

A Sheriff in Tennessee must be a man of brawn & vigor

Mr. B. W. D. Barnes, of Warren County, Measures up to Requirements.

HIS LIFE A STIRRING ONE

Always in robust health, B. W. D. Barnes could ride, shoot and get his man. He was everything a sheriff in Warren Co., Tennessee, should be until overtaken by a complication of catarrhal troubles of the stomach, bowels or other organs. Dr. Hartman's Famous Peruna Tonic has been a standard household remedy for forty-five years. If you are sick and suffering, write The Peruna Company, Dept. A, Columbus, Ohio, for Dr. Hartman's Health Book. It is free. Your dealer has Peruna in both tablet and liquid form. If you want health, insist upon having Peruna. Your dealer will give you a Peruna Almanac.

THE RIGHT WAY...

In all cases of Distemper, Pinkeye, Influenza, Colds, etc.

of all horses, brood mares, colts, stallions, is to

"SPOHN THEM"

On their tongue or in the feed put Spohn's Liquid Compound. Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the disease germs. It wards off the trouble no matter how they are "exposed." Absolutely free from anything injurious. A child can safely take it. Sold by druggists, harness dealers, or sent express paid by the manufacturer. Special Agents Wanted.

SPOHN MEDICAL CO.,

GOSHEN, IND., U. S. A.



PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For restoring color and beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

GET 6% on your money, no more, no less. Security, good land, 80 or any multiple. Bank reference. Fresno Land & Cattle Co., Fresno, Mont.

SIOUX CITY PTG. CO., NO. 14-1919.

KEEP FINGERS FROM MOUTH

Many Cases of Infection Proved to Be Due to This Habit, Altogether Too Common.

"When I became a man I put away childish things."

Not always, and hence the aphorism, "Men are but children of a larger growth."

One of the first acts of volition is when the child puts its hands, or anything it can get hold of to its mouth. In spite of reason, this instinct continues strong through life. If saliva were a bright green color we would be kept busy washing our hands. Most bacterial diseases are now believed to be contracted through the mouth, with food or otherwise. As a matter of fact most of us carry our fingers to our mouth or nose many times a day and in so doing transmit to ourselves diseases that others have spread about. Beginning with instinct it has become a habit. Further comment seems superfluous.—George H. Glover, Colorado Agricultural College, Fort Collins, Colorado.

Too Risky.

I'll bet you'll have the prettiest lawn this summer.

"I won't take you, for I know that is a bet where you are going straight to hedging."

You get that which you seek. The bee turns everything he sucks into honey, the wasp into venom.—Portuguese.

Peerless Chick Food

and poultry food are the Best for Chickens

Ask for prices and samples

Akron Milling Company, Sioux City, Iowa

State and County Agents make money selling Best Steering Device for Ford cars. Why not you? Auto Steer Co., Rockford, Ill.

STREETS WITH ODD PAVING

Few Civilized Towns Would Care to Duplicate Thoroughfare Known to Exist in Africa.

Paris, we are told, is to be paved with glass, and this has been referred to as if it were quite unknown. However, this is not so, for Lyons already has the Rue de la Republique, with its glass pavements laid in blocks 8 inches square, so closely fitted that water cannot pass through them.

But streets of glass are not by any means the most curious streets in the world. There is a street in Gwandu, Africa, which is a veritable place of skulls. The town, oval in shape, has round it a ring of poles, every one of which is crowned with a human skull. There are six gates to the town, and every one of them is approached by a pavement of skulls, of which something like 12,000 were used. The pavement is snowy white.

Philadelphia has a street made with compressed grass, and the experiment promised so well after a year that there may soon be many companion streets of grass.

In One Way.

"Ma, my arithmetic teacher is a woman with a serpent's tongue."

"How can you talk so Willie, of such a nice lady?"

"Well, she's an adder, ain't she?"

A clock keeps on working when it goes on a strike; that's where it gets the bulge on a man.

SEVEN YEAR ITCH.

The veterans of the civil war tell us how seven-year itch spread over the country after the soldiers returned home. So striking was the connection between the seven-year itch and soldiers that the common name for the disease about that time was camp itch. Some of the old timers have been scaring the younger generations with stories of seven-year itch waiting right around the corner, even saying that the disease had already been scattered broadcast.

The Kentucky Medical Journal deems it advisable to tell the people that the stories about the wide prevalence of scabies, army itch, camp itch, seven-year itch or prairie itch are not true. Things have been done differently in this war and we do not have to be afraid to walk on the same side of the street with a soldier lest we catch something.

At the embarkation hospital at Newport News the authorities established a scabies ward for the treatment of seven-year itch. They had to care for only 102 men. How different the experience of 1861-65.

Seven-year itch is so named because it is popularly supposed to last seven years. In the army hospital they cured it in less than seven days. This is their method: The subject stripped off his clothing and scrubbed his skin with soap, using a brush for the purpose. He was told to scrub all the tops from the sore places. The scrubbing and subsequent washing took about half an hour. After drying he rubbed his body thoroughly, covering every square inch of skin with the following ointment:

Sulphur ointment.....30 parts
Balsam peru.....4 to 8 parts

The spaces between the fingers were especially well rubbed. This was left on all night. The next morning it was washed off and a lighter application of ointment was made. The washing and anointing of the entire body was kept up for six days. Every stitch of clothing and all sheets, blankets and bedding which had touched the patient were sterilized by heat (150 degrees or over). Every case was cured.

Cranston goes the army method several better. His method is called the one-day method. At night he scrubs the skin from the neck down with green soap, using a brush. This takes 15 minutes. This is washed off with hot water, using a brush. This washing and rubbing should occupy 30 minutes. He then rubs in the following ointment:

Ichthyol.....10
Sulphur sublimated.....12
Carbonate of potash.....6
Triturated camphor.....2
Grease.....60

The next morning he washes this off with hot sulphur water. This takes 15 minutes. Sulphur water is made by putting three ounces of hepar sulphur in a pint of water and letting it stand all night. The next morning this is poured into the bath water. After taking the bath in sulphur water the man dresses in clothing that has been sterilized by heat. All clothing and bed clothes which have been in contact with the patient are sterilized by heat.

After the War.

When Kaiser Bill's embattled Huns were doing stunts with swords and guns, you were a dead game sport, we know, who breathed defiance to the foe. No sacrifice was then too great, you wished to squeal that Willie helm skate, and everyting for which he stood, and you were busy saving wood. You sold the cow, your car you pawned, so you could buy another bowd. With loyal boys you held the fort; you were, in truth, a dead game sport. And now the silly war is done; we've placed the kibosh on the Hun, have gained for man a brighter day—but there are many bills to pay. In wartime you were great, my friend; don't be a piker at the end. Our Uncle Sam, he needs a pile, and has to borrow for a while. He needs full many a shining bone, and so he springs another loan, and we should rise on our hind legs, and offer him the dough in kegs. Are we less loyal than we were when we were lifting Teuton fur? I wot not, and I wist nay, nay; we'll help our Uncle Sam to pay. He needs all kinds of large round plunks; we'll dig the doubloons from our trunks. And you will help us out, my friend. Don't be a piker at the end. Copyright by George Matthew Adams.

Time to Fight.

From the Birmingham Age-Herald.
"While I was at Camp Funston as camp adjutant," said Maj. Frank S. White, Jr., "there was a Nebraska lieutenant who brought a negro soldier into my headquarters one day and stated to me that the negro was a conscientious objector, and that since he was from Alabama he wanted me to talk to him."
"The first thing I did was to command him to stand at attention instead of taking an easy chair he saw near by. He noticed my southern accent and immediately looked me over. Finally he said: 'Major, ain't you from the south?' I replied that I was. Then I asked him what church he belonged to, and he replied that he was a Baptist. I told him that if he was a Baptist, and claimed to be a conscientious objector, he was a liar and knew it, for Baptists were fighting folks, and especially Alabama Baptists, white or black. Then the negro said:
"Boss, I see gwine to come clean wid you. I see been a barber down at Daffney, Ala., all my life, and I never is done no hard work, and when dis here little Nebraska lieutenant put me to digging ditches clean across Kansas I jest naturally white eyed on de job, and I 'cided dat I'd be a conscientious 'jector fur jest long nuff to get good and rested. I see had 'bout fo' days' rest now, and I spects if it's all right wid you dat I'd better sit on back to my outfit, fur I sees dere ain't no use trying to fool one of my own white folks!"

A Summing Up.

He won no fame with sword or pen,
No problems he made clear;
Amid the eager throngs of men
None pressed his words to hear.
He found no lands unknown before,
Brought freedom to no slave;
Unearthed no wisdom known of yore,
No glittering bounty gave.
From Nature's hand no wealth he won,
He gained no cross nor palm;
By him no splendid deed was done,
He wrought no shameful harm.
So countless millions pass their days
In useless lives, we're taught,
Who daren so read God's hidden ways—
And say these lives are waste and vain.
—Tudor Jenks in the Outlook

DANDRUFF MAKES HAIR FALL OUT

A small bottle of "Danderine" keeps hair thick, strong, beautiful.

Girls! Try this! Doubles beauty of your hair in a few moments.



Within ten minutes after an application of Danderine you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance.

Get a small bottle of Knowlton's Danderine for a few cents at any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.—Adv.

Had to Try Another.

Benevolent Old Gent—But that is not the same tale that you told me a few days ago, my man!

Cheerful Mendicant—No, mister; you didn't believe that one.—London Tit-Bits.

Watch Cuticura Improve Your Skin.

On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, itching and red rough hands.—Adv.

The worst man is sometimes capable of giving advice.



Constipated Children Gladly Take "California Syrup of Figs"

For the Liver and Bowels

Tell your druggist you want genuine "California Syrup of Figs." Full directions and dose for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup."

Proof. "So you think you have a forgiving nature?" "I must have. I always go back to the same dentist."

The Mode of Conveyance. "Sometimes I have traveled miles in my dreams." "Then you must have done it on a nightmare."

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid



The Bayer Cross on Genuine Tablets

"A Blessing for Humanity in Pain!"

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|--------------|-------------|------------------|
| For Headache | Lame Back | Colds |
| Neuralgia | Lumbago | Grippe |
| Toothache | Joint Pains | Influenzal Colds |
| Achy Gums | Sciatica | Stiff Neck |
| Earache | Gout | Distress |
| Rheumatism | Neuritis | Pain! Pain! |

Proved Safe by Millions! American Owned!

Adults—Take one or two "Bayer Tablets of Aspirin" with water. If necessary, repeat dose three times a day, after meals

20 cent Bayer packages—also larger Bayer packages. Buy Bayer packages only—Get original package.

Cave Culture.

The Professor of Anthropology—The intelligence of the cave man was but little above that of the lower animals. The Sophomore—Then where did they get all those scientific names for their animals, like plesiosaurus, and such.

Fresh, sweet, white, dainty clothes for baby, if you use Red Cross Ball Blue. Never streaks or injures them. All good grocers sell it, 5c a package.

Catching a weasel asleep is easy compared to the job of finding some folks awake.

Discreditable Association.

"Why should the bolsheviks have selected red for their emblem?" "I don't know," replied the artist. "It's a libel on a mighty attractive and valuable color."

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 *Charles H. Fletcher* In Use for Over 80 Years. Children Cry for Fletcher's Castoria! Sorrow's best cure is employed

There's a rich, satisfying, old-time flavor to The Original POSTUM CEREAL

that no substitute can ever equal.

A healthful drink that leaves no trace of harm, a beverage grateful to the stomach, that never upsets nerves, heart or digestion as does sometimes coffee.

Boil just like coffee

Boil thoroughly (15 minutes after boiling begins) make it rich and dark and you have something that makes your meal doubly enjoyable.

"There's a Reason"

At Grocers—two sizes 15c & 25c.

"Yes, I tried it, but I went back to Royal"

This is the experience of most women who have been tempted to try so-called cheaper baking powders which almost always contain alum and often leave a bitter taste.

Royal Baking Powder Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—Leaves No Bitter Taste