### THOUGHTS FOR QUIET HOUR.

Don't call the world dirty because you have forgotten to clean your

If your religion is of the kind that can be easily hidden it can as easily be lost.

The only reason some men won't go to the church is because they are not invited into the pulpit.

If you want to make a rich man understand you must touch his pocketbook.

The people who are too lazy to prepare always have a lot to say about the way the prizes are distributed.

Most men would save a lot of money by letting others do all the speculating .- Chicago Daily News.

Mrs. Winslow's Soothing Syrup. ildren teething, softens the guras, reduce ation, allays pain, cures wind colic. 25ca be

It's a queer fact that the higher a man rises the less chance he has of being above suspicion .- Puck.

## **INTELLIGENTWOMEN PREPARE**

CRITICAL PERIOD

Dangers and Pain of This Critical Period Avoided by the Use of Lydia E. Pink. ham's Vegetable Compound.



If her system is in a deranged condition, or she is predisposed to apoplexy or congestion of any organ, it is at this time likely to become active and, with a host of nervous irritations, make life a burden

At this time, also, cancers and tumors are more liable to begin their destructive work. Such warning symptoms as a sense of suffocation, hot flashes, dizevil, sounds in the ears, timidity, pal-pitation of the heart, sparks before the pitation of the heart, sparks before the eyes, irregularities, constipation, varia-ble appetite, weakness and inquietude are promptly heeded by intelligent women who are approaching the period of life when woman's great change may be expected. We believe Lydia E. Pinkham's Veg-etable Compound is the world's great-set remedy for women at this twing

est remedy for women at this trying period.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism, and builds up the weakened nervous system as no other

medicine can. Mrs. A. E. G. Hyland, of Chester-town, Md., in a letter to Mrs. Pinkham, says:

ham, says: Dear Mrs. Pinkham:— "I had been suffering with a displacement for years and was passing through the change of life. I had a good deal of soreness, dizzy spells, headaches, and was very nervous. I wrote you for advice and commenced treat-ment with Lydia E. Pinkham's Vegetable Compound as you directed, and I am happy to say that all those distressing symptoms left me, and I have passed safely through the change of life a well woman." For special advice regarding this in-

For special advice regarding this important period women are invited to write to Mrs. Pinkham, Lynn, Mass She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Her advice is free and always charge. Her advice is fri helpful to ailing women.



DON'T BECOME PERSON ALWAYS SAYING THE WRONG THING.

Schoolgirls Should Study to Be Tactful Without Being Insincere-Brutal Sincerity Sometimes Unpardon-

able - How One Girl Offended Three Friends-The Truth-Telling Tale-Bearer a Disagreeable Person.

BY MARGARET E. SANGSTER. (Copyright, 1906, by Joseph B. Bowles.)

Louise, who is a girl neighbor, came into my living-room the other day looking very forlorn. She flung herself into a chair, the corners of her mouth drooped and 1 saw that tears were not very far from her houest brown eyes. Louise has those big brown eyes that show a soul so true and loyal that it has in it not the faintest possibility for deceit. I have seen dogs with eyes that have exactly that expression.

"What is the matter?" I said. "Have you found out that your doll is stuffed with sawdust, or has your dearest friend picked up her playthings and gone home? You appear to have met with some provoking disappointment. Did you not get on the promotion list after all your work? Come, dear, pour out your trouble. Tell can help you. I've been in hard places

myself. Louise managed to smile a little as she answered: "The trouble isn't one that you can cure. It is just that I am such an idiot of a girl, always saying the wrong thing and making mistakes and setting people against me I have done it three times to-day; I have three times said the wrong thing, and I am completely discouraged.

"In the first place I met Mena Car son on her way to school this morning. She was in very good spirits and told me that she was sure she would have a perfect recitation in geometry as she had worked out every proposition correctly last evening. I had nothing better to answer than: 'That will be a change for you. I know that your Cousin Tom is visiting your house, and suppose he helped you.

"Now, that was the worst and most insulting remark I could have made, for Mena is very dull in mathematics, and, as everybody knows, her people at home are not particularly well-educated. I called attention in a breath to her own stupidity and to the fact that she couldn't have made her prep aration unless Tom Winthrop had been there to help her. She left me abruptly, and she hasn't sponen to me since. Anyway, I was sincere."

"Yes, Louise," I assured her, "you were sincere, but you were not tact-I fear that you did hurt your ful. friend's feelings quite needlessly. Go on, dear. Let me hear the rest."

"At recess," said Louise, "Marjorie Dean asked me if I liked the fashion of her new frock. Without stopping to think, I told her frankly that the fashion was pretty enough for some people. It would suit a tall, slender girl like Nancy Kent, but it made Marjorie look too dumpy and short. It was the truth, but Marjorle flushed up and said: 'You do say such horrid things, Louise. One never knows what you will tell her when she asks you a civil question.' Then she walked off, so well as she did before.

"As if this were not sufficient"

miration for the fashion. As for Miss Tilson you had merely to say: 'Why of course; it will be a pleasure to post your letter.'

"One of our greatest perils is in this direction. We exalt one virtue at the expense of another. I had a schoolmate who not only never made friends, but really made enemies through her determination never to say the least thing that was not altogether true. She carried her truth-telling so far that she constantly involved other people in trouble by doing what has been regarded by school people as shocking from the days of the Romans until now. She was a sort of tale-bearer, not because she wanted to be so, but because her conscience obliged her to reveal everything she knew, whether it was her own affair or that of an other.

At this Louise sat up very straight. "That girl," she said, "was a goose. Everybody knows that telling tales is perfectly abominable." "I agree with you in that, but Caro

line unfortunately never learned that simple thing; in consequence she was shunned as a girl and disliked when she grew older.

. . "A very important study for girls, as important, I think, as Latin, algebra or German, is to learn how to be both tactful and sincere. We must never knowingly violate the truth, but there are times when we may be silent and commit no sin. A lie may be told by me what has happened. Perhaps I one who is a hypocrite, without her opening her lips. There are times when deception is carried on by looks.

One must speak truth if she speaks at all, and one must not be a coward. A sincere nature reveals itself in tones and glances, as well as in speech, but one who is tactful will learn delicacy. She will be careful not to wound anyone's feelings. She will refrain from putting herself forward and will be quick to do and say agreeable things. "For instance, your friend Marjorie

has a beautiful complexion. You might have said 'that color suits your hair and eyes,' without calling atten tion to her figure. Although Mena is not quick at mathematics, she writes good compositions, and I don't be lieve you have ever complimented her on that talent. As for Miss Tilson whom you adore, you can make it all right with her by being on the watch to accommodate her next time. Does she not let the girls sometimes make her a cup of tea at the noon hour? And do you not sometimes carry your luncheon with you to school? 'The tactful person looks out for opportunities to be helpful, without ever be ing obtrusive.

"Cheer up, Louise, you have done nothing very dreadful after all. Ninetenths of the difficulty is in finding out where our weak points lie. Once they are discovered, it is very easy to guard against them. I expect to see you as tactful as your sister Gene-

vieve by the time you are 20." Louise went away consoled. Gene vieve is her ideal, as elder sisters should always be.

VOILE GOWNS IN STYLE.

Return to Favor Again and the Trim ming Most Approved Is Different Widths of Ribbon.

Silk voiles and grenadines are not of necessity associated with large quantities of taffeta or broadcloth, although those combinations are very desirable. The sheer silky stuffs, which wear surand I know she does not like her frock prisingly well, in spite of their sheerness, are made up into the most charming of little frocks, mounted Miss Tilson, our teacher, asked me monizing color and trimmed in satin or velvet ribbon, with lace about the throat and shoulders and on the sleeves.

## DISFIGURING SKIN HUMOR.

Impossible to Get Employment, as Face and Body Were Covered with Sores-Cured by Cuticura.

"Since the year 1894 I have been troubled with a very bad case of eczema which I have spent hundreds of dollars trying to cure, and I went to the hospital, but they failed to cure me, and it was getting worse all the time. Five weeks ago my wife bought a box of Cuticura Ointment and one cake of Cuticura Soap, and I am pleased to say that I am now completely cured and well. It was impossible for me to get employment. as my face, head and body were covered with it. The eczema first appeared on the top of my head, and it had worked all the way around down the back of my neck and around to my throat, down my body and around the hips. It itched so I would be obliged

to scratch it, and the flesh was raw. I am now all well, and I will be pleased to recommend the Cuticura Remedies to all persons who wish a speedy and permanent cure of skin diseases." Thomas M. Rossiter, 290

Prospect Street, East Orange, N. J. Mar. 30, 1905.

Looked Pleasant. "Old Squeeze looks mighty pleasant in that kodak picture."

"Yes, he knew the picture wasn't going to cost him anything."-Houston Post.

It's queer how, boys catch all their diseases in school term.

Don't think that a man is slouchy because he doesn't wear fine clothes.

Wind River or Shoshone Ingian Reser-vation in Wyoming to be opened for settlement. Compiled under direction of John T. Wertz, Former United States Special Allotting Agent for this Reservation—from U. S. Gov't Surveys showing Townships, Fractional Town-ships, Sections, Lots, Mountains, Rivers, Creeks and Streams, Allot-ments to Indians, Proposed Railroads, Proposed Irrigation Ditches, Wagon Roads, Trails, Fords, Ferries, Bridges, Big Horn, Hot Springs, Military Post, Agency, and principal towns near Reservation. Every Homeseeker, Prospector and Engineer should have this map, as with it he can make his own selection of land, and know just where he is at. The above maps can be secured of S. D. Childs & Company. 200 Clark Street, Chicago, Ill., at rate of \$1.00 each. NOTE .- For information as to character of land apply to John T. Wertz, Lander or Shoshone, Wyoming. He Pitied Them. A little boy was on his first country excursion, relates the Brooklyn Citizen. Some birds were flying high overhead, and his hostess, a young woman, said: "Look up, Tommy. See the pretty

Just What You Want.

The most complete Lithographic Map (Size 32x35) of that part of the

birds flying through the air." Tommy looked up quickly, and then

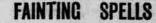
he said in a compassionate tone: "Poor little fellers! They ain't got no cages, have they?"-Detroit Free

Press.

Pointer for Percy. Nell-Percy Vere was telling that he still hopes to have the luck to

win you. Belle-Well, Percy will find that it

takes more than luck to win me. I'm



Cured by Dr. Williams' Pink Pills, the Remedy Which Actually Makes New Blood.

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Auzemia makes the patient short of breath so that there is often a sense of suffocation, sometimes there is a congle and the sufferer seems to be going into consumption, at others there is a murmur of the heart and heart disease is feared. In the following case severe fainting spells were an alarming symp tom resulting from "too little blood."

tom resulting from "too little blood." Mrs. George Forrester, of 7 Curtis street, Watertown, N.Y., says: "Some time ago I took a heavy cold and it left me in a very weak condition. I be-came worse and worse until finally I had auænia. I lost flesh and appetite, had no color and was subject to fainting spells. Sometimes they would attack me suddenly and I would fall to the floor with hardly any warning.

"I had one of our best physicians, "I had one of our best physicians, but after he had been attending me about a month without any improve-ment in my condition, I decided to see what Dr. Williams' Pink Pills would do.

"The pills were well known to me for, about two years before, members of my family had taken them with the best results. I soon found that the pills were just what I needed for I soon began to notice an improvement. After I had taken them a while longer I was en-tirely cured, and we all believe in Dr. Williams' Pink Pills and recommend After I hem highly." Dr. Williams' Pink Pills actually make

Dr. Williams' Pink Pills actually make new blood. They do that one thing and they do it well. Impoverished blood is deficient in red corpuscles. Dr. Williams' Pink Pills increase the number of these red corpuscles and in this way send health and strength to every tissue. All druggists sell Dr. Williams' Pink Pills or they will be sent by mail, post-paid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Wil-liams Medicine Co., Schenectady, N. Y.

liams Medicine Co., Schenectady, N. Y.

CASTORIA The Kind You Have Always Bought, and which has been

in use for over 30 years, has borne the signature of and has been made under his per-Chart Hitcher: sonal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

# What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant, It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind. Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend,

GENUINE CASTORIA ALWAYS Bears the Signature of hat H. Flitcher.

# AVegetable Preparation for Assimilating the Food and Regula-ting the Stomachs and Bowels of INFANTS CHILDREN Promotes Digestion.Cheerfulness and Rest.Contains neither Opium.Morphine nor Mineral. NOT NARCOTIC. pe of Old Dr.SAMUEL PITCHER rm Seed

NEW YORK. At6 months old

A perfect Remedy for Constipa-tion. Sour Stomach. Diarrhoea Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of Cast Flatcher.

900 DROPS



The golf girl goes a'golfing In the giddiest of gowns." The sun shines sultry on her In the surliest of frowns." O'er the green she chases gayly In a fierce perspiring march, But her clothes don't show a wrinkle Cause she used Defiance Starch.

AT ALL GROCERS IS OUNCES FOR IO CENTS.

Manufactured by

The Defiance Starch Co. OMAHA," NEB.

#### I shall make this plain statement;

Life insurance is not intended to make money for you, but for your

Life insurance is not intended to make money for you, but for your family. I know, and so do you, if you whink a moment-that the man who considers life insurance as some-thing to speculate with, to buy for his own profit, doesn't know the real good in insurance. He won't 'till he thinks of his family first. I want men who think first of their families to write and tell me what they'd like to do and what they can do. You can if you will. I'll write back relative to a plan at a low cost.

Write now; I can belp you. Union Central Life. A. R. Edmiston Box 1448, Lincoln, Neb. Gen. Agt.

Louise proceeded. "I blundered again. over whether I would have to go out of my way to post a letter for her, when 1 went home to luncheon. The post office is three blocks from our house in an opposite direction from the

er without taking some extra steps. I 'I shall have to go a little out of the way, but I shall not mind that; I can hurry, and I will be happy to post your letter.' 'Never mind,' said Miss

Tilson, 'here comes Rose Elliot, I think she can oblige me without any inconvenience.

"You should have seen Rose. She just beamed. She selzed upon that letter and bore it off in triumph, and Miss Tilson looked after her as much as to say: 'There goes a young girl who takes delight in doing favors for people.' "

Louise sighed and was silent. .

"The error you make, Louise," said, after a pause, " is a common one with young people. They lack a sense of proportion. You are naturally can did and open, and you have formed an excellent habit of always telling the truth. I like your sincerity. I even like your bluntness, and yet I must tell you very plainly that sincerit; THREE-BOWLES

without tact is often cruel and brutal and sometimes unpardonable. Tac means touch.

"The tactful girl'is very quick to un derstand a situation. She knows how people feel without having their sentiments explained. She never goes out of her way to show a schoolmate as you did Mena, that you have noticed how frequently she is deficient. In no circumstances does she venture to inform an acquaintance that her hat or her dress is unbecoming, when the dress and hat have been bought and paid for. And she understands how to undertake a commission without actually saying that it will put her to some inconvenience. This morning you had only to say to Mena, when she told you about the geometry: 'Dear Mena, how glad I am,' and you might have stopped your comment on Marjorie's frock at the point of ad-

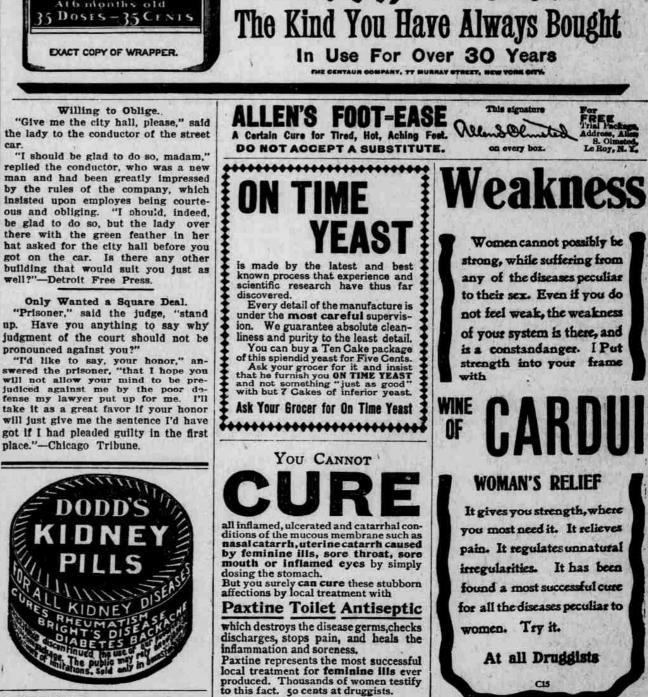
Ribbon trimming is particularly effective upon stuffs of this class, and school, so I could not oblige my teach- often a skirt will be adorned with rows of rather narrow ribbon for fully hesitated a moment before I answered: half its depth, the ribbon being laid on flat and stitched on the upper edge.



VOILE OVER SILK.

Ribbon and material are, of course, in the same color.

Sometimes two widths of ribbon are used, a single wide ribbon and a group of narrow ribbon alternating; or, as in the case of a charming white silk voile model, wide inset lace insertion may be combined with ribbon bands of varying widths. Many ideas may be worked out in this simple trimming. and the effect of velvet ribbon upon silk voile of the same shade but made up over white is especially good. Ribbon trimming is used too upon the silk mousselines and indeed upon all the sheer stuffs and is not only laid on straight and flat, but is plaited, quilled, ruched, etc.-a Second Empire echo.



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W. N. U., LINCOLN, NO. 23, 1906.

