

### Are You Giving Your Body A Square Deal?

Read "The Ills of Life"

This free booklet is a plain statement of plain people as to their experience with Peruna. They have used Peruna. They know what they are talking about. Fathers, Mothers, Sisters, Brothers, Grandchildren and grandchildren. They all speak instructive reading. Send for one.

Peruna is a standard household remedy for coughs, colds and catarrh. It is also a light laxative. An admirable remedy for old and young. It is a great saving in doctor's bills to have Peruna in the house. It is also convenient.

If your druggist does not happen to have Peruna in stock order it direct from us. \$1.00 a bottle, \$5.00 for six. We pay transportation charges. Peruna wins its own way. One bottle will convince you.

**THE PERUNA COMPANY,**  
Columbus, Ohio

### Constipation Vanishes Forever

Prompt Relief—Permanent Cure

**CARTER'S LITTLE LIVER PILLS** never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner—cure indigestion, improve the complexion, brighten the eyes.

**SMALL PILL. SMALL DOSE. SMALL PRICE.**

Genuine must bear Signature

*W. Wood*

**TWO WAYS OF KEEPING LENT**

Billy Sunday Tells of One of Them in an Anecdote That is Worth While.

Billy Sunday, the evangelist, to whom all Philadelphia has been "bitting the sawdust trail," was talking about Lent.

"Lent?" he said, throwing up his arm as if about to pitch a ball. "Well, boys, there's lots of humbug about Lent. Sincere Lent keeping is a good thing, a mighty good thing; but the other kind—"

With a light leap he landed in a sitting posture on his reading desk. Seated there, his legs swinging comfortably, he went on:

"Well, the other kind reminds me of the fat old party who said:

"Consume this war! Turtle's gone up, oysters have gone up, trout's gone up, wine's gone up, canvas-back duck's gone up and beer's gone up. With things in such a condition I hardly see where a man's to get the money to cele—er—I mean to keep Lent on."

**Just Any Kind.**

Betty and two of her playmates spent an hour shaking Betty's bank and then rushed to the corner store with the single coin they were able to entice through the slot.

"What's for you, little ones?" asked the storeman.

Throwing the coin on the low glass case, Betty replied with an air of contented indifference:

"Our folks are all rich. Jist give us a cent's worth of any kind of candy."

**Basis for a Garden.**

"What are you and your little friends doing out there in the backyard, Tommy?"

"We're the allies, ma, an' we're diggin' trenches."

"Well, don't dig the trenches too deep, and I'll ask you father to drop a few seeds in them."

**The Way.**

"To read Bill's letters of what he is doing in the war, you would suppose he kept the enemy on the run."

"I don't doubt it—after him."

**Darwinian.**

"I'm looking up my family tree."

"What are the monkeys doing?"—Boston Transcript.

## In Foods—

more than in anything else—quality counts more than quantity.

# Grape-Nuts

FOOD

contains more body-building nourishment, weight for weight, than either meat or bread.

Grape-Nuts is delicious and economical, and

## "There's a Reason"

Grocers everywhere sell Grape-Nuts

### ONLY THE LITERAL TRUTH

Stories Sounded Like Those of Baron Munchausen, But They Were Actual Happenings.

Some men, dressed in civilian clothes, gathered together in the smoking room of the hotel, discussing the joys and sorrows of life at the front.

"Well, I've been with the army and had a very interesting time," said one.

"Ever got really alone with the enemy?" asked another.

"Rather! I once took two of their officers."

"Unaided?"

"Of course! And the very next day I took eight men!"

"All wounded, I expect," sneered a listener.

"You didn't get hurt, did you?"

"Just a slight scratch, that's all. And two days after I took a transport wagon, and followed up that by taking a big gun."

"Sir," said a disagreeable auditor.

"I have seen some of the finest specimens of anything you can call to mind, but I wish to state that you are the biggest romancer that ever trod this earth."

"Oh, no, I am not that," replied the hero; "but I am a photographer!"

**Father Won Out.**

Jones' wife wanted to pay an elongated visit to some of her relatives in a distant state, and while Jones had no great desire to kiss her good-bye and do his own dishwashing, he thought it the part of wisdom to treat the matter diplomatically.

"Harry," said the wife one afternoon, speaking of the proposed visit, "won't you be awfully lonely and utterly miserable while I am gone."

"Oh, no dearie!" promptly answered Harry, with a brightening expression.

"I shall manage nicely. There are Smith, Brown, Green—"

"Is that so?" was the quick interjection of wife. "Then I don't go! I don't propose to have my house turned into a poker jubilee!"

**Then—and Now.**

"Squabbling and fighting—there's another very frequent cause of divorce," said Prof. L. Watts Ingersoll in an address before the Cleveland Anti-Divorce league.

"A man had been hailed before a Cleveland magistrate for non-support or some such fault.

"But, let me see," the justice said, "aren't you the chap who was married in a cage of wild man-eating tigers and leopards?"

"Yes, your honor, I'm the man," was the reply.

"Exciting, wasn't it?" said the justice.

"Well, your honor," said the man, "it seemed so then. It wouldn't now."

**A Militant Man.**

"It is easy enough to please women and children," said a business man the other day. "I once owed several thousand dollars and did not have any idea how I should pay the amount, but finally resolving to forget the whole business, I sent down a big box of roses and a wind-up train that ran on a track. You have no idea how happy the household was then.

"But I am still wondering how I am going to pay my debts."

**As It Seemed to Fitstop.**

"Was your father a pirate?" asked young Fitztop of the girl of his choice at a clandestine meeting, after the old sea captain had urged his exit from the family mansion on the hill by the use of his pedal extremity.

"No, my darling," was the reply.

"Why do you ask?"

"He seemed to me to be a good deal of a free-booter," said the young man, reflectively.

**What She Would Do.**

The Houston school children were learning to speak "Old Ironsides," and one little lass when she came to the line: "Aye, tear her tattered ensign down!" was heard to declaim with deep feeling: "I'd tear her tattered inside out!"—Houston Post.

**Quite So.**

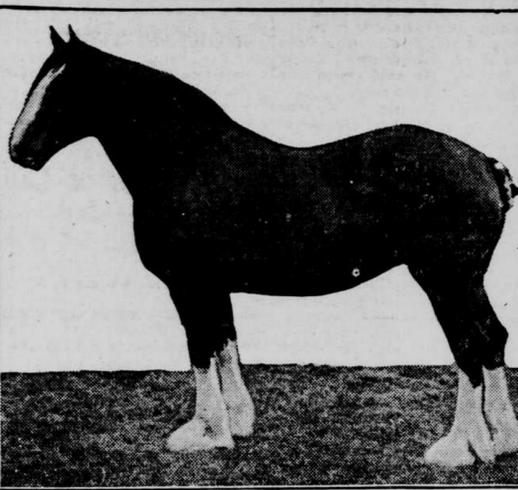
He—If I were rich do you think you could love me?

She—I don't know about that; but I should have no objection to marrying you.—Boston Evening Transcript

**A man gets down to bed rock when he has to keep the cradle in motion.**

From Warsaw to Berlin is a distance of 398 miles.

## SECRET OF USING BROOD MARES ON FARM



Clydesdale Mare "Boquhan Lady Peggy," Champion at the Highland Show, Inverness.

(By J. M. BELL.)

I was on a big stock farm several months ago, and the owner was certainly doing things in the matter of raising mules, that is, he was starting about it in the right way.

Twenty-six fine, heavy draft mares were being bred to a sixteen-hand jack. So far so good.

These mares were doing regular farm work, some of them having been on the place for several years, and out in a large, luxuriant pasture were a thriving herd of mule colts; a credit to their mothers.

It was hay season when I visited that stock farm, and 200 acres of red clover were being cut, wheat was also ripe; 500 acres of that was being harvested. Six mowers in the hay, four binders in the wheat and the mules working to all the machinery, the brood mares working to the wagons hauling the wheat and the hay.

A pair of them to each wagon. A careful driver and a good harness, the mares sleek and fat, working from 12 to 14 hours a day under a hot, southern sun; no time to loiter; a steady rush from rising to the setting of the sun.

But these brood mares were standing it all right and were fat enough for any practical purpose.

In buying these mares, the owner, a young Cornell graduate, had succeeded in getting his money's worth.

Many of the pairs were really matched teams, strong bone, heavy muscles, good limbs, no counterfeits among the twenty-six. No cripples, few blemishes, spavins, ringbones, side bones, even spindly hard to find. No mares that could be called aged, so all likely to drop good healthy colts.

I noticed that the brood mares on this farm had on good well-fitting harness, and were invariably handled by careful teamsters, the majority of them negroes.

Here lies the secret of working brood mares on the farm; they must be handled properly and by drivers of experience who understand the difference between a \$200 animal that is expected to drop a colt each season and the \$50 plug mule or gelding.

New on this farm where over one

hundred head of work stock were kept and used regularly the hours for work were "from sun to sun" at all seasons of the year—no loitering—everything carried on in a businesslike manner but at the same time none of the work animals, either mules or brood mares, were overworked or underfed.

Take these twenty-six mares, figuring twenty of them drop foals each spring, that is six out of the lot will miss—these twenty young colts at weaning time would be worth \$40 each, or a total of \$800, while as three-year olds they should, if properly grown, be worth \$350 a pair, beside the three crops of colts coming on behind them.

There is no trouble about working a brood mare on the farm, if she is the right kind of mare and driven by the right sort of man, but you must certainly select, for breeding, mares of the right size and temperament.

High-strung, nervous mares will not do for farm drudgery, whether they are draft bred or not.

You want a quiet animal—not slow or sluggish—but with an equable disposition.

An infusion of draft blood will often insure a patient, willing farm brood mare, just as an infusion of thoroughbred blood will give a more spirited animal.

Perhaps no other animal on the farm is so profitable as the right sort of a mare. The price of horses and mules keeps up well and is likely to do so.

The small farmer and also the larger stock farms will use mules in spite of machine engines and motor cars.

The city trade uses up thousands of both horses and mules; riding and driving horses are always in demand if they are of the right kind, and the brood mare on the farm is the source from which they are sprung, so in the selection of them good judgment should be used.

Work them regularly, feed them regularly and plentifully. Rest them two weeks before and two weeks after the foal arrives, but let them work a month before and after the colt arrives.

Be light. Never handle them roughly and never overload them.

### RAISE GOOD CALVES OR PIGS ON WHEY

Fed With Oil Meal and Gluten Feed It Will Give Satisfactory Results.

Whey has a food value well worth saving. Its chemical food analysis compared with skim milk, is as follows:

Skim milk, 2.9 per cent protein; 5.2 per cent carbohydrates; 0.3 per cent fat. Whey, 0.8 per cent protein; 4.7 per cent carbohydrates; 0.3 per cent fat.

It will be seen that whey is not as valuable as skim milk, but that it has a very appreciable value, nevertheless. However, whey has a wider nutritive ratio than skim milk, that of whey being 1.67, while that of skim milk is 1.2. This fact must be taken into consideration in feeding when it one gets its full food value. Oil meal, gluten feed, etc., food rich in protein should be fed with whey, while corn meal, barley meal, flaxseed meal, etc., should be fed with skim milk. In this way one can balance the ration and get the full food value of such products, while if they are fed alone, satisfactory results cannot be obtained.

You can raise good calves or pigs on whey if you will feed oil meal and gluten meal with it, but if fed alone it does not contain the food nutrients in proper proportion, hence does not give satisfactory results. It is safe to say that whey is worth half as much as skim milk for feed.

**Green Feed Essential.**

Green feed is essential as a part of the winter ration. When cabbage and beets are not available, sprouted oats can easily be fed. Soak the oats in a bucket for at least twenty-four hours and then place in a pile on top shelf of the sprouter. On the third day spread them out and let them grow to a height of not over two inches, then feed them.

**Direct Road to Eggs.**

Warm food and cold mornings go well together. Direct road to eggs, and they are what we are all after.

**Too Many Shots.**

If the shots pile up in the pen at night, the pen is too cold, and there are too many shots in the pen.

**Sewage as Fertilizer.**

It is safe to use sewage as fertilizer if the plant roots are unbroken, but a very slight injury to the roots permits disease germs to enter.

**Bad Combination.**

Heavy birds and high roosts are a bad combination. Large breeds especially need low roosts.

**Advantage of Concrete Post.**

The concrete fence post has the advantage of being the most permanent and sightly.

### ALFALFA FOR HOG PASTURE IN FAVOR

Furnished Good Grazing From Early Spring Until Autumn at Iowa Station.

Alfalfa pasture produced the cheapest gains on pigs ever secured at the Iowa station. In 1911 alfalfa pasture, with a grain ration of ear corn plus a small amount of meat meal, produced gains at a cost of \$2.88 per 100 pounds, considering corn worth 50 cents a bushel.

Alfalfa furnished good grazing from early spring until late autumn. It was pastured from May 7 to November 25 constantly, a period of 198 days. Under average Iowa conditions, alfalfa pasture is available for practically six months of the year.

Being extremely deep rooted, it is not greatly affected by drought. In August and September, when clover pasture is dry and hard, alfalfa, growing beside it is green, succulent and palatable.

Heavy pasturing of alfalfa is not advised. The number of animals per acre should be so regulated that two or three small cuttings of hay may be taken from the field. This is necessary to insure tender green growth for grazing.

When little buds begin to shoot at the base of the stalk the alfalfa should be cut. In a very few days a fresh new growth makes its appearance. Over-pasturing, without occasional cutting, also tends to injure the crowns of the plant and eventually destroys the stand.

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## SAFER CREDITS

The Regional Bank's New Measure Will Help Business Men in Many Ways.

Better credits, rather than an extension of credit, is the much-to-be-desired effect which the Federal reserve act will have on business. The new regional banks will exercise a useful function in assisting member banks to improve the character of their loans.

The most useful function in matters pertaining to health is the digestive system, for it is from this source we receive our daily food in renewing the waste portions of the body, keeping the blood pure and well supplied with red corpuscles, and the general condition up to Nature's standard.

Therefore, watch the digestion and at the first sign of weakness or distress see that immediate assistance is given. This can be efficiently supplied by the use of Hostetter's Stomach Bitters.

It has a well known reputation as a tonic and appetizer and can thus be relied upon to help you regain your appetite, assist the entire digestive system and help Nature in the promotion and maintenance of health.

Make Hostetter's Stomach Bitters your first choice in any ailment of the Stomach, Liver or Bowels. You will find it well worthy of your confidence. Insist on having the genuine.

**Perhaps.**

Church—I see the pastor of a church at Milford, Del., has been presented by his congregation with a corset.

Gotham—Did they think he couldn't blow his own horn otherwise?

**Stung.**

"It's wonderful what some insects can do. A grasshopper can jump 100 times its length."

"That's nothing; I once saw a bee raise a 200-pound man three feet off the ground."

**One's True Friends.**

Three men are my friends—he that loves me, he that hates me and he that is indifferent to me. Who loves me, teaches me caution. Who is indifferent to me teaches me self-reliance.—Panin.

**Nothing Do!**

"Hello, doctor!" exclaimed the lawyer.

"How's everything?"

"All's well," replied the M. D. sadly.

It's difficult to convince a woman that gambling is wrong if her husband keeps ahead of the game.

### VISIT

## California's Expositions

Low Round Trip Fares

Northern Pacific Ry

and

GARDINER GATEWAY

Original and Northern Entrance to

### Yellowstone National Park

## 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. 50c at druggists or mailed direct.

Zona Company, Wichita, Kan.

### KOW-KURE

KOW-KURE is a scientific cow medicine, which has a direct and lasting effect on the organs of digestion. For over twenty years it has been the standard medicine for the treatment of such common cow ailments as Abortion, Bloat, Acid Stomach, Milk Fever, Scouring and Loss of Appetite.

You cannot afford to let a cow get down in health. Better have Kow-Kure constantly on hand. Sold by druggists and druggists in the east \$1.00 package. Value 50c. "The Cow Doctor."

Write for the name of the nearest druggist to you.

DUY ASSOCIATION CO., Lyndeville, Mo.

### W. L. DOUGLAS

MEN'S \$2.50 \$3 \$3.50 \$4.00 \$4.50 \$5 \$5.50 SHOES

WOMEN'S \$2.00 \$2.50 \$3.00 \$3.50 & \$4.00 SHOES

BOYS' \$1.75 \$2 \$2.50 \$3.00 MISSES' \$2.00 & \$2.50

**YOU CAN SAVE MONEY BY WEARING W. L. DOUGLAS SHOES**

W. L. Douglas shoes are made of the best domestic and imported leathers, on the latest models, carefully constructed by the most expert last and pattern makers in this country. No other make of equal price, can compete with W. L. Douglas shoes for style, workmanship and quality. As comfortable, easy walking shoes they are unsurpassed.

The \$2.00, \$2.50 and \$3.00 shoes will give as good service as other makes costing \$4.00 to \$5.00. The \$4.50, \$5.00 and \$5.50 shoes compare favorably with other makes costing \$6.00 to \$8.00.

There are many men and women who wear W. L. Douglas shoes. Consult them and they will tell you that Douglas shoes cannot be excelled for comfort and service.

**CAUTION!** When buying W. L. Douglas shoes, look for the name and price stamped on the bottom. Show this stamp and you will be guaranteed the value and protected the wearer against high prices for inferior shoes. Having the NAME AND PRICE stamped on the bottom before they leave the factory. Do not be persuaded to take some other make claimed to be just as good. You are paying your money and are entitled to the best.

Your dealer cannot supply you, write for Illustrated Catalog showing how to order by mail.

W. L. Douglas, 210 Spark St., Brockton, Mass.

**An Easy Disguise.**

An impecunious young man of this town was being attended to by a barber whose chair fronted the street when the youth observed coming one of his creditors, no less a person than his tailor, who had been offering various threats of personal violence if his account were not settled.

"Hans," gasped the youth, "lather me up quick! Lather me to the eyes! Here comes my tailor!"

**Never Had 'Em.**

Old Dick was a plantation dandy. He was rarely sick, and he always claimed it was due to the way he had lived. One day as he was walking down the street a local merchant, taking advantage of his ignorance, accosted him thus:

"Dick, one of your best friends has just told me that you have ancestors of the worst sort."

"Now, look heah, Cap'n Gaw. I doan want to hurt nobody, but I jes' want to know who dat man was wot told you, an' I sho will go after him. 'Cause he done gone and 'sult me 'e got ancestors? Why, cap'n, that's as big a lie as was eber told; I neber had nothin' in my life but the mumps and colic."—National Monthly.

## Alfalfa PUREST ON EARTH

More than 30 years ago Salzer's Catalog boomed Alfalfa, years before other seedmen thought of its value. Today Salzer's Alfalfa strains include Grimm, Montana, Lusk, and Agr. College (inspected). Salzer's Dakota Registered No. 30—all hardy as oak.

**For 10c in Postage**

We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass, Lucerne, the Silo Filler, Alfalfa, etc., etc.

**Or Send 12c**

And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

**Or send to John A. Salzer Seed Co., Box 704, Le Crosse, Wis., twenty cents and receive both above collections and their big catalog.**

## FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experiences which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Nothing is asked in return except your good will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

### PARKER'S HAIR BALSAM

A toilet preparation of merit. Restores color and beauty to gray or faded hair. Keeps it soft and healthy.

According to the Times.

"I say, old boy, have you a fever to lend for a week or so?"

"Here's a church member note."

"What kind might that be?"

"One that is bound to keep lent."

**The Main Point.**

"What's the best way to come to the front?"

"Get good backing."

Always use Red Cross Ball Blue. Delights the laundress. At all good grocers. Adv.

If it were not for politics lots of lazy men would starve to death.

## Housework Is a Burden

It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.

Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered.

Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

**A Nebraska Case**

Mrs. H. A. H. and her family, Fourth St., Falls City, Neb., says: "For years my kidneys were disordered and the pain affected my back and sides. The trouble kept getting worse and my limbs swelled badly. Doan's Kidney Pills cured me. I have never had any signs of kidney complaint since."

Get Doan's at Any Store, 50c a Box

**DOAN'S KIDNEY PILLS**

FOSTER-MILBURN CO., BUFFALO, N. Y.

## WHY NOT TRY POPHAM'S ASTHMA MEDICINE?

Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c.

**WILLIAMS MFG. CO., Props., Cleveland, O.**

## A SWITCH Made YOUR OWN HAIR

Mail us your combing. We will make them into a beautiful switch or any other style. If necessary will add new hair. All for \$1.50. Write to ATLANTIC HAIR CO., Dept. D, 312 21st St., New York

## Nebraska Directory

### THE PAXTON HOTEL

Omaha, Nebraska

EUROPEAN PLAN

Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE.

## DEFIANCE STARCH

is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money.

DEFIANCE STARCH CO., Omaha, Nebraska

W. N. U., OMAHA, NO. 13-1915.

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W. L. Douglas, 210 Spark St., Brockton, Mass.

If you could visit the W. L. Douglas factory at Brockton, Mass., and see how carefully the shoes are made, and the high grade leathers used, you would then understand why they look and fit better, hold their shape and wear longer than other makes for the price.

W. L. Douglas shoes are sold through 50 stores in the large cities and shoe dealers everywhere.

**BWARE OF SUBSTITUTES**