



WASH THE KIDNEYS!

All the blood in the body passes thru the kidneys every few minutes. This is why the kidneys play such an important role in health or disease. By some mysterious process the kidney selects what ought to come out of the blood and takes it out. If the kidneys are not good-workmen and become congested—poisons accumulate and we suffer from backache, headache, lumbago, rheumatism or gout. The urine is often cloudy, full of sediment; channels often get sore and sleep is disturbed at night. So it is that Dr. Pierce, of the Invalids' Hotel and Surgical Institute in Buffalo, N. Y., advises "Washing the Kidneys," by drinking six to eight glasses of water between meals and then if you want to take a harmless medicine that will clear the channels and cure the annoying symptoms, go to your druggist and get Anuric (double strength), for 60c. This "Anuric," which is so many times more potent than lithia—will drive out the uric acid poisons and bathe the kidneys and channels in a soothing liquid. If you desire, write for free medical advice and send sample of water for free examination. Experience has taught Doctor Pierce that "Anuric" is a most powerful agent in dissolving uric acid, as hot water melts sugar. Send Dr. Pierce 10c for trial package.

MAKE YOUR OWN STOCK TONIC
The necessary medicinal ingredients, barks, roots, herbs, etc. are contained in **DR. DAVID ROBERTS' STOKVIGOR** Price \$1
When added to oil cake meal or other good ground feed it makes a stock tonic that cannot be excelled.
Read the Practical Home Veterinarian for free booklet on "Attention to Cows." If no dealer in your town, write Dr. David Roberts, Vet. Co., 100 Grand Avenue, Waukesha, Wis.

SIoux CITY Ptg. Co., No. 7-1918.

LESS FOOD, BETTER HEALTH

Assertion That German People Are Physically Stronger Because of Strict Rationing of Supplies.

At the beginning of the war the German nation was the most overfed nation in the world; they surfeited on beer and sausage and the world thought that by a food embargo the well-fed Teutons could be quickly brought to terms. But Germany rationed her people, reduced their waistlines, and increased their fighting powers. For three years now they have waged war on short rations, and have amazed the world by their fighting strength. It is a poor hunter who would not rather tackle a fat and surfeited lion than a lean and hungry one; and a Germany with unrestricted beer and sausages might have been more easily vanquished than the hungry-rationed Germany which has defied the world these three years past.

Starving out the enemy, to be effective must be real starvation, and not merely a cutting off of surplus food. The efficient nation and the efficient individual is the one fed just enough to maintain hard muscular fighting trim. It means a food consumption of from 10 to 25 per cent less than the food quantity eaten when the human animal is allowed to help himself after the manner of hopper-fed hogs.—Miles Hastings, in Physical Culture.

Biblical Recipe for Bread.
Here is a war-time recipe for bread, taken from the Bible. In the ninth verse of the fourth chapter of Ezekiel it states: "Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof."



Your comfortable, healthy, well-to-do neighbor uses **INSTANT POSTUM** instead of coffee. Ever ask him the reason? Might be worth while—especially if you are one of those with whom coffee doesn't agree. "There's a Reason"

The Congestion of Industry.

The Public Using Too Much of the Government Needs.

From the National City Bank Bulletin.

The testimony before the Senate committee shows that the delay in securing clothing for the army has been due to difficulty in obtaining materials, and the consumptive demands of the public have been the chief factor in that. The congestion upon the railways is due to the enormous business the country is doing. The country is literally enjoying an extraordinary state of prosperity. The farmers have gathered a crop estimated by the department of agriculture to be worth \$21,000,000,000, which is double the value of any crop ever raised prior to the war. Disbursements for wages are far above those of any previous time, the numbers of workers employed being greater, the time more nearly full and the wages higher. The expenditure of these widely distributed sums creates a vast volume of trade and traffic, and has put a burden upon the railways which in connection with the war business has been more than they could bear. An attempt has been made to give the government certain prior rights, but it is impracticable to shut off private business generally and the activity of trade everywhere shows that it has not been shut off. It has been going on, it has been taking up room on the railways, and played a part in cutting down the production of iron and steel to about 75 per cent of the capacity of the works. This is direct interference with the work of preparing the country for war.

The demands created by the war plus ordinary consumption are far beyond the industrial capacity of the country, but owing to the unusual flow of money in circulation, passing through many hands, private consumption in many lines is probably greater than ever before. It would be so naturally, and will be so unless restricted either arbitrarily or voluntarily. But if it is greater than usual how is the government to get its work done? The appropriations authorized for expenditure this year foot up \$19,000,000,000, which, as we have previously pointed out, compares with \$24,000,000,000 as the total value of the output of all manufacturing establishments in this country, according to census figures, for the year 1914. These figures are more significant when it is known that they include the products of the great meat packing industry, and other establishments where the manufacturing process is comparatively slight. All inclusive the value of the total product in 1914 was \$24,000,000,000. This sheds some light upon the industrial significance of the government's plans to expend \$19,000,000,000 in one year. Allowance must be made for higher prices, and for expansion in capacity since 1914, but in any event the comparison is startling.

SOLDIERS VS. CRITICS.

From Land and Water.

There are certain first principles running all through military history which it is the business of soldiers to study and practice. It is the business also of mere students to master these elementary principles, for if they do not they cannot follow military history and understand it, either in the past or in the present. Those principles are simple enough. It is the business of the man of genius in execution in detail and in practice which is difficult. And the man of genius in this is not the man who sees obvious things, still less the man who contrives ingenious ones. It is the man who combines the power to make a good plan and rapidly with the power to execute it with the material with which he has to deal. It is all summed up in Napoleon's maxim that any fool can draw up a strategical plan, and that the test of military power is in its execution.

There has been quite recently in the press and on the platform a perfect orgy of amateur advice upon the war, which had for its main character—almost for its only character—a perfectly amazing ignorance of these elementary principles. There are by this time, without exaggeration, tens of thousands of men who have been taught such elementary things since 1914. These thousands are in uniform and neither write nor speak. It would do no harm if a few of them were spared to give some simple lectures to civilians who attempt to set the soldiers right in their conduct. There is hardly anyone upon service, for example, who does not know at least what is meant by "supply," and yet our amateur strategists leave out that factor in strategy as airily as though movement upon the globe were like the moving of a pencil upon a map.

By way of a counter offensive against this deluge, which always comes after an unexpected reverse, and which was let loose by certain journalists and politicians during what may be called "the Italian fortnight," a few weighty and sober articles have appeared, most of them from the pens of soldiers.

The first leading principle is this: No one can judge of a military situation unless he is possessed of four kinds of knowledge relating to it:
1. The nature of the ground.
2. The numerical disposition of his own and the enemy's forces.
3. The conditions of supply for his own and the enemy's forces.
4. The moral of his own and the enemy's forces.

Now "ground" does not only mean a knowledge of the map—and yet a knowledge of the map, even in its largest lines is not a thing which most people easily acquire—it means also an appreciation of the state of the soil in various weather; a good guess at the rate at which it will dry; of the effect snow will have upon it; of what will happen to watercourses after a thaw or exceptional rain; and, in general, a whole volume of knowledge which men concentrated upon their profession can, when they are exceptional men, acquire with a certain degree of rapidity, but which most men do not attempt to acquire; and which most men, if they tried to acquire it, would fail to acquire. If it is difficult to master ground, it is in a sense, even more difficult to master numbers and disposition. The politician may be told in the way of business, the journalist may be told by an indiscretion the numbers and the order of forces upon either side in any part of the field. That either will remember those under the strain of public advertisement and forced excitement is doubtful, but at any rate, that kind of knowledge is at least available. When it comes to the meaning of such numbers and of such dispositions neither of these two kinds of critics has any standing whatsoever. Why, it is the test of excellence in a commander that he should be able to read even partially the riddle presented by concentration and dispersion of forces. If he has an excellent chief of staff, and therefore an excellent bureau piecing together intelligence and reporting accurately what there is in front of him and how it changes—even so he has to interpret the will that is behind such groupings, what part of it may be intended to deceive, what part may be used, and why. The greatest masters of war have, if you will read their memoirs, particularly remembered what they did not grasp in the enemy's plan. That is their interest in the whole affair. They know that there will always be a very large margin of error; their interest is to see how far it can be reduced. But your unmilitary critic works on quite another principle. He always knows—after the event—what the enemy was intending, and why such and such a concentration was made in one place, and such and such a withdrawal of forces from another; how this disposition would be used, and with what effect. He always knows, after the event, what these things mean, but he will not, unfortunately, presume to know beforehand what should be done, although he eliminates in his forecast any knowledge of the enemy's dispositions or of the

counter dispositions on our own side. In the matter of supply the contrast is more striking still. Supply is the great material preoccupation of all commanders. It is the one great material factor which governs everything. A man can rest upon his oars and forget movement for many days at a time; he can forget for some hours his disposition and ground; but supply occupies his thought, even in the moment of the day; it conditions everything. That is what supply is to the soldier. The other person, who wants to tell the soldier what to do, has a very simple way of treating supply—he leaves it out altogether. He will propose the reinforcement of the Russian front with 2,000,000 Americans, or the moving in a day or two of a score of divisions over 700 or 800 miles of railway. He vaguely thinks of the rolling stock as infinite; he vaguely attaches the same miraculous quality to the condition of rails, the number of sidings, or of tracks, the stores of coal and of petrol, spare parts, repair shops, and the hundred other things of which he has not so much as heard.

Lastly, in the fourth element, that of moral, you have yet another kind of disaster. The soldier judges it with difficulty and as a highly complex, sometimes slightly changing, sometimes rapidly changing thing, peculiarly difficult to estimate in the enemy's case; difficult enough to estimate in his own, needing daily observation and care, daily reinforcement, correction and change. It is for the soldier a large complex field of many factors, upon the whole stable, but only stable because every point is carefully watched and supported.

The Russians Did Much.
Nicholas Goldenweiser, in the Outlook.
Russia holds a present not more than 2,000,000 Austro-German prisoners. If every one of the great allied belligerents (the United States, Great Britain, France, Italy and Japan) will do as much, and each of the minor allied belligerents only one-tenth as much, the central empire will lose its war prisoners alone about 12,000,000 men. Plainly the wheels of their war machine will be ground off and will crash in ruin. The participation of the Russia bear in the war has not only caused Germany and her allies an enormous loss of man power in prisoner and in soldiers killed and permanently disabled, but also has cost them billions of money, untold quantities of war material, an immense amount of energy and vitality, and great tension upon their means of communication brought about by the widely new area which the central empire now have to hold on the north and the east.

On the western or French front the Germans have fought at a huge expense of steel and explosives. On the eastern or Russian front they were forced to fight hand to hand and to lavishly spend their man power, for the Russians fought with bayonets against cannon, and they dearly sold every mile of Russian soil. So much for Russia's balance in the accounts of the transaction of the allies. This balance still stands to her credit and in justice ought never to be lost sight of.

La Politesse.
From the New York Evening Post.
Over on the other side where they have been at war somewhat longer than we have here, and where a considerable number of persons are intimately acquainted with the grim realities of that state, there prevails a disposition on the part of the men who serve at the front to look with disfavour upon those who stay comfortably at home. Nobody denies that some of those whose work lies back of the firing line are doing their country as good service as those who go out to fight. But this disfavour is not unnaturally distributed upon the principle that any stay-at-home is guilty unless he can prove himself innocent.

Royal Nickname.
From the Youngstown Telegram.
"Edgar?"
"Yes, mother."
"What are you children doing?"
"Playing royalty. I am a Knight of the Garter, and Edwin is Saturday."
"That is an odd name for royalty."
"Oh, it is just a nickname on account of his title."
"What is his title?"
"Night of the Bath!"

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Or Tries To.

The schoolteacher was giving the boys a lecture on thrift, and pointed out that even animals exercised that quality, instancing how squirrels always stored up nuts for the winter. Then he asked for another illustration of thrift in animals, and one boy cried out:

"A dog."
"A dog! In what way does a dog practice economy?"
"Please, sir, when he runs after his tail he makes both ends meet."

"Cold In the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists 75c. Testimonials free. \$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

Relics Near Cambrai.

Round about where Sir Julian Byng's heroes are fighting are buried some of the earliest records of the working and battling of mankind. In his last book, the late Lord Avebury refers to the scene. Deep in the Somme gravel drifts were found flint implements, incalculably old, the rough, rude weapons with which paleolithic man made war. It is more than likely that the guns which are plowing deep and bringing the past to life will reveal more buried history.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Slippery Retort.

The messenger boy was red-headed, cheeky and dilatory.
"C'mon! C'mon!" said the elevator man in the chamber of commerce as he started to close the door.
"Don't get icy," said the boy, as he wiggled into the car. "Don't get icy or I'll slide on yuh."—Buffalo Express.

Fiery Red Pimples.

A hot bath with Cuticura Soap followed by an application of Cuticura Ointment to distressing eczemas, etc., proves their wonderful properties. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25c, Ointment 25c and 50c.—Adv.

Another Advantage of Corn Bread.

Corn bread is good for the complexion. Use corn bread and become beautiful as well as win the war.

To Cure a Cold in One Day
Take LAXATIVE BROMO QUININE. It stops the Cough and Headache and works off the Cold. B. W. GROVE'S signature on each box. 50c.

The best fighter doesn't waste valuable time spitting upon his hands.

Red Cross Ball Blue, made in America, therefore the best, delights the housewife. All good grocers. Adv.

There are a lot of worse things than a wet day in a dry town.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher* In Use For Over Thirty Years **CASTORIA**
Net Contents 15 Fluid Drachms
900 DROPS
ALCOHOL—3 PER CENT.
Vegetable Preparation for Assuaging the Food by Regulating the Stomach and Bowels of INFANTS CHILDREN
Thereby Promoting Digestion Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom—in Infancy.
Exact Copy of Wrapper.

COLT DISTEMPER
You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young SPOHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPOHN'S at 50 cents and \$1 a bottle; \$5 and \$10 a dozen.
SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.

A Carbon Remover.
Acetol, a liquid applied by injection through the spark plug opening, is being used for quickly removing carbon from the cylinders of gasoline engines.

Where one man has been ruined by his enemies, hundreds have been ruined by their friends.

The allies are marching against Germany's worst enemy.

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada

CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a son we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interest.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

Tired Nervous Mothers
Should Profit by the Experience of These Two Women
Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my household work."—Mrs. B. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.
Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my household work, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. JOSEPHINE KIMBLE, 935 West Race Street, Portland, Ind.
Every Sick Woman Should Try
LYDIA E. PINKHAM'S VEGETABLE COMPOUND
LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.