

# WOMAN SICK TWO YEARS

## Could Do No Work, Now Strong as a Man.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 166 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. J. O. BRYAN, 1755 Newport Ave., Chicago, Ill.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, and nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

### DON'T FORGET THE HORSE!

There Was Another Hero in Wild Midnight Ride of Paul Revere, Reminds a Writer.

Paul Revere's name was made immortal when he rode from Boston to Lexington and Concord, warning the patriots along the way of the British approach, and his fame has been securely enshrined in the hearts of all Americans.

Historians have honored themselves in honoring him. Poets have found inspiration in praising him. He is an idol of childhood, an example in the prime of manhood and a solacing memory of old age.

How few characters loom up like great peaks above the mountain ranges of time!

And Paul Revere was one of these. He was one of the precious few great enough to grasp an opportunity to do an incalculable good to mankind.

But while we give deserved glory to Paul Revere, let us no longer forget that there was another hero in that wild midnight ride, says a writer in the Christian Herald.

There was the horse. "Any other horse might have done as well," you think? Well, so might any other man have done as well, perhaps. So might we flippantly disparage any hero.

But the fact remains that it was Paul Revere's horse that did it. And the harder work fell on the horse. But for the true horse's faithfulness, Paul Revere would have been a failure.

### Ethel's Note.

A woman on the north side who prides herself on her social position and always insists on having perfect service in every way for any occasion, was called on recently to give a reception on very short notice to a distinguished club woman who was passing through the city, says the Indianapolis News. All three of her house servants were gone that day and only the cook was at home.

"Ethel," she requested her little five-year-old daughter, "you go to the door and usher the guests in while I finish my toilet."

At first the child objected, but finally she was persuaded to go. The woman went on with her preparation, which was interrupted several times by bad luck, the cook, and everything else. A woman accustomed to a maid is rather helpless when it comes to dressing without one. But she heard the guests come in and take chairs in the reception room and she supposed all was well. At last she was ready.

Going to the door to find Ethel she was horrified to read this little printed note pinned to the back of a chair. "Dear Ladies cum on in man is upstairs dressing talk and sit down Ethel."

### Sound Logic.

"Mamma," said a five-year-old boy the other day, "aren't there any other senses 'cept hearing, seeing, feeling, tasting and smelling?"

"No, say child," answered the mother. "It is usually considered that these five are enough."

"Well," said the little one, with an air of deep conviction, "I s'pose talking would be called a sense if there wasn't so much nonsense about it."—Pearson's.

Im helping to save white bread by eating more Post Toasties

WHAT ARE YOU DOING?  
Bobby

# England and Food--How She Appeals to Farmers

Food supply being an acute question in England, that country's efforts to solve it must be always of concern to our food-growing section. They have just been adding to, or remodeling, their laws upon this subject. Instead of depending upon price fixing, that is, government offer to purchase grain and so stabilize price, to encourage farmers to greater production, they recognize that farmers cannot afford to take such risk as war conditions demand they should, and so they not only fix a minimum price, but they have added a clause which makes the minimum contingent upon new acreage.

The London Spectator of July 28 has a very interesting discussion of the whole question. It has significance as to the future and therefore must interest western farmers and land owners and all dependent upon agricultural prosperity in this country. This will excuse its length. The Spectator said: "The plan to here that we have never become a self-sufficient country; but the nearer we approach to the ideal of being self-sufficient the safer we shall be. In any case, we can quite well guard ourselves against all the worst and most obvious dangers of not being able to carry on war, or impose our will on an enemy, through the threats of imminent starvation. We are not without hope that a great revival of agriculture may bring its own pecuniary rewards in the increase of the total wealth of the nation. It may be that the confidence created among corn growers by the knowledge that they will never again be allowed to suffer ruin from a succession of bad seasons will operate so powerfully that the trade of agriculture will profit beyond all records of the past, though the employment of capital that used to be cautiously withheld from arable farming. The farmer, relieved of all anxiety, may go full steam ahead, and higher farming may amply repay its own expenditure. His energies may be set free to their full extent, and, after all, is the true source of wealth. But we do not rely upon such a result. All we say is that we must have much more food grown at home, and that the state, in other words the people, must be prepared to pay for it. Consult any farmer in the kingdom who before the war was gradually bringing more and more land down to grass (thus producing less and less of the essential food of the people) and he will tell you that he did it because he could not afford to take risks. In grass farming he was subjected to no disastrous vicissitudes. He could knock a decent, though not a handsome, living out of grass farming, and he had no mind to change his ways. From his own point of view he was quite right. If he received no guarantee against bad luck, he would not take the heavy risks any much more burdensome responsibility of arable farming. As a grass farmer, or mainly a grass farmer, he had a small labor bill and few worries. This is what has to be changed. The farmer simply will not do his methods without being given confidence, and that process requires that the state should accept a certain liability. When we see the doctrines of free trade, which are unassailable in our opinion as offering the shortest road to progress, used as they have been to largely impede a policy of security for the nation—as though it were worth while to save a shilling on the condition that you leave the whole of your property at the mercy of a burglar—we are tempted to think that the wholesome operation of free trade in their proper sphere will become hopelessly jeopardized by a band of mean and narrow disciples.

### SKIM MILK.

The dairy division of the department of agriculture calls attention to certain food customs in which we are wasteful. The first of these is, especially in hot weather, that it relates to the use of skim milk.

In hot weather skim milk is more wholesome than whole milk and much more so than cream. Cream is rich in fat, poor in water, and contains a small amount of protein, milk sugar and minerals. It is just what we do not want in hot weather. Grease! Think of it, and then sizzle and sweat.

On the other hand, pint for pint, skim milk contains more protein and carbohydrate than whole milk. Why do we buy porterhouse steak at high prices? To get just what we do not want in hot weather. Grease! Think of it, and then sizzle and sweat.

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The second source of saving suggested in the use of parts of vegetables ordinarily thrown away. The outer and tougher leaves of lettuce are ordinarily thrown away. They have more iron, more mineral generally, and more flavor than any other parts. Therefore, they are just the leaves for soups. The tops of celery and the tops of onions are just about half again as good for soups as the parts we generally use.

And then the recommendation to use stale bread is good from several standpoints. Old bread is more nutritious, more digestible, and more wholesome than first day bread.

This hot weather suggestion is found: Take 10 or 12 parts of skim milk and one part of rice or oat meal; cook down until thick. Use in place of cream on baked apples and stewed or other cooked fruits. This is wholesome, especially in hot weather, but not economical unless the fire is going for other purposes.

Why State Was Nicknamed. From the Providence Journal. They men from Missouri has to "be shown" more convincingly than the dweller in any other state is "shown" by Congressman L. C. Dyer, Missouri, a soldier.

In the early '70s there lived in one of those wild Nevada mining towns an individual of such rare fighting ability that the whole country knew of his prowess and respected him. He was the king of the community and was a reign of terror. Quick on the trigger, he had a row of notches on his gun handle, but his speciality was at rough-and-tumble. He was a native of Arkansas and was proud of the fact. He boasted of the superiority of his native state. As the name pleased him, he was called Arkansas. He was built like a puma and his punch was like the kick of a mule. Arkansas enjoyed the odds of champion and handed out his wares in large and severe doses. There were few men in the vicinity who had not been licked by the bully.

One day there came into the saloon a stranger, a lank, solemn faced boy in patched and faded blue overalls and a great, floppy brimmed hat. He was a prospector from the hills. Arkansas caught sight of the youth, who leaned against a post so mournfully watching the roulette, and saw a prospect.

"You, kid," said he, "you want to be mighty blamed careful how you're actin' around here. I'm from Arkansas, I am, and the best two handed man in you!"

Arkansas handed his gun to a bystander and rushed. He was met with a smash on the jaw that stunned him. Then the lanky stranger proceeded to give the bad man a sound thrashing. When the combat ended the youth was a hero. The miners carried him in triumph through the town. Thereafter if a person made a statement of doubtful veracity someone was likely to assure that he was from Arkansas.

For answer the youth jerked off his coat and threw his old hat on the floor. "Well, by gosh!" he said, "I'm from Missouri; you got tush me or I'll show had to be shown."

# PROFITS ON THE CROP.

From the New York Journal of Commerce. In these columns there appeared a statement showing to some extent the unusual profits which farmers are making under present conditions. Four of the leading crops combined indicate a profit should these conditions continue of about \$3,000,000,000, of which \$2,000,000,000 is on corn, \$1,000,000,000 on wheat, \$1,000,000,000 on oats and \$1,000,000,000 on soy beans. These figures mean that the roughly speaking the American farmer is often making profits of 100 per cent and more at current prices.

These are astonishing figures, but they are easily proved and are rather rather than over statements. Wheat can be generally produced at a cost of \$1 per bushel on the farm, and sold at over \$2 cash in Chicago. Corn can be produced generally at a cost of less than 40 cents and is selling at \$1.75 and \$2 cash in Chicago. It should be added, however, that this last price is due to very exceptional circumstances, which in September corn will bring in western markets at over \$1.50. The cost of oats on farm is fairly estimated at 20 cents; the Chicago price is \$2 an acre, a year ago the price of wheat at Chicago was selling about \$1.44; corn 87 cents and oats 44 cents. As to cotton, a fair average production is estimated at 10 to 15 cents, while the selling price in the southern markets is about 25 cents; a neat little profit of 150 per cent.

Nobody begrudges the farmer his prosperity when within reason. But when the farmer is not content with being rather more than his share, and is not the prices of food which he produces unnecessarily high?

### To Preserve Stock for Breeding.

From the Brookline Eagle. Of the many far-reaching government plans to mobilize our resources for the war and after, none promises to be of greater value than the creation of a live stock committee of 100 members, to serve without pay.

The purpose of the committee is to stimulate the breeding of food animals, so as to cut down the cost of meat next year and after the close of the war. The first work of the committee will be to select breeding animals from the west and to stock small farms in the east and south, sections in which raising beef and mutton for market has been almost abandoned in recent years and where even the raising of pork is not so extensive as it might be. The plan to be followed is like that used for supplying seed and increasing the planting last spring. Deposits of breeding stock will be created and county fairs will be held to sell the stock to them, where to apply for such animals as they need, while an assurance of fair market prices for the beef and mutton will be given.

Germany is said to be suffering now from the slaughter of too many of her breeding animals, owing to a restriction as to the ending of the war, and reports of a shortage of such animals also come from Norway. Meat has already become a luxury to many of our soldiers because of high prices, and the demand for export for our soldiers and our allies is likely to make the conditions at home worse rather than better, unless some concerted and far-reaching action is taken to increase the supply. The formation of this committee is the first step in that direction, and it is not improbable that the nature of farming in our eastern hill country may be permanently changed as the result of its efforts to meet our war emergency.

Arbitration of Arms by Supreme Court Judges Held Unnecessary. The case of State ex rel. Lindv vs. Robinson et al. No. 10, decided by the court on page 514, interestingly shows the efforts which a state as an organism will make to function normally.

At the last general election Robinson, Bruce and Birdzell were elected justices of the supreme court. They asserted that their terms of office expired on December 4, 1916, and threatened to force themselves into and to assume the offices to which they were elected. The attorney general, because of the large number of very important cases pending, sought to restrain them, and by so doing to determine the rights of the state and the proper personnel of the court.

Since the action directly involved the tenure of office of Chief Justice Fisk and his associates Bruce and Goss, it was apparent that they were disqualified to sit in the case, and they immediately announced their disqualification. Under section 10 of the state constitution the remaining justices, Bruce and Christianson, called in three district judges, Nuessle, Hanley and Pollock, to constitute a bench for the hearing of the application. Since Judges Fisk, Burke and Goss were interested in the determination of the case, they were ordered to interdict, and as Judges Bruce and Christianson might be affected in their tenure of office by the decision, they were ordered to be removed from the case. The court believed on the ground that no man could be a judge of his own cause. The three district judges above mentioned as a majority of the court, would render, and the part of the justices, in a resort to the arbitration of arms, and that such a breach in civilized society would result ought not to exist; that no such lapse of power was contemplated by the people of the state in adopting their constitution, and that the members thereof had been duly elected.

The question whether the term of office of the judges-elect should commence on the first Monday in December, 1916, or the first Monday in January, 1917, the court said that the constitution was whole was controlling; and, although there would seem to be a conflict among the several constitutional and statutory provisions relative thereto, it was clear that under the present constitution the first Monday in January of the year succeeding the election is the proper time. The fact that the judges-elect were certified by the secretary of state to begin December 4 was held to be of no effect, since no administrative officer can set aside the fundamental law.

Makes for Peace. From the New York Morning Telegraph. A citizen of Switzerland describes Austria as a "bankrupt, drained by terrible losses and her military machine unhelped by the unpopular Germans." Austria is the weakest point in the defense being made by Germany. The Kaiser's ally cannot hold up his end in the fighting, and it is impossible for Germany to send any troops to aid in the east. The Kaiser's army is in a state of collapse. Tens of thousands of the Austrians have been killed or captured or wounded during the last 10 days, and the end is in sight in the east. The Kaiser's army is sick of the whole thing; they long for peace, and wish with all their hearts to quit fighting. The only thing that keeps them going is the urgent demands of the Kaiser and Von Hindenburg, and they cannot keep it up much longer.

At the end of a week of weeks before Austria quits, leaving some of her territory in the hands of the Italians. And when that time comes Germany's woes will increase. The whole force of the allies will be hurled against the Kaiser. It is not impossible that a great Japanese army will take a hand on the final dash to Berlin. The German talk about being invincible on their own soil, saying that their defenses are impregnable. The Von Hindenburg was said to be an immovable object. When the gallant Britons and French reached that line we learned what happened when an irresistible force met an immovable object. The object crumbles and is swept away.

Every one prays for a speedy peace. It may be nearer at hand than persons dream.

A Sine Qua Non. From Life. Mother—"Your father didn't take his cold bath this morning, did he?" Johnny—"No, he didn't. His kicking because there wasn't any water."

# Particeps Crimins.

Into a Chicago police court a man was haled charged with the theft of an umbrella. "What have you to say for yourself?" asked the magistrate. "Are you guilty or not guilty?"

"Well," said the accused, "I guess I am one of the guilty parties, Your Honor. The umbrella had the name of M. Barker on the handle. W. T. Morgan stamped on the inside of the cover and I stole it from this man here, whose name is Higgins."—Case and Comments.

Undoubtedly. "He's rich and yet he never spends any more than he has to." "That's probably the reason he's rich."

### What is Castoria

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-Good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Small Pill, Small Dose, Small Price, But Great in Every Other Way. Make you feel the joy of living. It is impossible to be happy or feel good when you are CONSTIPATED. This old remedy will set you right over night. *Brewster*

PALLID PEOPLE Usually Need Iron in the Blood. TRY CARTER'S IRON PILLS

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is beautiful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to H. J. Johnston, Drawer 197, Waterville, S. D. W. V. Bennett, Box 26, Belding, Okla. H. C. and R. A. Garrett, 311 Jackson Street, St. Paul, Minn. Canadian Government Agents.

Watching and Waiting. The attorney for a litigant whose case was about to be called for trial was examining the jurymen as to their qualifications, and was questioning Juror No. 10, says the Indianapolis News.

"What do you do?" the lawyer asked. "I am doing nothing just at present," he answered. "How long have you been doing nothing?" "Oh, for quite a while."

"What did you do before you did nothing?" "I was watching and waiting."

"In other words," remarked the inquisitor, "you were not doing anything before you did nothing. Is that right?" "No; I was watching and waiting, as I said."

"Where were you when you were watching and waiting?" "I was watching at the Lumber Company, and was waiting at the hotel."

Never Boasts. One of our able senators was arguing a momentous naval question with an opponent. "You know I never boast," the opponent remarked during the argument. "Never boast! Bully!" exclaimed the senator. Then, in a more reflective mood, he added, "No wonder you brag about it."

No man can expect to achieve popularity in the role of a game warden or tax collector.

# Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

An Iowa Case. W. H. Simmons, Forest City, Iowa, says: "My back pained as though it were being pulled apart. Often sharp, knife-like pains darted through me, making me almost helpless. Morning I could hardly get out of bed and to stoop took all my strength. The first box of Doan's Kidney Pills did me so much good that I kept on. I took four boxes in all and since then my back has never bothered me."

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

### Every Woman Wants

Pastine ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. All druggists, or postpaid by mail, The Pastine Toilet Company, Boston, Mass.

MURINE Granulated Eyelids, FOR YOUR EYES. Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort. At Your Druggist's or by Mail, The Murine Eye Remedy Co., Chicago.

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