

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Nellie Holmes of 540 N. Division Street, Buffalo, N. Y., writes:

Dear Mrs. Pinkham:—Your medicine is indeed an ideal medicine for women. I suffered misery for years with painful periods, headaches, and bearing-down pains. I consulted two different physicians but failed to get any relief. A friend from the East advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and no longer suffer as I did before. My periods are natural, every ache and pain is gone, and my general health is much improved. I advise all women who suffer to take Lydia E. Pinkham's Vegetable Compound.

Mrs. Tillie Hart, of Larimore, N. D., writes:

Dear Mrs. Pinkham:—I might have been spared many months of suffering and pain had I only known of the efficacy of Lydia E. Pinkham's Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

Vegetable Compound sooner; for I have tried so many remedies without help.

"I dreaded the approach of my menstrual period every month, as it meant so much pain and suffering for me, but after I had used the Compound two months I became regular and natural and am now perfectly well and free from pain at my monthly periods. I am very grateful for what Lydia E. Pinkham's Vegetable Compound has done for me."

Such testimony should be accepted by all women as convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for all the distressing ills of women.

The success of Lydia E. Pinkham's Vegetable Compound rests upon the well-earned gratitude of American women.

When women are troubled with irregular, suppressed or painful menstruation, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address Lynn, Mass.

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

News in Nebraska

Hardy voters have approved a proposition for a system of water works.

The ball teams of Frontier county have organized a county league, games to begin May 1.

The elevator building of J. H. Rosenfeldt & Son of Cambridge burned. Loss \$5,000, mostly covered by insurance.

Dan Rumelin, a young farmer residing four miles west of Elmwood, lost his barn and four head of horses by fire.

Four fires in seven hours is the record that Norfolk has established. An incendiary seems to have done the work.

G. L. Brown, a young medical student at Omaha, attempted to end his life with cocaine because of disappointment in a love affair.

It is said that twelve young women are to resign their positions as teachers in the Plattsmouth public schools in order to get married.

Mrs. Mary McGill of A. precinct, Seward county, was declared insane on complaint of her husband, whom she insists is dead and buried.

A smooth young fellow who claims to be a traveling optician is the latest grafter who has been trying to get some of the hard-earned dollars of Cass county farmers.

Stephen McNichols, a grain dealer at O'Neill, is leading six cars of oats billed to Manila, Philippine islands. This is the first consignment from Holt county to the Philippines.

Gus White, living north of Sterling, was compelled to kill one of his best horses last week on account of its showing symptoms of hydrophobia. Several other of Mr. White's horses were bitten by the mad horse.

United States Judge Munger has written to Norfolk asking as to furniture in the court room of the new government building, and stating that a jury session will be held there this month if furniture is made ready.

Mrs. James Dagget of York was declared insane and was taken to Lincoln by Sheriff Booth. It is said her malady was caused by the death of her husband who was accidentally shot several years ago in Oklahoma.

A large amount of live stock has been purchased in Custer county recently, especially feeders, the biggest purchase being made by S. McFall and R. F. Bridgford, representing Crider Bros. commission house of Kansas City.

In the district court of Pierce county, Paul Klawitter, living near Osmond, was convicted of assault on the person of Anna Blackwell, a 14-year-old girl living near Osmond. Judge Boyd sentenced him to six years in the penitentiary at hard labor.

Governor Mickey sent the following telegram to Secretary to the President Loeb: "The citizens of Lincoln join with me in extending a pressing and cordial invitation to the president to stop in this city on his return east. A western welcome awaits him."

The state labor bureau intends to find out just what it costs to live in Nebraska and instead of adding one's debts to what he has made during the year will get out in the state and hustle up statistics on the matter. Omaha, South Omaha, Lincoln and Grand Island will be the principal towns in which statistics will be gathered.

Attorney General Norris Brown has announced his intention of filing an application with the United States supreme court for the advancement of the Union Pacific and Burlington tax cases now pending against the state to the head of the docket as soon as the transcript of the proceedings in the federal district court is filed at Washington.

Mrs. Anna Wood, formerly Mrs. Charlton, called upon Governor Mickey to secure executive clemency for her son, Charles Charlton, who is now in the penitentiary for murder. Charlton killed a man in Dodge county some thirteen years ago, and since his incarceration several attempts have been made to secure his release, but without success.

Martin Anderson, an energetic young farmer from Nemaha precinct, Lancaster county, walked into the office of the county clerk and deposited nine young wolves with their eyes yet closed, for which he wanted \$1.25 each under the appropriation and law passed by the recent legislature. Not with standing the law is not effective until July 1 Anderson was given a voucher for his money.

The Rock Island railroad was the first of this year to file a report of the value of its property in Nebraska with the state auditor for the use of the State Board of Assessment in placing a value upon this road. The reports goes into detail about the number of ties in every mile of its road and the kind of ballast and weight of steel used, but it remains silent upon those essential points upon which the board should have information.

Indictments by a federal grand jury on the charge of appropriating government property is the serious situation with which a large number of men in Norfolk are just now threatened and, according to Adjutant General Oliver, a situation which they cannot escape.

Articles of impeachment have been filed in the district court of Otoe county against Police Judge C. P. Logan of Nebraska City. It is alleged that he has failed to turn into the city treasury \$1,659.80 of the fines and costs collected by him during February and March.

"Watch as Well as Pray."

Such is the tenor of a note left behind by some audacious burglars at a house in Ramsey entered during the absence of the tenant, a spinster lady. The burglars ransacked the house, taking all the money they could find, but not before quietly partaking of supper. They spread a white cloth over a table, emptied the larder, and, having enjoyed a good feed, decamped undetected.—Liverpool (Eng.) Mercury.

Objected to Buying Teeth.

At the meeting of the Wigan board of guardians a lady guardian entered a protest against the board expending the sum of \$25 in supplying a woman 76 years of age with false teeth. She said she was not bothering about the price of the teeth, but about the rate-payers having to expend that sum of money in providing false teeth for a woman aged 76.

Strange Charitable Bequest.

Many persons who wish to bestow charity have strange ways of carrying out their ideas. Some years ago an Englishman named James Moss left \$500 to be invested in land, the rent of which was to provide five gowns, according to the will, "of a sad blue color" for as many aged and poor men living in the town.

Bee Farming in Australia.

Bee farming has become a popular and profitable occupation in many parts of the Australian continent. The first "hive" bees were brought to Australia in 1822. At the present time there are over 250,000 hives in Australia, and the production of honey varies from 10,000,000 to 15,000,000 pounds annually.

Camphor Barometers.

If the camphor bottle becomes roilly it is going to storm. When it clears settled weather may be expected. This idea has seemingly been utilized in the manufacture of some of our cheap barometers. The main trouble is, they seldom foretell the change until near its arrival.

Railway Ambulances.

Railways carriages transformable into ambulance compartments for the use of passengers who have been taken ill have been provided on the Prussian railways for express routes.

QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE
Heartily Approves of Peruna for the Nerves.

In a recent letter to The Peruna Medicine Co., Miss Julia Marlowe, of New York City, writes the following:

"I am glad to write my endorsement of the great remedy, Peruna, as a nerve tonic. I do so most heartily."—Julia Marlowe.

Nervousness is very common among women. This condition is due to anemic nerve centers. The nerve centers are the reservoirs of nervous vitality. These centers become bloodless for want of proper nutrition.

This is especially true in the spring season. Every spring a host of invalids are produced as the direct result of weak nerves.

This can be easily obviated by using Peruna. Peruna strikes at the root of the difficulty by correcting the digestion.

Digestion furnishes nutrition for the nerve centers. Properly digested food furnishes these reservoirs of life with vitality which leads to strong, steady nerves and thus nourishes life.

Peruna is in great favor among women, especially those who have vocations that are trying to the nerves.

Buy a bottle of Peruna to-day. If you do not receive all the benefits from Peruna that you expected, write to Dr. S. B. Hartman, Columbus, Ohio.

THE SECRET OUT.

The Door Stands Wide Open.

To refute the many false and malicious attacks, bogus formulas and other untruthful statements published concerning Dr. Pierce's Golden Medical Discovery the Doctor has decided to publish all the ingredients entering into his "Favorite Prescription" for women and his equally popular tonic alternative known as Dr. Pierce's Golden Medical Discovery. Hereafter every bottle of these medicines leaving the great Laboratory at Buffalo, N. Y., will bear upon it a full list of all the ingredients entering into the compound. Both are made entirely from native roots, barks and herbs. The ingredients of the "Golden Medical Discovery" being Golden Seal root, Queen's root, Black-cherrybark, Mandrake root, Bloodroot.

Why is it so many have been strengthened and benefited by the tonic effect of Dr. Pierce's Golden Medical Discovery? It is because at this time of the year people feel run-down, nervous, sleepless and worn out. Poisons have accumulated in their body during the long winter. Their blood stores up a lot of waste product which poisons the system. That is why in the spring and early summer a tonic is almost a necessity. Dr. Pierce's Golden Medical Discovery being made of medicinal plants, is next to nature and the best tonic you can use. For the same reason that vegetables and greens are good for the system at this time of the year, so is it true that a tonic made up entirely of medicinal plants, with the use of alcohol, is the proper medicine to take at this time. It fills the blood with rich, red blood corpuscles. It gives you a feeling of strength, and it puts sunshine into your system as no other remedy can. That is why Dr. Pierce's Golden Medical Discovery has been such a favorite for the past forty years. He is not afraid to open his laboratory to the public, and he invites every one to visit his Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., to see how systematically the sick are taken care of and cured, as well as looking over his huge laboratory and seeing the scientific methods of preparing this wonderful tonic. Neither man nor

woman can be handsome who has impurities in the blood, for it will show in pimples, boils, and eruptions, in the dark circles under the eyes and in the sallow complexion. After taking "Golden Medical Discovery" you are bound to have pink cheeks and a fresh complexion. The muscles get the good, rich, red blood, that puts on strength. It is a flesh builder, but not a fat builder.

As an example of the good results thus obtained, note the following letter:

"In the year 1899, I had an attack of indigestion and got so bad that my home doctor said he could not do me any good," writes Mr. G. Trent, of Gordonsville, Texas. "I wrote to you and you advised me to use Dr. Pierce's Golden Medical Discovery, so I bought six bottles, and when I commenced using it I was so weak could hardly walk about the house. By the time I had used one bottle my stomach and bowels commenced to heal. There were strips of the lining of my bowels as large as a man's two fingers passed and I had a great deal of misery in my stomach and bowels, and also in the rectum especially. I could not eat anything without having much distress afterward, but by the time I had taken eight bottles of the 'Golden Medical Discovery' I was sound and well, and could eat anything I pleased without suffering in the least. Could also do as much work in a day as I ever could. I have not suffered from the trouble since."

Good temper is largely a matter of good health, and good health is largely a matter of healthy activity of the bowels. Dr. Pierce's Pleasant Pellets cure constipation. They are safe, sure and speedy, and once taken do not have to be taken always. One little "Pellet" is a gentle laxative, and two a mild cathartic. They never gripe. By all druggists.

The selfish seller who urges some substitute is thinking of the larger profit he'll make and not of your best good.



THE LADY WHO IRONS

knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

THE DEFIANCE STARCH CO.,
OMAHA - NEB.



AT BED TIME I TAKE A PLEASANT HERB DRINK

THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER.

My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant laxative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Tea" or

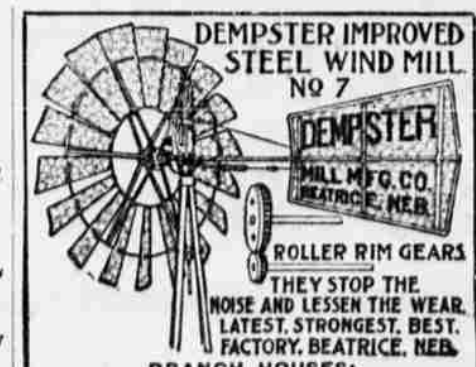
LANE'S FAMILY MEDICINE

All druggists or by mail 25 cts. and 50 cts. Buy it to day. Lane's Family Medicine moves the bowels each day. In order to be healthy this is necessary. Address, O. F. Woodward, Le Roy, N. Y.

SPINAL CURVATURE Can be Cured ALSO OTHER DEFORMITIES. Write or call at office for free information. Highest testimonials from prominent physicians and physicians. Consult your Family Doctor. No business of appliances used. Treated successfully by mail. Six years' experience. The Biomechanical & Orthopedic Inst. INCORPORATED. CAPITAL \$25,000.00. 16 TO 21 ARLINGTON BLK., OMAHA, NEB.

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W. N. U. Omaha. No. 16—1905.



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DEMPSTER MILL MFG. CO. BEATRICE, NEB.

ROLLER RIM GEARS THEY STOP THE NOISE AND LESSEN THE WEAR. LATEST, STRONGEST, BEST. FACTORY, BEATRICE, NEB.

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During the months of March and April, there will be excursions on the various lines of railway to the Canadian West.

Hundreds of thousands of acres of the best Wheat and Grazing Lands on the Continent free to the settler.

Adjoining lands may be purchased from railway and land companies at reasonable prices.

For information as to route, cost of transportation etc., apply to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent—W. V. Bennett, 801 New York Life Building, Omaha, Nebraska.



MUELLER PIANOS

When answering advertisements please mention this paper.

AN OPENING FOR YOU

There is an opening for you in the Southwest; so there for any energetic, wide-awake man. The Southwest is in need of NOTHING but energetic men to develop its wonderful resources. There are vast areas of unimproved land in Indian Territory, Oklahoma and Texas along the line of the M. & T. R. R. only waiting for men like you to make them yield the wonderful crops of which they are capable. There are hundreds of towns where new businesses ARE ACTUALLY NEEDED. To make them successful you have only to establish them and use ordinary business judgment in conducting them. There are openings for mills and manufacturing plants, small stores, newspapers, lumber yards and many other branches of trade. The oil and gas fields of Kansas, Indian Territory and Oklahoma are new and wonderful opportunities for development.

NOW IS THE TIME!

The M. & T. R. R. has no lands for sale, but IT IS interested in building up this wonderful, rich country. We believe the Southwest has brighter prospects than any other section of country—we are SURE of it. If you will investigate, YOU will also be SURE of it. On April 4th and 18th, you will have an opportunity to investigate at a small expense. On those dates, excursion tickets will be sold via the M. & T. R. R. to Indian Territory, Oklahoma and Texas, at

Less Than One Fare For The Round Trip.

Take advantage of this opportunity and see the Southwest for yourself.

We are in possession of all sorts of information valuable alike to the investor and homeseeker. If you are interested, tell us what you want, how much you have to invest and we will gladly furnish the information.

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BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.

25 CTS. PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer or we will send post paid at 10c a package. Write for free booklet—How to Dye, Bleach and Mix Colors. PUTNAM DYE CO., Cincinnati, Ohio.