CASCARETS" FOR SLUGGISH BOWELS

o sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

In the Trenches.

"No blankets, captain."

"Well, boys, we'll just have to cover ourselves with glory."

Some men have brains but never know when to use them.

Only a foolish man will kick himself when he is down.

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark, Glossy and Thick With Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is mussy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger. Adv.

The New Grocer.

She—Have you any good farmers' eggs?

He—Er—wouldn't hens' eggs do, ma'am?—Philadelphia Ledger.

Frank Statement.

"Are you one of those reformers who is willing to stand by the decision of the majority?" a militant prohibitionist was asked.

"Certainly not," answered the militant one, with great dignity. "If I didn't think I knew better than the majority what is good for them I would not be in the reforming business."

School and Bad Habits.

Charles A. Van Matre, former superintendent of the Delaware county public schools, says that in Anderson the other day a small boy got into some kind of difficulty with the teacher and the latter sent a note to the boy's mother to come to the school building and talk the matter over with her. The mother, who is a hard-working woman whose time is well occupied, not to be outdone in the note-writing business by a mere teacher, wrote the following:

"Miss Blank—I have to work and ain't got no time to be running around to schoolhouses. Besides they ain't any use of it. Johnny is a good boy and couldn't have any bad habits because this is only his first year in school."—Indianapolis News.

"I Eat Grape-Nuts the Year Round

and it agrees with me," writes a doctor, "better than any breakfast food on the market—unless there is one I have not tried."

Grape-Nuts is scientifically prepared to agree with both strong and weak digestions. Long baking—about 20 hours—partially pre-digests the starch cells for quick, easy assimilation.

Besides, Grape-Nuts supplies, in concentrated form, all of the nutriment of wheat and barley, including the invaluable mineral elements often lacking in ordinary food.

Wax-sealed—crisp—ready to eat—and economical.

"There's a Reason" for Grape-Nuts

—sold by Grocers.

MEXICO LOOKS IN VAIN FOR STRONG MAN

GENERAL VILLA

VENUSTIANO CARRANZA

MEXICO'S plight is more serious than it has been in the gloomiest days of Madero or Huerta. More than ever the prey to a thousand petty leaders, subject to the loot of wandering irregular troops, governed only by chiefs having the allegiances of a section of the country, the intelligent men and women among her fifteen millions see no ray of sunshine, no Diaz or Juarez appearing to restore order with a strong hand. Dispatches from the agents of the United States government to the officials there are not pleasant reading for the friends of Mexico.

If there is one man of whom the Americans interested in Mexico have hope it is Antonio Villareal. He enlisted early in the cause of Carranza's constitutionalists and was fighting steadily up to the date of the taking of Monterey, in the capture of which he assisted. Then he was appointed governor of Nuevo Leon. He was mentioned many times for his part in the conference at Torreon, which followed the first open break between Carranza and Villa and later Carranza offered him the post of war minister.

He acted as president of the second or Aguascalientes convention, it will be remembered. Carranza, when he began his short period of "glory" in Mexico City, made Villareal minister of finance, but Villareal became disgusted with the ineptitude of the Carranza crowd and resigned.

Villareal is quiet and unassuming in manner, and this means more in Mexico than it would in the United States. He is thirty-eight years old, well educated, and speaks good English, having been a school teacher.

When a youth he became involved in a dispute with a rival to a certain woman's affections and killed him.

He served four years in the penitentiary. But with this he has the cleanest record of any man in Mexico who is in a positon of power.

Villareal once was editor of a Spanish paper published in St. Louis. He is daring and at the same time tactful. He is not antagonistic toward Americans, either, and frequently goes out of his way to accommodate them. In his bold frankness and hatred of shams he is much more like an American than any of the other Mexican leaders.

Carranza and Villa both like Villareal, and he is the only man they both like. While he has always protected foreigners and even forbade the publication of anti-American articles in Monterey, he was much hurt by the presence of American troops in Vera Cruz. This was the one thing which stood in the way of his approval of things American.

As to Villa, he has long ago become familiar in ability and character to Americans. He is a great military genius, but no civil executive, and he knows it. His game now is to be the power behind the throne—to rule through the de facto Mexico City president, Eulalio Gutierrez. If Villa ever attempts to occupy the presidential chair he will probably travel the rest of the road of Diaz, Huerta and Carranza in short order.

Before the present troubles started Gutierrez was a watchman employed by the big Mazipul Copper company at Zacatecas. This concern owns factories, mines and railroads. It is the property of Britishers.

GENERAL OBREGON — LUIS CABRERA — GENERAL VILLAREAL

Gutierrez made himself a power in the constitutionalist party rather by destroying property than by actual hard fighting. He became dictator of the Zacatecas district and set out to annoy his old employer, General Manager Percy Carr of the Mazipul Copper company, who, of course, had never heard of Gutierrez while the latter was a humble watchman.

The copper company was the proprietor of the railroad running to Zacatecas and had arranged a special train to take away the families of foreigners. As soon as Gutierrez heard of this he telephoned to Carr in Saltillo that Carr must pay him $27,000 for the privilege of running this train over Carr's own railroad or else the soldiers of the ex-watchman would not let the cars pass.

"If you don't pay, and send the train through, you know what will happen," said Gutierrez, and he could not have made his meaning clearer to Carr had he drawn his finger across his throat.

So Carr paid the money and the women and children, chiefly Americans, reached the border without hurt.

Gutierrez' specialty of ruining houses, bridges and railroads earned for him the title of "The Destroyer." He never displayed any such military ability as Villa; but destruction is popular with the Mexican soldiery, it must be remembered.

Gutierrez plundered and robbed with slight heed to what Carranza and Villa were doing. He seized property of Americans and put it to his own purposes, while Carranza ignored protests, despite his title of first chief.

Last July he sent a demand to Carr, ordering him to resume all the Mazipul industries at once. It must be remembered that the British company had been closed down for months. There was no fuel, no cars, no railroad tracks, and there was no financial basis. Yet the order from the ex-watchman read to "start up the works, as North Mexico is now pacified and there is no excuse for delay."

It was a physical impossibility, so Carr went to Carranza with a final protest. Carranza informed Carr he could delay resumption, and for this Gutierrez seized $300,000 worth of ore owned by the company and sought to sell it as contraband, in which he probably succeeded.

Carranza has degenerated into the head of a band of looters. The scenes accompanying his evacuation of Mexico City, it is learned, were disgraceful. The national treasury was robbed of all except about 200,000 pesos, which must have been overlooked. Every ounce of gold and silver in the mint was taken. Also there went printing presses, plates and the entire stock of bank note paper in the government printing offices. The public offices were stripped of fittings, inkstands, typewriters, furniture, rugs, carpets and curtains. Even the huge presidential chair in the National palace was crated and borne off. It is estimated that automobiles valued at three million pesos at least were taken out of the city, many of them commandeered from private citizens and foreigners.

At the Buena Vista station of the Mexican railway train after train drew out in the direction of Vera Cruz laden down with every conceivable sort of plunder—motors, furniture, horses, pianos, paintings and safes. Even Huerta was out-Huertaed.

The now ridiculous Carranza is set up at Vera Cruz. His cause is hopelessly lost. Among his remaining leaders, however, Gen. Alvaro Obregon looms large. He is undoubtedly a strong man. He has kept Gen. Lucio Blanco in line for Carranza and saw that the retreat from Mexico City was not an entire rout. However, Obregon is a plunderer like the rest.

Another man who should not escape mention is Governor Jose Maria Maytorena of Sonora, whose men have been besieging the Carranza general, Hill, in Naco. In Sonora Maytorena is supreme and he is idolized by the Indians. He is not friendly toward Americans, and there is a well-defined conviction among the American army officers along the border that Maytorena could by a word have prevented the snipers' bullets which killed and wounded 52 persons from coming over the international boundary line at Naco. So far he has confined himself to the Northwest. If Maytorena ever decides to follow the path from the north of most of Mexico's conquerors from the time of Juarez it may be with no mean army.

SCIENCE IN ITS EARLY YEARS

Efforts of Truly Great Men Largely Nullified by the Work of the Sophists.

And so it happened that, about 650 B. C., there arose Thales, who, by his wide experience and the persistent enthusiasm with which he carried on investigation, earned the title of Father of Science. And so, also, shortly after him, Anaximander, by committing his knowledge to writing, brought into existence the first scientific manuscript. The sixth century, like the seventh, was still a period of origins. It saw the physical researches of Pythagoras, and the historical studies of Hecataeus. In the fifth century Greek learning reached its climax. This age was resplendent with the names of Thucydides, who wrote history with critical care; of Heraclitus, who conceived of a universal reign of law, and of Hippocrates, the Father of Medicine. Its greatest character was Socrates, the barefooted, questioning sage of the market place of Athens. With ever burning enthusiasm for truth, this great teacher attempted, by quiet and candid debate, to aid men to make their concepts clear, and to give words definite meanings, trusting that through the correct use of the reason they would arrive at a recognition of superiority of right actions. The fourth century was both an advance and a decline. It comprised the work of Plato and Aristotle, the one elaborating the concepts of Socrates with poetic power, the other systematizing knowledge in truly scientific form. But in this age the demand, for brilliant superficial learning as an asset for climbers led to the rise of the Sophists. These popular teachers, by their careless, sweeping generalizations and their rhetorical embellishments, turned the Greek mind aside from the simple pursuit of truth, and entangled it in unprofitable metaphysical speculations.—Engineering Magazine.

American Dentist in Europe.

But let me tell you about the American dentist in the European war. The hospital physician told me that he noticed early in his war work that many of the soldiers were suffering from toothache more than from their wounds. So every wounded man was examined by a dentist before he was taken to the ward. It was discovered that a large percentage of the men from the trenches had swollen gums, and that by treating their mouths they were cured and ready for the front ten days earlier than in cases where their teeth were allowed to go. The English, he said, had the worst teeth, the Arabs the best.—"Here and There in Battle-Scarred France," Peter MacQueen, in National Magazine.

Botanical Curiosity.

Since 1893, when Prof. John Muirhead Macfarlane, now director of the botanical garden at the University of Pennsylvania, found that the leaves of the plant known as the Venus fly trap will close up only if the trigger hairs are disturbed twice in succession, very little has been learned about the physiology of this curious insect-catching plant. During the past year, however, some new experiments have been made that bring its behavior into line with the behavior of animals in certain respects. The leaves are sensitive to mechanical disturbances, to electrical stimulation and to the sudden increase in temperature as through the application of warm water. At ordinary temperatures it takes two stimulations to get up the response; but at higher temperatures one "shock" will cause the leaf to close. At ordinary temperatures one electric shock will produce the effect if it is strong enough.

Wonderful Wireless.

There is apparently no limit to the future possibilities of the wireless. Wireless storm warnings and general weather forecasts for ships at sea, covering conditions 100 miles off shore along the entire Atlantic coast, was inaugurated by the United States navy department on July 15, 1913. Direct wireless communication between America and Asia was established by the completion of stations in Siberia and Alaska, the stations being about 500 miles apart. Today no vessel of any consequence plies the oceans without its system of wireless, and its effectiveness in receiving news of the present European war is well known.

London's First Ambulances.

London, which has never yet had an ambulance, has at last ordered six of them, and expects them to do all the work for the entire city. In case of past accidents the policemen have had to commandeer the nearest wagon, depending on the generosity of the driver, as they were not able to offer him anything.

MARRIAGE AS A VOCATION

Writer Thinks, However, That Preparation Should Be Made for It by Both Parties.

Marriage should be looked upon as a vocation and not a mere avocation, argues one who signs herself "Feminist" in an open letter to one of the daily papers. The writer, who had been a teacher, but who is now a mother, has been surprised that being a wife and mother is a "profession, the successful performance of whose duties requires all my effort and all my time," "Feminist," thinks that women generally do not realize this or refuse to face it, that young women contemplating matrimony should be made to realize that they are choosing a profession quite as important as medicine, law or business, and that, if possible, a preparatory course should be required before granting the certificate to practice the profesion of wife and mother. This sounds very well and would be admirable if it could be carried through But as there are two paths in marriage it would be very one-sided if the woman received all the training. A good, stiff preparatory course for the young man contemplating the profession of husband and father would be quite as much in order. If we have one, let us have the other, also.—Francis Frear in Leslie's Weekly.

Seek Treasure in Paris.

Wealthy Parisians have bought an entire block of houses in that city, and will tear them down to hunt for Roman and Gothic treasures.

TRACED TO PHYSICAL CAUSES

Experiments Concerning Sleep and Kindred Unconsciousness Are Intensely Interesting.

Experimental investigations do not yet wholly prove—because they are not yet completed—but go far toward showing that the catalepsy in animals, hypnosis and mesmerism in some men and the normal sleep in everybody are induced by releasing into the flowing vital streams of blood and lymph some pent-up juice or fluid. There is present in the living structures some "hormone" or gland stuff which is freed at night in the case of normal sleep. Fear releases the other stuff in animals, and suggestion, as well as fear, opens up the floodgates in the matter of catalepsy and hypnosis.

Moreover, in certain types of insanity, such as dementia praecox, thyroid insufficiencies and others where near catalepsy and true catalepsies occur, it has long been understood that various parts of human physiology were out of order. The thyroid, parathyroids, adrenals and other glands are often then found in distress.

First "Typewriter."

So long ago as 1714 a patent was taken out in England by Henry Mill for "a machine for impressing letters singly and progressively as in writing, whereby all writings may be engrossed in paper so exactly as not to be distinguished from print." His machine was very clumsy and practically useless, however.

Attacks Tramp's Peg Leg.

Attacked by a tramp whom she had allowed to enter her home to drink a cup of coffee, Mrs. F. L. Cechtel of East street, North side, was rescued by a large English setter, the property of her husband.

The dog, which answers to the name of Victor, viciously attacked the tramp and tore his wooden leg from the stump. Unable to get away, the miscreant was captured by the police.—Pittsburgh Dispatch to Philadelphia Record.

CANADA ONE OF THE WORLD PROVIDERS

Although Canada's real start in national development as pointed out by the Buffalo Commercial, came slowly and late, as compared with that of the United States, it is now well under way, and very soon there will be a marvelous expansion in agriculture, mining and manufacturing.

The paper above mentioned says that "heretofore the development of Canada, like that of the United States, has been westward, but unlike this country, the Dominion has a great territory to the North, which has been regarded as all but uninhabitable, but in which recent research has proven there are possibilities of development almost inconceivable." After making complimentary reference to the resources of the country tributary to the Hudson Bay, which will be opened up when the railroad now under construction is completed, the Commercial further says "there are those living today who will see our neighbor on the north a great and powerful nation, and a not insignificant industrial and commercial rival of the United States. The war may retard, but it cannot destroy, Canada's future. And in this expansion no one will more heartily rejoice than the people of the United States, because the prosperity of the Dominion is bound to increase our own."

Herein is the spirit that dominates the Dominion Government when it extends an invitation to Americans to assist in developing the resources that Canada possesses, whether they be mineral, forest, industrial, commercial or agriculture. Both countries will benefit and the United States will be a gainer by having as a neighbor a country whose resources are as great and varied as are those of Canada.

In comparing the United States along with other nations of the world in producing and importing foodstuffs, the Agricultural Outlook published by the United States department of agriculture says:

The United States in recent years has been as large an importer of foodstuffs as exporter; therefore she cannot be classed as a surplus producer of foodstuffs. This is contrary to popular impression. It is true that she is an exporter of certain articles, but she is an equally large importer of other articles. In this classification tea and coffee are included with foodstuffs. In edible grains the production is 23 per cent more than the amount retained; the production of meats is six per cent more—that is, exports of meat equal six per cent of that retained in the United States for consumption; the production of dairy products is 20 per cent more than consumed; the production of poultry is just about equal to consumption; of vegetables, one per cent less.

An investigation into the production, imports and exports of food products of various countries indicates that England produces about 53 per cent of her food requirements, and imports (net) about 47 per cent; Belgium produces 57 per cent, and imports 43 per cent; Germany produces 88 per cent, and imports 12 per cent; France produces 92 per cent, and imports eight per cent; Austria-Hungary produces 98 per cent, and imports two per cent; Russia produces 110 per cent of her requirements, and exports an equivalent of about 10 per cent; Canada produces 23 per cent more than she consumes; Argentina produces 48 per cent more than she consumes; the United States produces practically no more than she consumes (i. e. exports and imports of foodstuffs almost balance).

With this information before the reader, it is not a difficult matter to direct attention to the fact that Canada stands in a pre-eminent position in the matter of grain and cattle production, and with a large territory yet unoccupied she will always maintain it.—Advertisement.

PASSED UP THE INVITATION

Sinister Significance in Occupations of Men Who Had Invited Politician to Address Them.

A political speaker who had received an invitation from the leaders of his party in a distant village, before replying, sought to discover what sort of reception he would be likely to receive, and placed the letter of invitation before a friend whom he knew came from the same district.

"Think I'd better accept?" inquired the politician.

"I wouldn't, if I were you," replied his friend, shaking his head gravely.

"Why?"

"Well," replied the other, "I don't like the signatories of the letter of invitation."

"Aren't they men of influence?"

"Yes, decidedly they have influence in the party," replied the friend; "but of the four one is the local undertaker, the second is the monumental stonemason, the third is a dry goods dealer who makes a specialty of mourning orders, and the fourth is known to gamble largely in life insurance policies."

The politician did not accept the invitation.

Trying to Forget.

He—Don't you remember me?

She—Why should I?

"We were engaged to be married last summer at the beach."

"Yes; but don't you recollect you told me to forgive and forget you?"

Misfit.

Knick—Doesn't Jones fit in anywhere?

Bock—No; that man would be a square peg in a doughnut.—Judge.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sours, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

So to Say.

"It must be awfully cold outdoors, 'cause Arthur says it is."

"Arthur?"

"Arthurmometer."—U. of I. Siren.

Not Sure Yet.

"Your wife is out of danger, then?"

"I shall think so unless the doctor comes back."

The idea of neutrality according to some people is to cuss both sides.—Nashville Banner.

The General Says:

Why accept a doubtful guarantee on roofing when you can get one signed by the largest manufacturer of roofing and building papers in the world, with a saving in cost in the long run?

Certain-teed Roofing

is guaranteed in writing 5 years for 1-ply, 10 years for 2-ply, and 15 years for 3-ply, and the responsibility of our big mills stands behind this guarantee. Its quality is the highest and its price the most reasonable. For sale by dealers everywhere.

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It is vitally necessary therefore, that you take good care of your skin.

ZONA POMADE

if used regularly will beautify and preserve your complexion and help you retain the bloom of early youth for many years. Try it for 30 days. If not more than satisfied you get your money back. 50c at druggists or mailed direct.

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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

For Testing Our named varieties of HARDY Prairie Mother Root Apple Grafts make vigorous, early bearing, heavily fruiting, clean hearted, long lived trees. To prove their worth, we offer 6 Grafts (rooted) for testing, if you will send 10c to help cover cost and mailing expense. They will bear barrels upon barrels of apples in a few years! Get Catalogue telling about other inducement Best Sorts, EVERBEARING STRAWBERRIES, etc., FREE. Write today. The Gardner Nursery Co., Box 105, Osage, Ia.

CLOVER BEST ON EARTH

Wisconsin grown seed recognized the world over as hardiest, most vigorous. BIG SEED CATALOG FREE. John A. Salzer Seed Co., Box 705, La Crosse, Wis.

BEST MARKET for POULTRY—VEAL—CREAM HIDES—EGGS—BEANS Write us for Price List and Tags. THE R. E. COBB CO., 14 E. 3rd Street, St. Paul, Minn.

WANTED to hear from owner of good farm for sale. Send description and price. Northwestern Business Agency, Dept. A, Minneapolis, Minn.

520 Acres hard wood, clay loam, stump land; excellent farming, central Wisconsin, $15 per acre. GOOD MFG. CO., Appleton, Wis.

For Exchange—Oil stock, wells located in Wyoming oil fields; producing. Exchange for merchandise stock, farm, fruit or grazing land. W. C. Carr, Deadwood, S. D.

Sioux City Directory

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