

Winner in Victory Loan Poster Contest

Miss Linnea Forslund, Omaha School Girl, Gains a National Honor



Miss Linnea Forslund, an Omaha schoolgirl, has the distinction of being presented with a German helmet by Secretary of the Treasury Carter Glass for her original Victory Loan poster in the national contest.

If You Make Your Own—

Warning Issued by Revenue Authorities

Persons who may be planning to make liquor in their own homes after national prohibition becomes effective July 1 are to be warned by revenue authorities as to the penalties to which they will be subject. The internal revenue bureau has sent to revenue collectors and agents a summary of laws on the subject and penalties with the suggestion that they be made known widely.

The schedule of penalties for various violations is as follows:

For failure to register still, \$500 penalty, fine of between \$100 and \$1,000 and imprisonment of between one month and two years; for making liquor in a community where it is prohibited by local or state laws, tax of \$1,000; for violating war-time prohibition, \$3,000 fine, or one year imprisonment or both; for making a whiskey wash or a beer, fine of between \$500 and \$5,000, and imprisonment of between six months and three years. Beer making comes within the same prohibitions.

Eggs, Milk and Vegetables Are Essential to Growth

Eggs, milk and the leafy vegetables, according to H. L. Kumpster of the University of Missouri college of agriculture, contain substances known as vitamins, which are essential to growth. They are called the protective foods because they correct the faulty composition of seeds and tubers. Young animals fed on wheat, oats, barley, or other seeds fail to grow. The ration is inadequate, even if the food includes beans, peas and potatoes, and even if moderate amounts of leafy vegetables are also fed. Egg yolk contains about 83 per cent fat. Like butterfat, it contains growth-producing substances which are absolutely essential. These growth-producing substances are not found in vegetable fats or oils in beef or pork fats. Some protective foods are necessary if the health is to be maintained. Eggs should, therefore, become one of the regular articles of diet. The price should be a minor consideration. Eat an egg a day. They promote growth and increase your ability to withstand disease.

Many School Children Are in Defective Vision Class

Reports prepared by the physicians and oculists who keep "tabs" on the vision of schoolchildren state that one-fifth of our schoolchildren have defective vision and more than that proportion of our young men examined for military service were rejected for the same reason. Mothers should keep in mind the fact that eyesight is very important. Be sure that the little ones who have contagious diseases, especially measles and scarlet fever, are kept in a darkened room until the physician declares it no longer necessary.

Tuberculosis Infectious.

After long investigation a French scientist has declared that tuberculosis can be transmitted by the perspiration of a person afflicted with the disease, the germs passing through the pores.

Animals Display Great Intelligence When Ill or Hurt—Treat Themselves

Few people realize, notes a writer in the Christian Herald, how many animals are constantly getting hurt and sick. The wild animals seldom get sick from what they eat, but the domestic animals frequently do. Wild animals get injured from fighting with other animals of their kind or in fights with animal enemies. In all cases, animals have a way of doctoring themselves that is remarkable.

Animals suffering from fever eat nothing, keep quiet, seek darkness and airy places, drink much water and sometimes plunge into the water from time to time. When a dog has lost its appetite it eats that species of grass known as "dog's grass." Cats also eat grass, catnip, etc., when sick. Sheep and cows in the same circumstances seek out certain wild plants. If an ant's foot is cut, other ants will cover the wounded part with a transparent fluid from their mouths. If a chimpanzee is wounded it stops the flow of blood by placing its hand on the wound or dressing it with leaves and grass.

A terrier had an injured eye. It remained lying under a counter, avoiding heat and light, although it had been its habit to keep close to the fire. It adopted the general treatment—rest and abstinence from food. The local treatment consisted in licking the upper surface of its paw, which it then applied to the wounded eye, again licking the paw when it became dry. Cats, when hurt, also treat themselves by this simple method.

The methods adopted by most of the wild animals for doctoring themselves are unknown to man, but there is no doubt that every animal has the ability to skillfully doctor itself.

Our Ancient Ancestors Dwelt in Icy Period Is Proven by a Discovery

One often hears of "the glacial period" or "the ice age" of the earth, but, strictly speaking, this expression is not correct, avers a writer. It is now established beyond all reasonable doubt that this planet has experienced not one but a great many glacial periods. Evidence has been found which proves that the latest or Pleistocene glacial epoch has several important subdivisions and that all of the present continents have experienced glacial epochs at different ages.

Great ice sheets were formed at different periods back to the Proterozoic age; that is the age of the oldest known sedimentary rocks, a great many million years ago.

One of the most recent discoveries of the old glacial deposits was made by Professor W. W. Atwood of the United States geological survey, near Ridgway, in southwestern Colorado. These deposits were found beneath tertiary lavas of the San Juan mountains, and resting upon upper Cretaceous beds. They have, it is believed, been formed in early Eocene times.

THESE ARE SMILES

The Proof.
"Susie is always telling folks she's got their number."
"Then there is one guess you can leave out about her occupation. She is no telephone operator."

Expressed Sympathy.
The Overbearing Lawyer—Ignorance of the law excuses no one.
The Culprit—I'll be sorry for you, then, if you ever get into trouble!

His Resources.
"I see where a scissors grinder in the West left a fortune of several millions."
"Then his methods were suspicious."
"How so?"
"He must have made his money by sharp practice."

The Exception.
"It's a long inn" that has no turning."
"How about the straight and narrow path we hear so much about?"

Making It Pay.
"You say you have made money out of poetry, girlie?"
"Yes."
"Nonsense."
"No nonsense about it. Papa has paid me not to write any."

Good in Everything.
"There is a use for everything in this world."
"So? Well, tell me the use of a jealous wife?"
"Certainly! If there were no jealous wives, how do you suppose homely stenographers could get jobs?"

Interested, Indeed.
"Is your husband interested in the league of nations?"
"I should say he is. Why, he talks about that now more than he does about golf."

Kill All Flies!

They spread disease. Kill them with **PARKER'S HAIR BALM**. A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. No. 1 and \$1.00 at Druggists.

It's Condition.
"A sword-swallower's profession must be appetizing." "I suppose it does put his appetite on edge."

Cuticura Soothes Baby Rashes. That itch and burn with hot baths of Cuticura Soap followed by gentle sootings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

Man wants but little here below when the people living in the flat above own a trapdrum outfit.

How's This?
We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 50c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

A ship is called "she," therefore she must be a sails-lady.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal trouble, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Her Work.
Minister—It is necessary for me to ask the mother of the bride if she has anything to say before we proceed with the ceremony.
The Lady—All I have to say is that if I hadn't had a good deal to say already, they never would have landed here.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots!
There's no longer the slightest need of feeling ashamed of your freckles, as Othello—double strength—is guaranteed to remove those homely spots.
Simply get a ounce of Othello—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.
Be sure to ask for the double strength Othello, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

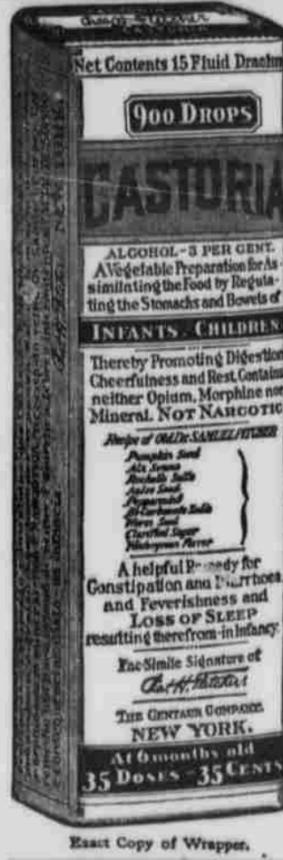
THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared." —Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.



Such annoying symptoms as heat flashes, nervousness, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.
If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.



Children Cry For Fletcher's CASTORIA

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

Queer Manager's Nationality. Sign in theater lobby—"Crying children must be immediately taken out or we will refuse to admit them."
Salt Houses in Russia. Houses constructed entirely of salt are a unique feature of some of the villages in Russian Poland.
Modern Marvels. Joshua made the sun stand still, but we have men today who make the moonshine still.—Boston Transcript.

Health Insurance

One of the distinctive qualities of food baked with Dr. Price's Cream Baking Powder is *wholesomeness*.

This is health insurance of such vital importance that millions of women bake at home just to be sure that Dr. Price's Baking Powder is used.

For healthful food and the best results in baking, prudent housekeepers always use

DR. PRICE'S CREAM BAKING POWDER

Made from Cream of Tartar derived from grapes

Contains No Alum—Leaves No Bitter Taste