PE-RU-NA

By assisting nutrition, increases the circulation, invigorates the system, removes the waste matter and brightens you up.

OVERCOMES

systemic catarrh, inflammation of mucous membrane lining the stomach, bowels, bronchia and head—tones up the whole system. Aids you to prevent Coughs and Colds.

Now Sold in Tablet Form if Desired.

CATARRH IS STAGNATION

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable — act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes.

CARTER'S LITTLE LIVER PILLS.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must be Signature

Brent Good

Good to Them.

"Is your new servant good to the children?"

"Yes, indeed. She never tells me any of the bad things they do while I am away."

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

A little change is a good thing, but a big roll of bills is better.

Genius and common sense blended usually spell success.

KEEP YOUNG

As well be young at 70 as old at 50.

Many elderly people suffer lame, bent, aching backs, and distressing urinary disorders, when a little help for the kidneys would fix it all up. Don't wait for gravel, or Bright's disease. Use Doan's Kidney Pills. They have helped thousands, young and old, and are recommended by thousands.

A South Dakota Case

Mrs. T. K. Sjarring, 23 Seventh Ave., S. W., Aberdeen, S. D., says: "My back gave me a lot of trouble, aching all the time. After stooping, I could hardly straighten and this was soon followed by headaches and dizzy spells. The kidney secretions passed too freely and I was so miserable and tired that I could hardly do my work. Doan's Kidney Pills fixed me up in good shape, and since then I have had little trouble from my back or kidneys."

"Every Picture Tells a Story"

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Grippy Weather This—Better Get a Box of

HILL'S CASCARA QUININE BROMIDE

25c At any Drug Store

The old standard remedy—In tablet form—No unpleasant after effects—No opiates—Cures colds in 24 hours—La Grippe in 3 days—Money back if it fails—Insist on genuine—Box with red top—Mr. Hill's picture on it

W. H. Hill Company, Detroit

BLACK LEG LOSSES SURELY PREVENTED by Cutter's Blackleg Pills. Low-priced, fresh, reliable; preferred by Western stockmen, because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose pkge. Blackleg Pills $1.00 50-dose pkge. Blackleg Pills 4.00 Use any injector, but Cutter's best. The superiority of Cutter products is due to over 15 years of specializing in vaccines and serums only. Insist on Cutter's. If unobtainable, order direct. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

CANCER

Tumors and Lupus successfully treated without knife or pain. All work guaranteed. Come, or write for Free Illustrated Book Dr. WILLIAMS SANATORIUM 2900 University Av., Minneapolis, Minn.

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results

Sioux City Directory

"Hub of the Northwest."

FOR BEST SERVICE SHIP

RICE BROTHERS

Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

MASQUERADE COSTUMES SALE or RENT

Masks, Wigs, Beards, Make-up Goods Write for catalog. CRESSEY & WINGATE, Des Moines, Ia.

PILES CURED I treat piles by a mild safe method without knife or hospital operation. Established for years. Write for list of patients. C. Y. Clement, M. D., 555 Good Elk., Des Moines

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured. Write DR. WRAY, 506 Bee Bldg., Omaha, Neb.

W. N. U., SIOUX CITY, NO 9-1916.

SUPERIOR ROTATIONS FOR THE CORN BELT

Wheat Field in Michigan.

(By CARL VROOMAN, Assistant Secretary of Department of Agriculture.)

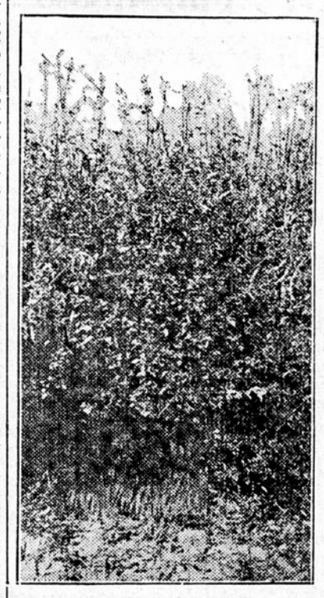
In a bulletin of the United States department of agriculture writen to suggest to the corn belt farmer of the middle West some ways of "cashing in" the scientific advice offered him in hundreds of bulletins already published, Carl Vrooman, assistant secretary of the department, devotes a section to the discussion of the best rotations. "Not until you get clover or some other legume into your scheme of farming," he says, "do you have a rotation that pays dividends in bigger crops. Many farmers think they are keeping up to date and farming scientifically if they have five or ten acres in alfalfa and get a stand of clover on a twenty or thirty-acre field once in two or three years. This is a serious mistake. The productivity of a farm is not being kept up on a permanent basis unless annually at least one-fourth of that farm is made to grow legumes, which are either plowed under as stable manure or green manure."

The corn-oats system becomes effective when a year of clover is added and the rotation runs corn, oats, clover. In sections where oats do not produce good yields wheat may be substituted.

The importance of including clover in the rotation, however, has been definitely established by a long series of experiments carried on in Illinois. As far back as 1879 two rotations were started, one being corn and oats and the other corn, oats and clover. These rotations were continued without change. During the years from 1901 to 1911 the average yield of corn in the former was only 38.1 bushels per acre, while in the latter it was 57.2.

Excellent Field of Corn.

What is known as "standard Illinois rotation" is the following: Corn, oats with clover seeding, clover, wheat. In this rotation one of the chief advantages is that wheat follows the legume and there is thus plenty of time to prepare the ground for it. It is becoming also a general practice in some parts of the corn belt to seed sweet clover in wheat. After the wheat is harvested the clover makes a rank growth and may be plowed under in the fall or following spring. In this way in each four-year rotation there are two legume crops to plow under and at the same time three grain crops to harvest. The rotation may be changed to a five-year one by adding an extra year of corn if this is desired.



Stand of Sweet Clover.

If the farm is badly run down and much organic matter and nitrogen must be added to the soil before the corn can be raised profitably, sweet clover seeded in the wheat may be allowed to stand over for a crop the following year. The rotation will then be as follows: Corn, oats with clover seeding, clover, wheat with sweet clover seeding, sweet clover.

If a short rotation is desired, one that will be effective in building up a run-down farm is the following: Corn, rye with clover and timothy seeding, clover and timothy. The rye is seeded in the standing corn and the clover and timothy seeded in the rye early in the following spring. The rye is hogged off and, as the clover matures, part of it is used for hog pasture and part for hay. The clover-timothy sod is then turned under for corn. Under this plan all the rye grown is left where it is produced and all the cornstalks cut up and worked into the soil. Furthermore, all the manure made by the hogs in gathering the rye and corn is left in the field.

SKIN OF DRY-PICKED FOWLS

Water-Chilled Chicken Is Fraud on Buyer, Because It Absorbs Water —Harmful to Flavor.

The skin of a chicken will tell the housewife whether the bird has been properly "dry" picked and "air chilled" or whether it has been "scalded" in order to remove the feathers. The skin of a dry-picked chicken is flexible, translucent, with the feather papillae plainly visible, and short hairs which have to be removed by singeing. If a chicken has been scalded the skin is hard, thick, close to the muscles underneath, and almost free from these hairs. The skin of a dry-picked chicken which has been chilled in water has lost the powdery look which is characteristic, and is shiny, thicker than when air-chilled, and it is scarcely possible to see the pink muscles underneath as one should be able to do. A water-chilled chicken is also a fraud to the buyer, because it absorbs water, which is charged for at chicken prices.

Housewives should insist on a dry-picked chicken, because any wetting of a chicken, and especially scalding, lessens or destroys the delicate flavor of the meat.

TREATMENT OF POTATO SEED

Solution of Commercial Formalin and Water Will Destroy Disease Spores of Tubers.

Potato diseases such as fusarium, stem rot and scab, live over winter on the seed and in the soil. Planting infected seed in diseased soil simply perpetuates the disease. The way to prevent scab is to disinfect seed potatoes and plant them in clean soil upon which the crop has not been grown for several years preceding. Thorough treatment with a solution of one pint commercial formalin to 40 gallons water will destroy disease spores. Corrosive sublimate also can be used. Dissolve four ounces in five gallons hot water and after it cools add 25 gallons water. Soak the tubers for one and a half hours in this solution, when they may be cut and planted.

PROFITS FROM A DAIRY HERD

Cow, to Be Most Productive Must Have Care and Consideration Due to Animal Mother.

(By H. M. COTTRELL.)

The man to make the most profits from a dairy herd must be a gentleman—kind, considerate, progressive, intelligent. Milk is the product of motherhood. The cow is a mother and gives milk to develop the life of her baby, the calf. The dairy cow, to be made most productive, must have the care and consideration due to every animal mother. She must have milk producing feed and feed that will develop fully her unborn calf while she is milking. She must have bodily comfort—shelter, water, salt, shade in hot weather, and pure air all the time. She must be petted. When a man takes her calf away from the cow and milks her, he becomes for the time to her a secondhand calf. The cow loves her calf and is happy when she is giving milk to it. The more the dairyman can pet his cows, make them comfortable and make them like him as they do their calves, the more milk they will give and the richer will be the milk. This sounds like "gush" but is cold business truth that closely followed will bring profits.

Leg Bands Are Cheap.

Leg bands are very cheap. When you sort out your pullets, band the right leg; next year band the left leg and the third year do not band. The fourth year dispose of hens with band on right leg and begin over by banding right leg. Or get celluloid bands, using different colors for each year. This is better than toe marking young chicks.

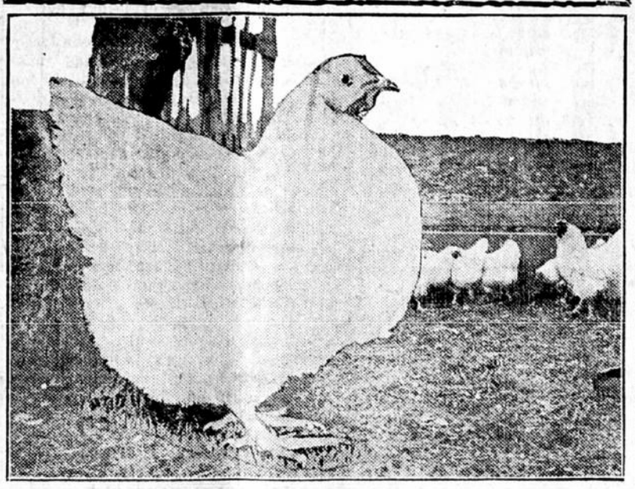
Working Ahead.

If the manure is hauled out during the winter a hard job is completed when spring opens up, and the team is ready for plowing rather than hauling manure for a week or two.

Feed for Chickens.

Any kind of grain is good food for chickens. Boiled liver cut up fine and mixed with oatmeal and made into a mash is excellent food for laying hens.

MAKING PREPARATIONS FOR SPRING WORK



An Excellent "String" of White Wyandottes.

Perhaps you have been raising poultry for many years but with indifferent success—just fooling along with a few hens, of many different breeds, feeding any old thing, in old, tumble-down houses, alive with mites and lice, and unclean.

Maybe you have wondered why you have not had the success that some of your neighbors had and perhaps are discouraged and ready to say there is nothing in the poultry business.

This is true if you continue in the same old way, but if you will follow a few simple rules, which every successful poultry raiser must follow, you cannot help being successful in just the degree of painstaking care with which you carry on the work.

In the first place you must have clean, well ventilated poultry houses. These do not cost much and on the average farm they can be constructed of old boards and by the labor of a handy man, in one or two days.

The houses must be provided with clean nests. Build the houses whenever possible, facing the south, leaving the front open except the covering of small mesh wire to keep out predatory animals.

If you intend to use incubators and brooders provide a comfortable brooder house which can be closed up to shut out the cold, damp drafts of early spring. Set your incubator in a warm place—in the attic, the cellar, or in some room well protected.

Next, we want to impress you with the fact that you cannot raise good chickens from poor eggs. If you are satisfied with the mixed breeds, good, bad and indifferent, there is little advice to give you as to their management.

If you propose to raise good chickens, fowls that will lay the greatest number of eggs, or produce the greatest number of pounds of meat, select your breed, and then buy purebred eggs. You can only get these by buying from breeders whose integrity is unquestioned, and who are ready to guarantee that their eggs will produce birds true to type.

Insist upon having eggs from hens and not from young pullets. Eggs from a hen that is fully grown and matured will naturally produce more birds and stronger birds than eggs from pullets who are still in a state of growth.

Sometimes it is true that pullet eggs hatch out well, but they do not produce birds with the vigor and stamina that come from mature eggs. And you will find that the chicks from pullet eggs will be more subject to disease and more will die.

If you have a good breed and raise your own eggs, separate the best hens of your flock and select the best eggs from these. Never set an egg from a hen that is puny, or that has had a touch of disease at any time, or that is any way deformed, no matter how slightly.

If you use an incubator, you must watch it day and night, and after you have learned all that the manufacturer tells you in the directions on the machine, you must use your own common sense and comply with the varying conditions of climate.

When the youngsters come out of their shell they, too, must be watched every day ,and be cared for in every detail all the time. Young chickens cannot be raised by any person who is frequently away from home for long intervals. One must be on the job all the time.

The most important thing in starting young chicks is to refrain from feeding them a single atom for at least 36 hours. Nature has filled their little stomachs before they left the shell and if they are stuffed as soon as they appear, many will die.

Give them plenty of water and after thirty-six hours feed them lightly on fine rolled oats or coarse cornmeal. Then, just as soon as they show strength and vigor, let them run on the tender, short grass for a little while every day.

Watch for lice from the start, and if any are found on the heads or under the wings, touch the spots lightly with lard or vaseline.

Having started right by following the above directions, your success depends upon the fidelity with which you manage the flock until they become fledged or are ready to be sent to the market.

PRINCIPAL RATION FOR EGGS

Cracked Corn, Wheat and Heavy White Oats Are Three Chief Ingredients of Mixture.

One of the principal rations used in one of the most successful laying contests of the year consists of:

	Pounds.
Cracked corn	60
Wheat	60
Heavy white oats	40
Barley	20
Kafir corn	10
Coarse beef scraps	10

We believe that plump oats, wheat, barley, cracked corn and beef scraps would give about the same results, writes M. F. Greeley in Dokota Farmer.

Six thousand eggs to the farm, is the way our statisticians have it, or about 70 eggs to the hen. And this with a goodly number of trap-nested birds producing over 200 eggs, not a few over 250 to 286. Too many roosters, old hens, late, good-for-nothing chickens and culls generally are largely the cause of this low average. Let's all try to raise it.

Since utility, and not quite so much foolery, governs the selection of prize fowls now much more than it did, the so-called moss-back farmers are taking more interest in poultry shows; and not only that but they are taking more birds home with them when they go than when birds were judged wholly by stripe, comb and feathers. Sensible farmers, refusing to be fooled, have brought much of this change about.

Easy Victims of Disease.

Inbred poultry become easy victims of disease.

HENS PRODUCING MOST EGGS

Comparison Made of Hen-Hatched Chickens and Artificially Hatched —Incubator Is Favored.

Experiments conducted by the New York State College of Agriculture, extending over a period of three years, disproved the theory that hen hatched chickens are of higher vitality than those hatched in incubators. The first year the hen matched pullets laid more eggs than the incubator hatched ones. The second year the incubator pullets succeeded, both in number and in profits, as they laid more reglarly during the season when eggs were high priced. During the third year the balance was still more in favor of the artificially hatched hen. Also, she was in better condition.

The chicks were hatched from eggs of the same quality, and fed and housed in the same manner. The experiment will be continued for many years, so that more accurate conclusions can be arrived at. So far, the chicks, hatched by incubator from eggs laid by hens hatched from incubators, have proved more steady and valuable egg producers.

Purebreds Excel as Layers.

The purebred poultry of today lay more eggs, attain better size and young stock mature faster and are better table fowls than the common mixed stock.

Keep Breeding Geese Thin.

Breeding geese should be kept moderately thin in flesh through the winter by light feeding and a free range for facilities for swimming.

WHY CHICKENS CATCH COLDS

Too Close House Has Same Effect as Drafts and Exposure — Fowl Does Not Sweat.

Drafts and exposure are causes for chickens taking cold, but a too tight house will bring about same results.

The fowls come out—not sweating, for a fowl does not sweat—but fairly steaming from the heat of their own close bodies.

The cold air strikes them and they take a quick chill.

Sometimes it is their heads and eyes that first show the effects of that chill, sometimes it is the throat or lungs.

Spice of Life.

Variety is the spice of life; it is also the pride of success in the feeding rations of poultry.

Don't Overfeed Fowls.

Do not at any time overfeed your fowls; give just enough to have them clean it all up nicely.

Test Hatching Eggs.

In selling eggs for hatching, it is a wise and a safe rule, no matter how healthy your birds seem, not to assume the eggs produced are fertile, or that they will hatch. The safe plan is to test them at home. If a setting from any given mating hatches reasonably well with you—then go ahead.

Keep Front Open.

Don't, because of freezing weather, close up the chicken house front! Cold weather is just the time to keep the front open. But stop the cracks at the back, sides and in the roof. Drafts and leaks are the trouble breeders.

Eggs Absorb Odors.

A fresh egg will absorb odors as readily as fresh milk. Mustiness or moldy growth in egg cases or fillers will taint the egg and lower its quality.

Make-up of Prime Broiler.

What the market calls a prime broiler is one that has a plump breast, broad back, clean yellow legs, yellow skin and small comb.

A Woman's Problem

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—

Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. Margaret Grassman, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and have had them try it and they also have received good results from it."—Mrs. George A. Dunbar, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. Kissling, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

SPOHN'S DISTEMPER COMPOUND

For **PINK EYE** DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle, $5 a dozen. Sold by all druggists and turf goods houses, or sent, express paid, by the manufacturers. Booklet, "Distemper, Cause and Cure," free.

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

Trying to keep from worrying is what worries some people.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

Heard at the Club.

"Hello, old chap; killing time?"

"No, dear boy; just waiting for it to die a natural death."

DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura and Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp, the cause of dry, thin and falling hair, Cuticura Soap and Ointment are most effective. Touch spots of dandruff and itching with Cuticura Ointment. Then shampoo with Cuticura Soap and hot water. No treatment more successful. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Next to the elephant, the white rhinoceros of Africa is the largest animal known.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans.

Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

Buy the 3 lb. Canister Can for $1.00. —Adv.

There is an excellent market for saws in Russia, as that great country does not manufacture them.

The Reason.

"Why do they call a baseball the sphere?"

"Well, isn't it the whirled?"

Use Murine after Exposure to Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago, Sends Eye Book on request.

Careless.

"What? You refuse to lend me a measley ten-spot? Many's the time I've tided you over when you were short."

"Well, if you hadn't been so darned reckless with your money you wouldn't be broke now."

Railroad Ticket Many Years Old.

A twenty-nine-year-old ticket between Kansas City and Gallatin, Mo., which was used recently, had lain in the Leavenworth prison safe in the interim while the owner served a twenty-nine-year term subsequent to his arrest on the train just before the conductor came through.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Palm fiber material is being substituted for cedar in the making of cigar boxes.

Widowers, like tumbled-down houses, should be re-paired.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

This prescription of Dr. Pierce's extracted from roots and herbs is a temperance remedy.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

"ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

Write Us a Postal Card Today

Just say "Please send me free-full information how I can obtain a complete set of *Oneida Community Par Plate Silverware free* by saving the trade mark signatures from packages of

SKINNER'S MACARONI and SPAGHETTI PRODUCTS

We will answer by return mail and, in addition, will send you a beautiful 36 page book of recipes. Skinner's products are the highest quality and help you cut down wonderfully on meat bills.

SKINNER MANUFACTURING CO.

The Largest Macaroni Factory in America Omaha, Nebr.