

A Rescuer. "Did you know Jiggers was a life saver at Atlantic City?" "Nonsense! He can't swim a stroke." "He doesn't need to. He runs a pawnshop and stakes people to money to pay the fares home."

Island of Oahu, Hawaii, has 127 miles of railway. Drink Denison's Coffee. Always pure and delicious. Hard Work. First Flea—Been on a vacation? Second Flea—None, on a tramp—Penn Punch Bowl.

The Married Life of Helen and Warren

By MABEL HERBERT URNER Originator of "Their Married Life." Author of "The Journal of a Neglected Wife," "The Woman Alone," etc. Helen Sees Something of the Weakness and Brutality of Another Woman's Husband

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Mabel H. Urner.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotics, is well known. Even in the smallest doses, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life.

FROG IN BABY'S STOMACH

Tadpole Grew and Waxed Fat on the Infant's Milk Diet—Child Is Dead.

The eighteen-months-old child of Mrs. Harry Wolf of Chicago is dead following an operation which disclosed conditions that many surgeons had declared to be impossible, says a Goshen (Ind.) dispatch to the Indianapolis Star.

BIG INCREASE OF FARM PRODUCTS

Province of Alberta Shows Increase of Over 20 Millions.

Figures just compiled by the public branch of the provincial department show that last year, notwithstanding that quite a third of the province was affected by the drought to a very serious extent, the total value of agricultural products actually produced in the province showed an increase of over twenty million dollars over that of the previous year.

AN EASY WAY TO GET RID OF UGLY PIMPLES

Bathe your face for several minutes with resinol soap and hot water, then apply a little resinol ointment very gently. Let this stay on ten minutes, and wash off with resinol soap and more hot water, finishing with a dash of cold water to close the pores.

The Floor Did.

Jimmy, five years old, had discovered that he could do a few turns on the swinging rings in the gymnasium of the Boys' club, following the athletic exercise of his older brother.

His Version.

"That baseball umpire has revised the old saying. 'What's that?'" "He says you can't touch a pitcher without being reviled."

California has 12,000 acres of olive orchards. There are only 600,000 colonies of bees in California.

YOUR OWN DRUGGIST WILL TELL YOU 17 Mirine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids. No Smarting, But Eye Comfort. Write for Box, The Mirine Eye Remedy, Chicago.

Salton sea, California, yields enormous numbers of carp.

The specific gravity of cork is 24 and that of ebony 133.

University of Notre Dame

NOTRE DAME, INDIANA Thorough Education. Moral Training. Twenty-one courses leading to degrees in Classics, Modern Letters, Journalism, Political Economy, Commerce, Chemistry, Biology, Pharmacy, Engineering, Architecture, Law.

Preparatory School, various courses. For Catalogue address BOX 8, NOTRE DAME, INDIANA

It's a Picnic Getting Ready for a Picnic

If you choose Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf Chicken Loaf Fruit Preserves Jellies Apple Butter Luncheon Meats Pork and Beans

Libby's Food Products Ready to Serve. Libby, McNeill & Libby Chicago. Includes image of a picnic scene.



"You mustn't repeat such things," reproved Helen sharply. "That can't be true!" "Their maid told me herself, ma'am. She said they're trying to keep anybody from knowing it—they're afraid it'll get in the papers."

"But he never says those things except when he's drinking?" "No, but he must think them. People don't say things, even when they're drunk, that haven't been in their thoughts. Last night he said all women were parasites—that nineties because they were too lazy or too incapable to work. That if I wanted my pay—I'd have to stick to my job!"

"But he never says those things except when he's drinking?" "No, but he must think them. People don't say things, even when they're drunk, that haven't been in their thoughts. Last night he said all women were parasites—that nineties because they were too lazy or too incapable to work. That if I wanted my pay—I'd have to stick to my job!"

"How do you get your daughter's beau to go home so early, Bjoness?" "I have a trained phonograph, which plays 'Home, Sweet Home,' at ten; 'Tramp, Tramp, Tramp,' at 10:15; and 'Johnny, Get Your Gun' at 10:30."

"Why, yes—the Star! They told me he was the managing editor." "No—no, the initials are the same—W. E. Curtis—but he's not even a relative." "Oh! it was like a wall of despair as she sank back on the bed."

"The mention of Grape-Nuts in this connection is peculiarly pertinent. Not merely because Grape-Nuts is a food—of course proper food was an integral part of the big enterprise—but because it is a cereal food which successfully withstood the effects of a tropical climate. This characteristic of Grape-Nuts was pretty well known and constituted a cogent reason for its selection for use in the Canal Zone."

WAS "TOO POOR TO BE HURT"

Injured Street Sweeper, Fatally Hurt, Struggles to Return to His Work, but Death Claims Him.

Frederick Birkner, a street sweeper of New Rochelle, N. Y., "too poor to be laid up by an accident," he said, was knocked unconscious when struck in the back in the Pelham road by a motorcycle ridden by Frank Purdy of Port Chester.

"I must go back," he faltered. Then he fell unconscious and died.

The London Tram. The London tram was not kindly received on its first appearance in the city in 1861. It aroused much the same indignation among citizens as the advent of the first motor bus.

Spur to Litigation. Lady Judge—I'm getting tired of these requests for postponement. What's your latest excuse?

A Scheme! A Veritable Scheme! "How do you get your daughter's beau to go home so early, Bjoness?" "I have a trained phonograph, which plays 'Home, Sweet Home,' at ten; 'Tramp, Tramp, Tramp,' at 10:15; and 'Johnny, Get Your Gun' at 10:30."

After the battle comes reward. "Visitors to the canal who were privileged to get a glimpse of the routine inner life will recall a familiar picture of workmen going to their places of labor carrying round yellow tins."

Too Tame.

"Goin' to the Sunday-school picnic, Jimmie?" "Naw! I went last year and they didn't have enough ice cream and lemonade to make a baby sick."

LOOK YOUR BEST

As to Your Hair and Skin, Cuticura Will Help You. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These fragrant super-creamy emollients preserve the natural purity and beauty of the skin under conditions which, if neglected, tend to produce a state of irritation and disfigurement.

Taking No Chances. "So you're leaving to get married, Mary?" "Yes, mum."

No War This Time. Critical Husband—This beef isn't fit to eat. Wife—Well, I told the butcher that if it wasn't good I would send you around to his shop to give him a thrashing; and I hope you'll take someone with you, for he looked pretty fierce, and I didn't like the way he handled his big knife.

On a Ladder. Hampton—How did you get the paint on your coat? Rhodes—From the men higher up.

On Her Art It Was. "So Alice married the rich Mr. Gilder. Was it a love match?" "Yes. Alice loves money."

Wont Do. Tom—Rather pretty girl, isn't she? Penelope—Pretty enough, yes, but absolutely no style.—Life.

Love may not be blind, but it seldom sees its finish. After the battle comes reward.

Sioux City Directory

"Hub of the Northwest." FOR BEST SERVICE SHIP RICE BROTHERS Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

\$ \$ DOLLARS \$ \$

REBUILT TWO OLD TIRES INTO ONE GOOD TIRE WITH A DOUBLE TREAD that will give thousands of miles service. Send for price list. Garage owners write for agency. DUO-TREAD TIRE CO., 411 5th St., SIOUX CITY

How to Stick a Stamp. One of the young men who assist Mr. Burleson in the conduct of the United States postal service has explained to the Sun that the gum on postage stamps, the apparent stickiness of which has caused much irritation, and, regrettably enough, no little profanity, is in fact of excellent quality, sufficient in quantity and of a superior adhesiveness.

The Brown Scientific Tube

All punctures in the tread are SELF-CLOSING. When made the rubber on the tread is thickened by a special process and a layer of fabric inserted. It is then turned inside out, causing compression of the rubber sufficient to instantly and automatically close all punctures. It contains no filler, no "dope" of any kind, and is inflated with air in the usual way. Write or call for further information.

THE ORCUTT CO., Distributors 312-14 Nebraska St. Sioux City, Iowa W. N. U., SIOUX CITY, MO., 29-1915.

Builders of the "Big Ditch"

There has just been issued by the Historical Publishing Company of Washington, D. C., a magnificent illustrated history of the construction and builders of the Panama Canal. The editor of this great history is Mr. Ira E. Bennett, with associate editors, John Hays Hammond, celebrated mining engineer; Capt. Philip Andrews, U. S. N.; Rupert Blue, Surg. Gen. U. S. Public Health Service; J. Hampton Moore, Pres. Atlantic Deeper Waterways Ass'n; Patrick J. Lennox, B. A., and William J. Showalter.

One of the most interesting portions of the book is that dealing with the feeding of the immense army of laborers. A few paragraphs concerning one of the foods chosen and supplied by the Commissary Department, are quoted (beginning page 428) as follows:

"Visitors to the canal who were privileged to get a glimpse of the routine inner life will recall a familiar picture of workmen going to their places of labor carrying round yellow tins. 'Often, as they went, they munched a food poured from the tin into the hand. This food, which played no inconsiderable part in building the canal, was the well-known article of diet, 'GRAPE-NUTS.' 'The mention of Grape-Nuts in this connection is peculiarly pertinent. Not merely because Grape-Nuts is a food—of course proper food was an integral part of the big enterprise—but because it is a cereal food which successfully withstood the effects of a tropical climate. This characteristic of Grape-Nuts was pretty well known and constituted a cogent reason for its selection for use in the Canal Zone. . . . 'This food is so thoroughly baked that it keeps almost indefinitely in any climate, as has been demonstrated again and again. 'One finds Grape-Nuts on transoceanic steamships in the islands of the seas, in Alaska, South America, Japan, along the China coast, in Manila, Australia, South Africa, and on highways of travel and the byways of the jungle—in short, wherever minimum of bulk and maximum of nourishment are requisite in food which has to be transported long distances, and often under extreme difficulties. 'The very enviable reputation which Grape-Nuts has attained in these respects caused it to be chosen as one of the foods for the Canal Zone.'"

Grape-Nuts FOOD. —scientifically made of prime wheat and malted barley, contains the entire goodness of the grain, including those priceless mineral elements so essential for active bodies and keen brains, but which are lacking in white flour products and the usual dietary. There's a reason why Grape-Nuts food was chosen by the Canal Commissariat. There's a reason why Grape-Nuts is a favorite food of hustling people everywhere! Sold by Grocers