

# Old People Need A Bowel Stimulant

The Ideal One is a Mild Laxative-Tonic That Will Keep the Bowels Gently Active.

Healthy old age is so absolutely dependent upon the condition of the bowels that great care should be taken to see that they act regularly. The fact is that as age advances the stomach muscles become weak and inactive and the liver does not store up the juices that are necessary to prompt digestion. Some help can be obtained by eating easily digested foods and by plenty of exercise, but this latter is irksome to most elderly people. One thing is certain, that a state of constipation should always be avoided, as it is dangerous to life and health. The best plan is to take a mild laxative as often as is deemed necessary. But with equal certainty it is suggested that cathartics, purgatives, physics, salts and pills be avoided, as they do but temporary good and are so harsh as to be a shock to a delicate system.

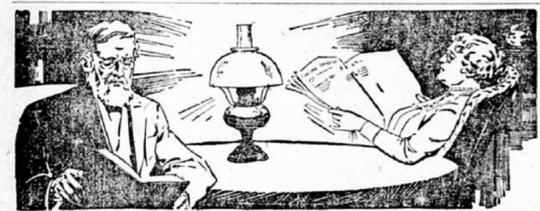


MRS. MARY A. P. DAVIDSON

had continual bowel trouble. From the day she began taking Dr. Caldwell's Syrup Pepsin she has had no further inconvenience and naturally she is glad to say kind things of this remedy. A bottle can be bought of any druggist at fifty cents or one dollar. People usually buy the fifty cent size first, and then, having convinced themselves of its merits, they buy the dollar size, which is more economical. Results are always guaranteed or money will be refunded. Elderly persons of both sexes can follow these suggestions with every assurance of good results. Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

## COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in a stable are protected. It is a sure cure for colt distemper, and all other diseases of the horse. It is a sure cure for colt distemper, and all other diseases of the horse. It is a sure cure for colt distemper, and all other diseases of the horse.



## Save Your Eyes!—Enjoy Good Light

Rayo lamps shed soft, mellow, steady light. No glare or flicker to strain the eyes. Best for reading. Best for studying. The best lamp in the world. In the world, as is proven by more than three million of them now in use. See the above-illustrated model at your dealer's. Get our booklet, illustrating and describing them. For Best Results Use Perfection Oil. STANDARD OIL COMPANY Chicago, Illinois

His Business Manner. "I don't like the clockmaker you deal with. He is too obsequious. That's only natural. It is his business to be a timeserver."

## Why Old Backs Ache

What a pity that so many persons past middle age are worried with lame backs, aching kidneys, poor eyesight, sick headache, dizziness, gravel, dropsy or distressing urinary ills. Kidney weakness brings these discomforts in youth or age and is a dangerous thing to neglect, for it leads to Bright's disease and uric acid poisoning. Doan's Kidney Pills have brought new strength to thousands of lame backs—have rid thousands of annoying urinary troubles.

## An Arkansas Case

C. A. Hendricks, Roso Hill, De Queen, Ark., says: "I suffered with my kidneys and bladder for several years. I had a deal from kidney disorder and I had gravel. I took all kinds of medicine, but found no relief until I used Doan's Kidney Pills. Two boxes cured me and haven't since suffered since."

## The Army of Constipation

Is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

## Scientific Rat Killer RAX

One inoculated rat spreads deadly effects to others. Dies outdoors. Harmless to all other animals and human beings. 50 NITROGEN CO. GLEN RIDGE, N. J. W. N. U., SIOUX CITY, NO. 42-1913.

## Sioux City Directory

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

## PISO'S REMEDY

Best Cough Syrup. Taste Good. The only one sold by Druggists. FOR COUGHS AND COLDS

## FEEDING THE ORCHARD TREE

One Central Thought—We Cannot Continually Take From Soil Without Giving Back Something.

(By BESSIE L. PUTNAM.) Said a successful farmer recently: "I have lots of nice apples, and I believe that my success is largely due to the fact that I do not neglect to feed my trees. There is Blank, with a large orchard next to mine. But his soil has run out, and now he wants to buy the fruit from two or three of my trees."



Protection for Young Fruit Trees This Fall.

careful and observing a man had allowed the weed crop to mature. But he assures us that when about to cut it he hesitated, fearing that the stalks could pierce any apples which chanced to fall. And now, at picking time, he finds that the weeds act as a cushion protecting the falling fruit and rendering it scarcely less perfect than that which is hand-picked.

## EXPERIMENT WITH PIG FEED

Results of Tests Made at Kansas Agricultural College Embodying Work of Three Years.

Weaning pigs weighing about forty-five pounds at the Kansas Agricultural college were fed: One lot on corn alone and another on corn and alfalfa pasture, in summer, and alfalfa hay in winter. President Waters showed the results of the experiments, embodying the work of three years, with charts and photographs and lantern slides. In every case the pigs were put into the experiment at weaning time weighing about forty-five pounds, being March pigs.

## POULTRY NOTES

In mating for market poultry select the best breasted birds. Supply chickens and fowls with plenty of gravel and sand. Keep the drinking fountains clean and filled with fresh water. Summer or winter, the birds should have plenty of roosting space. Success with poultry depends more on care than on the breed. Trust an old hen to know exactly where she ought not to scratch. Compare your poultry with that shown at the agricultural fair and see if yours can be improved. On the average farm, a small flock of chickens, well kept, will prove more profitable than a larger flock neglected. Don't keep a lot of young or old male birds in the flock to worry the rest of the birds and to eat expensive grain. Hens neglected at this time of year are apt to become just weak enough to be unprofitable when egg prices are highest. These are the days when flesh and carriage soon become maggoty. Unless buried deep or burned, limberneck may be the result. Fowls should be killed just before they begin to moult, for when they begin to shed their feathers they begin to lose flesh.

## TREATMENT FOR HARD SOILS

Where Land is Difficult to Work It Should Receive Careful Attention—One Good Method.

Often the different kinds of soils are found on the same farm and the best results cannot be obtained, as far as crop returns are concerned, by a uniform method of cultivation and irrigation. The soil that is hard and difficult to work should receive most careful attention, not only from the standpoint of the surface and the method of irrigation.

It is not always profitable to attempt a perennial crop on soil that is hard to work and irrigate—the yield is usually low, due to the resistance to root development and scarcity of plant food; also to the shallow depth of the irrigation which in turn causes the root system to develop near the surface and make the crop susceptible to drought. Deep plowing, with a liberal application of manure or straw, will be found beneficial. The decay of the organic matter will leave the soil more or less porous and allow the moisture access to the lower soil.

## BUSINESS OF DAIRYING PAYS

Time That Dairymen Took Hold of Matter to Raise the Standard of Dairy Intelligence.

(By S. VAN AKEN.) There is a sentiment abroad that dairying is becoming unpopular with many, and there is less inclination among young men to engage in it. If this be so, it is time dairymen took hold of this matter to raise the standard of dairy intelligence and education up to the point where it will be popular. The door must be opened to the boys and girls of this country so invitingly, with so much of interest and profit in sight, that they will without question become our future citizen farmers.

We cannot expect much change in those with settled opinions. While we may not change much, we have it in our power to promote and institute a change, and uplift, that shall be a power for good to those who come after us. The door must be opened wide, and the light made so clear it will be recognized that getting a start and winning success in life does not imply that one must leave the farm. It must be shown that a man may by intelligent practice have a farm, high producing dairy stock, and may know about feeds and feeding and produce the best; but it implies study, comparison, and gathering the best information and applying it. The man who refuses to educate and broaden his mind along his business, who pins his faith to the reckon



Up-to-Date Dairy Farm of Ex-Vice-President Levi P. Morton on the Hudson River.

and guess, will always be found milking mixed-bred cows, in which the failures are the most prolific; will be feeding everything if it is cheap, and believing that all failures are due to the factory and market end of his business. As one has expressed it, too many men go through life mistaking their gizzards for their heads. The moment a man sees and puts into practice the idea that he can cheapen the cost and increase the excellence of an article, that moment he has opened the door to enlarged opportunities.

## PROPER METHOD OF FEEDING

Grain Ration Should Be Regular to Secure Desired Results—Give Little Hay at Intervals. All favors and kindnesses bestowed upon horses will be returned to their owners in labor. Work horses should not be given a half bushel of grain at one time and a pint or more at another. Whatever the grain ration, it should be regular, if desired results are to be realized. Don't fill mangers with hay unless the animals are hungry enough to eat it all. Give a little at a time and often, so that they will eat it up clean. A manger half full of stalks indicates that the teamster is not getting the best results for the feed given. There is not only a waste of feed, but a discounting of the animal's power to do labor. For Warts on Calves. For the warts apply nitrate of silver in stick form. Rub gently each day and they should, in a short time, go away. Nitrate of silver applied in the same way to where the horns appear until the blood just comes, will stop the horns growing, but this must be done within ten days of the birth of the calf. Begin the application on the third day. Prevent Wire-Worm Attack. The only effectual way is to kill the pest and have done with it at once and for all. I plowed a field after clover leavings, and sowed it with oats, which sprouted nicely for a time. Then this worm attacked it, and in three days there was not a leaf visible.

## PITIED THE HUNGRY GUEST

Naive Explanation for Bringing More Food Than Customer Had Ordered.

Smithson had been traveling all night, jolted and jostled by the train as it raced on its journey north. Toward seven o'clock in the morning he reached his destination, and now, being ravenously hungry, hastened from the station to a neighboring restaurant, where he impressed the one and only waiter then sitting with his immediate need for coffee and two big-boiled eggs. Five minutes later this meal was served.

"But, waiter," said Smithson, as he glanced at the table, "why in the world have you brought me three eggs? I only ordered two." "Oul, m'sieu," replied the waiter; "but m'sieu he did look so 'ungry that I bringed three eggs, thinking that you might fall him."—London Answers.

## One Charge Untrue at Least.

John Purroy Mitchell of New York was talking about a new defense of Tammany. "It is a ridiculously naive defense," he said. "It reminds me of Paint Rock. A visitor to the retired village of Paint Rock remarked to a native: 'Mr. Scribber was charmed with Paint Rock. In his book he calls it the quaintest, sleepiest town.' 'But here the native, biting viciously into a plug of chewing tobacco, growled: 'Well, Paint Rock may be quaint, all right, all right; but I don't see nothing' sleepy about a place where everybody's up at four in the mornin', rain or shine.'"

## No Doubt About It.

There was humor of a dry kind in the old duke of Wellington, the conqueror of Waterloo, and it came out in the story by a lady whose French poodle once ran into the grounds of Walmer castle. "Blucher, Blucher!" called the fair owner of the poodle to the disobedient animal. The duke looked over the wall. "Madam," said he, "time was when I, too, should have been extremely glad to see Blucher."

## PIMPLES ALL OVER FACE

1413 E. Genessee Ave., Saginaw, Mich.—"Cuticura Soap and Ointment cured me of a very bad disease of the face without leaving a scar. Pimples broke out all over my face, red and large. They festered and came to a head. They itched and burned and caused me to scratch them and make sores. They said they were seed warts. At night I was restless from itching. When the barber would shave me my face would bleed terribly. Then scabs would form afterwards, then they would drop off and the so-called seed warts would come back again. They were on my face for about nine months and the trouble caused disfigurement while it lasted.

"One day I read in the paper of the Cuticura Soap and Ointment. I received a free sample of Cuticura Soap and Ointment and it was so much value to me that I bought a cake of Cuticura Soap and a box of Cuticura Ointment at the drug store. I used both according to directions. In about ten days my face began to heal up. My face is now clear of the warts and not a scar is left." (Signed) Lelroy C. O'Brien, May 12, 1913.

## Future Expectations.

"That fellow Jims is a perfect Anglo maniac. I believe the dream of his life is to be presented at court by a peer." "If he ever is presented at court, it is more likely to be by a grand jury."

## 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 *W. D. Hoagland*. In Use For Over 30 Years. Children Cry for Fletcher's Castoria. Trust men and they will be true to you; treat them greatly and they will show themselves great.—Emerson.

## Foley Kidney Pills Relieve

promptly the suffering due to weak, inactive kidneys and painful bladder action. They offer a powerful help to nature in building up the true excretory kidney tissue, in restoring normal action and in regulating bladder irregularities. Try them.

LAND in Minnesota cheap yet, advancing fast; good climate, good soil, plenty moisture, easy farm; rich and poor man's opportunity. State Fair grounds, M. Benson, Box 65, Hastings, Minn. (There are lots of "also rans" in the human race.

## PATENTS

Watson R. Coleman, Wash. agent, 10 E. Book Ave. High-class references. Best results.

# Women of Middle Age

## From 40 to 50 Woman's Critical Period.

Such warning symptoms as sense of suffocation, hot flashes, severe headaches, melancholia, dread of impending evil, palpitation of the heart, irregularity, constipation and dizziness are promptly treated by intelligent women who are approaching the period of life. This is the most critical period of woman's life and she who neglects the care of her health at this time invites incurable disease and pain. Why not be guided by the experience of others and take Lydia E. Pinkham's Vegetable Compound? It is an indisputable fact that this grand old remedy has helped thousands of women to pass through this trying period with comfort and safety. Thousands of genuine and honest testimonials support this fact.

From Mrs. HENRY HEAVILIN, Cadiz, Ohio. Fort Worth, Texas.—"I have taken Lydia E. Pinkham's Vegetable Compound and derived great benefit from its use. It carried me safely through the Change of Life when I was in bad health. I had that all gone feeling most of the time, and headache constantly. I was very nervous and the hot flashes were very bad. I had tried other remedies and doctors, but did not improve until I began taking Lydia E. Pinkham's Vegetable Compound. It has now been some time since I took the Compound and I have had no return of my old complaints. I always praise your remedies to weak women."—Mrs. HENRY HEAVILIN, R. F. D. No. 3, Cadiz, Ohio.

From Mrs. EDWARD J. HILBERT, Fleetwood, Pa. Fleetwood, Pa.—"During the Change of Life I was hardly able to be around at all. I always had a headache and I was so dizzy and nervous that I had no rest at night. The flashes of heat were so bad sometimes that I did not know what to do. One day a friend advised me to take Lydia E. Pinkham's Vegetable Compound and it made me a strong, well woman. I am very thankful that I followed my friend's advice, and I shall recommend it as long as I live. Before I took the Compound I was always sickly and now I have not had medicine from a doctor for years. You may publish my letter."—Mrs. EDWARD J. HILBERT, Fleetwood, Pa.

From Mrs. F. P. MULLENDORE, Munford, Ala. Munford, Ala.—"I was so weak and nervous while passing through the Change of Life that I could hardly live. My husband had to nail rubber on all the gates for I could not stand to have a gate slam. I also had backache and a fullness in my stomach. I noticed that Lydia E. Pinkham's Vegetable Compound was advertised for such cases and I sent and got a bottle. It did me so much good that I kept on taking it and found it to be all you claim. I recommend it to all women afflicted as I was."—Mrs. F. P. MULLENDORE, Munford, Ala.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

# WINCHESTER

Black Powder Shells. The superior shooting of Winchester "Nublack" and "New Rival" shotgun shells is due to the Winchester method of construction and loading, which has been developed during over forty years of manufacturing in a country where shotgun shooting is a science. Loaded shells that meet the exacting conditions of American sportsmen are sure to satisfy anybody. Try either of these shells and then you'll understand. LOOK FOR THE RED W ON THE BOX.

# Back Home Trips

Best Time of the Year for an Eastern Visit. Most direct route to points in Ohio, Pennsylvania and other eastern states—PENNSYLVANIA LINES. Tickets to New York, Philadelphia and other eastern points via Washington, without extra cost, permit stopover at Pittsburgh, Harrisburg, Baltimore and Washington. Pennsylvania Service—the best always—a big factor in making the journey delightful. Through tickets via Chicago over Pennsylvania Lines may be obtained of home Ticket Agents. A United States map folder containing addresses of Pennsylvania representatives at various points in the West, who will upon request give full information about fares and through trains, may be obtained by addressing C. L. KIMBALL, Assistant General Passenger Agent CHICAGO, ILL.

# FAMOUS DOCTOR'S PRESCRIPTION.

PE-RU-NA FOR DYSPESIA CATARRH OF STOMACH. Trust men and they will be true to you; treat them greatly and they will show themselves great.—Emerson.

# PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. WRITE FOR FREE booklet, calendar, blotter, etc. MONROE DRUG COMPANY, Quincy, Ill.