



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 15 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 26 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

READ WHAT MISS LINDBECK SAYS:

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1201 6th Street, Rockford, Ill.

FREE ADVICE TO WOMEN.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

FOR Burns and Scalds use Mexican Mustang Liniment

FOR Sprains and Strains use FOR Cuts and Bruises

MANAGER WANTED

Trustworthy lady of gentleman to manage business in this County and adjoining territory for well established and profitable house of solid financial standing. \$10.00 straight cash salary and expenses paid each Monday by check direct from headquarters. Expense money advanced position permanent. Experience not essential. Address: T. J. COOPER, Manager, Come Stock, CHICAGO, ILL.

50,000 AMERICANS WERE WELCOMED TO

Western Canada

During last year. There we settled and settling on the Grain and Grazing lands, and are prosperous and satisfied. Sir Wilfrid Laurier recently said: "A new star has risen on the horizon, and it is toward it that every immigrant who leaves the land of his ancestors to come and seek a home for himself now turns his gaze."—Canada. There is

Room for Millions.

FREE! Homesteads given away. Schools, Churches, Railways, Markets. Climate, everything so desired.

For a descriptive Atlas and other information, apply to Superintendent Immigration, Ottawa, Canada, or authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Neb.

W. N. U., Omaha. No. 14—1904

Lawn Fence

Iron or wire, many styles, for residence, church, school, cemetery, poultry and hog fence; farm gates. Send for catalogue. Champion Iron and Wire Works, OMAHA, NEB.

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PUMPS, WINDMILLS and PLUMBING MATERIAL

BELTING and THRESHER SUPPLIES—PACKING and ELEVATOR REPAIRS. 820-822 N Street. LINCOLN, NEBRASKA

W. L. DOUGLAS \$3.00 & \$3 SHOES

W. L. Douglas shoes have by their excellent style, easy-fitting, and superior wearing qualities, achieved the largest sale of any shoes in the world. They are just as good as those that cost you \$4 to \$5—the only difference is the price. Sold Everywhere. Look for name and price on bottom. Douglas uses Corona Golaikin, which is every where considered to be the finest Patent Leather yet produced. Get color Eyelets used. Shoes by mail, 25c extra. Write for Catalog, W. L. Douglas, Brockton, Mass.



W. L. Douglas, Brockton, Mass.

DAIRY

Buying Feeds.

A good many farmers make light of balanced rations and equally so of the constituents of the feed they buy. They purchase their feed supplies largely on the market quotations based on a certain weight. When bran was selling at \$15.00 per ton recently and gluten feed at \$23.00 there was a great demand for bran. Yet the bran contained only about 12 per cent of digestible protein and the gluten feed 27 per cent. Let us figure a little. There were about 240 pounds of protein in the ton of bran, and that cost \$15. This was paying 6 1/4 cents for each pound of protein in the bran. The gluten cost \$23.00, but there was 540 pounds of it in a ton, which was a cost per pound of 4 1/4 cents. Any man can see the point and that the high-priced feed was the cheapest when values are considered.

The above is but an illustration of the recklessness shown by many in the buying of feed.

We heard of a man recently who, when oats were selling at about \$20 per ton, ground them and fed them to his dairy cows. That was certainly an absurd thing to do when protein feeds in other forms could be bought very much cheaper. The wise thing for him to have done would have been to sell the oats and put the money into other feeds, thereby saving several dollars per ton on his oats in addition to the cost of grinding.

It is indeed true that, as some say, "a man needs to have a liberal education" to know just what feeds to buy. But it is also true that the farmer that expects to succeed in his business in these days must make a study of his business to the same extent as the city business man has to do. When farmers do that, the sellers of feed will sell what the farmers really need to buy rather than what will make the dealers the most money. Dealers in all kinds of goods generally sell to the "unintelligent trade" the things that have merit, but to the "unintelligent trade" they sell anything that will yield a profit, whether it has merit or not.

The Dairy Laborer.

In an address to Missouri dairymen, Robt. Pethbridge said: Successful dairying cannot be carried on where labor is short, or where the hired help is lacking. In my travels I find this to be a great complaint among dairymen that they cannot get help, but I am sure it is mostly their own fault, for I can name many successful dairymen who have no difficulty in that line, because they are treated in a proper and business like manner, such as fair wages, regular hours and liberal treatment. He must compare the dairy help with the city laborer in wages; they will vary in different parts of the country in hours of labor; the city man has his 10 hours daily and pay for overtime, whereas the country man as a rule works longer hours and no pay for overtime. This is one of the great objections of the man working on the farm, for I have known by experience that many a day I have been at work 14 hours in the field with a team and previous to that did the milking and feeding of ten cows and four horses, and then at night have to do the same thing again, when I ought to have been studying or taking some recreation to improve my mind and body, to render it better fit for the duties of the morrow. Liberal treatment will do more to bring employer and employed together, than wages. The giving of a cottage with a garden patch and allowing them to keep a cow for the use of the children in addition to the weekly wage gives the country employer the advantage over the city and more work can be accomplished and your man can be relied on, which is very important. In the hiring of labor, there are many good dairy hands coming from England, Ireland, Germany and Scandinavian countries, who are glad to get a job when they arrive in New York, and they naturally seek an employment agency, and those who wish to hire this class can make application, and they will not be disappointed if they are willing to do the fair thing.

Water in Butter.

We have been able during the past season to make butter containing 42 per cent water, giving an overrun of 12 per cent, without the use of any water. Butter of this kind, however, does not possess good keeping qualities. The high per cent of water seems to effect the color, giving it a dead appearance, and the butter is short in grain and does not draw out on the trier. The tendency for such butter is to sour after standing some time. In my experience as a tanner judge, I do not believe that I would be able to distinguish the difference in water content of butter that containing 17 or 18 per cent, but I could readily tell when the water content got up to 20 per cent. Our experiment butter containing 42 per cent was sold on the New York market for 3c less per pound than western extras. Mr. Healy's comments were that the butter was short grained, and would not draw well on the trier. Now, I do not propose to discuss here any method of working 40 per cent of water, as I do not approve of making butter of this kind, but I do believe the question of a proper overrun is one of the most important questions that confronts the manufacturer of today.—Prof. G. L. McKay.

LIVE STOCK



Will Price of Beef Advance?

Some of our beef makers express the belief that beef will, twenty-five years hence, be much higher than at the present time. More than that, they assert that the general average price for beef during the twenty-five years to come will be very much higher than during the twenty-five years just past. We are afraid that this will prove true. It certainly will unless we find some way of feeding beefs more economically in the future than in the past. It is desirable that the people have an abundance of meat food, and they cannot get an abundance of meat food unless it is cheap. Let not the beef maker imagine that he will be the gainer by a greatly increased price of beef in the future. If beef becomes high, it will be because the cost of producing it has become great. In the domain of beef making there is still open competition, and there probably will be for a good many years to come.

But that the price must advance seems about certain. The area of cheap land on which cheap beef has been made in the past is being constantly reduced, and more and more of our market cattle are being produced on high-priced land. On such lands it is becoming every year a greater problem how to so feed beefs as to make money out of them.

There are a good many farmers always going out of beef raising because they have become discouraged at trying to solve the problem of how to make beef on high-priced land. Every man that thus gives up beef production increases the price of beef by reducing the supply.

The only factor that would seem to enter into the problem on the side of low price for beef is the effort now being made by our experiment stations to encourage the growing of forage crops with greater nutrients than in the past, such as alfalfa where it can be grown, and a highly developed variety of corn carrying an unusual proportion of protein. If it ever becomes possible to grow a variety of corn having double the usual amount of protein in stalk and grain, with no lessened yield per acre, the process of beef making may be reversed, and the silo fed steer become the cheap meat producer.

Feeding Unhusked Corn.

Farmers have been feeding a great deal of corn in the bundle and a good many acres, perhaps 10 per cent of the whole crop, is still in the field frozen down. After being forced by the early and violent winter to suspend husking and then from necessity feeding the machine harvested corn, in the bundle, farmers have found that it is not a bad way and many will plan to feed a considerable part of the crop hereafter in this way. Husking corn in the present condition of the help question is expensive business, anyway. It is not likely that farmers have found the best, most economical way to handle the corn crop for husking by machinery, but many who have used the method have reckoned that it has cost them 6 to 10 cents per bushel to complete the work. This is too large a part of the value of the crop to give for husking. I am fattening 21 steers by feeding silage (made from well-matured corn) once, clover hay once, and corn bundles at night. They have done very well. Others have fed in a similar way without the silage and are well pleased with results.—S. W. Gibson, Eaton Co., Mich.

Some feeders practice the feeding of unhusked corn all the time. They claim that the cattle chew the corn more and that the husk going into the stomach with the grain improves the chances for its digestion. It is certainly a saving in labor. We would like to hear from others that have been feeding it in the way mentioned.

Localizing Sheep Raising.

For several decades there has been a very strong tendency for the sheep raising industry to localize itself in the vicinity of the Rocky Mountains. That tendency is still strongly apparent, as is seen by reference to the statistics of sheep population state by state. There is at the present time no increase of sheep in any of the states east of the Mississippi river, though the population in that region is constantly on the increase. No increase in numbers of sheep means a comparative decrease, as the supply is not keeping pace with the increasing demand. But we do find the states along the foothills of the Rockies showing larger populations of sheep every year. Were the range there unbounded, we might look for a continued movement of the sheep population toward it. But it is evident that the limit of sheep population there has been about reached. Every available acre has been leveled upon, and is now doing all it can to produce feed for sheep.

We may expect before long to see a gradual shifting of sheep-raising interests toward the east, accompanied by an increase of price paid for sheep on the hoof. More sheep must be raised than have been raised in the past, and the expansion must come on the farms of the county east of the Great River.

Only after repeated failures to catch on does a girl announce her decision never to marry.

HAPPY WOMEN.



Wouldn't any woman be happy. After years of backache suffering. Days of misery, nights of unrest. The distress of urinary troubles. She finds relief and cure? No reason why any reader should suffer in the face of evidence like this:

Mrs. Almira A. Jackson, of East Front St., Traverse City, Mich., says: "For twenty years I never knew what it was to have good health. Every physician consulted said I had liver trouble, but their medicines did me no good. Just before I began using Doan's Kidney Pills I was almost paralyzed. I could hardly stand on my feet because of the numbness and lack of circulation. Had a knife been thrust into my kidneys the pain could not have been more intense. My sleep was disturbed by visions of distorted figures, the kidney secretions were annoyingly irregular and I was tormented with thirst and always bloated. I used seven boxes of Doan's Kidney Pills. The bloating subsided until I weighed one hundred pounds less, could sleep like a child and was relieved of the pain and the irregularity of the kidney action. My circulation is good and I feel better in every way."

A FREE TRIAL of this great kidney medicine which cured Mrs. Jackson will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

Senator Hoar's Long Service.

An anniversary of some interest to Massachusetts came on Friday last. Senator Hoar that day completed thirty-five years of continuous service in congress. In this respect his record surpasses that of any other Massachusetts statesman. Both John Quincy Adams and Daniel Webster were in public life many years, but their terms of service in executive office broke the continuity of their life in Washington, especially the legislative phase.

FREE TREATMENT to every Sufferer of Stomach, Heart and Nervous Disease.

The Elmo Chemical Company, 269 Good Block, Des Moines, Iowa, have discovered a new and wonderful medicine which they call "Elmo Cactarine" which gives immediate relief and permanently cures every case of Stomach, Heart or Nervous Diseases that have tried it. They have made arrangements to give away 50,000 25-cent boxes of Elmo Cactarine in the United States to people afflicted with any disease or weakness of the Stomach, Heart or Nerves. They want every body to try it at their expense. Send no money or stamps—just write your name and address plain and say what paper you saw this in and get a box of this wonderful medicine free, get well and tell your friends that's all we want. Write today.

The Smallest Coin.

The smallest coin in the world having a genuine circulation is probably the Maltese "gail," a tiny fragment of bronze about as big around as the top of a slate pencil, and worth only one-twentieth of a penny.

10,000 Plants for 16c.

This is a remarkable offer the John A. Salzer Seed Co., La Crosse, Wis., makes. They will send you their big plant and seed catalog, together with enough seed to grow:

- 1,000 fine, solid Cabbages.
- 2,000 delicious Carrots.
- 2,000 blanching, nutty Celery.
- 2,000 rich, buttery Lettuce.
- 1,000 splendid Onions.
- 1,000 rare, luscious Radishes.
- 1,000 gloriously brilliant Flowers.

This great offer is made in order to induce you to try their warranted seeds—for when you once plant them you will grow no others, and

Historic Bit of Crape.

A day or two before the funeral of Senator Hanna Postmaster Emerson, of Cleveland received by mail from C. J. Johnson, of Greenville, Texas, a small piece of crape which had been worn on several notable occasions. It is a part of the first that came out in the army of the Potomac, and was worn at the funerals of Lincoln, Grant, Garfield, Logan and several minor celebrities. The knot in the crape has never been untied. Postmaster Emerson wore it at the Hanna funeral and then sent it back to its owner in Texas.

Free to Twenty-Five Ladies.

The Defiance Starch Co. will give 25 ladies a round trip ticket to the St. Louis Exposition to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a ten cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the Exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron. The tickets to the Exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

If we are to judge people by what they say, some men must live on hay and thistles.

Make the best of the troubles you have and don't hunt more.

OPINION OF THE EDITOR OF THE "NEBRASKA FARMER."

He Expresses His Approval of American Emigration to Canada.

During the winter months the head of the family consults with the other members as to the prospects for the future, and doubtless one of the most interesting topics discussed is that of moving to some district where it is possible to more easily secure what is necessary for a comfortable existence, where it is an easy matter to become possessed of sufficient farm land to assure a competence for the future. This, not only interests the head of the family, but every individual member of it.

Having before me the knowledge where he can secure a home with the expenditure of but little money, it is well for him to obtain all information possible regarding the productiveness of the land in the country that he may select. For several years past a large number of Americans have removed to Western Canada, and as nearly as it can be ascertained almost all of these have expressed themselves satisfied with the conditions that exist there. During the past summer a number of the editors of farm papers throughout the United States made a personal visit on a tour of inspection and the reports of these gentlemen prove interesting reading. Mr. H. E. Heath, editor of the "Nebraska Farmer," a paper enjoying a wide circulation as well as the confidence of its subscribers, after giving some idea of the extent of this wonderful country says:

"Western Canada is the last unoccupied and unimproved good agricultural land in America available to-day."

He then discusses its possibilities for raising live stock and the advantages it possesses for dairying, farming and wheat growing, and says, "What has been said about the country as to the ability of the soil, the yield of wonderful crops of wheat, is quite justified."

To quote further from Mr. Heath, he says, referring to climate: "These people (skeptical ones) do not know or realize that altitude more than latitude makes climates; that large bodies of water, both fresh and salt, that never freeze over, exert a wonderful influence on climate. Another influence on climate, more potent than those named above, which applies more to the Alberta district, is the warm Chinook breeze from the Pacific ocean, which is 600 or 700 miles nearer than Colorado or Wyoming, besides the Rocky Mountain range is not nearly so high nor half so far from the ocean as it is down in the States.

"In further considering the climate of the Canadian prairies, we should not lose sight of the fact of the influence of the rains; the total average rainfall for the season is but 13.35 inches for the territories, and 17.34 inches in Manitoba, and that the amounts falling between April 1st and October 1st are respectively 9.29 inches and 12.87 inches or about three-fourths of the entire rainfall. From the middle of June to the middle of July there are over two hours more daylight in every twenty-four hours than there is in Nebraska. The main reason why Western Canada wheat grows to such perfection is the effect of solar light, or longer period of sunshine it gets each day. This is what makes seeds or grain more perfect, grown in this country than elsewhere. This extraordinary rapid growth of vegetation under the influence of this long continued sunshine exceeds anything known in lower latitudes.

"We do not wish it understood that wheat alone is the main product of this country; it leads in that, yet it is destined to become famous for its cattle, horses and sheep and for its dairy products. We saw more and larger bands of cattle and sheep grazing in Assiniboia and Alberta than we ever saw on the western plains of the United States. One band of cattle numbering 5,000 head were grazing on the rich grass, and sheep without number."

The government of the Dominion of Canada is still using the same energetic efforts which have been used for the past 5 or 6 years to settle up these western prairies, and on application to any Agent of the Canadian Government the settler will be able to secure a certificate entitling him to a low rate which will give him the opportunity of visiting any portion of Canada's grain producing domain.

Am I in favor of expansion? Everything that grows expands. See how the State Farmers' Mutual Insurance Company of South Omaha has grown.

| | |
|---------------------|---------------|
| Jan. 1, 1896 we had | \$ 50,215.00 |
| " " 1897 we had | 438,850.00 |
| " " 1898 we had | 2,696,165.00 |
| " " 1899 we had | 4,224,375.00 |
| " " 1900 we had | 7,538,975.00 |
| " " 1901 we had | 10,480,485.00 |
| " " 1902 we had | 13,541,367.00 |
| " " 1903 we had | 16,413,859.00 |
| " " 1904 we had | 18,416,388.32 |

Don't you think you would like to belong to a live company like this? Write the Secretary, B. R. Stouffer, South Omaha, Nebr.

Nature doesn't use self-made beauties for patterns.

Pilo's Cure is the best medicine ever used for all affections of the throat and lungs—W. O. ENSLEY, Vanburen, Ind., Feb. 10, 1903.

It is easier to endure failure than to bear success.

Don't you know that Defiance Starch, besides being absolutely superior to any other, is put up 16 ounces in packages and sells at same price as 12-ounce packages of other kinds?

Today is never better by to-morrow's burdens.