

SUFFERED ALL A WOMAN COULD

Mrs. Meyer Finally Found Relief and Health in Lydia E. Pinkham's Vegetable Compound

Orange, Cal.—"I always feel very grateful to you, as some twenty years ago three doctors said I had to have a serious operation. I had a tumor, and ulcers which would gather and break. I had displacement so badly that I could hardly sit down at times, and it seemed as if I suffered everything that a woman could suffer. Then some one advised me to take Lydia E. Pinkham's Vegetable Compound, and I took it until I was cured and saved from the operation. I have told women of your wonderful medicine times without number, and I am willing that you should use these facts and my name if you like. I also used your Compound during the change, and I can do all my own work but the heavy part, and can walk miles every day as I help my husband in the office."

—Mrs. J. H. Meyer, 412 South Orange St., Orange, California.

It is quite true that such troubles as Mrs. Meyer had may reach a stage where an operation is the only resource. On the other hand, a great many women have been restored to health by Lydia E. Pinkham's Vegetable Compound.

Western Canada Land of Prosperity

Offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canadian generous offers to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms Fertile Land at \$15 to \$30 an Acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches and schools, good markets, railroad facilities, rural telephone, etc.

For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write

W. V. BENNETT
Room 4, Bee Building
Omaha, Neb.

Freed From Torture

Eaton Cleared His Up-Set Stomach

"The people who have seen me suffer tortures from neuralgia brought on by an up-set stomach now see me perfectly sound and well—absolutely due to Eaton," writes R. Long.

Profit by Mr. Long's experience, keep your stomach in healthy condition, fresh and cool, and avoid the ailments that come from an acid condition. Eaton brings relief by taking up and carrying out the excess acidity and gases—does it quickly. Take an Eaton after eating and see how wonderfully it helps you. Big box costs only a trifle with your druggist's guarantee.

FRECKLES

POSITIVELY REMOVED BY Dr. Henry's Freckle Ointment—Your druggist or Dr. Henry's, 2875 Michigan Avenue, Chicago

Sight Unseen.

He had always greatly admired the khaki bag in which his wife kept her clothespins, so he persuaded her to make one for his fishing tackle.

A few days ago he went several miles from home fishing and was just preparing to assemble his line for a good day when he discovered that instead of bringing his fishing tackle kit he had carried out his wife's bag of clothespins.

Patents of nobility are frequently renewed with the assistance of the American heiress.

WOULD TAKE BACK HIS RIB

Tommy Planned Dire Vengeance for the Faithfulness of His Fickle Playmate.

Little Tommy, a precocious six-year-old, had been disappointed in love. He had a date to play with little Mary Ann in her house across the way. When he got there he found she had forgotten all about him and was sliding down hill on his rival's new sled.

Tommy returned home, disgusted with all girls in general and one in particular. He didn't cry nor did he contemplate suicide. Instead he went straight to his mamma and with childish fervor said:

"Mamma, d'you know what I'd do if I was Adam? I'd go right up to heaven and I'd say, 'Please, Mr. God, if it's just the same to you, I'd like to have my rib back!'"

The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere.—Adv.

Her "Cheekens."

A charming little French war bride whose husband brought her last year to a home in an Indiana town, received the assessor, this spring, and in her husband's absence from home, endeavored to assist him in filling out his blank. In her broken English, she mentioned the machine, which, in its modern case, the assessor took for a graphophone. After many desperate attempts, she finally opened the case, and let him see for himself that it was a sewing machine. Then he continued down the list, finally inquiring if she had any chickens. "Oh yes, yes," she replied, nodding, "yes, I have chickens." "How many dozen?" asked the assessor. "No douzaine no!" she said, "I have just only a lady and her husband."—Indianapolis Star.

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blued with Red Cross Ball Blue.

Her Frank Opinion.

Last year my mother went to visit a friend of hers in a neighboring town. One day they went to the sewing club that was sewing for Belgian orphans, and it happened that she was asked to give her opinion as to what they might do for charity.

My mother replied that she thought that charity begins at home; that as she was leaving for the club she saw some of the most ragged children playing before the house across the street.

A woman present replied: "Excuse me, but those were my children," and left the club.—Exchange.

Wood Carving With Sand.

A process of carving wood by special application of the sand blast is giving highly satisfactory results in California, especially when applied to the redwood of that state. Portions of the surface are covered by protective stencils which leave figures in relief and a uniform background. Very rich effects are produced in paneling the walls of a dining room, hall or den. While much of the work is done in the natural color of the rich, reddish brown wood, striking color effects are brought out by the use of paints, deep blues, reds, browns and gilt.—Compressed Air Magazine.

A Salt Lake in Miniature.

About 40 miles south of Zuni, N. M., there is a singular depression, in a plain of Cretaceous sandstones, about a mile in diameter, with walls 150 feet high. In the midst of this exists a shallow lake, 4,000 feet long by 3,000 broad, the waters of which contain 20 per cent of salt.

This has been a source of supply of salt used by Indians and Mexicans for centuries, and lately the salt has been hauled to surrounding ranches, everybody helping himself.

Times Have Changed.

Thirty years ago it took 3,000 worms to spin silk enough to make a lady's evening dress. Nowadays, of course, one small worm, working short time, can easily manage the job.—London Passing Show.

THE KITCHEN CABINET

"It's a gay old world when you're gay, And a glad old world when you're glad— But whether you play Or go toiling away, It's a sad old world when you're sad."

"It's a beautiful world to see Or it's dismal in every zone. The thing it must be In its gloom or its glee Depends on yourself alone."

SOME COOLING DRINKS.

The following are a few chilly drinks that are different:

Cafe Parfait.—Put tall glasses two-thirds full of shaved ice. Fill to an inch from the top with cold coffee diluted with cream and sweetened. Serve with a spoonful of unsweetened whipped cream. Serve with soda spoons. This is equally good made with cocoa.

Mint Tea.—Pour boiling hot tea over a large bowl of mint leaves. Cool and serve with cracked ice, sugar and lemon.

Ice Cream.—Put two ounces of tea in a cup and pour over it boiling water, cover and let stand five minutes. Stir into one quart of boiling cream or rich milk, cover and let stand another five minutes, strain. Sweeten and chill.

Banana Float.—Mash three bananas with the juice of one lemon and one cupful of sugar. Add gradually two cupfuls of whipped cream. Put a few spoonfuls of this in a glass and fill up with orange juice.

Old-Fashioned Ginger Water.—Mix together one tablespoonful of ginger with two of sugar, stir into a pint of ice water, add a teaspoonful of lemon juice and stir well. Serve very cold.

Lemonade all ready for the glass may be prepared by squeezing the juice from half a dozen lemons, add a cupful or two of sugar with one cupful of water and the grated rind of the lemon. Boil until the sirup is thick. Bottle and keep in the ice chest. Use a tablespoonful of the sirup to a glass of cold water.

Bananas en Casserole.—Peel six bananas and cut them in halves lengthwise and the pieces in halves crosswise. Lay these in a casserole. Melt a small glass of jelly in one cupful of boiling water and pour over the bananas. Squeeze over them the juice of half a lemon. Bake in a moderate oven one-half hour, leaving the casserole uncovered.

He that hath never warred with misery, Nor ever tugged with danger or distress, Hath had no occasion nor no field to try The strength and forces of his worthiness.

TASTY DISHES.

A change from the everyday way of serving peas may be found agreeable. This may be used with canned peas or fresh.

Heat the peas and pour over them the following sauce:

Hollandaise Sauce.—Divide one-half cupful of butter into three parts, put one of the pieces into a saucepan with the yolks of two eggs and a tablespoonful of lemon juice, one-fourth of a teaspoonful of salt. Measure a few grains of cayenne and one-third of a cupful of boiling water; stir with a wire whisk until the butter is melted, then add the second piece; stir until mixed, then add third piece; now add the boiling water, cook one minute, add salt and cayenne and it is ready to serve.

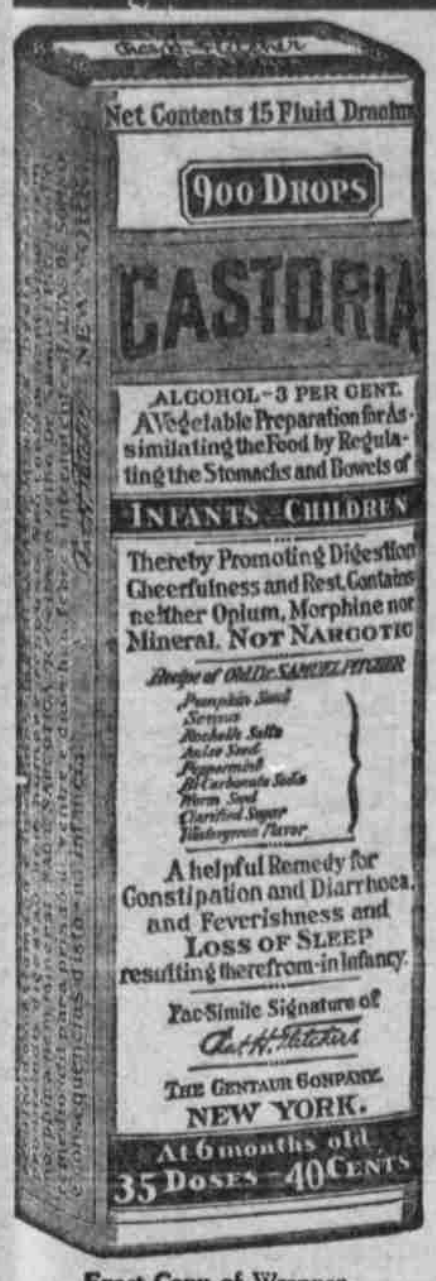
Bunelos.—Take one and one-half pounds of veal, cooked tender, and put through the meat grinder. To three cupfuls of veal add one cupful of blanched almonds, one cupful of seeded raisins, a teaspoonful of spiced sausage meat. Stew all together with a little veal broth. When cold, form into little cakes and fry in deep fat. Pour over them thickened tomato sauce with cinamon and sugar.

Pears With Raspberry Puree.—Cook fresh or canned pears, filling the centers with candied cherries in a cupful of sugar sirup; place on a plate, cover with one cupful of canned raspberries pressed through a sieve, cover with whipped cream and serve garnished with cherries.

French Fondant.—Take four cupfuls of sugar, one cupful of water, three tablespoonfuls of white corn sirup (the brown can be used as well, but makes the candy slightly creamy; boil until a drop makes a soft ball which can be just gathered in the fingers when dropped in cold water. Do not stir while boiling, and pour carefully on a large buttered platter, not draining the dish for if a few grains of sugar fall into the mixture they make a chain which granulates the whole mixture when it is stirred. When cool stir with a wooden spoon until it is quite stiff, then pack away in a bowl; cover and let stand until the following day. Any flavors may be added, coloring matter, fruits and nuts, making a large variety. For children maple flavor, or vanilla, with a few candies flavored with peppermint and wintergreen will be perfectly wholesome.

Nellie Maxwell

Children Cry For Fletcher's CASTORIA



Special Care of Baby.

That Baby should have a bed of its own all agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food. A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK CITY.

What to Take for SICK HEADACHE

Take a good dose of **Carter's Little Liver Pills**—then take 2 or 3 for a few nights after. A few doses restore your organs to their proper functions and the Headache and the causes of it pass away. In the same manner they regulate the Bowels and prevent Constipation.

CARTER'S LITTLE LIVER PILLS

ALL FRUIT GROWER'S FRIENDS

Birds That Should Be Protected Are Listed by the American Forestry Association.

The American Forestry association has published the fact that a cliff swallow will eat 1,000 flies, mosquitoes, wheat midges, or beetles in a day. The crops of four chicks less showed 1,028 eggs of the cankerworm. Take notice, Mr. Fruit Grower. A quail killed in a Texas cotton field had eaten 127 boll weevils, and a prairie chicken had over 300 of them in its crop. The bob white has been known to eat 135 different kinds of insects. It has been estimated that this bird will consume an average of 75,000 insects and 6,000,000 weed seeds in a year. House martins, swallows, and swifts eat rose beetles, may beetles, cucumber beetles and house flies. The quail eats Texas fever-carrying ticks; the killdeer and other shore birds feed on the larvae of disease-carrying mosquitoes; a night-hawk's evening meal consists of 500 adult mosquitoes.

TRACING WHIMS OF FASHION

Each Century Seems to Have Seen Some Change for Which a Reason May Be Adduced.

In the Fifteenth century the waist-line was discovered, and the pointed idea carried to extreme, says the New York Herald. The women wore tall pointed hats, pointed shoes, and points were introduced in every possible way. At this time the church was strongly in the ascendant and the models of the Madonna served as the inspiration for their costumes. As these little models were carved from ivory tusks, the women followed the sacred model, and the curve of the tusk was also copied in their carriage, giving a similar tilt to the figure, recently called the debutante slouch.

The Sixteenth century brought in corsets, the lengthened waistline and the introduction of the full skirt. It was in this period that Catherine de Medici brought in collars, and lace was used in women's costumes for the first time. In the Seventeenth century, known as the romantic period, the styles became very frivolous.

Good Point of Motion Pictures.

Jud Tunkins says motion pictures appeal to him because the audience is not expected to applaud and call the actors out to spoil the effect of a good scene.

Ontario's Mining Production.

Since the building of the first railway in northern Ontario, in 1903, led to the discovery of silver in that region, approximately \$3,000,000,000 has been produced by the gold and silver mines of Ontario.

FOR SALE
IMPROVED CALIFORNIA LAND—580 acres, located in Glenn Co., Calif., two miles to town and school on land. All of tract in cultivation. Soil is silt loam with alfalfa, barley and wheat main crops. Family orchard. Irrigation, well, 2,500 gal. per minute. Improvements consist of 13 room house, bath, tenant house, two large barns, bunk house, tank houses, granaries and all buildings necessary. State highway runs through place. Fenced with wire and wood. Price is \$250 per acre with possession Oct. 1st. For further information write or see JOHN N. WESTBERG, Butte City, Calif.

Some men fail to get rich, while others fail and become poor.

Nebraska Directory

6% Dividends Quarterly
For information and circulars write OCCIDENTAL BLDG. & LOAN ASSN., 322 S. 15th Street, Omaha, Neb.

DR. TODD DENTIST
4th Fl. Barker Bldg., 15th and Farnam Sts., Omaha, Neb.

TENTS AWNINGS AND STACK COVERS
Get our Prices. They are Right. American Tent and Awning Co. 40th and Farnam Sts., Omaha

PLEATING
Omaha's reliable firm of beautifying, pleating of all kinds. Braiding, hand embroidery, buttoning, picot edging—free mailing. Out of town orders given prompt attention. Van Arman Dress Pleating and Button Co. 410 Pacific Block Omaha, Neb.

Drugs By Mail

At the Long-Established **Sherman & McConnell Drug Co.** Mail Order Department 19th and Farnam Sts., Omaha, Neb.

TWO IN ONE Bins and Cribs
Send for circular and prices on Carter Combination Crib Bins and Crib. Made in three sizes, 500, 700 and 1000 lbs. CARTER SHEET METAL CO., OMAHA

Meyer Mercantile Co. MANUFACTURERS Root Beer, Cider, Teddy Club, Apricot, Port and all kinds of flavored beverages and syrups. 319-321 S. 14th St. OM. HA Telephone Tyler 2589

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium Lincoln, Nebraska

CHIROPRACTIC
LEE W. EDWARDS M. D., D. C. New Location: Southwest Cor. 24th and Farnam OMAHA'S PIONEER

DR. G. D. SHIPHERD and Associate Dentists—who have been with him for years now located Sixth Floor Security Building 16th and Farnam Sts., Omaha

CONANT HOTEL COMPANY OMAHA HOTELS

HOTEL CONANT HOTEL SANFORD HOTEL HENSHAW

Our reputation of 20 years fair dealing is back of these hotels. Guests may stop at anyone of them with assurance of receiving honest value and fair treatment.

New Shoes—Old Shoes—Tight Shoes
all feel the same if you shake into them some

ALLEN'S FOOT-EASE
The Antiseptic, Healing Powder for the Feet
Taken the friction from the shoe, freshens the feet and gives new vigor. At night, when your feet are tired, sore and swollen from walking or dancing, sprinkle ALLEN'S FOOT-EASE in the foot-bath and enjoy the bliss of feet without an ache.

Over 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war.

Ask for ALLEN'S FOOT-EASE

Bad Blood Disfigures Young Faces With Unsightly Eruptions

The mortifying and unsightly skin and facial disfigurements on young people from 14 to 20 years old are seldom due to anything worse than impure blood. The young bodies are undergoing important changes, and the blood stream is temporarily disordered—often filled with poisonous waste matter.

In such cases only internal blood remedies can relieve. The impurities must be cast out and the vital fluid enriched before the disfigurements are cleared up. For this you naturally want an efficient, tested blood remedy—like S.S.S., the famous old herb medicine.

Start the young folks with S.S.S. today (your druggist has it), and write us about their condition, addressing Chief Medical Advisor, 841 Swift Laboratory, Atlanta, Georgia.

USED 50 YEARS
S.S.S. FOR SKIN TROUBLES
AT ALL DRUGGISTS



Tastes Fine, and Better for Health POSTUM CEREAL

is a pure, wholesome cereal beverage, containing nothing harmful to nerves or digestion.

It should be boiled at least twenty minutes. Then Postum Cereal will reveal a true coffee-like richness of color and flavor.

"There's a Reason"
Sold by grocers everywhere.

Made by **Postum Cereal Company, Inc.** Bartle Creek, Michigan.