# THIS WEAK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Ps.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a



doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time - and he said if I could not stop that, I could not get well. I heard so muchabout Lydia E. Pinkham's Vegetable Com-

pound my husband wanted me to try it. I took it for a week and felt a little bet-I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness." - Mrs. WORTHLINE, 2842 North Taylor St., Philadelphia Pa.

The majority of mothers nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, backache, irritability and depression - and soon more serious allments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthline.

# BILIOUSNESS Caused by **Acid-Stomach**

If people who are billous are treated according to local symptoms they seldom get very much better. Whatever relief is obtained is usually temporary. Trace billousness to its source and remove the cause and the chances are that the patient will remain atrong and healthy.

Doctors say that more than 70 non-organic diseases can be traced to an Acid-Stomach. Billouaness is one of them indigestion, heartburn, beiching, sour stomach, bloat and gas are other signs of acid-stomach. EATONIC, the marvelous moders stomach remedy, brings quick relief from these stomach miseries which lead to a long train of allments that make life miserable if not corrected.

EATONIC literally absorbs and carries away the excess acid. Makes the stomach strong, cool and comfortable. Helps digestion; improves the appetite and you then get full strength from your food. Thousands say that EATONIC is the most effective stomach remedy in the world. It is the help YOU need. Try it on our money-back-if-not-satisfied guarantee. At all druggists. Only 50 cents for a big box.







No Cause.

"I see a man get a rum deal in the store over yonder and he never complained." "Why not?"

"It was Jamaica spirits."

Poor Relations. "Any poor relations in your famfly?" "Yes. We are the ones."

## Weak From Pain

Mrs. Gibbert Was in Misery, But Doan's Brought Her Splendid Health.

"About 15 years ago my kidneys were in bad condition," says Mrs. Lucy Gib-bert, 15310 Columbia Ave., Harvey, Ill. "There was a constant, dull, bearing-down pain in the small of my back. I couldn't turn over in bed without such pain I could hardly breathe. Mornings I was stiff, sore and lame all over my back was like a rusty

Inflammation of the bladder nearly drove me wild. The kidney secre-tions passed every little while, day and night, a little at a time, and burned like fire. Great sacs of water formed under my eyes.

"I was in such misery Mrs. Gibbert I would become weak and so nervous I would scream. I had nerve-racking headaches and the back of my neck pained me. I was so dizzy I didn't dare bend over for fear of falling on my face. My sight became blurred. I was

all over. "Five boxes of Doan's Kidney Pills cured me of kidney trouble. Since then I have enjoyed splendid health and I owe it all to Doan's.

Sworn to before me,

SAMUEL DANICK,

Notary Public.

Get Doan's at Any Store, 60c a Box DOAN'S RIDNEY FOSTER-MILBURN CO., BUFFALO. N. Y.

## Two Omaha Homes For Sale By Owner

9 and 10 rooms respectively. All modern; close to schools; on paved streets. Price \$4,800 and \$5,500. For particulars write Victor H. Roos, 270" Leavenworth St., Omaha, Neb.

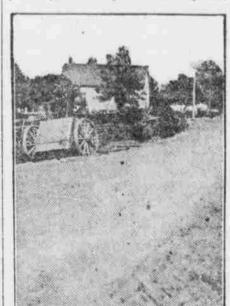
W. N. U., OMAHA, NO. 23--1919.



ATTENTION TO EARTH ROADS

Authority on Highway Construction Likes Concrete, but Favors More Care of Lanes.

"More attention has got to be paid to the earth roads if the coming bond elections are to go over." This is the opinion of E. L. Stevens, inventor and road expert. Mr. Stevens is, perhaps, one of the most unique characters in the road-building world. A graduate civil engineer, he felt the tremendous need for the perfection and development of the road system of America. He stepped out from the promising channels of the regular engineering profession and went down almost below the level of ordinary men to study road building, says Rocky Mountain News. He has made road building and maintenance his life work and is now, probably, as well qualified as any man



Sand-Clay Road Well Cared For.

to tell the methods for the proper upbuilding of the nation's highway sys-

For a number of years Mr. Stevens has been highway commissioner for the Estes Park highway. This piece of road work in itself is a testimony to his ideals. He is also the inventor of the Stevens improved road drag, one of the simplest and most efficient road machines on the American mar-

Mr. Stevens believes in concrete highways and prepared boulevards but he also believes that the earth road, which comprises more than 80 per cent of the country's highways, is of no less importance. "A concrete highway isn't going to do a farmer ciency in the care and rearing of animuch good if he has got to haul his load three miles through hub-deep mud before he gets to it," is Mr. Stevens'

attitude. The farmer is the man who is going to pay for most of the country roads, and although concrete roads are needed where the traffic is sufficiently heavy the earth roads that feed the

concrete road must be kept up. As an inventor of road machinery. a road engineer, a road supervisor and a road worker for his practicalities and the life dream of better roads as his idealism, Mr. Stevens is ably qualified to judge highway problems.

#### UTAH TO SPEND \$8,000,000

Part of Money Is to Be Spent for Improvements on Arrowhead Trail to California.

The state of Utah has decided to spend about \$8,000,000 on roads in the next two years, with an expenditure this year of about \$2,000,000. Some of the Utah millions, which are made up of state and federal funds, are going to be used on the development of the Arrowhead trail, which is tributary to all parts of southern California, from San Diego and Imperial valley on the south to Fresno and San Luis Obispo on the north.

#### \$300,000,000 FOR HIGHWAYS

Sum Which If Capitalized at 5 Per Cent Would Represent Investment of \$6,000,000,000.

Government road officials estimate that road construction and maintenance in the United States involve an annual outlay of over \$300,000,000, a sum, which, if capitalized at 5 per cent, would represent an investment of \$6,000,000,000. There has never been a nation-wide traffic census tq show either the direction or volume of traffic over these highways.

Roads Must Be Linked Up.

If we are to keep costs down, our highways must be linked up and there must be through trunk lines provided to which feeders can be built.

Lower Hauling Costs.

Hauling costs are lowered by good roads because the size of the load is limited by the worst spot in the road

One of Major Activities. Road building will shortly become one of the major activities of our government.

# SAME CATTLE IN ONE COMMUNITY

Teamwork Is Worth Much in Teaching Efficiency in Care of Rearing Animals.

#### WISCONSIN LIKES GUERNSE

Buyers Attracted to Waukesha County From All Over Country-Many Breeding Associations in Minnesota and New Hampshire.

(Prepared by the United States Department of Agriculture.)

#### COMMUNITY BREEDING

Community breeding simply means that the farmers in a certala community agree to do two

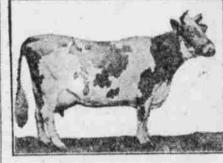
First, to breed but one breed of cattle, sheep and hogs,

Second, they agree to use none but purebred sires, these sires being owned either individually or collectively.

Everyone is absolutely free to do as he pleases just so long as he sticks to one class of stock and uses a purebred sire. These ideas can best be carried out if the farmers are organized in a body and get together at stated reriods.

There is no advantage gained by keeping three or four breeds of beef cattle in the same community, except the satisfaction of personal preferences, but there are many advantages to be derived from keeping one and the same breed in the same community.

Probably the most important reason why the same breed of cattle should be kept in one community is that it develops community interest. Community breeding is certain to be a sympathetic tie binding the people together in the accomplishment of anything



A Purebred Guernsey With a High Record.

they desire. Community teamwork

#### Brings Big Results.

Community breeding is a very simple thing, but the value which it will be to the community is tremendous. There are many instances on record which are proof of its advantages. Wisconsin has a large number of community breeding associations, the strongest of these being the Waukesha Breeding association, organized in 1908 to promote the breeding and improvement of high-grade and pure-bred Guernsey enttle. Although only organized 12 years ago this county is already known as the "Guernsey Capital of America," and buyers for carload lots of grade or purebred cows are attracted there from all over the

New Hampshire has many such breeders' associations in operation. Minnesota also has a large number. One of these at Northfield, Minn., a Holstein association, includes 225 herds and upward of 4,000 Holstein cattle, purebred and grades. West Virginia has organized many such associa tions. Ritchie county, especially, attracted wide attention for the reason that the "scrub" bull has been elim inated and the Hereford adopted and developed as the principal breed. More than 150 "scrub" bulls have been shipped out of the county during the past three years, and purebreds have taken their places, eliminating the "scrub" entirely. Many small herds have been started as a result of this movement. Buyers are attracted to this county without advertising, and they are unable to meet the demands for good breeding and stock cattle.

#### More Associations Needed.

"Are there not more communities in every state which would be richer for having a community breeder's association?" ask the specialists, True there are many purebred sires med, but the need of more inspiration instilled into the beef-cattle business is apparent, such inspiration as is gotten from organization and co-operation, from getting together shoulder to shoulder, and from rubbing of elbows.

The United States department of agriculture or extension department of your state college of agriculture will be glad to hear of any such organizathe organization of others. Is there good reason why communities through-Shorthorn, Hereford and Aberdeento eliminate the "scrub" sire.

## **FARMERS OVERLOOK VALUE OF PEANUTS**

Great Difficulty Exists in Procuring Pure Seed.

Few Years of Proper Selection Will Give Grower Strain of Seed That Cannot Be Had From Any Other Source.

repared by the United States Department of Agriculture.)

Scarcely a day passes that inquiries re not received relative to the peanut ndustry in the South. It is strange, ndeed, that the southern farmers have so long overlooked the real value of the peanut as a part of their croping system and that the present high market prices of peanuts were necssary to awaken the farmers to their portunity. Nothing has been found hat will excel the true Spanish varicty for general cultivation on southorn farms. Great difficulty exists owever, in procuring pure seed. The only way that the farmers of the South can be sure of a high-producing train of pure Spanish is by growing seed patch from specially selected

Thirty-six pounds of clean Spanish canuts in the shell will plant an acre, nd a one-acre seed patch, if properly handled, will produce enough seed to plant about 30 acres the next year. With this fact before them, it should be a comparatively easy matter for the peanut growers to get on the right basis, so far as the seed supply is oncerned. The seed used for plantng the seed acre should first be carefully selected in the pod, then shelled by hand, and the shelled peas again carefully gone over, and all that are "off" color or inferior either in size or shape should be discarded.

A few years of proper selection will give the farmer a strain of seed peanuts for his conditions that cannot be had from any other source. By this method, together with proper cultural practices and crop rotation, the yield per acre can be greatly increased. About the only method whereby the farmer can hope to make a profit is by cutting down production costs through increased yields per acre. The future of the peanut industry in the South is almost without limitations, and the farmers who get into the business on the right basis are going to obtain the highest profits.

#### ON CONTROL OF COTTON WILT

Demonstrations Have Resulted In Planting Larger Acreage of Resistant Variety.

(Prepared by the United States Department of Agriculture.)

Demonstrations conducted by the United States department of agriculture on the control of cotton wilt, which have been in progress for sevworth much in the improvement of any eral years, resulted last year in the county community. It teaches effi- planting of a larger acreage of wilt-resistant cotton than ever before with



Cotton Plant Destroyed by Wilt.

an actual saving greatly in excess of that of any previous year. The great possibilities of this work are shown by reports from two cotton planters in South Carolina who state that their saving last year through growing wiltresistant cotton was approximately

#### FOR SUCCESS WITH PULLETS

Careful, Conscientious Work Is Real Factor in Most Every Case-Don't Take Chances.

(Prepared by the United States Department of Agriculture.)

For your early laying pullets next fail don't take any chances. Always remember that the future to a large extent is the direct outcome of yesterday and today. One often hears the term "good luck" or "bad luck" in connection with hatchings or broodings, when as a matter of fact, luck, good or bad, would be more properly tions already perfected or to assist in termed good or bad management. If one is "unlucky" enough to forget to fill the lamp or close the door against out the South should not be noted for cats or rats, one may be unlucky enough to meet with losses. Unfortu-Angus cattle? Before the South can nately, luck does play a part once in ever make a big stride as a beef-cattle awhile, both for good or bad. Careful, center it must have community breed conscientious work is the real factor ing. The first step in this direction is for success in most every case, however.

# "FAKE" ASPIRIN WAS TALCUM

Therefore Insist Upon Genuine "Bayer Tablets of Aspirin"



Millions of fraudulent Aspirin Tablets were sold by a Brooklyn manufacturer which later proved to be composed mainly of Talcum Powder, "Bayer Tablets of Aspirin" the true, genuine, American made and American owned Tablets are marked with the safety "Bayer Cross."

Ask for and then insist upon "Bayer Tablets of Aspirin" and always buy them in the original Bayer package which contains proper directions and dosage.

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Balleylicacid.

#### Courtesy Always Pays.

When you mingle courtesy with business principles you take out insurance on success. Ross Winans was only acting the part of a gentleman toward two foreigners whom he was showing through his shops in Baltimore. It later developed that they had been sent to America by the czar to select a man to introduce the manufacture of locomotives into Russia, While there were many larger and better equipped shops than his he was the man chosen and within a few years his annual income had reached the \$100,000 mark. Good der the roof, they came upon a poor manners have a way of getting where brusqueness and force have difficulty. heat, had fallen asleep at his desk. The grace and charm of Josephine did Mr. Winter sprang forward to shake more to make France safe than the sword of Napoleon. The courtesy of well-bred manners carries men to fortune and power not possible under any other circumstances.

#### A Bit Slow.

"Do you know that my daughter is an extravagant young woman, sir?" "I have-er-surmised that she is," replied the suitor, hesitatingly.

"By George, sir! If you've been running around with my daughter for a twelvementh and haven't got any further than a mere surmise, you lack the perspicacity I would like for my son-in-law to possess."-Birmingham Age-Heraid.

Big Game Country. "I understand you came from a great game country?" said the lady

on the committee to welcome the grizzled warriors of the western plains. "Indeed, yes, ma'am," was the cowboy's reply.

What is the biggest game you have in Wyoming?" "Poker," ma'am !"-Yonkers States-

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the

Signature of Chatt Hetchers In Use for Over 30 Years, Children Cry for Fletcher's Castoria

#### Her Outing.

"And then," said the enthusiastic girl from Kansas, "we went to a cabaret, and Johnny bought me awhat is it-a Bud and Jerry?" "I am sure," replied her city hos-

tess, "that you mean a Ham and Bud." -Buffalo Express. Perfectly Willing.

#### "What sort of a fellow is he?"

"Well, if you and he have had dinner together and you insist upon paying the check, he won't even give you an argument."

The Reason. "I call this my war garden." "Why so now?"

"Because I feel it has only a fighting chance."

The greatest objection to summer mornings is that they get up early.

Why shouldn't soldlers sleep on their knapsacks?

## "CALLUS CORNS" LIFT RIGHT OFF



Don't suffer! A tiny bottle or Freezone costs but a few cents at any drug store. Apply a few drops on the corns, calluses and "hard skin" on bottom of feet, ther lift them off.

When Freezone removes corns from the toes or calluses from the bottom of feet, the skin beneath is left pink and healthy and never sore, tender or Irritated.

#### At Least He Was There.

When he was minister of the interior in the Sarrien cabinet, M. Clemenceau prescribed for the functionaries of his department precise office hours which were to be rigorously observed. One day, early in the afternoon, he called his bureau chief, Mr. Winter, and said:

"Let us take a turn in the bureaus." Obviously his command had had little effect. Office after office was found empty. At last, in a nook undevil of a clerk who, overcome by the and rouse him, but Mr. Clemenceau checked him:

"Sapristi! But, no! Don't waken him, or he, too, may run away!"

## PHYSICALLY FIT AT ANY AGE

It isn't age, it's careless living that puts men "down and out." Keep your internal organs in good condition and you will always be physically fit.

The kidneys are the most overworked organs in the human body. When they break down under the strain and the deadly uric acid accumulates and crystallizes look out! These sharp crystals tear and scratch the delicate urinary channels causing excruciating pain and set up irritations which may cause premature degeneration and often do turn into deadly Bright's Disease.

One of the first warnings of sluggish kidney action is pain or stiffness in the small of the back, loss of appetite, indigestion or rheumatism.

Do not wait until the danger is upon you. At the first indication of trouble go after the cause at once, Get a trial box of GOLD MEDAL Haarlem Oil Capsules, imported direct from the

capsules, imported direct from the laboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money will be refunded. But be sure to get GOLD MEDAL. None other is genuine. In sealed boxes, three sizes.—Adv.

#### The Elephants.

Little Bobby was taken to see the welcome home parade. His previous experience with parades had been limited to those of Ringling Bros. After watching the passing lines of soldiers for about half an hour, he turned to his mother and asked, "When will the elephants get here?" -Indianapolis News.

#### Fought the Midnights.

Johnny came home from Sunday school quite thrilled by the lesson. "It was all about the Midnights," he said. "The what?" asked his father.

"The Midnights," repeated the boy Teacher told us how Gideon fought the Midnights and knocked the daylights out of 'em in no time."

Cuticura Soap for the Complexion. Nothing better than Cuticura Soap datly and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white, Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Tollet Trio .- Adv.

No, Not Always.

"A woman is as young as she looks." -but not always as young as she thinks she looks .- Boston Transcript.

