



This summer don't spend hours over a hot stove! Serve Libby's delicate Corned Beef chilled — it will give you an entirely new idea of how easily an appetizing summer meal can be prepared. Get a package from your grocer today.

Libby, McNeill & Libby, Chicago

### "BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

### PUT PROFITS INTO DIAMONDS

Many Reasons Why Increased Demand for Precious Stones Invariably Follows Devastating War.

The waste of war, by which many suffer and few reap returns, is always accompanied by a demand for precious stones. This war has differed only from other wars in that the demand was greater. Profiteers in the allied countries have sought for the purpose of display. Profiteers in enemy countries want diamonds, because they supply the safest way of concealing newly acquired wealth. As the diamond industry is the closest corporation in the world, values are not likely to depreciate, unless all the profiteers want to change their investments at the same time. At the present moment the price is higher than it has ever been.

The diamond dealer is of all traders the least hampered by office restrictions. He frequently carries the bulk of his stock in trade about with him in his waistcoat pocket. The public street is, as often as not, his only market place. In Hinton gardens, which is the chief center of the diamond industry in London, may frequently be seen little groups of two, three, or more well-dressed men, peering intently through little, monocle lenses at gems worth many thousands of dollars.

### You Hesitate to Give Coffee to Children

Then why give it to grown folks? You can pleasantly solve the question of a table drink by giving all the family

### Postum Cereal

Boiled full 5 minutes after boiling begins, it tastes much like superior coffee. It's an economy.

At Grocers.

Two sizes, usually sold at 15c and 25c

### HOW DEMPSEY TRAINS.

I do not know so much about Dempsey's method of training as I do about that of Willard. The day I saw him exercise he was by pulling weights. This developed especially the muscles of his shoulders and arms. He worked for speed quite as much as for strength. He next spent several minutes in punching a heavy punching bag. It was said that this bag was shaped somewhat like the human body and weighed 75 pounds. This was followed by an exhibition of skill in punching an ordinary light punching bag. With a novice this exercise trains the eye, the sense of location, speed and direction especially. With an experienced pug puncher fancy punching does not call for much nor train much.

Then followed two very swift rounds of boxing with a husky opponent. Under ordinary circumstances this becomes six rounds, two with each of three opponents. This is followed by a bath and rubbing down.

There were rumors of all kinds of exercises taken in secret. How much of this rumor is truth I do not know. It is certain that Dempsey takes long walks daily. A part of the distance covered is done at a run.

Hard work takes off weight and increases wind and endurance. It likewise develops the muscles of the legs. It is said that he spends some time in wrestling. Wrestling especially develops the muscle development as well as much better wind and more endurance than does prize fighting. Pugilists are all the better for having small legs—considering the method classifying by weight.

Wrestling must be strong in the legs. Wrestling especially develops the muscles of the neck and trunk. I have never seen a prize fighter who impressed me as being so good a physical specimen as is any one of several wrestlers.

Dempsey is reputed to spend some time each day on the beach in bathing trunk. At any rate, the skin of his body is turned to reddish brown about as deep as that of an Indian. Skin of this color holds back the heat rays of the sun.

I presume he does nothing to keep his back straight. At any rate, he has considerable curve in the region of his ribs. Much of this is due to the crouching position in which he spends so much of his time, since it is his position in boxing and fighting.

Certainly, He Knew.

From the Buffalo Commercial.

An American job in England, standing on the platform of the railroad station, stepped on the scales to weigh himself. The scale was graduated by stones, as one is accustomed to it. He seemed to have some difficulty in figuring it out and finally an English gentleman stepped up and said: "Can't you tell your weight, Jack?"

"Sure," replied the job, "It's about 11 stones, two bricks and a couple of boards."

Coy Mary.

From Everybody's Magazine.

"At didn't know how to pop the question and appealed to his mother. Then to the girl of his heart—'Mary,' said he, 'me mother wants to know if you'll come and live with us always?'"

"Go home," said Mary very coyly, "and tell your mother I will."

To Make Sure.

From Whizz-Bang.

"Where you very sick with the 'flu,' fastus?"

"Sick? Sick? Man, Ah was so sick mos' every night Ah look in cat or casualty list for mah name."

An Expert.

From Heads Up.

Capt. Harbottle—What did you do in civil life, Jones?

Jones—I was vice president of the Jones Rubber Company.

Capt. Harbottle—Good, you can pump up my motorcycle tires.

Not a Chance.

From the Arkansas Thomas Cat.

To Miss Emma Zetwald: There ain't a chance in the world for the girl that wears oversize white stockings!

From the Knoxville Sentinel.

"Dear," I cried, resolved to change her. "There are words I burn to say!"

Then she made this cryptic answer, "All right, Charlie, blaze away."

Maud Muller Motoring.

Maud Muller on a summer's day Was driving rather fast, they say.

The constable, who had a grudge, Took her before a county judge.

The county judge, in surly tones, Fined pretty Maud eleven bones.

She paid it with a haughty stare. There wasn't any romance there.

—Louisville Courier-Journal.

Tax Slackers.

From the New York Commercial.

In Boston the members of a firm of wool dealers have been found guilty of an attempt to defraud the government of income tax returns and have been sentenced to pay a fine of \$10,000 each and to serve 18 months in prison. They recently tried to compromise by an offer to pay the government \$1,000,000. In such a case as this the ends of justice are best served by a prison sentence, as a mere fine could merely be charged off to expense account. There has been no great outcry against the income tax as a war measure, and generally speaking it has been conscientiously observed. Tax dodgers are slackers and for the sake of those who have done their duty faithfully those who seek to escape their responsibility by dishonest methods should be made to pay the penalty.

WOMAN LECTURES WOMAN.

Women are beginning to resent the idea of being sex limited. Equal suffrage is only an expression of their determination to be recognized as man's equal. When Stanley Hall wrote "Adolescence," a generation ago he made some statements relative to the physical and mental peculiarities of women which many women resent as implying that they were constitutionally inferior. Since that time several physiologists have made kind statements and whenever they do women hit back.

The rank and file are beginning to take up the cudgels of their sex, not only against men but against those of their own sex who by their lives furnish basis for the resented opinions. The willingness of women to undertake any and all kinds of labor as well as every kind of sedentary employment is in part due to the fact that women feel that their capacity has been challenged.

Those who feel that they are engaged in demonstrating the capacity of women resent the conduct of the flabby women who do little for 25 days a month and then spend three days in bed nursing illness to their sex. They resent the working girl who periodically absent herself from work. They are beginning to resent the woman who keeps at work but who during the three days or thereabouts does up on gin or whiskey or a combination of these in combination. They say that the fursheer ground for the contention of those who say that woman is inferior is constitution. Furthermore, they say that it is unnecessary and useless, and with them I am in accord.

Teachers Mill Hands.

From Fiber and Fabric.

The high wages and improved working conditions in the textile mills are attracting many workers from other occupations, and while thousands of alien workers are gathering up their loot and preparing to leave the country more thousands of desirable people are going into the mills, so that the gain more than offsets the loss and mill work begins to regain its high standing. Report comes from New Bedford that school teachers have applied for work in the mills of that city for the summer vacation. Superintendents and overseers should find places for these workers, as, given two months' work in the mills, they will never teach school again, and it is the intelligent class of workers that will finally replace the alien pirates and make mill work popular.

The Proper Treatment.

From the San Francisco Chronicle.

A few days ago a man in New York was sent to prison for three years and six months for killing a pedestrian with his special auto. Nine years before the same man was indicted for killing another pedestrian in the same manner, but the indictment was dismissed. Speed mania is a disease, and those afflicted with it should not be permitted to drive a machine once the disease is detected.

### SIMPLY GOOD BUSINESS.

From the Los Angeles Times.

"I wonder if it pays to be decent?" queried a \$25-a-week clerk, speaking to the writer of this paragraph. "I've been a respectable, law-abiding man for 20 years and all I have to show for it is only a few hundred dollars in the bank, no automobile, no comforts or luxuries to speak of, not even a diamond ring for my wife. Why, I know soap box orators that make more money than I do."

Yet, in spite of his verbal explosion, the speaker really didn't wonder if it pays to be decent—not a bit of it! He has his health, a living wage, a happy home and his well-earned good name, and in his heart he knows very well that it has paid him to be decent. If it did not pay to be "on the square" the percentage of thieves and scoundrels, compared to honest men, would be 10 to one—and who does not know that the opposite ratio is nearer the truth?"

Let any person who disposes to differ read a booklet by Dr. C. D. Mosher, of Leland Stanford university. The booklet is really a lecture given to a Y. W. C. A. convention and an amplification of her talk to girls at Leland Stanford.

She says that no woman who is organically sound need suffer from any of the periods peculiar to women. By the persistent daily use of one exercise most women can cure themselves of these troubles. I quote her instructions.

All tight clothing having been removed, the woman lies down on a level surface. The knees are flexed and to secure perfect relaxation the arms are placed at the sides. One hand rests on the abdomen without making any pressure. It is merely to serve as an indicator of the amount of movement. She is directed to see how high she can raise her hand by lifting the abdominal wall and then to see how far the hand will be lowered by the complete contraction of the abdominal walls—drawing in of the abdomen.

The exercise is repeated 10 times. It is carried out twice a day, preferably before dressing in the morning and after undressing in the evening. It is to be taken daily but especially is not to be neglected during menstruation.

Lost Trade Secrets.

From the Boston Globe.

Numerous are the trade secrets handed down generation by generation from father to son, and vast is the capital made out of some of them in the commercial world today. Many are the profitable less trade secrets buried far down below the moldering dust of the misty past and lost to the world, perchance never again to be recovered. What would a Royal Academician of the present day give to be the secret held by the old masons for mixing their colors so as to render them imperishable and impervious to the ravages of time? The red colors especially of these artists of a bygone epoch are every whit as bright now as they were three long centuries ago. On the contrary, the colors of pictures painted only 100 years ago have lost their luster, and are faded and decayed to a deplorable extent. Again, in the world of music, the manufacturers of violins treasured a recipe for varnish that sank into the wood and their incomparable instrument, and mellowed it as well as preserved it. With such extreme, relentless jealousy, however, did they guard their great secret that it, too, is lost, to all appearances, irrevocably. Rather more than 100 years ago there lived in a quaint old world village in Wales a working blacksmith, who had managed, by some means or other, to bring the welding of steel to such a pitch of perfection that the joint was absolutely invisible and the temper of the steel as fine as on the day it left the tester's hands. He was offered large and tempting sums to divulge his secret, but he kept it obstinately to himself, and when his span of life had run its course he took it with him to another world.

The man who could disintegrate the buried recipe for Roman mortar would be bowed down to and worshiped by the builders of the present day. How they made it is a profound secret and bids fair to remain so. The mortar is as firm now as it was 2,000 years ago and has withstood the ravages of time and weather.

Now First We Stand and Understand.

Now first we stand and understand And under false from true, And handle boldly with the hand And see and shape and do.

Dash back that ocean with a pier, Show yonder mountain flat. A railway there, a tunnel here, Mix we this zone with that.

Bring me my horse—my horse? my wings That I may soar the sky For thought into the outward springs I find her with the eye.

For as the Future vaults her skies, From this my vantage ground To those still, working energies I spy nor term nor bound.

As we surpass our fathers' skill, Our sons will shame our own; A thousand things are hidden still And not a hundred known.

And had some prophet spoken true Of all we shall achieve The wonders were so widely new, That no man would believe.

Meanwhile my brothers, work, and wield The forces of today, And plow the Present like a field, And garner all you may! You, what the cultured surface grows, Dispense with careful hands; Deep under deep forever goes, Heaven over heaven expands.

—Tennyson.

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### BIG POTATO YIELD

Western Canada Man Raised 500 Bushels on Two Acres.

He Thinks He Did Pretty Well but There Were Even Larger Crops in the Neighborhood—Live Stock Men Prosper.

As a by-product the yield of potatoes on the farm of Ben Pawson of Coaldale, Alberta, was somewhat of a paying proposition. Coaldale is in the Medicine Hat district of Alberta. Medicine Hat is a place, pictured in the mind of many Americans, where the weather man holds high carnival, and when he wants to put a little life or spirit into the people just moves the mercury down a few notches. The rascal has thus given Medicine Hat a rather unenviable place on the map. But it isn't half as bad as it is pictured. Anyway, Ben Pawson likes it. Last year he grew six hundred bushels of potatoes on two acres of land that had no special preparation, and only the usual precipitation, or rain, as the less cultured would call it. When he couldn't work at his hay or grain, because of the damp mornings, he gave them some attention. And then evenings between supper and chores and bedtime he gave them some work. Anyway his yield was six hundred bushels, and he sold the whole lot for \$285. Ben is satisfied. Still there were larger yields than this in the neighborhood.

If one might speak of hogs in the same breath in which you speak of potatoes, there is nothing in the ethics of literature that would create a debarment. Taking advantage of this license it will not be out of place to state that large potato yields are not the only feature of interest in this new and interesting country. Amongst others hogs are having a good deal of attention. Not long ago, hogs reached the \$28.00 mark on the Calgary market. It doesn't cost much to raise a hog and very little to bring him to a weight of 200 pounds. Don't cost much! Certainly not. But what about the man who recently paid \$350 for a Duroc Jersey Boar? That was all right. That man knew what he was doing. He was doing what a great many other farmers in Western Canada are doing today. He is acting on the old "saw," that "it costs no more to raise a good critter than a poor one." That is the reason that Western Canada is looming large in the live stock world. The best is none too good. The same may be said of horses, cattle, yes, and sheep, too. The very best sires and dams of the best breeds are purchased. And while big prices are paid, it is felt that the demand for pure-bred stock at home and abroad will bring returns which will warrant any reasonable price that may be asked.—Advertisement.

Double Capacity.

"Old Man Bobbitts is a mean concern, isn't he?"

"Mean? Why, that old skinkint is a regular twin screw."—Baltimore American.

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 *Dr. J. C. Fitch* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

State Leads in Blind.

Pennsylvania has more blind people among its residents than any other state, but the percentage is greater in New Mexico.

FARRIS' COLIC REMEDY

The EASY WAY

TO TREAT HORSE COLIC No Drenching—A Child Can Give It. 6 DOSES 60c GUARANTEED Old Kentucky Mfg. Co., Inc., Paducah, Ky.

4,000 ACRES, schools, railroad, telephone, fence, abundance water; 1,400 a. meadow, open to forest reserve; A-1 for stock, dairy, sheep ranch; in the temperate Bitter Root Valley Geo. F. Brooks, own, Missoula, Mont.

Western Canada's "Horn of Plenty" Offers You Health & Wealth

Western Canada for years has helped to feed the world—the same responsibility of production still rests upon her. While high prices for Grain, Cattle and Sheep are sure to remain, price of land is much below its value. Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from \$25 to \$30 per acre—good grazing land at much less. Many farms paid for from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Railway and Land Companies offer unusual inducements to Home Seekers. Farms may be stocked by loans at moderate interest. Western Canada offers low taxes, good markets and shipping; free schools, churches and healthful climate. For particulars see its reduced railway rates, location of land, illustrated maps, apply to Dept. of Agriculture, Ottawa, Ont. or to Geo. F. Brooks, 241 Jackson St., St. Paul, Minn. Canadian Government Agents



### EVERYTHING FAILED

Then Mrs. Bozarth Used Doan's for Kidney Trouble. Says Worth Weight in Gold.

"Doan's Kidney Pills are worth their weight in gold for they cured me after all other medicine had failed," says Mrs. B. Bozarth, 87 Water St., Mt. Holly, N. J. "For over three years I was in misery."



"The pain in my back grew worse until I had to go to bed. I did nothing but toss about. The stinging pains shot through my body and my head ached and throbed. My eyes felt as though they would bulge out of my head. The blinding dizzy spells made me think I was going to lose my mind. Everything would turn dark. "The kidney secretions burned, were the color of coffee and passed every few minutes in very small amounts. I felt a flutter with nervousness. I scarcely ate anything and I lost twenty-four pounds. I felt short of breath and my heart would palpitate. Sometimes I would shake all over and become numb. "Doan's Kidney Pills soon gave me relief. I couldn't believe this little 60c box had helped me after the doctor's expensive treatments had brought no results. Three boxes of Doan's cured me." Sworn to before me, R. J. B. SLACK, Notary Public.

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

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS HOUSE FLIES. Most clean, ornamental, complete, cheap, lasting, safe, and effective. It kills all flies, house flies, stable flies, and all other annoying flies. Sold by dealers, or by EXPRESS, 5c per box. HAROLD SOMMER, 100 Duane Ave., Brooklyn, N. Y.

GIRLS Clear Your Skin Save Your Hair With Cuticura

Head, Neck, Face, Arms, Back, Feet, etc. Sample Free. "Cuticura," Dept. 2, Boston.

MILLIONS Suffer from Acid-Stomach

Millions of people suffer year after year from ailments affecting practically every part of the body, never granting them health. Here is the reason: poor digestion means poor nourishment of the different organs and tissues of the body. The blood is impoverished—becomes weak, thin, sluggish. Ailments of many kinds spring from such conditions. Biliousness, rheumatism, jaundice, scalds, general weakness, loss of power and energy, headaches, neuralgia, nervousness, mental depression—even more serious ailments such as catarrh and cancer of the stomach, intestinal ailments, chronic of the liver, heart trouble—all of these can often be traced directly to acid-stomach.

Keep sharp lookout for the first symptoms of acid-stomach—indigestion, heartburn, belching, food repeating, that awful painful flat after eating, and sour, gassy stomach. EATONIC, the wonderful modern remedy for acid-stomach, is guaranteed to bring quick relief from these stomach troubles. Thousands say they never dreamed that anything could bring such speedy relief—and make their food so appetizing. Try every way. Try EATONIC and you will be just as enthusiastic in its praise. Make your life worth living—no aches or pains—no blues or melancholy—no more of that tired, listless feeling. Be well and strong. Get back your physical and mental punch; your vim and vigor. You will always be weak and ailing as long as you have acid-stomach. So get rid of it now. Take EATONIC Tablets—50 cents for a big box. Get a box from him today and if you are not satisfied he will refund your money.

EATONIC FOR YOUR ACID-STOMACH

Every Woman Wants Partine 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. 50c. All druggists, or postpaid by mail. The Partine Toilet Company, Boston, Mass.

Aerial Wonder The Aerial Balloon climbs high into air by its own power. Greatest novelty hit in years. Every boy and girl wants one. Send 10 cents in coin to SANO SALES CO., P. O. Box 1404, Des Moines, Iowa. SIOUX CITY, P.T.G. CO., NO. 29-1919.

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