

Libby's

Slice Libby's Veal Loaf and garnish with cucumbers, water-cress and salad dressing—very tempting!



Veal Loaf with such flavor!

THIS delicately flavored Veal Loaf is made with such perfection by Libby's expert chefs in the immaculate Libby kitchens—that you will always want these chefs to make it for you. You find it so appetizing, so nutritious a meat at such little cost and trouble.

Order Libby's Veal Loaf for lunch-eon today. Serve either hot or cold, your family will delight in it.

Libby, McNeill & Libby, Chicago



Hot Weather Poisons Hit The Stomach First

How to Keep Your Stomach Strong, Cool and Sweet

Hot weather always starts those quick chemical changes which produce poisons in meats, fish, fruits, vegetables, milk and food products.

Such summer poisons in foods not only make well stomachs sick but develop with dangerous rapidity in sensitive, sick or ailing stomachs and bowels.

These poisons not only generate gases and fluids which cause that bloated, lumpy feeling, heartburn, sour stomach, belching, acidity, but endless other stomach and bowel miseries.

A sure, safe, quick acting relief has been found which absorbs and neutralizes these poisons, too much acid and harmful gases. EATONIC Tablets, one or two taken after every meal, will keep your stomach sweet. You will have a good appetite to eat what you like, when you want it and be

free from all those bad effects liable to come after a hearty meal in summer.

EATONIC Tablets are hot weather protectors for the stomach. They guard against the germs that lurk in the things you eat and drink. They rebuild listless appetites, promote digestion by aiding proper action of the stomach functions and insure speedy relief from indigestion and all stomach distress.

EATONIC is good to eat like candy. People from all over send grateful testimonials. Tens of thousands are obtaining relief with EATONIC every day but the best evidence is to let your own stomach tell you the truth. Go to your druggist and get a big box of EATONIC. Tell him you want it for the prevention and sure relief of stomach and bowel disorders produced by hot weather poisons.

Then if EATONIC fails to satisfy you—return it to your druggist, whom you know and can trust. He will cheerfully refund your money. If your druggist doesn't keep EATONIC—drop us a postal. It will be delivered to your address and you can then pay for it. Address, H. L. Kramer, Pres., 1018 S. Wabash Ave., Chicago, Ill.

It's wrong to talk about a man behind his back. Talk about him in front of his back.

LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quartet pint of the best freckle, sunburn and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless—Adv.

A man's crookedness often gets him into financial straits.

Cuticura Promotes Hair Health
All druggists, Soap, Ointment 25¢ & 50¢, Toilet Cream 25¢ each free of "Cuticura," Dept. E, Boston.

Kill All Flies! IT'S SPREAD DISEASE
Found anywhere, Daisy Fly Killer attracts and kills all flies. Neat, clean, ornamental, convenient and cheap.

Daisy Fly Killer
SOLD BY DRUGGISTS, 25¢ & 50¢
HAROLD SOMERS, 1500 DE SALT AVE., BROOKLYN, N. Y.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50¢ and \$1.00 at Druggists.

Every Woman Wants PAXTINE ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Use immediately after each meal. For full directions, send 10¢ for booklet. The Paxtine Toilet Company, Boston, Mass.

W. N. U., Salt Lake City, No. 28-1918.

The LADY of the LAMP

From the Inspiration of Florence Nightingale Has Grown the Great Red Cross of Today

She died only four years before this great war and she was called the Lady with a Lamp—a lamp destined to shine for ages at a time. When British soldiers were dying of neglect in military hospitals and the British nation was started with the horror of the cry of the perishing at Scutari, it was a beautiful, cultured woman that answered the cry.

And from this woman's inspiration has grown all the Red Cross societies of the world.

Florence Nightingale went out like an angel to the Crimean war, says a writer in the New York Sun. She scoured corruption and uncleanness from the hospitals, she gave food to the starving, clothes to the naked, comfort to the sufferers. She made the hospital a place of healing, not a foul couch on which famished, fevered victims were thrown to die.

Born in Florence in 1820.

She was born in Florence on May 15, 1820, and was named after her birthplace, and she died eight years ago on August 13, 1910, at the age of ninety years. Her parents were rich. Her mother was kind, clever and charming, but she did not in the least understand her daughter.

Florence did not really understand herself. She was brilliantly educated; she became an accomplished linguist and musician, a witty and graceful letter writer, and she thought deeply about politics and religion. She traveled in Europe, she went to Egypt, studying not only the treasures of art unveiled before her, but human life and suffering, too.

It was this study of suffering that moved in her the desire to take up nursing. She saw the enormous need for organized nursing.

In spite of great opposition she managed to study at various hospitals in England and Paris. At last she approached her heart's desire by securing an appointment as principal of a sanatorium for governesses in Harley street. She was there when the Crimean war broke out.

The English troops were sent to the Crimea and such a wretched apology for a hospital as they had was established on the spot, but the Turks made over to them certain buildings at Scutari, on the eastern shore of the Bosphorus, opposite Constantinople. To get the sick and wounded from the battlefield to Scutari took eight days, and a quarter of the men who made the voyage died on the horrible ships. At Scutari the commonest appliances of a workhouse sick ward were wanting.

Never Recognized Women Nurses.

One day a strange thing happened. The British army had never recognized the existence of women nurses, but one morning two letters on the subject crossed in the post. One was from Florence Nightingale, suggesting that she should go out with two or three nurses at no cost to the nation; the other was from the husband of the lady she was writing to and was addressed to Miss Nightingale, suggesting that she should go at the expense of the government. The man who wrote to Miss Nightingale was Sidney Herbert, a member of parliament, who held an appointment at the war office. He and his wife were friends of Miss Nightingale, knowing her ambitions, and they felt that her hour had come.

She was appointed superintendent of the women's nursing establishments in the English hospitals in Turkey. She started with 38 nurses, some well-trained, some not—good, bad and indifferent, the best that could be got in the time available. Her masterly organizing powers asserted themselves at once. After traveling across France she took ship at Marseilles and there laid in a great store of all manner of needful things.

The task before her would have appalled most women, but it only served to inspire her with a firmer determination. There were several hospitals at Scutari, some bad, others worse, none good. There were five more hospitals to which she afterwards went, all horrible.

Crowded Washington

When one stops to think that about the time America jumped into the war whirl there were, all told, only about 85 persons in the offices of the ordnance department, including everybody from the boss to the office boy, and that before the following Christmas there were in the same department in Washington about thirty-five hundred souls, which promises to be closer to ten thousand by the time these lines



FLORENCE NIGHTINGALE, THE FIRST WAR NURSE

was to get down on her hands and knees and scrub the floors, and then cry: "Now, the strongest to the wash-tubs!" They were needed. Such washing of bed-linen as had been done had been done in cold water, and as it came back Florence Nightingale burned it.

The doctors and officers objected to her. Books written at the time by the men who helped to officer the Crimean army show with what scorn they met her.

Little by little she got her stores together until she became the feeder and clothier of the army at Scutari. She provided 50,000 men with shirts and great numbers with other clothing; she provided all the things that were missing from the hospitals. "I have met only two men in the Crimea, and one of them was Miss Nightingale," said a traveler.

She worked 20 hours a day. She received the wounded, she dressed their wounds until the surgeons could take them in hand. She washed and clothed and comforted them. She sat with them, encouraging them before an operation. She gave them life and hope. She made them feel that mercy had come on angel wings into their bitter lives.

Drunken Orderlies Vanished.

Her nurses were here, there and everywhere—wherever the doctors would allow her to send them. The rough, drunken, unskilled orderlies vanished from the nursing and skilled and tender hands took their places. Florence Nightingale herself was the Lady of the Lamp.

When the long day's work was done she would go to her little stuffy room to begin her correspondence; then, after a time, when the surgeons had retired and the wards and corridors were dark, she would take her little lamp and steal quietly through the silent rooms among the sick and dying men. She would kneel by bed after bed to speak a word of comfort; she would give medicine here, food or drink there.

No wonder the men worshiped her, though at first they were a little afraid and shy. "Never be ashamed of your wounds, my friend," she would say in her gentle, musical voice. Her gentleness made poets of some of these rough men.

There was a giant Highlander who wrote home of her and her work: "What a comfort it was to see an even pass! She would speak to me and nod to another, but she could not do it to all, you know—we were lying there by hundreds—but we could hear her shadow as it fell, and lay our heads on the pillow again, content."

It was a beautiful idea, and the soldier's letter traveled round the world. Longfellow used it in his poem "The Lady of the Lamp."

She stayed the winter at Scutari and made a revolution. In every 100 deaths had averaged 42 in every 100 they were now down to about two every 100. So in the spring of 1855 she went to the Crimea itself to attend

to the hospitals there. The Crimea surgeons objected and reminded her that she was superintendent of the nursing staff in Turkey, and the Crimea was in Russia. But she went nevertheless.

Stricken by the Camp Fever.

She set to work reforming, as she had done at Scutari, but she had done very little when she herself was struck down with fever.

She was carried to a hut immediately behind those of the soldiers. In England the news of her illness created a sensation as profound as if a great battle had been lost. She was very near death, yet she managed to pull through, but she recovered, with her beautiful black hair cut off, looking like the ghost of her former self.

When she was well enough she was taken back to Scutari, feeble, unable to feed herself or to speak above a whisper, but she would not go home. She worked on until the last British soldier had left the hospital and the war was over.

At home by this time she had become a national heroine. Hundreds of poems were written about her; pamphlets describing her life were sold in the street. Her face was stamped on pottery, on tradesmen's paper bags, on showmen's booths, on notepaper in a thousand homes. Lifeboats, emigrant ships, children, streets, waltzes, race horses were named after her. She hated it all, but one thing pleased her—the founding of a Nightingale fund, which she was to spend as she liked.

Started Many Great Reforms.

Her fund grew to over \$200,000, and with this money behind her she established a training school for nurses and began many great reforms. She set herself to reform entirely the health arrangements of the army, not only in time of war but in peace; for she was able to show that horrible as were the civil hospital records, the death rate among soldiers in peace time was twice as high as among civilians.

She turned her attention to the workhouse system of hospital nursing and cleansed it of its horrors, and finally she assailed the entire hospital system of the country. She became the Lady of the Lamp indeed; she became the high priestess of light and air. She founded modern nursing, and all the great nursing associations and all the Red Cross societies owe their birth to her.

AN URGENT

Members of the State Council should meet all loyal citizens

THURSDAY

AT THE HALL

urgently requested to

stagger into print, then one must see that this, plus a like swelling of force in innumerable other governmental departments, early resulted in a considerable hatful of new white folk around town.—Frank Ward O'Malley in Century Magazine.

Exposed Throat Healthful. Several American physicians practicing in Paris have corroborated the announcement made by the French throat specialist, Doctor Manguilere, at the academy, that the new winter

tors, in direct corroboration of what Doctor Manguilere asserted, according to a cable letter from Paris. They agree with him that the new mode that makes women expose their throats and necks is directly responsible.

IDAHO BUDGET

A canning club for the boys and girls has been organized at Cambridge.

The Emmett chautauqua was very successful this year, and local people have contracted for another in 1919.

The Old Folk's party at Rupert was a great success with over 200 guests at the noon banquet. An interesting program followed the banquet.

The Nampa Defense League now has 791 members and has had some exceedingly important questions of patriotism before it in the past three months.

Meridian women formed a War Savings society for the duration of the war last week. The organization is to be known as the Meridian War Savings society.

Five hundred people attended the Traders' Day sale at Caldwell last week. Fifty head of cattle, 100 hogs and miscellaneous goods were sold to the amount of \$5000.

G. W. Lewis suffered a broken rib as the result of a haying accident on the Gess ranch near Homedale. He was struck by a fork handle at a point on his rib, where it had been fractured before.

The price of threshing was fixed at 6 cents per bushel for wheat and barley and 5 cents for oats, the farmer to furnish coal, at a meeting of representatives of farm bureaus, held at Gooding recently.

Herbert E. Zumwalt, formerly of McCall and Warren, died in France from wounds, June 13. He was a member of Company H of the Second Idaho, but was transferred to the Second engineers.

J. W. Galloway was appointed by Governor Alexander as appeal agent under the draft for Washington county, to succeed G. C. Donart, who was disqualified because of his being within the draft age limit.

Van J. Chapin, who was sentenced to a term in the Elmore county jail, in federal court last fall for stealing from interstate shipments of goods at Glenns Ferry, was released from the Mountain Home jail last week.

The matter of caring for crops was discussed at a meeting of representatives of farm bureaus held at Gooding, and it was the sense of the meeting that an injustice was being done the farmers of Idaho under the present rulings of the government.

Mr. and Mrs. I. S. Binford, prominent residents of Caldwell, were instantly killed on the Idaho City road near the Halfway house, when their car, driven by Mrs. Binford, failed to respond to the steering wheel and ran up the side of the hill and turned over backward.

Byron Defenbach, certified accountant, who has been auditing the treasury accounts for Bingham county, has found material discrepancies. The principal shortage, according to present indications, seems to have been in 1914, and amounts to \$20,000. Auditing still continues.

At least 2500 rabbits were killed in the big drive held at Mora by sportsmen from Boise, and the vicinity about Mora, according to the estimates made when the smoke had cleared away from the barrage that was rained in the rabbit ranks by approximately 130 shooters.

If a bible printed in the year 1712 sold in California recently for \$22,500, would a bible printed in 1606 sell, and what would be its possible value? This is a question Dudley C. Watson of Twin Falls is pondering. He has the other bible, an edition more than 100 years older and in splendid condition.

In Idaho 969 corporations with incomes amounting to \$37,741,867 paid an income tax of \$212,526. Thirty-two stock raisers with \$2,713,375 incomes paid a tax of \$13,717. The thirty-eight big mining companies, whose income was \$8,424,441, paid a tax of \$39,032. Seventeen lumber companies with \$3,247,087 incomes paid a tax of \$19,797.

Miss Rugna Sund of Sandpoint, who has been employed as a stenographer at the state house, received word last week that she had passed the preliminary examination for the yeomanry branch of the navy.

A meeting was held last Saturday at Gooding to discuss the farm labor problem, which was well attended by county agents, farm bureau presidents and farmers generally from the section west of Pocatello and south of the Salmon river.

An epidemic of bovine tuberculosis has broken out in eastern Idaho, as the result of the shipment into that section of a carload of infected cattle from Missouri, according to Dr. J. E. Ellis, government specialist in charge of cattle tuberculosis prevention.

A municipal corporation cannot question the right of the state to exercise its police power in the regulation of rates for public utilities on the ground that by so doing it would impair the obligation of a contract, because in this state no authority exists to enter into contracts which will in any manner abridge the power of the state to regulate the rates, the state supreme court has held.

Lack of moisture has caused dry farm wheat to head short in some sections. Irrigated wheat is developing in fine condition and prospects for a large crop are good. Oats and barley look good, except in the north where these crops are drying up.

Owing to the fact that there is absolutely no grass left in the sage brush this year, the rabbits are coming on to the farmers in droves of thousands and have completely ruined several large wheat fields, and, if left alone, will ruin the entire wheat crop of the Mora vicinity.

POST TOASTIES
BEST CORN FLAKES EVER
-Bobby-