



After 40 Bowel trouble is Most Dangerous

Constipation may easily become chronic after forty. Continued constipation at that time of life may bring attacks of piles—and a host of other disorders.

Watch your bowels at any age. Guard them with particular care after forty. When they need help, remember a doctor should know what is best for them.

"Dr. Caldwell's Syrup Pepsin" is a doctor's prescription for the bowels. Tested by 47 years' practice, it has been found thoroughly effective in relieving constipation and its ills for men, women and children of all ages. It has proven perfectly safe even for babies. Made from fresh, laxative herbs, pure pepsin and other harmless ingredients, it cannot gripe; will not sicken you or weaken you; can be used without harm as often as your breath is bad, your tongue is coated; whenever a headachy, bilious, gassy condition warns of constipation.

Next time just take a spoonful of this family doctor's laxative. See how good it tastes; how gently and thoroughly it acts. Then you will know why it has become the world's most popular laxative. Big bottles—all drugstores.

**DR. W. B. CALDWELL'S
SYRUP PEPSIN**
A Doctor's Family Laxative

**PARKER'S
HAIR BALMSAM**
Removes Dandruff—Stops Hair Falling
Imparts Color and
Beauty to Gray and Faded Hair

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at drugstore. Hiscox Chemical Works, Patchogue, N.Y.

Linguistic

"While motoring through Europe this summer," writes Dr. Russell E. Simpson of Pasadena, "my family and I had many laughs at English as it was spoken by the people of the various countries.

"We took a new flivver with us and in Germany, on a rough road off the beaten path, the car stopped and I could not find the trouble. When the garage man arrived, he found a wire from the distributor had come loose and his explanation was that the 'strasse,' or street, being rough, made the flivver nervous."—Los Angeles Times.

NEED A TONIC?

Waterloo, Iowa—"I was in a weakened state of health, brought on thru a complication of ailments. I suffered from weak stomach, my blood was thin and in an impoverished condition, and I was so miserable that everything I tried to do just seemed to tire me and leave me exhausted. But just a few bottles of Dr. Pierce's Golden Medical Discovery relieved me of all these ills and restored me to perfect health. It is the best all round tonic I have ever taken."

—Mrs. Marie Gotoski, 1800 Jefferson St. Druggists. Fluid or tablets. Every package contains a symptom blank—fill it in and mail to Dr. Pierce's Clinic, Buffalo, N. Y. Enclose 10c for trial package of any of Dr. Pierce's medicines.

\$1,343,000 Bluing Produced

Bluing, which, contrary to name, is used to make clothes white, was produced in 18 establishments in 1929, which turned out a total product valued at \$1,343,000. In spite of house-to-house canvassers who used to sell this product, practically none was sold by this method last year.

Figure It Out

Professor—What did you think of my lecture last night?
Friend—Well, to begin with, you had a large audience.

Backache bother you?

If miserable with backache, bladder irritations and getting up at night, don't take chances! Help your kidneys at the first sign of disorder. Use Doan's Pills. Successful for more than 50 years. Endorsed by hundreds of thousands of grateful users. Get Doan's today. Sold by dealers everywhere.

**DOAN'S
PILLS**
A DIURETIC
FOR
THE KIDNEYS

Sioux City Ptg. Co., No. 4-1931.

Out Our Way



DATES PROMISE TO BECOME BIG NEW INDUSTRY FOR UNITED STATES AS GROWERS MEET SUCCESS



Girls packing dates as the fruit passes on an endless belt, is shown at the left. At the right is shown a date tree with typical clusters of the fruit.

Fruit of Biblical Times Is Grown in Low Desert in California

Los Angeles, Cal.—(NEA)—What promises to be an important industry of the United States within the next 10 years, according to experts, is rapidly springing up in the Coachella Valley, 135 miles from Los Angeles and in a desert country below sea-level. This is the American date industry.

Started 25 years ago by a small group of men working in co-operation with the University of California, the date industry has reached a stage where it is being recognized by the exporters of dates from Algeria as a worthy opponent.

Three thousand acres of date palms are planted in the valley at the present time and a crop of 3,000,000 pounds has been shipped during 1930. When these 3,000 acres are in full bearing, however, their annual crop will exceed 25,000,000 pounds.

In 1904 the first United States experimental station for date palms was established at Mecca, Arabia. Three years later another was started near Indio. It is still in operation, supplying information to the growers.

The chief difficulty to surmount in starting dates growing in the valley was that of adequate water supply. The desert heat made it an ideal place to grow the palms, being equal to that of their native element in Algeria. In Algeria, however, palms grow with their roots continually in water.

Deep Wells Furnish Water
Deep artesian wells were found to be underlying the valley and with the necessary water from these wells everything was favorable for the growing of dates. The wells supply enough water to cover each acre with 10-acre feet of water a year.

Propagation of the palms was another barrier to overcome. There are male and female trees. The female trees grow the dates while the

The Tax Refunds.

From New York World. The \$126,000,000 of taxes returned by the federal government in the last fiscal year to those who were found to have overpaid their quota supplies further evidence of the intricacies of our system of income taxation. The amount refunded was somewhat smaller than that of the preceding year, but it was equal to about 5 per cent of the total income tax collected and to about 4 per cent of taxes of all kinds. In many cases where the amount of the tax is debatable the taxpayer prefers to give the government the benefit of the doubt so as to avoid the pay-

Crowned



G. F. ROYAL

When they proclaim a king in Montrose county, Colorado, they really crown him. This picture of G. F. Royal, of Montrose, wearing a gold-crown topped by a gold potato, is proof. He was recently crowned potato king of the district, after producing 730 bushels of potatoes from a measured acre.

male tree supplies the necessary pollen for fertilization.

Unlike most trees and plants, insects, birds or wind do not aid in transferring the pollen from one tree to another. It is necessary therefore to pollinate each tree by hand.

Three Types Grown

Three approved commercial varieties of dates are being grown

ment of interest on any balance for which he may subsequently be found liable. He then puts in a claim for a refund, and if this is allowed it is he who collects interest on his overpayment. Such interest payments by the government last year amounted to about \$38,000,000, a tidy sum.

All of which points to the need of more simplicity and clarity in the tax law and in its administration. It was for meeting this need that Congress some time ago set up the Joint Congressional Committee on Taxation. The more complicated the law, the greater the advantage which the large taxpayer enjoys over the man whose income falls within

and packed by three-fourths of the date growers in the valley. These are the "Deglet Noor," meaning in Arabic "the date of life;" the "Saidy," meaning "of the north;" and the "Theory," the "dry bread date." Other varieties are constantly being grown for experimental purposes but the three named are most successful from a commercial viewpoint.

The age of an old date palm is expressed in centuries. There are some commercial date plantings in Algeria on which records have been kept for over 300 years. On this continent, at San Ignacio, Lower California, Mexico, 50,000 date palms that were produced from seed planted by the Jesuit padres in 1720 and 1770 are still in full bearing.

The three varieties grown by valley farmers are packed in a modern and sanitary plant maintained by their date association. The fruit is carefully cleaned and fumigated before being assorted and graded into its various sizes and brands. Minimum of handling is given the fruit and it is all hand-packed by girls for shipment. Fancy boxes also are packed here.

Q. Please tell something of the cliff-dwellers of the Southwest. J. W.

A. Cliff-dwellers, although of broader application, means in America that prehistoric race that built the houses and villages whose ruins are found in the southwestern part of the United States, and especially in the valley of the Rio San Juan and its tributaries. This river rises in the extreme southwestern corner of Colorado, and flows westward along the borders of adjoining states to a junction with the Rio Colorado. As to the origin of these vanished cliff-dwellers nothing is known; but it is evident that centuries ago these valleys were occupied by a considerable, sedentary population, who had fixed homes and cultivated fields for crops of corn, beans, gourds, and probably other things, by means of extensive systems of irrigation. They made pottery, cloth, baskets, etc., and stone implements, but nothing metallic.

the lower brackets. The big taxpayer can afford to employ experts who know how to utilize every legal technicality to his advantage. When the small taxpayer believes that he has overpaid he often finds that the expense of establishing his claim will be greater than the amount which he may recover.

Q. Of what metals are nickels and pennies made? C. H.

A. The office of the director of the mint says that a nickel contains 75 per cent copper and 25 per cent nickel. A one cent piece contains 95 per cent copper and 5 per cent tin and zinc.

By Williams

Wakeful restless CHILD needs Castoria

WE can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Other times it's constipation. Or diarrhea—a condition that should always be checked promptly. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't you should call a physician.

All through babyhood, Castoria should be a mother's standby; and a wise mother continues it in more liberal doses as a child grows up.

English Author Turns Arab
Richard Hughes, author of "A High Wind in Jamaica," has been traced to Africa, where it is said he has turned Arab. He has accumulated the usual native complement of extra Arabs and pariah dogs, also some greyhounds. He reported: "I have gradually taken to Arab clothes altogether, simply by donning one convenient garment after another, till only today it came to me with a sudden shock that it is a long time since my legs knew the decent chafing of trousers."

MOTHERS ARE LEARNING USES OF MAGNESIA

From the beginning of expectancy until baby is weaned, Phillips' Milk of Magnesia performs the greatest service for many women.

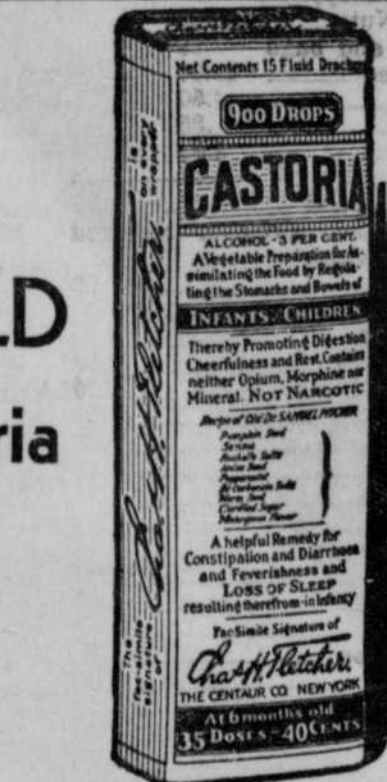
It relieves nausea, heartburn, "morning sickness," inclination to vomit; helps digestion. Its mild laxative action assures regular bowel movement.

Phillips' Milk of Magnesia is better than lime water for neutralizing cow's milk for infant feeding.

All drugstores have Phillips' Milk of Magnesia in generous 25c and 50c bottles. Always insist on the genuine, endorsed by physicians for 50 years.

Explanation

There are 44,000 thunderstorms somewhere on this earth every day, and that may explain why the radio occasionally throws a fit.—Indianapolis News.



Readily obtained at any drugstore, the genuine easily identified by the Chas. H. Fletcher signature and the name Castoria on the wrapper like this:



Carolina Woman Lost 47 Lbs. In 3 Months and Feels Years Younger

"I have been taking Kruschen Salts for nearly 3 months. I have continued taking one teaspoonful in warm water every morning. I then weighed 217 pounds, was always bothered with pains in my back and lower part of abdomen and sides. "Now I am glad to say I am a well woman, feel much stronger, years younger and my weight is 170 pounds. I do not only feel better but I look better, so all my friends say."

"I shall never be without Kruschen Salts. I will never cease taking my daily dose and more than glad to highly recommend it for the great good that is in it." Mrs. S. A. Solomon, New Bern, N. C., Jan. 1930. "P. S. You may think I am exaggerating by writing such a long letter but truly I feel so indebted to you for putting out such wonderful salts that I cannot say enough."

A bottle of Kruschen Salts that lasts 4 weeks costs but 35 cents at drugstores the world over. Take one half teaspoon in a glass of hot water every morning before breakfast.

Attention to diet will help—cut out pastry and fatty meats—go light on potatoes, butter, cream and sugar—the Kruschen way is the safe way to lose fat. Try one bottle and if not joyfully satisfied—money back.—Adv.

Congratulations!

"I'm engaged," said the taxi-driver. "I hope you'll be very happy," said the sweet little innocent.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Education begins the gentleman, but reading, good company and reflection may finish him.—Locke.



FEEL MEAN?

Don't be helpless when you suddenly get a headache. Reach in your pocket for immediate relief. If you haven't any Bayer Aspirin with you, get some at the first drugstore you come to. Take a tablet or two and be rid of the pain. Take promptly. Nothing is gained by waiting to see if the pain will leave of its own accord. It may grow worse! Why postpone relief? There are many times when

Bayer Aspirin will "save the day." It will always ease a throbbing head. Quiet a grumbling tooth. Relieve nagging pains of neuralgia or neuritis. Check a sudden cold. Even rheumatism has lost its terrors for those who have learned to depend on these tablets. Gargle with Bayer Aspirin at the first suspicion of sore throat, and reduce the infection. Look for Bayer on the box—and the word Genuine in red. Genuine Bayer Aspirin does not depress the heart.

BAYER ASPIRIN

Reasons Why You Should Use Cuticura Soap

1. It is pure and you should use the best for daily toilet use.
2. It helps to make and keep the skin clear and healthy.
3. It contains medicinal properties so is excellent for skin troubles.
4. It keeps baby's skin healthy.
5. It is excellent for shampooing the hair.
6. It is economical at 25c a cake.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Proprietors: Fetter Drug & Chemical Corporation, Malden, Mass.