

All Played Out at Quitting Time? You Need **TANLAC** The World's Greatest Tonic

Bilious Attacks
Are Usually Due to Constipation
When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
For Constipation

BETTER DEAD
Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HARLEM OIL CAPSULES
The National Remedy of Holland for over 100 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation

CURES COLDS - LA GRIPPE
in 24 Hours - **CASCARA QUININE** in 3 Days
STANDARD remedy world over. Demand red box bearing Mr. Hill's portrait and signature. At All Druggists—30 Cents W. H. HILL COMPANY, DETROIT

The Diagnosis. Flubbub—Has the doctor diagnosed your case? Gotrox—Perfectly. Flubbub—How did he find out just what you've got? Gotrox—Looked me up in Brad-streets I suppose. Feel a smile and the right kind of smile will show up; but drat the artificial ones.



Mrs. Emma Gunter
Decatur, Ill.—"At various times during my married life I have been greatly benefited by two of Dr. Pierce's medicines, Golden Medical Discovery and Favorite Prescription. The Golden Medical Discovery restored me to health at one time when I had a deep-seated bronchial cough and was in a weakened, debilitated state of health; and during one of my expectant periods Favorite Prescription proved not only to be a splendid tonic and nerve but I had practically no suffering. It is a pleasure to recommend medicines so reliable as Dr. Pierce's and I do so at every opportunity."—Mrs. Emma Gunter, 1228 N. Calhoun St.
Your neighborhood druggist can supply you with either of these famous remedies in tablets or liquid. Do not neglect your health. Write Dr. Pierce, Pres. Invalids' Hotel, Buffalo, N. Y., for free medical advice.

Ask Your Dealer for **Na-Vag's EXCELLO SUSPENDERS**
Year's Wear Guaranteed
Always comfortable
No rubbing
No heat
No chafing
No itching
No soreness
No blisters
No chills
No shivers
No colds
No coughs
No sneezes
No watery eyes
No red noses
No sore throats
No hoarse voices
No dry mouths
No parched throats
No cracked lips
No chapped hands
No chapped feet
No itching feet
No itching hands
No itching face
No itching neck
No itching back
No itching chest
No itching stomach
No itching legs
No itching arms
No itching head
No itching hair
No itching skin
No itching bones
No itching muscles
No itching nerves
No itching blood
No itching soul
No itching heart
No itching mind
No itching spirit
No itching conscience
No itching honor
No itching glory
No itching fame
No itching wealth
No itching power
No itching influence
No itching respect
No itching admiration
No itching love
No itching affection
No itching friendship
No itching sympathy
No itching pity
No itching compassion
No itching mercy
No itching kindness
No itching gentleness
No itching meekness
No itching mildness
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No itching sweetness
No itching goodness
No itching beauty
No itching grace

WOODMEN OF THE WORLD
LIFE INSURANCE
LARGEST AND STRONGEST IN THE CENTRAL WEST
Headquarters **OMAHA, NEBRASKA**
TOTAL ASSETS **\$110,000,000**
Keep Nebraska Money in Nebraska Patronize Home Industries

THE COTTAGE GARDENER

GETTING THE MOST OUT OF GARDEN SPACE



The Combination Fruit and Vegetable Garden. Strawberries Are Grown Under the Grapevines Which Are Trained on a High Trellis. Young Fruit Trees Also Are Growing in This Garden.

USE EVERY INCH OF GARDEN SOIL

"Intensive Farming" Applies as Well to Small Plot as to the Large Tract.

EASY TO GROW VEGETABLES

Careful Gardener Can Find Room for Additional Plants if Best Judgment Is Used in Planning Seed Bed.

"Intensive farming" long ago won the O. K. of the practical agriculturist who found that it was his financial interest to make two or more grow where one grew before. The same rule applies, or should apply, to the cottage gardener—the fellow who has only a few feet of space, compared with the three or four hundred acre farm. It is just as essential that the back yard "fence corners" be made to produce as it is that the formerly unused places on the farm be brought into a state of production. In the back yard of the majority of small homes, in both country and city, there are spaces that have been neglected because the man of the house was not exactly in the mood of spading it up when planting time arrived. Spading time should extend from the time the one crop was garnered the previous fall to the time when the soil is actually prepared for the next season. Spading in the fall is not a bad idea. The leaves and other fertilizer producing growths can be turned under and also made to work for you.

Value of Rich Soil.
If you are fortunate enough to obtain a load or two of stable manure, of course it is better to turn this under in the fall and allow it to be well rotted by spring—and not blown away by the winter winds. Although much manure has a large quantity of straw mixed with it, the straw also enriches the soil. With the ground well cared for in the fall before the freezing weather starts, it is in condition to be brought into the best producing state in the early spring, when little, if any, spading will be necessary to make the seed bed—and the worst of the work is over and the home gardener is happy with his prospects.

Then—when actual planting time comes—when the ground is warm and there seems to be no danger of frost—that is the time to make the most of the situation. No plants will do their best if crowded, but there are many vegetables that will do well by being planted close together. Those that require most space should have all they need—but it is well to remember that some of the small vegetables that grow close to the ground and are out of the way early can be grown between the larger plants, such as tomatoes and beans, which develop slowly. **When Crowding Can Be Done.** By exercising careful judgment a little more crowding may be done in some instances than has been done by many gardeners, and more inter-cropping—planting between the later developing plants—may be carried out, much to the gratification of the gardener. It is a great pleasure to the proud gardener to see the young plants shooting up in every nook and corner of his back yard—no weeds—stakes for the more rapid growing plants—everything looking prosperous. With reasonable weather conditions it is just as easy to have a splendid garden as it is a poor one—and not

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) Copyright, 1922, Western Newspaper Union.

LESSON FOR APRIL 16 EASTER LESSON

LESSON TEXT—John 20:19-31. **GOLDEN TEXT**—The Lord is risen indeed.—Luke 24:34. **PRIMARY AND JUNIOR TOPIC**—The First Easter. **INTERMEDIATE AND SENIOR TOPIC**—Why We Observe Easter Day. **YOUNG PEOPLE AND ADULT TOPIC**—The Effect of Belief in the Resurrection.

I. Jesus Manifests Himself to the Disciples, Thomas Being Absent (vv. 19-25). He appeared to several of His disciples at several different times during that day. This is the first appearance to the disciples as a body. The rumors of His several appearances on that day caused the disciples to assemble to talk over the matter. For fear of the Jews, they met in a private room and barred the door. While they were discussing the strange happenings of the day, the Lord mysteriously appeared before them with the greeting of good cheer, "Peace be unto you." He did not come with censure for their failure and desertion. At His birth the angels announced "Peace." Just before He took His departure, He said: "Peace I leave with you; my peace I give unto you" (John 14:27); "Let not your heart be troubled" (John 14:1); and now the first word after His resurrection is "Peace." Having calmed their fears, He gave them an unmistakable evidence of His resurrection, "And when He had so said, He showed unto them His hands and His side. Then were the disciples glad when they saw the Lord." Their doubts needed to be scattered, and His peace needed to be upon them. Consider:

1. The disciples' commission (v. 21). "As my Father hath sent Me, even so send I you." This commission was not simply to a class, as the eleven, but to all Christians. In Luke 24:33 we find that there were others there in that meeting besides the eleven when Jesus showed himself to them and commissioned them, showing that the commission is not confined to a class or order, but is wide as the Christian body itself. All Christians, therefore, are envoys and representatives of Christ. The exercise of this great function is not merely optional upon him. The Lord placed it upon a plane with His own commission from the Father—"As my Father hath sent me, so send I you."

2. The disciples' equipment (v. 22). "He breathed on them, and saith unto them, Receive ye the Holy Ghost." The mission of the disciple is a very great one, but every one who goes forth in its execution He clothes with the power of a new life by the bestowment of His spirit. No one who has this equipment shall ever fail. The Lord's representatives have His life in them. The barrenness of our efforts is due to our failure to take by faith our equipment.

3. The disciples' authority (v. 23). "Whosoever sins ye remit, they are remitted unto them; and whose sins ye retain, they are retained." This authority was not by virtue of office, but by virtue of having the Holy Ghost. This would give the spiritual discernment to know who had or who had not repented, and consequently, to pronounce pardon or not. II. Jesus Manifests Himself to the Disciples, Thomas Being Present (vv. 26-29). Thomas was absent at the first appearance of Jesus. His absence deprived him of a vision of the Lord. Absence from the assembly of believers always occasions loss. The other disciples go to Thomas at once with the glad news of the resurrection, but he will not believe. His stubborn disbelief is such that he doggedly declares that unless he sees the prints of the nails, etc., he will not believe. It is right to demand evidence, but to prescribe terms is rank unbelief. Note: 1. The Lord's kindness to those who have difficulties. Thomas deserved rebuke, but the Lord kindly supplied the evidence which he demanded. 2. The revelation of the Lord transforms a doubter into a possessor. III. The Conclusion of the Gospel (vv. 30-31).

In these verses John's arguments are summarized, and an explanation is given as to why he wrote this Gospel. Many other things could have been written, but these that he wrote he judged adequate to prove his point: To prove that (1) Jesus of Nazareth was the expected Messiah; (2) that He was divine—the very Son of God; (3) that those who believe on Him as God's only Son—the Messiah—would receive eternal life. Eternal life is in Him and only as He is appropriated by faith can men be saved.

What Christ Saw in World. Christ saw much in this world to weep over, and much to pray over; but He saw nothing in it to look upon with contempt.

Happiness in Our Heart. The happiness that we vainly seek the world over is all the time within us, nestled close to our own hearts.—Bruce Calvert.

Our Comforts. Most of our comforts grow up between our crosses.—Young.

GARDENS MUST HAVE CARE

A good start for a garden is often lost about the time the weeds appear. No matter how carefully the garden may be planted or how rich the soil or costly the seeds, failure will surely follow if the proper cultivation and care are not given during the growing season.

ONLY A COLD
BUT DON'T NEGLECT IT
A cold is an acute catarrh which can easily become chronic. A great many diseases may be traced to a catarrhal condition of the mucous membranes lining the organs or parts.
PE-RU-NA
AN IDEAL EMERGENCY REMEDY
Just a few doses taken in time have saved thousands from serious sickness. For fifty years Pe-ru-na has been the popular family medicine for coughs, colds, catarrh, stomach and bowel disorders and all diseases of catarrhal origin.
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Tablets or Liquid Sold Everywhere

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Land of Prosperity
offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms
Fertile Land at \$15 to \$30 an Acre
—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.
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are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches, schools, good markets, railroad facilities, rural telephone, etc.
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Historic Date.
On June 2, 1875, while experimenting on his harmonic telegraph, Alexander Graham Bell made the discovery that led to the construction of the first telephone.

An Equation.
O'Rourke—The man phwat has no wofe is nawthin'. McToole—So is the man phwat has wan, b'gob?—Life.

TANLAC
The World's Greatest Tonic
If You Need Strength and Reserve Power Take **TANLAC**

Entertainment at Home.
"You are much more serious in your addresses than you used to be," remarked the friend. "Many's the time when a mass meeting was held in your honor, you'd simply hire a band, tell a few anecdotes and let it go at that?" "True!" responded Senator Sorghum. "Modern invention has changed all that. I've got to give 'em real thoughts. You can't expect a statesman to go through life trying to compete with the phonographs and the comic supplements."

Don't Forget Cuticura Talcum.
When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Advertisement.

Simple.
"How can I keep my toes from going to sleep?"
"Don't let them turn in."

The charm of a bathroom is its spotlessness. By the use of Red Cross Ball Blue, all cloths and towels retain their whiteness until worn out.—Advertisement.

Too many people don't want to work with their hands.

But Few Ever Learn.
Certainly the mistakes that we make and female mortals make when we have our own way might fairly raise some wonder that we are so fond of it.—George Eliot.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT
For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine. It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do. Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends. Be sure to get Swamp-Root and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Cloves often saavor of the spice of wickedness.
There is one compensation for the man up a tree—he lives high.

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Genuine Bayer Aspirin
WARNING! Say "Bayer" when you buy Aspirin.
Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for
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Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain
Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoclonalacetic Acid of Salicylic Acid