisted of 24 political convicts and administrative exiles and 20 members of the Jewish revolutionary band, mostly from the Verkholski district, west of Lake Baikal. The exiles were traveling in special cars and had been on the road continuously from March 24 five days after they first heard of the revolution.

The cars were met by a vast crowd at the railroad station which cheered them tumultuously. The returning exiles returned cheers, but they were in a deplorable physical condition, shaggy, uncouth, unshaven and extremely emaciated. Many were crippled with rheumatism, two had lost hands and feet from frost bites and one, who attempted flight a week before the revolution, had been shot in the leg when he was captured. He was lying in a prison hospital when he learned that he was a free man.

Exiles Hurry West. The exiles had started west so hurriedly that they arrived in an extraordinary variety of incongruous garb. Some wore new costumes which had been supplied by sympathizers along their route and some had several overcoats covering their hideous jail uniform. Among those who wore this latter costume was a young millionaire aristocrat from Odessa, who had been sentenced to life 10 years ago for fomenting a revolutionary mutiny in the Black sea. One of the party wore shaggy sheep and woolen skins as a protection against the bitter Siberian blasts. One man from the Irkutsk city jail wore the gold braided uniform tunic of the dismissed government under a ragged and greasy overcoat.

All Ekaterinburg gathered to do honor to the exiles and a dinner was hastily improvised at which a speech was delivered by Sophia Vasneff, who spent seven years in different Siberian penal villages for possessing revolutionary letters. As soon as the news of the revolution spread through Siberia those exiles who had means started for the nearest railway, traveling day and night in the Arctic cold on peasant sledges or government post sleighs.

100,000 Are Liberated. An enormous number of sledges from widely scattered settlements, converged on Irkutsk, and so congested the trails that the movement was held up, sometimes for hours. Five days after the triumph of the revolution, 6,000 exiles entered Irkutsk, but the vast majority were unable to proceed west owing to the lack of rolling stock. These encamped about the town and supplies for at least a month will be needed before they can be sent home.

The president of the exile reception committee, who presided over the present conditions and prospects of the exiles. He said that there was probably altogether 100,000 persons in Siberia who had been released under the amnesty measure of provisional government. This number comprises political offenders including terrorists convicted.

Terrorist Tells Story. The crowd at the station cheered the famous terrorist Nicola Anukhin who shot and killed the chief of the Petrograd-Warsaw railway in 1907. His victim, General Fuchloff, was about to kidnap 400 railroad strikers and send them to Siberia. Anukhin, who introduced himself to the correspondent as "a released jail bird," is a gigantic, broad shouldered, elderly man with a gray imperial and an excited manner of speech. He said:

"After one year in European convict prisons I spent 10 years in the Alexandrovsk prison, 50 miles from Irkutsk. This is the biggest convict in Russia and contains 12,000 ordinary criminals and about 500 political prisoners, mostly sentenced to life 'Katorga', the severest form of prison punishment. I spent the first five years in the so called probation class, with hands and feet manacled and chained to a wheelbarrow which I had to take everywhere. In addition I was repeatedly flogged by order of the governor. The assistant governor, during the absence of his chief, ordered floggings for his own satisfaction. The refugees include terrorists convicted after trial, persons suspected of furthering revolutionary propaganda and exiled without trial by order of the secret police, gendarmes or the minister of the interior; finally, some tens of thousands of peasants exiled without trial by decrees of the village communal councils. Many of the latter will remain in Siberia voluntarily, where conditions of life and work are excellent under the reform government.

court martial. After her release she fell ill and is now in a hospital in Tchita.

At Tymun the correspondent met a second train load of exiles from the Irkutsk prison and penal settlements of Tobolsk and Tumsak.

"The newly formed committee of public safety unable to find blacksmiths, drove the still chained convicts to the dismissed governor's palace, where a banquet had been prepared and we had our first free meal. Above the din of speeches and cheers for the Russian republic could be heard the jangling of our shackles."

From Tobolsk prison there were also released 50 soldiers, sentenced to life for mutiny during the revolution of 1905, leaders in the Livonian peasant riots and others who were sentenced for agrarian offenses.

Another liberated exile was Sophia Lijnaitzky, a pretty girl of 19 from Vitebsk, who was arrested a year ago on suspicion of being engaged in political propaganda, and was spirited away to the remote Siberian village of Kiutum. She was allowed \$2 a month by the government for her living expenses and managed to exist by teaching adult peasants to read and write. Relating her experiences, she said: "In my village the police themselves, wearing red badges, were the first to announce the revolution. Immediately there was a frantic competition among the exiles to get home. The first off, two girls, who started, were without proper equipment and were overtaken by a blizzard near Vreketensk and, it is said, were frozen to death."

Another girl, who had been exiled to a place near the shores of Lake Baikal, said that the news of the revolution was first given out by the village priest in church. At once 50 exiles, who were in the congregation, rushed out, determined on vengeance on the local captain, who was a wanton tyrant. They were met by the policeman's 10-year-old daughter, who stood before her father and exclaimed: "Kill me first!"

The child's action saved the captain's life. In Tymun are convicts and administrative exiles who were on their way to prison and exile when the revolution occurred. These immediately started to return to Europe. Among them were found Basil Muravin, sentenced to death in 1907, for beginning the "militant organization of the social revolutionary party." Muravin spent the first five years in the Schlüsselburg fortress on Lake Ladoga, the next years in other European prisons, including the one at Pekov where he was flogged seven times by the governor, Baron Mede. He was then dispatched to Siberia to end his days as an exile on the upper Lena. Muravin gave the following account of his liberation:

On His Way to Prison. "When the revolution occurred, I was in the small Udinsk transport prison awaiting the arrival of other convicts for dispatch together to the east. I had long lost hope of pardon, when I learned that I was free. The discovery came in a most dramatic way. I was at the time in chains as a new comer of unknown character. I heard a woman shouting and after a terrific rifle firing. It was sounded as if 1,000,000 cartridges had exploded in quick succession. Next bullets began to fly over the prison yard. Finally a bullet cut the halcyard of the Russian flag which waved over the prison building. The flag dropped on the roof and shortly afterward a crowd stormed the prison and hoisted there a revolution flag."

"My last experience of the old regime was a visit by the former governor of the jail, who fearing retaliation, begged me to sign a statement acquitting him of ill treatment. Though his treatment of the convicts had been bad, I agreed, and so I near Russia's new freedom by acts of petty vengeance."

Kissing the Rod. From the Kansas City Times. Having stood for unpreparedness to make war as long as we have, perhaps we had better stand for something. La Follette another day. Speaking with strict justice—a thing admittedly hard to do—the senator is not more obstructive than some of the other pieces of governmental machinery in Washington that keep flying out of place every time the power is turned on. The senator merely seems worse because he flies out from his center just at a time when we think the wheels are going to start.

If we can test ourselves to think of Senator La Follette as a penance given to us for our past sins of dilatoriness and general national trifling and inefficiency, we might even come to regard him as having a certain usefulness. He might serve as a sort of national govt. and every time we get a twinge of him we would not need to be told that we had been departing from the path of our proper national regimen.

Individuals sometimes learn after sufficient experience that if they would avoid the nightmare they must not eat mince pie on the rolling bench and is not much hope that the nation may yet learn that if it would keep Senator La Follette off its chest at times when it has particularly busy business, it might be wiser to guard against his visitations. He can be thrown off, just as a cold can be thrown off, if the nation's business is kept in good and healthy trim, but if it is all run down like the army and navy and the chairmanship of the foreign relations committee it will catch him as meals by the day after. But if we manage to shake him off this time without being seriously laid up we really ought to take it as a sign that we don't deserve him again until we are safely over the other national affliction we are now called upon to bear.

War is a bad enough visitation for any nation, but to have war and La Follette both at the same time would be pure madness. So let's take care of ourselves and maybe the doctors can pull us through the major trial at last.

They Never Put Ben Out. From the Des Moines Capital. Will Parrott, the well known ex-editor of the Waterloo Reporter, was placed under arrest on the floor of the state senate yesterday, and led out of the room. Will was lobbying for a bill to preserve the life of the quail of the state. Mr. Parrott is a farmer at the present time, and he realizes that the quail is an insect destroyer; therefore a valuable creature. But there are lots of sportsmen who want to kill the quail and there are a lot of other men who say that if the quail are not permitted to be killed, the amount of money now annually received for hunter's licenses would be reduced. If the hunter's license fund is reduced, fewer game wardens can be employed, and therefore the jobs for local politicians will be fewer. There are not enough jobs now, and those who are running our politics are having difficulty in satisfying the hungry job hunters. Will Parrott now knows what it is to be under arrest. His father was a state senator; was also lieutenant-governor. Will played around on the senate floor when he was a boy. It was cruel to put him out. He ought to get Ben Salinger's recipe. They never put Ben out.

Must Be Americans. From the Dixon (Ib.) Journal. As war seems to be drawing nearer every day, it is the duty of every citizen, no matter of what politics, to stand up for his country. If this country is not good enough to stand up and fight for, it isn't worth living in, and the best thing those who do not believe the show is right should do is to leave.

TO RAISE QUARANTINE. Mexico City.—It has been announced by the department of the interior that the quarantine in Mexico against the port of New York, to stand up against the paralysis shortly will be raised and that passengers entering Mexico no longer will be subjected to the rigid medical examination and disinfection process which have been customary.



He's telling her that nothing he received from home brought more joy, longer-lasting pleasure, greater relief from thirst and fatigue, than

WRIGLEY'S THE FLAVOR LASTS

She slipped a stick in every letter and mailed him a box now and then. Naturally he loves her, she loves him, and they both love WRIGLEY'S.

CHEW IT AFTER EVERY MEAL



Academically Defined. The professor of mathematics in the college had been married, and now the problem of subsistence upon a small salary beset him sore. He and his wife put into effect all sorts of economies and efficient methods to make ends meet. "And does your wife help you to save?" a friend inquired. "Indeed she does," replied the professor. "In fact, I might call her my co-efficient."

LIFT YOUR CORNS OFF WITH FINGERS. How to loosen a tender corn or callus so it lifts out without pain.

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority. He says that a few drops of a drug called freezezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out. This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding skin. A small bottle of freezezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's feet. If your druggist hasn't stocked this new drug yet, tell him to get a small bottle of freezezone for you from his wholesale drug house.—adv.

It is easy to make apologies for other people, as the job does not have to be first class. Three crops a year may be grown in the Canal zone.

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Western Canada Farmers require 50,000 American farm labourers at once. Urgent demand sent out for farm help by the Government of Canada.

Good Wages Steady Employment Low Railway Fares Pleasant Surroundings Comfortable Homes No Compulsory Military Service

Farm hands from the United States are absolutely guaranteed against conscription. This advertisement is to secure farm help to replace Canadian farmers who have enlisted for the war.

A splendid opportunity for the young man to investigate Western Canada's agricultural offerings, and to do so at but little expense.

Only Those Accustomed to Farming Need Apply For particulars as to railway rates and districts requiring labour, or any other information regarding Western Canada apply to

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

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE" \$3 \$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take to other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.



Going Abroad. "Are the Grabecons still trying to break into society?" "No. They have decided to wait until the war is over and conquer Europe first."

Send 10c to Dr. Pierce, Invalids' Hotel, Buffalo, for large trial package of Anuric for kidneys—cures backache.—Adv.

It is the emission of waste steam through the stack that causes a locomotive to puff.

Makes Hard Work Harder. A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A South Dakota Case. Wm. H. Shaff, 222 W. Second St., Canton, S. D., says: "For years my kidneys were in bad shape and I had a dull pain in my back. Being out in all kinds of weather made the troubles worse. At times the kidney secretions were scanty, then they ran profuse and there was much sediment in them. Doan's Kidney Pills brought me relief from all these ailments after everything else failed."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

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CANCER. Tumors successfully treated (removed) without knife or pain. All work guaranteed. Come, or write for free Sanatorium book. Dr. WILLIAMS SANATORIUM, 3023 University Av., Minneapolis, Minn.

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The Great Vegetable Remedy. Puts You Right Over Night.



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