



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 15 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

**READ WHAT MISS LINDBECK SAYS:**

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSE C. LINDBECK, 1201 6th Street, Rockford, Ill.

**FREE ADVICE TO WOMEN.**  
Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

**\$5000** REWARD if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.  
Lydia E. Pinkham Medicine Co., Lynn, Mass.

**FOR Burns and Scalds use Mexican Mustang Liniment**

**FOR Sprains and Strains**

**FOR Cuts and Bruises**

**MANAGER WANTED**  
Trustworthy lady or gentleman to manage business in this County and adjoining territory for well established and profitable business. Salary and expenses paid each Monday by check direct from headquarters. Expense money advanced; position permanent. Experience not essential. Address T. J. COOPER, Manager, Como Block, CHICAGO, ILL.

**50,000 AMERICANS WERE WELCOMED TO**  
Western Canada  
DURING LAST YEAR.

They are settled and setting on the Grain and Grazing Lands, and are prosperous and satisfied. Sir Wilfred Laurier recently said: "A new star has risen on the horizon, and it is toward it that every immigrant who leaves the land of his ancestors to come and seek a home for himself now turns his gaze"—Canada. There is

**Room for Millions.**  
FREE Homesteads given away. Schools, Churches, Railways, Markets, Climate, everything to be desired.

For a descriptive Atlas and other information, apply to Superintendent Immigration, Ottawa, Canada, or authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Neb.

W. N. U., Omaha. No. 14—1904

**Lawn Fence**  
Iron or wire, many styles, for residence, church, school, cemetery, poultry and hog fence; farm gates. Send for catalogue.  
Champion Iron and Wire Works, OMAHA, NEB.

**WESTERN SUPPLY CO.**  
JOBBERS OF  
**PUMPS, WINDMILLS and PLUMBING MATERIAL**  
BELTING and THRESHING SUPPLIES. PACKING and ELEVATOR REPAIRS.  
620-822 N Street, LINCOLN, NEBRASKA

**W. L. DOUGLAS**  
**\$3.50 & \$3 SHOES**

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world. They are just as good as those that cost you \$4 to \$5—the only difference is the price.

Sold Everywhere. Look for name and price on bottom.

Douglas uses Corona Cork in his shoes, which is everywhere considered to be the finest Patent Leather yet produced. Get Color Eyelets used. Shoes by mail, 25c extra. Write for Catalogue. W. L. Douglas, Brockton, Mass.

**EASTER**

In every age the world has known  
Some bird felt moved to sing  
Earth's psalm over winter gone,  
Her welcome to the spring.

The mysteries of the Easter-thought  
To all mankind belong,  
No time the perfect light hath brought,  
No race the final song.

Yet art thou blessed, Palestine,  
Among the lands of earth!  
For thee a holy light did shine,  
A glorious song find birth.

He is the world's, that martyr-soul,  
Divine as heroes are!  
A beacon, when death's waves shall roll,  
The Galilean star!

We deem not that the flesh o'ercame  
The grave's obscurity;  
We trust the soul's immortal flame  
Hath touched on deity.

We will not hail the Christ alone,  
The solitary way;  
God doth a thousand prophets own  
This happy Easter day.

We feel their all-pervading power  
Around us and above,  
We learn from springtime bird and flower  
The truths of life and love.

One with the Christ who conquereth,  
One in the hope they bring,  
One in their victory over death,  
The first wild flowers of spring.

One with the sermon on the mount  
The birds' sweet melody,  
Clear-flowing from the eternal fount  
Of God's own charity.

Then, sing we, for all nature sings!  
Sing Christ, and bird, and flower!  
Sing! for the world with gladness rings,  
And life and love have power!  
—Alexander F. Chamberlain, in the Open Court.

**The Easter Egg**  
How It Came to Be the Symbol of the Resurrection

Ever since the time of the ancient Egyptians eggs have been regarded as the symbols of re-creation. This idea originated among the subjects of the Pharaohs, from their close observation of the habits of the scarabs, or sacred beetle, which buried its ball in the grave it had made for itself, in the hope, as they thought, of a speedy resurrection. It never occurred to them that the pellets contained eggs, which in the fullness of time were brought to maturity by the warmth of the sun. When the insect appeared once more among them, they were contented to believe it was the original one they had seen bury itself in the same spot, now brought to life again by the sun god. So the beetle was revered by them as a sacred thing, because it gave them hope of a similar resurrection of their mummified bodies.

Among the ancient Egyptians every soldier was compelled to wear a ring, upon which a scarab, or sacred beetle, was engraved. The object of this was to make him valorous in battle, the scarab being the symbol of regeneration or resurrection.

By the Jews the egg was looked upon as a symbol of the duration of the human race, and of their successive generations. It entered into all the mysterious ceremonies called apocalyptic, and occupied a prominent position on the household table during the paschal season. The only food laid before mourners on returning to the home after a funeral consisted of hard-boiled eggs and salt, the symbols of regeneration and incorruptibility.

In accordance with the traditions of the Persians, the world was hatched from one egg in the beginning, at the season of the year which corresponds with the vernal equinox, for which reason eggs are popularly presented as New Year gifts by the modern Persians. It was from this custom that the northern nations came to regard the paschal eggs as emblematical of creation, or the re-creation of spring at the vernal equinox.

When Christianity usurped the pagan rites and observances of the Saxons, the paschal eggs were invested with a new significance, namely, that of the resurrection of Christ. These eggs were at first colored red, in allusion to the blood shed for the salvation of men.

Gradually the Easter-egg custom has become universal over the world. Millions of people eat their Easter eggs on this great festival day, celebrated in remembrance of resurrection, but only a very few are acquainted with the origin of the custom. The eggs are not now painted red only, but they are dyed all possible bright colors. Also, mottoes are written on the shells. In European countries hundreds of artists are occupied preparing Easter-egg shells for sale. These shells show on their outside paintings of landscapes, figures and even portraits. Imitation eggs are now manufactured, which are to be opened, and which lovers present to each other, having made them more precious by putting in jewelry, etc. And when a couple is married at Eastertide, in Germany, the wedding rings are presented in the shells of Easter eggs.

In most of the German cities bands of musicians walk through the streets performing the so-called "Easter-music." When they stop in front of

**HAPPY WOMEN.**

Wouldn't any woman be happy, After years of backache suffering. Days of misery, nights of unrest. The distress of urinary troubles. She finds relief and cure?

No reason why any reader Should suffer in the face of evidence like this:

Mrs. Almira A. Jackson, of East Front St., Traverse City, Mich., says: "For twenty years I never knew what it was to have good health. Every physician consulted said I had liver trouble, but their medicines did me no good. Just before I began using Doan's Kidney Pills I was almost paralyzed. I could hardly stand on my feet because of the numbness and lack of circulation. Had a knife been thrust into my kidneys the pain could not have been more intense. My sleep was disturbed by visions of distorted figures, the kidney secretions were annoyingly irregular and I was tortured with thirst and always bloated. I used seven boxes of Doan's Kidney Pills. The bloating subsided until I weighed one hundred pounds less, could sleep like a child and was relieved of the pain and the irregularity of the kidney action. My circulation is good and I feel better in every way."

A FREE TRIAL of this great kidney medicine which cured Mrs. Jackson will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale at all druggists, price 50 cents per box.

**OPINION OF THE EDITOR OF THE "NEBRASKA FARMER."**

He Expresses His Approval of American Emigration to Canada.

During the winter months the head of the family consults with the other members as to the prospects for the future, and doubtless one of the most interesting topics discussed is that of moving to some district where it is possible to more easily secure what is necessary for a comfortable existence, where it is an easy matter to become possessed of sufficient farm land to assure a competence for the future. This, not only interests the head of the family, but every individual member of it.

Having before me the knowledge where he can secure a home with the expenditure of but little money, it is well for him to obtain all information possible regarding the productivity of the land in the country that he may select. For several years past a large number of Americans have removed to Western Canada, and as nearly as it can be ascertained almost all of these have expressed themselves satisfied with the conditions that exist there. During the past summer a number of the editors of farm papers throughout the United States made a personal visit on a tour of inspection and the reports of these gentlemen prove interesting reading. Mr. H. E. Heath, editor of the "Nebraska Farmer," a paper enjoying a wide circulation as well as the confidence of its subscribers, after giving some idea of the extent of this wonderful country says:

"Western Canada is the last unoccupied and unimproved good agricultural land in America available to-day."

He then discusses its possibilities for raising live stock and the advantages it possesses for dairying, farming and wheat growing, and says, "What has been said about the country as to the ability of the soil, the yield of wonderful crops of wheat, is quite justified."

To quote further from Mr. Heath, he says, referring to climate:

"These people (skeptical ones) do not know or realize that altitude more than latitude makes climates; that large bodies of water, both fresh and salt, that never freeze over, exert a wonderful influence on climate. Another influence on climate, more potent than those named above, which applies more to the Alberta district, is the warm Chinook breeze from the Pacific ocean, which is 600 or 700 miles nearer than Colorado or Wyoming, besides the Rocky Mountain range is not nearly so high nor half so far from the ocean as it is down in the States.

"In further considering the climate of the Canadian prairies, we should not lose sight of the fact of the influence of the rains; the total average rainfall for the season is but 13.35 inches for the territories, and 17.34 inches in Manitoba, and that the amounts falling between April 1st and October 1st are respectively 9.39 inches and 12.87 inches or about three-fourths of the entire rainfall. From the middle of June to the middle of July there are over two hours more daylight in every twenty-four hours than there is in Nebraska. The main reason why Western Canada wheat grows to such perfection is the effect of solar light, or longer period of sunshine it gets each day. This is what makes seeds or grain more perfect, grown in this country than elsewhere. This extraordinary rapid growth of vegetation under the influence of this long continued sunshine exceeds anything known in lower latitudes.

"We do not wish it understood that wheat alone is the main product of this country; it lends in that, yet it is destined to become famous for its cattle, horses and sheep and for its dairy products. We saw more and larger bands of cattle and sheep grazing in Assiniboia and Alberta than we ever saw on the western plains of the United States. One band of cattle numbering 5,000 head were grazing on the rich grass, and sheep without number."

**Senator Hoar's Long Service.**

An anniversary of some interest to Massachusetts came on Friday last. Senator Hoar that day completed thirty-five years of continuous service in congress. In this respect his record surpasses that of any other Massachusetts statesman. Both John Quincy Adams and Daniel Webster were in public life many years, but their terms of service in executive office broke the continuity of their life in Washington, especially the legislative phase.

**FREE TREATMENT to every Sufferer of Stomach, Heart and Nervous Disease.**

The Elmo Chemical Company, 39 Good Rock, Des Moines, Iowa, have discovered a new and wonderful medicine which they call "Elmo Cactarine" which gives immediate relief and permanently cures every case of Stomach, Heart or Nervous Diseases that have tried it. They have made arrangements to give away 50,000 25-cent boxes of Elmo Cactarine in the United States to people afflicted with any disease or weakness of the Stomach, Heart or Nerves. They want every body to try it at their expense. Send no money or stamps—just write your name and address plain and say what paper you saw this in and get a box of this wonderful medicine free. Get well and tell your friends that's all we want. Write today.

**The Smallest Coin.**

The smallest coin in the world having a genuine circulation is probably the Maltese "gajn," a tiny fragment of bronze about as big around as the top of a slate pencil, and worth only one-twentieth of a penny.

**10,000 Plants for 16c.**

This is a remarkable offer the John A. Sulzer Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalog, together with enough seed to grow:

- 1,000 fine, solid Cabbages.
- 2,000 delicious Carrots.
- 2,000 blanching, nutty Celery.
- 2,000 rich, buttery Lettuce.
- 1,000 splendid Onions.
- 1,000 rare, luscious Radishes.
- 1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds—for when you once plant them you will grow no others, and

ALL FOR BUT 16c POSTAGE.

providing you will return this notice, and if you will send them 20c in postage, they will add to the above a package of the famous Berliner Cauliflower. (W. N. U.)

**Historic Bit of Craps.**

A day or two before the funeral of Senator Hanna Postmaster Emerson, of Cleveland received by mail from C. J. Johns, of Greenville, Texas, a small piece of craps which had been worn on several notable occasions. It is a part of the first that came out in the army of the Potomac, and was worn at the funerals of Lincoln, Grant, Garfield, Logan and several minor celebrities. The knot in the craps has never been untied. Postmaster Emerson wore it at the Hanna funeral and then sent it back to its owner in Texas.

**Free to Twenty-Five Ladies.**

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition, to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

If we are to judge people by what they say, some men must live on Lay and thistles.

Make the best of the troubles you have and don't hunt more.

Nature doesn't use self-made beauties for patterns.

Piso's Cure is the best medicine we ever used for all affections of the throat and lungs.—Wm. O. ENDSLEY, Vancouver, Ind., Feb. 10, 1900.

It is easier to endure failure than to bear success.

Don't you know that Defiance Starch, besides being absolutely superior to any other, is put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds?

To-day is never better by to-morrow's burdens.