Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio. - "I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right

side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 178 pounds I went to

money than to pay it back.

Bix-Can I trust you?

words. Try me with \$10.

of your Seminals dealer.

-Adv.

sport."

Willing to Try.

Dix-Actions speak louder than

For a really fine coffee at a mod-

Only one merchant in each town

sells Seminole. If your groce isn't

Buy the 3 lb. Canister Can for \$1.00.

Strenuous.

"What do you mean by referring to

Wiggins as an athlete? The only

game he can play is pinochle, and

you'd hardly call that an athletic

"It is the way Wiggins plays it. You

ought to see him pound the table when

BAD COMPLEXION MADE GOOD

When All Else Fails, by Cuticura Soap

and Ointment. Trial Free.

If you are troubled with pimples,

blackheads, redness, roughness, itching

and burning, which disfigure your com-

plexion and skin, Cuticura Soap and

Ointment will do much to help you.

The Soap to cleanse and purify the

Free sample each by mail with Book.

It's a short street that has no turn

Address postcard, Cuticura, Dept. L,

Boston. Sold everywhere.-Adv.

Everywhere Alabastine

Alabastine

OR 35 years Alabastine has

been the choice of house-

wives who take particular

pride in the decoration of

For 35 years Alabastine has

been sold everywhere by paint,

hardware, drug, and general

stores. It is known by dealers

and users alike as the "tint beau-

Alabastine is a dry powder that

mixes perfectly in cold water. You can apply it yourself or your local painter will do the work reasonably. Be sure that you get Alabastine brought on the job in properly labeled packages.

Free Color Plans

The best decorators advise the use of stencils to produce contrasting wall and ceiling borders. Ordinarily, stencils cost from 50 cents to

\$3.00 each; but if you will write for the free "Alabastine Packet," con-taining hand colored proofs of 12 of the year latest stored affects

will tell you how you can have your choice of these and 500 others at practically no expense. Write today for this absolutely free decorating service.

Alabastine Co.

386 Granville Rd Grand Rapids, Mich.

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Nebraska Directory

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Distributors for the Middle West, General Electric

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REVOLUTION IN MONUMENT BUSINESS SEND FOR IT TODAY TO

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Hotel Castle

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New, Absolutely fireproof

Rooms with private bath - - \$1.50

Rooms with private toilet - - 1.00

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DIRECT — Save all Agents'

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OMAHA, NEB.

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SOLD ON EASY PAYMENTS

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tiful" for walls and ceilings.

Ointment to soothe and heal.

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You Go

They Know

their homes.

Everywhere -

he trumps the other fellow's ace."

erate price, drink Denison's Seminole

Brand, 35c the lb., in sealed cans.

118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."-Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any

female ailments to insist upon having

Lydia E. Pinkham's Vegetable Com-

BLACK LOSSES SURELY PREVENTED by Cutter's Biackieg Pills. Low-priced, fresh, reliable: preferred by Western stockmen, because they protect where other vaccines fall. Write for booklet and testimonials, 10-dose pkge. Blackleg Pills 4.00 Use any injector, but Cutter's best. The superiority of Cutter products is due to over 15 fears of specializing in vaccines and scrums only. Insist on Cutter's. If unobtainable, order direct. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

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Wholesale and Retail Guns, Ammunition, Sportsmens'
Supplies, Athletic Goods. TOWNSEND GUN Supplies, Athletic Goods. TOWNSEND GUN CO., 1314 FARNAM STREET, OMAHA, NEB.



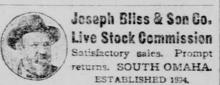
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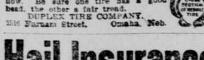
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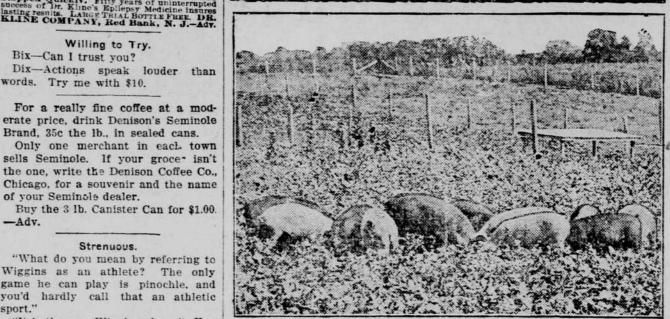
We save you \$5.00 on every thousand dollars of hall insurance placed with us compared with the rates charged by eastern companies. Losses paid in cash as soon as adjusted. Drop us a postal card today and get the name of our nearest agent and full information, NATIONAL HAIL INSURANCE COMPANY, Lincoln, Neb.

Pink Eye, Shipping Fever, Epizootio And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using Spohn's Distemper Compound, 3 to 6 doses often cure; one bottle guaranteed to cure one case. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist or delivered by manufacturers. SPOHN MEDICAL CO., Goshen, Ind.



GALLSTONES

It is sometimes easier to borrow FORAGE CROPS TO LESSEN COST OF PORK FITS, EPILEPSY, FALLING SICKNESS Stopped Qulckly. Fifty years of uninterrupted success of Jr. Kline's Epilepsy Medicine insures lasting results. LARGE TRIAL BOTTLE FREE. DR. BLINE COMPANY, Red Bank, N. J.-Ady.



Pigs in Rape at the Missouri Agricultural Experiment Station.

Forage crops furnish the best possible way of cheapening the cost of pork production, if we can trust the experience of the Missouri agricultural experiment station and of numerous hog feeders. High-priced grain must be used to a certain extent, but cheaper crops may be substituted for a part of it. The Missouri station experiments show that the five pounds of grain required to produce a pound of pork in dry lots may be reduced to three pounds if the hogs are running on alfalfa, rape, clover, sorghum or blue grass. The average return per bushel of corn fed was 66 cents a bushel in case of dry-lot feeding, as compared with \$1.10 when the hogs fed were running on pasture.

Economy of work and a better effect on the fertifity of the soil are also secured by hogging down, so the 40 per cent saving in grain feed does not be drilled in. Sorghum is also to be tell the whole story. Hogs on pas- recommended and blue grass is exture nearly always drop the manure cellent, especially for early and late where it will do some good, but this pasture, but it is likely to take a is rarely the case if dry-lot feeding is rest during a hot, dry summer. At practiced. The grain feed keeps the such times the green, succulent soranimal in better health and free range ghum will be very acceptable.

By L. A. WEAVER, Missouri College of | gives him a chance to keep himself more nearly free from lice and worms. Among the forage crops tested for pork production, alfalfa stands at the very top because (1) its long growing season enables it to furnish both early and late pasture, (2) it is drought resistant and does very well in the driest seasons and the driest parts of the growing season in Missouri, (3) its high protein content makes it especially good for balancing the corn in the ration.

Clover ranks next to alfalfa and fits into corn-belt rotations much better. It is similar in composition, but does not furnish pasture as early or keep as many hogs per acre.

Dwarf Essex rape is the best of the crops that must be sown each year. It may be sown alone or broadcast at the rate of six pounds per acre after which a bushel of oats per acre can

INCREASE IN VIGOR MADE BY CROSSING

After First Generation There Is Not Nearly So Intelligent as He Decrease in Yielding Power of Hybrid Strains.

It has been the common belief of feeders that a first cross between two pure breeds produces an animal that makes more rapid gains and matures earlier than would an animal of either of the pure breeds that entered into the cross. The blue-gray steer (Shorthorn-Galloway cross) has been famous as a feeder for many years. Likewise farmers that are raising hogs for the butcher's block usually prefer Berkshire-Poland-China, Duroc-Tamworth, or Duroc-Berkshire first crosses to pure bred stock of any of these breeds. There is an increase of vigor in the first generation cross.

It has also been known for many years that first generation crosses among plants that have been bred pure for some time will give an increase of yield over their parent

Later experiments have brought out a point that the earlier experimenters failed to fully appreciate-that the increase in vigor from crossing is only temporary. After the first generation there is a decrease in the yielding power of hybrid strains. Unfortunately most breeders after they have made a cross with good results, will try to perpetuate a hybrid variety.—Bulletin 202, Virginia Experiment

USE OF FULL-BLOOD SIRES ON THE RANGE

Striking Argument in Favor of Registered Bulls Reported From State of Utah.

bulls, the other had not. The owner age for colts with a grain ration of of the steers by registered bulls ac- two parts cats and one bran added. 'ually received \$40 per head more for

by the nonregistered bulis. layor of the use of registered bulls in spared. this one fact than could be written nto a volume.

Treatment of Peppers.

or greenhouse practically is required | them. of peppers as tomatoes. Higher temperatures are necessary to get the best results. Peppers thrive in any kind of loose, fertile soil and the marked as in the case of tomatoes.

Heat in the Hotbed.

Fresh horse manure, containing a liberal amount of straw or other litter

Grain Bin Is Cheap. A grain bin that will last at least ten years can be had for ten cents a than a day hauling grain, but an hour bushel, or one cent per bushel per year storage expense. That's cheap! both.

HORSE REALLY HAS VERY LITTLE SENSE

Is Often Pictured—"Jibbler" Not Stupid.

(By GEORGE H. GLOVER, Colorado Agricultural College, Fort Collins, Colo.) Those who have had the least to do with horses ascribe to them an intelligence which they really do not possess. A horse knows about as much when it is born as it ever does.

The majority of horses have very little will power, they can be rendered docile and tractable, they will work at high pressure until exhausted, never apparently learning the obvious lesson that it is the "willing horse" which suffers and that the more they work the more they will get to do.

The so-called stupidity of the ass and the provoking obstinacy of the mule are not indications of a lack of intelligence. On the contrary they manifest a determination of purpose which if they could combine against man would secure for them complete freedom from civilization.

A horse that "jibs" is one that has learned to disobey; he has learned his own strength and the comparative powerlessness of his master and he has learned this through an exercise of reason. The "jibbler" is an intelligent and not a stupid horse.

GIVE YOUNG COLTS VERY BEST OF CARE

Dry Bed and Protection From Cold Winds and Rain Is of Utmost Importance.

(By PROF. DONALD J. KAYS, Ohio State University.) With the demand for good draft horses advancing, the young colts should receive the best of care to in-A communication from Washington, sure rapid and complete development. D. C., gives a striking illustration of Many may be ruined by heavy feeding the value of the use of full-blood sires in the stalls where they cannot take exercise.

Two Utah ranchmen shipped their | The ideal shelter for colts is a steers to the same market on the tightly built shed open to the south same day. Both grazed their stock where the animals may go in or out at on the national forest range under their own pleasure and where they grazing permits, controlling the same may have the run of a lot for exercise. ansount of range per head, and paid A dry bed and a protection from cold the same grazing fee. There was this winds and rain is all that is needed. lifference: One had used registered Clover and alfalfa make good rough-

There is little danger of overfeedhis steers on the market than the oth- ing a colt if room for proper exercise er one received for the steers sired is given. Growth can be made more cheaply during the first year than at There is more sound argument in any other time and feed should not be

Keeping Bees Quiet. To keep a newly-settled swarm of bees quiet and make them enter the The same treatment in the seedbed hive well, sprinkle them lightly with and after transplanting in the frame water before beginning to work with

> Preserving Fence Posts. Dipping the butts of fence posts fence-post expense.

seed. In nine cases out of ten the is the best material to furnish heat in highest-priced seed is by far the cheapthe hotbed. If manure is saved from est. The seed doesn't cost much, afthe home stable it should be collected ter all, in proportion to the labor put and preserved under cover. It requires on plants, once they start. A full crop about one two-horse load for every is important, and possible only with good seed.

Worth of Planning. A day in the fields is worth more of planning may be worth more than

parture From the Well-Known Fillings Generally Used.

Olive Sandwiches.-Thin slices of The Nebraska State Journal calls atbread evenly buttered, cut hexagon tention to the fact that Uncle Sam's shape. Between each two slices place opening of a 4,000-acre tract in the a layer of neufchatel cheese mixed to North Platte irrigation district for seta paste with equal quantities of cream tlement practically winds up the "free and salad dressing and covered thickly land distribution" of the nation. It

with chopped olives. Fig Sandwiches. - Thin slices of bread cut in fancy shapes and buttered, with fig filling between each two. The fig filling should be prepared as follows: One-half pound finely chopped figs, one-third cupful sugar, one-half cupful of boiling water, add two tablespoonfuls of lemon juice. Mix these ingredients and cook in a double boiler until thick enough to spread. Chicken Salad Sandwiches. - Be-

tween two thin, oblong slices of bread, buttered, place a layer of chicken salad on a lettuce leaf. In making chicken salad for sandwiches chop the chicken and celery much finer than for ordinary purposes Ham Sandwiches.-Chop ham very

fine and season with mustard, make into a paste with melted butter, spread between two thin slices of bread, thinly buttered. German Sandwiches. - Mix equal

parts of cream cheese and chopped walnut meats with French dressing. Spread between thin slices of bread. Russian Sandwiches.-Stir grated cheese into mayonnaise and spread between thin crackers.

SOUR BEEF WITH DUMPLINGS

Recipe Which Will No Doubt Find Favor With Anyone Who Is Moved to Try It.

Put three to four pounds of beef (the round is best) in a bowl and pour over it sufficient vinegar to cover. Set aside for 24 hours, turning and basting frequently. Brown two large onions, chopped fine, in two tablespoonfuls butter. Place meat in roasting pan, pour over it the brown onions and the vinegar in which it was scaked; add a few cloves, a blade of mace and a bit of allspice. Bay leaves and lemon peel may be added if desired. When browned and thoroughly cooked the liquor should be strained and thickened either with flour or grated ginger snaps.

Potato Dumplings. — Cream a piece of butter the size of an egg, add yolks of two eggs, half cupful stale bread crumbs and a cupful of cold boiled potatoes: put through the ricer: season with salt and nutmeg, and, lastly, add the beaten whites of the eggs. Make into small dumplings and drop into the boiling liquor in which meat was cooked, and boil, closely covered, for ten minutes.

Noodled Ham.

Make the noodles by beating one egg with a saltspoon of salt till very light. Add as much flour as it will require to make a stiff dough. Roll thin. cut in narrow strips, shake them out, then break or cut in pieces when dry. Put two cupfuls of them in stewpan, cover with boiling water and boil ten minutes. Chon enough hoiled ham to make a large cupful. Butter an earthen dish, drain noodles and alternate layer of ham and noodles, with ham ers that might be mentioned, show for the last layer; beat two eggs, add | that Western Canada lands are going one cupful of cream or rich milk and | at a song at their present prices. In pour over top. Cover with laver of crumbs and dots of butter. Bake a delicate brown and serve in dish in which it was baked.

Potato Caramel Cake. Cream together two cupfuls granulated sugar, two-thirds cupful of butter | in another few years they would have and yolks four eggs; add one cupful hot mashed potato and one-half cupful of milk, one teaspoonful each clove, cinnamon and nutmeg, one cupful grated chocolate, two teaspoonfuls baking powder in two cupfuls flour, and last stir in lightly the whites of eggs and one cupful broken or chipped English walnuts.

About Lemons.

Here are some of the things the ever-useful lemon can do: Remove stains from the hands.

Relieve fever if used to sponge the patient's lips. One part lemon juice and one part glycerin is the proper proportion.

A dash of lemon juice in a glass of water is an excellent mouth and tooth wash. It removes tartar and sweetens the breath.

Chicken a la Boston.

One cup cold cooked chicken cut to strips, three cold boiled potatoes, cut in half-inch slices, one truffle cut in strips, three tablespoonfuls butter, three tablespoonfuls flour, one and one-half cupfuls scalded milk, salt and pepper. Make a sauce of butter, flour and milk. Add chicken, potatoes and truffle, and as soon as heated add sea-

Hot Fricassee.

Cut into small pieces the remains of a roast, either beef, lamb or veal, put into a frying pan, dredge thickly with flour. Season with salt and pepper, cover with cold water and cook gently. Serve very hot with mashed potatoes. At this time of the year potatoes are much nicer mashed or scalloped than boiled. They go farther also.

Pork Chops With Eggs. First put a couple of slices of bread in oven to toast, then fry meat, drop eggs in gravy and scrable them, addfor a length of 30 inches in hot coal | ing piece of butter. Now dip your toast tendency to become spindly is not so tar will prove a great saving in in hot, salted water and pour eggs over it. I think sausage a nice change, also tripe fried in butter. Beat an egg, add salt and tablespoon of flour. Don't purchase the lowest-priced Dip your tripe in this and fry in pork fat.-Boston Globe.

> Scotch Shortbread. Rub four ounces of butter into six

ounces of flour and add two ounces powder sugar. Knead the mixture untill it becomes a stiff paste. (When it is hard to knead add one egg but that is not necessary.) Mold it on a board with your hand. Roll out and cut in fancy shapes. Prick with a fork and bake in moderate oven 15 minutes

SANDWICHES OF MANY KINDS A LAND PROBLEM AHEAD Dependable (FROM THE PEORIA JOURNAL.) ASSISTANCE

Being prepared against a spell of Stomach, Liver or Bowel weakness is an excellent idea. This brings to mind the dependable assistance to be derived from a fair trial of

HOSTETTER'S Stomach Bitters

A family remedy for 63 years

This is Awful. "Are you Hungary?" "Yes, Siam."

"Well, come along; I'll Fiji."

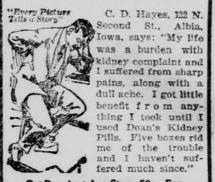
Kill the Flies Now and Prevent disease. A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six sent express paid for \$1. H. SOMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

It's an easy matter to give advice, but it is difficult to get people to have aith enough to use it.

Answer the Alarm!

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before dropsy, gravel or Bright's disease set in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

An Iowa Case



dull ache. I got little benefit from anything I took undustries used Doan's Kidney Pills. Five boxes rid me of the trouble and I haven't suffered much since."

Get Doen's at Any Store, 50c a Box DOAN'S RIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.



A healing wonder for nasal catarrh

sore throat and sore eyes. Economi

as extraordinary cleaning and germicidal power ample Free. 50c. all druggests, or postpaid by mail. The Paxton Toilet Company. Boston, Mass. their improved farms, but would sell Make the Liver

only because they can purchase unimproved land at such a low price that Do its Duty equally as good farms as they left or right the stomach and bowels are right. such as their friends have in the Unit-CARTER'S LITTLE LIVER PILLS The worth of the crops grown in

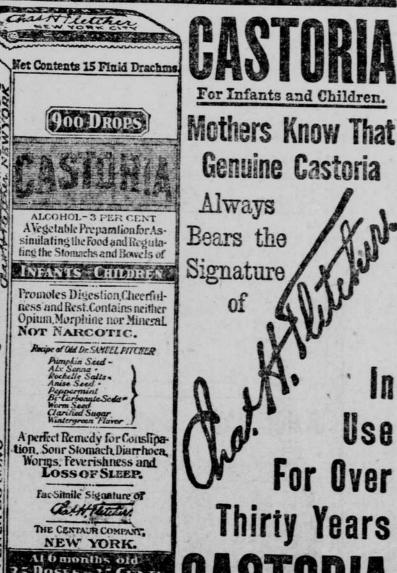
gently but firmly con pel a lazy liver to than those of the States named, so why do its duty. much. Any Canadian Government stipation, Indigestion,

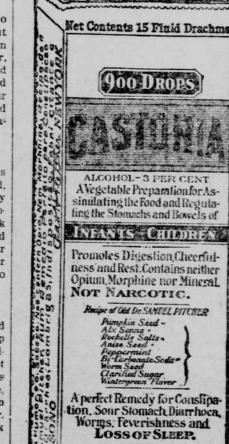
and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE.

CARTERS

Genuine must bear Signature

W. N. U., OMAHA, NO. 19-1916.





Fac-Simile Signature of

Cath theter. THE CENTAUR COMPANY, NEW YORK. At 6 months old

Exact Copy of Wrapper

35 Doses - 35 CENTS

questions if we are to escape the extremes which curse the older nations of the world." In the above will be found one of the reasons that the Canadian Government is offering 160 acres of land free to the actual settler. There is no dearth of homesteads of this size, and the land is of the highest quality, being such as produces yields of from 30 to 60 bushels of wheat per acre, while eats run from fifty to over hundred

"Free or cheap land has been

the American safety valve. A

population straining for self-bet-

terment has had its own remedy-

to go west and grow up with the

country. With the government

reduced to advertising an opening

of forty-three farms, the safety

valve may be considered forever

closed. The expansive energy for-

merly exerted outward, must here-

after work itself out intensively.

Increasing land speculation, with

rapidly rising prices of land and

proportionately increasing dissat-

isfaction among the landless would

seem inevitable. The tone of our

politics and the intensity of our

social problems cannot but be vi-

tally changed under the strain of

dealing internally with a social

pressure which hitherto has had

the wilderness to vent itself upon.

"'Land hunger' will soon become a

reality in this rapidly growing country

and the constant pressure of popula-

tion, increasingly higher than the ratio

of production, is bound to bring us

face to face with economic problems

that we have heretofore considered re-

mote. The far-sighted statesman and

publicist must devote his thought

earnestly to the consideration of these

bushels per acre. It is not only a mat-

ter of free grants, but in Western Can-

ada are also to be had other lands at

prices ranging from \$12 to \$30 per

acre, the difference in price being

largely a matter of location and dis-

tance from railway. If one takes into

consideration the scarcity of free

grant lands in the United States it is

not difficult to understand why there

has been most material advances in

A few years ago, land that now sells

for two hundred dollars an acre in

lowa, could have been bought for sev-

increased price is warranted by the

increased value of the product raised

on these farms. The lands that today

many cases in Western Canada today,

there are American settlers who real-

ize this, and are placing a value of

ed States.

he has

sixty and seventy dollars an acre on

Western Canada is of higher value

should the land not be worth fully as

Agent will be glad to give you infor-

mation as to homestead lands or where

No man ever has as much sense as

Most of the world's heroes dwell be-

the female he is engaged to thinks

you can buy.-Advertisement

tween the covers of novels.

enty-five dollars an acre or less. The

the price of farm lands.