

CONSTIPATION

Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not grip; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

One Ray of Sunshine.
"John, you are sure it is safe in this yacht?"
"Yes, my love."
"And you know how to sail it?"
"My sailing master does."
"How long will it take us to cross?"
"About two weeks."
"Oh, dear, there's so much to worry about on a yacht."
"There's one thing that needn't cause you any worry."
"What is that?"
"The cook can't leave until we get to Liverpool." — Louisville Courier Journal.

RED, ROUGH HANDS MADE SOFT AND WHITE

For red, rough, chapped and bleeding hands, dry, fissured, itching, burning palms, and painful finger-ends, with shapeless nails, a one-night Cuticura treatment works wonders. Directions: Soak the hands, on retiring, in hot water and Cuticura Soap. Dry, anoint with Cuticura Ointment, and wear soft bandages or old, loose gloves during the night. These pure, sweet and gentle emollients preserve the hands, prevent redness, roughness and chapping, and impart in a single night that velvety softness and whiteness so much desired by women. For those whose occupations tend to injure the hands, Cuticura Soap and Cuticura Ointment are wonderful. Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

At the Studio.
A motor stopped in front of the photographer's, and a woman lacking none of the artificial accessories deemed necessary to "looks," entered the studio.

A couple of days later the photographer submitted proofs for her approval.

"Not one of these pictures looks anything like me," the woman insisted.

The photographer tried in every way to pacify her, but finding this an impossibility, lost control of his temper.

"Madam!" he exclaimed, "did you read my sign?"

"Yes."

"Well! It does not say 'cleaning, dyeing and remodeling.' It says 'portraits.'"

Connoisseur.
"Mother, is father in the fruit business?"

"No, son. What put that idea into your head?"

"Well, when he took me for a walk the other day he met Mr. Jones, and all they talked about was peaches, pippins and dates." — Judge.

Proof.
"Is Isabel going to a beauty doctor?"

"Can't you tell she is by the way she is changing countenance?"

It is far better to make your mark in the world than it is to be an easy one.

As a sticker a porous plaster hasn't anything on a bad habit.

A DIFFERENCE.
It Paid This Man to Change Food.

"What is called 'good living' eventually brought me to a condition quite the reverse of good health," writes a N. Y. merchant.

"Improper eating told on me till my stomach became so weak that food nauseated me, even the lightest and simplest lunch, and I was much depressed after a night of uneasy slumber, unfitting me for business.

"This condition was discouraging, as I could find no way to improve it. Then I saw the advertisement of Grape-Nuts food, and decided to try it, and became delighted with the result.

"For the past three years I have used Grape-Nuts and nothing else for my breakfast and for lunch before retiring. It speedily set my stomach right and I congratulate myself that I have regained my health. There is no greater comfort for a tired man than a lunch of Grape-Nuts. It insures restful sleep, and an awakening in the morning with a feeling of buoyant courage and hopefulness.

"Grape-Nuts has been a boon to my whole family. It has made of our 2-year-old boy, who used to be unable to digest much of anything, a robust, healthy, little rascal weighing 32 pounds. Mankind certainly owes a debt of gratitude to the expert who invented this perfect food." Name given by Postum Co., Battle Creek, Mich. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest. Adv.

BRIEF NEWS OF NEBRASKA

Madison's new \$6,000 Carnegie library was formally opened Tuesday. The dates for the farmers' institute in Burt county will be February 18 and 19.

One hundred and twenty-five people attended the Mason City farmers' institute.

The grand lodge of Catholic Workmen closed a four days' session at Plattsmouth.

S. P. Henbrook, a former Wymore man, died recently of Bright's disease at Atlanta, Ga.

The fourth annual session of the Carleton farmers' institute was a marked success.

Andrew Tuckson, living near Ogalala, lost fifty-two head of cattle in one night from anthrax.

There will be a special election in Oxford for the purpose of voting bonds for installing electric light.

Robert Kyd, a pioneer resident of Beatrice, slipped and fell on the sidewalk, breaking his hip bone.

A movement for a Young Men's Christian association is being agitated at North Bend with good prospects.

The receipts of the "Carnival" given by the students for the benefit of the Peru Athletic association were \$253.

The total balance in all funds of the state increased from \$566,429, December 1, to \$615,384 on January 31.

Sam Billingslee, while cutting timber near Lexington, was killed when a tree fell upon him, crushing his head.

Work has been discontinued on Fremont's high school building and will probably not be resumed until spring.

The Peru farmers' institute occurs February 10 to 13. An exhibit of farm and household products will be a feature.

Rev. J. W. Sapp and L. C. Oberlies of Lincoln have been conducting a revival meeting at Nemaha and had good success.

Hastings Woman's club gave a banquet in celebration of its seventh birthday, at which nearly 150 members were seated.

The board of trustees of the Christian church at Kearney has fixed the date of dedication of their new sanctuary for March 9.

Richardson county added another resource to her record when C. M. Lee shipped a carload of goats from his ranch near Fargo.

A movement has been started for the erection of an opera house in Hastings, possibly a combined opera house and office building.

Fremont back line owners will fight an attempt on the part of taxi owners to secure a raise by ordinance from 25 cents to 50 cents for fares in the city.

The students of the Wahoo schools have obtained permission from the city authorities to flood the baseball park and convert it into a skating pond.

A package of odiferous skunk skins, claimed to be "perfume," was presented at the Schuyler postoffice to be mailed by parcel post. It wasn't "scent."

Four students of the Beatrice high school have been suspended for hanging up a banner in the high school auditorium, contrary to the orders of the principal.

William Grew, an employe of the Burlington at Alliance, died suddenly of hemorrhage of the stomach, thought to have been brought on by heavy lifting.

Arrangements have been made by the Nebraska Fire Prevention association to inspect Alliance on February 18; Crawford on February 19, and Chadron on February 20.

Adjutant General P. L. Hall, jr., proposes a camp of instruction for officers of the Nebraska national guard, to be held near Lincoln, probably in May or June of this year.

Preparations are actively being made for the commencement of building operations on the new English Lutheran church at West Point as soon as the weather will permit.

The Rt. Rev. Bishop J. H. Thlen of Lincoln addressed a good sized audience at the Paddock theater at Beatrice on the subject, "An American Sovereign."

A civil service examination will be held in Beatrice, March 1, to examine applicants for the position of postmaster of Barneston, to succeed the late Mr. Huddart.

The Peru village board has employed Surveyor Sturtevant of Holdrege to draft plans for Peru's water works system. The proposition will be voted upon at the regular spring election in April.

Dr. Wilduran, while playing basketball at York, collided with Rollin Fountain in such a manner that he received a broken leg bone.

Howard Bartram was found unconscious in the yard at the home of A. Wilkinson in Beatrice, and died soon after. Death was caused by apoplexy. He was sixty-five years of age and was unmarried.

The North Platte high school football team of 1912 presented a silver loving cup to Coach Keith Neville and Coach James T. Keele in appreciation of the valuable services these two gentlemen rendered the team.

Dr. John Farmer of Valentine has received a unanimous call from the Presbyterian church of Madison to succeed Rev. H. McClellan, who has accepted a call from Rapid City, S. D.

In a paper before the Fremont Men's club, President W. H. Clemmons of Fremont college declared that man should live to be 140 years of age "with proper mental attitude" and proper diet.

The Sunday school conference of the Congregational church for the Beatrice district was held Tuesday afternoon and evening at the Congregational church of that city.

HOLIDAYING IN THE WINTER

AN IMMENSE AMOUNT OF MONEY SPENT BY WESTERN CANADIANS IN WINTER SEASON.

"An unusually large number of Western Canada people are leaving or preparing to leave to spend the winter in California."

The above item of news was clipped from a Western Canada paper early in December. In the same paper were items of news conveying the intelligence that hundreds of Western Canadians were also taking a trip abroad, spending the Christmas season "at home," as they yet term the old land. The Scandinavian element participated largely in the holiday business of the railroads and the steamships, but they all had return tickets. Early in December the east bound trains and boats were loaded, and an estimate furnished by the railroad people gave upwards of twelve thousand as the number who would make the Christmas holiday visit abroad. This does not mean that these people are leaving to avoid the coldness of the winter, nor for any climatic conditions whatever. They have come out to Canada and have done so well that they can afford the hundred and fifty or two hundred dollars or more that it takes to carry them across and back. When they came to Canada they did not have that much money all told, but now they are wealthy and on their return will bring some of their friends with them.

Then there are those, too, who on their wheat farms have made sufficient holiday, and that can afford to take a holiday, and what better winter holidaying ground could they have than California? How many in other farming districts of the continent could afford the money and the time that these people can?—Advertisement.

He left her at the gate, one day,
Because his plea she had denied;
But as he turned to go his way
His breast, though sad, was filled with pride.

"Some time," he said, "you shall regret;
Some time the world shall grant me fame;
Upon a height my goal is set,
And well won honors I will claim."

She merely smiled and let him go,
He went out in the world to strive,
Though fortune dealt him many a blow
He bravely kept his hopes alive.

He toiled for years with all his might
And thought of her and of his vow,
His goal still gleaming on the height,
And deep lines forming on his brow.

At last his day of triumph came,
He was rewarded with success;
The world accorded him the fame
Which he had sworn he would possess;

Through ceaseless efforts he had won
The crown of honors for his own;
For splendid things which he had done
His name o'er all the land was known.

Then, having played a splendid part
He turned from where his goal was set
And started back to break her heart,
To overwhelm her with regret.

He found her, but unhappily
Discovered that she did not care;
The crown of fame was his, but she
Was married to a millionaire.

THOUGHTFUL RUTH.



Ruth—Yes; I got papa to buy a vacuum cleaner for mother.

Maud—How thoughtful!

Ruth—Yes. Mother is a little stiffened up with rheumatism, you know, and I used to feel so sorry to see her trying to use the broom that I always left home on sweeping day.

Knew It All.
An old but sturdy Irishman, who has made a reputation as a gang boss, was given a job with a railroad construction company at Port-au-Prince, Haiti. One day, when the sun was hotter than usual, the gang of black Haitians began to shirk, and as the chief engineer rode up on his horse—the Irishman was heard to shout:

"Allez—you sons of guns—allez!"

Then turning to the engineer, he said: "I curse the day I ever learned their language."

FREE BOX OF BISCUITS.
Every reader of this paper can secure absolutely free a box of assorted biscuits by simply cutting out the coupon from their ad appearing in another part of this paper and mailing it to Loose-Wiles Biscuit Co., Omaha, Neb. The firm is thoroughly reliable. Take advantage of this liberal offer and write them today.

Determined to Be Observed.
"You may announce that I intend to retire to private life," said the industrious statesman.

"What for?"

"It seems to be the only method just now by which I can attract public attention."

Important to Mothers.
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Williams*
In Use For Over 30 Years.
Children Cry for Fletcher's Castoria

Sure.
"Don't you think that we should have a more elastic currency?" asked the Old Fogey.

"It's elastic enough," replied the Grouch. "Why don't they make it more adhesive?"

USE ALLEN'S FOOT-EASE.
The shoe fitter's powder to be shaken into the shoes for tired, aching feet. It takes the sting out of corns and bunions and makes walking a delight. Sold everywhere. For FREE trial package, address A. S. Gimsted, Le Roy, N. Y. Adv.

The Way of It.
"Have you got a cook yet?"

"No, but one is coming today to see if we suit her."

Only One "BROWN QUININE"
That is LAXATIVE BROWN QUININE. Look for the signature of B. W. GROSS. Cures a Cold in One Day, Cures Grip in Two Days. Etc.

Agreeing With Her.
"I was a fool when I married you!"

"Yes, and you married a fool!"

The ONLOOKER S. E. KISER His Day of Triumph



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Because his plea she had denied;
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His breast, though sad, was filled with pride.

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Sweet Alice.
Don't you remember sweet Alice, Ben Bolt—
Sweet Alice whose hair was so brown,
Who always was dressed in the very best style
And charmed all the fellows in town?
Sweet Alice has ceased to give gladness, Ben Bolt,
She has given up caring at all;
She went out with a fool for a joy ride one night,
And they tried to run through a stone wall.

What He Wanted.
Wadsworth (at the telephone)—
Hello! Is this Main 3967?
Voice at the other end—Yes. Who do you want to see?
Wadsworth—Is Mr. Hammeraley there?
Voice at the other end—Yes. Do you want to talk to him?
Wadsworth—No. I want to kiss him.

Very Dry.
"Pa, did you ever do any dry farming?"
"Yes. When I was a boy on the farm back in Ohio they always used to make me pile the hay away in the mow when the hired man pitched it up from the wagon."

A Fine Word.
"Pa, what is the meaning of verbal-millitude?"
"I don't know exactly, but it is a fine word to drop in where you can't think of any other that seems to be necessary."

A Sign.
When a man is referred to as being "a diamond in the rough" it is generally a sign that he wouldn't be tolerated in decent society if he didn't have a lot of money.

What Size, Please?
"I see that somebody says all wom en are liars."
"Yes, I noticed that. One of the remarkable things about it is that the man who said it isn't a shoe clerk."

Larger Family.
"Do you find the cost of living any higher than it was, say five years ago?"
"Yes, sir. Two of my daughters have got married since."

Can't Convince Her.
Emerson says nature tells every secret once. The woman who wears a spurious complexion will not believe it.

S. E. Kiser.

Are You Subject to Constipation

Here is a Simple Way of Correcting it Instantly Before it Becomes Chronic.

Very few people go through life without some time or other being troubled with constipation. Thousands injure themselves by the use of strong cathartics, salt mineral waters, pills and similar things. They have temporary value in some cases, it is true, but the good effect is soon lost, and the more one takes of them the less effective they become.

A physic or purgative is seldom necessary, and much better and more permanent results can be obtained by using a scientific remedy like Dr. Caldwell's Syrup Pepsin. It does not hide behind a high sounding name, but is what it is represented to be, a mild laxative medicine. It is so mild that thousands of mothers give it to tiny infants, and yet it is so composed, and contains such definite ingredients that it will have equally good effect when used by a person suffering from the worst chronic constipation. In fact, among the greatest endorsers of Syrup Pepsin are elderly people who have suffered for years and found nothing to benefit them until they took Syrup Pepsin.

It is a fact that millions of families have Syrup Pepsin constantly in the house, homes like those of Mrs. G. B. Pruitt, Berea, Ky., who used Dr. Caldwell's Syrup Pepsin as a laxative tonic. Mrs. Pruitt writes that it so strengthened and cleansed her system that she was quickly relieved of a severe cough which had troubled her for months. The special value of this grand laxative tonic is that it is suit-



MRS. G. B. PRUITT

ed to the needs of every member of the family. It is pleasant-tasting, mild and non-gripping. Unlike harsh physics it works gradually and in a very brief time the stomach and bowel muscles are trained to do their work naturally again, when all medicines can be dispensed with.

You can obtain a bottle at any drug store for fifty cents or one dollar. The latter size is usually bought by families who already know its value. Results are always guaranteed or money will be refunded.

If no member of your family has ever used Syrup Pepsin and you would like to make a personal trial of it before buying it in the regular way of a druggist, send your address—a postal will do—to Dr. W. B. Caldwell, 263 Washington St., Monticello, Ill., and a free sample bottle will be mailed you.

Literary Bethrothal.
Inscriptions in complimentary copies of learned works do not always serve the graceful purpose to which one was dedicated by the celebrated Professor Wilson of Edinburgh.

When the suitor for the hand of Professor Wilson's daughter had gained the young woman's approbation, she, of course, referred him to her father. Having stated his case, the young gentleman was asked to bid the young lady to come to her father. Her obedience was prompt.

Professor Wilson had before him for review a ponderous volume, on the fly-leaf of which was duly inscribed, "With the author's compliments."

He tore this fly-leaf out, pinned it to his daughter's dress, solemnly led her to the anxious lover—and went back to his work.—Youth's Companion.

Fuller's Earth.
Fuller's earth, so named from its earliest use in fulling wool, is a rather rare, soft, friable rock whose value depends altogether on its texture and its filtering and absorbent properties. It has no definite composition, mineralogically, its physical properties rather than a chemical analysis determining its commercial value. Fuller's earth was first produced in the United States in the early 'nineties.

When you have a lawsuit to lose you can afford to hire a cheap lawyer.

Limitations.
"Is your wife a suffragette?"

"Yes," replied Mr. Meekton. "To a certain extent. She thinks she ought to have the ballot, but she knows a lot of women who she is sure do not deserve it."

Sometimes They Are Stolen.
"After all, you ought to buy an auto."

"Buy one, child? That would be difficult. But I might try to get one." —Meggendorfer Blaetter (Munich.)

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules. Adv.

Evidently Was.
"Are you fond of a joke?"
"Is this a proposal?"

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, &c. a bottle 10c.

Platonic love is a good deal like a gun that you didn't know was loaded.

TAKE FOLEY'S KIDNEY PILLS
For Backache Rheumatism Kidneys and Bladder

LEWIS' SINGLE BINDER
THE BEST QUALITY STRAIGHT CIGAR ALWAYS RELIABLE

Be Our Guest—by Mail
Let us send you a FREE "Surprise Box" of six assorted varieties of

Sunshine Biscuits

so you can give them a good trial. Just mail the coupon. There's no obligation attached.



Sunshine Graham Crackers are good and brown—and crisp. At all good grocers, 10 cents.

LOOSE-WILES BISCUIT COMPANY
Bakers of Sunshine Biscuits

SEND THIS COUPON

Loose-Wiles Biscuit Company
Omaha, Neb.

Please send me my FREE "Surprise Box" of assorted Sunshine Biscuits.

Name.....

Address.....

Grocer's Name.....

Address.....