

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering



Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver.



Stop after dinner—cure distress—improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Radiating Love. If you come into a room on a winter's day, you do not need to see the stove or the radiator to know there is heat there. Every nerve in your body tells you that, before you have a chance to use your eyes. And there are some people you cannot approach without feeling the radiating warmth of sympathy and kindness. Fill the heart so full of love that it can be felt by all who come near you.

GAS, DYSPEPSIA AND INDIGESTION

"Pape's Diapepsin" settles sour, gassy stomachs in five minutes—Time it!

You don't want a slow remedy when your stomach is bad—or an uncertain one—a harmful one—your stomach is too valuable; you mustn't injure it. Pape's Diapepsin is noted for its speed in giving relief; its harmlessness; its certain unfailing action in regulating sick, sour, gassy stomachs. Its millions of cures in indigestion, dyspepsia, gastritis and other stomach trouble has made it famous the world over.

Keep this perfect stomach doctor in your home—keep it handy—get a large fifty-cent case from any dealer and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach all such distress vanishes. Its promptness, certainty and ease in overcoming the worst stomach disorders is a revelation to those who try it.—Adv.

Sudden Cold. Look out—it's dangerous.

The Rev. Shybird—I had such a curious dream last night. I dreamt I was in the Garden of Eden. Miss Kensington—Oh, how odd! And did Eve appear as she is generally represented? The Rev. Shybird—I—I—er—I didn't look.—London Sketch.

HILL'S CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after-effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

GALL STONES AVOID OPERATIONS

(No Oil) No more Gallstones, Bile or Biliousness, Headache, Constipation, Piles, Catarrh, Nervousness, Blame, Jaundice, Appendicitis. These are common Gallstone symptoms—CAN BE CURED! Send for Home Treatment. Send Back or Liver, Nausea, Gas, Troubles and Appendicitis. FREE

Gallstone Remedy Co., Dept. W-8, 218 S. Dearborn St., Chicago

EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western provinces of Canada are easily explained by the case of Mr. C. Lacy, late of Wisconsin and later of Alberta. Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer fallowing. He broke 300 acres with oats, 20 with barley, and 290 with wheat. Also he had two cows and 20 head of young live stock. He was fortunate in buying feed at a bargain and managed to rent the adjoining quarter-section as pasture.

A few weeks ago he decided to realize his profits—and they amounted to \$8,000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta, says:

"I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 31 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices, I can cash in for \$16,000. I am well satisfied, and expect to double this next year.

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from two hundred acres, which went from 24 to 56 bushels per acre.

Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 670 bushels of flax, 700 bushels of barley—all at market prices—well, figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74, am holding the remainder for \$2.00. Also all the oats, barley and flax for higher prices."

Intelligent farming pays always according to Alex. Wattie, a prosperous farmer. Some figures to prove his contention that he has "made good."

In 1914 Mr. Wattie threshed 40 bushels to the acre from a 30-acre crop. This sold for \$1.60 per bushel, which, after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 34 acres, just sold, he received after freight had been deducted, \$1,876.94.—Advertisement.

Not Far Wrong.

"Wot's an autyvat, Chimmy?" "It's a guy wot owns an automobyle."

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.—adv.

The Requisite.

"What we need in these ages is to kindle the fires of romance." "How about using love matches?"

64 YEARS YOUNG!

Mr. S. P. Benton, Kerrville, Texas, writes: "For several years prior to 1906 I suffered from kidney and rheumatic troubles. Was bent over and forced to use a cane. For these disorders I am glad to say I used Dodd's Kidney Pills, which proved to be the proper remedy. I am 64 years young, feel fine and once again stand as straight as an arrow. Dodd's Kidney Pills deserve great credit." Get a 50c box at your dealer's to-day.

A generous free trial box will be mailed if you send the coupon.

Dodd's Medicine Co., Buffalo, N. Y. Send me a big Free trial box of Dodd's Kidney Pills.

Name..... Street..... City..... State.....

About the only way a man can fool a woman is to make her believe she's fooling him when she's not.

VARIED AND MANY

Changes Suggested in New Election Laws of State.

Changes in the primary and general election laws of the state are likely to be many and varied in this session, at least they will be if bills now in go through in their present shape.

The most radical change is in the primary law. As suggested by Representative Conley of Jefferson county the state conventions will be given the power of nominating all elective state officers below the governorship. Even the railway commission candidates will be so chosen.

Delegates to the state gathering will be chosen at county nominating elections, the same primaries at which county officers are to be nominated by the various parties. This, according to Mr. Conley, will give the people a chance to speak their minds through carefully chosen delegates.

National Guard Budget

General Hall believes that upward of \$125,000 will be necessary to run the state national guard during the coming two years. That is an increase of \$60,000, made necessary because of a number of changes in the guard, not the least of which is its increase to a peace footing, or several notches higher than it was June 20, when it was called into federal service.

Two years ago the guard obtained \$68,000, after the house had made an effort, in the face of the European war and constantly darkening clouds on the United States foreign relations horizon, to reduce the amount to about half that size. The senate saved the day, and a house conference committee later recommended the increase, and it was adopted.

State Nurses Attack the Bill

Members of the State Nurses' association are up in arms over the introduction of House Bill No. 230, by Representative Dr. Reneker of Richardson, cutting down the standard of qualifications necessary for registry by a nurse in Nebraska. The present law provides that a graduate nurse must have had at least one year's high school education; three years of active training in a hospital, and must have taken a state board examination. Reneker's proposed law, which has already had a reading, provides only for six months' training in a hospital and two and one-half years' practical experience before taking a state examination for registered nurses.

To Put Catfish in Game Class.

Nebraska's standard fish—the cat—will be promoted to the game class with the trout and the bass, and will have the mantle of the law thrown about it for its protection. Game Warden Koster has his way. The catfish is now in the category with the carp, squawfish and buffalo. In the catching of which the law does not interfere. Warden Koster says the cat is one of the best eating fishes and should not be one caught and sold for general purposes. His proposed change in the law has been introduced in the senate by Adams of Dawes and in the house by Anderson of Boyd.

New Course at University

A new course, "Psychology and Efficiency," has been added to the curriculum of the University of Nebraska. This course is designed to aid students who are to take up law, the ministry, medicine, journalism, social service and other professions. The psychology of buying and selling and methods of estimating the efficiency of individual workmen also will be considered in the instruction.

Blue Sky Exemption

Representative Ollis has a bill to exempt farmers' co-operative associations from the blue sky law. Under this law, they are compelled to pay the railway commission a \$15 fee and meet the requirements of the law, among which is a proviso that shares of stock shall be for \$100 each. These associations desire to issue stock in denominations of \$10, \$25 and \$50.

Seek New Committee.

Leaders in the drugless healing professions have asked the legislature to appoint a new standing committee to consider their claims. They declare that laymen, and not medical doctors, should consider their claims, and believe that such a committee as they suggest would be the beginning of a campaign for medical freedom.

Business in the office of Secretary of State Pool during January brought receipts of \$5,220.91 as against \$3,015.11 for the same month last year or a net increase of \$2,205.80. Of this sum \$4,020 was received for filing articles of incorporation, forecasting a year of business acceleration. The automobile department has issued 88,393 automobile numbers for 1917, of which 12,550 were for new numbers. The 75,850 were renewals on 1916 cars. In the motorcycle department 1,472 numbers were issued.

To Amend Compensation Law.

Workmen's compensation law enforcement is removed from Labor Commissioner George Norman and placed in the hands of a "compensation commissioner" to be appointed by the governor, in S. P. 220, introduced in the senate by Senator Beal, of Custer.

The law radically amends the present compensation law, making the commissioner the arbiter of settlement disputes subject only to appeal to the district court within five days.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.)

LESSON FOR FEBRUARY 11

JESUS AND THE WOMAN OF SAMARIA.

LESSON TEXT—John 4:5-14, 24, 26. GOLDEN TEXT—Christ Jesus came into the world to save sinners.—1 Tim. 1:15.

This is a lesson of one of the way-side ministries of Jesus. It occurred incidentally while he was on his way to his great preaching and teaching experience at Galilee. It was a by-product of his very busy life, yet it is one of the most famous interviews and one of the best examples of how to do personal work that is found in the scriptures. The larger part of the first year of Christ's ministry was spent in Judea. Jesus did not baptize, but his disciples did, doubtless for the same reason, though in a less degree, than why Paul refused to baptize converts (1 Cor. 1:13-16). All but one of the disciples of Jesus were Galileans and Jesus spent about a year and nine months of his ministry in that place.

I. Jesus Rested (vv. 4-6). To reach Galilee from Judea Jesus "must needs go through Samaria," not that there were not other ways that he might have traveled, but rather that it was worth while to go out of his way in order to bring the water of life to this needful woman. Jacob's well was at a turning of the roadway near to the city of Sychar. Few places in the land save Jerusalem had so much Bible history connected with them (Gen. 12:13; Joshua 8:33; Acts 7:16; 1 Kings, 12:1, etc.). The well was originally about 100 feet deep and 7 1/2 feet in diameter, but it has been filled up with accumulations of rubbish so it is now only about 75 feet deep. Christ was weary in his work, but not of it, and "sat thus" (by) the well; literally, on the low wall built around it. The sixth hour was probably about midday. There is comfort in consideration of the fact that as a man Jesus was willing to meet this woman of bad character.

II. Jesus Holds Conversation (vv. 7-14). Notice the gentle way in which Jesus speaks, and that he began on the ground of their common need. He asks this needed favor that he might confer a greater one, ignoring the prejudice which existed against the Samaritans. Water was the thing uppermost in the woman's mind. She did not grant his simple request, and her reply indicated that racial differences were a very real barrier. They hinder our work even yet. The surprise, perhaps pleasure, that a Jew should ask a favor of her seems to have greatly impressed the woman, and aroused her curiosity. In verse 10 Jesus tells the woman that there are two things she must needs know: (1) the wondrous gift of God, that is the Holy Spirit (Luke 11:13; Acts 2:23-38); (2) the wonderful man who had asked of her "Give me to drink." Had she known these things she would have asked him for the living water. All that was needful was simply to ask. The Holy Spirit is the living water (John 6:33). The woman does not seem to have comprehended what Jesus was trying to teach, yet he was patient, and won her as a convert. He told her that everyone who came to that well would thirst again (v. 13). The world's fountains do not satisfy, fountains of wealth, fame, pleasure or carnal gratification, or even learning. He then tells her of the living water (v. 14) of which the drinker should never thirst, that it would satisfy whoever drinks, and was to be everlasting (John 7:37-39). The one who receives the Holy Spirit within has a perennial, eternal spring of life, joy and satisfaction springing up within him. Before the woman received the water of which he was speaking there had to come a conviction of sin (vv. 16-19); hence his remark, "Go call thy husband." This was a sharp thrust into her life and heart. She tried to parry the thrust with a technical question, yet he comes back with a great revelation of the nature of God and the worship which God accepts, revealing his Messiahship (vv. 15-26). As is indicated, she does not seem to have comprehended the nature of the request which Jesus had made (v. 15); therefore he began this searching of her life in order to prepare her to receive the water of life which he wanted to bestow. This knowledge of her secret life by a perfect stranger who had never even seen her before was an evidence to the woman of spiritual endowment: "Sir I perceive that thou art a prophet." She then entered upon a theological argument (v. 20) which Jesus answered very simply, saying that the worship of the Father is not to be restricted by time or place (v. 21). At this point the disciples return and the woman goes into the village.

Jesus, lifting up his eyes to the citizens who were coming out at her invitation, exclaims, "Lift up your eyes and look on the fields, for they are white already to harvest," thereby emphasizing still further the "personal evangelism" thought which is uppermost in this lesson.

She thirsted (v. 14), she received (vv. 25, 26), she became a spring (vv. 28-29), which supplied others (v. 30).

The water of life fully satisfies, and it is a spring (v. 10); it continually satisfies.

100 Years Old

"The kidneys play a most important part in causing premature old age and death—the more injurious the poisons passing through the kidneys the sooner comes decay"—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric acid—drink plenty of water—sweat some daily and take Anurie before meals.

This Anurie is put up in tablet form, and can be obtained at almost any drug store. For that backache, lumbago, rheumatism, "rusty" joints, swollen feet or hands, due to uric acid in the blood, Anurie quickly dissolves the uric acid as hot water does sugar. Discovered by Dr. Pierce of Buffalo, N. Y.

Prevent premature old age by simply sipping a cup of hot water every morning before breakfast, taking a little Anurie before meals and live to be a hundred.

Not on Record.

He—Are wheat cakes healthy? Me—I never heard one complain of being sick.—Record.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Beautify Your Hair! Make it Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair beauty.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

Doing His Share.

"Are you doing anything for the preservation of our antiquities?" "You bet I am. I sell cosmetics."

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Probably Not.

Will the smoke inspector please explain why so much of the soft coal soot settles on the white-haired dog?

The Quinine That Does Not Cause Nervousness or Ringing in Head

Because of its Tonic and Laxative effect, LAXATIVE BROMO QUININE can be taken by anyone without causing nervousness or ringing in the head. It removes the cause of Colds, Grip and Headache. Used whenever Quinine is needed.

—but remember there is Only One

"Bromo Quinine"

That is the Original

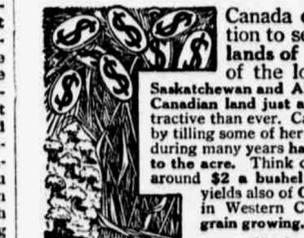
Laxative Bromo Quinine

This Signature on Every Box

Used the World Over to Cure a Cold. 25c.

C. W. Grove

Raise High Priced Wheat on Fertile Canadian Soil



Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher than Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. Military service is not compulsory in Canada but there is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. V. BENNETT Room 4, Bee Bldg., Omaha, Neb. Canadian Government Agent

160 ACRE FARMS IN WESTERN CANADA FREE

THE REFLECTIONS OF A MARRIED WOMAN

—are not pleasant if she is delicate, run-down, or over worked. She feels "played out." Her smile and her good spirits have taken flight. It worries her husband as well as herself.

This is the time to build up her strength, and cure those nervousness or ailments which are the seat of her trouble. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood, enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength. It cures those disorders and derangements incident to womanhood.

A well-known agent which can be procured at all drug stores is "Pleasant Pellets," made up of the May-apple, the dried juice of the leaves of aloe and the root of jalap. First put out by Dr. Pierce nearly fifty years ago.—Adv.



"Dad's as fine a goose as I ever saw, Brooder Williams. Where did you get it?" "Mistah Rawley," said the carrier of the goose, with dignity, "when you preach a special good sermon I never saw you where you got it. Seems to me dad's a triv'lar matter any-way."

If anybody asks how you got nervous indigestion, constipation or dyspepsia you couldn't tell, but if you want to get rid of all such painful disorders

Green's August Flower

will act promptly in the relief of all stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living. 25c and 75c at druggists and dealers. 31 days of success.

TO KILL Cockroaches

ALWAYS USE STEARNS' ELECTRIC PASTE

U. S. Government Buys It SOLD EVERYWHERE—25c and \$1.00

TYPHOID

is no more necessary than smallpox. Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. Producing Vaccines and Serums under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.



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 at Druggists.

PATENTS

Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best results.

"ROUGH ON RATS"

Kills Rats, Mice, Bugs, Lice and other vermin. 1c and 2c.

W. N. U., LINCOLN, NO. 6-1917.

The Garden is Half the Living—But not unless you have the right kind of a garden.—And you can't raise a good garden without good seeds to start with—lowa grown seeds are the best in the world and are the kind for you to plant, and Field's is the place to get them. Write For Garden and Seed Book and Seed Sense, Free Our Seed Book tells you the real truth about the seeds and gives you common sense instructions about gardening. And Seed Sense is the dandiest little garden paper you ever saw. We send it free to our customers. Get these books, and raise a big garden and beat the "High Cost of Living." We will send them free. HENRY FIELD SEED CO., BOX 103, SHENANDOAH, IOWA