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"Health and How to Have It" tells important facts every person ought to know. It is clean, concise, and scientific. It tells you why you drag along uncomfortable from day to day. It offers you advice on how to overcome this condition. If it doesn't appeal to you, you are not under obligations to follow it. If its conclusions are common sense, you will want to benefit by it. It's yours for the asking. If your druggist can't give you a copy, write to us direct.

The Peruna Company, Columbus, Ohio

**Getting the Thing Down Fine.**  
Blondine—Gerry Giddings certainly has the shaggy habit developed to a science.  
Brunetta—Likes it, you mean?  
"I mean that she always insists on going where she can get the most for her money."  
"That's natural, isn't it?"  
"In most cases, yes, but there are some exceptions."  
"I'd like to know what they are."  
"Well, for instance, the other day I found her in an arcade trying to ascertain which machine would give her the most for her money when she litged herself on the penny-in-the-slot scales."

**Very Regular.**  
He—Do you attend church regularly?  
She—Yes, every Easter.—Boston Transcript.  
Alfalfa seed, 80; Sweet Clover, 88. J. W. Mulhall, 810; Sioux City, Ia.—Adv.  
**Considerate Hubby.**  
"Jones does everything in his power to make his wife happy."  
"Yes, he even argues with her."  
It is unwise to judge a man by the criticism of his enemies. Only his friends can properly denounce him.  
Delicately flavored tea is packed and compressed by the bare feet of Chinese dunsels.

**Uric Acid!**  
Ever since the discovery of Scheele in 1775 that uric acid was found within the body—most eminent physicians agree that rheumatism is caused by it; also many distressing symptoms as headache, pain in back, stomach distress, swollen feet and ankles, gout, etc.  
It was Dr. Pierce of the Invalids' Hotel, Buffalo, N.Y., who discovered a new agent—called Anuric—a harmless remedy that if taken before meals will carry off in the uric acid from the system and in this way the pains and aches, the croaky joints and all the distressing symptoms of rheumatism and other maladies disappear. You can easily prove this yourself, by obtaining Anuric at almost any drug store, or send Dr. Pierce 10c. for trial package. Try it and be convinced that Anuric is many times more active than lithia and eliminates uric acid as hot water melts sugar.

**Two Species of Sardines.**  
Louis Fage has made a study of the growth of the sardine or pilchard (*Clupea pilchardus*), using the method now so much employed, of reading the age from the scales and otoliths. As in other cases, the concentric striated zones seen on a scale are interrupted by several clear nonstriated zones, the latter indicating periods of rest—"Winter rings." As Hjort has said—"The growth of the scales is so closely bound up with that of the individual that it is impossible by simple measurements of the zones of growth on the scale to retrace with real precision the history of the growth of the fish." The results of his measurements lead Fage to conclude that there are two distinct "biological races"—the Mediterranean and the oceanic sardine. The former grows more slowly, and lags more and more behind as it grows older.  
Cupid does not take out a license when he goes hunting. The man of whom he makes game has to do that.

**ACTRESS TELLS SECRET.**  
A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Day Cream, a small box of Barbo Compound, and 1/2 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 set color that has faded, and does not rub off or wash out.  
**Against the Law.**  
"You can't send that mourning outfit by parcel post."  
"Why not?"  
"Great Scott, woman, can't you see for yourself it's black mail?"

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## Canada's Liberal Offer of Wheat Land to Settlers

is open to you—to every farmer or farmer's son who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is much higher but her fertile farm land just as cheap, and in the provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads Are Actually Free to Settlers and Other Land Sold at from \$15 to \$20 per Acre

The great demand for Canadian Wheat will keep up the price. Where a farmer can get near \$2 for wheat and raise 20 to 45 bushels to the acre he is bound to make money—that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming in Western Canada is fully as profitable an industry as grain raising.

The excellent grasses, full of nutrition, are the only good schools, churches, markets, convenient climate excellent. Military service is not compulsory in Canada, but there is an unusual demand for farm labor to replace the many young men who have volunteered for the war. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

**W. V. BENNETT**  
Room 4, Co. Bldg., Omaha, Neb.  
Canadian Government Agent

**FAIRY TALE**  
A short story that will be of interest to all readers of the Northwestern, and especially the little folks. It appears in this section weekly. What's your opinion of it?

## DADDY'S EVENING FAIRY TALE

MARY GRAHAM BONNER

**WITTY WITCH'S BIRTHDAY.**  
"The Fairies," said Daddy, "thought that they would give a Candle party."  
"And what is a Candle party?" asked the Children.  
"They said," continued Daddy, "that they would each carry a Candle to the party which would be held in old Witty Witch's Cave."  
"You see," said the Fairy Queen when she was explaining to the little Fairies what she meant by a Candle party, "we will each carry a candle to Witty Witch's Cave. Then we will look like a Torch-Light procession, and we'll give Witty Witch a surprise."

"Oh," said the Fairies, "aren't we going to tell her that we are coming?"  
"No," said the Fairy Queen. "It will be her birthday to-morrow evening, and so we'll give her a surprise party. I've asked Mr. Giant to make the speech. The Brownies will do some new tricks, and the Elves will bring the supper. The Gnomes are going to write her a Proclamation of Thanks for all her wonderful stories."  
"And what is a Proclamation?" asked the little Fairies.  
"A Proclamation," said the Fairy Queen, "is a notice with words written upon it. It's very much like a speech—only on paper. But the Gnomes are going to write their proclamation on some birch bark and it will be in letters made out of icicles."  
"How lovely!" exclaimed the Fairies.

When the following evening came, the Fairies, each carrying a tall lighted candle walked through the Woods until they reached Witty Witch's Cave. Behind them were the Elves bearing huge trays with goodies to eat upon them. Next followed the Brownies turning somersaults as they went along. And then came the Gnomes with a long piece of birch bark which was the Proclamation. Mr. Giant came last, for he was afraid he might walk over some of the Guests if he didn't come at the end.  
"Upon the Gnomes' Proclamation were written the words:  
"To Witty Witch we want to say,  
"Many happy returns of the day.  
"She tells us stories merry and gay,  
"We'd like to hear them every day,  
"For they are always such a treat,  
"Whether they're sad, or pleasant and sweet.  
"And we thank her now on this birch bark.  
"As we're about to have our lark."  
"But how surprised Witty Witch was when she saw her guests. She got



**How Surprised Witty Witch Was.**  
up from the corner of the Cave where a big fire was burning, and she clapped her hands and threw her tall hat up in the air, shouting:  
"Hurrah, hurrah, it's my birthday!"  
"The Fairies put their candles in the corners of the Cave and the Elves put their big trays of goodies in front of the fire.  
"Then Mr. Giant made his speech.  
"Ladies and Gentlemen," he said. After that there was a great deal of applause and clapping and it looked as though he would not have to say another word. But soon they looked at him as if they were really expecting something more, so he began again.  
"It's a great honor—"  
"It is indeed," they all shouted.  
"To be here this evening," continued Mr. Giant. "I am favored in being allowed to make a speech to the wonderful teller of stories."  
"The wonderful teller of stories," the Guests all said.  
"My words do not amount to much, but the supper of the Elves will make up for everything. And the Brownies will do tricks. The Fairies are giving the light, and we all want to wish our jolly old Witch many, many hundreds of birthdays and parties and all the nice things in the world!"  
Then Mr. Giant sat down, stretching his long legs before him. The Brownies hopped over him, turning somersaults and doing many new tricks, and after the fun-making was over, they all sat down before the fire and ate the delicious Birthday Supper made by the Elves!"

**Stop When Finished.**  
It is not finding words for clothing our thought that is the most difficult part of conversation. It is stopping when you have finished. The number of people who say a thing and keep right on talking, passes belief. Think before you speak, find, if possible, the word that fits your thought, but above all things, stop when you have finished. —Girl's Companion.

**For the Lady Readers**  
Miss Julia Bottomley, an expert on fashions, is the author of this department. She offers practical suggestions on every day dress that aid materially both country and city folks. Her fashions for women are essentially modest, tasteful, simple, economical and becoming to the wearer.

## What Well Dressed Women Will Wear

With the coming of spring and summer the one-piece frock and the suit are destined to divide honors with the separate skirt and nifty blouse. Advance displays of their tried and true favorites of American women have been awarded the same keen interest as in previous years. What is more to the point, materials for making separate skirts of all kinds are selling briskly to those who attend to their skirt-making early.



**THE SEPARATE SKIRT FOR SPRING.**  
cotton goods, including cotton crepe, gabardine, basket weaves and novelties, besides cotton and mohair mixtures. Cretonne is available also in this class. Then there are the unusual woolsens and silk, and several special weaves in silk for sports skirts. But the particularly interesting separate skirt just at this time is that one which the home dressmaker undertakes to make for herself in anticipation of her spring and summer time needs.  
The several cotton fabrics are shown in very attractive models, demonstrating the clever management of stripes, checks, and large crossbars in the materials. These skirts are fitted smoothly about the hips, and are mostly made habit-back. Many of them are straight and nearly all of them are straight-hanging. Pockets at each side are so  
These little buttons are usually covered with the same material as the dress.  
In colors, rose, blue, light green, yellow, and light brown cover the range in linens. Heavy cottons are used also and gingham shows no sign of losing favor. Any of the colors mentioned above may be found combined with white in narrow stripes. Needlework appears mostly in cross-stitch embroidery, in long, decorative stitches, and in easily made set figures composed of long stitches. Smocking, with colored threads, is a feature of the new styles, and when a little frock is smocked the collar and cuffs of organdie are usually finished with a bit of embroidery done in the same threads as the smocking. Pockets present inviting possibilities for needlework designs. Among the cleverest of these



**OUTFITTING THE LITTLE GIRL.**  
are those shaped like small market baskets. They appeared on a pink linen dress and were decorated with two rows of stitches in black and white floss.  
In the dress pictured, a small design in cross stitch appears at each side of the belt, which is cut in one with the suspenders. It is of rose-colored linen, and the bodice of white batiste is prettified with rows of tucks and fastened with tiny pearl buttons.  
In the picture a little dress of linen and batiste presents its good points clearly, for the consideration of interested mothers. The skirt, belt and

**ENDS DYSPEPSIA, INDIGESTION, GAS**  
"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!  
"Really does"—put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest-selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.  
A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.  
It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

**Pensions for the Blind.**  
Official figures show that in Missouri the state constitutional amendment favoring pensions for the blind was adopted at the autumn election by a plurality of 12,719.  
Off the Purchase Price.  
"So Edith got a divorce from her husband, Lord De Broke. Any alimony?"  
"No, rebate."

**Nebraska Directory**  
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"So Edith got a divorce from her husband, Lord De Broke. Any alimony?"  
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**GOOD FOR HUNGRY CHILDREN**  
Children love Skinner's Macaroni and Spaghetti because of its delicious taste. It is good for them and you can give them all they want. It is a great builder of bone and muscle, and does not make them nervous and irritable like meat. The most economical and nutritious food known. Made from the finest Durum wheat. Write Skinner Mfg. Co., Omaha, Neb., for beautiful cook book. It is sent free to mothers.—Adv.

**The Quinine That Does Not Cause Nervousness or Ringing in Head**  
Because of its Tonic and Laxative effect, LAXATIVE BROMO QUININE can be taken by anyone without causing nervousness or ringing in the head. It removes the cause of Colds, Grip and Headache. Use whenever Quinine is needed.  
—but remember there is Only One  
**"Bromo Quinine"**  
That is the Original  
**Laxative Bromo Quinine**  
This Signature on Every Box  
**C. W. Grove**  
Used the World Over to Cure a Cold in One Day, 25c.

**Feel Achy All Over?**  
To ache all over in damp weather, or after taking a cold, isn't natural, and often indicates kidney weakness. Uric acid causes many queer aches, pains and disorders of the organs. Well kidneys keep uric acid down. Tired, dizzy, nervous people would do well to try Doan's Kidney Pills. They stimulate the kidneys to activity and so help clear the blood of irritating poisons.

**A Nebraska Case**  
Mrs. Geo. E. Earl, Madison, Neb., says: "The pain and stiffness in my back was awful and I suffered from dizzy spells and hot flashes. Puffy sacs came beneath my eyes and my feet and ankles were swollen and painful. Doan's Kidney Pills rid me of all these troubles and I have had but little cause for complaint since."  
Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
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