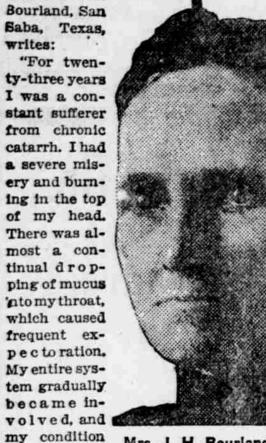
### SUFFERED REU 23 YEARS

#### Constant Sufferer From Chronic Catarrh Relieved by

Mrs. J. H. Bourland, San Saba, Texas,

writes: "For twenty-three years I was a constant sufferer from chronic catarrh. I had a severe misery and burning in the top of my head. There was almost a continual dropping of mucus 'nto my throat, which caused frequent expec to ration. My entire system gradually

grew worse. I



Mrs. J. H. Bourland.

seemed I could not recover. My bowels attacks of hemorrhages. I tried many bring them up simply by chance. remedies, which gave only temporary relief or no relief at all. I at last tried Peruna, and in three days I was relieved of the bowel derangement. After using five bottles I was entirely cured. I most cheerfully recommend the use of

# for Coughs & Colos

Peruna to any one similarly afflicted."

#### WHEN SHAW WAS SECRETARY

Statesman Preferred Lunch of Appler at home? in His Room to Dinner in

Hotel Restaurant.

of the treasury, is in Washington for | vince every mother of her responsia few days visiting his old friends at bility. the capitol and in the departments.

administration. From the time he bewere unable to decide whether he was a second Russell Sage in the matter of personal expenditures. I ran across Shaw in a big western city, and for the sake of spending a pleasant evening together we got a suite of rooms at the same hotel.

"At lunch time I proposed that we go down to the dining room, but Mr. If the national mothers' congress can-Shaw could not be induced. He said not take up the question of Sunday he thought he would eat in his room. Thereupon the secretary of the treasury opened up his traveling bag and extracted a couple of apples. He of- believe that the Sunday school, as it fered me one, but I declined and is, is an absolute menace, with frivohastened to the restaurant.

"Cabinet officers who served with ers." Shaw discovered that it was a regular habit with him to fill his bag with apples before starting on a journey."-Washington Times.

A Significant Selection.

"That was a mighty inconsiderate brass band that serenaded me on election night," remarked the defeated member of congress. "What was the trouble?"

"It didn't play anything but 'Home, Sweet Home."

A Way of Getting Even.

Hewitt-When I asked the old man for his daughter's hand he walked all over me.

Jewett-Can't you have him arrested for violation of the traffic regulations?

Common sense in an uncommon degree is what the world calls wisdom. -Coleridge.

The Taste

**Toasties** 

Have a dainty, sweet flavour

that pleases the palate and

that each year increasing

thousands use this delicious

food is good evidence of its

Post Toasties are ready to

serve direct from the pkg.

with cream or milk-a con-

venient, wholesome breakfast

"The Memory Lingers"

POSTUM CEREAL CO., Ltd.,

Battle Creek, Mich.

SECULAR IS THE PARTY OF THE PARTY OF

satisfies particular folks.

**Post** 

The Fact -

popularity.

dish.

Test-

### SEEN AS A MENACE

Sunday Schools as Now Conducted Are Deplored.

Too Many Frivolous and Untrained Girls as Teachers Know Little of Children and How They Should Be Taught.

Atlanta, Ga.-"The Sunday school as it is conducted today is a national menace," declared Mrs. Frederick Schaff of Philadelphia, in addressing the Georgia mother's congress today. Furthermore, she asserted too many of the teachers are frivolous girls who know little of children and how they should be taught.

Mrs. Schaff, who is president of the national mother's congress, urged a world-wide awakening of mothers to the fact that love and tenderness are not sufficient for the proper rearing of children.

"It is the mother's place," she declared, 'to demand more of the Sunday schools."

"Love," declared Mrs. Schaff, "cannot make a mother a good mother. It will make her well intentioned, but it will not give her the knowledge of what her children need. It will not give her the ability to train her chilhad an incessant cough and frequent dren as they should be trained. The attacks of billous colic, from which it thing we need is to arouse the mothers and induce them to study their also became affected, causing alarming children, to know them, and not to

> "If we can only arouse the mothers to see that they can prevent crime, that in their hands lies the future of the world, we will accomplish the greatest thing attainable. Mothers must be taught that as they sow, so shall their children reap.

> "The mother can inculcate in her children lessons that never will be eradicatetd. She can make them good or she can make them bad. Many mothers leave the spiritual training of their children to the Sunday school and the church. But what can the Sunday school or church accomplish with only a few hours' training a week, if this training is not continued

"If I could only reach all the mothers in this country with the stories that men in prison have told me of Leslie M. Shaw, formerly secretary how they started wrong I could con-

"A child is not always getting spir-"Shaw," said a cabinet officer, "was itual training at Sunday school or one of the mysteries of the Roosevelt church. That depends on the surroundings there. Some preachers came secretary of the treasury until | benefit children, others do not. You he went into the banking business we know the story of the little boy who didn't want to go to Sunday school. "'Why don't you want to go?' he

> "'Well,' he said, 'my everyday teacher teaches me something, but my Sunday school teacher just musses me up."

At this point Mrs. Schaff was asked school and the training of Sunday school teachers.

"It can and will," she replied. "I lous, untrained girls acting as teach-

#### ATTACK ON WILD OATS IDEA

Dr. Nathaniel Butler Declares Young Men Cannot Sow Them and Reap Desired Good Results.

must sow his wild oats was attacked ligion of cheerfulness. "Cheerfulness," the other day by Dr. Nathaniel Butler | she said, "is the religion of which I of the University of Chicago in an ad- am the apostle. It is the greatest of dress on "Some Important Aspects of qualities except love. Love is the the School" before the Cook county biggest thing in the world. Teachers' association in Fullerton

is to form bad habits, and it is just must sacrifice everything to happias easy to break bad habits as it is ness. If you are happy you know you to break good habits.

part of him; he can't help it. It is being registered on his nervous sys- for evildoers do not belong to this



INOWN as the Sara Bernhardt in France, where it originated, the latest A fad takes the form of a snake of gold worn around the ankle. It has already become fashionable among society young women in this country. Sometimes a clinging monkey takes the place of the snake, but the latter is the more popular on account of its adaptive form. The short skirts that are worn nowadays enable the snake to be seen at discreet intervals and, if the wearer happens to be possessed of a slim and shapely ankle, the piquancy of the adornment is enhanced.

### KEEP PINK LAMPS LIGHTED | when people walk on two legs. They

Mrs. Frances Hodgson Burnett on Cheerfulness-Greatest of Qualities Except Love.

Boston.-"Forget your devils and keep your pink lamps lighted. A pink lamp always makes everything look lovely. I am the disciple of happiness. Be happy and you will be good. Unhappiness is the world's greatest evil. Unhappiness is indecent."

So said Mrs. Frances Hodgson Bur-Chicago.—The idea that every boy ness, the novelist, in talking her re-

"People should forget their devils and keep their pink lamps lighted. "You can't sow wild oats and reap That is a little word among my the desirable results," he said. "It is friends. So we'll tell each other all just as easy to form good habits as it | the nice things whenever we can. You are bound to be good, for you can't "Everything a child does becomes a be happy unless you are good.

"People who believe in an inferno age. They don't belong to the time

ought to go back to the days when the men on earth went about on all

"There's fine power in suggestion. Just keep thinking lovely things about your personal devil and you'll come out all right. Every time your belief in a devil gets uppermost in your mind, why, say there is none, and keep repeating it. You will find it a splendid practice and you will soon convince yourself."

Mrs. Burnett then digressed to personal habits and said, on the subject of cigarette smoking by women, that the question was a personal one, and each woman must decide for herself whether she wished to smoke.

#### PARROT GUARDS A COAL BIN

Learns Value of Black Diamonds on Chilly Trip North-Grows Morose and Raucous.

Boston.-A parrot was custodian of the Ikaria's coal hod when that freigher reached port from South American ports.

The parrot looked very cold and had been complaining about the steadily falling temperature ever since the freighter reached port from South had been fastened to the bird's left tached to the stove in the Ikaria's plenish the fire the parrot shivered "Evidently if I am going to stay and protested at the apparent lack of

Ordinarily a soft-voiced creature grew morose and raucous at the ap proach of arctic weather, and nearly went into frenzy at sight of snow. The mocking birds from the West Indies with whom I could not converse, at the fashion in the drawing rooms of also felt the cold. Their cages were suspended from the ceilings, close to It comes from Buenos Ayres, and is the stove. The Ikaria brought 2,000 tons of cargo, mostly hides.

Captain Robertson reported an unusual activity of golf stream currents.

O'Brien of Newton, N. J., have a wildcat skin which they are exhibiting as proof of a night adventure they Havana.-Sharks are taking great had near Muckshaw pond. They were

## FRENCH BEAN COFFEE, 1 CENT A POUND INFLAM=

It will grow in your own garden. Ripening here in Wisconsin in 90 days. Splendid health coffee and costing to grow about one cent a pound. A great rarity; a healthful drink.

Send us today 15 cents in stamps and we will mail you package above coffee seed with full directions and our mammoth seed and plant catalog free. Or send us 31 cents and we add 10 packages elegant flower and unsurpassable vegetable seeds, sufflcient to grow bushels of vegetables and flowers. Or make your remittance 40 cents and we add to all of above 10 packages of wonderful farm seed specialties and novelties. John A. Salzer Seed Co., 182 S. 8th St., La Crosse, Wis.

Give a Woman a Chance.

Compulsory military service for men, urges a German female advocate of women's rights, should be offset by compulsory domestic service for women. On the theory that life in barrack and drill in the manual of arms have benefitted German manhood, she asks, why will not life in the kitchen and exercise in the use of pots and pans similarly raise German woman-

If Germany ever organzes a standing army of cooks it may force all Europe to follow its lead. Culinary conscription is a severe measure, but when enforced in Germany other nations might be expected to adopt it. There would be more reason in doing so than in following Germany's lead in militarism. There is more real need of cooks the world over than of soldiers. It is possible to get along without fighting, but not without eat-

A Cautious Answer. "Now, Johnny," said the geography teacher, "what is the capital of Portu-

"I dun'no', Miss Flanders," said Johnny, "but from what I hearn tell of the extravagance of the late king they ain't much left."—Harper's Weekly.

Sore Throat is no trifling ailment. It will sometimes carry infection to the entire system through the food you eat. Hamlins Wizard Oil cures Sore Throat.

cated is, can you do what you ought, when you ought, whether you want to do it or not?-Herbert Spencer. Mrs. Winslow's Soothing Syrup for Children

teething, softens the gums, reduces inflammation, allays pain. cures wind colic, 25c a bottle. Modesty is to merit as shades to

For constipation, biliousness, liver disturbances and diseases resulting from im-

figures in a picture; giving it strength

and beauty.-Bruyere.

pure blood, take Garfield Tea. Give a girl a present, and she will

not worry about the future.



### Don't Persecute your Bowels

hesitate-write at once.

MATION

Cured by Lydia E. Pinkham's

Creston, Iowa. - "I was troubled for

in my side, sick headaches and ner-

vousness. I had ta-

ken so many medi-

cines that I was

discouraged and thought I would

never get well. A friend told me of

Lydia E. Pinkham's

Vegetable Com-

pound and it re-

stored me to health.

I have no more

a long time with inflammation, pains

pain, my nerves are stronger and I can

do my own work. Lydia E. Pinkham's

Vegetable Compound cured me after

everything else had failed, and I rec-

ommend it to other suffering women."

-Mrs. Wm. SEALS 605 W. Howard St.,

Thousands of unsolicited and genu-

Women who suffer from those dis-

tressing ills should not lose sight of

these facts or doubt the ability of Lydia

E. Pinkham's Vegetable Compound to

If you want special advice write

to Mrs. Pinkham, at Lynn, Mass.

She will treat your letter as

strictly confidential. For 20 years

she has been helping sick women

in this way, free of charge. Don't

ine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made

exclusively from roots and herbs.

Creston, Iowa.

restore their health.

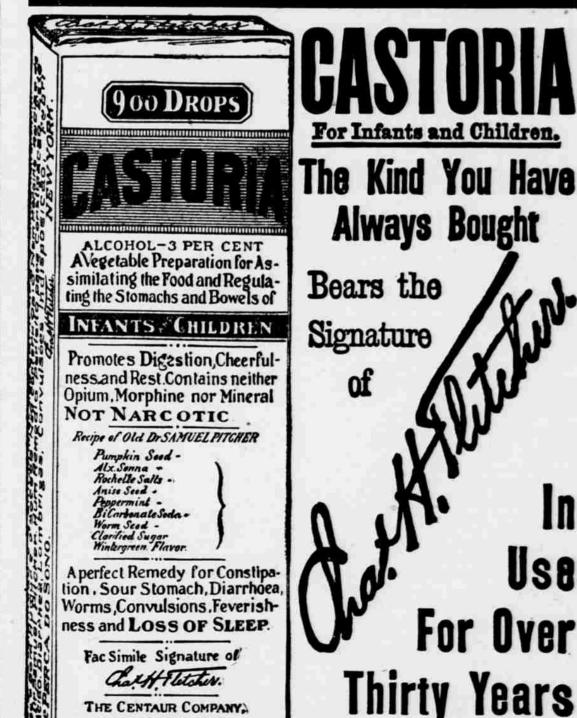
Vegetable Compound.

AND PAIN

Cut out cathertics and purpatives. They are bread CARTER'S LITTLE LIVER PILLS

Small Pill, Small Dose, Small Price Genuine must bear Signature

W. N. U., SIOUX CITY, NO. 10-1911.



W. L. DOUGLAS 1876 \$2.50 \$3 \$3.50 & \$4 SHOES WOMEN

W. L. Douglas shoes cost more to make than ordinary shoes, because higher grade leathers are used and selected with greater care. These are the reasons why W. L. Douglas shoes are guaranteed to hold their shape, look and fit better and wear longer than any other shoes you can buy.

THE CENTAUR COMPANYA

NEW YORK.

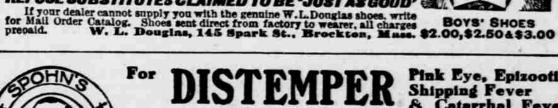
At6 months old

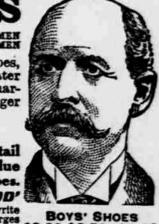
35 Doses - 35 CENTS

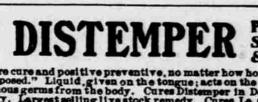
iuaranteed under the Fooda

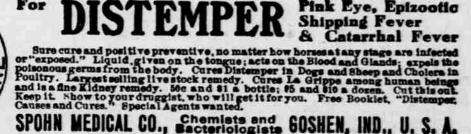
Exact Copy of Wrapper.

TE BEWARE OF SUBSTITUTES. The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferiorshoes. REFUSE SUBSTITUTES CLAIMED TO BE 'JUST AS GOOD'









Man Knowing Seventy-Seven Lan guages Discovers He Must Learn One More-Others Understand.

New York .- "Do you know, I thought, with my linguistic equipment," said a man who speaks 77 languages, "I really thought that I could understand almost any tongue might hear spoken; and as matter of fact in my rambles around the world, which have been somewhat extensive, I have very rarely met with anybody least sufficiently for mutual under- Paris this winter. standing; but I have been stumped at last, and that right here in New York.

"'Grixel blix flix floct!"

"And surely I wondered what language that was; it was some tongue gentine tango looks extremely pretty. that I had never before heard spoken, and there is little doubt that the new and I was still wondering over it dance will soon find its way to the when we came to the next station, United States. where the guard looked in again, saying this time:

"'Grooty noo sooros blewt!' and that left me more in a fix than ever. "What tongue could he be speaking? I got more of it at the next sta-

then I gave it up.

LINGUIST STUMPED AT LAST | but the tongue he spoke was, I found, | leg, the other end of the tether atwholly unknown to me, though it seemed to have a system to it, and cabin. Somehow, the parrot divined plainly its significance was clear to that the black lumps in the coal hod at least some of the people in the car, were precious and every time the for at each of these several stations a steward dug into the receptacle to renumber of people got out.

> here long I shall have to add one to thrift. my stock of tongues; I shall have to learn the guard's language, and then while in warm latitudes, this parrot I shall know seventy-eight."

New Tango Dance in Paris. Paris.-A new dance has become

called the "Argentine Tango." The "Riding uptown last night on the music is a kind of habanera, and the elevated when we came to a station dance itself, which is extremely grace-

A roomful of people dancing the Ar- her course.

Sport for Sharks.

interest in the torpedo practice of out with a dog gunning for coons. A United States vessels off Media Luna | wildcat dropped out of a tree on their Cay, Cuba, and seem to think the dog, tearing his skin severely before ships are doing it for their benefit. he could get out of the way. The cat "'Nagah, blah, yahlah glewk!' and The big fish take off in a bunch after spring for a tree trunk, and as he every torpedo that is discharged, but went up the men fired, killing the "He was an American, the guard, a none of them has yet been able to beast. The body weighed forty-two nice, lively, intelligent-looking man, overtake one of the shells

the guard opened the door and said: ful, is an improved version of the During a snowstorm off Nantucket the Berlin polka, with ten varied figures. ship was forced almost 50 miles from Seek Coons, Bag Wildcat. New York.-William and Walter

pounds