

Four Facts For Sick Women To Consider

Lydia E. Pinkham's Vegetable Compound Has an Unequaled Record of Cures—Mrs. Pinkham's Advice Is Confidential, Free, and Always Helpful

FIRST.—That almost every operation in our hospitals performed upon women becomes necessary through neglect of such symptoms as backache, irregular and painful menstruation, leucorrhoea, displacements of the uterus, pain in the side, burning sensation in the stomach, bearing-down pains, nervousness, dizziness and sleeplessness.

SECOND.—The medicine that holds the record for the largest number of absolute cures of female ills is Lydia E. Pinkham's Vegetable Compound. It regulates, strengthens and cures diseases of the female organism as nothing else can.

For thirty years it has been helping women to be strong, curing backache, nervousness, kidney troubles, all uterine and ovarian inflammations, weakness and displacements, regulating menstruation perfectly and overcoming its pains. It has also proved itself invaluable in preparing for childbirth and the change of life.

THIRD.—The great volume of unsolicited and grateful testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time published by permission, give absolute evidence of the value of Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice.

FOURTH.—Every ailing woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Standing Invitation to Women.—Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. From symptoms given, your trouble may be located and the quickest and surest way of recovery advised. Out of the vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Surely, any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

\$100 Weekly Easily Made

Writing health and accident insurance; experience unnecessary. Write Bankers' Accident Co., Des Moines, Ia.

When answering advertisements kindly mention this paper.

Hardest Animal to Handle.
The elephant is the most treacherous, moody, changeable animal in a menagerie. They are twice as dangerous as tigers, lions, or bears. The men who handle the big cats in their cages are forced to watch closely and carefully while they are in the cages with them, but that lasts only a short time.

Insist on Getting It.
Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 oz. in a package, which they won't be able to sell first, because Defiance contains 16 oz. for the same money.
Do you want 16 oz. instead of 12 oz. for same money? Then buy Defiance Starch. Requires no cooking.

Heat and Cold in Arabia.
Arabia has the reputation of being one of the hottest and unhealthiest regions on the globe, but all northern Arabia has a winter season, with cold rains and occasional frosts.

Here is Relief for Women.
Mother Gray, a nurse in New York, discovered a pleasant herb remedy for women's ills, called AUSTRALIAN-LEAF. It is the only certain monthly regulator. Cures female weakness and Backache, Kidney, Bladder and Urinary troubles. At all Drug stores or by mail 50 cts. Sample mailed FREE. Address, The Mother Gray Co., LeRoy, N. Y.

When a young man asks for the hand of an heiress he means the one in which she carries her purse.

Fun at the Wedding.—Trunk Labels, Handbills. Just the thing for a good send-off for bride and groom, 100, five varieties. Sent postpaid for \$1.00. Western Pub. Co., Denison, Iowa.

For every mean man who dies at least two more are born.

Why It is the Best
is because made by an entirely different process. Defiance Starch is unlike any other, better and one-third more for 10 cents.

Most married men find it easier to be bossed than to be boss.

Many who formerly smoked 10c cigars, now smoke Lewis' "Single Binder" straight 5c cigar. The best combination of the best tobaccos. Lewis' Factory, Peoria, Ill.

In marriage one and one make two; in divorce one and one leave two.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, always cures wind colic. 25c a bottle.

It's a wise proverb that knows its own father.

RECORDS OF THE PULSE RATE.

Instrument Shows Heart's Action During Muscular Work and After.

A recent publication of the University of Michigan describes an instrument for securing a continuous graphic record of the pulse rate in man which affords valuable indications of the heart's work. The records showed that the commencement of muscular work is followed almost simultaneously by a marked acceleration of the pulse. In fact, this modification of the pulse rate is observed in the next heart cycle after the work begins.

In typical cases there are three well-marked stages—a primary rise, a period of sustained acceleration and a secondary rise. Similar stages of decrease in rate occur after the work stops. The rapidity of the pulse during work depends not only upon the amount of work done, but much more upon the manner in which it is done. Speed and resistance are factors requiring separate consideration and of these two speed has the greater influence.

These records show that while muscular work may not appreciably require the expenditure of bodily force it immediately reacts upon the heart and that conversely cessation of muscular exertion is an immediate relief to the heart.

Scott and the Simple Life.

Sir Walter Scott was an out-of-doors man, as he had been a tramping boy, says McClure's. It is impossible to think of him without his horses and dogs. His duties as sheriff took him across country continually, and he always had more months out of Edinburgh than in it, notwithstanding his court clerkship. He was thus in constant contact with Scotch life and country, and he never lost or relaxed his first impulse to know and see with his eyes, so far as eyes could see it, all the local history. He was also in love with the genius of Scotland as it was stamped in the people of all sorts and conditions. Human nature, the rough, hard article free from its alloy of the town, was treasure trove to him. On those annual "raids into Liddesdale," and on many another journey, he made himself master of this book of truth out of which came so much of the character, anecdote and phrase that are most sterling, real and humorous in his books.

View of Happiness.

I have been trying to figure out a general condition of happiness, and I reach the conclusion that it consists mainly in the ability to march with one's own generation, neither deploring the progress the generation makes nor grumbling because it doesn't make more, says Frank Putnam in the National Magazine. We can understand best the men and women of our own age, or near it. Dr. Osier spoke truth when he said that most men cease to be receptive to new ideas after 40; hence our elders in the 50s and 60s and 70s, say, who have ably guided the affairs of the world during the decades immediately ahead of us will often seem to us to move less rapidly than we think they should, toward new industrial conditions. And the generation immediately behind us—the restless chaps in their 20s, are putting more pressure upon us from the rear than we are able to believe is wholly justified.

A Kipling Souvenir.

Of an interesting Kipling relic, Charles Warren Stoddard writes: "The object that first caught my eye was an old desk, black with age, and no doubt rheumatic in every joint. Its lid was a solid panel, but curved in the fashion of a roll-top desk. Across the length of it, cut deep in large letters, such as schoolboys love to carve was this legend: "Oft was I weary when I tolled at Thee."

"So sang the galley slave in a faultless verse; and so, in the hour of triumph, Ruyard Kipling graved upon the cover of the desk at which he won his fame."—National Magazine.

Herold Remedy.

Some anonymous individual with no poetry in his soul has written to a New York paper complaining of a whip-poor-will that bothers him at night, and another anonymous individual who has in his soul no innate love of birds suggests:

"If Pater Familias really desires to drive the whip-poor-will from the tree, the following is a recipe guaranteed to cause it to quit the place:

"R: One dozen roman candles. Dose: Three each evening on retiring (10-11 p. m.) exploded through the tree. This has been known to cure the most aggravating cases."

Wal-lu-lah.

Ever the paleface saw the westland In its grandeur by the sea Lived a dusky Indian princess Fair as fairest flower to see, By Columbia's thundering cascades, O'er the beautiful upland plain, Wandered lone the fair Wal-lu-lah Chanting e'er some wild refrain.

Dusky suitors thronged about her, Flooded for Wal-lu-lah's hand, But she wept her absent lover, Pointed to yon westward strand By Columbia's murmuring cascades, Long and lone her tireless quest, Now she sleeps, but still awaits him, With her face toward the west.

Drifting sands above her mingle, Happy homes bedeck her plain, Still her spirit sings and murmurs In Columbia's wild refrain.

—Bert Huffman in New York Herald.

Greatest Trout Hatchery.

The greatest trout hatchery in the world will be located by the government on the Grand Mesa, about twenty-five miles north of Delta. The annual output of fish will not fall below 25,000,000 within a year after the hatchery is completed. These fish will be distributed all over the west.

Different Now.

The years seemed very long to me, and wife was but a bore; all sights were tiresome to see, and I had the blue galore. All jokes were ancient here below, good songs were never sung; but that, alas! was years ago—when I was very young.

Divorce Averages.

In countries where divorce laws are in force Germany shows 165; France, 180; Roumania, 204; Switzerland, 432, and the United States, 612 divorces for every 10,000 marriages.

Drummers and Funny Stories.

There are 600,000 traveling men in the United States. This means, says the St. Louis Globe-Democrat, an output of 1,800,000 new funny stories each month.

Making It "Sure Thing."

An envelope closed with the white of an egg can not be opened by the steam of boiling water, as the heat only adds to its firmness.

Any woman will tell you that her husband isn't the Least Bit Afraid of Lightning; she will also deny that he is afraid of her.

BABY'S TERRIBLE SORE

Body Raw With Humor—Caused Untold Agony—Doctor Did No Good—Cuticura Cured at Once.

"My child was a very delicate baby. A terrible sore and humor broke out on his body, looking like raw flesh, and causing the child untold agony. My physician prescribed various remedies, none of which helped at all. I became discouraged and took the matter into my own hands, and tried Cuticura Soap and Cuticura Ointment with almost immediate success. Before the second week had passed the soreness was gone, not leaving a trace of anything. Mrs. Jeannette H. Block, 281 Rosedale St., Rochester, N. Y."

You cannot lead a man with a club.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in ½-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Vision gives new environment.

SKIN HUMORS

Complete External and Internal Treatment

ONE DOLLAR

Consisting of warm baths with

Cuticura SOAP

to cleanse the skin of crusts and scales, and soften the thickened cuticle; CUTICURA Ointment to instantly allay itching, irritation, and inflammation and soothe and heal; and CUTICURA Pills to cool and cleanse the blood.

A Single Set, costing but One Dollar, is often sufficient to cure the most torturing, disfiguring skin, scalp, and blood humors, eczema, rashes, itching, and irritations, with loss of hair, from infancy to age, when all else fails.

Sold throughout the world. Cuticura Soap, 25c, Ointment, 50c, Resolvent, 50c. (In form of Chocolate Coated Pills, 25c per vial of 60.) Depot: London, 27 Charterhouse Lane; Paris, 5 Rue de la Paix; Boston, 127 Columbus Ave.; Puter Drug & Chem. Corp., Sole Proprietors.

Send for "How to Cure Itching, Disfiguring Humors from Infancy to Age."

TENTS
STAKE COVERS
ALL SIZES FOR SALE OR RENT
Send for Catalogue No. 106
Omaha Tent & Awning Co.
Omaha, Nebraska.

Send a Postal for "Book of Presents"

Protect The Health

of your families by insisting on Pure Food. When it comes to Baking Powder, it means a saving of health and money if you use the standard article of purity and efficiency—the wonderful

K C BAKING POWDER

An absolutely pure baking powder scientifically combined. 25 ounces for 25 cents. Your grocer refunds your money if you are not satisfied. Don't accept a substitute! They are impure and a menace to health. Ask for K C, the standard of quality.



JAQUES MFG. CO. Chicago.

Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

What About the United Judgment of Millions of housekeepers who have used LION COFFEE for over a quarter of a century? Is there any stronger proof of merit, than the

Confidence of the People

and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

Lion-head on every package. Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

Dainty, Crisp, Dressy Summer Skirts

are a delight to the refined woman everywhere. In order to get this result see that the material is good, that it is cut in the latest fashion and use

Defiance Starch

in the laundry. All three things are important, but the last is absolutely necessary. No matter how fine the material or how daintily made, bad starch and poor laundry work will spoil the effect and ruin the clothes. DEFIANCE STARCH is pure, will not rot the clothes nor cause them to crack. It sells at 10c a sixteen ounce package everywhere. Other starches, much inferior, sell at 10c for twelve ounce package. Insist on getting DEFIANCE STARCH and be sure of results.

Defiance Starch Company, Omaha, Nebraska.

Very Low Round Trips

South and Southeast, one fare plus \$2.00.
Hot Springs, Ark., daily.....\$23.00
St. Louis, Mo., daily.....\$18.50
Chautauque, N. Y., July 28... 34.00
Detroit, Mich., August 13th and 14th..... 21.50
Pittsburg, Pa., Aug. 17th and 18th..... 25.25
Richmond, Va., Sept. 8th to 11th inclusive..... 33.75
Philadelphia, Pa., Sept. 14th to 16th, inclusive..... 32.75
Long limits, stopovers and other features offered in connection with the above rates.

All Agents can sell you through tickets en route you Wash. All tickets reading over the Wash from Chicago east are optional with passenger via Lake or Rail, either or both directions. Call at Wash City office, 1601 Farnam St., or write and let me give you all information, maps, descriptive matter, folders, etc.

HARRY E. MOORES,
G. A. P. D. Wash R. R., Omaha, Neb.

Be afflicted with Thompson's Eye Water
W. N. U. Omaha. No. 28—1906.

PAXTINE TOILET ANTISEPTIC
FOR WOMEN
troubled with ills peculiar to their sex, used as a douche is marvellously successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local sores, cures leucorrhoea and nasal catarrh. Paxtine is in powder form to be dissolved in pure water, and is far more cleansing, healing, germicidal and economical than liquid antiseptics for all toilet and women's special uses. For sale at druggists, 50 cents a box. Trial Box and Book of Instructions Free. THE R. PAXTON COMPANY BOSTON, MASS.

MOLES AND WARTS REMOVED
WITH ANTI-MOLE. No pain, soreness or scar. GUARANTEED PERMANENT. \$1.00 per bottle by mail.—Miller Manufacturing Co., Lincoln, Neb.

When answering advertisements kindly mention this paper.

PISO'S CURE FOR CONSUMPTION
CURES WHOSE ALL ELSE FAILS.
Best Cough Syrup. Taste Good. Use in time. Sold by druggists.

900 DROPS

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Prepared by **Dr. J. C. FLETCHER**

Pumpkin Seed—
Blueberry—
Blackberry—
Cherry—
Orange—
Strawberry—
Wild Cherry—
Wild Raspberry—
Wild Blackberry—
Wild Strawberry—
Wild Cherry—
Wild Raspberry—
Wild Blackberry—

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

Fac Simile Signature of **Dr. J. C. Fletcher**
NEW YORK.

116 months old
35 BOXES—35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Wm. A. Fletcher

of

Use For Over Thirty Years CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OCCIDENTAL BUILDING & LOAN ASSOCIATION
OF OMAHA, NEBRASKA.

LOANS ON IMPROVED CITY PROPERTY.

We are prepared to make loans on improved real estate or for the purpose of making improvements.

Easy Monthly Payments. Liberal Plan.

For full particulars address the Association, 1523 Douglas St., Omaha, Neb.

Mueller Pianos Are Sent Free

to responsible people on trial. If you don't say they are \$100.00 better than any piano you have seen, box it up, send it back at our expense.

Our Prices Are Way Down because we have no agents or travelers. Our terms are cash, or \$20.00 down and \$5.00 monthly. Write today for catalog and prices.

Address the makers,
SCHMOLLER & MUELLER
Established, 1859. OMAHA, NEB.