

WOMAN SUFFERED THREE MONTHS

Pains in Back and Nervousness. Made Well by Lydia E. Pinkham's Vegetable Compound

Montevideo, Minn.—"I suffered for three months with pain in my back and sides, and was awful nervous so that I was unfit to do my work. After I began taking Lydia E. Pinkham's Vegetable Compound I grew strong, and now I weigh 150 pounds. I keep house and am able to lift and do any kind of work. I have got wonderful results from the Vegetable Compound and recommend it very highly to my friends. I give you permission to publish my testimonial."—Mrs. OLE BERGSTRÖM, 210 8th St. So., Montevideo, Minnesota.

Another Nervous Woman Finds Relief
Fort Huron, Mich.—"I suffered for two years with pains in my side, and I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 1910 Elk Street, Fort Huron, Mich.

Rampant.
First Heraldic Lion—"How do you feel, old thing?" Second Heraldic Lion—"Right on the crest, old fruit!"—Life.

FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority.

Science has found a newer, better way—a means as simple as Nature itself. In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Medical authorities have found that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot gripe. It is in no sense a medicine. And like pure water it is harmless and pleasant.

Nujol is prescribed by physicians; used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

Fathers who think they have the brightest child in the world should keep the thought to themselves.

ing for trouble unless he is strenuous enough to take a fall out of it.

Anyone who can make biscuits is a good camp cook. That's the test.



Health is the Most Valuable Asset You Have

Newago, Mich.—"Some years ago I was troubled with dizziness, palpitation, loss of appetite and sore and painful stomach. I tried the best physicians I could hear of, and also several put-up medicines, but nothing did me any good. Some physicians said it was my heart; some said it was my stomach; while others said it was my nerves. I got so bad I could not work very steadily, when a friend came to see me and insisted upon my trying Dr. Pierce's Golden Medical Discovery. I was discouraged, but tried it anyway, and after taking the second bottle I felt much better. I then bought six bottles and I believe the 'Discovery' saved my life. It was rightfully named 'Golden Medical Discovery.' I would recommend it to all who need such a medicine.—Chas. E. Backus.

All druggists, tablets or liquid; or send 10c to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for a trial pkg.

11 cigarettes
TURKISH VIRGINIA BURLY
15 for 10
AMERICAN TOBACCO CO.

FIRE PROTECTION ON THE FARM

By Hilda Richmond, Ohio.
While the best fire protection on the farm will always be prevention, such as perfect chimneys, care in threshing time, secure stoves, stoves-pipes that fit tightly into the chimneys and are protected by metal collars, safety in handling matches, the use of only perfect oil stoves and lamps, still there is much to be done in case fire actually occurs.

Careless autoists in summer are apt to throw lighted cigars and matches by the roadside, railroad fires will start and sweep over fields and forests, and accidents will happen in spite of all precaution. So it is well to know simple rules for protection and try to keep cool if fire does break out.

One of the common causes of country fires is that fat boils over on the kitchen stove. When this happens, many excited women throw water on the blaze and cause it to spread. Salt or ashes quickly thrown on the fire will smother the blaze, but most women do not like a pall of ashes standing about the kitchen. However, when fat is tried out, or when doughnuts are made, it is well to provide the ashes or a jar of salt, so that in case any accident happens the remedy can be at hand. A pall of ashes standing in a tiny kitchen for a few hours will not ruin the reputation of any good housekeeper.

Sparks on the roof, when the shingles are dry, cause a large number of country fires, also. A window where some one can get out on the roof quickly, or a ladder that can be raised in a minute or two, will often prevent a serious fire. Tearing off the shingles quickly or using a pall or two of water, will quench the flames and save the house. Of course, carrying water up a ladder is not swift work, but where it can be done by several persons a bad fire can be extinguished.

Where there is a tank and water pressure, or a gasoline engine, a coil of hose always at hand is one of the best fire protectors any farm can have. Sprinkling the roof thoroughly at threshing time, or when the chimney burns out, lessens the danger materially. A steady stream of water, even if small, turned on a blaze will do wonders toward putting out the blaze.

Teach children the danger of fire. Instead of trying to extinguish the blaze, unless they are alone, the children should be taught to raise an outcry, once. No fear of punishment should deter them from reporting the trouble. On our farm, two boys sneaked into the barn to have a private smoke, and a smaller lad was afraid to tell on them. By great good luck the hired man caught them smoking and saved what might have been a bad fire. A man in our county lost his entire outfit of barns and sheds by boys smoking in the barn. The boys were frightened when they saw what they had done and tried to put out the blaze, but it got such headway that everything was swept away.

Fires caused by poachers in the woods, or by sparks from railroad engines, are best fought with the plow. Burning a space in front of the fire is also good. At my old home a few rods from the railroad track, where the prevailing winds always blew toward the house and barn, we never had a bad fire. There have been times when things looked bad, but by telephoning for the section men and plowing a strip around the dry meadows and keeping the lawns free from material that would quickly take fire, we still have the homestead free from fire. Of course, in dry weather we always were on the lookout to put out incipient blazes in the grass, and this no doubt saved the day many times.

So each and every country family should see to it that the members know how to fight fire as well as how to prevent it. Materials are so high and labor is so expensive that all buildings should be saved from the destructive blaze. With no fire protection such as the city must keep up, country people must depend upon themselves, so it is worse than folly to go to pieces in an emergency and lose the chance of saving the buildings, which is always possible if the fire is discovered before it gains much headway.

Every farm ought to have a handy chemical fire extinguisher; better still, one for the house and one for the barn. A bad fire can be stopped before it really gets a start by the use of one of these extinguishers.

Even all these precautions do not make insurance unnecessary. All farm property should be insured in a dependable farm mutual or private insurance company.

For fire-fighting suggestions, write your State Fire Marshal.

Do You Believe in Signs.

A crack in your chimney is a sure sign that you are going to move. If you dream of smelling smoke, it is a sign that you are asleep and had better wake up. To see a paper-hanger peering over a flue hole indicates an impending loss. It is bad luck to look in a dark closet with a match. If you can see your shadow from an oil lamp while filling a gasoline stove, it indicates a crowd of people is coming to your house. When the wind means, it is extremely bad luck to burn trash near the house. If you smell gas or gasoline and look for it with a light, it foretells that you are about to start on a long journey. Even if your house and furniture are covered by insurance, it is extremely unlucky to have them burn on Friday, the 13th.

The British debt mission no sooner sets foot on shore than a certain noisy section of the press begins to harass the members with innuendoes characteristic of the lion baiters. It might be well to remember that Great Britain is the only one that has paid anything on interest, and that if she needs easier terms it is good business to grant them. This nation is not going to war to collect from any of our debtors, and they know it as well as we

MARRIED FOLKS LIVE LONGEST?

Eminent British Physicians Deny That Celibacy Contributes to Longevity—Home Life Means Comfort.

BY F. A. WRAY,
London—Do single people live longer than married?
Two of Britain's most famous doctors—Bernard Hollander, the renowned alienist, and Sir Bruce Porter, head of the Army Medical Service—have just been discussing this question in public, and in both cases their answer is a strong negative.

Both begin by dismissing the subject of unhappy marriages, which, from their experience, they are inclined to view as an almost negligible percentage.

"I treat the matter from a homely, human point of view," says Dr. Hollander. "Married life, first and foremost, conduces to comfort; it conduces to regular habits in sleeping and feeding; it promotes public morality, hygienic conditions and eliminates the risks attendant on promiscuous social indulgence.

"The bachelor is apt to become careless with regard to his health. But the wife makes it her first care to watch over her husband's health, and a man is married, he very soon takes greater care of himself that he may not fall in his duty to those toward whom he has responsibilities.

"Home life is one of the greatest ingredients of health. What married man does not look back with loathing to the interminable succession of meals taken in restaurants? What thought did he give to his diet?"

"Not only physically, but also mentally, is this wisely companionship a boon. Are not most elderly bachelors and spinsters, too, unhappy? Very few bachelors or spinsters of acquaintance who have passed the age of 50 can honestly say that they are completely happy.

"My married friends of the same age, on the other hand, are mostly in full enjoyment of life, kept healthy and contented by their family interests."

"Celibacy, to me, is a new prescription for old age," says Sir Bruce Porter.

"I have met men who attributed their longevity to beer; others to teetotalism, others to cold baths; but this is the first time that I have ever heard any suggestion that bachelorhood led to old age.

"Day by day, with scalpel and microscope, we explore that strange and still uncharted continent, the human being. More and more, as our pilgrimage advances, do we realize the mingling of mind and matter.

"And marriage is a mental upheaval far greater than physical one."

"It follows that the married man is a different being from the bachelor. He has a different mind, different interests, and this mental atmosphere reacts on his physical being.

"The married man of 40 is not only more likely to live longer than a bachelor of the same age, but he is younger in himself. The great secret of youth lies in his children.

"Man, containing two germs on their way through the ages, the germ of mind and the germ of the body, should pass these on as his motif.

"After middle age he lives a great deal in the future.

"When he has children and can see in them the next links in the chain there is much joy in life in helping to make these links strong, so that they in turn shall keep the chain unbroken. The bachelor must have the feeling of regret that in his case the motif does not run and, with him, the chain ends.

"Youth begets youth as sure as sunshine breeds health. Age is a question of environment.

"Love is a great factor in health. The average old bachelor is the saddest thing in life. Curled up in his chair, forlorn, disconsolate, he is a devil, with no star by which to set his course.

"A wife gives her husband additional motif, a rhythm by which to march. A son sets his brain glowing with the memories of his own triumphs in the past. A visit to the nursery is a greater restorative than visits to health resorts.

"We live, to a very large extent, because we want to live. And when the motive has gone life stagnates."

JUDGE PIQUED AS BOARD WOULD RELEASE CONVICT

International News Service.
Dalton, Ga.—Judge M. C. Traver, of the Cherokee circuit, was "peevish" when the state prison commission requested him to make some recommendation as to whether or not George Lowry, sent up from one of the counties in the judge's circuit for violation of the prohibition law, should be pardoned and directed a spicy letter to that body, in which he informed the commission that "no good reason existed" why the commission "should not recommend emptying the Georgia penitentiary," if they desired to be consistent.

The judge's letter was sarcastic in pointing out various cases where the prison commission had failed to make requests in issuing pardons and concluded, with quoting his oath of office and recommending that Lowry "be allowed to receive adequate punishment, represented by the sentence he is now serving."

WOMEN ARE DISCUSSING WAGES, HEALTH RULES

Washington, Jan. 12 (A. P.)—Health standards for women in industry, women's wages and home work performed by women were on the program of the second day's session of national conference of women in industry, called by the women's bureau of the department of labor. With nearly 400 women delegates present from 41 states, the conference was declared to be truly representative of the women of the nation.

TELLS OTHERS OF ITS GREAT VALUE

In Nursing Sick, Mrs. Patten States, She Often Recommends Tanlac—Thinks It Wonderful.

"I firmly believe Tanlac is what keeps me so well and strong," is the high tribute paid the medicine, recently, by Mrs. Edith J. Patten, widely known and esteemed resident of 560 Cumberland Ave., Portland, Me.

"When I felt the use of Tanlac I had not been right for a long time and was all run down. After persistently taking the treatment considered best for such a condition I got no better. In fact I seemed to be growing worse until a lady friend insisted on me trying Tanlac.

"At that time I took two or three bottles and was perfectly well again. Since then I have taken a bottle two or three times a year and no one could feel better. I have done lots of nursing of the sick, and since Tanlac did so much for me I have been the cause of many others taking it—always with splendid results. It is with this knowledge and experience that I recommend Tanlac as a wonderful medicine."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

All wild animals that prey on other animals are due for extermination.

FOR OVER 40 YEARS
HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh.

HALL'S CATARRH MEDICINE consists of an Ointment which quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists.

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

10 Cents Gives Charming New Shade to Old Lingerie

Quite Likely.
"Anne married a self-made man," said Boris.

"Yes, but she has compelled him to make extensive alterations," replied Queenie.—Stray Stories.

Social Ambitions.
The cook told the woman that the caretaker was not behaving as he should.

"He's after a woman," she explained.

"Just crazy to think himself loved by several women to make 'em jealous and all."

He has always been such a quiet, innocuous looking individual.

"But why this change in him?" the woman asked.

"Oh, it's because of them newspaper stories," the cook replied. "He thinks if he leads a gay life he is gettin' up in the world—gettin' more in the society world. That's what is eatin' him. He ain't satisfied to be a plain man no more."—Chicago Journal.

British Columbian Honey.
More than 700,000 pounds of honey were harvested in British Columbia in 1922, compilations made by the provincial apiarist show. Fifty-three tons were contributed by the Kootenay bees, the Okanagan and Thompson valleys yielding another fifty.

From Vancouver island and the Gulf Islands twenty-nine tons were gathered, while twenty-four tons were harvested from Greater Vancouver and Westminster. The populous Fraser valley produced more than half of the total yield, accounting for nearly two hundred tons.

Another Blow.
Marjorie and Eddie, twins, had both been told that they must write letters of thanks for their holiday presents they had just received. Marjorie sat down and quickly wrote:

"Thank you so much for the fountain pen. It's what I've always needed."

Meanwhile Eddie was chewing the end of his penholder for an inspiration. As his sister laid aside her first letter, he surreptitiously glanced at it. Then he wrote:

"Thank you so much for the handkerchiefs. They're what I've always needed."

Impending Change.
Patient—"Doctor, I'm completely bored in work." Doctor—"Well, that'll soon be changed to dirt if you don't quit."

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. Watson* In Use for Over 30 Years. Children Cry for *Pleasant's Castoria*

Better Not.
Stephen Fuller, a familiar figure about the courthouse, tells a story about his niece, six years old, relates the Indianapolis Star. The niece was busily engaged memorizing a Christmas poem, aided by her proud relatives. One line of the poem went something like this:

"Old Santa comes speeding o'er the snow—"

"He'll get arrested if he don't watch out, for speeding," interrupted the little girl.

After the laughter of her admirers had quieted she suddenly spoke up.

"But Lew Shank better not arrest Santa Claus if he knows what's good for him."

Forgot All About It.
In Indianapolis is a certain "old boy" who delights to see a boxing match. A friend gave him a ticket to the matches in Tomlinson hall Thanksgiving afternoon. The boxing fan, joyous over the prospect, went to see a doctor, did a few errands, absorbed in a matter of little consequence—and as he put it—"bedgedged if I didn't go home and forget all about the fights until after they were all over!"—Indianapolis News.

A man is foolish to go around looking for a grinch who is not a grinch to you, is sometimes a treasure.

Something effectually corks most free verse; it doesn't sell.

Lenin's Remorse.
Samuel Gompers said at a labor banquet in Washington: "Lenin pretends to be sorry for the ruin his Bolshevistic doctrines have brought on Russia. Well, the sorrow of Lenin reminds me of Mr. Bolus.

"Mr. Bolus was a druggist. He made a mistake in a prescription one day and killed a man. When the terrible tidings were brought to him he cried out in great agony:

"Oh, wretch that I am—and my best customer, too!"

Cuticura Soothes Itching Scalp.
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Defensive Tactics.
The Accused—There's the lawyer we stuck up. It's all up wit us. He's goin' to testify against us.

His Accomplice—Not this time, he won't. I've bired him to defend us.

Sure Relief FOR INDIGESTION
BELLANS FOR INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

BELLANS FOR INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

AS SURE AS DAWN BRINGS A NEW DAY
CASCARA QUININE
AT ALL DRUG STORES
W. H. HILL CO., DETROIT, MICH.

LICE-PROOF NESTS
WRITE FOR QUIN FOR Catalog and SPECIAL OFFER
SEAMAN-SCHUBERT METAL WORKS CO., St. Joseph, Missouri

PARKER'S HAIR BALMSAM
Removes Dandruff Stops Hair Falling Restores Color and Beauty to Grey and Faded Hair
HINDER CORNS
Removes Corns, Calluses, etc. Stops all pain, restores comfort to the feet, makes walking easy. By mail or at Druggists. Hinder Chemical Works, Fachogue, N. Y.

Health, Prosperity and Healing TREATMENTS
Send Silver Offering for a Copy of "The Great Realization"
L. E. BECK, D. S. P.
P. O. Box Seven-Four-Three San Francisco, California.
SIOUX CITY PTC. CO., NO. 3-1923.

Off to school on a winter morning
—fresh and rosy—or pinched and chilly? That's a matter for Mother to decide.
Children, as well as grown-ups, need a hot mealtime beverage that is wholesome, invigorating, and free from harmful after-effects.
Coffee is known to be harmful—especially to children. That is why so many thoughtful mothers give their children delicious Postum. This pure cereal beverage gives needed warmth and comfort, has delightful flavor and aroma, and is free from anything that can injure the health of children or adults.
Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.
Postum FOR HEALTH
"There's a Reason"
Made by Postum Cereal Company, Inc., Battle Creek, Michigan