

## Thousands Have Kidney Trouble and Never Suspect It

### Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the following statement: "That one reason why so many applicants for insurance are rejected is because of kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large."

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

### The Challenge.

He—A kiss is the language of love  
She—Dumny.—Boston Transcript.

## PUT CREAM IN NOSE AND STOP CATARRH

Tell's How to Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no more hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.—Adv.

### Mr. Carnegie's Advice.

"In considerable fear," said a bank-er, "I once consulted Mr. Carnegie about a new venture. The business looked as if it ought to be profitable. There seemed to be a public need of it. Still there was some risk involved, and I was afraid."

"But Mr. Carnegie laughed at my fears."

"If it is a good thing plunge in," he said. "Fear is old womanish. Fear is what keeps untold millions from making fortunes. When Benjamin Franklin thought of starting a newspaper in Philadelphia his mother, greatly alarmed, tried to dissuade him. She pointed out that there were already two newspapers in America."

### Might Have Been Worse.

The man who sometimes spoke his thoughts aloud had been more concerned with the things of the world than with things spiritual. One day by chance his hand fell upon a book containing the catechism of a certain Protestant church, and he was soon earnestly engaged in reading the Ten Commandments. For some time he pondered over the "Thou shalt nots" and "Thou shalt nots," which had been forgotten almost since childhood. Then, laying down the book with a sigh, he muttered:

"Well, I've never killed anybody, anyway."—Exchange.

### The Reason.

"Press agents rarely go into bankruptcy." "No wonder. Their liabilities are also their assets."

## "DANDERINE" STOPS HAIR FALLING OUT

Hurry! A few cents will save your hair and double its beauty.



A little "Danderine" cools, cleanses and makes the feverish, itchy scalp soft and pliable; then this stimulating tonic penetrates to the famished hair roots, revitalizing and invigorating every hair in the head, thus stopping the hair falling out, getting thin, scraggly or falling.

After a few applications of "Danderine" you seldom find a fallen hair or a particle of dandruff, besides every hair shows more life, vigor, brightness, color and thickness.

A few cents buys a bottle of delightful "Danderine" at any drug or toilet counter.—Adv.

### Sampling the Cellar Stock.

"Has Bill changed much since he got out of the army?"

"Not much. He still spends a great deal of his time in a dugout."—The Home Sector.

## SHE THOUGHT DYEING WAS OLD FASHIONED

But "Diamond Dyes" Made Her Faded, Shabby, Old Garments Like New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers—everything!

Direction Book in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

### Nothing Left.

Ragged little Tom Brown had been committed to juvenile hall, where he was immediately given a bath, clean clothes, had his hair washed and cut short. His old clothes were burned. As his adenoids interfered seriously with his breathing they were removed. When he had recovered from the operation the matron noticed that there was an unusually big and disfiguring wart at the end of his thumb.

"Tom," she said, "I'll see that this wart is removed today."

A look of absolute disgust spread over Tom's face. "Gosh!" he exclaimed. "Don't you let a fellow keep anything here?"—Harper's Magazine.

### Consolation for Mother.

Jack went to the bathing bench one day with his father and mother, the latter being very stout. He went in bathing with the other boys and after he had again joined his parents he told them of the fun he had had, adding that the boys had made a lot of fun over a big fat woman they had seen in bathing at a distance. Then he added, consolingly: "But you bet I didn't tell them you were my mother."

### Lucky Accident.

Mrs. Towne—"How did you sleep last night?" Towne (father of twins)—"Accidentally."

Happiness is something a fellow has to earn for himself; no one else can hand it to him.

## SIMPLE AND INGENUOUS FROCKS FOR CHILDREN



MOTHERS owe a rising vote of thanks to the resourceful and ingenious creators of children's clothes this spring. First, because these clothes are so simple and pretty, and next, because they are so well made. Even a fastidious needlewoman can content herself with ready-made clothes for her children. But if the ready-made things are higher-priced than suits her, then she can copy them at home, buying materials from the merchants near her and gratefully following the lead of skillful and keen designers who spend their time thinking up ways for making children's clothes. One would have to be a born genius to outdo them, and why take the responsibility of designing as well as sewing at home?

The little maid in the neighborhood of twelve years and her smaller sister of eight, or thereabout—shown in the picture above—found themselves dressed in perfect taste. Nothing

more unusual than chambray was selected for these delightful frocks and both of them employ a pretty, old-time finish in overlapping points of white cotton, made by folding and sewing down strips of white material. It might be of any of the durable cotton fabrics—lawn, batiste, percale, or Peter Pan cloth—according to the degree of daintiness or durability that the maker may have in mind.

The dress for the older girl is a straight-lined model with kimono sleeves, and little signs of needlework embellish it. The narrow belt of black patent leather must not be overlooked. The other dress has a long blouse and a little bow of black ribbon at the throat. Elbow sleeves belong to both, and, judging from their millinery, these two children are considered to be quite dressed up in the simplest of frocks. This idea is borne out by their footwear.

## Straws in the Spring Winds



NO one has been able to figure out just why it is that women take to millinery that anticipates spring—and no one can doubt that they do wear it. With charming audacity a few straw hats courageously make their appearance along with January thaws in the coldest sections of the country and in the South they enter, to remain. It is the tourist's millinery—the resort hats probably—that entice even the stay-at-homes into discarding their midwinter headwear and donning something that has a promise of spring in it.

Spring millinery is a survival of the fittest among the many and diverse styles that appear at the winter resorts, with the addition of models in which variations in the use of materials appear. Already the seat of approval is set on the hats that appear in the group pictured above—hats of the simpler sort, having, with one exception, soft outlines. All of them, but the wide-brimmed model, may be placed in the class of street hats and this one is to be included in the list of "pastime hats"—those glorified sport hats of gay and beautiful colors and fine materials. This particular example is made of alternating rows of narrow faille ribbon and a braid, in light green, with a pin-wheel rosette of the ribbon for adornment. It is faced with white tagal and may be worn with sport clothes or other summer apparel.

In the dark hat, with feather ornament at the side, there is a splendid example of hair-cloth millinery. The

band about the crown shows cellophane over white ribbon and the handsome feather ornament seems to have been created for this hat. The soft Breton sailor made of loops of braid and georgette crepe is a lovely hat and undertakes to outshine the plain banded sailor of brilliant straw which is perfectly sure of holding its own.

Julia Bottomley

### Many Wraps Are White.

For southern wear many of the wraps being prepared by the specialty shops follow the mode of the old time French cape known as the "visite." This was a quaint, long, narrow affair gathered up about the neck. This model was followed out at one place in white velvet gathered to a band of ermine and lined with pomegranate red crepe de chine. White wraps are, by the way, being exploited much for the Florida resorts. So are the black ones. Both depend for their beauty largely on vivid linings of orange and citron and rose and henna.

### Belts Little Used.

The vogue for belts is decidedly on the wane. A belted effect is given, however, by clever cut, and much ingenuity is exercised in this direction.

## THREE YEARS WITHOUT HOPE

A Story of Sickness and Suffering with Final Return to Health  
It will do you good to read it

No matter how long nor how much you have suffered, do not give up hope. Do not decide there is no help for you. There is. Make up your mind to get well. You can. There is a remedy in which you may place full reliance as did Mrs. Rosalia Kania of 39 Silver Street, New Britain, Conn. This is what she says: "I had cramps for three years and thought I would never be any better. I could not eat without distress. Slept with my mouth open and could hardly breathe. No medicine helped me. I had catarrh of the stomach. Now I have no cramps and am feeling well and healthy. I wish every suffering person would take PE-RU-NA."



Catarrh effects the mucous membranes in any organ or part. PE-RU-NA, by regulating the digestion and aiding elimination, sends a rich, pure supply of blood and nourishment to the sick and inflamed membranes and health returns.

For coughs, colds, catarrh and catarrhal conditions generally, PE-RU-NA is recommended. If you are sick, do not wait and suffer. The sooner you begin using Dr. Hartman's well-known PE-RU-NA, the sooner you may expect to be well and strong and in full possession of your health. A bottle of PE-RU-NA is the finest emergency, ready-to-take remedy to have in the house. It is fourteen ounces of preparation and protection.

Sold everywhere in tablet or liquid form.



## DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPHON'S DISTEMPER COMPOUND "exposed" will do both—cure the sick and prevent those "exposed" from having the disease. Sold by your druggist. 60c and \$1.15 per bottle.

SPHON MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.

### The Reason.

"You look depressed this morning."  
"Yes; when I went to look at my private stock this morning I found I was out of spirits."—Baltimore American.

The fact that his wife uses a little powder is no excuse for a man's coming home shot.

## Cuticura Soap The Velvet Touch For the Skin

Soap 25c, Ointment 25c and 50c, Talcum 25c.

W. N. U., LINCOLN, NO. 9-1920.

## Thousands of Happy Housewives in WESTERN CANADA

are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save, pay, rent and reduce cost of living—where they could reach prosperity and independence by buying on easy terms.

**Fertile Land at \$15 to \$30 an Acre**  
—land similar to that which through many years has yielded from 20 to 40 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

**Farm Gardens—Poultry—Dairying**  
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

**W. V. BENNETT**  
Room 4, Bee Bldg., Omaha, Neb.  
Canadian Government Agent

## TOWN LONG WITHOUT BANK GETS MONEY FROM RUBBISH

Colorado Community, in Existence More Than a Century, is Now to Have Institution.

Invention of Englishman Has Proved Its Practical Value in a Number of Towns.

The little Spanish town of San Luis, the county seat of Costilla county, Colo., in the lower end of the valley, will welcome its first bank when the State bank of San Luis opens its doors for business. This little town is more than one hundred years old, and was one of the farthest outposts of Spanish settlement that followed the northward push of the Spanish residents of Santa Fe and vicinity.

For nearly fifty years before the first contingent of Americans, under command of Gen. Frank Baldwin, now a resident of Denver, arrived over La Veta pass and established the military posts of Ft. Garland, San Luis had been a flourishing little settlement surrounded by highly developed farms.

In the last few years the progress and development of the town and community has been more rapid, until now the town is considered to be large enough to need a bank. The majority of the residents of the vicinity are Spanish-speaking people of the old school, polished, courteous, energetic and prosperous. Some of the wealthiest men of the valley are to be found in the town and its close environs.

An hour lost in the morning has to be run after all day.

If you would know a man study his infirmities rather than his virtues.

One of the most remarkable machines in the world has just been invented by an Englishman, W. P. Hoyle. It converts dust into cash—or, more correctly speaking, it extracts what is worth saving from rubbish and prepares it for redistribution. Cinders are washed, dust is converted into fertilizer, tins are cleaned, and paper and rags are sorted. Another bit of machinery used in this wonderful "refuse recovery plant" deals with clinkers, turning them into molded concrete blocks for building. It has been proved that every hundred tons of waste produce \$100, and since a town of 75,000 inhabitants discards about one hundred tons of rubbish daily one can easily work out the municipal revenue that such a plant would produce. Not a few towns in the United Kingdom have already installed a Hoyle rubbish converting plant. Aberdeen in one day collected \$3,000 worth of discarded bottles, a week's jam-jar collection in the city of Sheffield realized \$600, while Glasgow estimates that one year's conversion of its rubbish will bring in \$20,000.

The worst thing a man can do is to do something his friends are sure he would never do.

The surest sign that a man has begun to succeed is when his rivals begin knocking him.

## Hard Work Tires

muscles and nerves, and then to whip them with coffee, with its drug caffeine, makes a bad matter worse.

## POSTUM CEREAL

is a drink for workers that contains no drug, but furnishes a finely flavored beverage, full-bodied and robust, pleasing to former coffee drinkers.

Two sizes At grocers  
Usually sold at 25¢ & 15¢

Made by  
Postum Cereal Co., Battle Creek, Mich.

## The Sweet Cereal Flavor of Grape-Nuts

is not produced by adding sugar to this blend of wheat and malted barley.

The sweetness is due to actual grain sugar, self-developed by the processing and long baking of this great food.

"There's a Reason" for Grape-Nuts