

**Net Contents 15 Fluid Ounces**  
**900 DROPS**  
**CASTORIA**  
**ALCOHOL—3 PER CENT.**  
**A Vegetable Preparation for Assu-**  
**simulating the Food by Regula-**  
**ting the Stomach and Bowels of**  
**INFANTS—CHILDREN**  
**Thereby Promoting Digestion,**  
**Cheerfulness and Rest. Contains**  
**neither Opium, Morphine nor**  
**Mineral. NOT NARCOTIC**  
*Preparation of*  
*Dr. J. C. Ayer & Co., Lowell, Mass.*  
**A helpful Remedy for**  
**Gonorrhea and Diarrhoea,**  
**and Feverishness and**  
**LOSS OF SLEEP**  
**resulting therefrom in Infancy.**  
*Facsimile Signature of*  
*Dr. J. C. Ayer*  
**THE CENTAUR COMPANY,**  
**NEW YORK.**  
**At 6 months old**  
**35 DROPS—35 CENTS**  
**Exact Copy of Wrapper.**

**CASTORIA**  
**For Infants and Children.**  
**Mothers Know That**  
**Genuine Castoria**  
**Always**  
**Bears the**  
**Signature**  
**of**  
*Dr. J. C. Ayer*  
**In Use**  
**For Over**  
**Thirty Years**  
**CASTORIA**  
**THE CENTAUR COMPANY, NEW YORK CITY.**

**MOTHER'S COOK BOOK**

If I were hanged on the highest hill, Mother of mine, O mother of mine, I know whose love would follow me still. Mother of mine, O mother of mine. —R. Kipling.

**More Timely Dishes.**  
 Avoid getting into ruts in serving the family menu. When the same food must be often served, see that it appears in different forms, combinations, seasoning and garnishing, then it will seem like different food.

**Delicious Artichokes.**  
 This delicious vegetable is easily grown, and adds another dish to the menu. Melt three tablespoonsful of butter in a saucepan, add one-half cupful of cracker crumbs, one tablespoonful of chopped parsley, one-fourth of a teaspoonful of salt, paprika and nutmeg to taste; add two cupsful of diced artichokes, and cook for a moment, then add one and a fourth cupful of cream. When boiling, add a teaspoonful of lemon juice and the grated rind of half a lemon.

**Southern Pine.**  
 Pare and core a dozen tart apples and place them in a pudding dish. Scald four cupfuls of milk, add a pint of cornmeal, cook until smooth, then

add a teaspoonful of salt, one cupful of molasses and finely chopped suet. Stir flour over the top to make a crust after it has baked a white. Bake two or three hours.

**Chestnut Stuffing.**  
 Blanch a pound of the large chestnuts, boil until tender and cut through a ricer. Add a cupful of bread crumbs, one-half cupful of butter, salt pepper, celery salt and a bit of sugar; mix thoroughly and stuff the fowl the day before, to save time when other foods must be made ready.

**Roast Turkey.**  
 Select an eight or ten-pound turkey, see that the breast is plump, the legs pliable and the flesh of good color. Draw and singe and draw the tendons from the legs. Thoroughly scrub inside and out with soda water and a small vegetable brush, being careful not to break the skin. Wipe well and stuff. Sprinkle with flour and salt, and place in a hot oven. Baste every 15 minutes the first hour of roasting, using butter and water, after that the juices in the pan will be sufficient.

Place the turkey breast down, and you will find it has a much better flavor. Turn the bird and cover the breast with butter to brown. If a rich brown crust is desired, use twice as much butter as flour, and spread it on the turkey. The giblets should be simmered in water until tender, and the neck also. This is used to add to the gravy after chopping the meat very fine.

*Nellie Maxwell*  
**Shoe Styles.**  
 Tan boots are smart and fashionable for a walk in town, tramp in the country or other sports wear. Dressy high shoes are laced or buttoned. They may be all black with Louis heels and smart stitching, or dark-vamped with colored suede uppers. Patent leather shoes, half-pump style and half-slippers, are worn afternoon or evening, and varied by the stockings worn, black ones when you want to be sober, midnight blue when your costume is that color, beige or gray when your frock is dressy and white when you dance.

**HIGH COST OF LIVING**

This is a serious matter with housekeepers as food prices are constantly going up. To overcome this, cut out the high priced meat dishes and serve your family more Skinner's Macaroni and Spaghetti, the cheapest, most delicious and most nutritious of all foods. Write the Skinner Mfg. Co., Omaha, Neb., for beautiful cook book, telling how to prepare it in a hundred different ways. It's free to every woman.—Adv.

**Entertaining Was Too Strenuous.**  
 A five-year-old boy had spent the morning at the home of a neighbor, who owns a beautiful collie pup. The youngster and little dog had romped about the lawn in high glee until, in play, the collie scratched the lad's leg with its teeth. Hurrying home the child told his mother the dog had bit him and that he was not going over to see its owner again.  
 "You should be ashamed to talk that way, son," the mother replied. "You know you love the puppy and the L's have been lovely to you. They have entertained you all morning."  
 "Entertained? Entertained?" exclaimed the boy. "They have entertained me for the dog over there to chew on."

**CUTICURA COMFORTS BABY**  
 Suffering From Itching, Burning, Rashes, Eczema, etc. Trial Free.  
 Give baby a bath with hot water and Cuticura Soap, using plenty of Soap. Dry lightly and apply Cuticura Ointment gently to all affected parts. Instant relief follows and baby falls into a refreshing sleep, the first perhaps in weeks. Nothing more effective.  
 Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

**Only Hinted It.**  
 George was an imp, his sister said, and she thought her mother ought to raise her children better, which made mother laugh.  
 "What has poor George done now?" asked mother. "Well, if you want to know," said Grace, aged sixteen, "he came into the parlor and asked Charlie to give him some money. The very idea of begging!" she exclaimed, as George himself came into the room.  
 "I did not ask him for money," George indignantly denied. "I said that Grace's beaux gave me a quarter every time they saw me, except one, and he was a tightwad."  
 It's unlucky for a mouse to meet a black cat.

**ARE YOUR KIDNEYS WEAK?**  
**Thousands of Men and Women Have Kidney Trouble and Never Suspect It.**

Nature warns you when the track of health is not clear. Kidney and bladder troubles cause many annoying symptoms and great inconvenience both day and night.  
 Unhealthy kidneys may cause lumbago, rheumatism, catarrh of the bladder, pain or dull ache in the back, joints or muscles, at times have headache or indigestion, as time passes you may have a sallow complexion, puffiness or dark circles under the eyes, sometimes feel as though you had heart trouble, may have plenty of ambition but no strength, get weak and lose flesh.  
 If such conditions are permitted to continue, serious results may be expected. Kidney trouble in its very worst form may steal upon you.

**Prevalence of Kidney Disease.**  
 Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney diseases are among the most common diseases that prevail, they are almost the last recognized by patients, who usually content themselves with doctoring the effects, while the original disease may constantly undermine the system.  
 If you feel that your kidneys are the cause of your sickness or run-down condition, try taking Dr. Kilmer's Swamp-Root, the famous kidney, liver and bladder remedy, because as soon as your kidneys improve, they will help the other organs to health.  
 If you are already convinced that Swamp-Root is what you need, you can purchase the regular fifty-cent and one-dollar size bottles at all drug stores. Don't make any mistake but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., which you will find on every bottle.

**SPECIAL NOTE—**You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

**Watch Nature's Signs That Are All Around You and Be Your Own Weather Prophet.**

There are plenty of soundly scientific weather signs that are right before our eyes and vouched for by the best meteorologists. For instance, the "ring around the moon," which is produced by a thin, filmy cloud made up of minute particles of ice—a state of things not built to last. Either some unlooked-for commotion will put a stop to it in a different manner, or it will pour cats and dogs within three days at the most. In eighty-six cases out of a hundred, the rule holds good. A still better sign is the "ring around the sun."

This is science pure and simple, and so is the old maxim, "The farther the sight the better the rain." It is not pessimism that makes people along the coast predict a downpour when they can pick out the separate houses on a far-away island or people in mountain regions call it "too good to last" when a distant peak, generally invisible, comes into view. They are shrewd, meteorologists in making these predictions, and also in declaring that sounds carry better when a rainstorm is brewing.

Of all nice, convincing weather signs, however, a "sickening sky" is pretty nearly the most reliable. When the deep, warm blue grows paler, and then whitish, and your spirits droop, the shadows fray at the edges and disappear, then you have a sickening sky. Rain is not being brought up ready-made from afar, but is being manufactured directly overhead.

The color of the sky, then, is a fairly trustworthy sign in and of itself, and so is the color of the clouds. Intensely white clouds against an intensely blue sky means bright weather ahead. Grayish clouds on a lightish blue foretell rain.—Woman's Home Companion.

**THE SMALL BOY AND HIS RIGHTS**  
 By LAURA JEAN LIBBEY

To thee God has granted  
 A heart ever new—  
 To all—always open—  
 To all, always true.

When I hear of a small boy who is a perfect gentleman I am more apt to pity than to admire him. Judging all lads by those of the neighborhood, whose pranks I watch with secret amusement, I am led to believe there's something wrong in the make-up of the little boy who would rather sit in the house reading stories of impossible good children than to go out-of-doors and romp, whoop and play with his comrades—which of course, has ever been boy nature.

From the time he sheds his baby petticoats and gets into knickerbockers, the rough side of boy life begins to assert itself. He has actually to fight every inch of his way with other boys to retain his marbles, ball or kite and take his own part among them.

Even very small boys are not wont to unbosom their little troubles to the family. They learn to keep their own counsel at an early age. If he comes home from school cross no one thinks to find out what caused it and show sympathy for him because of the battle that was forced upon him. He hides his bruises as he does his heart-aches.

Even in their own homes the rights of small boys are not always respected. They have a right to more politeness than falls to their lot. Neither his parents, sisters or brothers think of thanking him if he performs a slight service for them. They seem to think he is obliged to be at their beck and call whether it inconveniences him or not. If a boy chases a man's hat on a windy day for a block, returning it to its owner quite out of breath, is he always thanked graciously for his act of kindness? Not once in a dozen times. No wonder he resolves at last to let the fat old men chase after their own hats and enjoys a laugh when they come back winded, puffing and panting. If a boy gives a woman his seat in a crowded car, does he receive a polite "thank you" for being courteous? Where one woman acknowledges his courtesy, a score will flop down into the vacant seat without bothering to show politeness, because he's only a boy. Praise to a boy who has done a gracious act is as sweet as it is to a man. He is actually yearning for a smile or a word of appreciation. If he does not receive it at home he rarely expects it from the outside world.

Rearing a boy appears to be a much graver matter than most people realize. If he has too much petting, he will do his best to ride rough-shod over the rest of the family, become arrogant and unbearable. If appreciation and tender words are denied him, who is to blame if in early manhood he falls a victim to the wiles of the sirens who cajole and flatter a youth; honeyed words are sweet to masculine ears of all ages. Thank the little boy so daily for every service he renders you. Let him think that his views and opinions can be listened to at home if nowhere else.

If he takes his own part in an encounter forced upon him, show your sympathy and express the earnest wish that it may not happen again, but do not scold, punish or rail at him for taking his own part. Teach him to be a brave soldier in life's battles. (Copyright, 1916.)

**Strong Drinks Irritate**  
 Strong drinks like beer, whiskey, tea and coffee, irritate the kidneys and habitual use tends to weaken them. Daily backache, with headache, nervousness, dizzy spells and a rheumatic condition should be taken as a warning of kidney trouble. Cut out, or at least moderate, the stimulant, and use Doan's Kidney Pills. They are fine for weak kidneys. Thousands recommend them.

**A Nebraska Case**  
 Robert Francis, retired farmer, Eleventh and Pierce Sts., Fremont, Neb., says: "For quite a while my kidneys were disordered and I had a weak, lame back. My back ached steadily and it hurt me to do any lifting. I was obliged to get up several times at night to pass the kidney secretions, too. Doan's Kidney Pills relieved me as soon as I took them and continued use rid me of all the ailments. I have felt fine since."

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

**Nebraska Directory**

**TANNING Robes--Coats**  
 See local agent or write for **FREE CATALOG**  
**National Fur & Tanning Co.**  
 1921 S. 13th St., Omaha, Neb.

**IF YOUR RADIATOR IS FROZEN OR LEAKS—SEND IT TO US.**  
**F. F. FINK, Auto Tinner**  
 317 S. 20th St., OMAHA, NEB.  
 ALSO LAMP AND FENDER REPAIRING.

**Omaha Alfalfa Milling Co.**  
 Members Omaha Hay Exchange and Omaha Grain Exchange.  
 Always in the market for No. 1 **ALFALFA—HAY**  
 WRITE US OR TELEPHONE DOUGLAS 4691  
 330 GRAIN EXCHANGE, Omaha, Nebraska  
 W. N. U., OMAHA, NO. 46-1916.

**FAVORITE OF FILMDOOM**

**Geranium Good Plant For House in Winter; Fuchsia and Primrose Also Reliable**

It is very difficult to keep plants in good condition in the house, so much so that many persons do not try it, yet it is a pity to deprive one's self of the pleasure.

For reliable winter blooming nothing surpasses the geraniums. With good plants one may have a wealth of blossoms all winter long. The single varieties will give better satisfaction than the double. Primroses, too, are good, and cyclamens prolong their blooming season delightfully. The fuchsia is an old-fashioned flower that has a peculiar charm. It and the abutilon, sometimes called the flowering maple, will grow to a large size and will be found very satisfactory.

If one does not have a room or porch which can be set apart exclusively for plants, it is still possible to have something green, and even blooming, to brighten the room. For an inside window box have one made the length of the width of the window and set it in a zinc tray for drainage. Fill this with potted plants pouring about the pots clean gravel and sand. The pots may be easily replaced.

Azaleas make a fine showing, and one may have lilies of various kinds, including the calla and Easter lilies. The rex and the rubra begonias have such rich foliage that they make very valuable additions to the winter plants.

A large bay window is a good place for keeping plants. This part of the room may be made especially attractive by training ivy over the windows and by hanging baskets or boxes containing vines and small plants.

**Around the World.**  
 United States has 114,000 lawyers. Alaska had its most prosperous mining year during 1915. Platinum has been recently discovered in the southern part of Spain. The world's product of lead pencils probably amounts to nearly 2,000,000,000 a year. One man-eating leopard of India was known to have killed more than 200 men before it was dispatched. A dredge built in Holland for the government of Uruguay crossed the Atlantic ocean under its own steam. British Honduras is a natural greenhouse, where most anything will grow, but there is little or no agricultural industry.

**Rocks Waste Away in Desert.**  
 The rocks in a desert are said to waste away even more rapidly than those exposed to continuous water erosion, an example being southwestern deserts where the change of temperature from 125 degrees at noon to 70 or so at night causes stone to crumble rapidly under the extremes of expansion and contraction.

**Wealth of Roumania.**  
 As far back as 1900 Roumania ranked third among the grain-producing nations of the world; and though several countries have since passed it, its annual contributions to the world's supply of food have steadily increased. Its average exports of corn during 1911, 1912 and 1913 were second only to those of Argentina; in wheat exports it stood sixth among the world's nations, and in oats exports fifth. This is accomplished with a total area somewhat less than that of the state of Arkansas. Roumania also has enormously rich oil wells, operated to a considerable extent by the American Standard Oil company.

**Irishwoman a Sergeant.**  
 A telegram from Toulon states that Miss Flora Sendes, an Irish woman, who was in Serbia at the beginning of the war, served as a hospital nurse, and when the hospitals were closed enlisted as a private in a Serbian regiment. After a holiday in London she has arrived at Toulon on her way to rejoin her regiment at Saloniki, with the rank of sergeant.—London Times.

**Health for Sick Women**

**For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.**

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—

**North Crandon, Wis.—**"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MAYME ASBACH, North Crandon, Wis.

**Testimony from Oklahoma.**  
 Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

**From a Grateful Massachusetts Woman.**  
 Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSOON, 1 Haynes Park, Roxbury, Mass.

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 "Yes," he replied; "I'm heavily in debt, and you've got all kinds of money."  
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 A man is likely to save his religion and best suit of clothes for the Sabbath.  
 Anyway, a spite fence is never too high for neighbors to think it over.

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 Get "Favorite Prescription" today, either in liquid or tablet form, from any dealer in medicines; or send Dr. Pierce, Buffalo, N. Y., 10 cents for large trial package.—Adv.

**Iron is Greatest of All Strength Builders, Says Doctor**  
**A Secret of the Great Endurance and Power of Athletes**

Ordinary Nuxated Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent. Stronger in Two Weeks' Time in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a well-known Specialist who has studied widely both in this country and Europe, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance

and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

**NOTE—**Nuxated Iron recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents is widely prescribed by eminent physicians everywhere. Unlike the so-called "iron" products, it is easily assimilated, does not injure the teeth, makes them black, nor upset the stomach; it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.

**New Initials**

Did you know, needleworkers, that you could now buy padded initials all worked on a foundation of thin cloth? They are soft and pliable, and all you have to do is to baste the cloth. It is so sheer that you can cut close to the initial and pull away any loose threads which might remain under the padding. This is but another evidence that needleworkers, too, have bowed to the inevitable time-saving device.

**A Bit of Forestry**

"Do you know how to tell a hardwood tree from a soft-wood tree?" said a forester. "I'll tell you how to do it, and the rule holds good not only here among our familiar pines and walnuts, but in the antipodes, among the strangest banyans, baobabs and what-nots. Soft-wood trees have needle leaves, slim, narrow, almost uniform in breadth. If you don't believe me, consult the pine, the spruce or the fir. Hard-wood trees have broad leaves of various shape—the oak, the ebony, the walnut, the mahogany and so on."

**Make Shoes of Aluminum.**

Owing to the increase in the cost of leather, which has been on the upward trend for years, there has been a demand for some substitute that will take its place to a certain extent in the manufacture of shoes, and in some parts of the country there has been received with favor a shoe partly made of aluminum. The use of leather is not dispensed with entirely, for there is yet considerable entering into the shoe, but the sole and counter, the parts most subject to wear, are made of the metal. The hard usage of the shoe comes on the heel and sole, and in the case of the aluminum the wearer walks on the heel and a rocker, across the sole of the shoe, which parts are renewable and may be readily replaced without sending the shoes to the shoemaker. The new shoes are heavier than those of leather, and are said to be much more economical on account of the increased service secured.

New York details 25 firemen to give fire drills in public schools.

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