

# TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

That's the Question. Mr. Oldboy—Marry me and I could be happy. Miss Bright—Yes, you could—but would you?

**ASTHMADOR**  
AVERTS-RELIEVES  
**HAY FEVER**  
**ASTHMA**  
Begin Treatment NOW  
All Druggists Guarantee

SIoux CITY PTG. CO., NO. 33-1918.

## CAN'T ALL BE COLLEGE MEN

Pithy Remark Credited by Andrew Carnegie to Self-Made Man With Limited Education.

Andrew Carnegie, complimented one day at his Scottish castle on his gifts to the cause of education, said to a young lady:

"There's nothing so pathetic as the self-made man who is conscious of his lack of education. These poor fellows seem to think that everybody is educated but themselves.

"Once, in a smart New York restaurant, I heard a man with a diamond horseshoe pin say hoarsely to a waiter:

"Shove over that there chandelier."

"It isn't a chandelier, sir," said the waiter, as he obeyed, "it's a crucifix."

"The man with the diamonds blushed brick red.

"Well, never mind what she is; shove her over," he said. "We ain't all been to college."

### 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 25, Ointment 25 and 50.—Adv.

### Missed the Kaiser.

A hero from Louisiana supposed when he reached the training camp that he was already "at the front."

"Say, boss," he asked an officer, "where's dat feller day calls the kaiser? I been here six weeks an' I ain' seen him."—Exchange.

### In the Tolls.

He (watching another couple)—I suppose he feels that he could not live without her.

She—Yes, and I don't think he'll have a chance to find out that he could.

Smile, smile, beautiful clear white clothes. Red Cross Ball Blue, American made, therefore best. All grocers. Adv.

Divorce pulls the feathers from the wings of love.

## Imperishable Potatoes.

From American Review of Reviews.

The potato's principal drawbacks are its bulk, which increases the transportation costs, and its perishability, which causes losses from the field to the table unless particular care is given. To lessen these losses and to cut the costs Germany has resorted to drying and the manufacture of potato flour. We do not know the extent of the business now, but we know that before the war more than 800,000,000 bushels of the fatherland's potato crop were dried each year—and that is in excess of two years' production in this country. Part of this enormous amount of dried food was fed to live stock, but much of it was ground into a nutritious flour for human consumption.

Holland has one of the largest plants now making flour from potatoes. J. W. Robertson-Scott, in his book, "War-time and Peace in Holland," says this factory dries 33,000 bushels every 24 hours. A special variety of potato is grown by the farmers who are the co-operative owners of this and other mills. This variety is particularly high in starch and other solids and yields remarkable crops. The average in 1917 on 79,000 acres was 500 bushels to the acre, making a total of 39,500,000 bushels. The general run of market potatoes in Holland yield only a little more than half as much to the acre.

In these Dutch mills 137 pounds of potatoes will make 20 pounds of first class flour, four and a half pounds of second class and one pound of third class, the difference probably being in the amount of crude fiber contained and in the color. The cost of making the flour is about 3 1/4 cents a pound. From the special variety of potato Holland made 346,000,000 pounds of flour of the first grade last year at a cost of \$73 on a long ton.

We now have six plants in the United States making natural potato flour. About 6,000,000 bushels of the 1917 crop were made into dehydrated potatoes, natural flour, and potato starch. "Natural" potato flour—made from the whole cooked potato, minus the skin—is the only kind that should be made. It contains, in addition to the highly digestible starch protein, mineral salts, albuminoids and the vitamins so necessary for growth.

There is every reason to believe that natural potato flour will become a regular part of our diet. It can be made at a reasonable price once the industry is established, and it can compete with wheat flour up to 16-23 per cent of the loaf. Used in a larger proportion it makes the bread wet and soggy. Dr. Le Clerc, of the bureau of chemistry of the United States department of agriculture, says that potato flour at 8 cents a pound is equal to wheat flour at 6 cents. The one-third greater value is due to the large content of mineral salts. Dr. Le Clerc gives the following analysis as representing a fair comparison of the two kinds of flour:

	Moisture	Ash	Fat	Protein	Carbohydrates
Wheat	12%	5%	1%	11%	75.5%
Potato	7%	3.5%	4%	9%	80.1%

We have known for a long time that there was something about the potato that improved the flavor, consistency, and keeping qualities of bread. That is why "potato water" was considered essential by every bread maker. Now we know there are even better reasons—economy and better nutrition.

American potato growers need to give their best attention to the problems of growing the right varieties for flour and developing drying plants and flour mills. There should be as good an opportunity for a cooperative potato flour mill in a potato growing section as there is for a cooperative creamery or cheese factory in a dairy section.

This newly imported method of handling the potato crop will go a long way toward putting one of the most unstable industries on a solid foundation. It will make the spud one of the non-perishables along with wheat, beans and canned foods.

### THE SOLDIER'S SINS.

From the Stars and Stripes.  
What are the four deadly sins of the soldier?  
A Y. M. C. A. man wanted to know. So he held a questionaire among some men who had just come out of the line, and he got it among other things who had just come out of the line until he had what he considered a number sufficient to represent the sentiments of the whole A. E. F.  
And the four cardinal vices were not liquor, liquor, ill temper, and the use of profane language. They were these, in this order:  
1. Cowardice, selfishness, stinginess, bragging.  
2. "The answers surprised me," says the Y. M. C. A. man. "They were not the answers I expected. But they also delighted me. Did you ever see a finer code of ethics in all your life—for a soldier or anyone else?"

### How Names Are Changed.

From the Brooklyn Daily Eagle.  
"Who Was Who?" is the suggested title for a new book to contain the names of all persons who have changed their names. A new publication will do that in England. If the work is carried far enough it will be found that nearly all names have changed the wear and tear of time. Some of the changes are intentional, like our daily applications in court, but most of them are due to bad spellings or poor pronunciation and phonetic spelling to express the errors of pronunciation. Our Dutch ancestors had a habit of cutting off everything that came down and including the "Van." The name "Burch" was originally "Birch," and meant the man who lived by the birch tree. It is a curious comment on this new book that the London newspaper editor who is putting it out has juggled his own name after the English custom when taking a title.

### May Ration Tobacco.

From the New York Times.  
Government control of the tobacco industry of the United States may result from the heavy requirements of the allies and the American military forces abroad. Rationing of the American population is believed to be a possibility.

The war industries board announced recently that it has been conducting an investigation to determine the requirements abroad and the quantity that could be conserved in this country to meet the situation. It estimates that approximately two-thirds of the leaf tobacco raised in this country in 1917 will be available for American manufacturers. Out of this must come cigaret and pipe tobacco for troops not yet overseas and exports of manufactured tobacco, in addition to cigars and tobacco purchased here for Belgium.

The crop in 1917 was 1,196,000,000 pounds. Of this the board estimates that 850,000,000 pounds will be available this year for United States manufacturers while 346,000,000 pounds of leaf will be available for export to the allies.

Tobacco issued to the military forces of Great Britain, France and Italy amounts to approximately 150,000,000 pounds a year. Britain and France each allow 40 per cent of their entire consumption to the army and navy, while Italy allows her military forces 45 per cent. The total yearly consumption of the entire population of these countries, the board estimates at 387,000,000 pounds, or 41,000,000 more than this country is able to export.

England, France and Italy are now chiefly dependent on imports from the United States, as their imports from other tobacco growing countries have been materially reduced through lack of shipping and inability to import from Turkey and Bulgaria.

Of the tobacco consumed by the Italian

I. Meadow Stunt.  
Nebekhadnezar was eating grass.  
"I hope to make a hit with Maud Muller," he explained.  
A politician thinks he is entitled to as many kinds of opinions as he may need in his business.  
Explained.  
"Why do you woman run after the military so?"  
"Because women are inclined to a uniform devotion."  
If a man is a liar he's likely to get mad when he is called one.

## Don't Poison Baby.

Forty years ago almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the BLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which is poisonous doses produce stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without your or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of Chas. H. Fletcher.

Work or Fight. Dey's liable fer ter be trouble 'twixt Mandy and Rastus; kaze Mandy done (ay bolt er rollin' pin en' she say when dat good-fer-nuthin' Rastus come home she gwine pinterly tell him he got ter work er fight.—Dallas Times-Herald.  
The Exception. "Now we have wheatless bread."  
"Yes, everything but taxless incomes."  
Beautiful, clear white clothes delights the laundress who uses Red Cross Ball Blue. All grocers. Adv.  
After all, there is no nerve food superior to good luck.

## GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.  
Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.

## Watch Your Stomach In Hot Weather

A Cool, Sweet, Strong Stomach Your Best Safeguard Against Summer Sickness

"Keep your stomach in good working order during the hot summer months and you will have little to fear in the way of sickness" the advice many physicians give as hot weather approaches.  
Good, sound, common sense advice, too. For very frequently, and especially in hot weather, these common stomach disorders which so many people seem to regard as of minor importance, do open the way for serious illness.  
So keep your stomach sweet, cool and comfortable all summer long. The extra war work—change of diet—poisons that come with hot weather—all hit us in the stomach. The strongest stomach will need help this summer as never before.  
The one easy way if you have the right remedy is to rid the stomach of too much acid. Because it's superacidity that interferes with digestion and assimilation, and this causes about all those stomach miseries you are so familiar with—heartburn, food-repeat-

## Help Save the Harvest

When Our Own Harvest Requirements Are Completed United States Help Badly Needed Harvest Hands Wanted

Military demands from a limited population have made such a scarcity of farm help in Canada that the appeal of the Canadian Government to the United States Government for

## Help to Harvest the Canadian Grain Crop of 1918

Meets with a request for all available assistance to GO FORWARD AS SOON AS OUR OWN CROP IS SECURED

The Allied Armies must be fed and therefore it is necessary to save every bit of the crop of the Continent—American and Canadian.  
Those who respond to this appeal will get a Warm Welcome, Good Wages, Good Board and Find Comfortable Homes  
A card entitling the holder to a rate of one cent per mile from Canadian boundary points to destination and return will be given to all harvest applicants.  
Every facility will be afforded for admission into Canada and return to the United States.  
Information as to wages, railway rates and routes may be had from the

## UNITED STATES EMPLOYMENT SERVICE

SIoux CITY, MASON CITY, RAPID CITY, S. D.; HURON, S. D.; ABERDEEN, S. D.; MITCHELL, S. D.; REDFIELD

The Reason. "Your friend is too blunt."  
"That is the reason he generally comes to the point."

Philadelphia wants to continue daylight saving plan for duration of the war.

Your Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marlac Eye Remedy. No Stinging, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago

Soldiers Soothe Skin Troubles with Cuticura Soap, Ointment, Talcum etc. each. Samples of Cuticura, Dept. E, Boston.

160 ACRE FARMS IN WESTERN CANADA FREE  
Get under the Shower of Gold  
coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$30 per acre and raise from 20 to 45 bushels of \$2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta  
160 Acre Homesteads Free to Settlers  
and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to  
M. J. Johnston, Drawer 187, Watertown, S. D.; W. V. Bennett, Room 4, See Building, Omaha, Neb.; and R. A. Garrett, 311 Jackson Street, St. Paul, Minn. Canadian Government Agents

## WATER COLORED BY PLANTS ONLY ONE CAUSE FOR WORRY

Interesting Discovery the Result of Tests Made by Scientists of Harvard University.

That many marine plants cause sea water to become alkaline when exposed to sunlight is definitely proved through interesting experiments devised by W. J. V. Osterhout and A. R. C. Haas of the laboratory of plant physiology, Harvard university.

These gentlemen have found a way to measure accurately the increased alkalinity. Without going into details, it may be said that this consists in immersing a green seaweed in a glass tube of salt water to which a few drops of phenolphthalein have been added. After exposure to sunlight, the water turns pink, and the degree of pinkness, measured by matching against the colors of a series of tubes containing the same concentration of indicator in a series of "buffer solutions" of known alkalinity, gives the quantity of alkali produced by the action of the sunlight.

Cautious. "Is your brother making much money as a chauffeur?"  
"Well, he manages to raise the dust."

Portland, Oregon, schoolboys are spending vacations on farms.

## SAVING WHEAT is only one good point for

POST TOASTIES (MADE OF CORN) —says Bobby

The Candidate. "I am a candidate for your hand."  
"Very good. How much allowance do you propose to allot me, who is to do the cooking and what is to be your attitude toward my family? In short, what's your platform?"

Its Fault. "Is your new automobile all right?"  
"It's pretty fair, but it will shy at horses."

Divorce pulls the feathers from the wings of love.

Smile, smile, beautiful clear white clothes. Red Cross Ball Blue, American made, therefore best. All grocers. Adv.

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