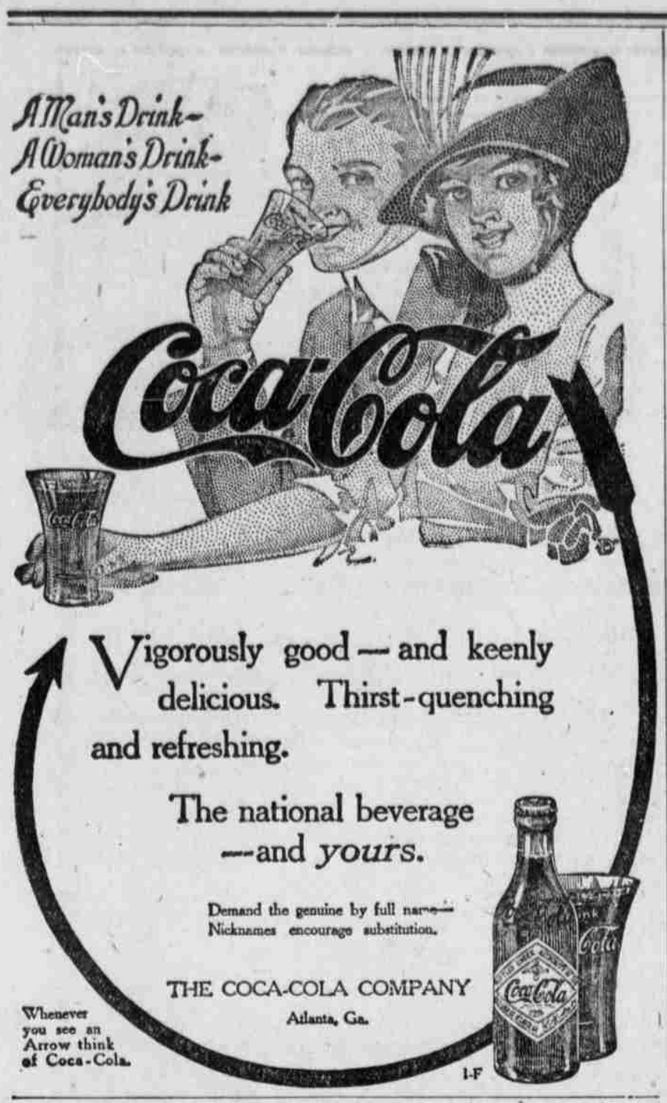

Vigorously good — and keenly delicious. Thirst-quenching and refreshing.

The national beverage —and *yours*.

Demand the genuine by full name—Nicknames encourage substitution.

THE COCA-COLA COMPANY
Atlanta, Ga.

Whenever you see an Arrow think of Coca-Cola.

1-F

Incubation of China's Egg.

In its present form the constitution of China abolishes the cabinet and converts its members, with a single exception, into departmental chiefs. The exception is that of secretary of state, who is continued in charge of foreign affairs under the title of "kuo-wuchang," and whose office is to be organized after the model of the United States. Other clauses debar the legislature from participation in the making of high appointments or the negotiation of treaties and establish a consultative board, with which the president is to determine all financial matters. Last, but by no means least, the president is declared the supreme ruler.

SUCCEEDS IN CANADA

An interesting and successful American farmer, Lew Palmer, of Staveley, Alta., passed through the city today. Mr. Palmer came from Duluth, Minn., just ten years ago, and brought with him four cows and three horses—and that was his all. He homesteaded in the Staveley district, and today has 480 acres of land, $3,000 worth of implements, 34 Percheron horses, made $1,000 out of hogs last year, raised 7,000 bushels of wheat, 6,000 bushels of oats, 12 acres of potatoes, and 18 tons of onions. His farm and stock is worth $30,000, and he made it all in ten years.—*Exchange.*—Advertisement.

A Better Plan.

"The people next door play the graphophone incessantly."

"Still they seem kind-hearted. They have offered to loan us any records we like."

"I should prefer to borrow some of those we don't like, and thus get them out of commission for a few days."

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it
Bears the Signature of Chas. H. Fletcher
In Use For Over 30 Years.
Children Cry for Fletcher's Castoria

And Wood Wouldn't.

Marks—I hear that the Woods have separated. What was the trouble?

Parks—It seems that Mrs. Wood wanted him to dye his white hair to watch her new lavender wig.

SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At druggists. 50c. large box, or by mail. The Paxton Toilet Co., Boston, Mass.

DEFIANCE STARCH

is constantly growing in favor because it **Does Not Stick to the Iron** and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska

DAISY FLY KILLER placed anywhere, attracts and kills all flies. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything; guaranteed effective. All dealers or sent express paid for $1.00. HAROLD SOMERS, 150 DeKalb Ave., Brooklyn, N. Y.

1,000 HOMESEEKERS WANTED 40 years time to pay for rich valley land; greatest inducements ever offered to those who buy for future homes. Cheap timber for homes; some work at fair wages. Representatives wanted everywhere. Trinity Valley Land Co., Trinity, Tex.

AGENTS Drop everything and sell the New Improved Guaranteed Safety Razor. Retails for $5c. Will last a lifetime. We bring sample and prices. American Specialty Company, 159 6th Street, Crookston, Minn.

HOME LOOKED GOOD TO HIM

Boston Man Returns From Tunis After a Thrilling Experience With Arabs.

There never was a man who showed more happiness to touch foot on native soil than Percival Roberts of Boston, graduate of Oxford college, England, and an alumnus of the Harvard law school, who arrived at Boston from Naples. Mr. Roberts had hurried to Italy after having been chased on camel back by wild Tripolitan bandits, who swooped down on him and his party's pack camels and household goods when they were camping on the border of the desert south of Sfax, in the interior of Tunis.

Italian soldiers had driven a flying squadron of untamed Arab horsemen and cut-throats across the Tunis border, and when the pack of infuriated savages caught sight of the Roberts party it charged the camp with wild yells and blazing rifles.

Roberts embarked on the first ship of the desert he could locate in his frantic rush for a conveyance and swayed and rolled on camel-back over the dry sands of the desert for ten miles before he could make his getaway. His three friends, two Frenchmen and an Englishman, got off in different directions, all aboard the swift-racing camels which had carried them into camp.

One Himself.

Gertrude Vanderbilt had been lunching with a friend at Murray's. As they left the restaurant a seedy-looking mendicant approached Miss Vanderbilt and held out his hand.

"Can't you give me a few pennies, lady?" he pleaded. "I'm hungry and a broken-down sport myself."

Miss Vanderbilt had coughed up a quarter before the full impact of his remark struck her, then she began to laugh.

"I suppose I should have given him a dollar," she observed. "At least the man was brave."

The Last Straw.

"Everybody knocks that fellow who wants to be a soldier."

"That's so. Even his gun kicks."

HER MOTHER-IN-LAW
Proved a Wise, Good Friend.

A young woman out in Ia. found a wise, good friend in her mother-in-law, jokes notwithstanding. She writes:

"I was greatly troubled with my stomach, complexion was blotchy and yellow. After meals I often suffered sharp pains and would have to lie down. My mother often told me it was the coffee I drank at meals. But when I'd quit coffee I'd have a severe headache.

"While visiting my mother-in-law I remarked that she always made such good coffee, and asked her to tell me how. She laughed and told me it was easy to make good 'coffee' when you use Postum.

"I began to use Postum as soon as I got home, and now we have the same good 'coffee' (Postum) every day, and I have no more trouble. Indigestion is a thing of the past, and my complexion has cleared up beautifully.

"My grandmother suffered a great deal with her stomach. Her doctor told her to leave off coffee. She then took tea but that was just as bad.

"She finally was induced to try Postum which she has used for over a year. She traveled during the winter over the greater part of Iowa, visiting, something she had not been able to do for years. She says she owes her present good health to Postum."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms:

Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.
—sold by Grocers.

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray)

LIFE CONSERVATION — INDIVIDUAL OBLIGATION TO THE RACE.

United States senate document No. 419, Sixty-first congress, entitled "National Vitality, Its Wastes and Conservation," being an extract from the report of the national conservation commission, states: "From these data it is found that 15 years at least could be at once added to the average human lifetime by applying the science of preventing disease." And again: "The estimate of 15 years as the possible prolongation of life is merely a minimum estimate."

This report, ordered printed and issued by the government printing office, Washington, D. C., for some reason has received but limited attention.

In view of the fact that the pressing need of humanity is better health, greater efficiency and longer life and that the most insistent demand of this age is for a means of attaining these three things, it would appear that there must have been insufficient publicity given the report. Further, the fact that only recently Rittenhouse clearly showed that in this country the chances of untimely death after one has passed the age of forty are increasing, in contrast with a stationary or even a slightly decreasing death rate for the same ages in some European countries, makes an emphatic and a patriotic demand for aggressive publicity of causes, to the end that a grave economic loss to our nation through such unnecessary sacrifice may be checked.

Each individual is a link in an unbroken chain of life extending back to the beginning, and he enjoys life today only by virtue of the fact that each ancestor in the long line possessed the will to live and the intelligence and courage to grasp and to use such means as were then available to combat untoward conditions, thereby being enabled to reproduce strong offspring. Continuation of the line of life places the same obligation on the present generation.

That there is a definite government of this universe is generally admitted. Matter is not scattered at random, but in accordance with orderly and fixed laws, and it is in accordance with all that we know of the rest of the world that there should be agreement between one portion of sensitive creation and another portion, in all matters and at all points. This explains those close and remarkable analogies so frequently noted by independent investigators in every department, and makes clear how we may measure the unknown by the known, the whole by the part.

The Greeks loved hypothesis and disdained facts, and we in this age are not in any great degree, if at all, superior to them in this respect. Apparently, the thing we most strenuously endeavor not to see is "the truth, the whole truth and nothing but the truth."

Mark Twain in his quaint and humorous but very sound and wholesome style sums up the situation in the following words: "We are always hearing of people who are around seeking after truth. I have never seen a permanent specimen. I think he has never lived. But I have seen several entirely sincere people who thought they were permanent seekers after truth. They sought diligently, persistently, carefully, cautiously, profoundly, with perfect honesty and nicely adjusted judgment—until they believed that without doubt or question they had found the truth. That was the end of the search. The man spent the rest of his life hunting up shingles wherewith to protect his truth from the weather. If he were seeking after political truth he found it in one or the other of the political gospels which govern men on the earth; if he were seeking the only true religion he found it in one or the other of the 3,000 that are on the market. In any case when he found the truth he sought no further, but from that day forth, with his soldering iron in one hand and his bludgeon in the other, he tinkered its leaks and reasoned with objectors."

That is a fair statement of the mental attitude of most of us. Our minds are not self-propelling and unless we are careful to remember that even the north star is not fixed, but is in constant motion, inertia grips us and makes it difficult for us to advance from truth to truth with the same freedom and enjoyment we experience in recognizing and appreciating the changing landscape at each turn in a road we may be traveling. Of course our brand of truth is THE TRUTH, measured by the facts as seen from our particular point of view. But like the old Scotchman who frankly admitted he was very reasonable and easy to convince but would like to meet the man who could convince him, we are prone to refuse to see and easily become constitutional "standpatters" and rather inclined to be proud of our intellectual blindness.

Biological law and the general experience of expert breeders of plant, bird and animal prove conclusively that good health and efficiency are the result of intelligent breeding and care during the development period. Type, the hereditary result of breeding, is an important factor in efficiency and in the predisposition to disease—but the care received after birth, the environment, is by far the most vital factor in the cause of those minor ailments which the above mentioned conservation report shows cost the average "well man" five days a year from work and which serve to sensitize him for the reception and development of disease resulting in premature death.

ENVIRONMENT.

All that is contained inside our skin at birth is heredity; all that touches or in any way influences us after birth is environment.

The Century dictionary defines environment as: "The act of surrounding; the aggregate of surrounding things or conditions."

Our food, our clothes, our house, our work, our amusements, our studies, our friends and the climate we live in, one and all are environment. Environment may be good or bad according as it tends to raise or lower us in the scale of efficiency and happiness.

Dirty milk is bad environment.

Insufficient ventilation is bad environment.

Too much clothing is bad environment.

Tight shoes is bad environment.

An incompetent teacher is bad environment.

Too much or too little of anything is bad environment.

Everything we see, hear, feel, smell or taste is environment, and each is certain to influence our development and determine to some degree whether we shall have good or bad health.

We inherit tendencies, and environment develops or checks them, be they for health or disease, in exact ratio to the sum of the impressions resulting from our experience. We are born potentially sick or well, good or bad, and environment determines which it shall be and the degree of the final result.

All unrestrained activity or normal functions give rise to a sense of pleasure. We enjoy action along the lines of our tendencies because they are the lines of least resistance; they are our "instincts" and are therefore easy to follow. Life is motion, and therefore there is joy in action, because it is life. At a very early age the emotion of joy arising from action is shown by smiles and laughter in the human, and by their equivalent, play, in the brute. Action is the fundamental foundation of all outdoor games and amusement. The pursuit of pleasure through functional activity is vigorously followed by all animals until checked by unfavorable environment conditions, and then resentment is shown, because all restraint is destructive to the organism and all life instinctively resists destruction.

Tendencies may be good or bad, and bad tendencies should be restrained, submerged and destroyed. That man has risen far above the brute, that our present civilization has been achieved step by step, is proof positive of the destructive power of restraint on bad tendencies, and is also proof that unfavorable environment conditions may easily destroy the desirable qualities.

The discovery of radio-activity, a property of matter far beyond our ability to sense without assistance, has opened the minds of the scientific world to the belief that undoubtedly the primary sources of natural energy by virtue of which the universe keeps going over immense periods of time are to be found not in the great masses of glowing matter dotting the heavens, nor in any of the relations between energy and matter in bulk, but in the individual atoms out of which bulk is made up.

And so, too, the key to the prevention of disease and the promotion of human health and happiness undoubtedly lies in the little things: in the conservation of the enormous amount of energy lost through apparently trivial irritations and insignificant friction constantly ignored, but the effects of which slowly accumulate until in the aggregate there is a power sufficient to overwhelm the stoutest. These are now levying an appalling tax on our economic efficiency and happiness.

A Century Ago.

The conclusion of peace among the nations of Europe 100 years ago was to have an important effect upon the course of the war in America. It enabled the British to put new vigor into the conflict with the United States. For many months the British had maintained a harassing blockade along the Atlantic seaboard. The close of the Continental war now left their entire navy free from service in European waters, and Admiral Cockburn, with a fleet of 50 vessels, was preparing to sail across the Atlantic with troops destined for the attack on the city of Washington. Intelligence already had reached this country that the British were planning an expedition for the capture of the national capital and the authorities were hastily assembling a flotilla of armed craft in Chesapeake bay to oppose them.

Not for the Paupers.

The last word in comfort for the poor has been reached! "Telephones in a Workhouse" reads the heading to a paragraph in the newspapers, and underneath it is stated that at a cost of $2,500 the Lambeth, England, guardians have decided to arrange for a complete telephone system. Here is news for Weary Willie and Tired Tim, those comic heroes of our youth. One can imagine them hurrying to their favorite home of rest, content to board there and leave the dusty country roads behind them now that the last details to minister to their creature comforts has been installed. Telephones in the workhouse is all that was needed to make a sojourn there a delightful episode. Unfortunately for the realization of Weary Willie's hopes the announcement was rather ambiguously expressed. On closer inquiry it seems that the telephone system is to be installed not in the workhouse, but in the workhouse infirmary.

Signs of a Winner.

"Does your wife win at bridge?"

"I don't know for sure," replied Mr. Meekton, "but I think so. The women all look as if they disliked her very much, but they keep on inviting her to play."

SHOULD GET LARGER CROPS

American Farmers Might Largely Increase Their Production Through Scientific Methods.

Our Pennsylvania Dutch are good farmers, but not so good as their relatives in Germany. For every bushel of wheat a Pennsylvania farmer produces from one acre the German grows two and a tenth bushels.

His farm is small, but the man who delves beyond the Rhine makes each acre produce exactly twice as many potatoes as do our farmers.

The man who bows to a kaiser instead of a president extracts just a half more oats and over a third more barley and about 60 per cent more rye from each acre than does the improvident American.

The man who has but a dollar can live for a long time on it, whereas the prodigal can waste a $10 bill on one dinner. The German has so little ground that he makes it work doubly hard.

When the United States has 200,000,000 population our farm production an acre will likely have doubled from sheer necessity.—Public Ledger.

SCALP ITCHED AND BURNED

833 South Scioto St., Circleville, Ohio.—"My little girl's trouble first started on her head in a bunch of little pimples full of yellow-looking matter and they would spread in large places. In a short time they would open. Her scalp was awfully red and inflamed and the burning and itching were so intense that she would scratch and rub till it would leave ugly sores. The sores also appeared on her body, and her clothing irritated them so that I had to put real soft cloth next to her body. She would lie awake of nights and was very worrisome. At times she was tortured with itching and burning.

"I tried different remedies with no benefit for months. I had given up all hope of her ever getting rid of it, then I concluded to try Cuticura Soap and Ointment. The second application gave relief. In a short time she was entirely cured." (Signed) Mrs. Alice Kirlin, Nov. 4, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Queer Fact.

"Truth lies at the bottom of a well, they say."

"What of it?"

"Yet you can't raise it by any hot air system."

Practises Watchful Waiting.

"How often do you cut your grass?"

"Every time my neighbor has his lawnmower sharpened."

Ravaged Eastern Coast.

One hundred years ago the British blockaders were committing many depredations along the New England coast. Their method was to land boat crews from the vessels at nightfall, surprise the inhabitants of one of the smaller towns, and after plundering the storehouses and burning the shipping at the wharves, retreat to their boats before the villagers fully comprehended the blow that had fallen upon them. Such occurrences took place at many of the coast towns and, in most cases, the militia proved powerless to check the enemy. All up and down the New England coast, from Maine to the mouth of the Connecticut river, the people were kept in a state bordering on panic during the greater part of the summer of 1814.

Thought He Was at a Christening.

Mrs. Crimsonbeak—I bought one of those new things to suspend a milk bottle against the side of a house instead of leaving it on the doorstep.

Mrs. Yeast—How does it work?

"It was a failure. My husband came home late the other night and thought the house was a new battleship to be launched, and in the morning we had no milk."

Anxious Moment.

Lucille (earnestly)—Karl, I want to ask you one question.

Karl (also earnestly)—What is it, sweetheart?

Lucille (more in earnest than ever)—Karl, if you had never met me, would you have loved me just the same?—Life.

Natural Wit.

"Jims is very good on dog stories."

"Yes, his tales do suggest a natural wag."

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. Just the thing for dancing. *Refuse substitutes.* For FREE trial package, address Allen S. Olmsted, LeRoy, N.Y. Adv.

A Brick.

Hez—I've often thought what a dandy partition a donkey would make.

Silas—Walls have ears, you know.

Some girls have trouble in getting husbands—and nothing but trouble after they get them.

Alfalfa seed $5.50. Farms for sale on crop payments. J. Mulhall, Sioux City, Ia.—Adv.

The uncertainty of love is one of life's sure things.

35 BUSHELS PER ACRE was the yield of WHEAT

160 ACRE FARMS IN WESTERN CANADA FREE

on many farms in Western Canada in 1913, some yields being reported as high as 50 bushels per acre. As high as 100 bushels were recorded in some districts for oats, 50 bushels for barley and from 10 to 20 bus. for flax.

J. Keys arrived in the country 5 years ago from Denmark with very little means. He homesteaded, worked hard, is now the owner of 320 acres of land, in 1913 had a crop of 200 acres, which will realize him about $4,000. His wheat weighed 68 lbs. to the bushel and averaged over 35 bushels to the acre.

Thousands of similar instances might be related of the homesteaders in Manitoba, Saskatchewan and Alberta.

The crop of 1913 was an abundant one everywhere in Western Canada.

Ask for descriptive literature and reduced railway rates. Apply to Superintendent of Immigration, Ottawa, Canada, or

J. N. Ruddick, Drawer 578, Watertown, S. D.
E. A. GARRETT, 311 Jackson St., St. Paul, Minn.

Canadian Government Agent

Typewriters Slightly used and rebuilt typewriters at low prices. Sent on approval anywhere, without a deposit; call or write for stock list. B. F. Swanson Company, 821 Locust Street, Des Moines, Iowa.

LADIES Improve your complexion. Use our high-grade preparation. Gives youthful appearance and keeps skin healthy. Send 50c for jar. National Supply Co., 1180 Simpson St., New York City

CHOICE Minnesota farms 40 and 80 acre tracts; near growing city. Clover, potatoes, dairying. Bargain prices. FOSSUM, Nesse Lake, Minn.

W. N. U., SIOUX CITY, NO. 23-1914.

Sioux City Directory

"Hub of the Northwest."

THE MARTIN HOTEL
ABSOLUTELY FIREPROOF
250 ROOMS, RATES $1.00 AND UP.

FOR BEST SERVICE SHIP
RICE BROTHERS
Live Stock Commission Merchants at
SIOUX CITY, Chicago or Kansas City

SHIP YOUR LIVE STOCK TO
Sioux City Live Stock Commission Company
Capital Stock $50,000.00 SIOUX CITY, IA.
Let us know if you are in need of market reports. We will mail you Live Stock Record free of charge.

Kodaks DEVELOPING and PRINTING
Send for Catalogue and Finishing Price List.
ZIMMERMAN BROTHERS, 608 Pierce St., Sioux City, Ia.

COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same stable, no matter how exposed, kept from having the disease, by using SPOHN'S LIQUID DISTEMPER CURE. Give on the tongue, or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. One bottle guaranteed to cure one case. 50c and $1 a bottle, $5 and $10 dozen of druggists and harness dealers, or sent express paid by manufacturers. Cut shows how to positive threads. Our free booklet gives everything. Local agents wanted. Largest selling horse remedy in existence—twelve years.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.