

A TONIC LAXATIVE

Pe-ru-na, an Up-to-Date Family Medicine That Should Be In Every Home



S. B. HARTMAN, M. D.

Nearly everybody is obliged more or less to take a laxative. There are of course a few exceptions. A great many people also need occasionally to take a tonic. Probably few households exist that do not make use of tonics and laxatives.

The remedy Peruna is a laxative tonic. It not only operates as a gentle laxative, but also as a tonic.

The benefit derived from such a remedy is a great deal more in the prevention of disease than in the cure. After a person has really become sick, either with an acute or chronic ailment, the rule should be to employ a physician, or some one who can give the case his personal attention. But long before this happens the person will complain of this or that symptom, which is not severe enough to interfere with his regular activities. If at this place before the di-

sease has really gained a foothold in the system, a person was to take a dose or two of a good tonic laxative the great majority of cases of sickness would be prevented.

Peruna is a remedy that should be kept in the house. Its virtue as a preventive to disease is the thing I wish chiefly to emphasize.

A slight condition of constipation may lead to serious sluggishness of the bowels, biliousness, re-absorption of poisonous material and finally sickness. Of apathy of the stomach in which the food is not relished, may gradually lead to atomic dyspepsia or to the acquisition of some acute disease. For either one of these conditions a few doses of the tonic laxative Peruna would set matters right. This is why the remedy should always be kept handy by.

When once the value of Peruna as a household remedy is understood no home would be without it. Cathartics, pills and powders would be discarded. Irritating tonics would no longer taken. Alcoholic drinks would have no place. With a few doses of Peruna a vigorous appetite is produced and if there be any sluggishness of the bowels their function is gradually restored.

Most laxatives are weakening in their effect. A tonic laxative guards against this weakening effect. Until right living has become so thoroughly established that all medicines are superfluous, Peruna will be needed. It is exactly the remedy that meets numerous necessities of the household. Sold at all drug stores.

Mr. John B. Perkins, 22 Whiting St., Plymouth, Mass., writes: "I think Peruna is a number one medicine. I was troubled with catarrh and bowel complaint. I tried several doctors, but could only find temporary relief. I took Peruna and am glad to say that it cured my catarrh and corrected my bowels."

Pe-ru-na, Man-a-lin and La-cupia manufactured by the Pe-ru-na Company, Columbus, Ohio. Sold at all drug stores.

SPECIAL NOTICE: Many persons inquire for the Old-time Peruna. They mean the Peruna that their mothers and mothers used to take. The old Peruna is now called Kataro. If your druggist or dealer does not keep it for sale write the Kataro Company, Columbus, Ohio, and they will tell you all about it.

Think Before You Speak.

If thou thinkest twice before thou speakest once thou wilt speak twice the better for it. Better say nothing than not to the purpose. And, to speak pertinently, consider both what is fit and when it is fit to speak. In all debates let truth be thy aim, not victory, or an unjust interest; and endeavor to gain rather than to expose thy antagonist.—William Penn.

Appropriate Connections.

"So Miss Jiggers had an eye to the vaudeville stage."

"Yes, but she got the hook."

CONSTIPATION



MUNYON'S PAW-PAW PILLS
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 weakening; 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.

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A Lenten Sermon

By REV. JAMES M. GRAY, D. D.
Dean of the Moody Bible Institute,
Chicago

TEXT—Then Jesus, six days before the passover, came to Bethany where Lazarus was, whom he raised from the dead.—John 12:1.



We are now in the season of Lent, so-called from the period of the year when the days begin to lengthen. It is a period of forty days beginning with Ash Wednesday, and continuing until Easter, observed by some churches as commemorative of the forty days' fasting of our Saviour in the wilderness. It is the time in which particular emphasis is laid in preaching upon the substitutionary obedience and sufferings of our Divine Redeemer, and when in thought, we follow him from the temptation in the wilderness to the triumphant issue of the resurrection morning.

In harmony with this, our present sermon deals with one of the tenderest events of a social nature occurring in the last week of his earthly life. "Then Jesus six days before the passover came to Bethany." Then he did it. If you would understand the significance of the word "then," you must go back to the previous chapter, which tells us that all the people were gathering to Jerusalem for the passover, and all animated more or less by the thought as to whether he would come to the feast, for the chief priests and pharisees had given a commandment that if any man knew where he was, he should show it, that they might take him. Then it was that he came. Before this on different occasions he had hidden himself from his enemies, not through cowardice or fear, but because his hour had not yet come, he was not yet ready to be offered, the Scripture had not yet been fulfilled. Now, however, the crisis is approaching, and he advances consciously to meet his cruel death. "If ever there were a calm, voluntary, deliberate walking up to death, it was this last visit of Jesus into Judea."

Sympathy With Jesus.

But why is it that he seeks out this little village two miles from Jerusalem, and spends so much of his intervening time there? Perhaps the following words supply the reason, since we read that Lazarus was there, whom he had raised from the dead. Jesus loved Lazarus and his household, and, doubtless, like ourselves, he liked to be as much as possible with those he loved. If we knew we were soon to die, with whom would we like to pass the closing moments of our life, if not with those who understood us best and who sympathized with us the most? Jesus, remember, was a man. Not merely a man, but yet a man—a perfect man. And it is just such touches of his humanity that bring him so near to us, and solace us with the thought that in him we have an high priest who can be touched with a feeling of our infirmities.

But what about our sympathy for Jesus, now that we are sure of his sympathy for us? Does he ever find a Bethany in our homes and hearts? He is still in some sense exposed to the persecution of his enemies in the earth, for the kingdoms of this world have not yet become the kingdoms of our God and of his Christ. An apostle speaks of some who "crucify our Lord afresh, and put him to an open shame." If this be so, then he still looks for a quiet haven, and a ministration of love from those whom he hath quickened when they were dead in trespasses and sins. Is it so with us?

A Strong Bible Proof.

I cannot leave this verse without calling attention to it as one of the most convincing arguments of the truth of Christianity. What significance there is in these words: "Bethany, where Lazarus was which had been dead, whom he raised from the dead." There is evidence that this gospel was known in Jerusalem at least within seventy years after this raising of Lazarus occurred. There are grounds for believing, indeed, that it was published within thirty to forty years of that date. Surely there must have been persons then, and there, who could personally have testified to the falsity of the whole thing if it were false! We cannot imagine any such event occurring in the neighborhood of Chicago, for example, not longer ago than that, and our being unable to find anybody to deny it from personal knowledge, if it were to be denied? But has the resurrection of Lazarus ever been denied? Let the silence of the Jewish nation, and the Gentile world answer. So far from the enemies of Jesus disbelieving this mighty fact, they so entirely believed that they consulted how they might put Lazarus to death, because that by reason of him many of the Jews went away and believed on Jesus.

Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown. Instant Postum is convenient; there's no waste; and the flavor is always uniform. Sold by grocers—45 to 50-cup tin 30 cts., 90 to 100-cup tin 50 cts.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.—Adv.

NEW METHOD OF IRRIGATION

Water, Instead of Being Liberated on the Surface, is Injected Into the Soil Underneath.

A novel method of irrigation is being tried in some parts of the west. It is called the subirrigation system, because the water, instead of being liberated on the surface, is injected into the soil under the surface. This method has a number of advantages. The use of open irrigation ditches, in the first place, wastes one-tenth of the land on the average and often this land is very valuable, whereas with the subsystem all the soil can be utilized.

Then the new system requires only about one-seventh as much water, for by the old way most of the water is lost by evaporation and leakage. A typical plot in Texas of twenty acres gets all the water it needs by the new system from a single well pumped by a two-horse engine, says The Pathfinder. The entire twenty acres is honeycombed with a system of concrete pipes, made on the spot, for conducting the irrigation water. The main conduit runs the length of the farm and is four inches in inside diameter. From this run laterals, two inches in diameter, thirty-three feet apart.

These laterals are pierced at three-foot intervals with a small hole only the size of a pin—this being covered with a cap to keep the dirt from filling it up. The water oozes from the hole constantly, but in minute quantities, thus keeping the ground supplied with sufficient moisture, but not flooding it.

WATER REQUIRED FOR CORN

Size of Leaves of Plants Seems to Be Important in Matter of Evaporation of Moisture.

In 1910 250 parts of water produced one part of dry matter; in 1911 it took 345 parts of water for one of dry matter at the Nebraska experiment station. These results were caused by the difference in humidity, mainly by wind and sunshine, causing rapid evaporation, the roots of the plants being watered artificially and protected from rainfall. It will be seen that an influence different seasons may have on a crop with similar amounts of rainfall, when one is cloudy with little wind and the other the reverse. When deep-rooted corn is so much affected it is not to be wondered at that the line of pasture grasses is arrested before we get far west, and we should continue diligently to search for deep-rooted plants if we plow up the buffalo grass, which protects itself by going to sleep during hot spells.

The size of the leaves of corn seems to be important, for very large leaves varieties evaporate more water for dry matter, produced than smaller bladed kinds.

Poor and medium soils need less water for a corn crop when manured. On rich soils with plant food already present this effect is not so marked.

The lowest water requirement per unit of dry weight was found to be 45 per cent to 60 per cent, and the latter figure was found best for a large yield.

OFFICIAL IRRIGATION TERMS

"Second-Foot" Defined by United States Geological Survey—Used as Fundamental Unit.

"Second-foot," as defined by the United States geological survey, is an abbreviation for cubic foot per second and is the unit for the rate of discharge of water flowing in a stream one foot wide, one foot deep, at a rate of one foot per second. It is generally used as a fundamental unit in measurements of stream flow.

"Second-feet per square mile" is the average number of cubic feet of water flowing per second from each square mile of area drained, on the assumption that the run-off is distributed uniformly both as regards time and area.

An "acre-foot" is equivalent to 43,560 cubic feet, and is the quantity required to cover an acre to the depth of one foot. The term is commonly used in connection with storage for irrigation work.

One second-foot flow equals 7.48 gallons a second, 448.8 a minute, or 646,272 gallons in 24 hours. As a California "miner's inch" equals 0.187 gallon a second, there are 40 California miner's inches in one second-foot.

Practical Suggestions. A gravelly or open subsoil makes irrigation very difficult and expensive, if not absolutely impossible!

More water is lost by seepage in wells and in irrigation ditches—several times more—than by evaporation.

Too much water is fully as dangerous, sometimes more so, than not enough.

Getting the wrong kind of machinery, or the poor drilling of wells, almost always means disaster, and generally leads to failure and sometimes to bankruptcy.

Don't blame irrigation for these mistakes and failures. Be sure you are right before you go ahead and the rewards of irrigation will be ample.

Forms of Irrigation. In general there are four forms of irrigation.

First—Irrigation from wells.

Second—Irrigation from springs or wells.

Third—Irrigation from streams.

Fourth—Irrigation from storm waters.



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For two hours an old back countryman, who had never before seen an elephant, had been standing before a row of them in entrant silence dealing out peanuts one at a time. When the last was gone and no more forthcoming, Jumbo, the largest elephant, reached over and removed the entertainer's hat from his head to the top of a lion's cage nearby.

For the first time in two hours the old man expressed his emotions in words: "You old two-tailed Indian-rubber nuisance you!" he exclaimed, indignantly. "If I knew which end your head was on, I'd slap your face."

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