

WHY NOT ?

KC is pure. KC is healthful. It really does make lighter, nicer biscuits, cakes and pastry than the old fashioned single acting baking powders.

And you pay only a fair price for it. No baking powder should sell for more.



HOME HEALTH CLUB

By DR. DAVID H. REEDER



ALL READERS of this publication are at liberty to inquire for any information pertaining to the subject of Health at any time. Address all communications to the Home Health Club, or to David H. Reeder, 5039 Cottage Grove Avenue, Chicago, with name and address in full and at least 4 cents in postage.

DISCHARGING EARS. There is still a superstition among a few physicians, that a running of the ear should not be stopped. This erroneous idea dates from the time when Setons, which were open sores, were placed near points of pain supposedly to draw the impurities from the blood. These Setons were often of benefit in relieving pain although the manner in which they did this was misunderstood. They acted as counterirritants, like mustard plasters applied to the body, or as a drop of chloroform does to a sore tooth.

A running ear means that there is an abscess inside, and an abscess is due to an infection by germs. Only the foolish and ignorant nowadays believe that an abscess is a good thing for anybody, or that it draws any impurities from the body, except those it creates. Much harm and damage has been done by this foolish belief. Many people have neglected to get themselves or their children's ears treated promptly until the destruction of tissues and the loss of hearing became such that great permanent damage was done.

The discharge from the ear is pus, commonly called matter and pus contains millions of bacteria and these bacteria live on the tissues, hence every day that proper treatment is neglected adds to the damage. Thus, pus will eat a little hole through the drum at first, then it will make it larger and larger, until finally the entire drum is eaten away. But pus, or rather the bacteria in the pus, do not limit themselves to the drum, they attack everything in sight looking especially for nooks and corners where they can work undisturbed. They will often burrow upwards and after destroying the thin bone that separates the brain cause death through meningitis.

After reading so far, one thing must have become clear, namely, that the quicker such an abscess is healed, the less damage will result to the person. Not only will the destruction be less, but time, and consequently the cost of treatment, will be less, bearing proof of the old saying

catch drippings. Douching the ear in this manner with warm water makes it sensitive to cold and the patient should not go right out into the cold air, without covering the ear or putting a little cotton in it. Cotton should be frequently changed, otherwise an eczema is apt to form.

In ordinary cases the ear should be cleansed morning, noon and night, and should be discontinued as soon as the discharge stops, for it is bad practice to syringe or meddle with the ear when not needed. Blowing in of powders, which was done up to recent times, only clogs up the passage, hinders the pus from coming out and has no value because it does not reach the seat of the trouble like water and other fluids.

The general health usually needs looking after in these cases and the system requires building up. In the majority of cases the nose requires treatment, which is not surprising, since the ear is really an extension of the nose and is lined by the same mucous membrane.

CLUB NOTES.

Dear Doctor: Could you please tell us what causes our baby to throw up so much. He is over three months old, he cries a good deal in the daytime and vomits terribly sometimes, but we never have to get up with him at night. He nurses the breast regularly and I try myself to eat nothing that will cause the milk to disagree with him. He grows and seems to gain right along, but I would like to know what makes him cry so much.

The reason for the baby's frequent vomiting is probably over-feeding. At his age an infant's stomach is very small, holding less than two ounces, and if he nurses this much or more, part of the food taken will be returned especially if he is handled much. This therefore is of no importance, but the frequent crying and restlessness indicate some digestive disturbance. Your letter gives me no information regarding the condition of his bowels, although it is, of course, a matter of the highest importance. A careful study of the articles on Digestion and Constipation, in Vol. 4 of the Home Health Club books, will probably give you a better idea of the necessity for keeping a close watch over the condition of the bowels. Give the baby a tablespoonful of cool water and occasionally a little orange or prune juice. These dietetic changes with a few minutes spent in massage of the abdomen two or three times daily, following the general course of the colon, will, I am sure, be found of great benefit.

It is possible, of course that your milk is unsuited to his needs, and that you may have to adopt artificial feeding.

Dear Doctor: For three months my left ear has been discharging at times a yellowish matter which smells very badly, and is followed by head noises and poor hearing, though there is no pain with it. The itching, however, is very severe at such times. It does not bother me when the weather is fine but as soon as bad weather approaches the discharge starts up again. I have been washing it out with a dark red purplish liquid by means of a rubber syringe, but it does not seem to do much good. I am 31 years of age and not sick in any other way that I know of. I had the same trouble with the same ear about 15 years ago, but it got well then and never bothered me until about three months ago.

You have a purulent inflammation of the Middle Ear which is probably being kept up by a catarrhal condition of your nose, throat and eustachian tubes. The latter condition, of course, gets worse in bad weather and the ear is re-infected at such times. If this is the case you must first have the nose and throat put in a healthy condition following in doing so, the instructions given in the Club books. Use as a nose and throat wash Liqueur Antiseptique Alkalines diluted with equal parts of warm water, three times daily, following this for protection with a 1 1/2 per cent solution each of Camphor and Menthol in Alcolone. Any obstruction or diseased bone in the nose should be removed, and the tonsils put in good condition if they are abnormal in any way.

Mr. and Mrs. Nels Magnuson of Willmar visited last Sunday at the C. O. Peterson home.

Miss Emma Monson visited on Sunday at her parental home.

The Engman young people entertained a large crowd of their friends at a farewell party at their home last Thursday evening. They will leave for Minneapolis this week where they will make their future home.

Mr. and Mrs. Nels Magnuson were entertained at the Charley Chelberg home last Sunday.

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AGED PEOPLE

cannot properly masticate solid foods and digestion is often upset—they do not receive the needed nourishment to make strength and preserve health, but if aged people everywhere could only realize the strength-sustaining nourishment in Scott's Emulsion they would take it after every meal.

It possesses the nourishing elements of cod liver oil, the vital powers of the hypophosphates of lime and soda and the curative qualities of glycerine, all so perfectly combined that nature immediately appropriates them to create strength, nourish the organs and build the body. It relieves rheumatism and ailments due to declining years. It adds to the span of life. Refuse substitutes for SCOTT'S.

SCOTT & BOWNE, Bloomfield, N. J. 12-43

Johnson and family visited at the Nels Anderson home Sunday.

Mrs. Lars Hanson visited at Mrs. Martha Nordrum's home on Tuesday.

Mrs. Nels Naas and Selmer and Regina Olson visited at the Anton Erickson home at Broton on Wednesday.

Knud Knudson is at present assisting at C. K. Olson's home.

John Norby, the Watkins man, from Starbuck, was seen in this vicinity canvassing last week.

The Ladies' Aid of the East Route will be entertained by Mrs. C. A. Lindberg Friday afternoon.

Miss Edith Westerberg is at present staying at the N. B. Carlson home in Willmar.

Misses Ingeborg and Olive Nelson came home for an over Sunday visit at their home.

August Johnson visited at Willmar Sunday.

A number of neighbors were entertained at the Henry Belkengren home Sunday afternoon.

Mrs. J. R. Swenson is at present staying at the P. O. Mattson home.

August Norman left Monday for a business trip to the cities.

A. O. Nelson left Tuesday to be present at the annual meeting of the Co-operative Dairy Ass'n. at St. Paul Wednesday.

The Willmar Glee Club will be at Svea Friday, next week, under the auspices of the school. Let everyone come out to the concert.

TRIPOLIS NEWS. Tripolis, Feb. 24—Services will be conducted Sunday, March 2, at 2:30 p. m.

The Y. P. S. will have their meeting Friday evening, the 28th at 7:30 p. m. After the program refreshments will be served by Edna and Myrtle Cronquist.

Rev. Walters and Olof Mattson leave today to attend the Conference in Minneapolis.

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COLFAX COLLECTION

Colfax, Feb. 24—Miss Clara Nordlie of Belgrade visited at Knud Olson's over Sunday.

Mrs. Christ Insdahl of Belgrade visited with her sister, Mrs. L. O. Mikkelsen a couple of days last week.

Otto Odland is at present assisting at the T. J. Anderson store at Belgrade during his sale.

Mrs. Nels Naas visited with Rev. and Mrs. T. O. Tolo a couple of days last week.

Mr. and Mrs. Christ Nelson and family visited at the Hans Peterson home at Norway Lake on Sunday.

Miss Mary Johnson visited at the T. J. Leite home on Sunday.

Miss Mabel Mikkelsen left for Belgrade on Friday to assist at M. A. Mikkelsen's.

Miss Emma Halvorson left for Belgrade on Sunday to assist at John Iverson's.

John Tarde left on Monday for his parental home in Norway after spending a number of years in this country.

Mrs. Bertha Dahlgren has returned home from Minneapolis where she has visited with her daughter since Christmas.

Mrs. Lars Hanson visited at Mrs. Martha Nordrum's home on Tuesday.

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LAKE LILLIAN LETTER

Lake Lillian, Feb. 25—The new silver blanket hardly covers the ground.

Some of the farmers are busy cleaning their seed, expecting an early spring.

Asa Bomstad saw a flock of two dozen robins on Kandiyohi Island last week. Asa says fishing is rather bum this winter.

Lars Erickson, one of our merchants, had his ice house filled last week. Tried to have it done artificially but cold weather and machinery did not have its required power.

Andrew Blomquist has started a harness repair shop near the Lake Lillian store. Farmers keep him busy.

Rev. Alexander Peterson has been caught by the gripe strong enough to have kept him in bed a few days, but we hope for a speedy recovery.

Clarence Renstrom has decided to go into the hog and dairy business, and has been busy buying stock.

Both our home merchants are buying cream now and say that business is good.

Andrew Larson is spending the winter in his cottage on Kandiyohi Lake. He says that fishing is not a paying business, but is lots of fun.

Mrs. Ole E. Erickson has been in bed with rheumatism for three months and is still there. She has improved quite a lot and with the help of fine weather, the physicians expect to see her, herself again soon.

John O. Erickson made a call Monday at the county seat for probate matters, as he has been appointed administrator over the estate of his mother.

Judging from statistics in the Willmar Tribune, this town took the lead in the line of building improvements in the year of 1912. With a progressive majority of the town board, and with our progressive town clerk, 35 years in office without opposition, many public improvements have been made. Roads have been put in the section lines and limited sums of money have been allowed for ditches, to make roads better.

The Progressive party in District 83 have almost without opposition, moved the school house up to the road and have decorated it with a champion belt.

Aron Erickson, the hardware dealer, of Niobe, N. D., is visiting relatives and friends here. On the way down here he took in the Hardware Convention at Grand Forks, made calls on Louis Larson at Clarissa, Minn., Victor Knutson and Andrew Nordloef of Long Prairie, Minn., brother-in-law Erickson and family at Bemidji, Minn., and stopped over at Minneapolis on business.

The Erickson young folks entertained forty of their friends last Friday evening and everybody present reported having had a very good time.

Mrs. Pete Blomgren has been on the sick list or some time with what the doctor says is bronchitis. She is improving.

M. Walner has been putting up ice and is now planning for a refrigerator. They are expecting some hot weather.

Mr. and Mrs. Martin Johnson from Roseland and R. R. Olson from Minneapolis called at O. E. Erickson's place last Sunday.

Quite a number of renters are moving their stock, machinery and household goods and other belongings, these days from the farm they had rented during 1912 to the farm rented for 1913. Clarence Renstrom is moving to John Erickson's farm; Willie Larson to the Ole Olson farm; Betsy Lundquist to the Storch farm; Albert Johnson to Mrs. Anderson's farm; Christ Mattson to Ole Lundquist's farm; Victor Lundquist to Andrew Nelson's farm; Emil Peterson to John Bengtson's; Oscar Erickson to Mary Peterson's; Bill Stewart to the Shield farm; Richard Rudbeck to the Ole Lindgren farm; Iowa party to the J. G. Johnson farm; Asa Bomstad to Mrs. Berglund's; Albert Walner to the Ris Lar's farm; an Iowa party to the Erik Danielson farm; an Olivia party to the Charley Peterson farm; Alfred Erickson from Bemidji, Minn., to the Skone farm. With the exception of a few, they are moving from another farm inside the town, either from inducement or disappointment.

A few farms in this town have changed hands lately. Most have been bought on speculation by money men, having faith in the electric road.

Free Lunch at Noon. Terms: All sums of \$5.00 or under, cash; above that amount time will be given until Nov. 1, 1913, on bankable notes bearing 7 per cent interest.

OSCAR LINDBERG, Owner. Peter Henderson, Auctioneer. E. L. Thorpe, Clerk.

MRS. P. J. YTTERBOE. The ranks of our early pioneers are thinning fast, and soon the first generation, who settled in this country, are gone. As briefly mentioned before, Mrs. Jorgen P. Ytterboe was relieved from earthly pains, Feb. 10 at the age of nearly 84 years, the immediate cause of death being influenza.

Bertha Maria (Stavdal) Ytterboe was born in Halden parish, Telemarken, Norway, July 18, 1829, where she was married to J. P. Ytterboe. In 1869 the family emigrated to this country, and came direct to the town of Aretander, where they settled on a homestead in Section 20, where the family has since resided. She was taken sick on Feb. 6, but very patiently bore her pain until her wishes were fulfilled. Mrs. Ytterboe was a true Christian and highly loved and respected by all who knew her, and she passed away in the faith of her Saviour.

The funeral was held on the 17th of February, when short services were held at the house, after which the remains was taken to the East Norway Lake church, escorted by 25 teams. Here the regular funeral service was held the church being decorated for the occasion. The remains were then laid to rest at cemetery adjoining the church, beside her husband, who died in 1907. Rev. M. A. Stenlund conducted the services, both at the house, church and grave, and spoke very impressively and feelingly. The pallbearers were E. H. Hauge, S. A. Syversen, Ed. J. Huseby, Ingvald Hanson, O. S. Reigstad and L. O. Netland.

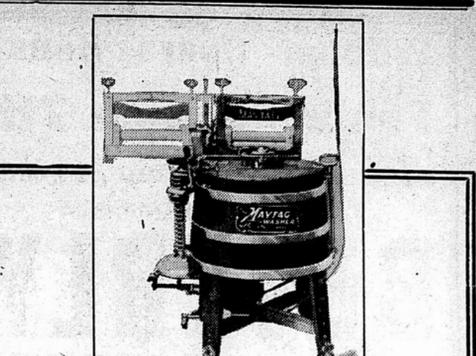
Mrs. Ytterboe leaves to mourn her death, two sons, Peter and Gunder Ytterboe. Two children have gone before their parents to eternal life.—Contributed.

August Johnson and family entertained friends to dinner last Thursday. The honored guests were Mr. Walter Johnson and bride of Cannon Falls, Minn.

Any one wishing the macaroni seed wheat, call this week on Campbell-Hodgson Grain Co. 2w

Pflister is Coming. He is the eye specialist from St. Paul, who visits Willmar regularly.

In addition to the work done for the children of the St. Paul schools, a major portion of the leading citizens are counted among his patients. His lectures before various institutions have frequently appeared in the Associated Press, therefore his name is familiar to many throughout the country. He will be at the Commercial Hotel Saturday afternoon only, March 8. His many patients here are extremely well satisfied, and have been relieved of headaches and nervousness.



The Easy Way Makes a Short Day

Why spend a day of tiresome, backbreaking drudgery when an Electric Washing Machine will do the work better, more quickly and a great deal cheaper. You can trust your most delicate fabrics to an Electric Washing Machine without the slightest fear of rough usage.

An Electric Washing Machine

removes the bugaboo of whole day washing and leaves you free to attend to other household duties. With it you save time and money as well as your own strength. It is only one of a long list of electrical conveniences for economy and comfort in the home which electricity places at your service.

Easy Payment Terms are Obtainable. The Maytag Electric Washer will do all this.

For Sale By City Electric Light & Water Dept.

FOR SALE

Lot and six room house, full basement, situated in Willmar, corner of 2nd street and Litch field ave., sell for \$2700.00.

Farm in town of Mamre, Section 9, 200 acres, good buildings, 6 miles north of Pennock, sell for \$65.00 per acre.

156 acre farm in Sheyenne, N. D., 9 miles from town, at \$19.00 per acre. Small buildings.

300 acre farm in Sheyenne, N. D., 2 1/2 miles from town at \$35.00 per acre, with good buildings.

For information call or write us at 425 9th Street, Willmar, Minn.

Oscar and Albin Meline

(First publication Feb. 26-31) State of Minnesota, County of Kandiyohi, ss.

In Justice Court, Before A. O. Forsberg, Justice of the Peace, vs. Tom Rowell, Plaintiff, Roy Devany, Defendant.

THE STATE OF MINNESOTA TO ROY DEVANY: You are hereby summoned to and appear before the undersigned, one of the justices of peace in and for said county on the 22nd day of March, 1913, at 10 o'clock a. m., at my office in the City of Willmar, in said County to answer to the complaint of Tom Rowell, plaintiff in a civil action wherein the plaintiff claims the sum of \$24.28. Should you fail to appear at the time and place aforesaid judgment will be rendered against you upon the evidence adduced by said plaintiff for such sum as he shall show himself entitled to.

Given under my hand and dated this 21st day of February, 1913. A. O. FORSBERG, Justice of the Peace.

(First publication Feb. 12-41) Order Limiting Time to File Claims, and For Hearing Thereon. Estate of Ingevald Netland, Decedent.

State of Minnesota, County of Kandiyohi, ss. Letters of Administration this day having been granted to Ingeborg Netland, Decedent.

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 18th day of August, 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 February 11th, 1913. T. O. GILBERT, Judge of Probate. GEO. H. OTTERNESS, Attorney, Willmar, Minn.

Tribune Want-Ads Bring Results. 2w City Clerk.

PROFESSIONAL CARDS

WILLMAR BETHESDA HOSPITAL. Corner 3rd St., and Litchfield Ave. Phone 282. Operating Rooms Open to the Profession.

Dr. H. E. Frost, Dr. J. C. Jacobs, Dr. Christian Johnson.

WILLMAR HOSPITAL. Corner 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. H. F. PORTER, DENTIST (SKANDINAVISK TANDLAKARE). Office in Carlson Block, Phone 871. WILLMAR, MINN.

DR. C. E. ANDERSON, DENTIST. Bank of Willmar Building, Willmar, Minn.

OLSON & GRUE. Manufacturers and Dealers in American and Foreign Marble and Granite Monuments.

Cemetery Fences, Etc. Orders promptly filled. Correspondence solicited. Benson Ave., between 2nd and 3rd Sts. Phone 463 or 1631. Willmar, Minn.

Dr. E. WANNER, VETERINARIAN. Office at F. L. Smith's Feed Barn. Day phone No. 36; night phone 13. Willmar, Minn.

RINER POORINGA, RAYMOND, MINN. LICENSED AUCTIONEER. Am prepared to render first class service as salesman. Satisfaction guaranteed. Write for open date.

DOWNS & SANDERSON, LIVERY. Phone 46. — One block south of depot.

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.

I. C. OLSON, UNDERTAKER. (Licensed Embalmer.) Office 308 Litchfield Ave. W. Phone 11. Residence, 311 First Street. Phone 11.

WILLMAR TANNERY. Many robes now on hand for sale. Black and Brown horse hides robes. A nice lot of 100 tanned dog skins. Some of these are made up into robes. Anyone wishing to buy tanned dog skins should call soon before they are all made up. We refine and repair old robes. Bring them in.

Important Notice—All skins for tanning should be salted at once after skinning to keep them from spoiling.

ANDREW O. SATHER, 927 First St. Willmar, Minn.

TYPEWRITER SUPPLIES. For all makes of typewriter and adding machines. TYPEWRITER OIL. Guaranteed non-gumming. GARBON PAPER. Different colors and grades. PAPER FOR LETTER COPIES. Cut letter and 2-3 size. STATIONERY PRINTED TO ORDER. Any kind you want. MAIL ORDERS PROMPTLY FILLED. REEDER PRINTING CO., Willmar, Minn.

For Hair Health. If Rexall "93" Hair Tonic does not improve the health of your scalp and hair, we will pay for what you use during the trial.

We could not so strongly endorse Rexall "93" Hair Tonic and continue to sell it to the name people if it did not do all we claim. Should it not prove entirely satisfactory our customers would lose faith in us, we would lose their patronage, and our business would suffer.

If your hair is falling out or you suffer any scalp trouble, we believe Rexall "93" Hair Tonic will do more to eradicate the dandruff, give health to the scalp, stimulate new hair growth and prevent premature baldness than any other human agency.

We want you to make us prove this. We ask you to risk no money whatever. Buy a bottle of Rexall "93" Hair Tonic, use it according to directions for thirty days