

PE-RU-NA
In Hot Weather



Drives out the catarrhal poisons, dispels the inflammation of the mucous linings and reinforces the system against disease.

For safety take Pe-ru-na during hot weather.

Tablets or Liquid Sold Everywhere

A Special Advantage
Visitor—Are you going to be a great man when you grow up, Willie?
Willie—You bet! I'm going to be an Arctic explorer.
"An Arctic explorer's life is full of hardships, Willie."
"Yes'm. But I can stand 'em, I reckon."
"I like your spirit, my boy. There is a great deal of glory to be gained in a career of that kind."
"Yes'm, and you don't never have to wash your face."—London Passing Show.

Joy in Pictures
Such joy as the home may gain from "The Holland Flower Market" with its galaxy of colors; such pleasure as every child finds in the happiness of Lenbach's "Shepherd Boy," lying there on the hillside, unconsciously loving life! Could there be anything more beautiful than the lovely shadows of the stately winter tree branches against the walls of that "Independence Hall" in Philadelphia?

FIRST AID TO BEAUTY AND CHARM

Nothing so mars an otherwise beautiful face as the inevitable lines of fatigue and suffering caused by tired, aching feet.

ALLEN'S FOOT-EASE
The Antiseptic, Healing Powder insures foot comfort and is an everyday Toilet Necessity. Shake it in your shoes in the morning. Shop all day—Dance all evening—Then let your mirror tell the story. It will convince you. Allen's Foot-Ease is adding charm to thousands of faces. Let us show you what it can do for you. Trial package and a Foot-Ease Walking Doll sent Free. Address
ALLEN'S FOOT-EASE, Le Roy, N. Y.
For Sale at All Drug and Department Stores.

Hibernian Howlers

"Ever heard these Irish bulls?" T. O. Inquires.
Two Celts were talking about microbes, when one said: "Sure, they're so small that a handful of 'em could be placed on the tip of a needle."
Another Irishman was discussing cremation with a friend. The friend asked: "Do yez think it's a good thing?"
"Why, man, I do that," was the reply. "Whin yez is cr-remated yez can have the ashes put in a little tin box and carry 'em around wid yez in your vlist pocket."

To Have a Clear, Sweet Skin
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Suitable, Anyway
Visitor—This isn't a very good picture of your little brother, is it?
Peggy—No; but then he isn't a very good little boy.—London Answers.

Sure Relief FOR INDIGESTION



BELL'S
INDIGESTION
25 CENTS

6 BELL'S
Hot water
Sure Relief

BELL'S
25c AND 75c PACKAGES EVERYWHERE

FOR OVER 200 YEARS

Haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

GOLD MEDAL HAARLEM OIL CAPSULES

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

CLEARING COMPLEXION
Remove all skin blemishes, discolorations. Have a smooth soft skin—beauty. Use at night. Or use as a day cream. Beauty beautifies. Agents wanted. Write
DR. C. H. BERRY CO., 2975A Mich. Ave., Chicago, Ill.



Kremolol
FAMOUS FOR 40 YEARS

SIoux CITY PTG. CO., NO. 30-1924.

NATURE.
Edwin O. Jackson,
Nature is fine, but not as man is fine;
Yet man is fine as Nature's paragon.
She is the sea his spirit floats upon.
She is the mother, heartless yet divine;
No plummet ever sank below the line
Of her unfathomed depths, nor pierced her dawn,
From whence all vital energy is drawn;
Nor from her night has ever dropped a sign.
Her secret might, inscrutable and vast,
Propels the world's and paints the violet.
Creates the mind of man and insect's wing;
With her, as Time, there is no first or last;
The sovereign signet of her seal is set,
With equal care on chrysalis and king.

To Quit Santo Domingo.
From the Des Moines Capital.
Announcement is made through the American State department that the American marines are to be withdrawn from Santo Domingo on July 1. At that time the republic of Santo Domingo will be turned over to rely upon her own strength for existence. The United States has been occupying Santo Domingo for a few years in order to stop murder and to enforce the laws. The United States has done this with marines. The marines as a rule are young men who are quick to think and quick to act. The American marines have worked under strict instructions in regard to their conduct.
In one paragraph of General Lee's instructions we find these words: "Never start a disturbance with the Dominicans. If you want to fight put on the gloves and start training for the next boxing meet; you will meet any number of men right here in your own camp who will give a more exciting scrap than Dominicans will, and you can win a boxing belt instead of bread and water. Carefully avoid any kind of trouble. Don't start an argument with a Dominican because you don't like the way he looks at you. Avoid trouble with them."

Tenacity of Church Ties.
From the Pittsburgh Gazette-Times.
In the case of those in many branches of the Protestant Church who are in conflict with the letter of the creeds there appears to be a strange reluctance to depart and seek communion wherein there would be no question of one's orthodoxy. Those who hold views at variance with the historic doctrines of their denominations cling to the connection with astonishing tenacity considering that they are out of harmony with the creeds as ordinarily interpreted. The situation impresses that association and historic names forge bonds which few care to break. They prefer trying to convert the opposition to their views rather than seek association in a more liberal environment wherein such beliefs as they may hold might be regarded as conservative.

Pullman Car Names.
From the Brooklyn Daily Eagle.
The Pioneer was the first. Names of women were used, then flowers, birds, cities, towns, rivers, lakes, soldiers, poets, battlefields and camps. The latest names have been taken from ancient history—Antiphon, Berosus, Hippocrates, Demosthenes, Diogenes, Hesiod and Simon. The negro people have no use for them, because they have difficulty in pronouncing them.
For many years it was believed that Miss Florence Pullman, daughter of the founder of the Pullman Company, received \$1,450 or \$100 for each car she named. One solemn guess quoted her salary at \$30,000 a year, but the truth is she named only a few cars and received no compensation.

Buried Tin Disintegrates.
From the Ohio State Journal.
Historians know that tin was used by those who lived in the old world several centuries ago, yet tin vessels are rarely found in the careful search of the ruins there and the chemists have found that tin does not rust, but when buried it has chemical properties that provide a decay, a change that transforms its crystalline structure.
The exact nature of the change is not clearly understood, but when the change has taken place there remains not tin but a fine gray powder that is lost as the researchers dig in the ruins, and, strange to the chemists, the change, once started, appears to be infectious being transmitted from one piece of tin to another until all disappear.

Elderly People Need Chaperons.
By Virginia Terhune Van de Water in Scribner's.
Girls used to strive to keep their parents from suspecting when they were "gay." Now, in this year of grace, we are changing all that. The elderly people need chaperons.
Yes—they need chaperons, and the youngsters appreciate this need.
"I came in upon granddad just as he was making out a check to the order of some woman," said a sophisticated eighteen-year-old. "I saw her first name before he pushed the slip of paper under his blotter, and looked as guilty as a cat caught stealing cream. Honestly, mother, you must keep an eye on him. He is too giddy for any use! He'll be getting himself mixed up in some scandal if he doesn't watch out."
"My dear child!" the mother sighed. "When a man gets to that age, he is simply incorrigible!"

The Other Fellow.
From Everybody's Magazine.
"I hear you've had a fight with the Brown boy. Didn't I tell you I'd punish you if you fought again?" asked the father sternly.
The son looked up nonchalantly. "Dad, you'd better take a look at what I did to that Brown kid before you start anything," warned the youthful warrior.

The Day's Worst Pun.
From the Duluth Herald.
The office cynic insists that where the population is most dense is just above the cars.

Dancing Next?
While there may be a few who wish dancing taught in the city schools and see no harm in it, the great majority of the patrons of the city schools are opposed to this form of amusement and the small minority that indorse this stunt should gracefully lay aside their feelings and agree to omit this practice altogether in the schools.

A Plain Case.
From Bagology.
A prominent New York lawyer was putting a witness through a hard cross-examination when the subject of absentmindedness arose.
"What do you think is absentmindedness?" asked the lawyer.
"Well," replied the witness in a slow, deliberate tone, "if a man who thought he had left his watch at home, took it out of his pocket to see if he had time to go back and get it, I would call him a little absentminded."

Uninterested.
From the Houston Post.
"Don't you think there are more lies this year than the previous?"
"Really, I haven't counted them either this year or last."

Arctic Jazz.
From the Washington Post.
Now that the Indians of Alaska have joined the votaries of modern terpsichore, as she tries it to syncope and jazz, and are reported to be "just crazy" over the fox trot and lame-duck glide, it is to be expected that in the long Arctic nights the resourceful dancers of the tundra will invent new "steps" to send to the States in return for those they have borrowed. "The polar-bear hug," "the walrus slide," "the seal flap," "the ice-floe shimmy" are offered as latest names for the Alaska offerings along this line.

Even Moderate Drinkers of 2.75 Per Cent. Booze Poor Insurance Risks

From the Christian Science Monitor.
Dr. Eugene Lyman Fisk, medical director of the Life Extension Institute of New York, added a contribution of no little value to the cause of prohibition by his address in Toronto before the fifty-first annual Conference of Social Work. This is particularly the case because the phase of the situation which he represented, the relation of alcohol to life insurance, has been the subject of considerable controversy, apparently authoritative opinions being available which claim that moderate drinkers of alcoholic beverages live longer than total abstainers. This notion, Dr. Fisk declared unequivocally, "is not borne out by the weight of scientific evidence," and he amplified this statement by asserting, "There is a higher death rate among drinkers, and the mortality rate increases with the rate of consumption of alcohol."

Regarding the recent widely circulated reports along this line, moreover, Dr. Fisk vouchsafed the illuminating explanation that they are based upon an imposing mass of statistical formulae applied to meager and extremely questionable data. "The entire group study," he urged, "comprised about 2000, among which were 217 male total abstainers and 26 female heavy drinkers," and he added: "There was no warrant for constructing life tables out of such heterogeneous death records and comparing them with the comprehensive records of life insurance companies concerning people who had been medically examined as to their original condition of health."

Dr. Fisk also called favorable attention to the investigation recently conducted by Dr. Walter R. Miles at the Carnegie Institute of Washington into the alleged innocuousness of light wines and beer. This investigation, he showed, proves all such statements to be "misleading," and demonstrates beyond question that there is no longer room for doubt in reference to the toxic action of alcoholic beverages as weak as 2.75 per cent by weight.

The specific results, in the direction under discussion, which Dr. Fisk told the delegates had been established by one of the most recent studies of life insurance risks, covering 286,000 lives, are the following:

- Increased death rate among moderate, occasional users of alcohol, 19 per cent.
- Increased mortality among daily users of beer, 33 per cent.
- Increased mortality among daily users of spirits, 68 per cent.

These percentages represent the excess mortality as compared to that among total abstainers. In summing up his arguments, Dr. Fisk, simply stated that there is no reason to doubt the testimony of the laboratory and life insurance experience that the so-called moderate use of alcohol shorten human life.

TO GET OUT OF DEBT

Elizabeth Towne.
The only way to get out of debt is to quit making debts. Live any old way, but don't make another debt. In no time you will find yourself not only living on a cash basis, but you will find money beginning to pile up with which you can gradually reduce the old debts. But the only way to begin it is to immediately begin to live on a cash basis—pay cash for everything or go without. Of course, that does not mean actual cash—if you order a new suit, you naturally do not pay for the new suit until the bill comes in. But your cash must be paid when the bill comes in. Not a minute later.

Legends in the Making.

From the Philadelphia Bulletin.
Myths and legends which may become popular beliefs in time are born from such reports as the one sent from a town called Cellompton in Devonshire, England. A man of the place is said to have a mummified Egyptian hawk of some incredible age, which bleeds when war is about to break out and ceases to bleed when the war draws to an end.
On the face of it the yarn is preposterous. There may be a man of the name given in the Devonshire

town, and he may possess a mummified hawk. That is all there can be to the tale. But if told often enough, the ridiculous yarn would come to be believed by many people, and the believers would not all be stupid or ignorant.

The genesis of the bleeding hawk buncombe could probably be traced to some spoofing person who had it suggested to him by the current interest in things Egyptian. Devon is the home of one of England's most cherished superstitions. Thousands of people in England probably truly believe in Drake's drum. The drum is said to have been the war drum of that fine old sailor and buccaner, Sir Francis Drake. The legend is that when England is threatened by sea, the drum of Sir Francis beats the call to arms.

No one would object to a picturesque superstition if it did not often cause uneasiness in the minds of many persons who take its prophetic utterances literally. The so-called prophecy of Mother Shipton is a case in point. This prophecy is in rhyme, and was supposed to have been written some three hundred years ago, when no living person could possibly have even imagined some of the things which the rhyme said would come to pass.
A legend very often is only a yarn dignified by years.

Famous Beauty to Wed Again?



Mrs. Lydia Codman, Boston society divorcee and beauty, is reported engaged to Oliver Turner, millionaire clubman, himself divorced.

A Plain Case.

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PROFESSIONAL NURSE SAYS TANLAC HAS NO EQUAL

By reason of the fact that she speaks from her long experience as a professional nurse, the statement of Mrs. J. Clark of 415 Walsworth avenue, Oakland, Calif., will be of interest to all who are in need of an upbuilding tonic.

"In all my fifteen years' experience as a trained nurse," says Mrs. Clark's statement, "I never found the equal of Tanlac as a stomach medicine and tonic. Two years ago an attack of influenza left me without appetite and my stomach in such a bad fix that the little I did eat seemed to do me harm instead of good.
"Stomach pains would make me so weak I would feel right faint. The least exertion would completely ex-

haust me and six months before taking Tanlac I was so weak I had to hire my housework done. I was in bed most of the time for two months and was getting desperate.
"Tanlac was more than a match for my troubles and eight bottles left me feeling fine. I eat and sleep like a child and have energy and strength that makes life a pleasure. Tanlac is simply grand."
Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Tanlac Vegetable Pills, for constipation—made and recommended by the manufacturers of Tanlac.

That Explains It

Tramp—You wouldn't believe it, sir, but I carry my life in my hands.
Unkind Man—Ha! Now I know why you don't wash them—afraid you'll drown, eh?

The optician is the man who has a good time wherever he goes, because he carries his good time with him.

To Keep Saucepans Longer

New enameled saucepans should be placed in a pan of water and allowed to come to a boil and then set aside to cool before they are first used. This will add to their life and help keep them from burning or chipping.

An unwelcome guest is one of the best things going.

Children Cry for "Castoria"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 30 years as a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups. Contains no narcotics. Proven directions are on each package. Physicians everywhere recommend it. The kind you have always bought bears signature of

Not to His Taste

A countryman and his wife, in London for the day, went to a music hall. The first item on the program was an orchestral selection, on this occasion a classical one. The man suffered gamely for a time, and then turned to his wife, who held the program.
"Maggie," he whispered, "what be this 'ere thing them fellers are playin'?"
"It's Chopin," she whispered back, reproachfully.
"Ah, well," he muttered resignedly, "it sounds more like savin' to me."
Music World.

Don't chuckle if you put over a substitute when an advertised product is called for. Maybe your customer will never come back.
Ben Mulford, Jr.

On Condition

Husband (at court)—Will you allow my wife to speak to me?
Judge Snagge—Certainly, if you can assure us that we can stop her.—London Tit-Bits.

Genuine BAYER ASPIRIN

Say "Bayer"—Insist!

- For Pain Headache
- Neuralgia Rheumatism
- Lumbago Colds

Safe Accept only a Bayer package which contains proven directions

Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100—Druggists Aspirin is the trade mark of Bayer Manufacturer of Monoaceticester of Salicylicacid

French in Canada

Rooted to the Soil
French-Canadians are devoted to their families and their soil; there is no doubt about that. They have been told it for many years by politicians and writers, and now they have demonstrated it.
The proof comes through recent awards by an organization of the city of Quebec, which has discovered one family that has been on the same land since 1629, and it is believed still occupies the original house. An Island of Orleans habitant has 210 living descendants.
Louis Hebert, the first Canadian settler, came in 1617, and his son-in-law, Guitaume Couillard, was first to use a plow in this country in 1628.
The little which has remained on the same land for the greatest length of time in Quebec county is that of Ismael Bedard, of Charlebourg. It has been there since 1629, and still occupies the original house.

Yes, sir, the slave of debt is often a happier man than the slave of money.

DAISY FLY KILLER PLACED ANYWHERE

ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't rust or tip over. Will not kill or injure anything. Guaranteed effective. Sold by dealers, or prepared, \$1.50. RABOLD SUMERS, 100 De Kalb Ave., Brooklyn, N. Y.

HOTEL MARTIN
In the Heart of SIOUX CITY
Absolutely Fireproof—Rates \$1.75 to \$2.50
BIG CAFETERIA—HOME COOKING

A LARGE CORPORATION
has several improved farms, western Canada, to offer; very attractive prices and terms. Special inducement to American farmers. For full particulars, 401 McArthur Bldg., Winnipeg, Canada.

Landseekers Attention

Best and cheapest improved farms in eastern North Dakota. No crop failures. Soil survey shows our land is of the best in the Union. Good markets, roads, schools and churches. Low taxes. County free from debt. Easy terms. Amount paid in rent will pay for farm in short time. Land direct from seller to buyer. No high commissions. Write today. Griggs County Landowners Cooperative Association, Cooperstown, N. Dak.

The favorite of home bread-makers Yeast Foam



Mothers! "If your children do not possess a very keen appetite for baker's bread, try home-made bread and note the sudden increase in the youngsters' bread consumption."
—DR. PHILIP B. HAWK.

Send for free booklet "The Art of Baking Bread" Northwestern Yeast Co. 1730 North Ashland Ave. Chicago, Ill.