

TORTURING TWINGES

Much so-called rheumatism is caused by weakened kidneys. When the kidneys fail to clear the blood of uric acid, the acid forms into crystals like bits of broken glass in the muscles, joints and on the nerve casings.



Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

FREE TO ALL SUFFERERS. RHEUMATISM, BRUISES, BURNING, ITCHING, BLEEDING, SORE THROAT, SORE EYES, SORE EARS, SORE NOSE, SORE MOUTH, SORE GUMS, SORE TONGUE, SORE THROAT, SORE EYES, SORE EARS, SORE NOSE, SORE MOUTH, SORE GUMS, SORE TONGUE.

Sioux City Directory

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

Splitting Even. Visitor—Peter, I hear you've had four wives. Peter—Yes, sir; an' what's more, two 'er 'em wuz all right—Judge.

RED, ROUGH HANDS MADE SOFT AND WHITE

For red, rough, chapped and bleeding hands, dry, fissured, itching, burning palms, and painful finger-ends, with shapeless nails, a one-night Cuticura treatment works wonders. Directions: Soak the hands, on retiring, in hot water and Cuticura Soap. Dry, and anoint with Cuticura Ointment, and wear soft bandages or old, loose gloves during the night. These pure, sweet and gentle emollients preserve the hands, prevent redness, roughness and chapping, and impart in a single night that velvety softness and whiteness so much desired by women.

BROWN FOR MILLINERY

COLOR HAS USURPED PLACE OF TAUPE AND SMOKE GRAYS.

Change Makes for Richer Coloring—Tan and Rembrandt Crowns Vie With Each Other for Popularity—Some Recent Models.

In millinery browns seem to have taken the place of taupe and smoke grays, so much in vogue last season, and in every department in which new materials are shown, brown tones are well to the fore.



Another smart model in dark brown velvet was trimmed with bottle-green ostrich feathers.

A fetching draped toque of Florentine red silk velvet, recently imported, was trimmed with a red wing and aigrette, held in place by large loop of milk.

Tan and Rembrandt crowns vie with the smart cap shapes in popularity, and these larger crowns are usually gridded with bands of ribbon, laid in soft folds and tied in excessively chic bows near the back of the hat.

An oval toque of prune more silk shows a Rembrandt crown of the silk encircled by two plaited bands of prune moire ribbon, a band of deep blue moire ribbon being placed between the prune bands with daring but artistic effect.

The three ribbon bands are tied in a flat bow at one side near the back of the hat and the two prune loops stand erect.

Another Rembrandt model in black velvet had two chocolate brown ostrich plumes at one side, the plumes rising from a gilt buckle.

Buttons covered with the hat material are another noticeable feature, and it is interesting to learn what may be done with buttons in the way of hat ornamentation, some of the button-garnished models being very smart indeed.

For example, a soft crowned blue velvet hat, shown among the cuts in the large drawing, had a slightly rolling brim with wired lace trim inside, and was trimmed at one side with a huge red velvet button from which rose an ostrich ornament in tassel effect.

MARY DEAN.

In the Nursery. There is a distinct knack in the method of lifting and holding the baby.

Both hands should be used, for instance, in lowering the baby from the lap to the bath. For the greatest comfort, one hand should support the baby's back, while his head rests upon the lower arm or wrist.

The legs and lower part of the child's body are lifted with the other hand.

Before putting the baby into the bath wash the child's face and head so that no soapy water can get into his eyes or mouth.

Not every mother has the art of making her lap comfortable. When dressing the baby it is best to sit in a low rocking chair without arms, with one foot upon a stool in order to deepen the hollow in which the child lies.

If a child's feet grow tired in warm weather they should be rubbed with salt and bathed in cold water. A hot bath and a daily massage is also beneficial.

These Girldle Ends. Of course girldles with long ends are being worn, and will continue to be worn throughout the coming season; but the obi bow is just a little newer. Now, to break the monotony, why not take the ends of one or two girldles, press them out and proceed to make a nice, fat, loose Japanese obi bow of them. It is as easy as the traditional "roll" off the old obi, and obi may be worn front or back, and has simply two loops with no ends.

The most extensively used furs are lynx, beaver, red fox and sable.

Dainty Swiss Covers. What could be prettier for the summer bedroom than a set of dotted swiss decorated with cretonne? Choose some easily cut out pattern. The designs of flowers and bowknots of ribbon can usually be well arranged. Cut out the material and apply to the dresser scarfs and table scarfs. Baste them in place and then stitch close to the edge with a loose machine stitch. Curtains and even a bedspread can be made in this way. The finish for these pieces should be a cluny or torchon lace.

Shoes of Felt. Instead of throwing away white felt hats let them soak overnight in good soapuds, then wash thoroughly and let dry. You cannot buy finer material for making soft white shoes for the baby not yet walking, says Modern Priscilla. They are soft, comfortable and can easily be kept clean. When soiled they can be washed on the washboard and molded into shape, letting them stand until dry. Experience will prove how pretty, handy and economical these little shoes are.

BEAUTY IN SHAPELY FINGERS

Though They Require Constant Care the Effect is Worth All the Trouble Necessary.

The work of restoring the fingers to their normal state may be better accomplished if a girl is willing to feed the fingers two or even three times a day, although once a day. If treatment is faithfully adhered to, will make a decided improvement that can be easily noticed as she proceeds.

A very simple method is to hold the finger tips in warm oil for about ten minutes at a time and then rub them about vigorously as if washing the cuticle; press the oil in and about the cuticle, so that all the surrounding flesh will be thoroughly fed.

Should a nail appear after the nails start to grow out properly, clip off only what is absolutely necessary, as clipping too deep is likely to cause a thick growth which is not easily gotten rid of without first having a sore finger. After clipping wrap a bit of cotton about an orange-wood stick, dip it in petroleum, then rub over the clipped cuticle; when dry press a little cold cream over the spot. If the cuticle is sore enough to be troublesome it may be touched lightly with colodion. Iodine is also very good, but, as it stains the skin, it is not used quite so frequently as the first mentioned ointment. However, as it speedily relieves the pain, if one is careful to put on only a drop or two it would not show very much, and wears away in a day or two, because the hands are washed frequently.

IDEA WELL WORTH COPYING. Rugs of Colored Rope, Popular in France, Inexpensive and Peculiarly Pretty.

In Paris one lives out of doors so much that there are always new creations for the gardens and porches and the many terraces in the country where one finds the table set for a meal.

Among these new things is a large circular rug made in a simple design of colored rope.

The natural hempen color is used for the border and the circular center, and between are huge sailor knots of red or purple or blue rope. The effect is most attractive.

There is no reason why these rugs cannot be copied by women who like such things and know where to get them done. Rope is easily bought and easily dyed in the preferred colors, and there are places in most towns where sail-like work is done.

Remember, the rug is open in its design. It resembles a coil of rope and loops such as one would see on the deck of a yacht. It may have been first used on someone's yacht and rapidly have become the fashion for country houses.

FOR AN AUTUMN BRIDE. An autumn bride who is going away on her wedding trip to Panama, has chosen this frock as serviceable and chic for general afternoon use.



A dressy transparency is given the blouse in the gray and green plaid chiffon, just touched with the skirt material in the shoulder straps and sleeves. Soft corded mohair in gray forms the skirt, which is of the fashionable length to reveal the smartness of the buttoned boots, and which has a modestly stimulated, button trimmed slash.

GREEN MANURING GOOD SOIL. Practice Cannot Be Recommended Except at Long Intervals to Furnish Needed Humus or Nitrogen.

Green manuring as a definite farm practice can be recommended only under certain conditions. It is profitable in upland poor soil and in improving the physical conditions of sandy, clayey, and adobe soils.

In orchards green manures may, as a rule, be used advantageously, as they do not interfere with the fruit crops.

Green manuring cannot be recommended on good soils, except at long intervals, when there is reason to believe there is need of more humus or more nitrogen. Where red clover or alfalfa can be used in rotation the need of a special green manure is seldom felt. The reason lies in the fact about one-third of the weight of the clover plant and nearly one-half of that of alfalfa is in the root, so that these plants virtually produce a green manure crop under the ground in addition to the regular crop of hay. Sweet clover is another plant of this class and of wide adaptation as to soil and climate, but unfortunately the hay is not readily eaten by cattle, so that it is used in limited sections only.

French Salad Plant. bish or trash, such as large dry weeds, sticks, etc., that will interfere with cultivation or which will cause the soil to lose moisture.

The spot selected should be top-dressed with well rotted stable manure or that from the pigeon or poultry house. Use all of these; there is no danger of getting the soil too rich. But be sure and get the manure well mixed with the soil. After plowing and harrowing the piece of ground, scatter 125 pounds of high-grade commercial fertilizer over it and work it in three or four inches with a cultivator. Cultivate the garden all you can before planting. It matters not how rich the garden is, the fertilizer will warm it early in the spring, and also start and help to keep up a rank growth throughout the season.

Most Profitable Feed. With hogs, especially the feeding that produces steady, speedy growth, is the most profitable. A pig that is stunted in the early days of its life should never have a place in the breeding herd.

What a Hen Eats. Experiments have proved that a hen in good condition will eat, on an average three ounces of mash in the morning, two ounces of grain at noon, and four ounces of grain at night.

Infertile Eggs Best. Infertile eggs will withstand marketing conditions much better than fertile eggs.

Feeding Affects Wool. Proper and intelligent feeding adds to the quality of every kind of live stock or product the feeder may have to put on the market. Even the wool that comes from the back of the sheep is good, bad or indifferent, according to the manner in which it has been fed.

Splendid Poultry Run. An apple orchard makes a splendid run for poultry. It furnishes shade and protection, and the fowls can always find green food and insects among the trees. The poultry is also a great benefit to the orchard, because of their destroying the insects, most of which are harmful to the fruit.

For Bone and Muscle. Oats and wheat contain a good percentage of the elements necessary to build bone and muscle. The former especially is one of the best poultry foods to be had.

MARKETING HAY CROP

One of Leading Industries in Many Parts of Country.

Much Difference in Demands of Individual Markets—Certain Practices in Baling and Marketing Should Be Corrected.

(By H. B. McCLURE.)

As a separate industry, growing and marketing of hay in the United States is comparatively new.

Prior to 1870 marketing was a simple matter, and was carried on in a somewhat haphazard manner. Little hay was shipped more than 20 or 30 miles. In many instances the producer sold his product directly to the consumer, and there was little need for standard grades or bales or for other trade rules.

The growing of hay for the market has now become one of the leading industries in many parts of the country. It is estimated that about 22 per cent. of the 1912 hay crop, or over 15,000,000 tons, was removed from the farms.

There is a considerable difference in the demands of the individual markets in the various sections of the country in regard to the sizes and weights of the bale and the kind and grade of hay which brings the best price. Certain practices in baling and marketing cause a loss to the producer, which could be avoided if a proper adherence to the requirements of the market to which the hay is shipped were observed.

How to dispose of low grade hay is a vital problem with every one who handles this class of hay, and every dealer has more or less of it; usually more low grade hay than any other kind. The shippers, receivers, and dealers can help much in solving this perplexing problem. The country buyer and shipper especially can help materially, and should use every fair means in his power to lessen the trouble caused by low grade hay.

The first step in the right direction is for the producer to learn the different grades of hay. It is just as important for him as it is for the city buyer to know the grades.

If hay is graded in the country the man who has the poorest product will receive less than he does now. At present the man who has choice hay receives less than it is worth on the market, and part of the profit which the shipper makes on the good hay must go to make up for the loss on the poor hay.

With the present system of buying hay there is not enough difference in the price paid for the better grades in the country as compared with the price paid for the lower grades. Therefore, if the man who has No. 2 hay receives within 50 or 75 cents of the price of his neighbor's choice hay he is satisfied and thinks that it is not necessary to take the precautions that his neighbor did in order to get a slight advance.

Standard grades of timothy, clover, prairie hay, straw, mixed hay, and alfalfa have been adopted in most of the important markets, and it is of vital importance to the producer to know and make the demands of the markets to which he ships.

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VARIOUS FEEDS FOR HORSES

Desirable to Know Value of Different Roughages in Determining on Economical Rations.

The problem of feeding work horses is one involving the economical production of energy and maintenance of health. It is of considerable importance to know how much hay and how much grain a farm horse at hard labor should receive in order that he may work with the greatest efficiency and economy. With high priced grains it is very desirable to know the relative value of different roughages in order that economy may be practiced in making up a ration for work horses. In order to determine some of these points a number of experiments have been conducted at the Illinois station, the following results:

Very little difference was observed in the value of clover and timothy hay when fed in conjunction with corn, oats, oil meal and wheat bran, the difference being slightly in favor of clover.

The results show a slight saving due to mixing ground grain with chaffed clover hay, but not sufficient to justify the expense.

Horses fed alfalfa and timothy ate less grain and hay and gained slightly more in weight than those fed clover and timothy while doing the same amount of labor.

Twenty to twenty-two per cent. less grain was required to maintain the



Well-Fed Horses.

weight of horses fed alfalfa than those fed timothy hay.

Horses fed corn and alfalfa ate 22 per cent. less grain than those fed the mixed ration, and lost 6 pounds more in weight per head in eight weeks. The ration of corn and alfalfa cost 6 cents less per horse per day than the mixed ration.

Horses fed ground corn and oats with wheat bran, oil meal, timothy and alfalfa hay consumed 5 per cent. less feed and gained 3 pounds more in weight per head in six weeks than those fed whole corn and oats with a similar ration.

Farm work horses at hard labor should receive from 1 1/2 to 1 3/4 pounds of grain, and from 1 to 1 1/2 pounds of hay per 100 pounds of live weight per day, in order that their weight may be maintained.

CASH IN EARLY VEGETABLES. Half an Acre Will Produce Astonishingly Large Amount of Truck if Worked Intelligently.

For those who live close to a village or small city the early vegetable catches the dimes and dollars. Even though there are many gardens in town, there are a great many who prefer to buy their vegetables. In connection with the sale of vegetables, early plants pay a handsome dividend, since a contributor to the Farm and Home.

The great thing in gardening is to have the vegetables ready a week or two before the other fellow. You not only get the advantage of high prices at the first of the season, but when once a customer, if your goods are O. K. you can hold them throughout the season.

A quarter of an acre is large enough to begin with. This amount, if worked intelligently, will produce an astonishing amount of "truck." The piece of ground selected for the garden should be cleared of all rubbish or trash, such as large dry weeds, sticks, etc., that will interfere with cultivation or which will cause the soil to lose moisture.

The spot selected should be top-dressed with well rotted stable manure or that from the pigeon or poultry house. Use all of these; there is no danger of getting the soil too rich. But be sure and get the manure well mixed with the soil. After plowing and harrowing the piece of ground, scatter 125 pounds of high-grade commercial fertilizer over it and work it in three or four inches with a cultivator. Cultivate the garden all you can before planting. It matters not how rich the garden is, the fertilizer will warm it early in the spring, and also start and help to keep up a rank growth throughout the season.

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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.

We Will Pay You \$120.00 to distribute religious literature in your community. 60 days' work. Experience not required. Man or woman. Opportunity for promotion. Space time may be used. Incentive Blue Press, 3142 Lehigh St., Philadelphia.

READERS of this paper desiring to buy anything advertised in the above should indicate that they are buying through the agency of the advertiser. They ask for, refusing all substitutes or imitations.



CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of

Dr. J. C. Fletcher. In Use For Over Thirty Years CASTORIA

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

THE CENTAUR COMPANY, NEW YORK.

Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.

The Glow of Warmth in Winter Homes!

Don't shiver, this year! Don't put up with cold rooms to go to bed in, and draughty rooms to sit in. Enjoy true winter comfort, instead.

Perfection Smokeless Oil Heater. Lights on the instant. Can be carried from room to room. Gives forth no smoke or odor. Warms things up for ten hours on one single gallon of oil.

Standard Oil Company. CHICAGO ILLINOIS.

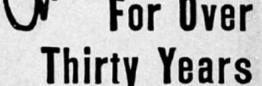


For best results use Perfection Oil.

WINCHESTER Rifles Shoot Well, Work Well and Wear Well.

The rough, hard usage that hunting rifles often receive requires them to be constructed on sound mechanical principles and of the best materials. All Winchester rifles are so made. Nothing is left undone that will make them shoot well, work well, look well and wear well.

Winchester Guns and Ammunition—The Red W Brand—made for all kinds of Hunting. WINCHESTER REPEATING ARMS CO., NEW HAVEN, CONN.



W. L. DOUGLAS SHOES FOR MEN AND WOMEN.

\$3.00 \$3.50 \$4.00 \$4.50 AND \$5.00. Best Buy! Shoes in the World.

Ask your dealer to show you W. L. Douglas shoes. \$3.50 and \$4.50 shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody.

W. L. Douglas shoes are made, you would then understand why they are worn so long. At better, look better, hold their shape and wear longer than any other make for the price.

W. L. Douglas shoes are not for sale in your vicinity. Write for the factory direct for every member of the family, at all prices, by Parcel Post. Please show you how to order by mail, and why you can't get a better buy on the bottom. W. L. Douglas, 281 Spark Street, Brockton, Mass.

CAUTION! See that W. L. Douglas name is stamped on the bottom. W. L. Douglas, 281 Spark Street, Brockton, Mass.

BOY WANTED to take up signs in your neighborhood. Good pay. Signs specially printed with your name. A. H. W. Box 1037, Philadelphia, Pa.

W. N. U., SIOUX CITY, NO. 43-1913.

Breakfast Sunshine

Post Toasties and Cream

There's a delicious snack in these crisp, appetizing bits of toasted corn that brings brightness and good cheer to many and many a breakfast table.

Toasties are untouched by hand in making; and come in tightly sealed packages—clean and sweet—ready to eat with cream and sugar.

Wholesome Nourishing Easy to Serve

Sold by grocers everywhere.