

A FRIEND'S ADVICE

Woman Saved From a Serious Surgical Operation.

Louisville, Ky.—"For four years I suffered from female troubles, headaches, and nervousness. I could not sleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doctors said I would have to be operated on and I simply broke down. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and the result is I feel like a new woman. I am well and strong, do all my own house work and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads."—Mrs. NELLIE FISBACK, 1521 Christy Ave., Louisville, Ky.

Everyone naturally dreads the surgeon's knife. Sometimes nothing else will do, but many times Lydia E. Pinkham's Vegetable Compound has saved the patient and made an operation unnecessary.

If you have any symptom about which you would like to know, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

KIDNEY TROUBLE is a deceptive disease—thousands have it and don't know it. If you want good results you can make no mistake by using Dr. Kilmor's Swamp-Root, the great kidney medicine. At drugists in fifty-cent and dollar sizes. Sample size bottle by Parcel Post, also pamphlet telling you about it. Address Dr. Kilmor & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.



Strong Men. Tolstoi could lift 180 pounds with one hand, and when nearly sixty years of age he walked 130 miles in four days without fatigue.

It is told of Lincoln that he was able to lift three times as much as an ordinary man.

Poe was an athlete. Lamb and DeQuincy were both great walkers. According to Dr. Rogers, Johnson, Tennyson, Wadsworth, Browning, Gibbon and Porson were men of great physical powers as well as great genius.

Washington was able to throw a silver dollar farther than any man in his time and covered 24 feet in the broad jump, a record which stood unequalled for a century.—Good Health Magazine.

Golf Lingo Made Clear. Henry's father was a golf enthusiast; therefore Henry knew all about the game. One time he asked: "Henry, why is it that men who play golf always yell 'fore' instead of 'look out' or some such thing?"

Henry thought for a second time before an inspiration came from looking at his young sister, who was diligently getting her arithmetic.

"You see," he replied, "it takes too long to yell 'foot-foot,' and that sounds so much like 'two-two' that they just add them together and yell 'four.'"—Everybody's Magazine.

Heroes of Canine World. The Belgian police dogs, on account of their ability to detect and capture criminals, and the great St. Bernards, which were famous for their rescues of travelers lost in the alpine snows, were considered the greatest heroes of the canine world until the present war introduced the Red Cross dogs, whose deeds of valor in front of the trenches have saved the lives of thousands of sorely wounded.—National Geographic Magazine.

Not Guilty. In mighty wrath the sergeant came into the midst of the new batch of recruits and fixed his eagle eye on one who evidently was so horribly self-conscious that he simply hated to wash.

"Hi, you!" roared the fierce person. "Have you taken a bath?"

Mild indignation was in the raw 'un's voice as he answered: "No; is there one missing?"—London Tit-Bits.

Disadvantage of Social Position. A voice of protest is raised in Texas against alleged endeavors to make the watermelon a food of caste. Any such effort is bound to carry its own rebuking. Nobody ever ate watermelon with a fork and had the full meed of its lusciousness.—New York World.

Original Antipathy. "What do you think of this move to conserve food supplies?"

"Oh, I never did care for conserves."

Cool Food on a Hot Day! Bobby SAYS TRY Post Toasties for lunch! THE NEW CORN FLAKES

SUGAR BEET INDUSTRY

No Distinct Types of Commercial Plant in This Country.

Equally Wide Variations May Be Found in Fields—So-Called Strains Are Badly Mixed in Process of Production.

(By C. O. TOWNSEND.) It is a startling fact that there are in this country no distinct types of commercial sugar beets. In any commercial sugar-beet field from Michigan to California, without regard to the name of the so-called variety, can be found from 6 to 20 or more distinct types of beets. Their distinctions may be based upon shape, texture, habit of growth, color, and other characters of the leaf, as well as upon shape, texture, quality, etc., of the root. In fact, scarcely two beets growing side by side in the same field have closely related external characters of leaf or root, and the quality of the roots varies in both sugar and purity.

Equally wide variations may be found in the beet-seed fields, especially with reference to habit of growth and yield of seed. It would appear, therefore, that these so-called strains are badly mixed in the process of growth and production or that many strains or varieties are mixed before the seed is sowed. It would seem, however, from the large number of wide variations in the individual beets produced from commercial seed that the mixed strains or varieties appearing in commercial fields are due more to the method of growth than to artificial mixing. It may be and probably



One of Widely Varying Types of Sugar Beets Found in Commercial Fields.

is necessary to have mixed strains, or crosses, in order to combine in one plant all the desirable qualities of weight, sugar, and purity. It would seem, however, that little progress can be made in the development of desirable strains of beets until the present mixed varieties are separated into their component strains and the desirable strains recombined in their proper relation. It is no more reasonable to suppose that such a mixture of the present types of sugar beets will give the best results in yield and quality of roots than it is to assume that the highest results in live stock production can be reached with mixed breeds of animals.

WILD MUSTARD IS NUISANCE

Disappears When Rotation With Grass or Cultivated Crops Is Used—Pull Scattering Plants.

(By ANDREW BOSS, Agriculturist, University Farm, St. Paul.)

Wild mustard is most common in fields that are devoted to grain growing and disappears when a rotation with grass or cultivated crops is used. If scattering plants appear in the grain, they should be pulled by hand. If the field is badly infested the plants may be sprayed while in blossom with a solution of sulphate of iron, in the proportion of from 75 to 100 pounds of iron sulphate to 50 gallons of water.

After the grain is harvested the land should be worked up with a disk or spring-tooth harrow to cover the seed and induce germination. Some of the plants can be destroyed by late fall plowing. Early cultivation before seeding in the spring will destroy more of them. If the field is still badly infested the treatment should be repeated.

POISON SPRAYS IN ORCHARDS

Live Stock Should Not Be Allowed to Pasture There Until After One or Two Heavy Rains.

When the trees in the orchard are sprayed there is nearly always enough of the solution falling off the leaves to poison the grass underneath the trees. The orchard should not be pastured with live stock after it is sprayed until after one or two heavy rains. Sheep and calves are very easily poisoned.

SPRAY MIXTURE OF ARSENIC

Solution Should Be Handled With Greatest of Care, or Serious Results May Follow.

Spray mixtures are composed largely of arsenic and its compounds and should be handled with the greatest care or fatal results will follow. Paris green, arsenate of lead, bordeaux mixture, copper solution and hellebore are all poisonous to animal life.

PROPER HANDLING OF CREAM

There Are Some Mechanical Features Which Make It Difficult to Make Correct Test.

There should be no difference in the butterfat in testing the same cream when sweet and when sour. There are some mechanical features of testing, however, which make it more difficult to obtain a correct test of sour cream than of sweet. But proper handling of the sample of cream will avoid any errors that may occur from these things.

One difficulty in making a correct test of sour cream is that of getting a representative sample. The scooping of the cream tends to distribute butterfat unevenly through the can or other container and it also becomes more or less curdy and lumpy. These lumps must be broken up and the butterfat evenly distributed before a representative sample of cream for testing can be made. A good way to mix the cream is to pour it from one container to another several times or to use a wooden ladle made especially for the purpose.

More care must be taken with soured cream to get all of the solids not fat dissolved by the acid when the latter is added. If they are not all dissolved, portions will be likely to become mixed with the butterfat in the neck of the bottle and make the fat reading too large.

There are other mechanical difficulties in testing sour cream, which makes the process more difficult than with sweet cream. All can be avoided if care is used.

WORMS MAKE EARTH FERTILE

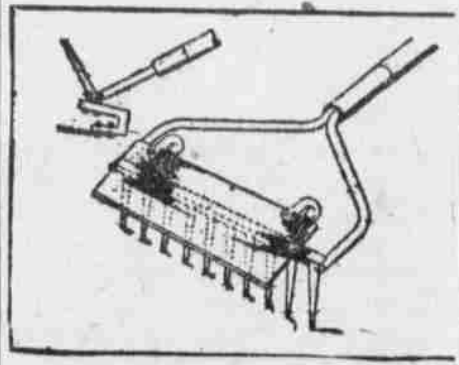
Great Promoters of Vegetation by Boring, Perforating and Loosening Soil on Surface.

The part performed by worms in rendering the earth fertile is not generally understood. Darwin estimated that worms, by swallowing earth for the sake of the vegetable matter it contains, and afterwards expelling it bring to the surface as much as ten tons of earth per annum on an acre. Worms are great promoters of vegetation by boring, perforating and loosening the soil, and rendering it pervious to rains and the fibers of plants by drawing straws and stalks of leaves and twigs into it, and most of all, by throwing up such infinite numbers of lumps of earth called wormcasts which form a fine manure for grain and grass. The earth without worms would soon become cold, hard, void of fermentation and consequently sterile. This has occurred in many cases where the worms have been either accidentally or intentionally destroyed, and the fertility of the soil thus lost has only been restored when the worms had again collected and resumed their fertilizing work.

USEFUL TOOL FOR A GARDEN

Combined Weeder and Pulverizer Handy Implement—Rake Is Rectangular in Shape.

The cross bar of the rake shown is rectangular in shape and the hoe is bolted to it by means of U



Weeder and Pulverizer.

CONTROL BIG TOMATO WORM

Only Satisfactory Method is to Hand-Pick Them—Arsenate of Lead Sometimes Successful.

The only satisfactory method of controlling the large tomato worms is to hand-pick them. Poisoning with arsenate of lead is sometimes successful, but after the worm has reached a fair size, it is difficult to get enough poison on to materially effect the worms.

If you desire to control the worms by spraying, it will be necessary to keep the plants well covered with poison, starting quite early in the season. About three pounds of arsenate of lead to 50 gallons of water, with bordeaux mixture made at the rate of four pounds of copper sulphate to six pounds of lime is a very good spray for the control of tomato insects and diseases.

INCREASING YIELD OF CROPS

No Better Way Than to Save Manure and Apply It to Soil—Valuable Source of Humus.

There is no better way to increase the yield of crops and make the farm yield more than to save manure and apply it to the land. Manure is a waste product at the barn, but is a very valuable source of humus and plant food. By keeping live stock, saving manure and applying it one may gradually increase the fertility of the soil until the farm is rich. It is a well-known fact that the residual effects of barnyard manure are noticeable for several years.

EFFECT OF INSECTS ON WAR

Relationship Is Closer Than Most People Realize, According to U. S. Bureau of Entomology.

Entomology, that branch of zoology which treats of insects, has a much closer relation to war problems than most people realize, and the bureau of entomology has asked that pamphlets, circulars, posters, leaflets, etc., pertaining to war phases of this field of science be sent to its office in Washington, so that they can be assembled and classified for future reference, says Popular Mechanics Magazine.

Among the questions that properly come under this head and have a bearing on the war are those pertaining to the attacks of insects on crops, the prevention of mosquitoes, insects in food and water, and so on. While many publications will not possess material of special scientific value, all will at least have a historic interest.

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An easy, speedy way to remove pimples and blackheads. Smear the affected surfaces with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water, bathing some minutes. Repeat night and morning. No better toilet preparations exist.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Mean Trick. "I see that free electricity is supplied to the citizens of Ashland, Ore., for porch illumination."

"That would look as if the dealers in electricity were not on friendly terms with the people who sell ham-mocks."

The average woman's ideal hero is a man who will eat a cold dinner on wash day without grumbling about it.



It's Poor Economy to Endure a Bad Back

In these days of rising prices, we need every ounce of strength and the ability to do a full day's work every day. The man or woman with weak kidneys is half crippled. Sore, aching kidneys; lame, stiff back, headache, dizzy spells, a dull, tired feeling and urinary disorders are daily sources of distress. You can't afford to neglect kidney weakness and make it easy for gravel, dropsy or Bright's disease to take you. Get a box of Doan's Kidney Pills today. They have helped thousands. They should help you.

Personal Reports of Real Cases

AN IOWA CASE. Mrs. A. D. Bumgardner, Forest City, Iowa, says: "For two years I was in misery from kidney trouble that began with backache. I suffered from headaches and nervous spells and my feet and ankles were badly swollen. I was sick abed for six weeks and kept steadily getting worse until I used Doan's Kidney Pills. In a week I felt improved and it wasn't long before I was able to be up and around. Whenever I need a kidney medicine now, Doan's do good work."

A NEBRASKA CASE. O. K. Booth, Randolph Hotel, Randolph, Neb., says: "I had a bad case of kidney trouble. First my back began to ache, then sharp pains darted through me. My feet and hands were numb and my limbs swelled. Puffy sacs came beneath my eyes. I had dizzy spells and was very nervous. Finally I had to give up work. I didn't get relief from anything I tried until I took Doan's Kidney Pills. They fixed me up all right and I was able to go back to work in good health. I have had no trouble to speak of since."

DOAN'S KIDNEY PILLS
Sold At All Stores. Foster-Milburn Co., Buffalo, N. Y., Mfg. Chemists

Children Cry For



What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

For Darkened London.

Suggestions for making ourselves visible "when the lights are low" are becoming rather alarming. We are advised, observes the London Chronicle, to wear "light clothes for dark streets." One humorist goes so far as to suggest a "coat of whitewash" for evening wear. White hats or gutters would call for less expenditure than an extra light night suit which most of us would be obliged to add to our wardrobe. But perhaps the simplest device would be a white smock, with special musical box attachments; for one night wanderer says he makes a practice of singing as he walks to let other folks know he is coming.

Unimportant Military News.

Provoked to an impatience that was little less than monumental because of the ceaseless reports of unimportant news of the enemy's doings, an English army officer recently could restrain himself no longer. "The enemy is continuing to fortify the coast, sir," said the subaltern. "I don't care if they fiftyify it," roared the officer; "it'll make no difference."—The Argonaut.

Nothing Too Good for Josh.

"How's your boy Josh doing in the army?"

"First rate," replied Farmer Corn-tassel, "although his mother's a little disappointed. She speaks about the slowness of Josh's promotion every time she sees in the paper that the same old general is still holding his job."

The powers that be—love, money, ambition and a good dinner.

Puzzle—Why is a fiddle like an inferior hotel? It's a vile inn!

Humor From British Tar.

An incident illustrative of the quiet humor of the British tar is thus described:

In Modros harbor, in the eastern Mediterranean, a coxswain of the navy ran his picket boat into a trawler, and, knowing his error, listened with disciplinary patience while theirate master expressed his views on royal naval picket boats in a wealth of invective. The silent coxswain pushed off, but, passing under the stern of the trawler, looked up at one of the crew and shouted:

"What do you feed your old man on? Acid drops?"—London Tit-Bits.

Ready to Give Instructions.

Louise is proud of a recently acquired accomplishment of learning to turn somersaults. One day an unmarried schoolteacher passed the yard where Louise was playing.

"Have you a little girl?" inquired Louise.

"Yes," replied the teacher in jest.

"Well, then," said Louise, "some day I am coming out and show her how to turn somersaults."

Very Likely.

"A battery of the state militia of Utah uses wooden horses for practice. And they say the men have their hands full managing them."

"Hands full of splinters, I suppose they mean."

Don't put on too many airs as you float down the life stream; your little boat may capsize.

When Your Eyes Need Care
Try Murine Eye Remedy
No Smarting—Just Eye Comfort. 3¢ per bottle. Sold by druggists. **MURINE EYE REMEDY CO., CHICAGO**

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Rooms from \$1.00 up single, 75 cents up double.
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Pinned anywhere, Daisy Fly Killer attracts and kills all flies. Kills, cleans, ornamental, ornamental, and cheap. Lasts all season. Made up over; will not soil or stain. Headed effective. Ask for Daisy Fly Killer. Sold by druggists, or sent by mail for 25 cents. **HAROLD SOMERS, 150 DE KALB AVE., BROOKLYN, N. Y.**

PATENTS Watson E. Coffey, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. **W. N. U., OMAHA, NO. 30-1917.**