

Sick Women Attention

Is it possible there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, which proves beyond contradiction that this grand old medicine has relieved more suffering among women than any other one medicine in the world?

We have published in the newspapers of the United States more genuine testimonial letters than have ever been published in the interest of any other medicine for women—and every year we publish many new testimonials, all genuine and true. Here are three never before published:

From Mrs. S. T. Richmond, Providence, R. I.
PROVIDENCE, R. I.—“For the benefit of women who suffer as I have done I wish to state that Lydia E. Pinkham's Vegetable Compound has done for me. I did some heavy lifting and the doctor said it caused a displacement. I have always been weak and overworked after my baby was born and inflammation set in, then nervous prostration, from which I did not recover until I had taken Lydia E. Pinkham's Vegetable Compound. The Compound is my best friend and when I hear of a woman with troubles like mine I try to induce her to take your medicine.”—Mrs. S. T. RICHMOND, 84 Progress Avenue, Providence, R. I.

From Mrs. Maria Irwin, Peru, N.Y.
PERU, N.Y.—“Before I took Lydia E. Pinkham's Vegetable Compound I was very irregular and had much pain. I had lost three children, and felt worn out all the time. This splendid medicine helped me as nothing else had done, and I am thankful every day that I took it.”—Mrs. MARIA IRWIN, R.F.D. 1, Peru, N.Y.

From Mrs. Jane D. Duncan, West Quincy, Mass.
SOUTH QUINCY, MASS.—“The doctor said that I had organic trouble and he doctored me for a long time and I did not get any relief. I saw Lydia E. Pinkham's Vegetable Compound advertised and I tried it and found relief before I had finished the first bottle. I continued taking it all through middle life and am now a strong, healthy woman and earn my own living.”—Mrs. JANE D. DUNCAN, Forest Avenue, West Quincy, Mass.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



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A splendid publication for boys and girls. Beautiful illustrations—interesting stories and poems. Departments of Art, Music, Nature and Books. Free premiums and cash commissions on new subscriptions. Subscription 75c. 314-14 S. 19 St., Omaha, Neb.

It is twice as easy to fool yourself as it is to fool other people.

ALLEN'S FOOT-EASE FOR THE TROOPS
Over 100,000 packages of Allen's Foot-Ease, the antiseptic powder to shake into your shoes, are being used by the German and Allied troops at the front because it relieves the feet, gives instant relief to corns and bunions, soothes itching, tender feet, and makes walking easy. Sold everywhere. See “Try It TODAY.” Don't accept any substitute. Adv.

Some men die of heart failure and some live with brain failure.

YOUR OWN DRUGGIST WILL TELL YOU
Try Murre's Eye Remedy for Red, Weak, Watery Eyes, and Grant's Balm for Stomach, Nausea, Indigestion, and all ailments of the stomach. Write for Book of the Eye by mail free. Murre's Eye Remedy Co., Chicago.

The Lord freezes the water, but we are expected to cut our own ice.

Wash day is smile day if you use Red Cross Ball Blue. American made, therefore the best made. Adv.

A man works for his children, a woman lives for hers.

Stop That Backache!

There's nothing more discouraging than a constant backache. You are lame when you awake. Pains pierce you when you bend or lift. It's hard to rest and next day it's the same old story. Pain in the back is nature's warning of kidney ills. Neglect may pave the way to dropsy, gravel, or other serious kidney sickness. Don't delay—begin using Doan's Kidney Pills—the remedy that has been curing backache and kidney trouble for over fifty years.

An Iowa Case

Mrs. A. J. Lam—“My husband, Bert, 511 Cook St., Sioux City, Iowa, says: ‘My bladder was badly inflamed and I was feeling miserable when I began using Doan's Kidney Pills. They gave me prompt relief. Some time later when I was again suffering from weak and disordered kidneys, Doan's Kidney Pills fixed me up all right. Since then I haven't bothered.’”

Get Doan's at Any Store, 50c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine, must bear Signature *Warranted*

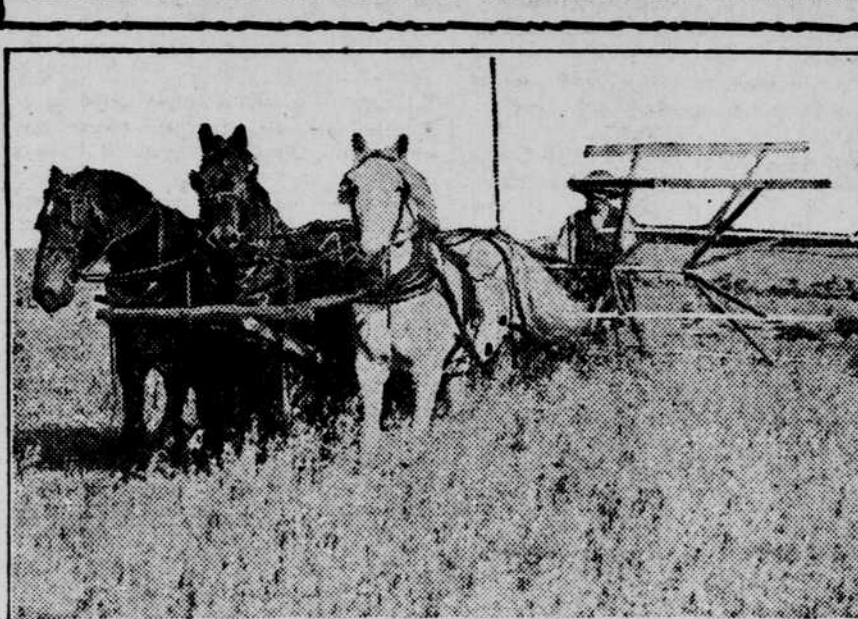
Parker's Hair Balm

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00. Fracture.

Nebraska Directory

THE PAXTON HOTEL Omaha, Nebraska. EUROPEAN PLAN. Rooms from \$1.00 up single, 75 cents up double. **CAFE PRICES REASONABLE.**

HEAVY HORSE A MONEY-MAKER FOR FARMER



Better and Heavier Horses for Work in the Field—They Are Good Money Makers.

(By J. M. BELL.)
Both for farm work and for sale the heavy horse is a good money-maker. In past years the so-called “fast horse” was the ideal animal, but now the automobile has driven the running horse out of business. The carriage horse of today is a heavier animal than in days gone by.

The farmer now who goes to work in the field, or who hauls loads on the road, cannot afford to spend his time with a light team that can draw only a small load. Labor is too scarce and too high priced. Deeper plowing, and more work must be done on the same acreage. It is imperative that heavier teams must be used.

For a number of years the weight of best selling horses on the city markets has steadily increased. Only a few years ago horses weighing from 1,200 to 1,400 pounds each were considered large enough for heavy teaming. Now the demand is for 1,600 pounds to a ton. No city company can afford to hire an expensive team to draw a light team. Increased supply and sale of commercial products has brought this condition.

For these reasons the heavy horse has risen in value of late years, and the importing and breeding of heavy horses has been taken up on a large scale. But the demand for heavy horses has always exceeded the supply. Good heavy drafters weighing around 1,800 pounds find ready sale at over \$300, and choice ones of this class in the largest cities bring from \$400 to \$500.

There is every evidence that the heavy horse is the coming work animal for both farm and city, and that good prices will hold, if not increase, for years to come.

The farmer who is in the field for making side money from his horses will be wise to breed for weight and finish.

PROPER CARE FOR HORSES AND COLTS

Oats Go Well With Timothy Hay—Straw and Corn Diet Is Liable to Cause Trouble.

Oats are the best general food for a horse, and go well with timothy hay. Once or twice a week give a feed of corn and clover with bran mash. Give only what will be eaten up clean.

Some horses are predisposed to colic, and a straw and corn diet is almost sure to cause trouble at frequent intervals with such cases.

Horses fed regularly often get in the habit of pawing in the stable. Feed them regularly, and if not driven or used every day turn the horses out into the yard for exercise.

Many horses are ruined by being brought into the barn too hot and left to stand in a cold draft, or hitched to a post to stand, unblanketed, facing the wintry blasts.

If you starve the colt the first winter, he is liable to come out very thin in the spring and worth less than when weaned.

Some farmers keep their horses on straw with just a little grain in winter. Bran should make part of such a ration.

It is believed by many that clover hay gives the horses fever. This is a mistake. If a horse is fed the proper quantity of clover and not overfed, there is no danger of the fever.

Do not give horses water immediately after eating. An hour after they have finished their meal is soon enough to water them.

The colt's training must begin shortly after birth. A halter should be put on so he can be taught and handled every day. Never tease him.

WEED OUT USELESS RAMS AND WETHERS

Keep Sheep Supplied With Salt—Variety of Feed Is Best—Keep Lambs Growing.

Weed old rams and wethers out of the flock and send them to the market. They are a nuisance with ewes and small lambs.

Don't let the sheep get half-starved for salt. If you do, when you salt them they will eat so much they will be sick. Give some every day. In everything be regular and moderate.

Feed rations that will keep the bowels regular. Variety is what we need to aim at.

There is little to eat in the pastures yet, so keep the sheep in. As soon as they get a taste of green grass they will not want dry hay, and are apt to fall off in flesh; that you do not want for the lambs must be kept growing.

When your lambs get enough good milk from their mothers they will grow. It is the hungry lambs that stand around bleating and with backs humped. It looks bad. Lively lambs are the ones that will bring you the money a little later.

Make a Cold Frame.
Every farm woman should have her own cold frame. If she is at all handy with the saw, hammer and nails she can construct one herself, if necessary. The only expense about it, then, is the glass sash. Any sort of glazed sash may be used, and the cold frame made to conform to its dimensions.

Culture of Blackberry.
Farmers' Bulletin 643, United States department of agriculture, contains a very interesting discussion of the culture of the blackberry. Missouri stands at the head of the blackberry states with 6,000 acres, New Jersey, second, with 4,200, and Illinois, third, with 3,500 acres.

Colony Plan for Poultry.
The colony plan for housing poultry may be adopted to good advantage on many farms. This system does away with the danger of tainted soil.

HIGHWAY IMPROVEMENT

FIGURE COST OF BAD ROADS

Hauling Produce More Expensive Here Than in European Countries—Total Haulage Expense.

“American farmers have begun to figure the matter of roads a little differently than in former years,” says President Claude S. Briggs of the Briggs-Detroit company of Detroit. “When the good-roads movement was in its infancy they used to ask themselves ‘How much will good roads cost me?’ Thanks to the intelligent propaganda of the daily and farm papers as well as other agencies farmers are now asking themselves ‘How much are bad roads costing me?’”

“According to government experts the cost of hauling a ton of farm produce a mile varies from seventeen cents in localities where fairly hard gravel roads exist to thirty-five cents a ton in parts of the country where the roads are in poor condition. On the other hand, in those European countries where hard roads prevail the cost is as low as nine cents a ton a mile. The department of agriculture has estimated that the total haul-



Climbing the Continental Divide.

age expense to American farmers for a year is approximately \$500,000,000. And every dollar of this sum comes from the farmer's pocket, for he is the one great producer who cannot add the haulage expense to his wares, for the prices he gets are on a delivered basis.

“I believe that if every farmer would take pencil and paper and figure the amount in tons of the produce and stock he markets in a year, multiply it by the number of miles he must haul it to market, multiply the total by 25, which is about the average hauling cost a ton a mile, and then consider that he could save nearly half of this amount every year if he had concrete or other hard roads all the way to his market, he would become an earnest good-roads worker.”

“And this actual dollars and cents saving doesn't take into consideration the many advantages of good roads in bringing neighbors closer together, in making it easier and pleasanter to get to church, school, entertainments, etc.”

“With wider interest in better roads must come a more efficient system of road building and maintenance. This is work for experienced and competent highway engineers, just as much as building a railroad is the work of highly-trained specialists. It is no playing for politicians.”

SLOW IN TAKING ADVANTAGE

Certain Loss Due to Bad Roads Made Apparent When Sledding Is Good During Winter.

The heavy snows and excellent sledding serve to emphasize what might be accomplished if good roads prevailed all over the country. Farmers can take their bobs and put on twice as heavy loads as is possible at other times. It is not argued, of course, that with roads as smooth as a dance hall floor the teams could pull on wheeled vehicles the loads they do now on bobs. But there is a certain loss due to bad roads that is made all the more apparent by the ease with which transportation is made when the sledding is good, says South Bend Tribune. And to think that for all these years nature has been showing us the advantage of good roads and we have been so slow to take the hint! It should make us ashamed of our blindness and stupidity.

Solve Social Ills.
Elbert Hubbard says that “Good roads are the most needed thing in the world. Good roads and quick, safe and cheap transportation are going to solve most of our social ills.”

Many Benefits Derived.
Good roads will decrease ignorance, poverty, discouragement, immorality, profanity, back taxes, sheriff's sales and grouchiness.

Gardening Time Coming.
Gardening time will be here before you are ready for it, if you are not careful, regardless of the cold winds today!

Brings Market Nearer.
The good road brings the market nearer to you.

Severely Pruned Fruits Die.
Stone fruits, especially the plum, when severely pruned, as peaches frequently are, are very apt to do poorly, and often die.

Avoid Indigestible Feeds.
Indigestible feeds, such as bran-and-corn meal, should be kept away from the hog trough.

Essential to Success.
Regular feeding is essential to success, and three feeds a day are better than two.

“LIFE, LIBERTY AND PURSUIT OF HAPPINESS”

A Western Canada Farmer Writes as to Conditions.

A. G. Hansen is a farmer living near Clavet, Sask., and as an old resident of Minnesota, takes strong exception to some of the articles appearing in American papers disparaging the true conditions in Western Canada. The “Cottonwood Current” of Cottonwood, Minn., an important weekly paper in the southwest part of the state, recently published a letter from Mr. Hansen, which is interesting reading. In his letter Mr. Hansen makes a splendid case for Western Canada against those who seek to deter farmers in the States from settling in Canada. He says:

“The district in which we live is a fair comparison to any other district in the country, made up mostly of settlers from the States. The majority here consists of Americans from Minnesota, Iowa and the Dakotas, with a few Canadians and an odd Englishman. We have been here eleven years, ever since this part of the country was settled, and the majority have done well. If they have not, it is certainly not the fault of the country.

“There has not been a crop failure in this district since settled. This year was the poorest, caused by lack of rain, although a fair estimate of wheat is about twelve bushels per acre, average, and oats about ten. Some farmers got as much as twenty-five bushels of wheat per acre, and we all got good prices.

“The laws of Canada are nearly the same as those of Minnesota, and we enjoy the same privileges.

“So far as the European war is concerned, we suffer to a certain extent as all the world does. Canada is giving a helping hand to her Mother Country, and we American-Canadians firmly believe it is Canada's duty to do so. I have not heard one American-Canadian who has expressed a different opinion. Canada is not compelled to send her soldiers. The service rendered is all voluntary service.

“The accusation that old settlers are considered undesirable citizens and are forced out of business, even in danger of being ‘mobbed at their own fireside,’ is all false, a mere fabrication in the mind of badly informed correspondents. There are a few who have been discovered carrying letters, others papers and plans to prove them spies, and whose object is to conspire against the government. These have justly been arrested. Such a class of people cannot be considered good citizens, whether living in Canada or in the United States.

“Some people are failures wherever they are, and as an excuse for failure in their country it may seem easy to put the blame on the Canadian people and the Canadian government. Fact is, thousands of people from the United States are emigrating to Canada at the present time, which shows they are not afraid of the Canadian government.

“The government is giving away, free of charge, provision through the winter to farmers in certain districts affected by the drought, and is also sending seed grain to those in need of help. This is very different from driving settlers away from their own homes.

“I have always observed that the people who love their Mother Country most are those who make the best citizens of their adopted country. The glorious ‘Stars and Stripes’ will always stand for what is good and noble to us, though we live in a neighbor country where we also enjoy ‘Life, Liberty and the pursuit of happiness.’”

Advertisement.

ALFALFA SEED, 50 CENTS. Farms for sale on crop payments. J. Mulhall, Soo City, Ia. Adv.

If you wish your flattery to stick, select a man as the mark for it.

ONE CENT LETTER POSTAGE BEING AGITATED

One cent postage rate on letters is again being brought into prominence and many high officials declare that it is sure to come in the near future. All classes of business would be greatly benefited by its adoption, and estimators of statistics show there would be such an increased demand for stamps that the apparent loss of revenue would be more than made up.

It is an impossibility to place an estimated value on health, it being a most precious possession—but, perhaps, you have been careless or negligent and have allowed weakness to develop until you are now in a badly run down condition, with poor appetite, impaired digestion and constipated bowels.

In order to get back to health and strength you must first help Nature restore the Stomach, Liver and Bowels to a normal condition—but, perhaps, you have the friendly aid of Hostetter's Stomach Bitters. You will find it an excellent tonic, appetizer and strength maker and well worthy of your confidence.

It is an absolutely pure medicine, adapted to all ordinary family ailments, and your health will be greatly improved by giving it a fair trial at once. Be sure you get the genuine Hostetter's Stomach Bitters with our Private Stamp over the neck of Bottle.

Florida Lands For Sale to Settlers

in tracts of ten acres and upwards, in Volusia County, adapted to cultivation of citrus fruits, vegetables of all kinds and general crops. Situation healthful. Send for circulars. Write in English. Railroad runs through tract. Will sell on monthly payments. Agents wanted.

Address: Florida Land & Settlement Co., Care Alex. St. Clair-Abrams, Attorney 615-19 Dyal-Upchurch Bldg., Jacksonville, Fla.

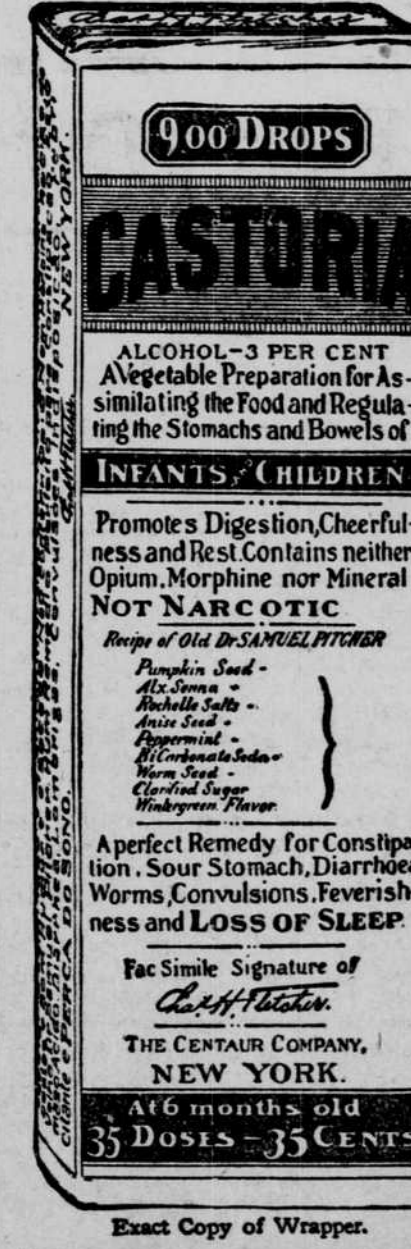
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In Use For Over Thirty Years **CASTORIA**



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