



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 13 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

**READ WHAT MISS LINDBECK SAYS:**



"Dear Mrs. Pinkham:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—Jessie C. Lindbeck, 1201 6th Street, Rockford, Ill.

**FREE ADVICE TO WOMEN.**

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

**\$5000 FORFEIT** if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.  
Lydia E. Pinkham Medicine Co., Lynn, Mass.

**FOR Burns and Scalds use Mustang Liniment**

**FOR Sprains and Strains use Mustang Liniment**

**FOR Cuts and Bruises use Mustang Liniment**

**MANAGER WANTED**

Trustworthy lady or gentleman to manage business in this country and adjoining territory for well established and known house of solid financial standing. \$50.00 straight cash salary and expenses paid each Monday by check direct from headquarters. Expense money advanced; position permanent. Experience not essential. Address: T. J. COOPER, Manager, Como Stock, CHICAGO, ILL.

**50,000 AMERICANS WERE WELCOMED TO**

**FARMS IN WESTERN CANADA FREE**

**Western Canada**

DURING LAST YEAR.

They are settled and settling on the Grain and Grazing Lands, and are prosperous and satisfied. Sir Wilfrid Laurier recently said: "A new star has risen on the horizon, and it is toward it that every immigrant who leaves the land of his ancestry to come and seek a home for himself now turns his gaze."—Canada. There is

**Room for Millions.**

FREE Homesteads given away. Schools, Churches, Railways, Markets. Climate, everything to be desired.

For a descriptive Atlas and other information, apply to Superintendent Immigration, Ottawa, Canada, or authorized Canadian Government Agent—W. V. Bousquet, 511 New York Life Building, Omaha, Neb.

W. N. U., Omaha. No. 14—1904

**Lawn Fence**

Iron or wire, many styles, for residence, church, school, cemetery; poultry and hog fence; farm gates. Send for catalogue. Champion Iron and Wire Works, OMAHA, NEB.

**WESTERN SUPPLY CO.**

DEalers in PUMPS, WINDMILLS and PLUMBING MATERIAL. BELTING and THRESHER SUPPLIES. PACKING and ELEVATOR REPAIRS. 420-822 N Street. LINCOLN, NEBRASKA

**W. L. DOUGLAS**

\$3.50 & \$3 SHOES

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world.

They are just as good as those that cost you \$4 to \$5—the only difference is the price.

Send for name and price on bottom.

Douglas uses Corona Gutta, which is everywhere conceded to be the finest Patent Leather yet produced. Get Color Eyelets used. Shows by mail, the original. Write for Catalog. W. L. Douglas, Brockton, Mass.

**Immortality**

"If a man die, shall he live again?"—Job, xiv, 14.

Every natural, well poised person holds life to be the dearest of all treasures. When a philosopher like Schopenhauer argues against the good of life we set him down as a pessimist. Only the morbid person, the misanthrope, the unhealthy mind lightly values life. Wrote John Stuart Mill: "The soul yearns for life." And said Dr. Samuel Johnson: "No wise man will be contented to die if he thinks he is to fall into annihilation." But with this passion for life how fearful becomes the shadow of death which falls the race of men! Just when the powers are ripest the thinker, the genius, the empire builder must drop his plans and retire from the stage of life. Shall we wonder, then, that from of old, wise men should have asked Job's great question, "If a man die, shall he live again?" And that great pagan thinkers sought by natural proofs to construct a doctrine of immortality? The strongest of these, perhaps, was the historical one—that drawn from universal belief. The Egyptians, in the fabled bird the phoenix, rising from its own ashes; the Homeric poems, with Acheron and the realm of shades; the Hindu doctrine of metempsychosis, the transmigration of souls, and the hymns of the Rig-Veda, the next oldest book to the Bible in the world, all teach an existence beyond the grave. And are not such universal beliefs reflections of eternal truths? And do they not point to objective realities, just as the eye prophesies things to be seen and the bird's wing points to a medium fitted for flight? Hence wrote Victor Hugo: "My thirst for the infinite proves that my being is infinite. Winter is on

"Sleep of the Soul," Huxley's "Endless Sleep" and Hume's "Leap Into the Dark" show the same doubt and scepticism among modern secular philosophers.

And this, then, is the uniqueness and the glory of the Easter message. It meets fact with fact. It proclaims with a trumpet that rends the universal air: "Christ has risen! The Son of God has burst the bars of the grave! The king of terrors is dis-crowned! Jesus hath abolished death and brought life and immortality to light!" This all men feel to be the most blessed and significant fact of history. It is the cornerstone of Christianity. Well may Renan admit that this Easter message has revolutionized the world. Naturally and rightfully, thinking men everywhere rose up and questioned its credibility. But Christ would have risen in vain had not the resurrection been satisfactorily attested. And so the Church formulated the evidence, and little by little the world came to accept the Easter miracle as an indisputable historical fact. And then the nightmare of ages lifted. The Sun of Immortality rose to the zenith. A great inspiration uplifted humanity. The floodgates of history were reversed. Religion was transfused with hope and gladness. Literature took on sunnier moods. Art bloomed with lovelier forms. Cemeteries lost their horror and became peaceful couches where the loved pilgrims slept the "sleep beautiful," to be awakened by the joyful trump of endless life. The race had undergone a new creation.

The resurrection of Jesus is thus a demonstration of immortality. And of our personal immortality. For, as He was made man for us, so we tri-

**HAPPY WOMEN.**



Wouldn't any woman be happy. After years of backache suffering, Days of misery, nights of unrest, The distress of urinary troubles, She finds relief and cure?

No reason why any reader Should suffer in the face of evidence like this: Mrs. Almira A. Jackson, of East Front St., Traverse City, Mich., says: "For twenty years I never knew what it was to have good health. Every physician consulted said I had liver trouble, but their medicines did me no good. Just before I began using Doan's Kidney Pills I was almost paralyzed. I could hardly stand on my feet because of the numbness and lack of circulation. Had a knife been thrust into my kidneys the pain could not have been more intense. My sleep was disturbed by visions of distorted figures, the kidney secretions were annoyingly irregular and I was tormented with thirst and always bloated. I used seven boxes of Doan's Kidney Pills. The bloating subsided until I weighed one hundred pounds less, could sleep like a child and was relieved of the pain and the irregularity of the kidney action. My circulation is good and I feel better in every way."

A FREE TRIAL of this great kidney medicine which cured Mrs. Jackson will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

**Senator Hoar's Long Service.**

An anniversary of some interest to Massachusetts came on Friday last, Senator Hoar that day completed thirty-five years of continuous service in congress. In this respect his record surpasses that of any other Massachusetts statesman. Both John Quincy Adams and Daniel Webster were in public life many years, but their terms of service in executive office broke the continuity of their life in Washington, especially the legislative phase.

**FREE TREATMENT to every Sufferer of Stomach, Heart and Nervous Disease.**

The Elmo Chemical Company, 360 Good Block, Des Moines, Iowa, have discovered a new and wonderful medicine which they call "Elmo Catharine" which gives immediate relief and permanently cures every case of Stomach, Heart or Nervous Disease that have tried it. They have made arrangements to give away 10,000 boxes of Elmo Catharine in the United States to people afflicted with any disease or weakness of the Heart, Stomach or Nerves. They want every body to try it at their expense. Send no money of stamps—just write your name and address plain and say what paper you saw this in and get a box of this wonderful medicine free. Get well and tell your friends that's all we want. Write today.

**The Smallest Coin.**

The smallest coin in the world having a genuine circulation is probably the Maltese "sain," a tiny fragment of bronze about as big around as the top of a slate pencil, and worth only one-twentieth of a penny.

**10,000 Plants for 10c.**

This is a remarkable offer the John A. Sulzer Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalog, together with enough seed to grow:

- 1,000 fine, solid Cabbages.
- 2,000 delicious Carrots.
- 2,000 blanching, nutty Celery.
- 2,000 rich, buttery Lettuce.
- 1,000 splendid Onions.
- 1,000 rare, luscious Radishes.
- 1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds—for when you once plant them you will grow no others, and

providing you will return this notice, and if you will send them 20c in postage, they will add to the above a package of the famous Berliner Cauliflower. (W. N. U.)

**Historic Bit of Crape.**

A day or two before the funeral of Senator Hanna Postmaster Emerson, of Cleveland received by mail from C. J. Johnson, of Greenville, Texas, a small piece of crape which had been worn on several notable occasions. It is a part of the first that came out in the army of the Potomac, and was worn at the funerals of Lincoln, Grant, Garfield, Logan and several minor celebrities. The knot in the crape has never been untied. Postmaster Emerson wore it at the Hanna funeral and then sent it back to its owner in Texas.

**Free to Twenty-Five Ladies.**

The Defiance Starch Co. will give 25 Ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

If we are to judge people by what they say, some men must live on hay and thistles.

Make the best of the troubles you have and don't hunt more.

**OPINION OF THE EDITOR OF THE "NEBRASKA FARMER."**

He Expresses His Approval of American Emigration to Canada.

During the winter months the head of the family consults with the other members as to the prospects for the future, and doubtless one of the most interesting topics discussed is that of moving to some district where it is possible to more easily secure what is necessary for a comfortable existence, where it is an easy matter to become possessed of sufficient farm land to assure a competence for the future. This, not only interests the head of the family, but every individual member of it.

Having before me the knowledge where he can secure a home with the expenditure of but little money, it is well for him to obtain all information possible regarding the productiveness of the land in the country that he may select. For several years past a large number of Americans have removed to Western Canada, and as nearly as it can be ascertained almost all of these have expressed themselves satisfied with the conditions that exist there. During the past summer a number of the editors of farm papers throughout the United States made a personal visit on a tour of inspection and the reports of these gentlemen prove interesting reading. Mr. H. E. Heath, editor of the "Nebraska Farmer," a paper enjoying a wide circulation as well as the confidence of its subscribers, after giving some idea of the extent of this wonderful country says:

"Western Canada is the last unoccupied and unimproved good agricultural land in America available to-day."

He then discusses its possibilities for raising live stock and the advantages it possesses for dairying, farming and wheat growing, and says: "What has been said about the country as to the ability of the soil, the yield of wonderful crops of wheat, is quite justified."

To quote further from Mr. Heath, he says, referring to climate:

"These people (skeptical ones) do not know or realize that altitude more than latitude makes climates; that large bodies of water, both fresh and salt, that never freeze over, exert a wonderful influence on climate. Another influence on climate, more potent than those named above, which applies more to the Alberta district, is the warm Chinook breeze from the Pacific ocean, which is 600 or 700 miles nearer than Colorado or Wyoming, besides the Rocky Mountain range is not nearly so high nor half so far from the ocean as it is down in the States.

"In further considering the climate of the Canadian prairies, we should not lose sight of the fact of the influence of the rains; the total average rainfall for the season is but 13.25 inches for the territories, and 17.34 inches in Manitoba, and that the amounts falling between April 1st and October 1st are respectively 9.29 inches and 12.87 inches or about three-fourths of the entire rainfall. From the middle of June to the middle of July there are over two hours more daylight in every twenty-four hours than there is in Nebraska. The main reason why Western Canada wheat grows to such perfection is the effect of solar light, or longer period of sunshine it gets each day. This is what makes seeds or grain more perfect, grown in this country than elsewhere. This extraordinary rapid growth of vegetation under the influence of this long continued sunshine exceeds anything known in lower latitudes.

"We do not wish it understood that wheat alone is the main product of this country; it leads in that, yet it is destined to become famous for its cattle, horses and sheep and for its dairy products. We saw more and larger bands of cattle and sheep grazing in Assiniboia and Alberta than we ever saw on the western plains of the United States. One band of cattle numbering 5,000 head were grazing on the rich grass, and sheep without number."

The government of the Dominion of Canada is still using the same energetic efforts which have been used for the past 5 or 6 years to settle up these western prairies, and on application to any Agent of the Canadian Government the settler will be able to secure a certificate entitling him to a low rate which will give him the opportunity of visiting any portion of Canada's grain producing domain.

Am I in favor of expansion? Everything that grows expands. See how the State Farmers' Mutual Insurance Company of South Omaha has grown.

Jan. 1, 1896 we had	\$ 50,215.00
" " 1897 we had	458,850.00
" " 1898 we had	2,696,165.00
" " 1899 we had	4,224,375.00
" " 1900 we had	7,538,973.00
" " 1901 we had	10,480,483.00
" " 1902 we had	13,541,367.00
" " 1903 we had	16,413,869.00
" " 1904 we had	18,416,388.32

Don't you think you would like to belong to a live Company like this? Write the Secretary, B. R. Stouffer, South Omaha, Neb.

Nature doesn't use self-made beauties for patterns.

Piso's Cure is the best medicine ever used for all affections of the throat and lungs.—W. A. O. EXAMLEY, Vancouver, Ind., Feb. 10, 1903.

It is easier to endure failure than to bear success.

Don't you know that Defiance Starch, besides being absolutely superior to any other, is put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds?

To-day is never better by to-morrow's burdens.