

# FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

## LITTLE ROMANCE IN MEETING

It Was Their First and Only Time, and the Consequences Were Decidedly Tragic.

It was the first time they met. Save for a gray, overcast sky, and heavy rain or snow, the day was perfect.

He came along rapidly, as was his wont, looking neither to the right nor the left, but gawping at the sky like a rube.

Much more slowly she approached from the opposite direction, walking daintily, as usual.

She saw him. "How handsome he is!" she thought. "How big and bold and strong looking! How rapidly he moves!"

But if he saw her he gave no sign.

A little bird hovered in the air far above. "He seems in such a hurry!" she sighed.

And really he was going some. It was then, for the first and last time, they met.

The little nanny-goat went sailing over a picket fence with a hurt look on her piquant face, while the fast mail for New York sped onward.—Detroit Free Press.

## He Was Honest.

A small colored boy stole some brass fittings from a building and was taken before the judge, who severely reprimanded him and bade him take back the stolen property. Turning to the officer the judge requested him to see that this was done, when the youngster broke out: "Dat's all right, judge. Ise gwine to take 'em back, and yo' needn't send to 'op wit me, for Ise hones', I is."—Cincinnati Enquirer.

## Cheap Writings.

It were well if the so-called "clever story writer," who, too often, is the chief nuisance of the manuscript editor of all magazines, could be brought to a realization that mere exaggerations and disgusting incidents are not "fun," would save postage and lessen the certainty of rejections—"Cheap Wit vs. the Dairy Lunch," George Willoughby, in National Magazine.

Custom governs the world; it is the tyrant of our feedings and our banners and rules the world with the band of a despot.—J. Bartlett.

A conservative estimate of the corn-stalk production of this country is 150,000,000 tons.

## BEAUTY IS POCKETBOOK DEEP

Fussing Ability, Not Looks, Will Determine Kansas University Queens.

"There is really nothing to a girl's credit," Mrs. Eustace Brown, adviser of women says. "If she is elected as one of the five beauties in the Jay-hawkers beauty contest. It simply means that the man with whom she goes most has a great deal of power among his friends and fraternity brothers, and can buy them off to vote for his girl.

"The girl may not even be especially pretty, but that is only a trifle. If she is electioneered for hard enough, who knows? She might get the place above some far prettier girl.

"It is the same old question of politics over again—buying votes, running the political machine, and so forth."

The 795 girls who were not elected, therefore, should not feel badly. They may be just as pretty, but the power behind the throne was lacking, according to Mrs. Brown.—University Daily Kansan.

## NO BAKING POWDER MORE WHOLESOME THAN ALUM POWDERS.

Washington, D. C.—Alum baking powders are no more harmful to a person than any other baking powders.

Such is the conclusion of the referee board of consulting scientific experts of the department of agriculture as the result of experiments to determine the influence of aluminum compounds on the nutrition and health of man. The report gives the results of three sets of extensive experiments on human subjects conducted independently by members of the board and was in response to questions put to it by the department of agriculture. The board's report was unanimous and was signed by Ira Reusen, president of Johns Hopkins University, Chairman; Russell H. Crittendon, professor of physiological chemistry in Yale university; and director of the Sheffield Scientific school; John H. Long, professor of chemistry in Northwestern university; Alonzo E. Taylor, professor of physiological chemistry in the University of Pennsylvania; and Theobald Smith, professor of comparative pathology in Harvard.

## Questions to Be Answered.

Whither goest thou?  
Where is thy soul?  
Is it in peace?

If troubled, why?  
How art thou fulfilling the duties of thy position?

What are they?  
What effort hast thou made to amend thy disposition, and conquer thy sins?

Hast thou been faithful to the light God has given thee?

What means shouldst thou use, especially with regard to thy most besetting sin or temptation?

Hast thou fought against it?  
Hast thou thought about it at all?

What hast thou done with the circumstances of the last month?  
Have they wrought God's work in thee?—Pere Ravignan.

## Church Semi-Oriental.

The Russian church, which terms itself orthodox—pravoslavy—differs considerably from all the other Christian temples by its semi-oriental style that is half Tartar, half Byzantine, yet possesses its distinctly Slavonic element. With its gilded cupolas, bright-colored roofs and ornaments, white glaring walls, it has more of a mythological and legendary character than the stately gothic or romantic cathedrals.

## A Convenient Route.

"Pardon me, but how can I get quickest to the zoological collection?"  
"Better get yourself stuffed."

Fear to do base, unworthy things is valor.—Ben Jonson.

A man is also known by the company he dodges.—Columbia Star.

## GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Dandierine hair cleanse." Just try this—moisten a cloth with a little Dandierine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Dandierine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Dandierine from any store and just try it. Adv.

## PRICE PAID FOR LONGEVITY

Writer Inclined to Doubt as to Whether Length of Time on Earth is Worth the Cost.

Curiously enough, comments an observing news writer, this is the season of the centenarian. From all over the country the correspondents are sending in the names and records of these geniuses of longevity. Some of them are old friends—the hale and hearty chaps of one hundred and ten to one hundred and fifteen and there abouts, regular visitors year by year with now and then a final recounting of the years that come to an end at last despite all systems, dietaries and rules of conduct. Others, youngsters of a bare hundred, are trooping up to be counted, new patriachs in the land sometimes dancing a tango with a great-granddaughter, sometimes becoming unduly solemn for so recent a recruit to the ranks of human persistence. At one and the same time we enjoy and sigh for these human calendars with never a red-letter square upon them.

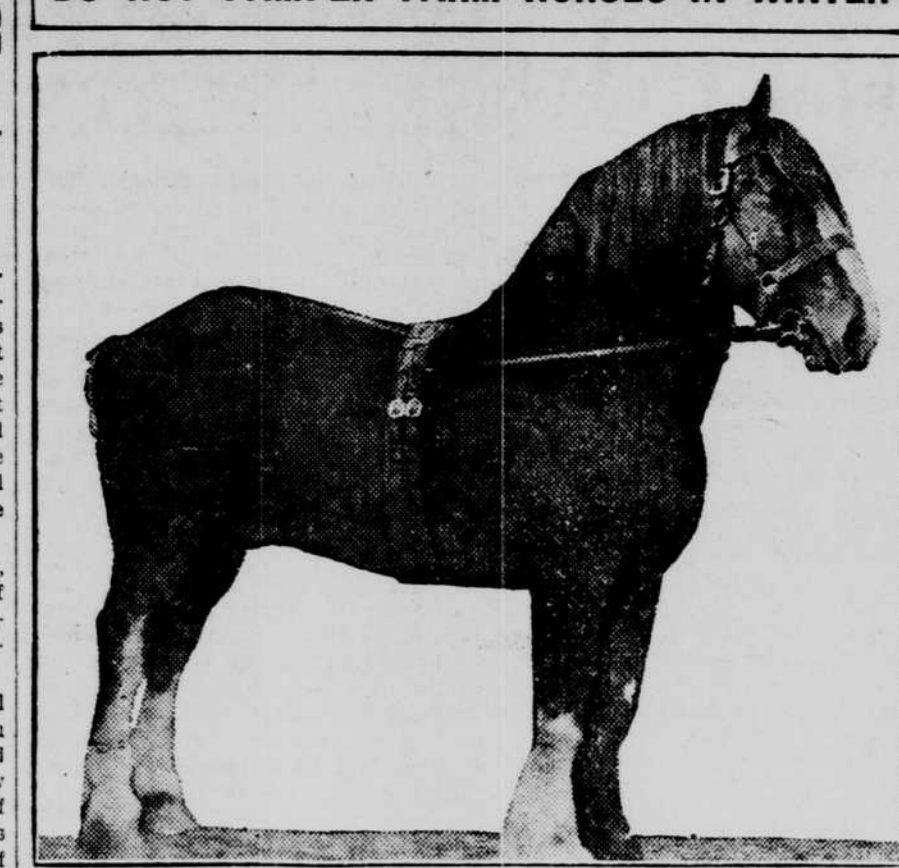
For that, it seems, is what it is to be famed for longevity. To be old, to be old in experience and in thought, to travel a level road without a tug up hill or a tumble down. To live regularly, like a tumble down. To live regularly, like an animated clock that is wound up regularly and dusted and oiled regularly, till at length it stops from sheer unimaginable weariness. Look at these ready echoes of full-jungled existence. Listen to them. The story is the same. They centered on themselves. What they did they did with one eye always on the graveyard. They never made a misstep because they never ventured one. Rarely are they rich, whom even the mildest pleasures taken exuberantly would have robbed of a lustrum at any rate. Rarely are they poor, who would have had to risk a record by living too hard or trying too strenuously against fate. No, they are for the most part humdrum documents from which the ink has faded, saying the same thing year by year—how to eat, how to sleep, how to "keep from worrying," and for what? To "live to be a hundred!"

Think of enduring for that long only to end up a bromidic health hint! Think of dying after one hundred and fifteen years spent in the careful effort to avoid living at all!

Naturally So.  
"Airships are very expensive, are they not?"  
"Well, they make the money fly."

A woman doesn't object to a man's past as much as she does to his present—to some other female.

## DO NOT PAMPER FARM HORSES IN WINTER



English Shire Stallion.

(By J. M. BELL.)  
We are now in the midst of winter weather, and the daily care of the farm horse should be a matter of importance to his owners. This caring for them does not altogether consist in feeding and watering regularly, although these are the main essentials, and without good feed and an abundance of pure drinking water, the stock cannot remain in a thrifty condition.

The question of exercise is a most important one, and one that should never be neglected. I think it is a good plan to turn out all of the work horses every day that are not in actual use, especially on days when there is no "falling weather."

One of the greatest mistakes that a farmer can make is to leave his teams standing in the barn day after day, and on full feed, as they are liable to suffer from attacks of indigestion, and any of the older stock is very liable to stock up from want of exercise. Then, again, all of them will be more subject to colds than where they are turned out to run around and play in the farmyard.

Last winter the writer had a man renting land from him; this man handled farm teams in many of the northern and western states, especially in Montana, Idaho and Washington, also in Minnesota. In all of these states he had used teams on the road and on the farm. Moving to Virginia in the month of December, he bought "our head of horses in the city of Richmond, and bringing them down to the farm, put them in a rather open barn, and kept stable blankets on them at night, and, in fact, all the time that they stood in the barn. But he did not keep them in the barn in the daytime unless it was raining, or snowing, for on all fairly bright days, never mind how cold, the horses were turned out, the blankets having first been taken off. One of these horses had just been clipped, and he, too, was turned out with the other three that had their regular coats of winter hair on them.

It was a pretty sight to see the

four big, strong horses running around and playing like so many colts, and even rolling in the snow, for we do have snow occasionally in "Ole Virginia." Now, the writer does not remember ever seeing one of these horses with a cold or even a cough, all during the time they were on this Virginia farm.

Of course I am well aware that the climate in the North and West is much colder than that of Virginia, but where teams are accustomed to the winters of these other states, they should be turned out with impunity, I should think, and without any fear of injuring them.

In connection with the idea of horses being turned out for exercise in the winter season, the writer calls to mind a paragraph that he recently read which stated that Secretary Wilson had been wintering a herd of horses out of doors, and for the last 20 years, on his Iowa farm. These horses have access to a shed where they could find protection from the cold blasts, but it said that they sought protection in a wooded ravine and would not go into the shed, even in the worst weather. This herd of horses enjoy the best of health, and, being put in the pasture when between one and two years old, are kept there until they are taken out to be broken and sold.

Here is a practical illustration of the cold weather that horses will stand and thrive in, if they are turned loose, so that they can get the amount of exercise that they always stand in need of.

Too many stallions are pampered, and at the same time injured by keeping them shut up in close stalls, when they should have the run of a paddock every good day during the winter.

Just remember that it is almost impossible to hurt a horse of any class, or of any breed, by turning him out and letting him keep warm by moving around in the paddock, field or lot.

The same simple rule will apply equally well to brood-mares and colts.

## PLAN TO INTEREST FARMER IN DAIRY

While Indifference Is Manifested, No Improvement in Material Is Expected.

The person who could succeed in setting up some scheme of interesting the average farmer in the dairy business would be entitled to have his name enrolled among the benefactors of the human race.

While this may seem to be an extravagant statement it is not as much so as it might seem before it is examined into more closely.

The average farmer today is a dairyman just because he happens to be. He did not go into it premeditatedly, he just drifted into it. He found himself with a few cows and a little more milk and cream on hand than his family could consume and he sold it, and he probably gave no thought to whether it was a good product or not. He sold it simply because he found he could, and he probably never took the trouble to look up the price, or the test.

As long as the average farmers are indifferent as this, we can look for but little difference in the character of the raw material that is coming to the creameries.

Just what is going to be necessary to interest the average farmer in dairying is pretty hard to tell. One thing is certain, he cannot be driven into it. It also seems that he cannot be persuaded into it.

One Corn Variety.  
There can be no doubt as to the advisability of a community agreeing on a variety and every corn grower raising it. This variety should be the one found best by the actual experiences of corn growers and by experiment station tests, if such have been made. Such a step should tend to increase the amount of corn grown and make a uniform product which is more marketable.

Proper System With Cows.  
In handling the dairy cow, feeding to the full capacity of each cow in the herd is the only proper system and this can be done only when one knows the individual tendencies of the cows. These can be determined by weighing both the milk and the feed.

Poultry Silo Is Latest.  
The poultry silo is the latest idea in silo architecture. It is a small silo designed to preserve green cut clover, alfalfa, corn, etc., for feeding poultry during the winter.

## SOWS FROM FALL LITTERS ARE BEST

Animals From Prolific Families Are Certain to Make the Best Mothers.

(By W. M. KELLY.)  
In selecting breeding sows I prefer to select the pigs from fall litters as they arrive at the age that I prefer to have my sows when they drop their first litter and when allowed to obtain a large part of their growth and development on pasture and forage crops the following summer they arrive at the very best period of development to breed for litters early the next spring.

I aim to select large, roomy sows with good length and depth of body, neat and short heads, wide between the eyes, medium bone and large heart girth with well sprung ribs and a well developed set of vital organs—consequently, a vigorous and hardy constitution. Sows that come from prolific families are more certain to inherit those qualities and become good mothers than those that descend from families that are less prolific. When we get a good sow that brings us large litters of good pigs we keep her as long as she will breed.

Ewes in Wet Weather.  
During wet weather no farmer will want to have the ewes running over his fields. Both the land and the ewes will be harmed if the animals run over the fields in the mud. A pen large enough for the purpose can be provided, and the ewes can get their exercise during rainy weather, and after there is no more roughness to be picked out of the fields.

Unsuccessful Poultryman.  
No man who does not like a hen, who cannot see beauty or excellence in a hen, and who feels like kicking her or shooting her away whenever she comes near, will ever succeed as a poultryman.

Find Value of Molasses.  
It is a good plan to send samples of dairy feeds containing molasses to the state experiment station and find out the true value of the mixtures. Molasses is useful to make unpalatable rations more appetizing but, unfortunately, it is sometimes used to cover up inferior quality in feeds.

Avoid Drafts.  
Flockmasters should carefully guard against exposing sheep to drafts. When they lie in drafts catarrh is liable to be the result.

Imitated His Superior.  
A good story is being told by Lord Lovat, head of the famous Lord Lovat Mounted brigade with the allies on the continent. A very much ruffled private was under arrest for some offense, and Lord Lovat inquired of the sergeants as to what his offense was.

"He's a very troublesome fellow, sir," replied the sergeant. "Got too much lip, goes out without leave, comes back when he likes, and gets drunk when he likes—just as if he was an officer."—Toronto Mail and Empire.

Knew His Own Past.  
"Why should not Jiggs patronize the fortune teller? Was he afraid to have his fortune told?"  
"Oh, no; he said he didn't care what she said about his future, but she threatened also to tell his past."

Hard-Luck Stories.  
"Has De Broke told you his last hard-luck story?"  
"I hope so."

What is not fully understood is not possessed.—Goethe.

## No Compromise

You must Conquer Stomach Ills at once if you would retain the controlling power in health matters. Such ailments as Poor Appetite, Indigestion, Bilio-ness, Constipation, Colds and Grippe soon undermine your health. Help Nature conquer them with the valuable aid of

### HOSTETTER'S Stomach Bitters

TRY IT

W. N. U., OMAHA, NO. 6-1915.

## Sick Women Made Well

Reliable evidence is abundant that women are constantly being restored to health by Lydia E. Pinkham's Vegetable Compound

The many testimonial letters that we are continually publishing in the newspapers—hundreds of them—are all genuine, true and unsolicited expressions of heartfelt gratitude for the freedom from suffering that has come to these women solely through the use of Lydia E. Pinkham's Vegetable Compound.

Money could not buy nor any kind of influence obtain such recommendations; you may depend upon it that any testimonial we publish is honest and true—if you have any doubt of this write to the women whose true names and addresses are always given, and learn for yourself.

## Read this one from Mrs. Waters:

CAMDEN, N.J.—"I was sick for two years with nervous spells, and my kidneys were affected. I had a doctor all the time and used a galvanic battery, but nothing did me any good. I was not able to go to bed, but spent my time on a couch or in a sleeping-chair, and soon became almost a skeleton. Finally my doctor went away for his health, and my husband heard of Lydia E. Pinkham's Vegetable Compound and got me some. In two months I got relief and now I am like a new woman and am at my usual weight. I recommend your medicine to every one and so does my husband."—Mrs. TILLIE WATERS, 530 Mechanic Street, Camden, N.J.

## From Hanover, Penn.

HANOVER, PA.—"I was a very weak woman and suffered from bearing down pains and backache. I had been married over four years and had no children. Lydia E. Pinkham's Vegetable Compound proved an excellent remedy for it and made me a well woman. After taking a few bottles my pains disappeared, and we now have one of the finest boy babies you ever saw."—Mrs. C. A. RICKBORN, R.F.D., No. 5, Hanover, Pa.

Now answer this question if you can. Why should a woman continue to suffer without first giving Lydia E. Pinkham's Vegetable Compound a trial? You know that it has saved many others—why should it fail in your case?

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs. It has restored so many suffering women to health.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

## HORSES FOR EUROPE

Europe is buying thousands of horses from the United States for the war. The army agents refuse all horses that are not in good condition and free from contagious and infectious diseases. When the buyers come you must be ready to sell. Keep your horses in stable condition, prevent and cure Distemper, Pink Eye, Splenic, Catarrhs and Shipping Fever by using the largest selling veterinary remedy.

### SPORN'S DISTEMPER COMPOUND.

Absolutely safe for all ages. One bottle cures a case. 50 cents and 25¢ the bottle. Write for free booklet. "Distemper, Catarrh and Shipping Fever." SPORN MEDICAL COMPANY, Chemists and Bacteriologists, GOSHEN, INDIANA

## CASTORIA

Examined carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletchler* In Use For Over 30 Years. Children Cry for Fletchler's Castoria

In England about 9 to 10 per cent of the woman workers are now unemployed.

When you doubt, abstain.—Zoroaster

## 160 ACRE FARMS IN WESTERN CANADA FREE

Yes, waiting for every farmer or farmer's son—any industrious American who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is higher but her farm land just as cheap and in the provinces of Manitoba, Saskatchewan and Alberta

### 160 Acre Homesteads are Actually Free to Settlers and Other Land at From \$15 to \$20 per Acre

The people of European countries as well as the American continent must be fed—thus an even greater demand for Canadian Wheat will keep up the price. Any farmer who can buy land at \$15.00 to \$20.00 per acre—get a dollar for wheat and raise 20 to 45 bushels to the acre is bound to make money—that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada but there is an unusual demand for farm labor to replace the many young men who have volunteered for service in the war. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada; or to

W. V. Bennett, 220 17th St., Room 4, Bee Building, Omaha, Neb.

Canadian Government Agent.

## Better Health—Fatter Purse

The 1914 wheat crop of the United States was 891,017,000 bushels.

A fine showing that, but—

Under present methods of manufacture of many so called breakfast foods and bread stuffs, a large per cent of the real food value of this magnificent crop—found in the invaluable mineral elements of the grain—will be wasted as far as human needs are concerned—thrown out in the milling process just to make flour look white and pretty.

But in making the splendid food—

# Grape-Nuts

all the nutriment of wheat and malted barley is retained, as well as the vital mineral elements—phosphorus, iron, lime, etc.—which are absolutely demanded by the system for perfect building of brains, nerves and muscle.

Grape-Nuts digests with remarkable ease, due to its long baking; is highly concentrated, economical and appetizing.

## "There's a Reason" for Grape-Nuts

—sold by Grocers everywhere.