

HOW THIS WOMAN GOT STRENGTH

Put Up 300 Quarts Fruit, 500 Glasses Jelly and Took Care of Four Children

Norwalk, Iowa.—"I have been meaning for some time to write and tell you how much good your medicine has done me. When I started to take it I was almost bed fast and would have been in bed all the time if I had had any one to care for my children. There was so much swelling and pain that I could hardly take a step. I took seven bottles of Lydia E. Pinkham's Vegetable Compound and used Lydia E. Pinkham's Sanative Wash, and found that so healing. I am not entirely well yet for I was in bad shape when I started your medicine, but I am so much better that I am not afraid to recommend it, and I think if I keep on taking it, it will cure me. I have done my work all alone this summer, caring for four children, and I canned 300 quarts of fruit and made 500 glasses of jelly, so you see I must be better. I feel pretty good all the time and I am glad to tell others about the medicine."—Mrs. C. J. WENNER-MARK, Box 141, Norwalk, Iowa.

Women can depend upon Lydia E. Pinkham's Vegetable Compound to relieve them from female troubles. For sale by druggists everywhere.

Lost Talent

A great deal of talent is lost in the world for the want of a little courage. Every day sends to their graves a number of obscure men who have only remained in obscurity because their timidity has prevented them from making a first effort; and who, if they could have been induced to begin, would in all probability have gone great lengths in the career of fame. The fact is that, to do anything in this world worth doing, we must not stand back shrinking and thinking of the cold and danger, but jump in and scramble through as well as we can.—Rev. Sydney Smith.

Sure Relief FOR INDIGESTION

BELL-ANS
FOR INDIGESTION
25 CENTS
6 BELL-ANS
Hot water
Sure Relief
BELL-ANS
25¢ AND 75¢ PACKAGES EVERYWHERE

"Singing Desert" Sighs

Travelers are undertaking to solve the mystery of the Libyan desert, known as the "singing desert." It gives forth a distinct musical sound which sometimes seems to be composed of two distinct parts. The sound has been described as resembling the sighing of the wind in telegraph wires. One returning traveler has offered the theory that the sound is caused by the sand pouring over a low scarp of rock after a rain storm. Various other explanations have been put forth.

Poor Dad

Kid—Just one more question, dad—who's going to bury the last man?—Boston Globe.

Summer Find You Miserable?

It's hard to do one's work when every day brings morning lameness, throbbing backache, and a dull, tired feeling. If you suffer thus, why not find the cause? Likely it's your kidneys. Headaches, dizziness and kidney irregularities may give further proof that your kidneys need help. Don't risk neglect! Use **Doan's Pills**—a stimulant diuretic to the kidneys. Thousands have been helped by Doan's. They should help you. Ask your neighbor!

A South Dakota Case

Fred Brokhager, Webster, S. Dak., says: "My kidneys gave out and I was almost laid out with pains in my back. I couldn't do any heavy lifting or stooping. My kidneys acted too freely both day and night. I used Doan's Pills, however, and they strengthened my back and regulated my kidneys."

DOAN'S PILLS
60c
STIMULANT DIURETIC TO THE KIDNEYS
Foster-McBum Co., Mfg. Chem., Buffalo, N. Y.

Cuticura Toilet Trio

Send for Samples
To Cuticura Laboratories, Dept. M, Malden, Mass.

PARKER'S HAIR BALSAM
Removes Dandruff—Stops Hair Falling—Restores Color and Beauty to Gray and Faded Hair—60c and \$1.00 at Druggists.
Bristol Chem. Wks. Philadelphia, Pa.

HINDERCOIN Removes Corns, Old Feet, Makes Walking Easy. 10c by mail or at Druggists. Bristol Chemical Works, Philadelphia, Pa.

Freebie and Sunburn Remover—Send imm. for guaranteed cream. Large jar, 60c pp. Agents wanted. Home Lab., 603 Vermont, Quincy, Ill.
Albino, Red and Sweet Clover, 25; Timothy, 12. Farms and city property for sale and exchange. J. MULHALL, Sioux City, Iowa.

TALL CORN KERNELS.

Compiled by I. N. S.

A cynical writer is one who calls the people "boobs," and is famous because the boobs applaud.—Lubbub American Tribune.

Havana has experienced its first daylight robbery. Give Cuba time and it will be as modern and civilized as this country.—Cedar Rapids Gazette.

And this is the season of the year when every comic strip has a life guard in it.—Waterloo Courier.

He was about to propose, yet there was one matter which lay heavily upon his mind, so he asked her—"Can you wash dishes?" "Yes," she answered sweetly, "can you dry them?"—Charles City Press.

The best way to get a good set of teeth for nothing is to go in someone's back yard and kick a strange dog in the ribs.—Des Moines Tribune.

The man who boasts the loudest that no woman will ever boss him is the most nervous guy in the poker game after midnight.—Des Moines Register.

Where Are The Young Leaders? From the Florida Times-Union.

History in the making, events of today that are to be history a decade of a century hence, appears to have in it very few young men. Their elders are making history, in all the various lines of worth-while human endeavor. In science, in art, in literature, in the crafts, it seems as if all the really "big things" are being accomplished by men who are no longer young, but by old men, as age is regarded.

The Richmond News-Leader takes the arena of politics under observation, past and present, and asks: "Is it a day of old men?" It looks that way. And to prove the affirmative, the News-Leader calls up the past which, in the Richmond newspaper wording, speaks as follows: "Patrick Henry was 29 when he reminded the burgesses that Caesar had his Brutus. James Otis was 36 in the year that witnessed his great protest against the writs of assistance. Jefferson was just two months past 33 when he presented the Declaration of Independence. "Light-horse" Harry Lee was 25 at Yorktown. Madison was 36 when he cooperated with Hamilton, then 30. James Monroe had been under 30 when he distinguished himself in the New Jersey campaign of 1777, and at the time he was in the Virginia convention with Marshall, Madison, Randolph and others, he was 30. At 32 he was United States senator from Virginia. John Paul Jones was 32 when he fought Scorpion with his Bonhomme Richard. Washington, needless to say, did so many great feats in his youth, that he seemed great from boyhood. He was still under 50 when he carried the revolution on his high shoulders. A little further down in the annals of the nation was Hayne, 39 when he debated with Webster, then 48. Stephen Douglas was 45 in the spring before his debates with Lincoln, who at that time was four years his senior."

Albania Making Progress. C. A. Tashko, formerly Acting Vice Consul for Albania in the United States, in Current History Magazine.

Many factors contribute to the increase of instability in Albania. The country has no real constitution, the present provisional machinery of government being based on the "Statute of Lushnja" of January, 1920. This "Statute" submits the functions of the sovereign to a council of four regents, one Catholic, one Eastern Orthodox, one Sunni Moslem and one Bektashi Moslem; these are chosen by Parliament, which in turn is chosen by universal manhood suffrage on a system of double election. The powers of the regency are those of a strictly limited monarchy. The Ministry is responsible to Parliament. Tirana is the provisional capital. The Albanians have so far shown scant comprehension of the principles of parliamentary government. The late parliament convened on April 21, 1921, and adjourned on September 31, 1923; the members proved themselves incapable of anything but a scramble for ministerial positions. The elections of last December were for a constitutional assembly, which would have stated the provisional status of affairs. The assembly convened January 21, 1924, and in the months already passed, has done nothing but discuss possible future ministerial combinations, the question of the constitution being held secondary importance. On March 2, 1924, the assembly formally declared itself a parliament, this step, it was said, being taken to cope with certain immediate, but unspecified demands.

Considering the condition of Albania prior to 1919, and the country's previous reputation of being incapable of self-government, it has, despite the present domestic muddle, made perceptible progress. The domestic difficulties are due directly to the fact that the clan and quasi-feudal social system is disintegrating under pressure of the rising professional and intellectual class, the ablest members of which are the disciples of the American Gospel of Liberty.

Storing thousands of tons of coal under water, the Western Electric company of Chicago has found an absolute remedy against loss by fire caused by spontaneous combustion.

Well Trained. From the Edinburgh Scotsman.

From the Edinburgh Scotsman. A commercial traveler visiting a Glasgow warehouse made a bet with the manager that he could pick out all the married men among the employees.

Accordingly he stationed himself at the door as they returned from dinner and mentioned all those he believed to be married, in almost every case he was right.

"How do you do it?" asked the manager. "Oh, it's quite simple," said the traveler. "The married men wipe their feet on the mat; the single ones don't."

"Miss Los Angeles" in Beauty Contest



Miss Lillian Knight, of Los Angeles, has been chosen to be "Miss Los Angeles" in the annual beauty contest in Atlantic City, N. J.

A PLACE OF RENEWAL

From Collier's. The path slants into the woods past a vanguard of young pines, and slopes down into a glen lined with laurel bushes, growing between the rugged trunks of lofty trees. All about is a well-coming stillness, measured by the occasional crackle of a dry twig underfoot, or the clear call of a bird. The air is cool and spicy. And the soft light, filtered through the leafy roof of the woods, is a benediction. Here is a place of renewal. Stillness is to the life of the mind as rest is to the body. In stillness the human spirit is strengthened and restored. Health is here for body and mind, amid the spicy silence, surrounded by the poised assurance of the towering trees.

High Tide of the Year.

Now is the high-tide of the year. And whatever of life hath ebbed away Comes flooding back with a rippling cheer.

Into every bare inlet and creek And bay; Now the heart is so full that a drop overfills it.

We are happy now because God wills it; No matter how barren the past may have been,

'Tis enough for us now that the leaves are green; We sit in the warm shade and feel right well

How the sap creeps up and the blossoms swell; We may shut our eyes, but we cannot help knowing

That skies are clear and grass is growing; The breeze comes whispering in our ear,

That dandelions are blossoming near; That maize has sprouted that streams are flowing,

That the robin is plastering his house hard by; And if the breeze kept the good news back

For other couriers we could not lack; We could guess it all by yon heifer's lowing,—

And hark! how clear bold chanticleer, Warned by the new wine of the year, Tells all in his lusty crowing. —Lowell.

Going Strong

From the American Legion Weekly. A draft of Missouri mules had just arrived at the corral, and one new buck private made the common but sad mistake of approaching too near the business end of one of them. His head caught him on the rebound, placed him on a stretcher and started him for the hospital.

On that day the invalid regained consciousness, gazed at the blue sky overhead, experienced the swaying motion as if he were being carried along, and slowly lowered his hands over the sides, only to feel space. "My gosh!" he groaned. "I ain't even hit the ground yet!"

Punishment.

From the Boston Transcript. A New York magistrate is fixing the fine for speeding at a dollar a mile, a case where the speedometer makes the punishment fit the crime.

One of the latest commercial uses of the airplane, which may possibly be perfected to revolutionize certain phases of agriculture, is that of sowing seed from the air, successfully demonstrated in the suburban territory of Miami recently where 600 acres of land were sown to carpet grass within twenty minutes. For the area sown during the experiment, it was said it would require two handseeds thirty days.

Suggestion has been made for the erection of a broadcasting station at the Peace Portal erected on the United States-Canadian border for the dissemination of peace messages.

Salvors on duty with submarines in the Japanese navy are to adopt safety suits, resembling divers' garb. It is believed these suits will enable some of the men to save themselves by opening the submarine and fighting their way to the surface should the craft meet with disaster.

Figures made public at the recent national convention of the socialist party of Germany show that the party has 1,200,000 members who pay dues, of whom 120,000 are women. The party now has 169 newspapers.

A Solution.

From the Baltimore Sun. Prof. Todd's announcement that the sun is splitting in two is most welcome. This phenomenon, if actually occurring, is the only event of sufficient cosmic importance to appear as a possible cause of the weather that has troubled this part of the world. And that it is taking place seems most probable. It is the obvious result of the sun's attempt to meet the two times now in use. One sun will take care of the daylight-savers and the other will shine by standard time.

Charm of the Road.

From the Atlanta Constitution. In addition to their value as aids to commerce and the practical side of life, good roads have an esthetic value, and exert a tremendous influence on the intelligence and culture of the population.

Stretching like a winding ribbon past farmstead and village the modern highway gives grace and charm to the landscape, and, like Eugene Field's poem, leads the thoughts wandering "over the hills and far away."

Enchantment and mystery linger about any kind of road. A road—whether it be the first rude trail of the pioneer or the great national highway of today—is the vital threads which connects us with the outside world.

Among the many thrilling sensations which modern life has brought to humanity none is more exhilarating—none appeals more powerfully to man's primal instincts of exploration and adventure—than to glide swiftly over an unknown road into unfamiliar localities and be permitted to feast the eye upon scenes new and strange.

He who cannot get some measure of pleasure from the endless panorama of the countryside, the countless pictures of people, trees, luxuriant fields and tumbling brooks—which motor along the average highway presents, must indeed be deficient in the great gift of appreciation for the unusual, the beautiful and the picturesque.

Sales of ordinary life insurance in the second quarter of this year were higher than in any other quarter on record, according to the Life Insurance Research Bureau, which is now established in Hartford, Connecticut. Sales of life insurance in every month this year have been higher than in the corresponding month a year earlier, but the amount of increase over last year has been falling off. In June, sales were only one per cent greater than a year ago. For the first six months the increase over last year was 2 per cent.

The official visit to Helsinki, Finland, of the Swedish Baltic fleet and the unprecedented cordiality characterizing the reception is hailed with great satisfaction in Finland and Sweden as a final proof of the complete disappearance of all friction between the two countries. The Swedish war vessels are also visiting other Baltic ports, especially Riga, Reval and Rumanee.

Iceland has been so isolated—from choice of the people—that records 1,400 years old can be read and understood readily by the present-day Icelanders. Through isolation and lack of association the native tongue has been handed down with very few changes.

Destiny.

I sometimes think that never blows so red The rose as where some buried Caesar bled; That every hyacinth the garden wears Dropt in her lap from some once lovely head.

And this reviving herb whose tender green Fledges the river-lip on which we lean— Ah, lean upon it lightly! for who knows From what once lovely lip it springs unseen!

Ah, my Beloved, fill the Cup that clears Today of past regret and future fears; Tomorrow!—Why, tomorrow I may be dead.

Myself with yesterday's sev'n thousand years. From some we loved, the loveliest and the best That from this vintage rolling Time Hath pressed.

Have drunk their cup a round or two before, And one by one crept silently to rest.

And we, that now make merry in the room they left, and summer dresses in new bloom, Ourselves must we beneath the couch of earth

Descend—ourselves to make a couch—for whom? Ah, make the most of what we yet may spend, Before we, too, into the dust descend;

Dust unto dust, and under dust, to lie, Sang some wise song, sans singer, and—sans end! —Edward Fitzgerald, the Rubaiyat of Omar Khayyam.

One-Sided Romance

From Pittsburgh Chronicle-Telegraph. Reginald was a very romantic young man. For a long time he had been head over heels in love with charming Miss Goughly, but he was afraid to put his feelings into words.

One day he was ordered to leave the city on business and he knew quite well that he would not see the object of his affections again for at least six months. He made up his mind to tell her all that very evening.

"Goughly," he began, "be frank with me. Tell me, is my suit worth pressing?"

"I don't know," she answered, with a sharp glance at him. "Your trousers are rather baggy at the knees, but the coat seems passable."

SUFFERED TWELVE YEARS WITH STOMACH TROUBLE

"My recovery has been a surprise to myself and all my friends," recently declared Jacob Ferdinand, R. F. D. 2, Fond Du Lac, Wis., a prominent citizen of this city, in relating his remarkable experience with Tanlac.

"The suffering I went through from stomach trouble for 12 or 13 years simply can't be described. In my efforts to find relief I spent over one thousand dollars, but kept getting worse instead of better. A large part of two years I was laid up in bed and for four months of that time I couldn't get up at all.

Tripping the Philosopher

"I don't think your philosophy logical."

"Why not?"

"You say that every man is sent into the world for a purpose—that he has certain work to do."

"Yes, that I believe."

"And then you go right on and say that there is no man here that the world can't get along without."—Detroit Free Press.

"Finally I sent my daughter for a bottle of Tanlac with the result that I found immediate relief, and seven bottles made a well and happy man of me. I will gladly talk to anyone personally and answer all letters regarding my experience with Tanlac. It proved a godsend to me."

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.

The Poor Suitor

"Father says he takes no stock in you."

"And that's rough, considering the worthless concerns he has taken stock in."—Louisville Courier-Journal.

Nothing is denied to well-directed labor.—Sir Joshua Reynolds.

About 66 per cent of an egg is water. Do hens get all they want?



MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

Her Bossy Aunt

My little cousin, Grace, was visiting for a few days. When her mother came to take her home she took her on her lap and asked:

"Weren't you lonesome, and didn't you miss your mamma?"

Grace answered: "No, Aunt Emily can boss you like everything."—Everybody's Magazine.

Cuticura for Sore Hands.

Soak hands on retting in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do for Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

No Bananas

A well-known Mississippi printer was fond of playing pranks. One day while riding with an illiterate man, he began gravely to chatter Italian to his driver.

The man looked wildly at him, but said nothing. Finally the printer, in pretended pique, said:

"What's the matter? Why don't you answer?"

"I dunno what yo'all is talkin' 'bout."

"What's wrong? Haven't you any brains?"

"Yessah, I got some brains all right, but dey ain't no use to me now."

Restaurant Conversation

Guest—Is this supposed to be half a chicken?

Waiter—Yes, sir.

Guest—Then kindly bring me the other half, instead.

On Time

Husband—"I've waited an hour for you." Wife—"But I said I'd be five minutes late."—From Life.

Millions prefer Yeast Foam

Begin today to learn the most useful of home arts—bread-making.

Send for free booklet "The Art of Baking Bread"

Yeast Foam

From Pittsburgh Chronicle-Telegraph. Reginald was a very romantic young man. For a long time he had been head over heels in love with charming Miss Goughly, but he was afraid to put his feelings into words.

One day he was ordered to leave the city on business and he knew quite well that he would not see the object of his affections again for at least six months. He made up his mind to tell her all that very evening.

"Goughly," he began, "be frank with me. Tell me, is my suit worth pressing?"

"I don't know," she answered, with a sharp glance at him. "Your trousers are rather baggy at the knees, but the coat seems passable."



Northwestern Yeast Co. 1730 North Ashland Ave. Chicago, Ill.