

Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were all of the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to refund \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.

STRANGLES Or Distemper in stallions, brood mares, colts and all others is most destructive. The germ causing the disease must be removed from the body of the animal. To prevent the trouble the same must be done. SPOHN'S COMPOUND Will do both—kill the germ and prevent the "spore" from having the disease, 50 cents and \$1 a bottle; \$5 and \$10 the dozen. All druggists, harness houses, or manufacturers. SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

"I've had a lot of new things," began Mrs. Wife. "We have to get a new rug for the dining room and some curtains for the living room. We need some new dishes, too. And, besides, I haven't a thing to wear. I've got to get a new evening dress and a street dress, and a couple of new hats, and I haven't a pair of shoes to my name, and—" Well, what's the joke about this? you ask. It isn't any joke—that's all.

HEAL SKIN TROUBLES That Itch, Burn and Disfigure by Using Cuticura. Trial Free. The Soap to cleanse and purify, the Ointment to soothe and heal. Rash, eczema, pimples, dandruff and sore hands yield to treatment with Cuticura Soap and Ointment. Relief is immediate and permanent. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

"The Autumn-Dripping Gloom." It is very well that we have named the season fall. It is the time when everything comes tumbling about our ears. We have never learned to adjust the work of the year so that its divisions might fall as equal burdens upon our shoulders. Through tradition, mismanagement or necessity, the women of the world have the entire rearrangement of their segment of it in the autumn.—New York Times.

Drinking of Water (BY V. M. PIERCE, M. D.) The general conclusions of the latest Medical Scientists prove that drinking plenty of pure water both between meals and with one's meals is beneficial to health. It has now been proved by means of the X-rays and actual tests upon many healthy young men that the drinking of large amounts of water with meals is often beneficial. Therefore if you want to keep healthy drink plenty of pure water (not ice water), both with your meals and between meals. If you ever suffer from backache, lumbago, rheumatism, or any of the symptoms of kidney trouble—such as deep colored urine, sediment in urine, getting out of bed at night frequently and other troublesome effects. Take a little Anuric before meals. These Anuric Tablets can be obtained at almost any drug store.

Bumper Grain Crops Good Markets—High Prices Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa. No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle feed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price. Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels. Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription. For illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. see Superintendent Immigration, Ottawa, Canada, or W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr. Canadian Government Agent

The History of Thanksgiving

President Washington established the custom officially in the United States, but men have fervently thanked their Gods for blessings in all ages and every clime

THE goddess of the Roman harvest was Ceres. Her festival was celebrated annually and was called Cerialia. It was a day of worship and rustic sports. Men and women formed processions and went to the fields with music. Virgil refers to this festival. He mentions the sacrifices that were offered in the temples, and alludes to the joyousness of the occasion. But Roman thanksgiving days were not confined to this annual celebration of the festival of Cerialia. Sometimes they were held in commemoration of victorious martial campaigns. Plutarch tells us of the emperor who to conceal his defeat ordered a thanksgiving, which was observed. Then when the facts of his disastrous campaign became generally known, he excused himself on the ground that he did not "wish to deprive the people of a day of enjoyment."

In one way or another, a thanksgiving day has been observed in Christian Europe for centuries before its celebration in New England. On the continent, and for a time in England, it occurred at Martinmas, which was a day of feasting and drinking. Occasionally, too, civil authorities recommended the observance of some fixed day. To celebrate the victory of King Henry V of England, at Azincourt, October 25, 1415, a public thanksgiving was held on Sunday, the feast of St. Edward, the King and Confessor. Such a day, too, was observed in Leyden, Holland, October 3, 1575, the first anniversary of that city from the siege by the Spaniards.

Many instances of a thanksgiving day can be pointed out in England during the sixteenth and seventeenth centuries. In 1559, the second year of Elizabeth's reign, Thanksgiving day entered Rogation day. Then it was ordered that thanks should be given to Almighty God "for the increase and abundance of his fruits upon the earth." In this reign, too, there was a great national thanksgiving day that is worthy of note. This occurred Tuesday, November 19, 1558, and was in commemoration of the great victory over the "Invincible Armada."

One legal and annual thanksgiving day, because of the long time it was such, deserves special mention. After the traitors in the Gunpowder plot had been tried and punished in 1605, it was ordered that because of their deliverance the English people should keep the fifth of November every year "as a public thanksgiving day to Almighty God; that unfeigned thankfulness may never be forgotten, and that all ages to come may yield praises to God's divine majesty for the same." The "fifth of November" continued a legal thanksgiving day for more than two centuries; but in later years it fell into disuse, and in 1833 was abolished by parliament.

Long before the advent of the Pilgrims in Massachusetts, all rituals contained expressions of gratitude to God for his mercies. In that of the Church of England, special prayers were provided for the Sunday service. This service, however, must be carefully distinguished from the Thanksgiving day of the Pilgrim fathers. Failure to make this distinction has led to the groundless claim that the Pilgrim colonists were "the first to keep Thanksgiving day" in America. The service at Monhegan, on which this claim is based, was the regular Sunday service of the Church of England; and while it had an element of thanksgiving, the day can in nowise be regarded as a thanksgiving day as that term is understood.

The record made in his "Breches Bible" by William White, who came over in the Mayflower, has far more significance in determining the origin of our American Thanksgiving day than the event at Monhegan. The record reads: "William White married on ye 3rd day of March, 1620, to Susannah Tilly, Peregrine White born on board ye Mayflower in Cape Cod Harbor. Some born to Susannah White 19th ye six o'clock morning. Next day we meet for prayer and thanksgiving." This meeting "for prayer and thanksgiving" was not on Sunday, but on Tuesday. The fact that it was not a part of the regular Sunday service makes it more nearly accord with our idea of Thanksgiving day than the Monhegan event.

The prototype of our present Thanksgiving day is found in the harvest festival at Plymouth in 1621. The long winter that followed the establishment of the colony had been so severe that less than half the settlers had survived it. "At one time during the winter only Brewster, Standish, and five other hardy ones were well enough to get about." In the spring and summer that followed, their fortunes improved, and by autumn they had cleared 26 acres and made it ready for cultivation. This industry, too, had been rewarded by a bounteous harvest. Now food and fuel sufficient for the needs of the approaching winter were laid in. Then Governor Bradford ordered a thanksgiving—the first in America.

The first thanksgiving was not for a day only. It continued a week. In a letter to a friend in England, Edward Winslow has given us a brief account of the festivities. This letter bears date of December 11, and in it Winslow wrote: "Our harvest being gotten in, our Governor sent four men on fowling that so we might after special manner rejoice together after we had gathered the fruits of our labors. They killed as much fowl as with a little help beside served the company about a week. At which times among other recreations we exercise our arms, many of the Indians coming amongst us, and among the rest their greatest king, Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer which they brought and bestowed on our Governor and upon the captains and others." The records make no mention of a thanksgiving day in the next year, but in the year following, 1623, such a day was held. This, however, was not in the autumn, but in July on the arrival of provisions from England. Nearly 50 years pass before we hear of another thanksgiving day at Plymouth. There was one in 1678, and another for the accession of the Orange Stuarts, William and Mary, in 1689. An autumnal thanksgiving was held in 1690, the last in the history of Plymouth colony.

W. L. DOUGLAS "THE SHOE THAT HOLDS ITS SHAPE" \$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World. W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them. The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy. Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price. It returns mail, postage free. LOOK FOR W. L. Douglas name and the retail price stamped on the bottom. W. L. Douglas \$3.00 \$3.50 & \$4.00 Boys' Shoes Best in the World \$3.00 \$2.50 & \$2.00 W. L. Douglas Shoe Co., Brockton, Mass.

Losing Game. "I'm sorry I asked the girl to clean the typewriter." "Why?" "She took fifteen minutes to clean the typewriter and two hours to manicure her finger nails afterward." Rules for Success. Make up your mind what you intend to do, make your plans accordingly and carry out your ideas. Nothing is more unsatisfactory than compulsory love. Blind Wireless Operators. Blind soldiers are being trained in France as wireless operators. When the sense of sight is lost the senses of hearing and touch become intensified, and acuteness of hearing and sensitiveness of touch are just the qualities most needed in a wireless operator. Not So Mean. "They asked old Goldman if they could put him down for a thousand dollars for the charity fund and he gave assent." "The mean old skunk!"

WINCHESTER Hammerless Shotguns Model 1912 Extra Light Weight Made in 12, 16 and 20 Gauges There's no need of carrying a heavy gun. Winchester Model 1912 shotguns are made entirely of nickel steel, and hence are the lightest and strongest guns on the market. Be sure to see one before buying. Sold by all dealers. THE REPEATER PAR EXCELLENCE

CHIVALROUS TO THEIR MATES FORGOT ONE LITTLE THING Bird Lover's Observations of Affection Bestowed on Females by Males of Feathered Tribes. In a recent issue of the Companion, writes a friend, I read of the extremely impolite ways of the cardinal. I was much disappointed, for I had always supposed Mr. Cardinal to be a southern gentleman, chivalrous and polite. My observation has taught me that all birds are not so impolite to their mates as the cardinal proved to be. I fed the birds all last winter—suet, cracked nuts, seeds and crumbs. A pair of bluejays came very morning for their breakfast. They never quarreled, but divided everything in the most amicable way. One morning while they were eating, the neighbor's cat frightened them away. The next day Mrs. Jay absolutely refused to come down to the ground to eat. She sat high up in a large maple tree and looked longingly at the breakfast, but would not come down. Her mate flew from the ground to her perch and back again several times, coaxing in a low, soft voice, but all in vain. At last he flew to the ground, picked up the largest piece of bread he could find and carried it to her. This he did several times, until she had eaten her fill, when they both flew away.

When the first warm spring days came, I placed a large pan of water under a big lilac bush, where the birds could bathe and drink. One warm morning Mr. Robin came, and had just started to take his cold plunge when Mrs. Robin appeared on the scene. Mr. Robin immediately flew out on the grass and waited patiently until his spouse had refreshed herself with a bath and a drink; then he flew into the pan and finished his own ablutions.—Youth's Companion.

Polite Doubt. A fond parent was telling Oliver Herford of the really bright remark of her three-year-old daughter. Herford was much impressed. "How old did you say little Lena is?" he asked. "Only three," answered the mother proudly. "Do you know," said the humorist, solemnly, "I have a suspicion that sometimes these children lie about their age!"—McClure's Magazine.

Useful Playmates. "I hope you are selecting playmates whose companionship will be of value to you," said Jimmy's mother. "Oh, sure," replied Jimmy; "Skinny Jones is teaching me how to black eyes, and Tug Higgins says, if I'll give him my roller skates, he'll teach me the punch that knocked-out Bombardier Wells."—Pearson's Weekly.

Perverting the Truth. "Our chicken lays an egg every day," said Kitty proudly. "Our chicken lays two eggs every day," said Bessie, not to be outdone. "Our cat has kittens every month," said Willie. "Sure a be," exclaimed the cook; "'tis yerselves is the little loyers."

Think of It— People cut out tea or coffee before retiring when these beverages interfere with sleep. In the morning they drink freely of them, strangely overlooking the fact that at whatever time of day the cup is drunk the drug, caffeine, in tea and coffee is irritating to the nerves. More and more people are turning to Instant Postum the drug-free, nourishing, comforting cereal drink. "There's a Reason"

Instant Postum the drug-free, nourishing, comforting cereal drink. "There's a Reason"