

Health Was Shattered

South Boston Woman Tells How She Suffered Before Doan's Cured Her.

"I was in awful shape from kidney disease," says Mrs. W. F. Sterritt, 767, Dorchester Ave., South Boston, Mass. "My health was shattered and I would often fall in a heap. Had someone stabbed me in the back with a knife, the pains could not have been worse."

"I lost thirty pounds, was terribly nervous and could not do my housework. Fainting spells came on and my feet and limbs swelled so badly I couldn't wear my shoes. Puffy sacs came under my eyes, my skin looked shiny and the impression of a finger left a dent that remained for some time."

"My kidneys were in awful shape and it seemed that I had to pass the secretions every hour. The passages were soant and terribly distressing. I was feverish at night and perspired profusely."

"I was discouraged until told about Doan's Kidney Pills. They brought improvement from the first and about a dozen boxes cured me. My cure has lasted."

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

SOMETHING HE WON'T FORGET

Soldier's Foolishness in Using His Mask Bag for Mail Pouch Nearly Cost Him His Life.

Don't carry anything in your gas mask bag that doesn't belong there. That isn't a general order, but the fruit of at least one man's experience. He had gone over the top on a patrol. Somebody smelled gas; on went the masks. He bit into it, clamped his nose on tight, and started to breathe. That is, he tried to. For several agonizing minutes he struggled to get wind through it, and then he found it was a false alarm.

Thinking his stars that it hadn't been a real attack to be endured with a safety appliance that was as dangerous as the German pizen itself, he went to his lieutenant at the first opportunity and told him that the thing didn't work.

The lieutenant looked at it. "What's this?" he asked. From the slot at the base of the respirator he drew a postcard that had stuck there.

"Now try it," he said. It worked. That man isn't using his mask bag as a mail pouch any more.—Stars and Stripes.

State of Ohio, City of Toledo, Lucas County—
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.
FRANK J. CHENEY.
Sworn to before me and subscribed in my presence, this 14th day of December, A. D. 1918.
(Seal) A. W. Gleason, Notary Public.
HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Druggists, 75c. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.

The American Sailor's Dollar.
Here is a story of American good will and its sequel, told to me by Mr. George Robey. An American sailor had paid for a gallery seat at his Liverpool concert last Sunday. The sailor said to the program seller: "I want to buy one of those programs and help the French Red Cross. But I've only got one dollar note—the last of 'em. Could you change it?" The girl gave him two half crowns for it and he insisted on giving one for the cause. Robey told the story on the Liverpool Exchange next morning, and sold the sailor's dollar bill for £31. He is going to sell it again Sunday.—London Evening News.

Perverse Arts.
Capt. Archie Freeman, the Los Angeles sportsman who is now teaching machine gunnery to American aviators in France, said one day to a machine gun class:
"Don't be discouraged, boys, if your bursts are all misses, at first. The machine gun is a perverse thing, and to learn it is like learning to automobile and to golf."

"It took me several years to master these arts, and while learning to automobile I hit everything, whereas, while learning to golf, I hit nothing."

We've seen many a battle in which all the honor went to the loser.

A friend in need seldom hesitates to tell you so.

POST TOASTIES
(MADE OF CORN)

Taste twice as good now cause I know they Help Save the Wheat
Bobby

SAFE FARMING

Substitutes for Corn
Sorghum, Millet or Sudan Grass
Make Good Feed

By P. G. HOLDEN

THE poor condition of seed corn in the northern Corn Belt will no doubt result in a very poor stand of corn in many fields. In some cases entire fields will have to be replanted.

Many farmers cannot replant because of the scarcity of seed, and substitute crops must be planted or the land will remain idle. In this emergency the growing of millet, sorghum, or even Sudan grass, is worthy of consideration.

Perhaps the best of these substitutes for the northern Corn Belt is sorghum. The Early Amber variety is good for either syrup or forage purposes. Other good varieties are the Orange, Red Top, and Gooseneck. For growing as forage, sorghum can be sown as late as August 1, and will make more or less of an enormous growth, depending upon the soil and season.

When grown for hay it may be sown broadcast or with a grain drill, using from 50 to 70 pounds of seed to the acre. Or it can be sown in rows like corn, using 2.5m five to ten pounds of seed per acre, cultivated and cut for silage with a corn binder.

When used as silage it should be cut when the seed begins to harden. For silage it is nearly equal to corn and under good growing conditions will produce more tons to the acre.

When sowed for hay it should be cut with a grain binder and shocked. Later it can be hauled to the barn or feed lot and put in the mow or stacked, to be fed whole or run through a cutting box. As it is hard to cure, it may be best to leave it outside in shocks or a small stack, as the weather does not damage it.

There are two types of millet—the broom corn type, which has spreading heads, and the foxtail type, which has one spike head.

Millet can be sown as late as July as a catch crop. It can be sown after wheat and oats are harvested. Use about three pecks of seed to the acre and cut for hay when the heads begin to show.

Sudan grass is as yet new to the Corn Belt. It belongs to the sorghum family. It may be sown broadcast, or drilled, and it makes no difference in the yield of hay whether 10 pounds or 30 pounds of seed are sown to the acre, as it is a great stooler.

Sudan grass can be sown as late as July 15 or 20, and the early seeding sometimes makes two cuttings. It should be cut as soon as the bloom begins to drop and handled the same as sorghum. If the weather is hot and dry it can be cured into hay and stored.

In securing Sudan grass seed care must be taken to make sure you do not get Johnson grass seed instead. Johnson grass is a great pest and its seed so closely resembles the seed of Sudan grass that the average person cannot tell the difference.

ARMY KITCHENS ARE CARED FOR CAREFULLY

British Officers Look Closely After the Welfare of the Men in Their Commands.

Behind the British Lines in France. (by mail)—The importance of the kitchen department of the army cannot be overrated, for if men are to work hard and efficiently they must be decently fed. For this reason the "king's regulations" provide that it is the first duty of every commanding officer to see that the soldier's meals are "properly and sufficiently provided." It is further ordered that an officer must inspect the kitchens and cookhouses every day, while the same officer must visit the barrack rooms and mess tents during the breakfast, dinner and supper hours to find out if there is any cause for complaint.

The kitchen establishment of a British army camp varies widely under different circumstances. At garrison centers in France, the cookhouse is a large building shared by several units, and is under the charge of a sergeant-chef who has been through a special course in military cooking. It is his duty to superintend personally all cooking done in the regimental cookhouse. Each unit, in its turn, has a chief cook who is responsible for all the meals of his unit.

In the field, however, the cookhouse is a thing of mushroom growth. When a unit is on the march the simplest method of constructing a temporary kitchen is to place a number of kettles on the ground in two parallel rows, block the leeward end of the passage thus formed with another kettle and light a fire in this improvised trench. As soon as the fire has been started, one or two rows of kettles can be placed on top of those already in position.

If the stay at a particular spot is likely to be for any appreciable length of time, a good field kitchen is improvised by digging a narrow trench for the fires, and placing the camp kettles above this. Sometimes a chimney is built of sods.

For a stay of three or four days, regular "field ovens" are constructed. An arch of sheet iron is erected and on top of this a layer of clay is piled. With this oven it is possible to give the men roast meat for dinner as often as the joints are forthcoming from the supply column. Enough bread to feed a whole battery can be baked in one of these ovens.

DEATH TAKES MAKER OF CONFEDERATE FLAG

Wilson, N. C., (by mail)—Mrs. Rebecca Winborne, 87 years old, who died recently, is said to have been the woman who made the first Confederate flag. The banner, designed by Captain Orren Randolph Smith, of Henderson, N. C., was made by Mrs. Winborne when she was Miss Rebecca Murphy, at Wilson, in February, 1861. A sister refused to aid in making the flag, it is said, because she was engaged to a northern army officer. A few weeks after the flag was completed it was adopted by the confederate congress at Montgomery, Ala., as the standard of the confederacy. The first banner contained only seven stars, representing the number of states that had seceded, but this number was soon increased to 11 by the withdrawal of other states from the union. By an act of the confederate congress it was named "The Stars and Bars."

At a reunion of confederate veterans

at Norfolk, Va., in 1910, Captain Smith explained the meaning of the various colors in the flag, as follows:
"The idea of my flag I took from the Trinity. The three bars were for church, state and press, all bound together by a field of blue (the heavens over all), bearing a star for each state in the confederation. The seven white stars, all the same size, were placed in a circle, showing that each state had equal rights and privileges, irrespective of size or population."

INJURED SOLDIERS TO BE GIVEN REAL TRAINING

The following is authorized by the Federal board of Vocational Education:

There appears to exist in the minds of many persons a misconception of what vocational re-education is, as applied to disabled soldiers and sailors. The Federal Board for Vocational Education, which is charged with the duty of re-educating the injured men, is constantly receiving communications from persons who have this, that, or the other supposed art or craft which they offer as being just the thing to teach the wounded soldiers. These suggestions run all the way from making artifacts out of sealing wax, making paper flowers and gilding pine cones to constructing alleged ornaments out of putty.

The federal board does not intend to teach useless things. The education to be given in the main, will be in highly specialized occupations which are good paying, recognized, and many callings that have a definite, useful place in the business world.

There seems to be a misunderstanding concerning what occupations, therapeutics and vocational education are, or the part that they play. The former is given to divert the patient's mind, to exercise some particular set of muscles or a limb, or perhaps merely to relieve the tedium of convalescence. These activities have little, if any, practical value beyond the immediate purpose they serve, nor are they intended to have any other value.

But even now in occupational therapy the idea is to give that sort of training which will be preliminary to the real vocational education which is to begin as soon as the patient is able to go further along. If, for instance, the patient was formerly a sheet metal worker, and is now debilitated from the use of physical strength, he is started, perhaps, as a designer or architectural expert in cornices, sheet metal and architectural work. His practical knowledge is thus built upon and focused in a specialty suited to his capabilities.

The patient is furnished with a set of instruments, a bed drawing board, and textbooks. Then he is given able instruction. The weeks in bed or in the wheel chair are utilized practically. When he is able to go into the work shops, the convalescent is well along as a technician, and ready for further intensive training.

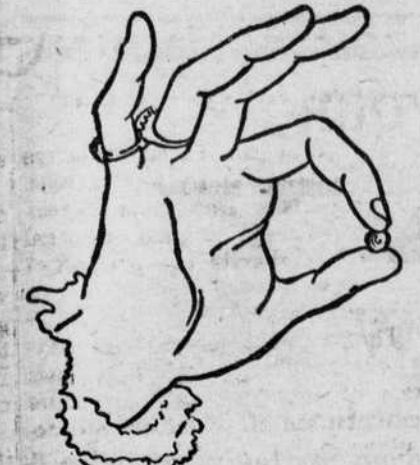
So it is with other lines. The business of education is first of all, common sense and practical. The idea is to turn out thoroughly trained men for men's jobs at men's pay, despite any physical handicap which may have rendered the men useless in their former callings.

EPIDEMIC OF HORSE THIEVES.
Amsterdam.—The German newspapers are much agitated over an epidemic of horse stealing in Berlin. In a single week recently horses valued at \$25,000 were stolen in Berlin, most of them while standing in the streets in daylight. The animals are sold in the provinces, where they fetch fancy prices, or are used for clandestine hitchhiking in Berlin. A pair of fine race horses recently disappeared during a race meeting at the Grunewald course.

LIFT OFF CORNS!

With fingers! Corns and calluses lift off. No pain!

Magic! Just drop a little Freezone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers. Truly! No humbug!



Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius.—Adv.

Where He Is Expert.

"So you've joined the army, Mose?"
"Yes, sah."
"What branch of the service are you in?"

"Well, sah, Ah's in de infantry, but when we gits t' France Ah's done asked de captain to put me on dat night raid w'k. Gittin' into de odder fellow's back yard durin' de night hours is a job Ah considers mahse' particularly experienced at."—Detroit Free Press.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *W. C. Little*
In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Kidder—The crown prince certainly has a great little head for beating it back toward Berlin.

Kiddee—Whatja mean, head?
Kidder—Receding chin and retreating forehead.

RED CROSS BALL BLUE
Insures snowy white beautiful clothes on washday. Buy Red Cross Blue, not just cheap liquid blue which makes your clothes greenish yellow. Red Cross Ball Blue large packages cost only 5 cents. All good grocers sell it.—Adv.

Many an honest man might be otherwise if an opportunity worth while knocked at his door.

"UNCLE SAM" IDEAL FIGURE

Old Gentleman, Happy Blending of the Cardinal Virtues Typical of the American.

My father used to tell me that his great-uncle, Major Samuel Wilson, was quartermaster in Washington's army, and that when the supplies came in marked "U. S." the boys in the army used to say, "More food for Uncle Sam!" When the war was over the army took this saying to every part of the land, and "Uncle Sam" soon displaced "Brother Jonathan" as the favorite nickname for our country.

"In picture and phrase, 'Uncle Sam' is still, for good or ill, our national figure. He incarnates the American character. What can you see in him? "To me it means a happy blending of four cardinal virtues which are typical of the American—shrewdness and energy, kindness and humor. If Uncle Sam were only shrewd and energetic, he might be a very stingy old specimen, not at all to be admired. Sometimes our good friends across the water have only seen this side of him. If Uncle Sam were only kind and humorous, he might be a shiftless good-for-nothing. But, fortunately for us all, energy and shrewdness give him power without waste, while kindness and humor make him human and friendly."—H. N. Macraeken in St. Nicholas.

Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower part of the back; highly colored urine; loss of appetite; indigestion; irritation, or even stones in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is said to be no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarlem Oil Capsules, and save yourself before it is too late. Instant treatment is necessary in kidney and bladder troubles. A delay is often fatal. You can almost certainly find immediate relief in Gold Medal Haarlem Oil Capsules. For more than 200 years this famous preparation has been an unfailing remedy for all kidney, bladder and urinary troubles. It is the pure, original Haarlem Oil your great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

A Correction.
"When a Boche finds himself in a tight place he warbles out 'Kamerad, I've got a wife and three children.' Then one of our boys sings out: 'You're a damned liar. I've got a widow and three orphans.'—From a Soldier's Letter to the Knobnosier Gem.

Roses for the dead are all right if you've given praises to the living.
Germany makes a bread without flour.

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

Calf Enemies

WHITE SCOURS
BLACKLEG

Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggressor, or Cutter's Blackleg Pills.

Ask him about them. If he hasn't our literature, write to us for information on these products.

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"The Laboratory That Knows How"

One Treatment
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All druggists; Soap 25c, Ointment 25c & 50c, Talcum 25c. Sample each 1c. Cuticura, Dept. 2, Boston.

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SIoux CITY P.T.G. CO., NO. 36-1918.

Interrupted Lesson.

An ancient French schoolhouse, deserted in the flight of the villagers, was taken over by the Americans as part of the headquarters of a field ambulance. The interrupted lesson could be read upon the bulletin board by the Yankee wounded, carried through, and a Daudet among them could have woven a masterpiece from it. The moral that the teacher was inculcating when he held his "derniere class" was this:

"The free man obeys his conscience and the laws of his country."

And the phrase set before the pupils for their composition exercise that day—the date was written on the board, 20 Mai, 1918—was:

"Un jour de grand vent."
They might have written it: "The day of the big wind."—Stars and Stripes.

Rough on Pa.

Father—What does the teacher say about your poor arithmetic work?
Willie—She says she'd rather you wouldn't help me with it.—Boston Evening Transcript.

A bird that can't sing and will sing is a logical potpie candidate.

Proof that Some Women do Avoid Operations

Mrs. Etta Dorion, of Ogdensburg, Wis., says:
"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."

How Mrs. Boyd Avoided an Operation.
Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.
"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Every Sick Woman Should Try
LYDIA E. PINKHAM'S VEGETABLE COMPOUND
Before Submitting To An Operation

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

You Are Dying By Acid
When you have Heartburn, Gas, Bloat, and that Full Feeling after eating. TAKE ONE

EATONIC
FOR YOUR STOMACH'S SAKE

Get rid of the Overload and Excess Acid and you will fairly feel the GAS driven out of your body—THE BLOAT GOES WITH IT.
IT GIVES YOU REAL STOMACH COMFORT
Get EATONIC from your Druggist with the DOUBLE GUARANTEE

Send for the "Help" Book, Address: National Remedial Co., 1018-24 So. Wabash Ave., Chicago, Ill.

Cents a Coat or Two a Day