

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

Long Distance.

Sambo, in heaven, had just got Rastus, far below, on the asbestos ouija board:

"Hello, Rastus; how you gettin' long?"

"Oh, I've havin' a fine time. Don't haf to work much; jest shovel in some coal now and then. How's you-all?"

"I've workin' purty hard. We haf to sweep up de clouds, pull in de stabs, switch on de light an' give de ole sun a shove every mornin'."

"How come you-all have so much work to do?"

"Well, sah, to tell the truth, we're kinda short o' help up heah."—Chicago Phoenix.

MOTHER! OPEN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup," which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Now the "Hydro-Glider."

A new "hydro-glider" just completed on the west coast is described in Popular Mechanics Magazine. It is said to provide all the thrill and speed of a hydroplane gliding over the surface of the ocean. In fact, it amounts practically to a flying boat without wings, and is driven over the surface of the water by an air-propeller motor at a speed of sixty miles an hour.

By Telephone.

Geraldine—I'm so glad to hear your voice.

Gerald—Thank you, dear.

Geraldine—I mean at this distance.

—New York Sun.

To insure glistening-white table linens, use Red Cross Ball Blue in your laundry. It never disappoints. At all good grocers.—Advertisement.

Misery loves company, but it is better to have rheumatism in one foot than in both of them.

Any story told over a long-distance telephone is a sort of distant relation.

ALL MEN AND WOMEN When in Need of a Tonic Should Start on the Road to Wellville by Following This Advice

Davenport, Iowa.—"Dr. Pierce's medicines have given my family the utmost satisfaction for the past fifteen years. I have taken 'Golden Medical Discovery' off and on, whenever in a rundown state or in need of a tonic, and one bottle each time restored me to a perfectly healthy condition.

"My wife praises Dr. Pierce's Favorite Prescription most highly for it tided her through middle life without the customary heat flashes, dizzy spells and nervousness.

"We think there are no medicines equal to Dr. Pierce's for they never once failed us and we both take the greatest pleasure in recommending these remedies to our friends."—S. P. Plumb, 129 W. 11 St.

Obtain now from your neighborhood druggist Dr. Pierce's Family Remedies, tablets or liquid. Write Dr. Pierce, Pres. Invalids' Hotel in Buffalo, N. Y., for free medical advice.

FARM FOR SALE

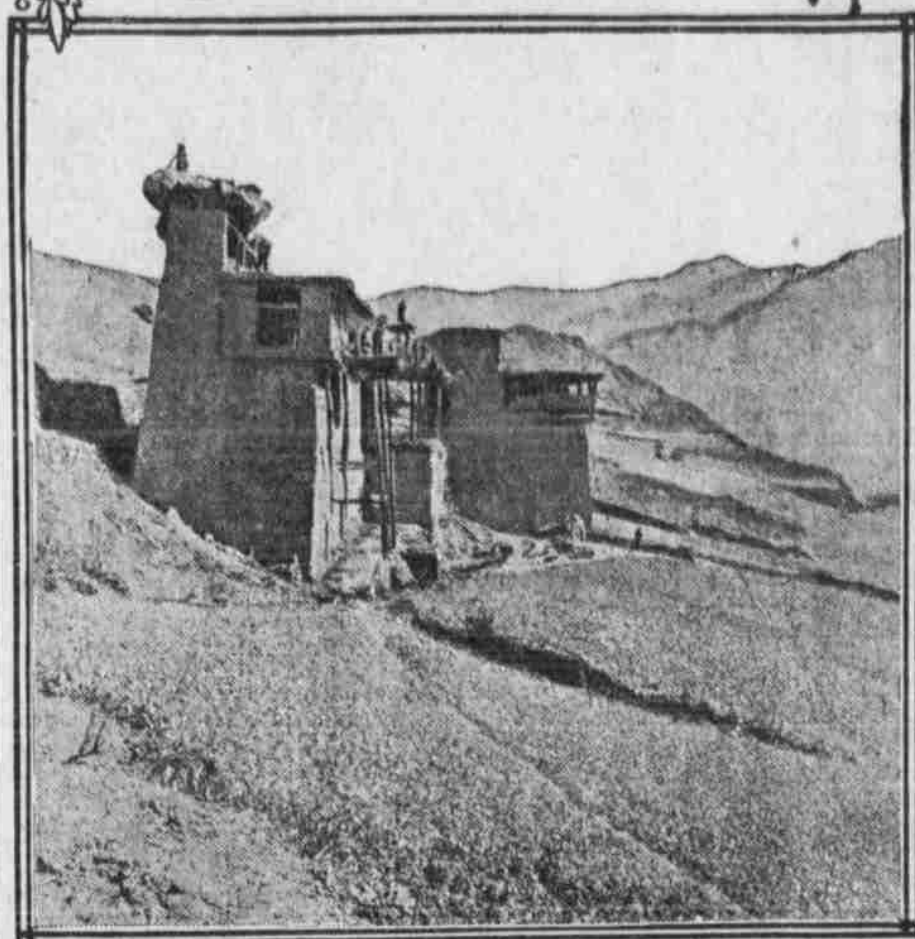
Florida 20-acre producing farm; immediate occupancy; good land, high state cultivation; newly fenced; new five room cottage, well, barn; fronting 60 feet highway in highly developed modern farming community; near large canning factory, grape factory and dairy; within three-quarters mile railroad loading station. Good Irish potato land; planted in January under fair conditions. Irish potatoes should yield 50 barrels per acre ready for market April and May and present indications should bring \$4.00 or more per barrel. Irish potatoes should be planted, cultivated, harvested and marketed within cost of \$12.00 or less per acre. Excellent marketing facilities; abundance good farm labor. Natural drainage—no swamps or overflows; one or more additional money crops may be produced on same land after potatoes. This fine farm may be yours for cash payment of \$1,200.00 and balance within five years. No better investment anywhere. Think. Investigate. Act.

Florida Farms and Industries Co. Dept. "P" Green Cove Springs, Fla.

The Remedy With a Conscience
NEPHRODYNE

Thousands are praising this wonderful remedy for complaints of the kidneys and bladder, gravel, pains in the back, weak or lame back and urinary irregularities. If not relieved in three days your money refunded by mail. Buy your carrier when delivered TRY IT. Nephrodyne Labry, Savannah, Ga. Dist. Agents wanted. Write for particulars.

What Tibet Is Like



Tibetan Houses in Robber-Infested Bad Lands.

(Prepared by the National Geographic Society, Washington, D. C.)

Few countries are more isolated than Tibet with the huge bulk of China hemming it in on the east, the world's greatest rampart of mountains to the south and west, and vast desert expanse to the north. Behind these bulwarks Tibet has existed for centuries, inhospitable to the knocking of modern ideas; and it is today, therefore, in institutions and customs, one of the most primitive of the larger continental countries which have any semblance of governmental machinery. Buddhism seems to have been the only one of the great forces molding the outside world which made itself felt behind Tibet's towering mountains; and even that force, having once gained success, has been almost swallowed up in the devil worship which is the highest religion that the Tibetans themselves have evolved.

Until a few years ago the West knew practically nothing of Tibet except the rather doubtful information brought to the outside world by a few adventurous travelers of the middle ages. Explorer after explorer during the past century was turned back with but a fleeting glimpse of the edge of the unknown land, usually in the sparsely settled regions of the north.

But though much of Tibet is unknown, civilization has set a few outposts in the eastern edge of the country close to the Chinese border, and so has come to know "provincial Tibet" fairly well. The valley of the Yangtze, where that greatest of Chinese rivers flows almost due south at the eastern end of the Himalayas, forms the southern portion of the border between China proper and Tibet. Theoretically Tibet is a vassal state of China, but actually since the Chinese revolution Tibet has kept all Chinese officials out and has swung free under her ruling priests. Even the region on the China side of the Yangtze is more Tibetan than Chinese.

This border region, which is better known to the outside world than any other part of Tibet, is a country of high plateaus and mountains. The principal city of the region, Batang, is one of the lowest points, yet its altitude is 9,000 feet above sea level, nearly twice that of Denver. Much of the surrounding plateau is 12,000 to 15,000 feet high. From this great upland rise numerous peaks 20,000 feet and more in height.

Tremendous Mountain Panorama.

The view from the summits of some of the passes that must be traversed in traveling about this marvelously rugged country can hardly be surpassed anywhere in the world. The panorama for hundreds of miles on a clear day is one of countless high peaks interspersed with greater snowy masses that exceed in height the topmost pinnacles of all other continents.

Below timber line are some fine forests, and the Alpine-like flowers of the short summer are exceedingly beautiful. Here and there among the mountains are clear, sparkling lakes, their waters so cold that in most of them fish cannot live.

Many of the Tibetans are nomads, tending flocks of sheep and yak on the uplands, and living in black, yak-hair tents. In those valleys which are low enough to permit the maturing of grain, other Tibetans practice a rude sort of agriculture.

In spite of the cold winters the tent is the year-around home of the nomads, and they seldom even enter a house. As the snow melts on the lower slopes of the mountains in the spring, they follow their herds upward from the valleys in its train, until in mid-summer they are living far up in the highlands and on the sides of the peaks. When winter begins to set in they make the reverse journey, going down to the valleys only as fast as the descending snow line drives them.

The farmers of the lower valleys live in substantial houses of mud

with flat roofs. These dwellings are not unlike the adobe houses of Mexico, but are decidedly more substantial, being constructed by the beating of mud into thick walls between forms of timber.

The farmers have few animals but utilize the yak for plowing, the animals being brought down from the highlands at the proper time. Wooden plows with a single handle are used.

The living quarters in the house of the valley folk usually consist of a single large room, in which all work, including the cooking, is done, and where the members of the family eat and sleep.

Few Comforts in the Home.

The comforts in such homes are very meager. In few establishments is there even the semblance of a bed. In the ordinary houses "going to bed" means merely loosening the girdle, opening the sheepskin garment, and curling up on the floor with the feet toward the stove, which is an essential feature of all habitations in this high, cold country.

The stove is built of mud, with a fireplace below and a hole in the top into which pots may be set for cooking. It is usually found on one side of the living room, and the members of the family, on retiring for the night, range themselves in a fan-shaped group about it.

Families possessing domestic animals share their houses with them. In two-storied houses the lower floor is the stable, and through it the living quarters are reached. In some one-storied houses the front portion is given up to the animals, while the family lives in the rear.

The two principal foods of the Tibetans, "tsamba" and "butter tea" seem to a westerner neither appetizing nor nourishing, but in spite of a cheerless climate the mountaineers manage to keep sturdy on them. Tsamba is made by parching barley and then grinding it into a sort of emergency ration, which on mixture with moisture is ready to eat. When Tibetans are on journeys or are wandering about with their flocks and herds, they carry tsamba in small leather bags inside their coats, thus always having at hand the materials for a hearty meal.

In preparing the other principal article of their diet the Tibetans first make a strong liquid by boiling the coarse Chinese tea which they prize most highly. The concoction is strained into a churn and to it are added a lump of butter, more or less stale, and a handful of salt. The queer mixture is then churned into an emulsion. The resulting liquid is neither tea, soup nor gravy but to an occidental is a sort of indifferent mixture of all of them.

Original Condensers of Milk.

The Tibetans of this region were probably the original users of condensed milk in the form of dry lumps, for they have prepared this article of food for many centuries. Fresh milk is poured into a churn which is never washed and the liquid therefore curdles almost the instant it comes into contact with the germ-incrusted walls of the container. It is then churned and the butter is extracted. After the butter is extracted the milk is boiled in a large iron pot until it reaches the consistency of thick syrup. It is then poured out in a thin sheet and allowed to dry, after which it is broken into small pieces and stored. The lumps often become as hard as stone, and to eat them dry is out of the question. The nomads solve the problem by substituting the dry milk for tsamba, soaking it in their butter tea. It thus becomes softened to some extent and can be chewed.

The marriage customs of the people of Tibet present a peculiar combination of monogamy, polygamy, and polyandry—the last particularly characteristic of the country, though monogamy is actually the prevailing system.



Help Your Kidneys Fight That Cold! Winter Colds and Chills Weaken the Kidneys and Are the Direct Cause of Many Serious Kidney Disorders

Is winter-time your backache-time? Does every cold, chill or attack of grip leave you lame, achy and all worn out? Does your back throb and ache until it seems you just can't keep going another day?

Then look to your kidneys! Grip, colds and chills throw a heavy strain on the kidneys. They overload the blood with poisons and impurities that the kidneys have to filter off. The kidneys weaken under this rush of new work; become congested and inflamed.

It's little wonder then, that every cold

finds you suffering with torturing backache, rheumatic pains, headaches, dizziness and annoying bladder irregularities.

But don't worry! Simply realize that your kidneys are overworked at such times and need assistance. Get a box of Doan's Kidney Pills today and give your weakened kidneys the help they need. Assist them also by drinking pure water freely, eating lightly, and getting plenty of fresh air and rest. Doan's Kidney Pills have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Good Folks:

W. H. McINTYRE, Farmer, R. F. D. No. 3, Red Oak, Iowa, says: "My back had been giving me trouble for some time and my kidneys weren't acting regularly. Every little cold I contracted settled on my kidneys and made me worse. My back would be sure to start aching. I saw Doan's Kidney Pills advertised highly, and got two boxes. After using them, I was all right. Any time that I have since taken Doan's Kidney Pills, they have always benefited me."

MRS. JESSE MALEN, Cor. 8th St. & 11th Corso, Nebraska City, Nebr., says: "My kidneys were in a disordered condition and when I caught cold it always made the trouble worse. My kidneys were sluggish and painful and this made me miserable. My kidneys acted too frequently. After using Doan's Kidney Pills I felt better. I kept on using Doan's until I had used two or three boxes. I have not had a return of the trouble since then."

Doan's Kidney Pills

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

THINK UNCLE SAM FAIR GAME

Postmaster Asserts That Even the Best Class of Citizens Will Attempt to Cheat Him.

"Many good people," said a postmaster, "try to cheat the post. Clergymen, you know, will smuggle. Well, I've caught missionaries flim-flamming the post office.

"A missionary in Spain used to send thick bundles of Spanish newspapers to his sister. Inside the newspapers would be hidden kid gloves, boxes of sardines, fine Spanish embroideries, letters, all kinds of things.

"There's a deacon in this town who can't see a poorly canceled stamp but he must peel it off the envelope, wash it and use it again. Of course, we always bowl him out.

"The worst game ever tried on us, though, was the work of a professional revivalist. He took an old, canceled postcard, scratched out the cancellation marks with a sharp knife, wrote his message on a piece of paper that he pasted on the card's reverse side, and then tried to send the thing through the mails.

"All these people are good people. Good people, as I said before—people who wouldn't steal a cent—are continually tempted to cheat the customs and the post."—Detroit Free Press.

Conjugal Pleasantry.

"Tired of waiting, dearie?" she asked, emerging from her dressing room after exhausting her feminine arts in the attempt to appear beautiful.

"Oh, no," he replied, wearily. "It's all in a wife-time."—Life.

Opportunity doesn't wait for the man who is late.

Don't be a miser; coffins have no pockets.

Daddy in a Bad Way.

Six-year-old Lois, whose father is professor of English at the University, delights in using "big" words. One day she heard her mother saying over the phone to one of her husband's students:

"No, Mr. B.—cannot keep his appointment, I'm afraid; he is very much indisposed this afternoon."

Some days later Lois, while playing, was overheard to say to an imaginary caller at the door:

"No, my husband cannot see you today; he is very much decomposed!"—Indianapolis Star.

A Compliment.

"What do you think of our city, Mr. Newcome?" asked the landlord of the tavern at Grudge, who was distended with local pride.

"Well," replied the guest, who was evidently of a pessimistic turn of mind, "it seems to me that the hogs wallowing in the puddles along Main street look as healthy and contented as any swine I have seen similarly occupied anywhere."—Kansas City Star.

At the Author's Club.

Brown—Smith's new novel, "The Horrors of Wedlock," has made him a fortune, hasn't it? It's the season's success.

Jones—Yes, he claims he's made enough out of it to get married on.—Life.

Exceptions.

An astronomer says that the term "fixed," as applied to stars, is a misnomer. Still, we know some stars that are mighty well fixed.—Boston Transcript.

When finally fame does come to the average man it has to rest on his monument.

There are no more attics, so junk stores increase.

Undesired Brilliance.

"There's one place where a woman always thinks she shines." "I know—on the end of her nose."

No ugly, grimy streaks on the clothes when Red Cross Ball Blue is used. Good bluing gets good results. All grocers carry it.—Advertisement.

Simple.

"Why did he give up leading the simple life?" "He found it too complicated."—Life.

After all, the only man really worth helping is the proverbial chap who helps himself.

Regularity

Nujol makes you regular as clockwork. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Absolutely harmless—try it.

The Modern Method of Treating an Old Complaint

Nujol

For Constipation

The Douglas County Hospital

having undergone extensive improvements has reorganized its **TRAINING SCHOOL FOR NURSES**

Quarters for nurses are especially attractive with gymnasium, etc. Curriculum meets all requirements of State Board.

Address or apply, Supt. of Nurses, Douglas County Hospital, Omaha, Neb.

A 365 days per year car

The New Hupmobile Roadster-Coupe

Get the dope from **Stewart Motor Company**

2525 Farnam Street, Omaha

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 Canada's generous offer 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, schools, good markets, railroad facilities, rural telephone, etc.

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

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160 ACRES FARM IN WESTERN CANADA FREE

HOG OIL, FORMULA \$1.00. Paraffin oil body, more better. Costs 1-2 cent's price. Easily made. Get this formula. Supply neighbors. Add. J. O. Witherspoon, Macomb, Ill.

W. N. U., OMAHA, NO. 2-1922.