

Women's Secrets

There is one man in the United States who has perhaps heard more women's secrets than any other man or woman in the country. These secrets are not secrets of guilt or shame, but the secrets of suffering, and they have been confided to Dr. R. V. Pierce in the hope and expectation of advice and help. These few of these women have been disappointed in their expectations by the fact that ninety-eight per cent. of all women treated by Dr. Pierce have been absolutely and altogether cured. Such a record would be remarkable if the cases treated were numbered by hundreds only. But when the record speaks to the treatment of more than half a million women, it is a practice of over 40 years, it is phenomenal, and credits Dr. Pierce to the gratitude accorded him by women, as the first of specialists in the treatment of women's diseases.

Every sick woman may consult Dr. Pierce by letter, absolutely without charge. All replies are mailed in perfectly plain envelopes, without any mention of advertising whatever, upon them. Write without fear as without cost, to World's Dispensary Medical Association, Dr. R. V. Pierce, Pres., Buffalo, N. Y.

DR. PIERCE'S FAVORITE PRESCRIPTION
Makes Weak Women Strong,
Sick Women Well.

FOR SALE!

Canada Land in the 1912 World's Fair Belt

DID YOU KNOW THAT WINNIPEG, the capital of the Dominion of Canada, will hold the Biggest World's Fair that ever was held on this continent? Canada has never had an exhibition showing the splendid rich resources which that country can show.

In our opinion an investment in the "World's Fair Belt" is sure to net you from 50 to 150 per cent. profit on your investment in two years. Prices range from \$15 to \$25 per acre. Terms easy. The said lands lie about 30 to 70 miles from Winnipeg, and railroads close by in all cases. The only taxation in Canada is on land, which is one-half what a land owner pays here. When you buy 160 acres in Canada you GET 160 acres. In other words, you do not have to pay for roads, as the government takes care of them.

IT WILL PAY YOU to come to this office and get specific and reliable information as to Canada lands, and learn of the advantages that are offered.

By buying near Winnipeg you save from 8c to 10c per bushel on your grain shipments, as all grain that is exported has to go through Winnipeg and Port Arthur, and later on will go through a port at Hudson Bay, which will be a short cut. The distance from Calgary (Rocky Mountains) to Winnipeg is about 1500 miles, hence the saving in the freight charges.

If you want to Make Money and Save Money on Canada Land come to our office and we will show you how to do it.

Yours truly,
J. H. LUERS

To Our Many Old Wall Paper Customers and Anticipated New Ones

We have again, for the tenth season, put in the Old Reliable "STANDARD WALL PAPERS." After careful inspection of other lines in town, our friends come back to us and say: "Well, these are the neatest, cleanest, most common-sense patterns and colors we have seen yet. We like them even better on the wall than in the piece." Such compliments come to us very often. This is the line of goods for the masses. In the new ideas for up-to-date goods, such as Panels, Crown Effects, and many other new things, we have put in stock the ROBERT GRAVES LINE, which is second to none for rich colorings and designs. Now we can suit you in our patterns, in our prices, and in our terms, if you give us a chance.

We have some bargains in remnants and last season's patterns. Also have installed an Electric "Kut Out" Perforator, which we are using in cutting out Borders, Crowns, Friezes, etc. This is the only machine of the kind in the city, and with this machine we are able to give you effects equal to hand-painted decorations at a very small cost.

We still sell the Mound City Strictly Pure Prepared Paints. These goods are just what the name indicates—Pure Lead, Zinc and Linseed oil.

Also a full line of the best makes of Varnish, Floor Finish, Stains, Brushes and every thing belonging to the line. Would like to have you see our line before buying. We are making close prices.

Yours truly,
P. A. CLEMMER

BETZVILLE TALES

Col. Gabe Dunder and the Shredded Codfish

By Ellis Parker Butler
 Author of "Pigs is Pigs" Etc.

ILLUSTRATED BY PETER NEWELL



All Hands Set to Work Fervently to Eat the Pile of Swelled Boneless Codfish.

Colonel Gabe Dunder, who was at one time one of Betzville's most respected citizens, has come back home, and a reception was given him at Aunt Rhinoceros's house last Friday. Those who keep track of social events in our burg will remember that the reason Colonel Dunder went away was because he had trouble with Slim Phillips over a load of shavings. When Boyer's one ring circus played in Betzville two years ago Colonel Dunder, who is one of the most enterprising men of our town, took the contract to supply shavings for the ring and had three wagon loads hauled over from Jefferson; but the circus men claimed they had ordered only two loads and for awhile it looked as if the colonel would have to stand the loss. But he always had a bright mind and after thinking it over he saw an opportunity which he owned a bay mare at that time and who is one of our most economical horse feeders, and sold the load of shavings to Slim Phillips to feed to the bay mare. He explained to Slim that if he had a pair of green goggles over the bay mare's eyes the bay mare would see green and think the shavings were fresh grass and simply gobble them down with joy. But, somehow, the bay mare didn't care for shavings and as the colonel had the money and Slim had a shotgun he burst into tears, while a homesick feeling settled with an empty sensation in the pit of his stomach. When asked to explain, he arose gracefully, merely upsetting a glass of water, pulled his vest down in front, tucked the back of his neck under the collar button and told the following sad story:

When force of circumstances and the shotgun caused the colonel to leave Betzville hastily, he looked about for some opportunity to invest his savings, and he saw an opportunity in shredded boneless codfish. He said he saw that the codfish trade in California had been sadly neglected and that it offered an opportunity, and he went to St. Louis and bought all he could and had it done up in bales and strapped the bales on the backs of pack mules and started for California, accompanied by four faithful men. All went well until Death Valley was reached, but before they had journeyed into the valley a day's journey he saw that there was no forage there for the mules. At night a hail was made and a consultation held, while the poor hungry mules looked on with sad eyes. There was but one thing to do. The mules would not eat shredded codfish. There was nothing for them to eat but the corn-husk mattresses that had been brought along to sleep on, so these were fed to the patient mules and the bales of shredded boneless codfish were piled in a pile and the five men retired to rest on top of them. The colonel said that he found shredded boneless codfish did not make a bad bed. It was soft and resilient.

But as he lay under the desert sky he happened to think of Betzville and all his kind friends there and he began to shed tears of homesickness and when he told his four faithful men why he wept they too became homesick and began to weep. Their tears fell and mingled with the dried shredded codfish, but they thought no harm, until, suddenly, one of the men happened to look down, and gave a cry of horror fear. And no wonder! The

tears had swelled the boneless codfish and it had expanded and expanded until it seemed to fill the whole landscape. No matter which way they looked the scenery was all codfish, and it was still swelling. The colonel's first order was to stop shedding tears, which was obeyed, and the second was to run. He knew that unless they reached the edge of the pile of swelled codfish soon it would have swelled to such a height that death alone could result from an attempt to reach the earth down its precipitous sides.

So all ran with all their speed. They ran for three days before they reached the edge and then stepped back appalled! Two thousand feet below them they saw the plain. To attempt to descend meant death! There was but one thing to do. All hands set to work fervently to eat the pile of swelled boneless codfish, and for three days not a word was said, so hurriedly did the five men cram themselves with codfish. That night they lay down exhausted. Their beings had rebelled—not another shred of codfish could they eat. There was nothing left but to lie down and die or to throw themselves off the edge of the mountain of codfish and perish.

When the colonel opened his eyes the next morning he gasped. He was saved! In the labor of eating codfish all had forgotten to weep and the tears had gradually dried out of the codfish and the codfish had slowly shrunk back to normal size. The only damage done was that the codfish was a little saltier than before.

All present at this stated before all knew that in his opinion this was one of the most remarkable rescues from death he had ever heard of and that he should all consider it a blessing that the codfish was boneless, for if there had been a bone in it and the bone had swelled as the codfish had swelled, Colonel Gabe Dunder might have been impaled while he slept and Betzville would never have seen him again.

(Copyright, 1909, by W. G. Chapman.)

Notes from the Basement Bugle.
 Our school teacher is just cutting a wisdom tooth. By jing! nobody is more entitled to one than she is.

Hod Peters's youngest swallowed the coal-stove shaker the other day, and Hod says he ought to grow up to be quite an athlete, as he has so much iron in his system.

A mail sack which was thrown off from No. 6 the other night knocked down Amariah Tison's barber pole, three blocks on the street, and upset Grandma Whipple, who was on her way home from the sewing circle. Grandma says free mail delivery is a good thing, but there is such a thing as gettin' too free with it.—Judge.

A friend is an acquaintance who doesn't tell all he knows about you.

\$100 REWARD, \$100
 The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby driving the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for literature.

Address: J. C. KENNY & CO., Toledo, O. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Worse Than Bullets.
 Bullets have often caused less suffering to soldiers than the economic conditions of the present. Burlington, Me., got in the army, and suffered with, forty years. "But Bucklen's Arnica Salve cured me when all else failed," writes. Greatest healer for sores, Ulcers, Boils, Burns, Cuts, Wounds, Bruises and Piles. 25c at P. A. Clemmer's.

Home Course In Domestic Science

II.—Selection of Food.

By EDITH G. CHARLTON,
 in Charge of Domestic Economy, Iowa State College.

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THE wise selection of food, to suit the individual needs of each member of the family, requires the consideration of at least these three questions:

1. Is the food nutritious?
2. Is the food comparatively easy to digest?
3. Is the food reasonable in cost?

The subject is so important that it should engage the heart and head as well as the hand of the woman who presides over a family. It is sufficiently important, too, to demand some thought from every individual who values his good health and general well being. It has been frequently stated by physicians and philanthropists that three-fourths of the sickness in the world, one-half the drunkenness and a large percentage of the crime have had their beginning and their cause in poor food and bad cooking. This being the case, can there be any topic of greater value for our lesson, "What shall we eat?"

First I should like to impress upon my readers that "we eat to live" rather than "live to eat"; that, while there should be genuine pleasure in the simple act of eating, this pleasure ought to be experienced when the food is of simple variety. The pleasure is a certainty when the food has been carefully and appetizingly prepared and when hunger is a companion at the meal. The appetite which relishes season is abnormal and is certain to bring disaster to its possessor. This disaster may be an attack of rheumatism or some form of dyspepsia, or it may be a depleted bank account.

What Food Is.
 In order to fulfill its office food must either build and repair tissue or it must give heat and energy to the body, and it should do these things at as little unnecessary expense of physical energy as possible. According to its function all kinds of food are divided into five classes. These are the tissue-building foods, the fat foods, starches and sugars, mineral matter and water. Each one of these classes has its particular duty to perform for the body and therefore has its special place on the daily bill of fare. Any food material, no matter how simple and well known or how rare, contains two or more of these five classes. A few of the standard materials contain all five classes.

For instance, what do we find in a loaf of bread? A great deal of starch and some gluten from the flour, a little fat from the flour and more if it has been added in the making, some mineral matter and about 55 per cent. of water. Meat also has starch in the form of a substance found in the lean part which is called protoid and which is the tissue building property of the meat. The elements which compose these different classes of food correspond with the elements in the body; hence their necessity. It is chiefly through these elements which we obtain those elements which are necessary for the support of life and the functions of the body.

The Duty of the Five Classes.
 Now that we have seen what an important place in life our daily food occupies let us endeavor to learn to which class or classes certain common used foods belong. The tissue-building foods, or the protoid foods, are not numerous, but so important are they that life cannot be sustained for any length of time without them. This class of food has been given the name protoid, a word meaning "first" or "pre-eminent," because it alone of the five classes is able to build tissue and to repair the daily waste of the cells of the body. The protoids alone contain nitrogen, and nitrogen is one of the elements necessary to life. The following table classifies some of our common foods according to their principal constituents, also gives their source and use in the body:

SOURCE AND USE OF THE CHIEF FOOD CONSTITUENTS.	USE IN THE BODY.
PROTEIDS Meat, Fish, Eggs, Cheese, Beans, Gluten in Flour, Butter, Milk, Fat of Meats, Cheese, Nuts, Olive Oil	Build Tissue, Repair Daily Waste of Tissue, Give Heat and Energy, Produce Fat
FATS Butter, Milk, Fat of Meats, Cheese, Nuts, Olive Oil	Give Heat and Energy, Produce Fat
CARBOHYDRATES Starch, Sugar, Maple Syrup, Sugar in Milk, Sugar in Fruit, Cereals, Flours, Peas, Beans, Corn, Potatoes	Give Heat and Energy, Produce Fat
MINERAL SALTS Fruit Acids, Vegetables, Cereals, Food in All Animal Foods	Aid in Formation of Bone, Careful in the Blood, Carry Off Waste Solvent for Food

The sugars and starches have been grouped under one name, carbohydrates, because both these foods contain a considerable amount of carbon, also two gases, hydrogen and oxygen, which are always present in the right proportion to form water. The special function of this class of food is to give energy. Before energy is evolved there must be heat, but as heat producers the carbohydrates are not as valuable as fats. The latter are more than three-fourths carbon. This fact at once proves that fat in some form is the food to be eaten when heat is required. It is the food which appeals to the appetite more strongly in winter than in summer and is liked better in cold climates than in warm. If it were impossible to have both fat and sugar in the diet no great harm would result to the body for some time, because both contain the same elements and

both perform the same function—namely, give heat and energy. Not so with the protoids, however, because, being the only class which contains nitrogen, no other can substitute for them.

Danger in Overeating.
 After learning of the importance of protoid foods the first conclusion may be that they should form the greater part of the diet and should largely compose the daily bill of fare. This is a common mistake and one to be carefully avoided. The intake of food should not be greater than the needs of the body and to preserve its normal equilibrium. Too much food of any kind necessitates too much work on the organs of digestion and elimination and produces certain irregularities of the body functions. Too much protoid—that is, too liberal an allowance of meat, fish, eggs, cheese, etc., in the meals will clog the system with urea, throw too much work on the kidneys in their effort to carry off this final product in the digestion of protoid. Too much protoid in the diet induces rheumatism and similar disorders. When too much fat, or carbohydrate, is eaten it is stored up in the body as fat, and the individual finds himself putting on adipose tissue to perhaps an uncomfortable degree. There is more danger in this country from overeating than there is from lack of food, just as the engine is likely to wear out more quickly because of too hard firing than from lack of fuel.

The amount of food required to properly develop the body and keep it in normal condition depends on different conditions, such as the occupation of the individual, the age of the individual, sex, climate and personal idiosyncrasies.

The man or woman engaged in hard physical work requires more of the foods which repair tissues than does the person living a sedentary life. The amount of fresh air in which the individual lives will also determine largely the rapidly with which food will be oxidized in the body. For instance, the farmer, working in the fields, will require more nourishing foods than the man who sits in his office all day. The farmer's lungs are constantly filled with fresh air; his blood is filled with oxygen. He is performing work which requires much physical energy; hence his food is rapidly burned in his body in order to yield the necessary energy, and he is hungry. He has a good appetite, he eats heartily and he digests with ease.

The man of sedentary habits finds his stomach rebelling and himself in general discomfort if he attempts to follow the example of the farmer for any length of time.

How Much to Eat.
 Occasionally we hear the question, "How much should we eat?" Yet, as a rule, the average person does not trouble himself very much on that score and eats what a pampered appetite demands rather than the amount he actually needs. Dietary specialists have found from many experiments that an average man doing average work requires each day about four and a half ounces of protoid, two ounces of fat and sixteen ounces of carbohydrate. An average woman doing the work of an average housekeeper requires a little less, probably about three ounces of protoid, one and a half ounces of fat and twelve ounces of carbohydrate. The boy fourteen to sixteen years of age requires four-fifths as much food as his father, and the boy or girl of twelve years should have half as much food as an adult. Recently certain specialists have been able to reduce the amount of protoid still lower than the above standards, which are less than those given ten or twelve years ago. But as long as the present habit of "bolting" food with insufficient mastication is common in the country it is not safe to reduce the amount of protoid to the lowest possible figure. The amount of food constituents which I have suggested can be easily obtained from standard food materials; less of these will be required if the foods are properly cooked. Just here the housekeeper's skill is called into account. No matter how nutritious and easy of digestion foods may be in their uncooked state, they may be almost, if not entirely, ruined as far as digestion and assimilation are concerned in the process of cooking.

A single portion of beefsteak, two eggs and an ounce of cheese, with milk and a little oatmeal, will furnish all the tissue building material the average man will require for one day. A half loaf of bread and a half pound of potatoes, with ordinary helping of rice and a tablespoonful of sugar will furnish the required amount of carbohydrate, and the required fat is easily obtained from the butter used on the bread, the oils in the cheese and the fat in meat. There is much more chance of too much fat being eaten with the ordinary meal than too little.

We are likely to underrate the value of water in the diet and use it too sparingly. Water is a food and a very necessary one. Its duties for the body are numerous and important. It helps to carry food to the blood, assists in carrying off the waste matters, equalizes the temperature of the body and acts as a solvent for food. Its benefits to the system are many.

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To Break in New Shoes Always Use Allen's Foot-Ease, a powder. It prevents tightness and blistering, cures Corns, Bunions, Swollen, Sweating, Aching feet. At Druggists, 25c. Sample mailed FREE. Address A. S. Olmsted, Le Roy, N. Y.

Children Cry FOR FLETCHER'S CASTORIA

GETS MARRIED AND GOOD JOB.

Gov. Hadley told the other day how he happened to select Henry Andrae for penitentiary warden:

"One day Henry and I were out sleigh riding, an old negro driving. We passed the penitentiary and the mansion provided for the warden. I asked Henry if he ever had thought of being warden. He said he didn't know that he had.

"Well, do you think you could fill the bill?" I asked.

"Yes," replied Henry, "I could."

"But," I said, "there is one vital objection to your appointment."

"Henry looked somewhat puzzled and not a little disappointed. I pointed over to the warden's mansion.

"You're not married, Henry," I reminded him.

"Ho! Is that the objection?" he asked.

"Just then the old darky drove over a rough place and the sleigh turned over. We were dumped out in the deep snow. I got up sputtering snow, but Henry disregarded the accident altogether. He looked me in the eye and said: 'I'll fix that right away, governor.'"

"And Andrae did fix it, for the ceremony took place the other day."—Kansas City Star.

THE REAL THING.



Violet—Dear me! Why is the audience wearing automobile goggles instead of using opera glasses?
 Vivian—Why, my dear, this is an automobile dream.

These Fifteen Years.
 Louise—The Johnsons are so devoted and so happy anticipating their silver anniversary next week.
 James—Are they? I wonder if they ever are the time they went 15 years without speaking a single word to each other.
 Louise—Why, I didn't know there ever had been such a time!
 James—Yes, it was before they met.

He Got to Work.
 "What were you running for when I saw you to-day, Sam?"
 "I heard of some work, sah."
 "And did you get the job, Sam?"
 "I sure did, boss."
 "What kind of work did you procure, Sam?"
 "Some washin' for m' wife!"—Yonkers Statesman.

Dr. B. A. STOCKDALE

The Noted Specialist of Des Moines, Iowa, will visit Cresco, at STROTHER HOUSE, THURSDAY, APRIL 11 from 8 a. m. to 5 p. m.

He will return every four weeks.



DR. STOCKDALE wants every person who suffers from chronic disease—it makes no difference how bad the case, or how long they have suffered, to call and consult him. He will make a thorough examination of their case, tell exactly what can be done, whether they are curable or not, how long it will require and all about it. He treats only chronic diseases. He has devoted twenty years of his life to the study and treatment of diseases of the Stomach, Liver, Bowels and Kidneys; Indigestion, Dyspepsia, Constipation and Diabetes; Heart and Nerve Troubles; Rheumatism; Chronic Catarrh in all its forms—in fact all Chronic Diseases.

DR. STOCKDALE has a system of treatment which he believes is the best known for chronic diseases. He is able to cure many cases that have resisted other treatments—that are considered incurable. He wants it distinctly understood that he does not undertake any case that he thinks is incurable, and will tell the patient candidly when he has made the examination.

HE HAS A SPECIAL TREATMENT FOR NERVOUS AND PHYSICAL WEAKNESS OF MEN, WHICH HE WOULD LIKE TO EXPLAIN IN PERSON. CALL AND GET HIS OPINION AND ADVICE FREE OF CHARGE.

If for any reason you cannot call or visit him personally, write him for an examination blank at his home office.

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 A Day Medicine for Busy People. Brings Golden Health and Renewed Vigor. A specific for Constipation, Indigestion, Liver and Kidney troubles, Pimples, Eczema, Impure Blood, Bad Breath, Stomach Bowels, Headache and Backache. Its Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by HOLLISTER'S DRUG COMPANY, Madison, Wis. GOLDEN NUGGETS FOR SALLOW PEOPLE.

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 I have some bargains and good terms on dwellings for sale, also a few residences for rent. E. M. STOCKMAN, Office over Moving Picture Show, Cresco, Ia. N. I. Phone No. 4.