

NEMAHA ADVERTISER

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HOSPITALS CROWDED

MAJORITY OF PATIENTS WOMEN

Mrs. Pinkham's Advice Saves Many From this Sad and Costly Experience



It is a sad but certain fact that every year brings an increase in the number of operations performed upon women in our hospitals. More than three-fourths of the patients lying on those snow-white beds are women and girls who are awaiting or recovering from operations made necessary by neglect.

Every one of these patients had plenty of warning in that bearing down feeling, pain at the left or right of the abdomen, nervous exhaustion, pain in the small of the back, pelvic catarrh, dizziness, flatulency, displacements or irregularities. All of these symptoms are indications of an unhealthy condition of the female organs, and if not heeded the trouble may make headway until the penalty has to be paid by a dangerous operation, and a lifetime of impaired usefulness at best, while in many cases the results are fatal.

Miss Luella Adams, of Seattle, Wash., writes:

Dear Mrs. Pinkham:—
"About two years ago I was a great sufferer from a severe female trouble, pains and headaches. The doctor prescribed for me and finally told me that I had a tumor and must undergo an operation if I wanted to get well. I felt that this was my death warrant, but I spent hundreds of dollars for medical help, but the tumor kept growing. Fortunately I corresponded with an aunt in the New England States, and she advised me to take Lydia E. Pinkham's Vegetable Compound, as it was said to cure tumors. I did so and immediately began to improve in health, and I was entirely cured, the tumor disappearing entirely, without an operation. I wish every suffering woman would try this great preparation."

Just as surely as Miss Adams was cured of the troubles enumerated in her letter, just so surely will Lydia E. Pinkham's Vegetable Compound cure other women who suffer from female troubles, inflammation, kidney troubles, nervous excitability or nervous prostration.

Mrs. Pinkham invites all young women who are ill to write her for free advice. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Address, Lynn, Mass.

In the rough at New York the average value of diamonds is \$37.50 a karat. The price to the public is more than \$100 a karat, because of loss in cutting, labor in cleaving, cutting and polishing and dealer's profits.

The Misery

that sick women endure, in the back, hips, legs, etc., the headaches, waist and side pains, falling feelings, nervousness, irregular periods and other suffering can be relieved or cured, as were those of Mrs. Lucy Rowe, of Gifford, Ill., by taking

WINE OF CARDUI

WOMAN'S RELIEF

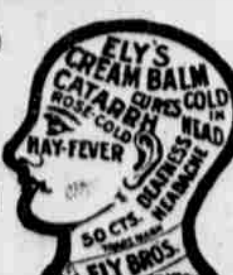
She writes: "For 4 years I suffered terrible pains in my side, from female trouble. Wine of Cardui cured them. They were better before I finished one bottle. The doctor wanted to operate on me, but I took Cardui instead, and now I am nearly well." Cardui is a cure for disorders of the womanly functions. Try it.

At all Druggists, \$1.00

A Positive CURE FOR CATARRH

Ely's Cream Balm is quickly absorbed. Gives Relief at Once.

It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts. at Druggists or by mail. Trial size 10 cts. by mail. Ely Brothers, 56 Warren Street, New York.



WOMEN OF THE CABINET.

With Mrs. Roosevelt They Form Center of Capital Social Life.

Mrs. Roosevelt and the wives of the members of the President's Cabinet form the nucleus around which the brilliant social life of the capital revolves, and their presence and personality are of interest all over the land. Peculiar dignity is given to state receptions by the presence of the cabinet women as aids to Mrs. Roosevelt in receiving the invited guests, says the New York Tribune.

The receiving line this winter possesses particular interest, in that for the first time since the death of Garrett A. Hobart the wife of a Vice President will occupy a place at Mrs. Roosevelt's right. This position, which has been filled some of the time by the wife of the Secretary of State and some of the time by Mrs. Shaw, the wife of the Secretary of the Treasury, who is next in rank, will this winter be filled by Mrs. Charles W. Fairbanks, formerly President General of the Daughters of the American Revolution, one of the most widely known women in the United States. Mrs. Root, wife of the Secretary of State, who ranks next to Mrs. Fairbanks, is a social favorite here as well as in New York, and will occupy a place in the receiving line a little above her former position, when Mr. Root was Secretary of War.

Mrs. Bonaparte has added new interest and dignity to the receiving line. She has decided to fulfill all of her official social obligations and will come over to Washington from Baltimore for state receptions and official functions.

According to the law governing presidential succession, Mrs. Fairbanks will have at her right Mrs. Root, then Mrs. Shaw, Mrs. Taft, Mrs. Cortelyou, Mrs. Bonaparte, Mrs. Hitchcock and Mrs. Metcalf, all of whom are well known to the calling public.

Mrs. Roosevelt has introduced many pretty customs relative to the women of the Cabinet, one of the most sentimental being the presentation to each one of a beautiful bunch of flowers just before each reception, to be carried during the receiving hours. Handshaking is thus obviated to a great extent, and the flowers are always selected to correspond with each woman's gown. Mrs. Roosevelt meets the wives of the Cabinet officials in the green parlor at the White House every Tuesday morning at 11 o'clock, and for an hour there is a general exchange of views upon social obligations, and, while Mrs. Roosevelt imposes no duties upon the Cabinet women, it was at one of these meetings several seasons ago that she announced her preference for light colored gowns at receptions. Subjects pertaining to entertainments are discussed, but, absurd rumors to the contrary notwithstanding, there is no effort made at coaching women already conversant with society.

Cabinet women are "at home" informally before January, but the New Year's reception, the first state function in which they take part, is the signal for their own formal cabinet or Wednesday receptions. On account of the almost limitless number of visitors, the former custom of serving refreshments has almost been done away with, only the first Wednesday at home being marked in this manner. Otherwise a Cabinet woman pours tea only for her assistants, at the close of her reception.

Realistic Drill.

The late Dr. H. L. Thomas of Washington was always a foe to warfare. He liked to get hold of stories, says a writer in the Christian Endeavor World, that reflected upon militarism. Such stories, he declared, were hopeful signs of the times. They pointed toward the final abolition of armies.

He often told the story of a recruit named Simpson Andrews. Simpson joined the army. One day he took part in a sham battle. He heard the general say, before the battle started, "Everything is to be done the same as in actual warfare."

No sooner was the first blank cartridge fired than Simpson dropped his gun and took to his heels.

"Hey, Andrews, where are you running to there?" shouted the general, as the recruit dashed by him.

"Why, sir," said Simpson, "I'm doing the same as I would do in actual warfare."

Hard Hit.

Towne—Gee whizz! I wish I could catch the fellow who stole my umbrella—

Browne—Oh, cut it out! Why do you make such a fuss over a little thing like that?

Towne—Little thing! Why, man, I actually bought that umbrella.—Philadelphia Press.

Approving Comment.

"You don't resent that author's flagrant plagiarism?"

"No," answered Miss Cayenne. "After reading the original portions of his work I wish he had plagiarized more."—Washington Star.

To die for a woman may be brave, but the man who leads her to the altar and agrees to make a living for her is the real hero.

THE SIGN OF THE FISH

has stood for the BEST during seventy years of increasing sales.

Remember this when you want water-proof oiled coats, suits, hats, or horse goods for all kinds of wet work.

WE GUARANTEE EVERY GARMENT. 418

A. J. TOWER CO. BOSTON, MASS. U. S. A.
TOWER CANADIAN CO. LIMITED TORONTO, CAN.

DROPSY

NEW DISCOVERY! gives quick relief and cures worst cases. Box of 100 Tablets and 10 Days' Treatment Free. Dr. H. R. GREEN'S SONS, Box 1, Atlanta, Ga.

Because it has been found impossible to secure teachers several schools in Nevada have been compelled to close. Almost as soon as young lady teachers arrive and take charge they marry.

The most durable wood, it is said, is that of the jarrah-tree of Australia. It is proof against insects, and exposure, and ships of it have sailed twenty or thirty years without copper-sheathing.

Twelve millions of frozen rabbits are annually exported from Australia to England.

There are in America today more than two hundred fraternal beneficial orders with a combined membership of over five million, who are protected to the extent of about seven billion, five hundred million dollars, and have distributed benefits to disabled members amounting to more than eight hundred and twenty-five million dollars.

A French-Canadian of the name of Pierre Dalbec, while visiting in Paris recently, ate forty-eight boiled eggs at a sitting in order to win a wager.

Gilding the wagon does not ease the springs.

In Japan children begin going to school when six years old. During the first four years they learn Japanese and Chinese and in the next four years every child has to learn English.

Strictly fresh eggs are in demand at all seasons of the year and prices appear to be gradually rising. Egg producing in itself is a profitable business.

Collier's Weekly Sued by the W. T. Hanson Company.

Papers have been filed in Schenectady in an action for \$100,000 damages for alleged libel, brought by the W. T. Hanson Company, manufacturers of Dr. Williams' Pink Pills, against Collier's Weekly, for alleged false statements regarding the company and its preparation. The suit is the result of the attacks made by Collier's on the patent medicine business and is similar in many respects to that of Dr. Pierce, of Buffalo, against the Ladies' Home Journal, in which the doctor was awarded heavy damages.

No less than thirty-seven languages are spoken by missionaries of the American Methodist church. There are 5,000 of these workers and 150,000 Christians under them.

It is asserted that over eight thousand women are employed in agricultural pursuits in Iowa.

The governor of Rhode Island, George H. Utter, is a Seventh-day Adventist and the executive department of the state does no business on Saturday.

The number of Japanese slain in the war between Russia and Japan was seventy-two thousand, four hundred and fifty, of whom forty-eight thousand, one hundred were killed outright in battle, ten thousand, nine hundred and seventy died of wounds and fifteen thousand three hundred died of disease.

The changing rose is a flower to the cultivation of which the Japanese devote much attention. It is a tiny, but beautifully formed, flower. On being taken suddenly out of a dark place into a sunny room, it slowly assumes a pale pink hue, which gradually grows in intensity until it becomes of the deepest red shade. The color vanishes again at night, or when the rose is replaced in a dark room.

The purchase or sale of typewriters without police permission was forbidden in Russia, not long ago. The step was taken to check the use of typewritten revolutionary circulars.

It is said that Paderewski can play over five hundred compositions from memory. It is only necessary for him to read or play over a composition twice in order to memorize it.

The next time you have a nervous headache try slowly walking backward to relieve it.

It is estimated that in the United Kingdom over fourteen million dollars are annually spent on pipes and tobacco.

Worth Knowing

—that Alcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

Ten million dollars are to be invested in grain elevators in Buenos Ayers, which will be erected at several railroad stations to stimulate grain cultivation.

The coldest period of the day is usually a few minutes after sunrise. This is due to the fact that, when the sun strikes the earth, it causes the evaporation of a chilling moisture.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Teething Disorders, and Destroy Worms. They Break up Colic in 24 Hours. At all Druggists, 25 cts. Sample mailed FREE. Address, New York City. A. S. OLMSTED, Le Roy, N. Y.

The original cynics were a sect of philosophers among the Greeks, named for their doglike tempers and disregard of the conventional usages of society. Antisthenes, a disciple of Socrates, was the founder in the fifth century before the Christian era. The tenets of the sect are difficult to describe, because they fluctuated constantly, but its teachers professed rigid virtue and contempt for pleasure, the latter often leading them into ostentatious display of eccentricity. Diogenes was one of them.

The oldest specimen of pure glass, bearing anything like a date, is a little mounted lion's head bearing the name of an Egyptian king of the eleventh dynasty, in the Slade collection of the British Museum. That is to say, at a period which may be moderately placed as more than two thousand years B. C., glass was not only made, but made with a skill, which shows that the art far from new.

Through the invention of a resident of Colorado City the West's gold output may be doubled. It is a simple machine for saving flour gold, is by a gasoline engine and may be taken anywhere. Experiments on twice treated trailings or mine refuse show an accumulation of five and one-half pounds of gold in ten days.

It is said that rice eating in Japan is giving way to bread made from wheat, and that country is to establish a line of steamers to ply between Japan and South America in order to get cheap wheat.

The Coffee Debate.

The published statements of a number of coffee importers and roasters indicate a "waspy" feeling toward us, for daring to say that coffee is harmful to a percentage of the people.

A frank public discussion of the subject is quite agreeable to us and can certainly do no harm; on the contrary, when all the facts on both sides of any question are spread before the people they can thereupon decide and act intelligently.

Give the people plain facts and they will take care of themselves.

We demand facts in this coffee discussion and propose to see that the facts are brought clearly before the people.

A number of coffee importers and roasters have joined a movement to boom coffee and stop the use of Postum Food Coffee and in their newspaper statements undertake to deceive by false assertions.

Their first is that coffee is not harmful.

We assert that one in every three coffee users has some form of incipient or chronic disease; realize for one moment what a terrible menace to a nation of civilized people when one kind of beverage cripples the energies and health of one-third the people who use it.

We make the assertion advisedly and suggest that the reader secure his own proof by personal inquiry among coffee users.

Ask your coffee drinking friends if they keep free from any sort of aches and ails. You will be startled at the percentage and will very naturally seek to place the cause of disorder on something aside from coffee, whether food, inherited tendencies or something else.

Go deeper in your search for facts. If your friend admits occasional neuralgia, rheumatism, heart weakness, stomach or bowel trouble, kidney complaint, weak eyes, or approaching nervous prostration induce him or her to make the experiment of leaving off coffee for ten days and using Postum Food Coffee, and observe the result. It will startle you and give your friend something to think of. Of course, if

the person is one of the weak ones and says "I can't quit" you will have discovered one of the slaves of the coffee importer. Treat such kindly, for they seem absolutely powerless to stop the gradual but sure destruction of body and health.

Nature has a way of destroying a part of the people to make room for the stronger. It is the old law of "the survival of the fittest" at work, and the victims are many.

We repeat the assertion that coffee does harm many people, not all, but an army large enough to appal the investigator and searcher for facts.

The next prevalentation of the coffee importers and roasters is their statement that Postum Food Coffee is made of roasted peas, beans or corn, and mixed with a low grade of coffee and that it contains no nourishment.

We have previously offered to wager \$100,000.00 with them that their statements are absolutely false.

They have not accepted our wager and they will not.

We will gladly make a present of \$25,000.00 to any roaster or importer of old-fashioned coffee who will accept that wager.

Free inspection of our factories and methods is made by thousands of people each month and the coffee importers themselves are cordially invited. Both Postum and Grape-Nuts are absolutely pure and made exactly as stated.

The formula of Postum and the analysis made by one of the foremost chemists of Boston has been printed on every package for many years and is absolutely accurate.

Now as to the food value of Postum. It contains the parts of the wheat berry which carry the elemental salts such as lime, iron, potash, silica, etc., etc., used by the life forces to rebuild the cellular tissue, and this is particularly true of the phosphate of potash, also found in Grape-Nuts, which combines in the human body with albumen and this combination, together with water, rebuilds the worn out gray matter in the delicate nerve centers all over the body, and throughout the brain and solar plexus.

Ordinary coffee stimulates in an unnatural way, but with many people it slowly and surely destroys and does not rebuild this gray substance so vitally important to the well-being of every human being.

These are eternal facts, proven, well authenticated and known to every prop-

erly educated physician, chemist and food expert.

Please remember we never say ordinary coffee hurts every one.

Some people use it regularly and seem strong enough to withstand its attacks, but there is misery and disease in store for the man or woman who persists in its use when nature protests, by heart weakness, stomach and bowel troubles, kidney disease, weak eyes, or general nervous prostration. The remedy is obvious. The drug caffeine, contained in all ordinary coffee, must be discontinued absolutely or the disease will continue in spite of any medicine and will grow worse.

It is easy to leave off the old-fashioned coffee by adopting Postum Food Coffee, for in it one finds a pleasing hot breakfast or dinner beverage that has the deep seal brown color, changing to a rich golden brown when good cream is added. When boiled long enough (15 minutes) the flavor is not that of rank Rio coffee, but very like the milder, smooth and high grade Java, but entirely lacking the drug effect of ordinary coffee.

Any one suffering from disorders set up by coffee drinking (and there is an extensive variety) can absolutely depend upon some measure of relief by quitting coffee and using Postum Food Coffee.

If the disease has not become too strongly rooted, one can with good reason expect it to disappear entirely in a reasonable time after the active cause of the trouble is removed and the cellular tissue has time to naturally rebuild with the elements furnished by Postum and good food.

It's only just plain old common sense. Now, with the exact facts before the reader, he or she can decide the wise course, looking to health and the power to do things.

If you have any doubt as to the cause of any ache or all you may have, remember the far reaching telegrams of a hurt nervous system travel from heel to head, and it may be well worth your while to make the experiment of leaving off coffee entirely for ten days and using Postum in its place.

You will probably gather some good solid facts, worth more than a gold mine, for health can make gold and sickness lose it. Besides there's all the fun, for it's like a continuous internal frolic to be perfectly well.

There's a reason for **POSTUM**
Postum Cereal Co., Ltd., Battle Creek, Mich.