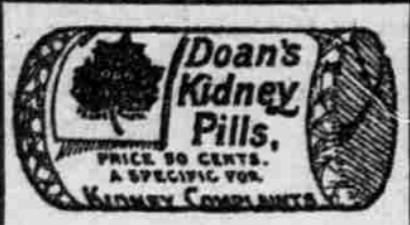


# FREE PROOF FORBIDS DOUBT.

GAINES, Pa., August 9, 1922.—"I received your sample of Doan's Kidney Pills and since have taken two boxes, and I can truthfully say that they are as good as they are recommended to be. When I began taking them I could not bend my back enough to pick up a stick of wood—sometimes could not walk or move my feet—had two doctors but did not get relief. I saw your ad. and got a trial box and have taken two boxes, and I am able to do a very hard day's work. Doan's Kidney Pills are a Godsend to humanity."—Mrs. ELLA A. MATTHEW, Gaines, Pa., Box 188.

The great fame of Doan's Kidney Pills is won by the wondrous power of the free trial to demonstrate surprising merit.



GAINESBURG, ILL., March 31, 1922.—"The sample of Doan's Kidney Pills came to hand. I also got one 50-cent box from our druggist, and I am thankful to say the pain across the small of my back disappeared like a snow bank in hot sun. Doan's Pills reach the spot."—ELMER WAPPEL.

CAMBRIDGE, WYO.—"Previous to taking the sample of Doan's Kidney Pills I could scarcely hold my urine. Now I can sleep all night and rarely have to get up, and that aching across my back, a little above my hips, is gone."—ISAAC W. STEVENS, Cambridge, Wyo.

Aching backs are eased. Hip, back and loin pains overcome. Swelling of the limbs, dropsy, edema, and rheumatic pains vanish. They correct urines, with brick dust sediment, high colored, pain in passing, dribbling, frequency, head wetting. Doan's Kidney Pills remove sand and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

NAME \_\_\_\_\_  
P. O. \_\_\_\_\_  
STATE \_\_\_\_\_  
For free trial box, mail this coupon to Foster-Wilbert Co., Buffalo, N. Y. If above space is insufficient, write address on separate slip.



## For the Individual

1796 1872 1952



WHERE OTHERS GIVE UP IS JUST WHERE WE GET OUR SECOND BREATH.

### THIS ACCURACY REVIEW DEPARTMENT

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### Look Over the Map.

How many cities could you mark on the Mercator map of the world at the top of this column? What do you know about the desirable personal forces of the different nationalities? We are more likely to hear of their undesirable tendencies than otherwise in our every day reading. Are you acquainted with any one in the different continents?

After wakening an enemy—before we cool off we may hit a friend. Some wise workers leave their "club" at home—not to use at home—so as to think before using it away from home. Some keep it locked up and never use it if possible to get along without it. Clubbing others dulls our own brain.

### Enjoying Your Employment.

In love with your work is one of the sources—daily sources—of profitable originality. Though very few get a living doing just what they want to do, yet many succeed and improve their world of work, leaving their subject in better shape than they found it. Desire to do something well helps people succeed though working at their second or third choice of employment. A Chicago man with a national reputation told me he had never done the work he always wanted to do. The work he wanted to do may have been some youthful fancy. He is a great success in the work he has done. Interest in your work brightens your eye, sharpens your thought and quickens your ear. We are continually walking over good things—better things—profitable opportunities. While waiting with friends for a belated train I placed a coin on the walk to see how many would walk over it. We got the value of the coin in entertainment, as dozens of people walked over it. Then we got the value of the coin again when we saw the joyful face of the old lady with a basket who found the coin, but did not see us. Greater interest in our work lessens the number of good things walked over—it helps us keep awake and thinking straight. A short-sighted person could see a dime on a high hitching post, yet be blind to a gold eagle on the ground. Greater interest in our work lengthens our sight without injuring its quality. Some of the things I tell you in these letters may help you most though they are the greatest distance from the subject you are interested in. You never know what is going to help you see something new and useful to you in your work. The art of picking up useful ideas in other lines of work and twisting them into usefulness in your work is a splendid art to acquire.

### Ingenuity and Resourcefulness.

One of my friends, an intelligent old Englishman, told me about how his predecessor and himself had fixed up a little house in which he works. He makes me think that useful little schemes around one for convenience and comfort are a part of one's life. He is a gateman on a railroad in a suburb. He works fifteen hours a day, seven days a week for thirty-five dollars a month, without any holidays. He is happy and would not lose his position for a double gold eagle. My collection contains some written observations he has made.

What are you doing to help improve the public schools near you? Helpers gain mentally when they help others to gain mentally. Real mental gain increases ability.

### Private Time Possibilities.

Thirty minutes a week for thirty years is sufficient time for any person to develop a useful side-line subject to an altitude requiring international attention. Private time study requires a great self-control. Generally there is no time for it or too much time spent on it. Zeal for a short time is easier than persistence and good judgment for decades.

One of the most successful lawyers in the United States told me that a night school was of great use to him. He attended a class after he had been admitted to the bar, to overcome one of his deficiencies.

Here are a few items from my letter to young people on ten minutes a day for ten years:

A minute is something like a dime. It can be used usefully or abused shamefully.

It can be invested in a way to bring good interest in a money-muscle-mind manner.

It is fortunate for young people to voluntarily see this manner.

It is expensive experience to have to learn it involuntarily.

Take a note book costing a dime, more or less, and spend ten minutes with it a day, three hundred days a year.

In ten years that means fifty days of ten hours each.

If, at the end of ten years, you can say the five hundred hours have increased your ability from two to twenty-five per cent you will not regret your efforts.

You can do this, and if you do it you are sure to gain by it.

Every day add a sentence or paragraph you think worth saving.

Watch for something to write or paste in your book; have your eyes, ears and mind ever ready to catch good hints in your work and recreation, your reading and conversation.

Every day reread some one paragraph or sentence and try to twist it into fresh shape to help you do the best you can to-day, and, if possible, better to-morrow.

Life is worth living when we know how to live and live as well as we know how.

A healthy girl can tell by moral intuition the difference between right and wrong actions. A healthy man can tell by business intuition the difference between right and wrong methods. All of us are tempted to disobey our good judgment.

### How Foreknowledge Might Help.

When a boy I had a pet Brahma pullet, plump and good looking, of two or three pounds weight. One day I entered the hen park and on coming out could not close the gate. There was a rubbery-spring of a resistance as the gate came within a foot of the post. As I opened the gate to investigate, my pet pullet ran out a yard and dropped dead. She had run in between the gate and the building under the lower hinge. That lesson in accuracy regarding gates and chickens gave my affections a hard pull. If my pet had been alive and my father's hens all dead I would have suffered less. That was expensive experience—I never killed another chicken by that gate—it made me think, look, know more and it increased my accuracy. Why could not I have learned by observation what I learned by expensive experience? I could have done so had I had my observation trained and I have done so many times since that event. An old German friend told me that we stopped growing when we stopped making mistakes, and I must be growing every day because I am making mistakes right along, but there are many kinds of mistakes and I want to grow by making those which do not kill "pet pullets" if possible. A Pennsylvania girl told me she did not think it necessary to be poor in order to be happy and I am trying to see if we cannot learn by the valuable experiences of others and lessen the necessity of errors and mistakes on our part. We should become more accurate and grow faster than we do and good reading is one way to do it.

Many confess that they lose their "head" then lose a sale because they do not know how to do otherwise. Of course it is to their interest to do otherwise. Self-control can be raised the same as sweet corn, if you learn how.

### Opportunities for Betterment.

After a sickness we have a chance to put to use the good resolutions made during sickness and improve our methods. We can seek better food and use greater care in eating. A dime's worth of food well eaten does more good than a dollar's worth carelessly consumed. Pleasure in eating is a good condiment, but studied pleasure just for pleasure alone leads us into all kinds of trouble.

You know the eggs are there and that the hens want to lay them—when you fail to get results you know that there is something wrong in the management of them. Can you record this to make it apply to your work?

## ONE OF THE LARGEST IRRIGATING CANALS IN THE WORLD.

A Project of the State of Idaho.

On the west side of the Snake river in Idaho, between Blackfoot and American Falls, there is being constructed by the American Falls Canal & Power company, under a contract with the state of Idaho, an irrigating canal 85 feet wide and 60 miles long. When finished, this canal will be one of the largest and most perfect irrigating systems in the world. By its means a valley of 100,000 acres of the most fertile and productive fruit and farm land in America will be reclaimed.

The climate of this valley is ideal. Cyclones, hot winds, floods or destructive storms have never been known.

Grain, grass, vegetables and all varieties of fruit grow in abundance. A healthy climate, a sure crop, a heavy yield, high prices and a ready market, are features of this country.

Ten thousand acres of this rich land are now ready for irrigation and settlement. Purchase tickets to Blackfoot via Oregon Short Line Railway Co.

For full information concerning land, water rights, low prices, and easy terms, write,

EVANS, CURTIS & SWEET CO., Salt Lake City, Utah.

A woman is never thirty until she is forty or married.

The phrenologist can never make a success until he gets his bumps.—Pittsburg Dispatch.

YELLOW CLOTHES ARE UNSIGHTLY. Keep them white with Red Cross Ball Blue. All grocers sell large 2 oz. package, 5 cents.

Neither Knew Nor Cared. General Almsworth, who has made such a name for himself as the head of the record and pension bureau of the war department, tells this story of the civil war: The chaplain of the regiment distributes the mail. On one occasion a New York regiment was very anxious about a delayed mail and for hours had pestered the chaplain with inquiries about it. Finally the chaplain put up a sign over the door of his tent, which read: "The chaplain does not know when the mail will arrive." Some time later an officer, passing that way, saw that some facetious person had added the words: "Neither does he care a damn."

Soldier Vote in 1864. George F. Elliott, who was a "guest" of the Andersonville, Charleston and Florence prisons for 320 days, says that in the Florence pen 10,000 votes were cast for Lincoln and McClellan for the presidency, 7,000 for Lincoln and 3,000 for McClellan. The ballots were black beans for Lincoln and white ones for McClellan. "I heard the commandant of the prison say, after the result of the vote was announced, that he wished he could call out all those who voted black and blow them into eternity. His name, I think, was Harrison. One of the inmates of the pen met him some years after the war and gave him a terrible beating."

The Question Answered. Estill Springs, Tenn., Aug. 24th.—Many questions are being asked of Mr. C. D. Holt of this place in regard to his wonderful recovery. For over two years he has been down with his back. He was so very bad that he could not even lace his shoes, and from this condition he suddenly appeared well and strong as ever.

It is no wonder therefore that his friends are asking him "How did you do it?"

He tells them all: "Dodd's Kidney Pills did it," and adds "This remedy is a genuine good medicine and one that I can heartily recommend to everybody."

"Everyone around here knows how very bad I was. I was so weak in my back that I couldn't do anything that needed stooping or tending over, and three boxes of Dodd's Kidney Pills made me as you see, as well as ever I was."

"They certainly had a wonderful effect on my case."

When every other hope departs and life looks like one long dreary blank, remember that the watermelons are ripening fast.

### How's This?

We offer One Hundred Dollars Reward for any case of catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

WEST & TRUAX, Wholesale Druggists, Toledo, O. WALKING, KINNA & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggists. Hall's Family Pills are the best.

### The Resurrection of a Coin.

A curious story of a coin comes from England. Since 1879 and up to a week or so ago there has been lying in one of the oldest London banks a sealed package containing one of the famous petition crowns of Charles II. known familiarly as the trial piece of Thomas Simon. Simon made fifteen of these in an effort to convince Charles that he could make finer and more artistic coin than could the Dutch. The coin in question was offered twice for sale, unsuccessfully, the last time in 1774. The highest bid then was twenty guineas. In 1789 it was put away to be offered for sale in 114 years. It is the property of a well known nobleman and it is doubtful if he will follow out the purposes of his ancestor.

### Do Your Clothes Look Yellow?

Then use Defiance Starch. It will keep them whiter—15c. for 10 cents.

### Guileful James.

James Ponard and Elizabeth Noyes of Pontiac, Ill., have been arrested by the sheriff of Livingston county on warrants sworn out by Miss Noyes' mother. Ponard courted the girl's mother for several years and, it is alleged, took out a license on Wednesday to marry her. Instead he eloped with the woman's 13-year-old daughter and married her. Ponard and the girl will be taken back to Pontiac for trial.

## The Russian Way.

"Michael," said the czar, "have you assured Uncle Sam that the open door is to be established in Manchuria?" "Yes, your Imperial majesty."

"Then hurry up and see that things are closed a little tighter, while he is bragging about his diplomatic victory and not watching us."

## MANY CHILDREN ARE SICKLY.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Summer Complaint, Feverishness, Headache, Stomach Troubles, Feeding Disorders and Destroy Worms. At all Druggists, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

## With the Traveling Men.

"I see," said the Philadelphia man, "that they came pretty near embalming a man who wasn't dead in your town the other day."

"Yes," replied the man from Rochester, "I've often wondered why such things didn't happen in your town every little while."

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Really, now, doesn't an overcoat seem a superfluous thing, and doesn't it seem odd that we should have kicked so much about coal last winter?

## Defiance Starch

should be in every household, none so good, besides 4 oz. more for 10 cents than any other brand of cold water starch.

The man with the ague is fortunate, for he is chilly at least a part of the time, and a shiver is a luxury right now.

Lewis' "Single Binder" straight 5c cigar. Made of ripe, mellow tobacco, so rich in quality that many who formerly smoked the cigars now smoke Lewis' "Single Binder." Lewis' Factory, Peoria, Ill.

It is wiser for man to trust to his luck than to his wits; for he is likely to have more of the former than the latter.

When You Buy Starch buy Defiance and get the best, 16 oz. for 10 cents. Once used, always used.

## A Giant's Clothes.

At Stamford, England, recently a suit of clothes which belonged to Daniel Lambert, the Leicestershire giant, was offered by auction. Lambert was the most corpulent man of his generation and weighed upward of 700 pounds. General Tom Thumb once walked through the arm of his coat. The bidding reached \$375, at which figure the lot was withdrawn.

## The Summer Bath.

Nothing is more refreshing or invigorating in summer than a daily bath. Use soft, tepid water and good soap. Ivory Soap is ideal for the bath; it is pure, lathers quickly and leaves the skin soft and white. The bath should be taken early in the morning or just before retiring at night. ELEANOR R. PARKER.

Some people are so anxious to arrive that they forget whence they came.

Lightning may never strike twice in the same place, but a bill collector never forgets the street number.

## The Best Results in Starching

can be obtained only by using Defiance Starch, besides getting 4 oz. more for same money—no cooking required.

## They Fight with Noise.

The Moorish Sultan's army is a wonderful affair. It fights by making a noise rather than by killing the enemy. The army consists of 25,000 men. Some are armed with discarded British Martini-Henrys, others with home-made imitations of the Martini-Henry, which jam and refuse to fire, while others have the old flintlock muzzle-loader, which is of doubtful habits.

## FREE TO WOMEN!

To prove the healing and cleansing power of Paxtine Toilet Antiseptic we will mail a large trial package with book of instructions absolutely free. This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ills, curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash and to remove tartar and whiten the teeth. Send today; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents. Large box, Satisfaction Guaranteed. THE R. PAXTINE CO., Boston, Mass., 214 Columbus Ave.

## SAWYER'S EXCELSIOR BRAND Pommel Slickers

KEEP THE RIDER DRY. Rain can't get at man who wears Sawyer's Oiled Clothing. Sewer to make all-weather clothing. Get the genuine. If your dealer doesn't keep them, write them, write H. M. Sawyer, 100 State St., Boston, Mass. Sole Mfrs., East Cambridge, Mass.

## Geisha Diamonds

The Latest Scientific Discovery. Brilliant, sparkling, beautiful. For brilliant top in local treatment. Standing all tests and puzzle experts. One treatment the expense. Sent free with this paper. For particulars, prices, etc., address H. M. Sawyer, 100 State St., Boston, Mass., 214 Columbus Ave.

When Answering Advertisements Kindly Mention This Paper.

W. N. U. Omaha. No. 35-1903

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Loaded Black Powder Shells shoot stronger and reload better than any other black powder shells on the market, because they are loaded more carefully and made more scientifically. Try them. They are THE HUNTER'S FAVORITE.

### WISER WOMEN TAKE BROMO-SELTZER

WITH NERVES UNSTRUNG AND HEADS THAT ACHE  
TRIAL BOTTLE 10 CENTS.

### U.M.C. Smokeless Powder

NITRO CLUB & ARROW SHOT SHELLS  
are winning everywhere at the trap-shooting tournaments.  
Loaded with A N Y standard smokeless powder, and for sale EVERYWHERE.  
Specify U. M. C.  
Send for catalog free  
The Union Metallic Cartridge Co., Bridgeport, Conn.

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THE UNIVERSITY OF NOTRE DAME, NOTRE DAME, INDIANA.  
FULL COURSES IN Classics, Letters, Economics and History, Journalism, Art, Science, Pharmacy, Law, Civil, Mechanical and Electrical Engineering, Architecture, Thorough Preparatory and Commercial Courses.  
Rooms Free to all students who have completed the studies required for admission into the Sophomore, Junior or Senior Year of any of the Collegiate Courses.  
Rooms to Rent, moderate charge to students over seventeen preparing for Collegiate Courses. A limited number of the candidates for the Ecclesiastical state will be received at special rates.  
St. Edward's Hall, for boys under 13 years, is unique in the completeness of its equipment.  
The 60th Year will open September 8, 1903. Catalogue Free. Address P. O. Box 256, REV. A. MORRISSEY, C. S. C., President.

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One Mile West of Notre Dame University. Most beautifully and healthfully located. Conducted by the Sisters of the Holy Cross, Chartered 1855. Enjoying a national patronage. Thorough English, Classical, Scientific and Commercial Courses, advanced Chemistry and Pharmacy. Regular Collegiate Degrees. Preparatory Department trains pupils for regular, special or collegiate courses. Physical Laboratory well equipped.  
The Conservatory of Music is conducted on plans of the best Conservatories. The Art Department is modeled after leading Art Schools. Minim Department for children under twelve years. Physical Culture under direction of graduate of Dr. Sargeant's Normal School of Physical Training.  
The best modern educational advantages for fitting young women for lives of usefulness. The constant growth of the Academy has necessitated the erection of additional fine buildings with latest Hygienic equipments. Moderate cost. New school year begins September 8th. Mention this paper.  
For catalogue and special information apply to The Directress of ST. MARY'S ACADEMY, Notre Dame, Indiana.

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### The Keeley Cure

Cor. 19th and Leavenworth Sts. OMAHA, NEB.  
The only positive cure for Drunkenness, Drug-Using and the Tobacco Habit. Correspondence strictly confidential.  
W. M. BURNS, Manager.

### CHAMPION TRUSS EASY TO FIT. EASY TO WEAR.

Ask Your Physician's Advice. BOOKLET FREE. Philadelphia Truss Co., 610 Locust St., Phila., Pa.

To a bad attack of the hives add a little prickly heat, a few mosquitoes and a graphophone playing in the next house and you have a sample of intolerable misery.

### Ask Your Dealer for Allen's Foot-Ease.

A powder to shake into your shoes. It rests the feet. Cures Swollen, Sore, Hot, Callous, Aching, Sweating feet and Ingrowing Nails. Allen's Foot-Ease makes new or tight shoes easy. Sold by all Druggists and shoe stores, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Nature seems to have done something radically and irrevocably wrong when she created the man who rocks the boat.

### To Cure a Cold in One day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

No man is the same all the time; which is why it is possible to have some respect for every man at some time.

### NORTH-SOUTH-EAST-WEST

YOU WILL FIND TOWER'S FISH BRAND WATERPROOF OILED CLOTHING EVERYWHERE.

The best materials, skilled workmen and sixty-seven years experience have made TOWER'S Slickers, Coats and Hats famous the world over. They are made in black or yellow for all kinds of wet work, and every garment bearing the SIGN OF THE FISH is guaranteed to give satisfaction. All reliable dealers sell them. A. J. TOWER CO., BOSTON, MASS., U.S.A. TOWER CANADIAN CO., Limited, TORONTO, CAN.

### A striking contrast between Defiance Starch and any other brand will be found by comparison. Defiance Starch stiffens, whitens, beautifies without rotting. It gives clothes back their newness. It is absolutely pure. It will not injure the most delicate fabrics. For fine things and all things use the best there is. Defiance Starch 10 cents for 10 ounces. Other brands 10 cents for 15 ounces. A striking contrast.

THE DEFIANCE STARCH CO., Omaha, Neb.