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HOME HEALTH CLUB By DR. DAVID H. REEDER, LaPorte, Indiana

DISEASES OF WOMEN. Some of the Factors in the Causation. Discussing diseases of women from any other but a purely medical standpoint is seldom done. The family physician, if he thinks of the matter from any other standpoint at all, feels that if he attempted to enlighten his clientele, he would be misunderstood. He gets his living from a comparatively small following, therefore cannot afford to say or do anything that might be misunderstood. Our position being different from that of the family physician we feel we can discuss the subject in its true light.

There is one supreme truth which should never be lost sight of in thinking and in writing about diseases and their causation; namely, local diseases are self limited and transient without a constitutional derangement to keep them in activity. Local diseases cannot thrive in an organism possessed of a normal amount of resistance; or to put the statement in other words; local diseases cannot thrive in a healthy body.

Readers who have been following the Home Health Club articles in this publication are familiar with the term auto-intoxication and the derangements brought on by it. Women suffer from it for self-poisoning than do men, for they are more at home and around where food is. Over-eating does not necessarily mean consuming unusually large quantities of food. Nerve energy used in other directions, cannot be used for digestion of food.

Dear Doctor: I am writing to ask you if you can give me a good recipe for making a good substitute for coffee. Also tell me how I can get the books you publish. An immediate reply will be greatly appreciated. J. M.

There are quite a number of different so called cereal coffees on the market. Some of them may possess greater merit than others. It is claimed by some that if they are taken to any extent, they derange the stomach and cause heartburn, and I believe it.

One of the simplest substitutes for the coffee bean is barley. If you do not care to send to headquarters for any of the varieties of substitutes for coffee advertised, try brewed barley and you will find it to be just about as good as any.

A personal reply has been sent you regarding the books. All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill., U. S. A., with name and address in full and at least four cents in postage.

Close Housing: This is another name for oxygen starvation and is a common source of much lost resistance. The air in the best ventilated homes is not pure enough for anyone to breathe all the time, therefore a certain number of hours should be spent in the open each day. Many wives and children suffer from anemic conditions brought on by living and sleeping in a house improperly ventilated. Fresh air is free, but many do not seem to know it.

Envy and Discontent: Thousands of women live in a state of discontent. They do not appreciate what they have in environment, home, family, and health. To them every other woman's husband seems kinder, better, and far more considerate. No amount of money spent on a chronic fault finder, complainer and grumbler can make her happy or look well. One's disposition shows in the face and in the manner, and a life spent in fault finding and discontent will prevent the most beautiful physiognomy into one that is ugly and repelling.

Bad mental habits build faces and figures to correspond. Nothing else impairs health so insiduously and so surely as envy and jealousy. The woman who is envious of Mrs. so-and-so because she dresses better or serves more magnificently is on the toboggan that leads to mental and physical destruction. Many of these unhappy creatures go from specialist to specialist and finally to the operating table, once, twice, and oftener, if they survive the first or second operation; but the surgeon cannot cut out the cause.

Domestic Unhappiness: No matter what cause may be responsible for this state, the result is sure to be ill health among women. When people marry with mistaken idea that marriage is a form of chattel slavery, and the man or woman dominated with idea proceeds to assert his or her authority, the result is they have the kind of time best described by the term Gen. Sherman used in referring to war. Children brought up in an atmosphere of strife and discontent suffer in body and in mind, and their development is greatly impaired.

Selfishness: Selfishness in either wife or husband is sand in the gear of domestic life. Husbands who would feast their sordid souls on the luxuries of life, and spend more in one day than they expect their wives and family to consume in a week, do not deserve the ministrations of a faithful wife. They have no legitimate "kick" coming, if doctor's bills, and bills for domestic help begin to pile up because of sick wives. On the other hand, some wives are ruined by indulgent husbands. The man who will indulge a senseless wife to the point of straining his credit and hampering his success in life, will have an invalid on his hands; for a woman

Kerkhova Banner. Andrew Adamson, 60-year-old resident of this community, died at his home in this village on Sept. 26, 1912, of complications of disease brought on by advancing age after illness of many months. Invitations have been issued for the marriage of Alf. M. Jacobson and Miss Estelle Eliason, the ceremony to take place at the home of the bride's parents, Mr. and Mrs. C. Eliason, in this village, Saturday evening, Oct. 12. Violet, the 4-year-old daughter of Mr. and Mrs. Arvid Swanson, of Pillsbury, had the misfortune of breaking both bones in one of her legs, between the knee and ankle, on Friday of last week. She was playing on a hay rack and fell when the limb was wedged between two timbers, causing both bones to snap. Mrs. Amos Jacobson returned home Tuesday from Strandburg, S. D., where she went last Saturday in response to a message that her mother, Mrs. Carrie Nelson, had died at that place Thursday. Mrs. Nelson had reached the ripe age of 93 years and some months, and her death was due to old age. She had been sick for several months.—Kerkhova Banner.

AUCTION SALE As I have sold my place, I will sell at public auction on my late place in Section 13, Town of Dovre, five miles southwest of Spicer, on Tuesday, October 29, 1912, beginning at ten o'clock a. m., the following described property: One cow coming in about New Year's; one cow, coming in last part of April; one bull calf, 9 months old; one calf, 7 months old; one lumber wagon, nearly new, with box; one spring wagon; one buggy; one cart; one mow; one hay rake; one 9-inch walking plow; one corn cutter; one feed cutter; one box cutter; one disc weeder; one single horse cultivator; one garden drill and cultivator, combined; one saddle; one single horse corn drill; one blacksmith forge; two hives of bees; one cook stove, number 9; one writing desk and book case; one bed; some chairs; one kitchen table; one bureau; and some other articles too numerous to mention. Free Lunch at Noon.

Terms: Less than \$500, cash; on larger sums time until Nov. 1, 1913, on bankable paper at 7 per cent interest. No property to be removed until settled for. N. M. FLEEN, Owner. W. N. Davis, Auctioneer. N. S. Swenson, Clerk.

AUCTION SALE The undersigned will sell at public auction on the Gleason farm in the town of Norway Lake, Kandiyohi county, on Saturday, October 19, 1912, commencing at 10 o'clock a. m., the following property, to-wit: One brown colt, 2 years old; one black mare, three years old; one brown mare, 8 years old; twelve milk cows; two single buggies; one pair bob sleighs; one pair light bob sleighs, with box; one farm wagon, nearly new; one set wagon springs; one 7-foot binder; three hay racks; one manure spreader; one DeLaval cream separator; one wagon scale; one grind stone; one sickle-sharpening; one organ; one sewing machine; two tables; one churn; household furniture; set farm harness; set light harness; one gasoline engine, 2 1/2 h. p., and truck; and lots of other articles too numerous to mention. Free Lunch at Noon.

Terms: All sums of \$5.00, cash; all sums over \$5.00 time will be given to November 1st, 1913, on approved notes bearing 7 per cent interest. All articles must be settled for before being removed. P. A. GANDRUD, Administrator E. C. Gleason Estate P. A. Gandrud, Auctioneer. A. J. Syse, Clerk.



Old Country GREEN SOAP Simply Cannot Hurt the Hands THE CAUSTIC SODA AND the rosin and the minerals in hard case soaps ruin your fabrics and crack your hands. They are used by American soap-makers simply because American soap-makers have never known how to make soap without using them. We went to the old country for our Chief Chemist—to the one and only family in the world that could supply us with that one right formula. That is why Genuine Old Country Green Soap is best for every household use. Many of you remember the green soft soap that you used in the Old Country. All of you have probably heard of it. Genuine Old Country Green Soap is Old Country's O. O. and has accordingly retained its present position. As soon as he is relieved here he will commence his work with the big electric supply concern, making Breckenridge his headquarters. The promotion will be a pleasing news to Mr. Seybold's many friends. Breckenridge, Telegram.

Help Hold Them to Seven Each. The seven senator amendment is an attempt to balance the legislative power of the state. If it is adopted it will make impossible the control of legislation by the big cities. If it is not adopted the cities will receive additional legislators both in House and Senate to such an extent that there will be little hope for the country districts to get thru anything that is distasteful to the city interests. The subject is one of vast importance and no voter should allow himself to be indifferent to the problem involved.—Minnesota Mascot.

Better Than Street Fair. The Redwood county fair which closes today is the best ever held in the county, and demonstrates that the old time agricultural fair and horse trot leaves the street fair far in the rear. In this connection we might say that it has been forcibly demonstrated that the old time fair is what draws the people much more than the modern street fair. The officials estimated the attendance Thursday to be about 6,000 people.—Redwood Falls Sun.

Seybold Goes on Road. H. A. Seybold, manager of the local telephone system for several years, has been appointed Western Minnesota representative for the Dean Electric Co. of Minneapolis, and has accordingly resigned his present position. As soon as he is relieved here he will commence his work with the big electric supply concern, making Breckenridge his headquarters. The promotion will be a pleasing news to Mr. Seybold's many friends. Breckenridge, Telegram.

Hansonville township in Lincoln county in this district did not cast a single vote in the primary. The judges of election even did not vote, but handed back the supplies to the county auditor in the condition in which they were received.

AUCTION SALE TOURING CAR AT A BARGAIN FOR SALE—A five passenger touring car, 26 horse power, in good running order. Will take \$300, if taken at once. Will demonstrate car to anyone interested. LARS HALVORSON Willmar Minn.

I am prepared to buy scrap iron, rags, rubbers and wool. Bring in anything in this line you may have for sale, or notify me by mail or telephone and I will call for it, whether you live in the city or in the country. I pay the highest prices. Tel. 434. J. J. RYKIN, 608 Litchfield Ave.

For good pasture and healthy exercise try Weber's Bowling Alley. PROFESSIONAL CARDS WILLMAR BETHESDA HOSPITAL Corner 3rd St., and Litchfield Ave. Phone 282. Operating Rooms Open to the Profession. Staff Dr. H. E. Frost, Dr. J. C. Jacobs Dr. Christian Johnson.

WILLMAR HOSPITAL Cor. Becker Avenue and Fourth Street ATTENDING PHYSICIANS: Drs. Petersen and Branton OFFICE HOURS: 1 to 4 p. m.; Sundays 12 to 1 p. m. Calling hours from 2 p. m. to 4 p. m. DR. C. W. RICKES Home Sanatorium A pleasant, modern, restful home for the successful treatment of all non-infectious, chronic diseases. Cancer, Appendicitis, Gout, Enlarged Tonsils and many Tumors cured without the knife. 2832 Second Ave. S., Minneapolis. Take First Ave. S. car to 28th St.

DR. H. F. PORTER DENTIST (SKANDINAVISK TANDLAKARE) Office in Carlson Block, Phone 278. WILLMAR, MINN. Dr. E. Wanner GRADUATE VETERINARY SURGEON Calls Attended Promptly Tel.—Day, 318; Night, 100.

R. W. STANFORD LAWYER Real Estate, Insurance and Collections. Office in Postoffice Building, WILLMAR, MINNESOTA.

PARCEL DELIVERY Trunks, parcels, packages, letters, etc., called for and delivered to any part of the city. Prompt service. Charges moderate. Office Great Northern Express. Telephone 92.

KELLY & SANDERSON LIVERY Phone 48.—One block south of depot

I. C. OLSON UNDERTAKER (Licensed Embalmer.) Office 309 Litchfield Ave. W. Phone 311 Residence, 311 First Street. Phone 113

HOTEL VENDOME The Minneapolis Dollar-Hotel 200 MODERN ROOMS Located in Heart of Business District \$1.25 SINGLE RATE \$1.00 EUROPEAN; RATE FOR TWO PERSONS \$1.00 PRIVATE BATH AND TOILET EXTRA COMPLETE SAFETY AUTOMATIC SPRINKLING AND FIRE-PROOF CONSTRUCTION (INSURANCE RECORDS SHOW NO LOSS EVER LOST IN A SPRINKLED BUILDING) EVERY ROOM HAS HOT AND COLD RUNNING WATER, STEAM HEAT, GAS AND ELECTRIC LIGHTS, AND TELEPHONE SERVICE. SEVEN STORY ANNEX IN CONNECTION.

Farmers! Patronize the F. L. Smith FEED BARN Remodelled on Site of Old Madison Barn. Telephone 318. Headquarters of Dr. Wanner, Graduate Veterinary Surgeon. WE ARE STILL IN THE BUSINESS OF DELIVERING GREEN LAKE ICE TO ALL PARTS OF THE CITY. TELEPHONE ORDERS TO NO. 42 Prompt Dray and Transfer Service Nothing too Small or too Heavy for Us to Handle. Call No. 42. F. L. SMITH

NOTICE OF TAX SALE Of Unredeemed Lands in Kandiyohi County, Minnesota, Under Sections 936, 937 and 938, Revised Laws of 1905, as Amended by Chapter 430, General Laws 1907, and Chapter 30, General Laws 1912. Pursuant to the provisions of Sections 936, 937 and 938 of Revised Laws of 1905, as amended by Chapter 430, General Laws 1907, and Chapter 30, General Laws 1912, notice is hereby given that on Monday the 11th day of November, 1912, at 10 o'clock of said day, at the office of the County Auditor in the County Court House at Willmar in Kandiyohi County, Minnesota, all parcels of land situated in Kandiyohi County, Minn., and not as to be sold in pursuance of the provisions of said laws, and not as to be sold within three years from the date of the tax sale at which said parcels were offered and so bid in by the State, will be offered at public sale, and will be sold to the highest bidder therefor. The current taxes shall be included in all cases. No parcel will be sold for less than the aggregate taxes, penalties, interests and costs charged against it, unless the cash for the same is tendered and approved by the County Board and approved by the Minnesota Tax Commission, shall be the State Tax Commission, as provided in Section 936, Revised Laws 1905, which is hereby notified that all parcels bid in for the State in the year 1911, and prior years, and not assigned to purchasers, or redeemed as aforesaid, may be classed as for one year's taxes, and shall be sold as such. Purchasers shall forthwith pay the amount of their respective bids to the County Treasurer. Said sale will begin at the time and place named above and will continue from day to day until every such tract or parcel shall have been offered for sale under the provisions of said statute. The list of said real property, subject to said sale, and which will be sold, is now on file in the office of said County Auditor and of the County Auditor of said State.

Owners, or interested parties may redeem their property by paying the full amount due to the County Treasurer, at any time before the expiration of the 180 days after proof of service of the Notice of Expiration of Redemption has been filed with the County Auditor. After the Notice of Expiration of Redemption has been served, as provided in Section 936, Revised Laws 1905, the Governor is authorized to issue a deed in the name of the State to the person entitled thereto. (See Section 933 R. L.) Dated at Willmar, Minnesota, October 9th, 1912. JOHN FEIG, County Auditor, Kandiyohi County, Minn. (Seal of County Auditor, Kandiyohi County, Minn.)

(First publication Oct. 9-14) Order Limiting Time to File Claims and For Hearing Thereon. Estate of John Carlson, also known as Johan Carlson. State of Minnesota, County of Kandiyohi, In Probate Court. In the Matter of the Estate of John Carlson, Decedent. Letters of Administration this day having been granted to Chr. Svenson of said County. It is Ordered, that the time within which all creditors of the above named decedent may present claims against his estate in this court, be, and the same hereby is, limited to six months from and after the date hereof, and that Monday, the 14th day of April, 1913, at 2 o'clock p. m., in the Probate Court Rooms at the Court House at Willmar in said County, be, and the same hereby is fixed and appointed as the time and place for hearing upon and the examination, adjustment and allowance of such claims as shall be presented within the time aforesaid. Let notice hereof be given by the publication of this order in the Willmar Tribune as provided by law. Dated October 7th, 1912. T. O. GILBERT, Probate Judge.

R. W. STANFORD, Attorney, Willmar, Minn. (First publication Oct. 9-14) Order Limiting Time to File Claims and For Hearing Thereon. Estate of John William Carlson. State of Minnesota, County of Kandiyohi, In Probate Court. In the Matter of the Estate of John William Carlson, Decedent. Letters of Administration this day having been granted to Chr. Svenson of said County. It is Ordered, that the time within which all creditors of the above named decedent may present claims against his estate in this court, be, and the same hereby is, limited to six months from and after the date hereof, and that Monday, the 14th day of April, 1913, at 2 o'clock p. m., in the Probate Court Rooms at the Court House at Willmar in said County, be, and the same hereby is fixed and appointed as the time and place for hearing upon and the examination, adjustment and allowance of such claims as shall be presented within the time aforesaid. Let notice hereof be given by the publication of this order in the Willmar Tribune as provided by law. Dated October 7th, 1912. T. O. GILBERT, Probate Judge.

R. W. STANFORD, Attorney, Willmar, Minn. (First publication Oct. 9-14) STATEMENT OF THE OWNERSHIP, MANAGEMENT AND CIRCULATION of the Willmar Tribune, published weekly at Willmar, Minnesota, required by the Act of August 24, 1912. Managing Editor, Victor E. Lawson, Willmar, Minnesota. Business Manager, Victor E. Lawson, Willmar, Minnesota. Publisher, Tribune Printing Company, Willmar, Minnesota. Owner, Victor E. Lawson, Willmar, Minnesota. Known bondholders, mortgagees and other security holders, holding 1 per cent or more of total amount of bonds, mortgages, or other securities. Mergenthaler Linotype Co., 521 Wabash Ave., Chicago, Willmar, Minnesota. Signed, VICTOR E. LAWSON, Sworn to and subscribed before me this 3rd day of October, 1912. (SEAL) Notary Public, Kandiyohi Co., Minn. (My commission expires July 24, 1913.)

Those old pictures of father and mother are very dear to you. Priceless in fact. Just bear in mind that your children would cherish just such pictures of you. Olson Bros.

EXCELLENT BUSINESS OPPORTUNITY On account of important outside interests, we will sell our Ice Cream and Bottling business at Willmar. Price right. Business well established. Will guarantee success to live parties. Will teach the business to purchaser. Excellent opportunity for a couple live young men. Full particulars. GEO. W. JOHNSON

Supremo Flour You can't buy better no matter what price you pay—so why pay any more than the price of

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