

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 173 pounds I went to 118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."—Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try **CARTER'S LITTLE LIVER PILLS**. Purely vegetable. Act gently on the liver, eliminate bile and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Headache and indigestion, as millions know. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature *W. Wood*

His Efficiency. Mary—Miss Sweetgirl is going to join our club. Alice—Is she fitted to hold any office? Mary—Yes, the office that seeks the man.—Town Topics. Breaking It Gently. "I understand that your daughter is going to take music lessons." "Not exactly," replied Farmer Corn-tassel. "We haven't the heart to tell her that her voice sounds terrible, so we're going to hire a regular teacher to do it."

Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here's a case to guide you. And it's only one of thousands. Forty thousand American people are publicly praising Doan's Kidney Pills. Surely it is worth the while of any one who has a bad back, who feels tired, nervous and run-down, who endures distressing urinary disorders, to give Doan's Kidney Pills a trial.

A Nebraska Case
Mrs. Harriet "Terry Peter's Tell a Story" Stump, McLane and Seventeenth Sts., Falls City, Neb., says: "For years I have been troubled with disordered kidneys. The trouble affected my back and sides and later developed into rheumatism. Finally, I used Doan's Kidney Pills and three boxes cured me. The swellings in my limbs went down and all the soreness and pain left me. That happened years ago and I am glad to say that the trouble has never returned."
Get Doan's at Any Store, 50c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

Every Woman Wants
Paxtine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing powder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary odor and germicidal power. Sample Free. 50c. per ounce, or packed by mail. The Paxton Toilet Company, Boston, Mass.

BLACK LUSSES SURELY PREVENTED
LEG
To see booklet and testimonials. 10-dose pkg. Blacking Pills, \$1.00. 50-dose pkg. Blacking Pills, \$4.00. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

WHY NOT TRY POPHAM'S
ASTHMA MEDICINE
Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Packet by Mail 50c. **WILLIAMS MFG. CO., Prop., Cleveland, O.**

IF

By REV. B. B. SUTCLIFFE
Extension Department, Moody Bible Institute Chicago

Satan frequently uses an "if" to awaken doubt and God frequently uses an "if" to awaken faith. We decide which "if" we will have. So in the Scriptures there are these three—the "if" of doubt, the "if" of faith and the "if" of decision. By nature we doubt all that comes from God. Doubt expresses itself by the "if" of question, and unconscious of the believer steals away his peace and power. Decision expresses itself in the "if" of action which deepens the conviction and destroys the doubt.

The "if" of Doubt. We are constantly tempted to doubt the Lord's Word. When Peter was told that what he thought was a spirit upon the water that stormy night was the Lord himself he said, "If it be thou—" There is the hint of doubt in that "if." The doubt lingered and took shape in Peter's mind. Translated it said to Peter, "Did I hear aright? Is it really the Lord? Was it, and is it, the Lord?" The "if" rose up and Peter went down. We step out on the stormy water and the first steps are so brave and true when suddenly the "if" rises up, and doubt of his word comes in, and we begin to sink. Again we doubt his power. The father of the demonized boy is an illustration. He brought the boy to the Lord and said, "If thou canst do anything." The poor man had "if" in the wrong place, for he was told, "If thou canst believe." As in Mark 10:27, "With God all things are possible." Not "to" God all things are possible, that goes without saying, but "with" God. This links man with God. The machine is a dead, idle and helpless thing until linked with the engine, when it becomes dynamic with communicated power. "If thou canst do."

"If thou canst believe." And we doubt his willingness. The cry of the leper, "If thou wilt" is still being heard. We are constantly doubting his willingness because of our condition. Constantly forgetting that "He that spared not his own son, but delivered him up for us all will, with him, also freely give us all things." We hear of him healing the deaf, making the lame to walk, yea, even raising the dead, but when it comes to our own case we get our eyes filled with our desperate condition and forget his goodness and grace. Others may be blessed, our friends may be helped, we may have his word, we may know his power, but because of our condition we are tempted to doubt, saying, "If thou wilt."

Again, we doubt his providences. When the Lord by Elisha had promised in the midst of famine to make flour cheaper than the refuse of the street, one high in authority sarcastically asked: "If the Lord would make windows in heaven, might this thing be?" It was such a new, unheard-of thing—so sudden. Is it possible he would make the grain to grow in a night? The "if" of rationalism comes in and casts doubt on the promise of God. He has promised that all our needs will be supplied, but because we do not see how he can do it we admit the doubt and find ourselves on dangerous ground, losing our peace and missing the blessing.

Once more we doubt his presence. We are told he will never leave us nor forsake us, but in spite of that, when circumstances which hurt and distress surround us, we are tempted, like Gideon of old to say, "If the Lord be with us why then is all this befallen us?" He knows all the why of our circumstances.

The "if" of Faith. In Romans 8:31 is written "What shall we say then to these things? If God be for us, who can be against us?" The very next verse tells how we may know that God is for us. "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?" If he gave the greater he will give the less. If he gave his Son would he not give all things? If he has given Christ he will withhold no good things. How this "if" should awaken our faith in his word, his willingness, his power, etc.

The "if" of Decision. This is found in Elijah's exhortation to Israel, "If the Lord be God follow him, but if Baal followed him." Israel must make a decision between them. We, too, must decide between Satan's "if" of doubt and the Lord's "if" of faith. We have a glimpse of what it means in the Apostle Paul. He counted the cost, faced the toil and hardship, saw the dark road ahead of him, but looked also at the presence and power of the Lord, and, assuring his heart that God was with him and for him, made the decision. May it be ours to meet the "if" of decision and say: This into his hand went mine And I walked in a light divine The path where I feared to be.

DAIRY FACTS

HEAT REDUCES FLOW OF MILK

Poor Pastures and Flies Also Contribute to Loss—Main Thing is to Feed Cows Well.

(By C. H. ECKLES, Missouri Agricultural Experiment Station.)

During hot weather the milk flow of the average herd drops down nearly half. The heat and the condition of the pastures common at that time of the year are the main causes of this drop. The flies generally blamed are of much less importance than other conditions. The real cause is the failure of the animals to eat sufficient feed. Poor pastures, heat, the flies may all contribute to this result. It will be observed that during the hot weather the cows will graze but little and come to the barn at night evidently hungry. To produce three gallons of milk a day a cow has to gather at least 100 or 125 pounds of grass. If the pastures are short and the weather hot, generally this much grass will not be gathered and soon the milk flow goes down.

The influence of these summer conditions cannot be removed, but may be improved. The main thing is to see



Results of Good Management.

that the cows do not lack food. They should be in the pasture at night and during the earliest, coolest part of the day. If the pasture is short, feed silage or green crops. It is well known to all experienced with dairy cattle that when the milk flow goes down once for lack of feed it is impossible to bring it back to where it was before by better feeding later. To get a high production of milk during the year the cow must be kept at a high level of production all the time. For this reason do not neglect the cows during the hot weather and expect them to come back strong again when conditions become better in the fall. Keep them going all the time.

FURNISHING WATER FOR COWS

Suitable and Adequate Supply Demands Dairyman's Careful Attention—Avoid All Germs.

All animals require plenty of good, pure water. This is especially true of the milking cow, as water constitutes more than three-fourths of the volume of milk. The water supply, therefore, demands the dairyman's most careful attention. Stale or impure water is distasteful to the cow and she will not drink enough for maximum milk production. Such water may also carry disease germs which might make the milk unsafe for human consumption or be dangerous to the cow herself.

During the winter, when cows are stabled the greater part of the time, and unless arrangements have been made to keep water before them all the time, they should be watered two or three times a day. If possible, the water should be 15 or 20 degrees above the freezing point, and should be supplied at practically the same temperature every day. If a boiler is used for running a separator or for heating water to wash and sterilize utensils, steam from it can readily and cheaply be used to warm the water.—Farmers' Bulletin 743.

NEARBY MARKET FOR BUTTER

Dairyman is Fortunate Who Has String of Private Customers—Give First-Class Article.

It is one thing to produce an article and another to get a good price for it, even when it is worth it. The private dairyman is most favorably situated when he has a good nearby market for butter composed of people whom he knows well. There is no better trade than a private one made up of selected customers, provided the producer supplies them with a first-class article of butter.

Selling to the nearby stores, as many people do, is, for the most part, like giving butter away, unless one can make some arrangement other than the ordinary ones. As a rule, the country merchant pays a very low price for butter, and in many instances it is safe to say that he pays as much as it is worth. The fact is, he often pays more than the poor butter is worth and less than the value of good.

How Nuxated Iron helped me to whip Frank Moran

JESS WILLARD TELLS SECRET OF HIS EASY VICTORY. ALSO REVEALS HITHERTO UNTOLD SECRET OF HIS GREAT TRIUMPH OVER JACK JOHNSON; SAYS IRON IS GREATEST OF ALL STRENGTH BUILDERS

Ordinary Nuxated Iron will often increase the strength and endurance of delicate, nervous folks 200 per cent in two weeks' time.

SPECIAL NOTE.—Dr. E. Sauer, a well-known physician who has studied widely in both this country and Europe, has been specially employed to make a thorough investigation into the real secret of the great strength, power and endurance of Jess Willard, and the marvelous value of nuxated iron as a strength builder.

NEW YORK.—Upon being interviewed at his apartment in the Colonial Hotel, Mr. Willard said: "Yes, I have a chemist with me to study the value of different foods and products as to their power to produce great strength and endurance, both of which are so necessary in the prize ring. On his recommendation I have often taken nuxated iron and I have particularly advocated the free use of iron by all those who wish to obtain great physical and mental power. Without it I am sure that I should never have been able to whip Jack Johnson so completely and easily as I did, and while training for my fight with Frank Moran I regularly took nuxated iron, and I am certain that it was a most important factor in my winning the fight so easily." Continuing, Dr. Sauer said: "Mr. Willard's case is only one of hundreds which I could cite from my own personal experience which proves conclusively the astonishing power of nuxated iron to restore strength and vitality even in most complicated chronic conditions."



Among all the prominent figures of the prize ring, probably none is so devoted to family life as Jess Willard. After each engagement the champion hurries to his wife and children and remains at their side until public demand forces him to leave for new encounters. Everything is done to bring up the "little Willards" with strong healthy bodies. Mr. Willard accounts for his own success by saying:—

"I consider that plenty of iron in my blood is the secret of my great strength, power and endurance."

the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone to inglorious defeat simply for the lack of iron.—E. Sauer, M. D.

SPORN'S DISTEMPER COMP
Puts a ... Stop to all Distemper
CURES THE SICK
And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$2 and \$10 a dozen bottles. All good druggists and turf goods houses.
SPORN MEDICAL CO., Chemists and Bacteriologists, Graham, Ind., U. S. A.

Nebraska Directory
THE PAXTON HOTEL
Omaha, Nebraska
EUROPEAN PLAN
Rooms from \$1.00 up single, 75 cents up double.
CAFE PRICES REASONABLE
TOWNSEND GUN CO.
Sporting Goods, Athletic Supplies, Guns, Ammunition
1814 FARNAM ST. OMAHA, NEB.

DOCTORS MACH & MACH
DENTISTS
3rd Floor Paxton Block
1814 Farnam St., Omaha
Best equipped dental office in Omaha. Reasonable prices. Special attention to all people living outside of Omaha.

Hotel Castle
632 So. 16 St., Omaha, Neb.
New, Absolutely fireproof
Rooms with private bath - \$1.50
Rooms with private toilet - 1.00
Fred A. Castle, Proprietor

REPAIRS for FURNACES BOILERS and STOVES
Please order through your nearest dealer. Quick shipments our hobby.
OMAHA STOVE REPAIR WORKS, OMAHA, NEB.

IT PAYS TO SHIP CREAM DIRECT
ALFALFA BUTTER CO., OMAHA
Ask us to put your name on our quotation list that you may compare our prices with others.

Nebraska Directory
JOS. BLISS & SON CO.
LIVE STOCK COMMISSION
Satisfactory sales. Prompt returns. If you want your stock sold on its merits and sold well, we invite you to ship to us. FEEDER ORDERS carefully filled. Get in touch WITH US for results. South Omaha, Nebraska

RHEUMATISM
Successfully treated with Serum, it is the only positive treatment known which will eradicate the disease destroying serum from the system. A successful treatment guaranteed. Call or write for full particulars.
Dr. W. W. Bowser, 314 Bee Bldg., Omaha, Neb.

MID-WEST ELECTRIC CO.
1307 Harney St. Omaha, Neb.
709 Cherry St. Des Moines, Ia.
ELECTRICAL JOBBERS
Distributors for General Electric Co.; American Electric Co.; Telephones; C. A. Wood Preserver Co. etc. A good stock of general supplies, both cities.

Hotel Loyal, Omaha
Take Dodge Street Car From Stations
ABSOLUTELY FIREPROOF
Rates: \$1.00 up without bath. \$1.50 up with bath.
The Hotel With a Reputation
R. E. BRYANT—Proprietors—O. E. CARNEY

TRI-CITY BARBER COLLEGE
LEARN BARBER TRADE
Where they make Barbers. Electric massage. Hydraulic chair. Low rate tuition. Wages paid. Tools given. Call or write for free catalog and information. 1124 Douglas St., Omaha, or 1022 8th, Lincoln, Neb.

KING COLE OYSTERS
Trade Supplied by THE KING COLE CO., OMAHA
David Cole, owner
FISH, OYSTERS, CELERY, POULTRY
WHOLESALE ONLY
SHIP your POULTRY to us. We pay CASH for live poultry and supplies. Largest house in the west. All orders filled. We pay return postage on shipping.
KODAK FINISHING
THE ROBERT DEMPSTER CO., 1912 Farnam Street
Eastman Kodak Co. Omaha, Neb.

SHIP US YOUR CREAM
DIRECT—Save all Agents' Commission and Losses
Send for tags and our special offer for new customers.
WATERLOO CREAMERY CO.
OMAHA, NEB.

BOWLES Live Stock Commission Co.
SHIPMENTS SECURED BY
\$100,000.00 CAPITAL STOCK
PAID UP
BEST PRICES and FILLERS
South Omaha Chicago Kas. City

McKenney Dentists
PRICES ALWAYS THE SAME
Best 22k Gold Crowns - \$4.00
Bridge Work, per Tooth - \$1.00
Dental Plates, \$2.00, \$3.00, \$5.00
Cleaning teeth - 50c
1224 FARNAM ST., cor. 14th, OMAHA, NEB.
Over U. P. Ticket Office

TAGG BROS. & MOORHEAD
INC., LIVE STOCK COMMISSION AGENTS
Union Stock Yards Omaha, Neb.

Moving Picture Machine Bargains
Power, Simple, Photograph second-hand machines at bargain prices. Send for our special payment plan proposition and catalog.
For Movie Merchandise—See "Vign" WESTERN SUPPLY COMPANY, Inc. 12th and Harney Sts., Omaha, Neb.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 a Jar.
PATENTS
Walter N. Colemann, Patent Lawyer, Washington, D. C. Advice and books free. Makes reasonable. Highest references. Best service.
"ROUGH ON RATS" Rats, Mice, Bugs, Fleas, etc. 10c and 25c.
W. N. U., OMAHA, NO. 41-1916