

DEATH BEFORE 100 YEARS IS SUICIDE

Prof. Munyon Says Ignorance of Laws of Health Explains Early End of Life.

NOTED SCIENTIST HAS ENCOURAGING WORD FOR DESPONDENT MEN AND WOMEN

"Death before 100 years of age has been reached is nothing more or less than slow suicide. A man (or woman) who dies at an earlier age is simply ignorant of the laws of health."

Such was the original and rather startling statement made by Professor James M. Munyon, the famous Philadelphia health authority, who is establishing health headquarters in all the large cities of the world for the purpose of getting in direct touch with his thousands of converts.

Professor Munyon is a living embodiment of the cheerful creed he preaches. Virile, well poised, active and energetic, he looks as though he would easily attain the century age limit which he declares is the normal one. He said:

"I want the people of the world to know my opinions on the subject of health, which are the fruit of a life-time devoted to healing the sick, people of America. There is a building in this city big enough to house the people in this State alone who have found health through my methods. Before I get through there won't be a being big enough to house my cured patients in this city alone."

"I want, most of all, to talk to the sick people—the invalids, the discouraged ones, the victims of nerve-wearing, body-racking diseases and ailments—for these are the ones to whom the news of hope which I bear will bring the greatest blessing."

"I want to talk to the rheumatists, the sufferers from stomach trouble, the ones afflicted with that noxious disease, catarrh. I want to tell my story to the women who have become the chronic invalids as a result of nervous troubles. I want to talk to the men who are 'all run down,' whose health has been broken by overwork, improper diet, late hours and other causes, and who feel the creeping clutch of serious, chronic illness."

"To these people I bring a story of hope. I can give them a promise of better things. I want to astonish them by showing the record of cures performed through my new system of treatment."

"I have taken the best of the ideas from all schools and embodied them in a new system of treatments individually adapted to each particular case. I have no 'cure alls,' but my present method of attacking disease is the very best thought of modern science. The success which I have had with these treatments in this city and all over America proves its efficacy. Old methods must give way to new medical science moves. I know what my remedies are doing for humanity everywhere. I know what they will do for the people of this city. Let me prove my statements—that's all I ask."

The continuous stream of callers and mail that comes to Professor James M. Munyon at his laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa., keeps Dr. Munyon and his enormous corps of expert physicians busy.

Professor Munyon makes no charge for consultation or medical advice; not a penny to pay. Address Prof. J. M. Munyon's Laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa.

GRABBED HIM.



She—Old Brown said if he were twenty-five years younger he would marry me.

He—Twenty-five years younger? Why, that's just my age.

She—Oh, Charlie, this is so sudden!

The Recoil.

Tobaccoist—You learned long ago how to pack a barrel of apples, didn't you, Uncle John?

Horticulturist—Sure thing, Billy; same as you packed that box of cigars I bought of you the other day—all the nice ones in the top row.

DISTEMPER

In all its forms among all ages of horses, as well as dogs, cured and others in the same stable prevented from having the disease with SPOHN'S DISTEMPER CURE. Every bottle guaranteed. Over 75,000 bottles sold last year. Best remedy for chicken cholera. 50 cents and \$1.00 a bottle. \$5 and \$10 the dozen. Any good druggist, or send to manufacturers. Write for free book. Sponh Medical Co., Spec. Contagious Diseases, Goshen, Ind., U.S.A.

A Humane Man.

Elderly Countess—Catch this big fly, Johann, but do it carefully, and put him outdoors without injury.

Footman—It's raining outdoors, countess. Shall I give him an umbrella?—Mergendorfer Blaetter.

New Disappointment.

First Summer Girl—So you thought a man was coming?

Second Summer Girl—Yes; but as we got a closer view we saw it was only a bird.—Puck.

BEAUTIFUL POST CARDS FREE
Send 25 stamp for five samples of my very choice Gold Embossed Birthday, Flower and Motte Post Cards; beautiful colors and lowest designs. Art Post Card Club, 75 Jackson St., Topeka, Kansas

Efficiency in the Forest.

The Babes in the Woods were lost. "There is no hope," they cried, "they will try to find us by a filing system."

ALL OVER NEBRASKA.

Valentine Experimental Farm.
Cherry County.—Regent Copeland, Chancellor Avery, Dean Burnett and Prof. L. W. Chase, all of the University of Nebraska, visited the Valentine experimental farm and inspected the work already done. After a thorough inspection they decided to recommend to the board of regents that a dairy barn to accommodate thirty head of cows with calves be erected, also a 100-ton concrete reinforced silo and if possible that the work be hurried through before cold weather sets in.

A concrete arched cave for roots and to accommodate the generator, etc., of a 100-horse power steam engine is now in course of construction as well as a sixty-foot long, two-story fire-proof implement shed, seed house, ice storage house, dairy room, pumping room and work shop.

A complete water system has been installed at the station, consisting of a 6,000-gallon capacity tank, placed on a thirty-foot tire. There also has been built a straight road between the station and the east end of Catherine street, graded up in fine shape. The visitors from Lincoln expressed themselves more than satisfied with the work done here and are encouraged to make these recommendations by the unlooked for amount of stock food available on the farm.

Indian Killed by Train.

Cherry County.—Turning Bear, an Indian, was struck and killed instantly by a west-bound passenger train. His family were all on the station platform and he was running trying to get there also from the other side of the track. Spectators who saw the whole thing say that he was not three feet from the engine when he tried to cross and it seemed as though he ran right into the engine. He was dragged about thirty feet and his body horribly mangled, both feet being cut off, his head crushed to a pulp and his body cut open.

Mr. McBrien Resigns.

Lancaster County.—J. L. McBrien, who has been director of the university extension bureau, and who has been assailed frequently since he has been in that position, has announced that he will leave that department of the state's work October 1, for the purpose of becoming actively connected with the National Lyceum bureau, the headquarters of which are in Lincoln.

Golden Wedding.

Cherry County.—C. W. Cramer and his wife of Valentine celebrated their golden wedding at the Valentine city park, where, in the large pavilion a banquet was spread for over 100 guests. C. W. Cramer was born in Knox county, Ohio, October 29, 1839, and Phoebe Jane Gaskill was born November 22, 1842, at Bluffton, O.

Sackett Law Enforced.

Platte County.—After being in force for four years, the Sackett law found its first victim. Marshal Frank Echolt of Humphrey being discharged by the town board immediately after the hearing on the charges of law enforcement of law in the town had been concluded before Governor before Governor Aldrich.

Sues Railroad for \$40,000.

Buffalo County.—Mrs. Ethel E. Bleau, widow of Orell A. Bleau, who on July 13 was killed in an automobile accident at a crossing three or four miles east of Overton, has filed suit in the district court against the Union Pacific railroad company for \$40,000 damages.

Pioneers Hear Addresses.

Scottsbluff County.—Judge Dean and W. H. Thompson were among the speakers at the big reunion held at Scottsbluff Secretary of State Addison Wait is another of the big ones. Judge Dean gave a very pleasing address—his characteristic style—and several thousand people were in attendance.

Requisition for Iowans.

Lancaster County.—Gov. Aldrich issued a requisition for C. W. West and L. L. Nutt, held in jail at Council Bluffs, Ia. The men are charged with securing money under false pretense. The charges are made by W. F. Nickle of College View.

Infantile Paralysis at Nebraska City.
Otoe County.—The first case of poliomyelitis or infantile paralysis in Nebraska City has developed at the home of Charles Lee, a drayman, residing in the northern part of the city. The board of health has taken the case in hand.

Horses and Barn Burned.

Franklin County.—During an electric storm the barn of J. Quadhammer, living one mile north of Hildreth, was struck by lightning and burned. Five horses were in the barn, and Mr. Quadhammer succeeded in getting three of them out; the other two horses and a quantity of hay and feed were destroyed.

Nebraska Patents.

Washington dispatch.—The official list of letters patent of invention issued from the United States patent office at Washington, to inhabitants of Nebraska, for the week ending September 2, 1911, follows: James Allen of Omaha, for return bend pipe; John W. Little and C. W. Kelly of McCook, hayrake or sweep-rake; Thomas H. Perfield of Omaha, for filing device for sheet music; Charles G. Wallace of Hastings, for coal chute; Lee J. West— of Omaha, for incubator alarm.

NEED OF DUST MULCH

Many Crops in Time of Drought Saved by Method.

Blanket of Finely Pulverized Soil on the Surface Will Conserve Moisture Almost Entirely for Crop Use.

Ordinarily when one thinks of the conditions that are imperative to insure the production of a farm crop of any kind that may be grown, he thinks of the fertile soil as the most important of all. And it is, of course, absolutely necessary that a soil with abundant plant food be planted on to get a crop.

But the soil, or rather the plant food, although absolutely necessary, it is not a bit more so than the needed amount of moisture.

Fortunately water is in sufficient supply as a rule to make the ordinary crops on most of the arable land. Of course, in the arid regions the water supply is obtained from streams, created mainly by melting snows, and, as a rule, the irrigation companies know just about what water can be supplied, and the man who has a farm on which he can put water from an irrigation plant is far more certain of results than one who gets his water supply by the acts of Providence.

The irrigation farmer is therefore far more certain as to the outcome of his crops than those in the rain belt, who get little or much water, according to the rainfall.

The water supply is therefore the most uncertain and most important in the greater portion of the arable lands of this country, says a writer in Farm Progress. This is so well known that no farmer who has farmed on irrigated land, having an abundance of water, is willing to go back to the old method and put his dependence on "Providence."

It is a most important point to know whether, under normal conditions, farming in any humid section can be as safe, free from risk, and profitable as the business can be made when one can turn on the water as he needs without reference to rainfall.

I think that all farmers who have studied the water question in connection with crop making, will agree with me, that a great deal can be done to conserve the moisture from all natural resources, and that often a fairly good crop can be made by proper management.

It is hardly safe to say that the rainfall that is usual in the spring is sufficient to make a crop without more rain, but all observant men have learned that the rational conservation of moisture can often make good crops, when the neglect of this, will be certain to cause a failure.

This is a very important point, and in some seasons it is absolutely vital to the making of a fair crop. There is no mystery about this; the point to keep in mind is to prevent evaporation of the water from the soil.

It cannot be done entirely; much water will evaporate in spite of us, and much will go on down below the reach of plant roots; but in seasons of only ordinary drought it is possible to conserve enough moisture to make a fair crop of corn, tobacco, potatoes and other hoed crops.

The "dust mulch," or blanket of finely pulverized soil on the surface, say three or four inches deep, will stop the waste of water almost entirely. In fact, if the soil is kept stirred on the surface quite often, it may be truthfully said that all the moisture may be kept in the ground for the use of the crops.

Of course, we can never tell at the beginning of the season whether it is going to be a wet season or a dry one, but if a man cultivates with reference to keeping the moisture in the soil, it will be all the better in case of a very wet season, and it may be the salvation of the crop in case of severe drought. So it is wise to keep this in mind.

It is therefore very important for one to plant no more land than he can cultivate perfectly, and always in a dry season to keep the soil stirred to a depth of two or three inches. No matter whether the cultivation is actually needed or not, stirring as often as possible a few inches of the surface will stop the escape as absolutely as a cover of sheet iron.

Those who doubt this method of saving crops from suffering by drought should try this method thoroughly. It takes labor, but it may save the crops. I know from experience.

Alfalfa With Corn Ration.

Alfalfa makes an excellent pasture for hogs. Hogs pastured through the summer on alfalfa should have a light feeding of corn. For winter feeding alfalfa hay makes rapid gains for hogs. A ration of three-fourths corn and one-fourth alfalfa is best for fitting hogs for market, but in very young hogs the proportion should be reversed.

How to Tell a Pullet.

An Australian authority says that a pullet will show rose-colored veins on the surface of the skin, under the wings. There will also be long, silky hairs growing there. After a year old those hairs disappear, as also do the veins, and the skin grows white and veinless. The difference can be seen at a glance.

HARROWING HOLDS MOISTURE

One of Most Important Objects West ern Farmer Must Bear in Mind, Especially During Fall.

The proper method of farming, unlike many trades or lines of business, cannot be confined by any hard and fast rules.

Different soils require different treatment, and a treatment which might be ideal for one season might not be equally so for the next. However, the conservation of moisture is one of the most important, if not the most important, objects the western farmer must keep in mind and conduct all his operations with that end in view.

He must keep this in mind when fall plowing, but opinions differ as to the best method. Some say they harrow down; others say leave it rough to hold the snow. I have observed and tried both methods, writes Charles W. N. Tinnott in Campbell's Farmer, but I always harrow well the ground as plowed each day, and I will try to explain why this should give best results. Almost every season some rain falls during harvest or later in the season, so that, as a rule, the stubble ground turns quite moist; and believing the old proverb, "A bird in hand is worth two in the bush," I think this should be harrowed at once, for it is surprising how rapidly newly plowed land will dry out even in the fall.

Then regarding the holding of snow, we are told that it takes seven inches of snow to make one inch of water, so it can be seen that even very roughly plowed land would not gain a very great amount of water, and all snow falling in a melting condition will soak in whether smooth or rough. Then generally the snow, when it does begin to melt in the spring goes quickly, and the ground still being frozen the water must either run off or wait to be evaporated.

I must admit that my experience and observation has left me little faith in snow as a source of moisture. Then, again, in our district we are troubled with early frosts in the fall, so that having stubble land harrowed down all ready for the seeder is a most decided advantage in helping us to get our wheat early, thus bettering our chances of having our wheat grade No. 1 hard. Oats and barley may be sown later and still escape the frost.

My advice to farmers is therefore to harrow well each day's plowing.

MAN PREFERS A WINDMILL

No Expense Attached After Once Constructed—Gasoline Engine is Good for Cutting Feed.

I prefer a windmill to a gasoline engine for pumping water, as there is practically no expense connected with it after it is erected. I have used one now for six years, with a well 240 feet deep, and supply from 75 to 110 head of cattle and horses and 50 to 100 head of hogs.

Only recently I put in a 10x10-foot supply tank, and this comes in quite handy, as there are occasionally times when the wind does not blow for several days, and the tank will maintain the supply, says a writer in the Orange Judd Farmer. A gasoline engine is preferable for grinding feed, as the power is steady and it can be used at any time, regardless of wind, while it may also be moved from place to place where power is needed.

FARM NOTES.

The drains should be properly laid out and carefully graded.

Be a manufacturer, by converting the grain and hay grown upon your farm into finished products.

Don't sell hay and grain from your land, it is poor farming and will make both you and your land poor.

When clover can be grown profitably crops can be grown and the land kept up by clover and lime.

If your plants are tall and spindly thin them out. Do not be afraid to cut—go at them courageously.

Rich horse manure and urine from grain-fed cattle is far superior to fertilizers and very much cheaper.

Truckers prefer rotted horse manure for vegetables, as it is finer, richer and can be spread easily.

The only way to decrease the amount of smut in corn is to pluck off the smut-balls and burn them.

Good seed, good cultivation, good common sense are a pretty good combination, if good crops are desired.

It is a great thing to know just when a plant needs water. It is a matter that requires close observation.

String beans should be drilled in double rows six inches apart with just enough space between to allow for cultivation.

Keep up the warfare on weeds in the cornfields these hot days, when soil moisture needs to be conserved to its utmost limit.

A profitable crop cannot be grown on land deficient in humus, which is the same thing as rotted sod or rotted manure with fertilizer alone.

The loss incurred from plant diseases is often underestimated by the farmer, passes unrecognized or is regarded as natural and inevitable.

There is no professional study that requires closer work than does the development of the corn plant—a combination of brain, toll and nature.

It has been found that the seeds of many weeds will retain their vitality for fifteen to twenty-five years, possibly longer, and not all of the given year's seed grows in any one year.

THE BRUTE.



Wife—John, I listened to you for half an hour last night, while you were talking in your sleep.

John—Thanks, dear, for your self-restraint.

"WHY SHOULD I USE CUTICURA SOAP?"

"There is nothing the matter with my skin, and I thought Cuticura Soap was only for skin troubles." True, it is for skin troubles, but its great mission is to prevent skin troubles. For more than a generation its delicate emollient and prophylactic properties have rendered it the standard for this purpose, while its extreme purity and refreshing fragrance give to it all the advantages of the best of toilet soaps. It is also invaluable in keeping the hands soft and white, the hair lustrous and glossy, and the scalp free from dandruff and irritation.

While its first cost is a few cents more than that of ordinary toilet soaps, it is prepared with such care and of such materials, that it wears to a wafer, often outlasting several cakes of other soap, and making its use, in practice, most economical. Cuticura Soap is sold by druggists and dealers everywhere, but the truth of these claims may be demonstrated without cost by sending to "Cuticura," Dept. 23 L, Boston, for a liberal sample cake, together with a thirty-two page book on the skin and hair.

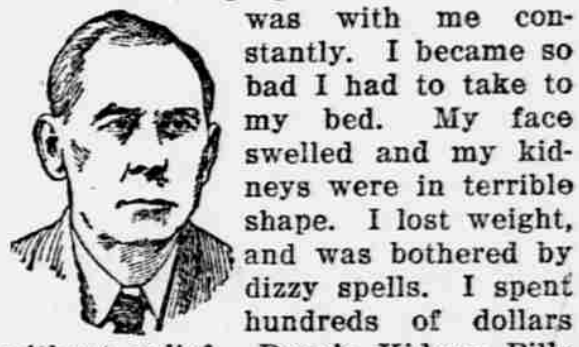
Mrs. Browning.

Apocryphal of the jubilee of the death of Mrs. Browning, it is not generally known that the event occasioned one of the tenderest things her husband ever wrote. He tended her alone the night before she died, and wrote of her passing in a letter of infinite pathos addressed to their mutual friend, Mrs. Blagdon: "Then came what my heart will keep till I see her again, and longer—the most perfect expression of her love to me within my knowledge of her. Always smiling and with a face like a girl's; and in a few minutes she died in my arms, her head on my cheek. . . . There was no lingering or acute pain, nor consciousness of separation. God took her to himself as you would lift a sleeping child from a dark, uneasy bed into your arms and the light."

SPENT HUNDREDS OF DOLLARS.

A Case of Terrible Kidney Trouble and How It Was Cured.

Charles E. Berg, 815 N. Sixth St., Walla Walla, Wash., says: "A sharp pain like the stab of a knife caught me while stooping and after that it was with me constantly. I became so bad I had to take to my bed. My face swelled and my kidneys were in terrible shape. I lost weight, and was bothered by dizzy spells. I spent hundreds of dollars without relief. Doan's Kidney Pills cured me permanently and I believe they saved my life."



"When Your Back is Lame, Remember the Name—DOAN'S."

For sale by druggists and general storekeepers everywhere. Price 50c. Foster-Milburn Co., Buffalo, N. Y.

New Idea in Judicial Lore.

The suggestion of a French judge, who presided at a breach of promise suit, has aroused the interest of American men and women. The suggestion is that when young people become engaged an agreement to marry should be drawn up with a clause providing damages if it is broken.

Loyalty.

"So lightning struck Speeder's automobile!"

"Well, Speeder claims it was his automobile that struck the lightning."—Puck.

If you have occasion to pick your company, use a magnifying glass.



WHERE WIGGINS FELL DOWN

Employer Now Realizes That There Are Such Things as Grandmothers of Office Boys.

Outside his own cleverness there is nothing that so delights Mr. Wiggins as a game of baseball, and when he gets a chance to exploit the two at the same time he may be said to be the happiest man in the world. Hence it was that the other day, when little red-headed Willie Mulligan, his office boy, came sniffing into his presence to ask for the afternoon off that he might attend his grandmother's funeral, Wiggins deemed it a masterly stroke to answer:

"Why, certainly, Willie. What's more, my boy, if you'll wait for me I'll go with you."

"All right, sir," sniffed Willie, as he returned to his desk and waited patiently.

And lo and behold, poor little Willie had told the truth, and when he and Wiggins started out together, the latter not only lost one of the best games of the season, but had to attend the obsequies of an old lady in whom he had no interest whatever.—Harper's Weekly.

A Distinction.

"Mrs. Flubbit appears to be somewhat cold and distant since Mr. Flubbit acquired wealth."

"Yes. While she isn't quite so frigid as the show girls in musical comedies, still, she is unbearably haughty."

Mrs. Winslow's Soothing Syrup for Children, teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, etc. a bottle.

Accept your limitations. Seize your opportunities. Enjoy the good of the hour. Improve the bad and if you fail, let it drop.—J. S. Blackie.



Cement Talk No. 5

The term "barrels" is usually used in speaking of quantities of cement. However, cement is seldom actually packed in barrels. A barrel is the unit of measure and simply means four sacks, each sack weighing 95 lbs. Universal Portland Cement is packed in paper or cloth sacks; in most cases cloth sacks are used. Universal is of the best quality of Portland Cement possible to manufacture. Forty million sacks are made and consumed yearly in this country. The railroads use hundreds of thousands of barrels. It is used by the biggest architects and contractors in the cities and the government uses it extensively in all departments. If you have any concrete work to do, ask your dealer for Universal. It is the best for concrete work of any kind.

UNIVERSAL PORTLAND CEMENT CO.

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Mail orders given special attention. All kinds amateur supplies strictly fresh. Send for catalog.

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FLORISTS
SIOUX CITY, IOWA
Fresh Cut Flowers & Floral Emblems
OF ALL DESCRIPTION ON SHORT NOTICE. Order by Mail, Telephone or Telegraph. OUR PRICES ARE RIGHT.

Backache

Is only one of many symptoms which some women endure through weakness or displacement of the womanly organs. Mrs. Lizzie White of Memphis, Tenn., wrote Dr. R. V. Pierce, as follows:

"At times I was hardly able to be on my feet. I believe I had every pain and ache a woman could have. Had a very bad case. Internal organs were very much diseased and my back was very weak. I suffered a great deal with nervous headaches, in fact, I suffered all over. This was my condition when I wrote to you for advice. After taking your 'Favorite Prescription' for about three months can say that my health was never better."

Dr. Pierce's Favorite Prescription

Is a positive cure for weakness and disease of the feminine organism. It lays inflammation, heals ulceration and soothes pain. Tones and builds up the nerves. Do not permit a dishonest dealer to substitute for this medicine which has a record of 40 years of cures. "No, thank you, I want what I ask for."

Dr. Pierce's Pleasant Pellets induce mild natural bowel movement once a day.