

Catarrh of Kidneys Cured By Peruna

"I had Catarrh of the Kidneys and Bladder. I Am Very Thankful For Peruna. I Feel Well, My tongue is clear, I have no bitter taste in my mouth. I am glad to say I do not need Peruna any longer, I am perfectly well. I have Peruna in the house all the time. When I have a cold or when I do not feel well I take Peruna. We were all sick with the grip last winter. We took Peruna and it helped us. Peruna is the best medicine for grip or colds."



Mrs. Gus H. Carlson, Box 201, Ortonville, Minn.

Reminiscence.

"I can remember when we could get an idea of how an election was going by taking a straw vote."

"We never depend on straw votes out our way. The only chance of learning which way the election was going was to discover which side had the most two-dollar bills."

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

A Natural Fear.

Old Hound—Come, come! What are you shivering about?

The Pup—Why, I just heard the master say he'd have to put me through the mill.

Old Hound—Yes; he's going to train you for the hunting.

The Pup—Oh! I thought he meant the sausage mill.—Pittsburgh Dispatch.

MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You—Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

Diplomatically Speaking.

"I want to answer Gwendolyn's letter and say something that means nothing."

"Tell her you love her."

There would be more hermits if huts could be fitted up with all modern conveniences.

ALFALFA ON DRY LAND

There Is No Crop More Profitable for Hay.

Plant Is Deep-Rooted and Must Have Soil in Which to Sink That Long Tap Root—Subsoiler Is Often Necessary.

Most of this western country can grow alfalfa. To be sure there are some failures, especially with those just starting out, but when the conditions necessary for the crop are known it will be grown with as much success as the farmers to the east of us grow clover. As far as its value is concerned there is no more profitable hay crop. A ton of alfalfa is worth in feed value about what a ton of bran is worth. Say it is worth \$15 and that an acre yields from one and one-half to three tons per acre, then the crop would be worth from \$22.50 to \$45.00 per acre. Easy figures, you say. Yes, and also they are figures that anyone with a little effort can obtain.

Alfalfa is a deep-rooted plant and therefore it must have ground in which it can sink that long tap root, writes Leon H. Robbins in Dakota Farmer. Break up that plow sole, for no root can penetrate that, and if the undersoil is hard it should be loosened up as deep as possible. Sometimes it is necessary to use a subsoiler. Use a field that is clean and free from standing water. If the early spring water freezes on the field it will kill the alfalfa by freezing out the crown of the plant.

If the field is not free from weeds then the farmer should spend at least one year killing out the weeds on the field. Summer-fall the land to kill the weeds. Work the field early in the spring by disking it, and then plow the land so that the plowing will be finished at least by the first of July. Plow deep, and by that the writer means plow so that the plow sole will be broken up. Till the field the remainder of the season to conserve moisture and kill every weed. The next season, disk shallow early in spring to conserve the moisture and work as often as is necessary with the disk or harrow until seeding time. Seed in June, about the 10th to the 25th, after the ground is good and warm so that the alfalfa will come up quickly. In many places it is best to sow the crop in rows about 24 to 30 inches apart. If sown in rows two pounds of seed per acre will do. When sown broadcast, five pounds of good seed is enough per acre.

Do not clip the crop the first season unless necessary to kill the weeds. Clipping sets the crop back too much and it is also liable to come too late so that the crop will not get enough growth for winter protection. It is best not to cut even a hay crop too late. Or in other words, late enough so that there is not time between the cutting and cold weather for the crop to get six inches high. This is also true about pasturing. Cultivate the crop in the spring with a spring-tooth harrow, an alfalfa harrow or a disk run shallow. This will kill the weeds and also form a mulch to conserve moisture.

Give the crop the best of care until it is well established at least. Then the returns will be gratifying. Most all alfalfa fields will need inoculating. This is best done by dirt from some well-inoculated field. If dirt is used, it should be used on a cloudy day at the rate of not less than 200 pounds of dirt per acre. Scatter the dirt by hand broadcast and harrow it in at once. Fields that are not inoculated never produce well, the plants always look yellow and sickly. Maximum yields are obtained from well-tilled, well-inoculated alfalfa fields.

ECONOMICAL USE OF WATER

Dry Farmer Should Carefully Select Drought-Resistant Plants for Forage and Grain Crops.

To use as economically as possible the water stored in soils one must needs make up a list of crops from those known to be drought-resistant. Among those plants of known ability to resist drought to a great degree are alfalfa, knottling, milo, sudan grass and other grain sorghums, common sorghum to a lesser degree, and corn, though a heavy feeder on soil moisture, is yet able to live through all but extreme conditions of drought because of the fact that it is intertilled.

Some of the varieties of the small grains are notably superior as drought resistors, such as Gatami and Swan Neck barley and Kubanka wheat. From the list of drought-resistant forage and feed and grain crops the dry farmer will do well to select carefully and wisely. The experimental data on this point is readily available.

Why Cover Crop Is Bad.

Grass has no place in a western orchard whether the trees be large or small. The destruction of prairie orchards is lack of moisture and any crop grown in the orchard that takes up moisture, especially in late summer, is hastening the day when the trees will begin to die. If crops must be grown in the orchard let them be cultivated crops which are to be removed early.

Businesslike Dairying.

The facts that so many dairy farmers prosper in spite of their methods is convincing proof that the same business conducted in a businesslike way could be made very profitable.

THE EMBARGO ON WHEAT

The United States Wheat Production Admits of 100 Million Bushels for Export.

The talk in the press, some little time back of placing an embargo on wheat, brought forcibly to the minds of the people of the United States a condition that may at some time in the near future face them. 100 million bushels of an export of wheat means a splendid revenue to the country as well as to the farmer, and if this were assured year after year, there would be reason for considerable congratulation. But last year's magnificent and abundant crop, which was estimated at 891 million bushels, cannot be expected every year. With a home consumption of 775 million bushels, and a production in many years of little more than this, the fact is apparent that at an early date the United States will have to import wheat. It will be then that the people of the United States will be looking to other markets for a supply. And it is then that the value of Western Canada lands will be viewed with considerable favor. The great area of wheat lands in Canada will then be called upon to provide the greatest portion of the old world's supply, and also, in the opinion of the writer, that of the United States as well. At present there are only about 12 million acres of these lands producing wheat. There are five times that many acres that can be brought under successful cultivation. Apart altogether from the value of these lands as wheat producers there is an increased value to them from the fact that the soil is especially adapted to the growing of many other kinds of grain as well as all manner of cultivated grasses, while the native grasses are a wonderful asset in themselves. The climate is especially favorable to the raising of live stock, such as horses, cattle, sheep and hogs. All these bring into the limelight the adaptability of the soil, the climate and all other necessary conditions, to the carrying on of dairy farming, in a most profitable way.

There is no question that high prices for all that the farmer can grow or raise will continue for some years, and this is the great opportunity time to take advantage of what Western Canada offers. Lands may be had as a free grant. These are mostly low-lying at the present time, but sooner or later will be well served by railways that are projected into these districts. Land may also be secured by purchase at reasonable price, and on easy terms from holders of same. In many cases farms partly improved may be rented. A Winnipeg paper said recently: "Canada wants American immigrants. They make good Canadian citizens." And then speaking of the erroneous impression that has gained some publicity in a portion of the United States press, says: "It cannot be too forcibly impressed upon the American mind that in coming to Canada they place themselves under the freest democracy the world knows. No citizen of this country, whether native or naturalized, can be compelled to military service. The only compulsion is the compulsion of conscience and patriotic duty. That is the motive that has prompted thousands of Canadians to offer their lives. They are fighting as free men."—Advertisement.

That Cured Him.

You should have seen the way Wuffles moaned over his petty ailments. He was one of those chaps who were always bewailing their ill state of health, when all that is really the matter with them is the need of a little lecturing. "Oh, my chest, doctor!" he wailed to his physician one evening. "My lungs feel so compressed. Some people tell me to inhale sulphur fumes. Others recommend a seaside holiday. What would you advise me to do?" "Try fresh air," said the doctor shortly. "Five dollars, please."

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is recommended by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practices for many years. Now dedicated to the Public and sold by Druggists at six per bottle. Murine Eye Salve in Ascorbic Tubes, etc. and use. Write for Book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv.

Decidedly Unneutral.

Mrs. Knicker—Is your husband neutral?

Mrs. Bocker—No; he blows up every bridge I give.

The Proof Conclusive.

Sunday School Teacher—"What is the outward, visible sign of baptism?" Johnny—The baby, mum.

They stop the tickle. Dean's Mentholated Cough Drops stop coughs quickly. A pleasant remedy—5¢ at all good Druggists.

An enthusiastic meeting is that of

two girl chums who haven't seen each other for nearly an hour.

Winter Chills Bring Kidney Ills

A spell of cold, damp weather is always followed by a fine crop of kidney troubles and backache.

Colds and chills damage the kidneys. Other troubles common to winter weather are just as bad. Grip, tonsillitis, quinsy, pneumonia or any other infectious disease burts the kidneys by overloading the blood with poisons. The kidneys get worn, weak and inflamed trying to work it off.

It isn't hard to strengthen weak kidneys though, if you act quickly. At the first sign of backache, dizzy spells, headaches, loss of weight, nervousness, depression and painful, irregular kidney action, start using Doan's Kidney Pills. Rest the kidneys by simple eating, avoidance of overwork and worry, and getting more rest and sleep. A milk diet is fine.

This sensible treatment should bring quick benefit and prevent serious kidney diseases like dropsy, gravel and Bright's disease.

Clip this advertisement and mail it to the address below for a free trial of Doan's Kidney Pills, the best rec-



"I'd be all right only for my back."

commended kidney remedy in the world. You'll decide it worth a trial, when you read this enthusiastic testimony.

Couldn't Work Out-Doors

Back and Kidneys Gave Out—Doan's Brought Cure

Charles Cole, farmer, 224 N. Buckeye St., Topeka, Kan., says: "My back was so weak that the least outdoor work caused intense suffering across my kidneys. Often, I was unable to get up after lying down. My condition was so bad that I had about given up all hope of ever being cured. My feet and limbs began to swell. Finally, I became so bad that I was unable to pass the kidney secretions, I then realized that I had kidney trouble. I also noticed that the kidney secretions contained sediment resembling brick-dust and were very highly colored. I had been trying various medicines in an effort to get well, but was unsuccessful. About this time Doan's Kidney Pills were recommended to me and I started using them. In a very short time I felt myself improving and as I continued taking this medicine I was cured."

"When Your Back Is Lame—Remember the Name"

DOAN'S KIDNEY PILLS

Sold by all Dealers—Price 50 cents. Foster-Milburn Co., Buffalo, N. Y., Proprietors

LABOR PERIODICALS TO HELP

Campaign Against Tuberculosis Will Shortly Have a New and Important Ally.

A new campaign for closer co-operation with labor unions and other groups of workmen is announced by the National Association for the Study and Prevention of Tuberculosis.

A committee has been appointed with Dr. Theodore B. Sachs, president of the Chicago Tuberculosis Institute, as chairman, to formulate plans for immediate and future action. Other members of the committee are Samuel Gompers, president of the American Federation of Labor, Washington; George W. Perkins, secretary of the International Cigarmakers' union, Chicago; John Mitchell of the New York state compensation commission, New York; Austin B. Garretson, president of the Brotherhood of Railway Conductors, Cedar Rapids, Iowa; Dr. William Charles White, medical director of the Tuberculosis League of Pittsburgh, and Dr. David R. Lyman, superintendent of the Gaylord Farm sanatorium, Wallingford, Conn.

As the first step in the campaign a special health bulletin has been prepared for the labor papers and will be sent out monthly in co-operation with members of the International Labor Press bureau.

Ignorance Was Bliss.

A raid had been made on a negro gambling house and a dozen inmates arrested. In police court the next morning each of the accused was heard in turn. The last in the row was a large, scared-looking negro.

"Well," asked the judge, "what do you know about this case?"

"Who? Me?" asked the negro.

"Yes, you."

"Well, I just tell 'ya. All I knows about dis case is dat I was dar!"—Green Bag.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

She Went.

"See how I can count, mamma," said Kitty. "There's my right foot. That's one. There's my left foot. That's two. Two and one make three. Three feet make a yard, and I want to go out and play in it."

Always sure to please, Red Cross Ball Blue. All grocers sell it. Adv.

It's easier for a young man to raise a row than a mustache.

The Female of the Species.

"I tell you, sir," said the sad-eyed passenger with the bargain-counter tie, "all women are born gamblers."

"That's right," observed the button drummer. "And they nearly always win when they play hearts to catch diamonds."

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapiesin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapiesin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapiesin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food. Go now, make the best investment you ever made by getting a large fifty-cent case of Pape's Diapiesin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

No Task for Tyroes.

One of the men at the front has told us how he tried to milk a cow—without the expected result. This is not an easy task for an unpracticed hand. Leslie Stephen was once on a long tramp in Switzerland, accompanied by his friend, Doctor Morgan. They missed their way and found themselves, parched and hungry, far from any dwelling place. At length they came across a cow, from whom they determined to extract some nourishment, but after trying their best for an hour, each holding on to her horns in turn, they had to abandon all hopes of milk. This, remarks Doctor Morgan, is "one of the very few occasions on which I ever saw Stephen fairly thwarted."

Her Preference.

Young Mawks had decided to enlist and go to war, and his wife was objecting. "But, darling," he argued, "even if I were killed, just think how fine it would be to be the widow of a hero." "Oh, no, Wilfred," pleaded the young wife earnestly, her mind reverting to a familiar proverb: "I would rather be the wife of a live jackass than a dead lion."—Judge.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Showing It.

"They tell me that prosecuting attorney is very bold in his conduct of cases."

"So they say. He must have the courage of his convictions."

It doesn't take a woman long to get wise to a man's actions after marrying him—then she proceeds to call his bluff.

The golden rule is all right, but the one used by a lot of people is only plated.

Smallpox Stamped Out.

Of 3,164 deaths in the great epidemic in Montreal 85 per cent were of children under ten years. It is estimated that 60,000,000 persons died of smallpox in Europe in the eighteenth century. The disease is practically stamped out now in civilized countries. Doctor Rotch reports that in Boston in 15 years there has been no death from smallpox in children vaccinated.

It's impossible to suppress the man who thinks he can tell a funny story.

The average man wastes a lot of energy in laughing at his own jokes.

The young widow begins to talk about her late husband rather early.

No great success was ever attained by kicking.

Certified

A real guarantee on roofing!

A useless risk is to buy roofing not guaranteed by a responsible concern. When you buy our roofing you get the written guarantee of the world's largest manufacturers of roofing and building papers.

Buy materials that last

Certain-teed

Roofing

—our leading product—is guaranteed 5 years for 1-ply, 10 years for 2-ply and 15 years for 3-ply. We also make lower priced roofing, slate surfaced shingles, building papers, wall boards, out-door paints, plastic cement, etc.

Ask your dealer for products made by us. They are reasonable in price and we stand behind them.

General Roofing Manufacturing Co.

World's largest manufacturers of Roofing and Building Papers

New York City Boston Chicago Pittsburgh
Philadelphia Atlanta Cleveland Detroit
St. Louis Cincinnati Kansas City Minneapolis
San Francisco Seattle London Hamburg Sydney

Beauty is Only Skin Deep. It is vitally necessary therefore, that you take good care of your skin.

ZONA POMADE

if used regularly will beautify and preserve your complexion and help you retain the bloom of early youth for many years. Try it for 30 days. If not more than satisfied you get your money back. 50¢ at druggists or mailed direct. Zona Company, Wichita, Kan.

Test Your Eyesight

Personal Eye Test Charts 10¢. For a free trial of the best eye test charts, send for them. All for 25¢. F. H. Supply Co., 1104 Georgia Ave., Washington, D. C.

Wichita Directory

THE RESCHKE DISC LISTER CULTIVATOR

Better Work, Lightest Draft, Longest Wear of any Cultivator on the Market. Bearings guaranteed for 5 years. Shipped direct to responsible parties, freight prepaid, subject to approval. Sample machine to live agent in each County at Cost.

THE RESCHKE MACHINE WORKS

908 North Washington Ave., Wichita, Kansas

W. N. U., WICHITA, NO. 9-1915.

Death Lurks In A Weak Heart

If Yours is fluttering or weak, use "RENOVINE." Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00