

**FREE**



**MUNYON'S PAW-PAW PILLS**

TRADE MARK

A trial package of Munyon's Paw Paw Pills will be sent free to anyone on request. Address Professor Munyon, 534 & Jefferson Sts., Philadelphia, Pa. If you are in need of medical advice, do not fail to write Professor Munyon. Your communication will be treated in strict confidence and your case will be diagnosed as carefully as though you had a personal interview.

Munyon's Paw Paw Pills are unlike all other laxatives or cathartics. They coat the liver into activity by gentle methods. They do not scour, they do not grip, they do not weaken, they do not start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. In my opinion constipation is responsible for most ailments. There are 26 feet of human bowels, which is really a sewer pipe. When this pipe becomes clogged, causing biliousness, indigestion and impure blood, which often produce rheumatism and kidney ailments. No woman who suffers with constipation or any liver ailment can expect to have a clear complexion or enjoy good health. If I had my way I would prohibit the sale of nine-tenths of the cathartics that are now being sold for the reason that they soon destroy the lining of the stomach, setting up serious forms of indigestion, and so paralyze the bowels that they refuse to act unless forced by strong purgatives.

Munyon's Paw Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverish it; they enable the stomach to get all the nourishment from food that is put into it.

These pills contain no calomel, no dope; they are soothing, healing and stimulating. They school the bowels to act without physic.

Regular size bottle, containing 45 pills, 25 cents. Munyon's Laboratory, 534 & Jefferson Sts., Philadelphia.

**Why Rent a Farm**

and be compelled to pay to your landlord most of your hard-earned profits? Own your own farm. Secure a Free Homestead in Manitoba, Saskatchewan or Alberta, or purchase land in one of these districts and bank a profit of \$10.00 or \$12.00 on a acre every year. Land purchased 3 years ago at \$10.00 an acre is now worth \$25.00 an acre. The crops grown on these lands warrant the advance. You can

**Become Rich**

by cattle raising, dairying, mixed farming and grain growing in the provinces of Manitoba, Saskatchewan and Alberta. Free homestead and pre-emption areas, as well as land held by railway and land companies, will provide homes for millions. Adaptable soil, healthful climate, splendid schools and churches, good railroads. For settlers' rates, descriptive literature "Last Best West," how to reach the country and other particulars, write to Dept. of Immigration, Ottawa, Canada, or to the Canadian Government Agent, E. J. Holmes, 315 Jackson St., St. Paul, Minn. (J. M. MacLachlan, Drawer 197, Watertown, S. D. (The address nearest you.)

**Instead of Liquid Antiseptics or Peroxide**

100,000 people last year used

**Paxtine Toilet Antiseptic**

The new toilet germicide powder to be dissolved in water as needed. For all toilet and hygienic uses it is better and more economical. To save and beautify the teeth, remove tartar and prevent decay. To disinfect the mouth, destroy disease germs, and purify the breath. To keep artificial teeth and bridgework clean, odorless. To remove nicotine from the teeth and purify the breath after smoking. To eradicate perspiration and body odors by sponge bathing. The best antiseptic wash known. Believes and strengthens tired, weak, inflamed eyes. Heals sore throat, wounds and cuts. 25 and 50 cts. a box, druggists or by mail postpaid. Sample Free. THE PAXTON TOILET CO., BOSTON, MASS.

Established 30 Years  
**J. CRENNISON CO.**  
FLORISTS  
Floral emblems and cut flowers for all occasions.  
SIOUX CITY, IOWA

**Readers** of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

**The KITCHEN CABINET**



**I**N THE way of comfort to the weak, I will go and eat. I will eat exceedingly and prophesy; there may be a good use made of it, too, now I think on't.

**HOW TO SERVE SWEETBREADS.**

Sweetbreads spoil very quickly, so they should be removed at once from the paper as soon as they come from the market. Plunge into cold water and allow to stand one hour. Then they are put to cook in boiling water, to which has been added a teaspoonful of vinegar to blanch them. After twenty minutes of simmering drain and plunge into cold water, that they may be kept firm. Now remove all the tough membranes and break up into desirable pieces. They may now be served in a white sauce on toast or in patty shells or ramekins.

**Sweetbreads and Bacon.**—Parboil a sweetbread, cut in small pieces, dip in flour, egg and crumbs and arrange alternately with pieces of bacon on small skewers, having four pieces of sweetbread and three of bacon on each skewer. Fry in deep fat, and drain. Arrange in a circle around a mound of green peas.

**Sweetbread Cutlets With Asparagus Tips.**—Parboil a sweetbread, split and cut in small cutlet shaped pieces; sprinkle with salt and pepper. Dip in crumbs, egg and crumbs and saute in butter. Arrange in a circle around creamed asparagus tips.

**Fried Sweetbreads.**—Prepare the sweetbreads, lard with narrow strips of fat salt pork and cook in a buttered frying pan until the pork is crisp and brown. Serve with tomato sauce.

**To Broil Sweetbreads.**—Parboil drain and dry, rub with butter, sprinkle with salt and pepper and boil over a clear fire. Serve with melted butter.

**Epigrams of Sweetbreads.**—Parboil, drain and place in a small mold a sweetbread, cover and put under a weight. Cut in half-inch slices and spread with the following mixture: Fry one-third of a teaspoonful of chopped shallot in one and one-half tablespoonfuls of butter three minutes, add three tablespoonfuls of chopped mushrooms and cook three minutes. Add two and a half tablespoonfuls of flour, half a cup of stock, three tablespoonfuls of cream, one egg yolk and seasoning. Dip in egg and crumbs and fry in deep fat.



**K**NOWLEDGE is proud that he has learned so much; Wisdom is humble, that he knows no more. —Copper.

**SOME EVERY DAY LUNCHEONS.**

For a main dish for luncheon or supper, a chowder or cream soup is always acceptable. One may make a chowder of potatoes and fish or corn. The soups may be bean, potato or vegetable, with which milk combines well. Sweet omelets are great favorites as a light dessert. Spread jelly over the omelet before putting it into the oven. Warm the jelly by letting it stand in hot water for a half hour.

For a salad, here is a simple one: Italian Salad.—Take six boiled potatoes, cut in dice, six flaked sardines, three small cucumber pickles cut fine and a stalk of celery cut in small bits. Serve with French dressing.

**Bordeaux Pudding.**—This is a pudding that not only looks good, but it tastes good. Cut a sponge cake into three layers and put together with jam, cover with whipped cream sweetened and flavored and sprinkle with chopped nuts. Serve on a chop plate.

**Beef Olives.**—Take slices of rare roast beef and roll each around a thin slice of bacon which has been fried long enough to be transparent, but not crisp. Bind with twine and boil for five minutes; drain and remove the strings. Add the bacon fat to some of the beef gravy, season with catsup or Worcestershire; boil up again and pour over the olives. Serve very hot.

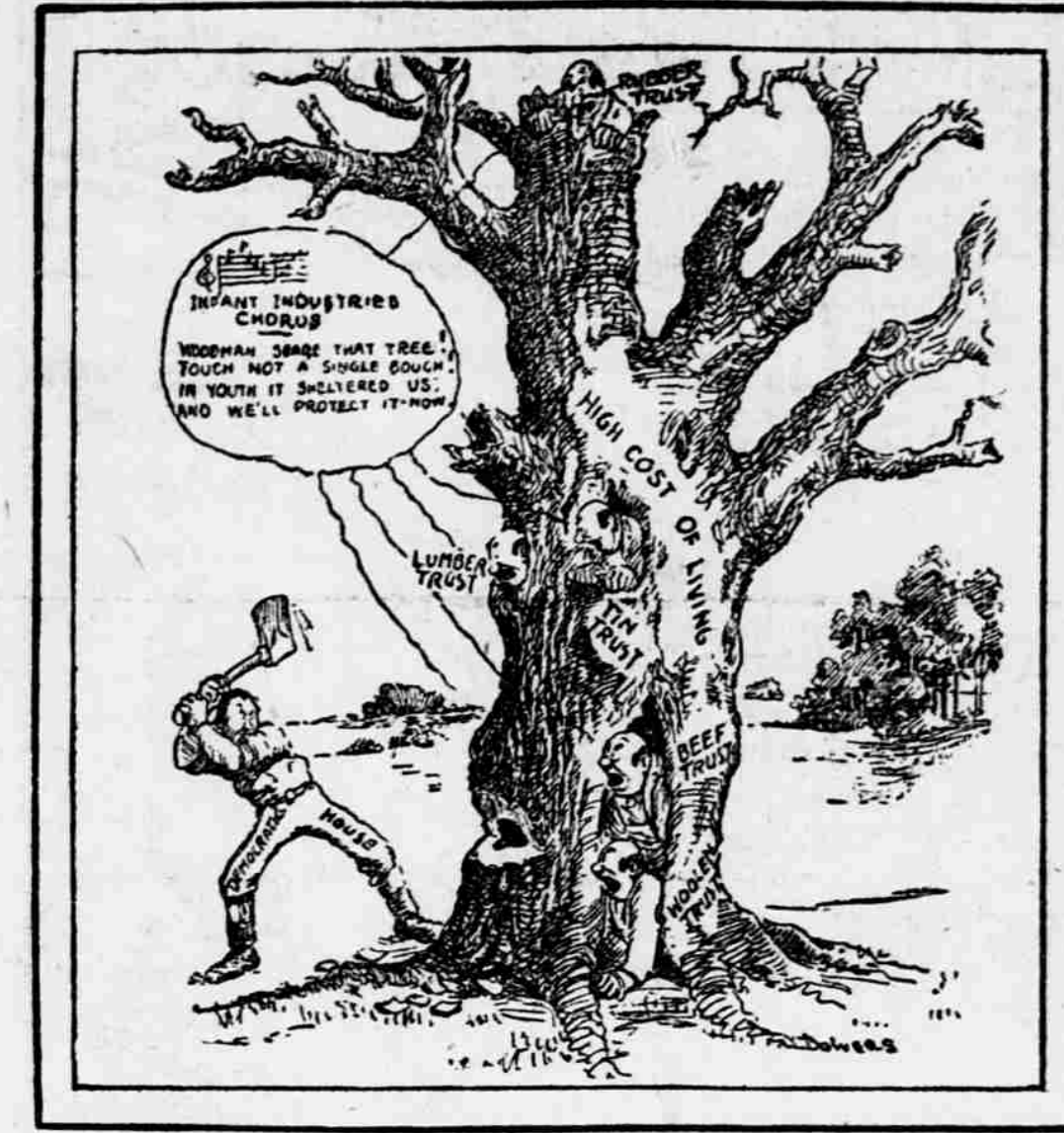
Broiled lamb chops garnished with peas make a dish very nice to serve for a luncheon.

**Deviled Mutton.**—Cut two large slices from an underdone roast; have them about an inch thick. Score each side with a sharp knife. Rub in two tablespoonfuls of olive oil, one of vinegar and a teaspoonful of dry mustard; season with red pepper. Broil the slices, put on a hot platter and dot with butter. Serve at once.

*Nellie Maxwell.*

**Peacock's Eventful Career.**  
We wonder what will be the ultimate fate of the peacock which was presented lately to Clatterbridge workhouse, Birkenhead, as an ornament to the ground. Its career is short, has already been an eventful one. The inmates at the workhouse complained that their rest was disturbed by its screams. It was therefore sent to a neighboring recreation ground, but had a fight with a dog and got to badly worsted that veterinary aid was summoned. The bird made rapid recovery, and two or three days ago destroyed several beds of tulips; then it fled, and when last seen was roosting on the chimney top of a house at Hoylake.—London Mail.

**THE OLD CHESTNUT**



**MASK IS THROWN OFF**

**PROTECTIVE TARIFF LEAGUE COMES OUT IN THE OPEN.**

**Resolutions of Protest Against Canadian Reciprocity Reveal the Selfishness of the Monopolistic Protected Interests.**

In resolutions of protest against Canadian reciprocity sent out by the American Protective Tariff league, this paragraph reveals the purpose and spirit of the whole:

"The manufacturer cannot hope to retain protection for his industry when protection shall have been denied to the farmer."

In a word, the dissatisfied manufacturer wants the farmer's support in his fight against reciprocity. The manufacturer's interests and the agricultural interests are seldom the same. The factory seeks to buy from the farmer and to sell to him. They are not partners or co-producers, and the manufacturer cares nothing at all for the husbandman's general advantage.

But the need of the opponents of reciprocity is votes. Therefore they say, in effect, "The manufacturer can not get votes against reciprocity unless he throws a sop to the farmer." Hence the sudden unprecedented interest in the agricultural worker.

The protest is characteristic of the opposition to reciprocity, but it is a more frank avowal of principles than the average opponent offers.

All the opposition rests on short-sighted selfishness or on appeals to selfishness, but the American Protective Tariff league appears without disguise or mask. It appears perfectly natural to the league to consider the interests of the protected parties, and to fear any sort of a change lest it interfere with their little advantages. Some opponents of reciprocity talk of the good to the nation in general, the advantage of the consumer, the city dweller, the industrial employee. Not so the league. It cries out for the restricted interest of the manufacturers and the farmers, and then only.

There is little in the fundamental argument even as it is thus exposed against it in the name of agriculture and in the name of the manufacturer. It has some of its strongest supporters in congressmen from manufacturing and agricultural districts. It is pitiful to see a great public issue considered by a few men only with regard to their narrow walk in life. It is pitiful to see members of congress who should take a broad national view taking positions on the question only because of the wind from certain quarters in their districts. But this becomes ludicrous when the arguments for farmer and factory owner are really studied, and studied out.

**Looking at Wilson.**  
Republicans as well as Democrats are frankly admitting the ability with which Governor Wilson is administering the affairs of New Jersey. Those who looked on him as a dilettante in politics have been amazed by his grasp of public questions and his businesslike method of handling them. The chief asset of this scholarly statesman seems, after all, to be his fund of hard, common sense. He is proving himself as able in practice as he was illuminative in theory. It is not surprising that the country is watching Governor Wilson with interest, and that he is being viewed as a national rather than a purely local figure.—Washington Post.

**Republican Party Record.**  
The real issue is becoming clearer and clearer every day. The line between those who would serve the interests and those who would serve the people is more sharply drawn than ever before. The Republican party is, through its congressional leaders, being more and more strongly committed to the service of the special interests. There is never anything proposed for the general good that is not antagonized by these men—who pose as the only true and orthodox Republicans. Such is the record that is being made.

**ARGUMENT FOR INCOME TAX**

**Direct Levying of Revenue Will Do Away With Iniquities of the Protective Tariff.**

There is a probability that the income tax amendment will have been ratified by three-fourths of the state legislatures before the end of the present congressional session. It is a practical certainty, at least, that the amendment will be sufficiently ratified soon.

This assumed income tax, then, and the national corporation tax, already enacted and approved by the courts, go a long way toward placing the nation upon the basis of direct taxation instead of an indirect revenue system.

The strongest intrenchment of the tariff has been its pleaded necessity as a revenue producer. The strength of this plea against a fair tariff revision will be lessened—or, rather, destroyed—by the estimated receipt of \$200,000,000 a year from these two direct revenue sources.

The great and corrupting injuries of the protective tariff could never have been inflicted, except for the element of indirection or concealment. When it is possible to rob people and still get a majority of them to believe that they have given up nothing, there is laid the foundation for special privilege and popular oppression unrivaled.

But let a tax be squarely laid, so much per cent. "per head," to be definitely paid at a specified time in tangible coin of the realm and such taxes have got to stand or fall by the issues of known fact.

Of course income and corporation taxes must meet the objection that they are assessments laid upon "the other fellows," as far as the masses are concerned. It is believed that, even so, their essential justice can be maintained. But the great fact of importance is that they are not a cloak to hypocrisy, that they do not aid and abet still greater burdens, as the tariff does, and that this very question of their justice or injustice can be threshed out in the open.

**EXAMPLE OF TARIFF MADNESS**

**Heavy Tax Women of America Have Paid to "Protect" an Unborn Industry.**

According to an article by Mary Heaton Vorse in Success Magazine, the Boot mills of Lowell, Mass., were responsible for the framing of the schedule in the Dingley bill which increased the duty on linens by as much as 15 per cent. to 20 per cent. At that time the Boot mills had visions of a great linen industry. There was to be a renaissance in America of the manufacture of linen goods. The time had come, they thought, when American capital should interest itself in this great branch of the textile industries. Under the spell of their persuasive utterances the tariff makers saw the banks of the Merrimack river lined with thriving linen factories.

The tariff went into effect and has so remained during the 14 years since the enactment of the Dingley bill. During this time what has been the result? For this unborn industry the American people have been taxed as no European countries have ever taxed their people for the benefit of an heir to the throne. You would expect to hear, wouldn't you, that the linen industries had been born and had met an untimely death—that at the least? But it seems that neither the Boot mills nor any one connected with them erected a single mill for the purpose of manufacturing linen. For the sake of this clause inserted at the wish of a private corporation so that it might found a new industry in this country, all American women the country over have been taxed 15 per cent. to 20 per cent. on all the linen goods which they consume annually, and the poorer of them have been forced to give up the purchase of linen goods altogether. The Boot mills continue to manufacture cotton as they had before.

The suggestion of Mr. Beveridge for Ambassador to Berlin, if confirmed, promises the kaiser some valuable instruction in the next few years.

**LOST FAITH IN WHITE MAN**

**Eskimo Tested Efficacy of Telephone Scheme, and Realized He Had Been Deceived.**

An interesting story is told regarding the efforts of an Eskimo to construct a telephone line. The Eskimo came into possession of a piece of wire of considerable length and never having seen wire before he asked Professor McMillan of the Peary north pole expedition what it was and what it was for. He was told that the white man strung it on poles stuck in the ground and a voice talking to an instrument at one end could be heard at the other end. After some search the next morning the Eskimo was found to be engaged in telephone construction work of his own. He stuck some sticks in the ground and hung his wire on them. He held one end of the wire to his mouth and talked to it at the top of his voice. Then he ran as fast as he could to the other end and held the wire to his ear with the expectation of hearing his own words repeated.

When he failed to hear any sounds the expression on his face revealed his opinion of his white friend.

**ECZEMA BROKE OUT ON BABY**

"When my baby was two months old, she had eczema and rash very badly. I noticed that her face and body broke out very suddenly, thick, and red as a coal of fire. I did not know what to do. The doctor ordered castile soap and powders, but they did no good. She would scratch, as it itched, and she cried, and did not sleep for more than a week. One day I saw in the paper the advertisement of the Cuticura Soap and Cuticura Ointment, so I got them and tried them at once. My baby's face was as a cake of sores.

"When I first used the Cuticura Soap and Cuticura Ointment, I could see a difference. In color it was redder. I continued with them. My baby was in a terrible condition. I used the Cuticura Remedies (Soap and Ointment) four times a day, and in two weeks she was quite well. The Cuticura Remedies healed her skin perfectly, and her skin is now pretty and fine through using them. I also use the Cuticura Soap today, and will continue to, for it makes a lovely skin. Every mother should use the Cuticura Remedies. They are good for all sores, and the Cuticura Soap is also good for shampooing the hair, for I have tried it. I tell all my friends how the Cuticura Soap and Ointment cured my baby of eczema and rash." (Signed) Mrs. Drew, 210 W. 18th St., New York city, Aug. 26, 1910.

Cuticura Remedies are sold throughout the world. Send to Potter Drug & Chem. Corp., Boston, Mass., for free booklet on the skin.

**Very Much Attached.**  
Swenson—Why do you always hear a ship referred to as "she"?"  
Benson—I guess it is because she sometimes becomes very much attached to a buoy.

For over fifty years Rheumatism and Neuralgia sufferers have found great relief in Hamlin's Wizard Oil. Don't wait for inflammation to set in. Get a bottle today.

Some parents are a long while in finding out that money in a boy's pocket will do him little good, unless he also has brains in his head.

**LADIES CAN WEAR SHOES**  
one size smaller after using Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. *Never use substitutes.* For free trial package, address Allen S. Cimsiee, Le Roy, N. Y.

The expectation of being pleased which prevails so much in young persons is one great source of their enjoyments.—Bowler.

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

Even a wise man can't tell when a woman's hat is on straight.

Farms for rent or sale on crop payments. J. Mulhall, Sioux City, Iowa.

Laughter will keep the doctor off your doorstep.—Witchell.



Have you weak heart, dizzy feelings, oppressed breathing after meals? Or do you experience pain over the heart, shortness of breath on going up-stairs and the many distressing symptoms which indicate poor circulation and bad blood? A heart tonic, blood and body-builder that has stood the test of over 40 years of cures is

**Dr. Pierce's Golden Medical Discovery**

The heart becomes regular as clock-work. The red blood corpuscles are increased in number—and the nerves in turn are well fed. The arteries are filled with good rich blood. That is why nervous debility, irritability, fainting spells, disappear and are overcome by this alternative extract of medicinal roots put up by Dr. Pierce without the use of alcohol. Ask your neighbor. Many have been cured of scrofulous conditions, ulcers, "fever-sores," white swellings, etc., by taking Dr. Pierce's Discovery. Just the refreshing and vitalizing tonic needed for excessive tissue waste, in convalescence from fevers or for run-down, anemic, thin-blooded people. Stick to this safe and sane remedy and refuse all "just as good" kinds offered by the dealer who is looking for a larger profit. Nothing will do you half as much good as Dr. Pierce's Golden Medical Discovery.

**W. L. DOUGLAS**  
ESTAB. 1876 \$2.50 \$3 \$3.50 & \$4 SHOES FOR MEN & 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.

**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 inferior shoes. REFUSE SUBSTITUTES CLAIMED TO BE "JUST AS GOOD" for Mail Order Catalog. Shoes sent direct from factory to wearers, all charges prepaid. W. L. Douglas, 145 Spark St., Brockton, Mass. \$2.00, \$2.50, \$3.00, \$3.50, \$4.00

**WHAT I WENT THROUGH**

**Before taking Lydia E. Pinkham's Vegetable Compound.**

Natick, Mass.—"I cannot express what I went through during the change of life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a well woman. My neighbors and friends declare it had worked a miracle for me. Lydia E. Pinkham's Vegetable Compound is worth its weight in gold for women during this period of life. If it will help others you may publish my letter."—Mrs. NATHAN B. GREATON, 51 N. Main Street, Natick, Mass.

The Change of Life is the most critical period of a woman's existence. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

**The Army of Constipation**

**Is Growing Smaller Every Day.**  
**CARTER'S LITTLE LIVER PILLS** are responsible—they not only give relief—they permanently cure Constipation. **Small Pill, Small Dose, Small Price.** Genuine must bear Signature.

*Beart Food.*

**LIVE STOCK AND MISCELLANEOUS**

**Electrotypes**

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY

WESTERN NEWSPAPER UNION  
521-531 W. Adams St., Chicago

**A COUNTRY SCHOOL FOR GIRLS**

in New York City. Best features of country and city life. Out-of-door sports on school park of 35 acres near the Hudson River. Academic Course Primary Class to Graduation. Upper class for Advanced Special Students. Music and Art. Write for catalogue and terms.  
Miss Bangs and Miss Wilson, Riverside Avenue, near 253rd St., West, N. Y.

**DAISY FLY KILLER**

placed anywhere, it kills and kills all flies. Neat, clean, economical, convenient, cheap. Kills all house flies, stable flies, and all other annoying flies. It does not injure anything, and is safe for all uses. Of all dealers or sent prepaid for 10c. HAROLD NORMAN, 150 So. 4th Ave., Brooklyn, N. Y.

**DEFIANCE STARCH**

16 ounces to the package—other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.

W. N. U., SIOUX CITY, NO. 20-1911.

**Faint?**

Have you weak heart, dizzy feelings, oppressed breathing after meals? Or do you experience pain over the heart, shortness of breath on going up-stairs and the many distressing symptoms which indicate poor circulation and bad blood? A heart tonic, blood and body-builder that has stood the test of over 40 years of cures is

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