

Suffered For Years Back and Kidneys Were in Bad Shape, But Doan's Removed all the Trouble

"My kidneys were so weak that the least cold I caught would affect them and start my back aching until I could hardly endure the misery," says Mrs. D. C. Ross, 723 Fulton St., Brooklyn, N. Y. "In the morning when I first got up, my back was so lame, I could hardly bend over, and any move sent darts of pain through my kidneys. It was hard for me to walk up stairs or stoop, and to move while lying down sent darts of pain through me. The kidney secretions were scanty and distressing and the water remained in my system, making my feet and hands swell. There were dark circles under my eyes and I became so dizzy I could hardly see. I had rheumatic pains in my knees and it was all I could do to get around. For years I was in that state and I wore plasters and used all kinds of medicine to no avail until I tried Doan's Kidney Pills. They rid me of the trouble and strengthened my back and kidneys. When I have taken Doan's since, they have always benefited me."



Sworn to before me. L. N. VAUGHAN, Notary Public. Get Doan's at Any Store, 60c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

GIRLS Clear Your Skin Save Your Hair With Cuticura Soap, Ointment, and Cream. Each sample pack of Cuticura, 10c.

Don't wear your bathing suit to a New Year's party just to show that you have one.

END INDIGESTION. EAT ONE TABLET

PAPE'S DIAPEPSIN INSTANTLY RELIEVES ANY DISTRESSED, UPSET STOMACH.

Lumps of undigested food causing pain. When your stomach is acid, gassy, sour, or you have flatulence, heartburn, here is instant relief—No waiting!



Just as soon as you eat a tablet or two of Pape's Diapepsin all that dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin never fail to make sick, upset stomachs feel fine at once, and they cost very little at drug stores. Ad.

It takes a cheerful face to make good in a photograph.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

The wife of a henpecked husband hasn't much to crow over.

A Coated Tongue? What it Means

A bad breath, coated tongue, bad taste in the mouth, languor and debility, are usually signs that the liver is out of order. PROF. HEMMER says: "The liver is an organ secondary in importance only to the heart."



We can manufacture poisons within our own bodies which are as deadly as a snake's venom. The liver acts as a guard over our well-being, sifting out the cinders and ashes from the general circulation. A blockade in the intestines piles a heavy burden upon the liver. If the intestines are choked or clogged up, the circulation of the blood becomes poisoned and the system becomes loaded with toxic waste, and we suffer from headache, yellow-coated tongue, bad taste in mouth, nausea, or gas, acid dyspepsia, languor, debility, yellow skin or eyes. At such times one should take a pleasant laxative. Such a one is made of May-apple, leaves of aloë, jalap, put into ready-to-use form by Doctor Pierce, nearly fifty years ago, and sold for 25 cents by all druggists as Dr. Pierce's Pleasant Pellets.

STROCKEN, CALIF.—"For constipation, sick headache, an inactive liver, indigestion and biliousness there is nothing to equal Dr. Pierce's Pleasant Pellets. I have tried other things but like the 'Pellets' best of any."—Mrs. F. CAMP, 100 S. Grand Street.

Children's Coughs can be checked and more serious conditions of the throat will be averted by promptly giving the child a dose of PISO'S

North Dakota News in Brief

Dickinson.—This city is planning to make substantial contributions to fund for the improvement of the Red Trail.

Fargo.—The local Red Cross was assigned a quota of 1,000 garments to be made for refugee relief work during January.

Jamestown.—Local officials will probably let a contract for paving the principal streets of the city during the coming summer.

Fargo.—North Dakota bakers have formed a permanent state organization, of which H. K. Geist of Grand Forks is president.

Mandan.—Mandan celebrated a "community development" day on January 8 and 9, with a suitable program of attractions for those who wished to be entertained.

Grand Forks.—The enrollment at the state university a few days ago had reached 500 students, a considerable number more than at the corresponding date a year ago.

Bismarck.—Bobsleds were being used to facilitate travel to and from the capitol building at the opening of the legislative session, because of the state-owned street car being temporarily out of commission.

Bismarck.—Former Warden F. O. Hellstrom has received the grant of patents on certain improvements in silo construction which he believes will be of great value in the future development of this industry.

Fargo.—The local office of the United States employment bureau has placed approximately 12,000 men in positions since its organization last March, according to an announcement made by William English, examiner in charge.

Bismarck.—The presence of F. W. Turner, known as "the daddy of the Red Trail," in the North Dakota legislature again this year is expected to produce further beneficial results in the production of favorable highway legislation.

Wahpeton.—The January term of the Richland county district court was put over this year for the first time in a long period. Continued prevalence of the influenza, to some extent, is the reason assigned but the number of important cases pending for consideration is said to have been very light.

Grand Forks.—F. C. Himber and Lorne Wilde of the federal food administration for North Dakota, have been checking in flour substitutes which the administration is undertaking to repurchase from dealers in whose hands they were left upon the withdrawal of requirements for their use.

Bismarck.—The local weather bureau reports that December past was one of the warmest twelfth months in the history of the station, which extends back to 1874. The mean temperature for the month was 22 degrees above zero, which is 6.5 per cent higher than the average for the 44 years December records.

Fargo.—North Dakota bakers in annual session here a short time ago took up the question of devising means for the disposal of considerable quantities of flour substitutes left on their hands when the withdrawal of food conservation ruling rendered it competitively necessary for the association's members to resume making bread from pure wheat flour.

Fargo.—State Director N. C. Young of the Red Cross urges all county and local chapters to organize for the greatest possible efficiency in combating the influenza, especially by providing constant communication for the protection of persons become ill in remote neighborhoods, and by the dissemination of instructions as to method of treatment.

Flasher.—Godfrey Elrich was accidentally shot in the abdomen during the celebration of New Year's day by himself and a brother near Shields. A .38-caliber revolver was being used, with blank cartridges, it was supposed. The young man was rushed to the hospital here for treatment, and at last accounts was believed to have a good chance of recovery.

New Salem.—Members of the New Salem Holstein Breeders' association are beginning to reap satisfactory profits from the care and labor they have exercised in bringing their live stock to a high degree of perfection. Total sales from the association's circuit since April 1 last year amount to more than \$10,000. Sales to a single breeder, purchasing heifers for shipment to Oregon, averaged \$258 each for eight of the best animals and \$187 each for a herd of 26.

Fargo.—Many North Dakota cities are looking forward expectantly to the return of the contingents of the state's original volunteer fighting organizations now serving in France in the 16th division. Word has been recently that this division was listed for early demobilization, and it is figured that a good share of the old First and Second North Dakota regiment members will be released by this movement from further participation in the war, in which they have seen unusually active service.

Bismarck.—Thirty-five wounded Yanks, every one of them characterized by the lieutenant in charge as a hero, en route to the base hospital at Camp Lewis, Wash., in a special car attached to Northern Pacific train No. 3, were furnished hospital and canteen service by the Burlington county Red Cross canteen committee. Practically all of the men had leg or arm wounds. They were a cheerful, good natured lot, grateful for the attention which they received from the Red Cross and not inclined to complain over the injuries which war had brought them.

Michigan.—This city is organizing for community development along important lines during the year 1919.

Fargo.—Members of the North Dakota Chiropractic association met here in special session on Tuesday of last week.

Dickinson.—North Dakota county commissioners will hold an important session in this city on January 22 and 23.

Fargo.—The state headquarters of the American Red Cross in this city is to be closed about the middle of the present month.

Mandan.—Mrs. Frank Wilder, wife of the former deputy secretary of state, died a few days ago at the home of her daughter near here.

Fargo.—A local rumor has it that the Consumers' United States company may establish headquarters here in a business block which the organization has recently leased.

Bismarck.—Former State Superintendent of Public Instruction E. J. Taylor has removed to Washington, D. C., where he will be engaged in army reconstruction work.

Jamestown.—Seventy-four less marriage licenses were issued in Stutsman county in 1918 than during the year previous, the smaller number being generally attributed to the war.

Minot.—Policeman Edward Robison of this city has been acquitted of responsibility for the death of G. M. Fallness, who was shot while attempting to escape from arrest in a raid of alleged thieves here some time ago.

Bismarck.—North Dakota golfers will be given an opportunity to witness the famous strokes of the state champion, John Reuter, Jr., of Dickinson, who has been filmed in action by a local movie concern for this purpose.

Fargo.—State Field Agent A. J. Surratt of the United States department of agriculture reports that the total cultivated acreage in North Dakota the past year was approximately 16,000,000 or 1,365,000 more than the previous year.

Grand Forks.—A test suit is being brought by Attorney General William Langer to determine the legality of the state's claim to \$15,000 of funds which the attorney general believes to be due to the commonwealth from the county of Grand Forks.

Fargo.—A local community training school of religious education, opened here under the auspices of the Y. M. C. A. last week, started with such favorable conditions for success that the adoption of the plan by other communities is said to be assured.

Mandan.—Interest in the exploit of a well-known Mandan young man, now in the aerial service, was renewed a few days ago by the publication of a portrait of the young man, Clifford Procter, with the huge Handley-Page machine in which he piloted forty passengers over the city of London a short time ago.

Dickinson.—Local officials took Theodore Deletzke, at his word and searched him after he had boasted that he sold two gallons of liquid Christmas cheer for \$125. He still had two suitcases of fiery fluid in his possession, which should have made him independently rich if the opportunity and demand had held out.

Drake.—This city has recently resold to a local electric company the city lighting plant which had been purchased some time previously for municipal operation. The city did not find the operation of the plant a satisfactory undertaking, and has turned it back to the previous owners with renewal of their franchise privileges.

Bismarck.—Secretary Thomas Allan Box of the state council of defense reports that that organization negotiated 1,000 leases of waste lands during the last growing season, and that the average yield on each lease was \$1,000, making the gain in net revenue to the state \$1,000,000, of which the council appropriation of \$15,000 was 1.5 per cent.

Bismarck.—George N. Keniston, secretary of the local Commercial club, has been elected second vice president of the National Parks Highway association, which has just held a meeting in Spokane. Mr. Keniston has been for a number of years president of the North Dakota section of the organization and has been a vigorous promoter of the development of some of the famous overland trails.

Mandan.—A sharp increase in the movement of real estate between local buyers and sellers leads Mandan businessmen to anticipate a considerable revival of real estate and building industries here during the present year. Several good-sized blocks of property have changed hands, and it is pointed out that active local buying, in the experience of real estate men, usually presages an increase of interest among prospective purchasers from outside.

Bismarck.—The \$10,000,000 suit begun by Attorney General William Langer against a group of four twin city grain companies, charging a conspiracy to hold down grain prices, recently removed from the district court of Burlington county to the United States district court, may again land in the state courts. Attorney General Langer has announced that he would move to have the case remanded from the federal to the state court, on the ground that the federal court was without jurisdiction.

Fargo.—The North Dakota Retail Hardware Dealers' association will meet here February 12 to 14.

Bismarck.—State Rate Expert James A. Little has formulated estimates tending to show that the supposed decrease in telephone tolls in this state under a new schedule proposed by Postmaster General Burleson would operate to increase the income of the Independent Telephone company in this state about \$112,000 a year and that of the Northwestern system \$1,250,000. The figures are based upon the volume of traffic shown in the business of 1917.

WITH THE LAWMAKERS

Bismarck, N. D., Jan. 18.—The Nonpartisan league caucus at its meeting Saturday evening endorsed two tentative bills embracing the principal features of the league's program for the session, according to authentic reports available here today. The measures endorsed create an elevator, warehouse and flour mill system to be owned and operated by the state and known as the North Dakota Mill and Elevator association. They also declare the purpose of the state to engage in the work of providing homes for residents, under the name of the Home Building Association of North Dakota. The last mentioned organization will receive deposits and will be prepared to lend up to \$5,000 for the erection of city homes and up to \$10,000 on farm property.

Earlier Caucus Action. Actions of the Nonpartisan caucus, which are particularly significant because of its clear majorities in both houses of the assembly, include to date a substantial agreement upon two other important bills, one of which is known as the "parent" bill of the league's state program. This measure provides for the creation of an industrial commission for the state, empowered to operate and manage all state-owned utilities. The bill, as now contemplated, will constitute the governor, the attorney general and the commissioner of agriculture as the members of such commission. Endorsed at the same time with this, at a caucus held on Friday evening, was a measure providing for the establishment of a state-owned and state-operated bank with a capitalization up to \$2,600,000. The purpose of the bank will be to provide necessary finance for the operation of contemplated public utilities.

Big Program Mapped Out. A survey of the work mapped out for the session by its leaders has given most observers the impression that the full period of 60 days, allowed by the constitution, will probably be required to complete its deliberations. Considerable talk of an early closing has been indulged in, and may possibly be made good, but each legislator will have some projects in which he is personally interested, and it is believed the leaders will not attempt to hurry business to the point of making it appear that full deliberation is not desired.

Speaker L. L. Stair, who was elevated to that position by a large majority vote at the opening of the session, according to caucus program, has the lower house well organized for the work before it, and the same is true of Lieutenant Governor Wood's organization in the upper house.

While the number of bills introduced to date has not been large, a sufficient number have been presented to get the various committees working, and the Nonpartisan league caucus with its leaders, is said to have tentatively agreed upon the main features of many important bills, several of which will be introduced by the state affairs committee of the house.

Macdonald Loses Superintendency. Bismarck, Jan. 11.—N. C. Macdonald yesterday afternoon lost the suit forced upon the state by his action in refusing to voluntarily surrender his office as state superintendent of public instruction to Miss Minnie Nielson upon the strength of her election in November to succeed him. Prompt action was obtained on this suit by Attorney General Langer, who began ouster proceedings against him before the state supreme court, resulting in a decision against Macdonald yesterday as above stated. Miss Nielson, the court holds, has prima facie evidence of her eligibility for the position in the fact of her election to hold it after a campaign in which the allegations of her opponent were made a part of the issue. Miss Nielson will be assisted in her department by Dr. George A. MacFarland, formerly head of the state normal school at Valley City, and by J. W. Riley, former superintendent of schools for Cass county.

Aandahl Chairman of Railway Board. S. J. Aandahl of Litchville, the only hold-over member of the state railroad commission, was elected chairman of the board at its meeting for reorganization last week. With him on the board are C. F. Dupuis of Williams county and Frank Millhollan of Burleigh. J. H. Calderhead, secretary for the past two years, will be continued in the position. James A. Little, rate clerk, will also probably be continued in the employ of the commission.

Support President's Peace Plan. A concurrent resolution was presented by Senator Welford of Pembina county today memorializing the peace congress in behalf of President Wilson's 14 points and endorsing the movement for a league of nations to maintain peace. Senator Welford stated that the resolution was in accordance with Governor Frazier's recommendations. At his request the resolution was referred to a committee.

To Senator Fraser of McLean county belongs the honor of having introduced the first senate bill—one of only five introduced in the senate Thursday, the opening day for business of this character. The measure is to provide for the calling in of a trial judge in district court civil cases upon filing of an affidavit of prejudice, and to provide an appropriation to defray expenses.

Senate Bill No. 5, by Whitman of Grand Forks, proposes a memorial commission to secure plans for a memorial in each county to North Dakota's men enlisted in the war.

House Chairmanships. Agriculture, J. J. O'Connor; Appropriations, John Maddock; Banks and Banking, Bailey; Cities and Municipal Corporations, Wadson; Corporations Other than Municipal, Harding; Counties, Renaud; Education, Harris; Elections, Whipple; Enrolled and Engrossed Bills, Kunkel; Federal Relations, Lazier; Game and Fish, Arnold; Highways, Bridges and Ferries, Eckert; Immigration, Koller; Insurance, Magnuson; Irrigation and Drainage, J. N. Kunkel; Judiciary, Frank G. Erater; Live Stock, H. Gunhus; Military Affairs, F. A. Hoare; Mines and Mining, Malone; Public Health, Keltzman; School and Public Lands, Frederickson; Public Printing, Robert Byrne; Railroads, McDonnell; Revision and Correction of the Journal, Wells of Kidder; Rules, Nims; State Affairs, Walter Maddock; Taxes and Tax Laws, E. E. Bryans; Temperance, John Nathan; Warehouse and Grain Grading, G. Patterson; Ways and Means, Haines; Mileage and Per Diem, J. C. Sherman; Delayed Bills, Ed. Herbert; Forestry, Roy Wells.

These Lead Senate Committees. Following are the men designated to head the various committees appointed in the senate:

Agriculture, Ettestad; Appropriations, McCarty; Apportionment, Webber; Banks, Levang; Cities and Municipal Corporations, Bowman; Corporations Other than Municipal, Olson; Counties, Benson; Education, Stenmo; Elections, Hagen; Enrolled and Engrossed Bills, Storstad; Federal Relations, Liedebach; Game and Fish, Zieman; Highways, King; Indian Affairs, Jacobsen; Insurance, Welford; Irrigation and Drainage, Church; Judiciary, Fraser; Live Stock, Ward; Military Affairs, Berk; Mines and Minerals, Nees; Public Health, Mortenson; Public Land, Riegerson; Public Printing, Hunt; Railroads, Mostad; Revision and Correction of the Journal, McNair; Rules, Sykes; State Affairs, Cahill; Statistics, Hamerly; Taxes and Tax Laws, Pendray; Temperance, Hemmingsen; Warehouse and Grain Grading, Drown; Ways and Means, Wenstrom; Woman Suffrage, Morkrid.

Joint Committee Chairmen. Charitable Institutions, Larson of Ransom; Educational Institutions, O. C. Martin; Penal Institutions, Henry Strom; Labor, John O'Brien; Public Buildings, William Pleasance; Joint Rules, Gust Wog.

Wednesday's Joint Session. Bismarck, Jan. 9.—The inauguration of state officials, the reading of Governor Frazier's second biennial message to the legislature and the passage of resolutions on the death of Theodore Roosevelt comprised the chief activities of the legislative body at its sitting yesterday. The body met in joint assembly and was presided over by Lieutenant Governor Howard B. Wood, who prophesied that the Sixteenth session of the North Dakota legislature would go down in history as the greatest the state has yet witnessed.

The Governor's Message. Governor Frazier's message, delivered before the assembly in joint session Wednesday afternoon included the following recommendations:

Readjustment and consolidation of existing state boards with the purpose of more economical administration. A one-man tax commission. One salaried man and two state officials to constitute the board of control. Unification of control of all educational institutions. Greater encouragement for the pursuit of vocational education. Increased state aid for rural schools. Better provision for the protection of public health, to be administered under direction of a full time state health officer; also special provision for the cost of following up work started by the government to stamp out venereal diseases.

Endorsement of the budget board's recommendation for funds to continue work of the state council of defense. County and city examiners to be transferred to the state auditor's department. Enactment of labor legislation ineffectually attempted by the Fifteenth assembly. Enactment of provisions for an income tax. To extend time for redemption on real estate foreclosures to two years. The creation of an industrial commission with power to establish and operate any and all public utilities that the state may undertake. Establishment by such commission of a Terminal Elevator and Flour Mill association for the purchase, sale, storage and manufacturing of farm products; finances to be raised by the sale of state bonds. Compulsory state hall insurance. Establishment of a state-owned lignite coal mining and briquetting plant. Establishment of a department of public service, modeled along building association lines, for assistance in the economical building of homes. A fund for the assistance of returned soldiers. The establishment of a bank to be operated by the state in order to assist in financing public utilities, providing real estate loans for farmers, etc.

Kendall Wins Election Contest. The single election contest materializing at the opening of the session was that of D. H. Hamilton of the 84th district against Senator E. H. Kendall of Norwich, who won his election on the face of the returns by a margin of 34 votes. On the report of the election committee's sub-committee consisting of Senators McBride, Mees and Stenmo, Senator Kendall was seated, the committee's report showing a canvass of the votes which tended to show a slight increase in Kendall's favor.

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard, so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HILLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience. If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Some people make a specialty of killing time for others.

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

Graft by any other name would produce just as many plums.

To keep clean and healthy take Doctor Pierce's Pleasant Pellets. They regulate liver, bowels and stomach. Adv.

PROPER CARE OF THE SICK

Nurse's Duties Are Onerous, but They Must Be Recognized as Highly Necessary.

It is important that the mother or nurse attending a child with a contagious disease should take a long walk in the fresh air every day. The best way for her to arrange this is to keep a change of clothing in the room next to the sick room. She should also bathe before leaving the house or in fact before she comes in contact with anyone. If a bathroom has been set aside for quarantine, she should use this; if not, a screen and a basin must answer. She can then slip into the next room and change her clothing. She should leave the house by the back way, or, at any rate, avoid coming in contact with any of the occupants of the house. Once on the street she should not use the street cars nor enter another house and, if possible, should avoid touching anyone. The fumigation of a sick room after a contagious illness is done by the board of health upon request of the family physician.—Exchange.

In the Primary Class. Teacher—Isabelle, to what race does your mother belong? Isabelle (aged six)—Human race!



The Popular Choice

People of culture taste and refinement are keen for health, simplicity and contentment. Thousands of these people choose the cereal drink

INSTANT POSTUM as their table beverage in place of tea or coffee. Healthful Economical Delicious