THE OMAHA BEE

DAILY (MORNING) - EVENING - SUNDAY FOUNDED BY EDWARD ROSEWATER

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Meatless day! Cut out the blubber. Pass the

Cupidity of the "mikes" fashions the prosperity

c! the "mikers."

It remains to be seen whether the 10 per cent tax on sleeping car tickets will bring the cheaper upper berth into greater favor.

Omaha's bank clearings for October have topped all previous heights. Omaha is smashing all kinds of records these/days.

Separate your local from your out-of-town mail. Out-of-town letters take 3 cents postage, while local letters stay at the 2-cent rate.

It may be noted that Berlin enjoys the freedom of the telegraph in sending out whoops of victory. Only the hurts encounter the censor's firing squad at home.

Jobbers are asked to refuse to sell sugar to retailers exacting more than their normal profit. But what is a normal profit? And suppose the normal profit is abnormally high?

Uncle Sam is not inclined to swing the club on profiteers. "Old Efficiency" is a reserve force for chronic cases. For the present a stretch of very slippery ground carries the mute warning: "Watch your steps."

Turkey's "holy war," waged among the noncombantants of Armenia and Syria rivals the slaughter houses and the graves designed by kultur in Belgium. The flattery of imitation doubtless fills Potsdam with holy glee.

No serious objection can be urged against the proposal of drafting men to expedite work in ning the war. Drafting eligible talent for war industries imposes less risk than drafting men to fight the war.

Coal operators may be as dark as they are painted, but few of them will thank the dealers who measure their patriotism by the tapeline of war profits. If operators will not speed up production unless allowed "big profits," the quicker the government puts their patriotism to the test the better for the nation.

Teaching American principles and policies to aliens expedites the work of the melting pot, benefiting both individual and community. But it need not be restricted to the fereign-born. Quite a percentage of native-born could derive iseful and valuable knowledge from Americanzed lessons vigorously rubbed in.

A lot of newspapers are figuring out the hundreds of thousands of dollars worth of food that would be conserved if every auto in the country did not kill one chicken in the year. How much would be saved if people kept their chickens off the road .- Newman Grove Re-

We take it this refers to chickens on country roads and not to chickens on city streets.

Those famous drives into Serbia, Roumania and Russia thrilled Berlin and Vienna for a brief time, lightening the weight of gloom and settled weariness. The Italian serves the same end. So far none of the drives shortened the war one hour or brought the central powers within reaching distance of their war aims. Drives dent the surrounding walls of steel, but fashion no avenue of escape for autocracy.

Scarcity of labor in some of the big cities shows surprising efficiency in eliminating a middleman of dubious repute. More pay and less offensive kicking started an exodus of janitors, and the lordly landlord must buckle to the job or lose the money. Hitherto the janitor stood between the landlord and the tenant, a sort of a social shock absorber. His going brings the principals within speaking distance and vastly enhances the gayety of apartment life.

Profiteering in the Civil War

Consumers oppressed by the high cost of living may extract what satisfaction they can from the discovery that it was far higher in the civil war. According to an invoice which has recently been unearthed of goods sold by a firm of wholesale grocers of Keokuk, Ia., in June, 1862, sugar was \$58 a barrel and rice \$38, while tea sold at \$101 for a 25-pound chest. Coffee was four times the present price, and the same bill of groceries which then brought \$644.14 could be purchased

today for \$291.61. These figures, of course, do not reduce the present price of beefsteak or butter, but they may serve to take the sting out of some of the exactions of contemporary "profiteers." It is something to kne that conditions might be a whole lot worse, . I certainly even sugar-refiners would hesitate to charge \$58 a barrel. In fact, we may feel astonished at the moderation of the present generation of dealers and a corresponding admiration for the bolder methods of profiteering in the civil war. The dealers at that time had hardly a third as many consumers to loot as there are today; they had no storage facilities, no organization, but, on the other hand no federal interference in price-fixing. They charged what they pleased, and their pleasure in the matter of extortionate prices was something

to make their successors' mouths water. The invoice is of value in throwing light on one phase of existence in the "good old days." Per-haps, after all, we are better off in the degenerate times when prices are merely doubled and not elevated to the limit.

Italian Situation Improving.

Affairs of the Italian army are assuming a more encouraging condition, if reports from Washington are to be relied on. According to dispatches from our own capital, which gets its information from official sources, the third army under Cadorna has checked the thrust of the Austro-German forces, and is holding firm a short distance from Udine, along lines where resistance to the invasion had been predicted. Germans still make claims of astounding numbers of prisoners and guns captured, but their figures may be subjected to revision later. Few who have watched the course of Italy in this war, and are in any degree familiar with the qualities of the Italian as a soldier, will readily credit a report that 60,000 of them laid down their arms, much less that the astonishing total of 160,000 have been captured along with 1,500 guns. The withdrawal of the Italian army to its new position was undoubtedly accomplished under great difficulties, but the advance of German forces could not have been more facile, while late dispatches indicate that the attempted enveloping movement failed The defense in the Carnic Alps still holds, and the reformation of Cadorna's army without crossing the Tagliamento indicates a capacity to resist that does away with immediate danger of collapse of Italy. The outcome now depends on whether supplies can be furnished to the Italians in time. If this is accomplished, the situation on that front will be just about where it was at this time last year, with the German capacity for attack expended.

Time to Stop Being Mealy-Mouthed.

The burning of two great piers at Baltimore, with loss of life and destruction of millions in property, warns Americans that the time to stop being mealy-mouthed is almost at hand. This fire, with many others throughout the country, such as the burning of the big grain elevator at New York, the stockyards at Kansas City, and other large storehouses, is presumptive evidence at least of organized effort to destroy food and supplies needed by the world. Back of the men who set these fires must be others, for the jobs are too big for two or three to carry through. Preparation beforehand and protection afterward is required, and this only can be furnished by systematically arranged and thoroughly organized co-operation of a considerable number.

To succeedfully combat this dangerous conspiracy it is not required that the nation forsake its humanitarian attitude, nor that it deal harshly with an honorable foe. But America is at war, and war is stern. We must treat treason as treason, and spies as spies, if we are to have safety at home. Firebugs and similar public enemies should be made to realize the danger that attends their operations. The certainty of a severe or extreme penalty might deter, and surely would prevent the repetition of the criminal acts.

Tea-party manners do not become a nation that is fighting for its right to exist against a foe that knows no ruth. Too many lives are at stake, and too much property is in danger, to longer tolerate the operations of enemies within our borders.

Regulation of the Meat Trade.

Taking over control of the packing plants is only the first step in regulation of the meat trade! out. Adjustment of the grain trade was comparatively easy, for the price of wheat was fixed at the bottom and all intermediate steps on the way to the consumer were cut out. Control of the packing houses means taking hold of the meat trade at the top and trusting that restraint will extend downward. Stabilization of prices with maintenance of remunerative returns to growers may be achieved through this process, but the complications are many, and the formulation of rules and their application will not be

The wide variation in the quality, of stock offered and the all but impossible condition of standardizing grades will present the first great obstacle. Top prices in live stock quotations always rest on a particularly fancy grade of animal, seldom seen in flesh, being in fact nominal notice to the seller that such a price might be paid in event of an animal exactly suiting the buyer's notion. Lower prices prevail always; for example, at Omaha on Monday prime heavy beeves were quoted at \$16.50 per hundredweight, but the highest price actually paid for a load sold was \$8.50 for a bunch of Nebraska steers. "The higher price serves to overawe the householder who buys at the retail market.

Speculators frequently "make the market," despite the packers. On Monday 10,938 head of cattle were sold in Omaha, of which the packers took but 5,566, the rest going to speculators. Live stock commission men should not be confounded with the speculators; the commission man is really the salesman, acting for the shipper. All of these are to be reckoned with in dealing with the meat trade and all come below the packer.

Gambling in the finished product is another phase of the problem and must be dealt with separately. It can be handled just as was the gambling in grain and checked by prohibition. However, a little study of this brief outline will show that the meat administrator has been given the most involved task in the entire work of food control.

State Normal Board Finances.

State Treasurer Hall is reported as saying the State Normal board has its financial affairs in very bad condition, that it is now a quarter of a million behind and has expended in the current year almost the entire appropriation made for the biennium. If this be true, it evidences reckless mismanagement somewhere, and means a curtailment of the service of the normal schools next year. To deliberately incur a deficiency lays the board liable under the law. Heads of state institutions used to do that in Nebraska, relying on the legislature to help them out, and at one time the state found itself with an accumulated illegal debt of almost \$3,000,000, which required a special levy to extinguish. This is supposed to be impossible now, with the management of all our state charities in the hands of the Board of Control, but the State Normal board seems to be still a law unto itself in the disbursement of its appropriations. It has been this long time a source of scandal and vexation to the taxpayers, and its present action may have the effect of arousing such indignation as to secure adoption of some one of many plans offered in the past to give us efficient management in these big state schools.

Morris Hillquit, socialist candidate for mayor of New York, passed up a Liberty bond subscription because he did not wish to "encourage war." He is shrewder, if not wiser, than his party followers. The roster of indicted and convicted socialists, formerly active in discouraging war

Keeping Fit for War By Frederic J. Haskin

Washington, Oct. 30 .- An athlete entering an important contest is careful to work himself into the pink of condition. The nations of the world today are engaged in a gigantic field meet, with the issue in doubt and the prizes the highest for which man ever strove. What can be said of an athlete who enters such a contest without screwing his physical mechanism to the last notch of efficiency? Yet that, according to many authorities here, is exactly what the United States is in danger of doing. The nation is not giving sufficient thought to the importance of individual health in war time. The national health is nothing but the sum of the healths of 100,000,000 in-

One of the slogans of Mr. Hoover's office, the federal food administration, is "Go back to the simple life." The food administration enlarges on this text somewhat in this fashion: "Be contented with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, est, recreate and sleep. Do it all courageously. We have a victory to win."

In certain features this sounds more like the gospel of the strenuous than the simple life, but it s a practical war creed none the less. Some of the admonitions are primarily designed to piece out the food supply, but if the whole were followed religiously from the most selfish motives, it would result in a considerable improvement in the national health and a corresponding increase

in the national efficiency. Take the matter of food for an example. A good deal of surprise was occasioned by the manner in which the people of Europe throve on short rations. Germany today is in sorry straits, according to both official and unofficial advices, but it is facing, not a rationing system, but certain forms of actual starvation. For the first year of the war the overfed German burgher was actually benefited by being fed under government supervision. Government ra-tioning in France and England has had many beneficial effects on the public health.

There is no indication today that the American people will ever be put on rations. We have plenty of food, and our food conservation campaign is largely an effort to induce the public to substitute certain kinds of food for certain other kinds which are needed for export-corn for wheat, honey and syrup for sugar, chicken and fish for beef. But, though we may never be put on rations, there is no reason why we should not study the rationing question with a view to

finding out where its good effects originate. The benefits of the system seem to spring largely from the fact that any government supervision of food puts the matter in the hands of experts, who understand the proper combinations of food elements and the needs of the body. The human body may be likened in some ways to the vessel of the chemist in the laboratory. The chemist puts certain chemicals into his vessel to produce a certain reaction. Man puts certain foods into his body with a view to producing the complex series of reactions that constitute healthy activity. The chemist does not expect to get the reaction in his test-tube unless he puts in the right combination of chemicals, but the average man seems to have a sublime faith that he will get the health reaction if he shovels down almost any combination of foods in almost

A good many factors of the diet, such as the amount of food eaten and the number of meals a day, are matters that each individual must deermine for himself by experience, but the proper food combinations are matters of chemistry, where the scientist can help. Every traditional food combination, such as meat and potatoes. bread and butter, bacon and eggs, has a sound chemical basis, and science can suggest many others, as well as prevent wrong combinations. It is in this way that government food supervision abroad has often benefited the health of the people. In this country, while there is no supervision, the food administration has done its share by working out, in collaboration with the Department of Agriculture, a simple but com-prehensive table of "Food Elements," which can be used as a basis for planning proper combinations of all sorts of food.

Another element in the national health, which is probably more peculiarly an American problem than any other, is the factor of worry. There is no other nation which worries as do the Americans. There is probably no other mental or physical habit which can arise on a fairly nealthy and normal soil which cuts into efficiency to the same extent that worry does. Worry is distinctly a war problem.

War does away, so the experience of Europe shows, with a goodly part of the groundless and slenderly rooted worries that characterize supercivilization. Hypochondria, melancholia, all the morbid results of too much introspection, are dissipated by the touch of the grim realities of war. The old saying of the medieval physician that melancholy humors are "mightily helped by a dead man's touch," was based on the same law. But if war does away with a certain class of worries, it brings a train of new ones.

Worry saps national efficiency. It is a duty to put it aside. Most of it is groundless. The United States public health service compares the man who worries to the chauffeur who lets his engine run on neutral all the time the car is standing still. Says the public health service: 'Not all worry is preventable, but for the most part it can be avoided. Most of our fears are never realized. * * * Worry undermines the health to a certain extent. It really weakens the mental forces by tiring them out while doing nothing. Usually the relief from worry rests with the victim of the unfortunate habit himself."

Since almost every American is more or less "victim of the unfortunate habit," the last phrase is worth pondering.

N. B. The valuable table of "Food Elements" for use in planning a balanced diet, referred to in this article, is contained in a food administration publication called "The War Cook Book." A copy of this book can be secured free if you send your name and address with a 3-cent stamp for return postage to The Omaha Bee Information Bureau, Washington, D. C. Ask for the "War Cook Book."

People and Events

Conservation of soup bones is the very latest hanch out of Washington. Owing to the war, the hunch is nonpartisan.

Speeding up production makes a new high record in the Baldwin shops at Philadelphia. The plant is now turning out 72 locomotives a week and still going strong. This is at the rate of 3,600 a year. The best previous record was 2,666 in 1906. The Baldwin pay roll shows 20,000 men

A readjustment of milk prices in the territory supplying Greater New York gives the farmer an average of 6.8 cents a quart. For this milk the city consumer pays 14 cents. The difference between the producers' moderate price and the consumers' squeeze measures in equal parts the cost of distribution and the fattened "over-

The retail coal men of Philadelphia at the start told the price fixers to go to Halifax or a warmer resort. They knew what prices were right and would get the money regardless. They got it, but it became too hot to hold, and they are refunding to purchasers \$40,000 of excess Your Uncle Samuel in this instance proves himself a prince of persuaders.

Canada digs closer to the roots of food profit eering than its southern neighbor. Three years' experience accounts for the present difference. The latest war move of the "Lady of the Snows" shuts out all small packages of so-called breakfast food. No package of less than 20 pounds may be manufactured after December 1. Stocks on hand must be disposed of during November. The prohibition includes "the product of wheat, oats, barley, rye, rice, peas, beans, buckwheat, In-dian corn or lentils." A big saving in paper is proves the party's loyalty to the land of its birth. assured and some economy in prices

Right in the Spotlight.

Thomas B. Smith, mayor of Phila-delphia, who is under indictment on charges growing out of murderous assaults alleged to have been committed by hired political sluggers in the recent primaries in the Quaker City, is 48 years old today, having been born in Philadelphia, November 2, 1869. At the early age of 13 Mr. Smith began his business career as a messenger boy in the employ of the Pennsylvania railroad. From this position he rose to a clerkship, which he left in time become connected with an insurance concern, of which he later became vice president. In early manhood he engaged actively in republican politics, and was successively a member of the Philadelphia common council, of the Pennsylvania legis-lature, postmaster of Philadelphia and a public service commissioner before his election to the mayoralty in 1915.

One Year Ago Today in the War.

Italians began new offensive against the Austrians, 15,000 prisoners heing taken. Fort Vaux, one of the principal strongholds at Verdun, was evacuated by the Germans, and oc-cupied the following day by the

In Omaha Thirty Years Ago.

A new Presbyterian church been organized in Omaha. It will be known as the Lake Street church and situated at Nineteenth and Lake streets. Three elders and three trustees were elected and 20 members enrolled

Citizen George Francis Train led some 25 gentlemen representing the municipalities and the press from the main parlor of the Paxton



to the dining room of that hostelry. Every guest was presented with a buttonhole bouquet and, in strict accord with the directions of the host to "pitch into the rations," "pitched in" and did full justice to the bounteous and elegant repast.

One hundred and eighty men are working on the cable line. J. C. Farrish, secretary of the Omaha fire department, has returned to his post after a month's absence. He visited Culpepper, Va., Washington, Richmond, Baltimore, Louisville and St. Louis. At the last place he speaks of the royal manner in which he was entertained by the heads of fire department.

The Merchants' National bank, on the northwest corner of Thirteenth and Farnam streets, expects to be able to move into its new building on the corner immediately east by the first of next January. The bank will be succeeded by the Missouri Pacific Railway company, which proposes to open a general ticket office with headquarters for its local passenger and freight representatives.

The Young Women's Home, 1910 Dodge street, will be formally opened this afternoon and evening and a musicale and literary entertainment will

This Day in History.

1810-General Andrew A. Humphreys, noted union commander in the cival war, born in Philadelphia. Died in Washington, D. C., December 27,

1861-General David Hunter took command of the western department

of the United States army. 1865—National thanksgiving observed for the restoration of peace between the states. 1880-James A. Garfield of Ohio

was elected president of the United 1889-North and South Dakota were admitted to the union by proclamation of the president. 1892-Frederick Schwatka, Arctic

explorer, died at Portland, Ore. Born at Galena, Ill., September 29, 1849. 1915-Russians compelled Hindenburg to retreat in Dvinsk re-

The Day We Celebrate.

C. Joy Sutphen, theatrical business manager, was born here in Omaha just 33 years ago. Henry G. Cox, the director of the

was born in Pella, Ia., November 2 James E. Watson, United States senator from Indiana, born at Winchester, Ind., 53 years ago today.

Omaha Symphony Study orchestra,

Clyde Augustus Duniway, the new resident of Colorado college, born at Albany, Ore., 51 years ago today. Warren G. Harding, United States senator from Ohio, born in Morrow county, Ohio, 52 years ago today. Bishop Adna W. Leonard, of the Methodist Episcopal church, born in Cincinnati 43 years ago today.

Rt. Rev. Francis K. Brooke, Episcopal bishop of Oklahoma, born at Gambier, Ohio, 65 years ago today. Agnew T. Dice, president of the Philadelphia & Reading railway born in Scotland, Pa., 55 years ago

Timely Jotting and Reminders. All Souls' day.

The increased letter mail rates be come effective today.

The republic of Panama today

enters upon its fifteenth year.
Representative Jeanette Rankin of
Montana is scheduled to speak today before the convention of Wisconsin teachers in Milwaukee. The near approach of the close of

the stirring mayoralty campaign in New York City is to be marked tonight with big rallies in every part of Leslie M. Shaw, former secretary of

the treasury, who has been actively campaigning in behalf of the second Liberty bond issue, enters his 70th year today. "Financing the War" is to be the topic for discussion at a national con-ference to be held in Philadelphia to-

day and tomorrow under the auspices

of the American Academy of Political and Social Science. Storvette of the Day.

An Englishman once bet a Yankee £5 that the latter could not write or speak 30 words without using a slang expression. The wager was accepted. "What shall I write about?" said

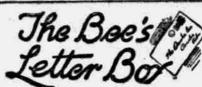
the Yankee.
"Oh, describe a storm," replied the Brother Jonathan at once went to

"The sky was black and dreary, murky and ominous clouds drove fu-riously from the west, and in 15 minutes it rained like everlasting

At this point he was stopped by the Englishman, who told him he was anxious enough to hear the remainder, but would in the meantime trouble him to hand over the £5 .- London

HERE AND THERE.

The cost of feeding the people of London for a single day is estimated at \$1,125,000. A supposed baby kidnaping case in De-troit thrilled a neighborhood for three hours until word came from a laundry that the youngster was found snoosing in the fam-



Ansley, Neb., Oct. 27.—To the Editor of The Bee: In answer to "A Reader," who is roasting "A Farmer's

Wife. We all realize that the war is an awful thing and I believe we have trouble enough without those city people who are fortunate enough to keep two hired girls, roasting us. The farmer's wife doesn't have time to make a showing that gets her name in the paper. As a rule they commence work at 5 a. m. and their own necessary work keeps them busy until abou m. Then the majority of them knit or sew one or two hours for the Red Cross. They do not often donate their butter or yellow legged chickens, but I think if the farmer and his wife were left out of the cash accounts, the Liberty bond and Red Cross funds would fall quite a little short.

As a rule the people of this world that are the real support just go along attending to their own business and leave the city bred that is ignorant of the business of the farmer's wife to do the blowing.

We farmers will admit we need to be told a good many things and we are ready to listen to advise where we can learn anything that will help. We often see a piece roasting the farmer for holding his wheat for better prices in the same paper they are urging him to go ahead putting in more wheat. We would like to ask how you expect a man to deliver grain at the market and at the same time be putting in more crop? As a rule the farmer is doing his own work as a good many of the young men have been taken away from them to fill their places at the front. There is no competent help left for the farmer to hire.
A FARMER.

Why, We Must Win.

Tekamah, Neb., Oct. 26.-To the Editor of The Bee: I approve the loyal attitude of The Bee, its splendid editorial and news columns and its letter box views and facts. There are gems among these letters, Sergeant Hanley's for one. I am glad the "Stop my paper brigade" puts in. We have been watching these follows all along and I am glad they have lined We want to know who are our up. enemies. They surely did not read President Wilson's proclamation of April 19, last, defining treason and the penalty (death) therefore. There is more of these than there should be, some that have "stolen the livery of Heaven to serve the devil in." Some that have risen from nothing to wealth and honor and now are against our free land, that has given them all and against us when we have taken the fight for the oppressed of all the world. Traitors beware. The loyalty of this nation will avenge.

There are but two parties now in this nation. Patriots and traitors. These traitors, and the kaiser, don't seem to take notice, don't seem to see the preparedness parades, immense all over the country, the immense ovations given our soldier boys as they have left for the training camps, millions of them and more millions yet it necessary, and all the equipment along every line as never before. Your Uncle Sam has never gone out and failed to bring in the baggage and he will never come back this time till he fetches Wilhelm.
After Waterloo, Prussia, Russia and

Austria entered into an alliance by treaty and it is generally believed there was a secret pact to strangle the 1775—St. John, N. B., was cap-ured by the Americans under General when this war began and that to de-when this war began and that to destroy democracy with Wilhelm II in the saddle. True, the czar was op-posed in a way, but was a traitor to iemocracy. The second aim of the Hohenzollerns and Prussian war lords was plunder. In 1864 Prussia and Austria plundered Denmark. Two years later Prussia and Italy plundered Austria. Four years later a united Germany conquered France and at the mouth of guns exacted a part of her territory and gold indemnity of three times the cost of her war preparations.

Since then the kaiser has engaged in minor wars with the blacks of and the Arabs and Chinese, always grabbling territory with the same ruthlessness and barbarism, and when there was a foe of any size (except France) induced some other nation to pull out the chestnuts for him. When the kaiser struck in 1914 he thought it an opportune time to realize his long standing ambition of world con-

quest. Will he make it? Not much! Three days for Belgium, three months for France. Some of his big tvons" said two, and three years for the United States. He imagined the United States was a big fat goose and could only waddle and squawk. Our Uncle Sam is slow to anger, but some when he gets started. What are the

kaiser's chances of success? It's a fight to the finish. It will be werld democracy or world despotism with the heel of a Prussian on the back of child in the world.

the neck of every man, woman and Whom the Gods destroy they first make mad." This bunch is drunken with blood and plunder. The end is in sight. The world loves liberty and freedom. . The blood of millions of innocent victims cry out against this

monster. Americans, do you wish a princeling installed at Washington, von Hindenburg at New York and von Bernstorn, the spy, at Omaha? I know you don't and the fight will never end till the one-man ruler is swept from the earth and we back and protect soldier boys and all their interests.

CHEERY CHAFF.

"This fashion magazine suggests that What do they mean by a color scheme?"
"It is very simple. You was a purple sweater, for instance, and hosiery to match." -Philadelphia Bulletin,

A prim lady was applying for a Liberty nation, please?"
She hesitated a moment, then answered, "Oh, I'm a Baptist."-Puck. He-A-tish-oo!

She-Not catching cold, dear, are you? He-Oh, no! Just came across "golden rod" in this article I'm reading, that's all.

Baltimore American.

Here is a message to suffering women, from Mrs. Kathryn Edwards, of R. F. D. 4, Washington Court House, Ohio. "I am glad to tell, and have told many women, what I suffered before I knew of Cardui and the great benefit to be derived from this remedy. A few years ago I became prac-

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tically helpless . . . "

"I was very weak,"
Mrs. Edwards goes on
to say, "and could not
stoop without suffering
great pain . . . Nothing
seemed to help me until
I heard of Cardui and began the use of it...I gradually gained my strength...I am now able to do all my work." If you need a tonic take Cardul. It is for women. It acts gently and reliably and will probably help you as it helped this lady. All Druggists

ject to fits o melancholy o the "blues, get your blood F. King, M.D. s will increase your streng rance 100 per cent in two in many cases.—Ferding

At Both Ends of the Thermometer

Polarine stands up under engine extremes. Flows freely at zero. Doesn't congeal in cold weather and make starting hard. Lubricates at the first stroke of a stone-cold

When the motor is hot Polarine keeps right on lubricating perfectly. Doesn't run thin or "break up" and lose its oiling properties. Prevents burned bearings, scored cylinders and other troubles due to overheating and poor lubrication.

Settle your winter oiling problem right-right now! Fill your crankcase with Polarine. Get it at any of our numerous Service Stations and at all good garages. Look for the sign.



Red Crown Gasoline gives greatest power and most mileage per gallon.

STANDARD OIL COMPANY (Nebraska)

Omaha

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	entirely free, a copy of "The War Cook Book."
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