

Cure For The Blues

ONE MEDICINE THAT HAS NEVER FAILED

Health Fully Restored and the Joy of Life Regained

When a cheerful, brave, light-hearted woman is suddenly plunged into that perfection of misery, the BLUES, it is a sad picture. It is usually this way: "She has been feeling 'out of sorts' for some time; head has ached and back also; has slept poorly, been quite nervous, and nearly fainted once or twice; head dizzy, and heart-beats very fast; then that bearing-down feeling, and during her menstrual period she is exceedingly despondent. Nothing pleases her. Her doctor says: 'Cheer up; you have dyspepsia; you will be all right soon.'"



But she doesn't get "all right," and hope vanishes; then come the brooding, morbid, melancholy, everlasting BLUES. Don't wait until your sufferings have driven you to despair, with your nerves all shattered and your courage gone, but take Lydia E. Pinkham's Vegetable Compound. See what it did for Mrs. Rosa Adams, of 819 12th Street, Louisville, Ky., niece of the late General Roger Hanson, C.S.A. She writes: "Dear Mrs. Pinkham:—"

"I cannot tell you with pen and ink what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered with female troubles, extreme nervousness, the blues, nervousness and that all-gone feeling. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it not only cured my female derangement, but it has restored me to perfect health and strength. The buoyancy of my younger days has returned, and I do not suffer any longer with despondency, as I did before. I consider Lydia E. Pinkham's Vegetable Compound a boon to sick and suffering women."

If you have some derangement of the female organism write Mrs. Pinkham, Lynn, Mass., for advice.

Coal Fields of Spitzbergen.

The coal fields of Spitzbergen, after experimental mining in previous seasons, have been found of sufficient value to justify more extensive operations. An expedition has been fitted out at Sheffield, England, in which also some Norwegian capital is invested. About seventy men are engaged. It is the intention to erect eleven large buildings to be used for lodgings, sheds for machinery, etc.

Do Your Clothes Look Yellow?

Then use Defiance Starch. It will keep them white—16 oz. for 10 cents.

Meaning of Prison Sentences.

Lord Justice Mathew of England, speaking at a meeting of the Catholic Prisoners' Aid Society, said that when he first became a judge he asked a certain prison governor what it really meant to a man to be sent to a convict prison. The reply was: "Five years do not hurt him much, especially if he is a young man. But seven years means utter ruin to him."

When You Buy Starch

buy Defiance and get the best, 16 oz. for 10 cents. Once used, always used.

Weak Bear Pain Best.

Dr. J. P. Lockart Mummy, the famous British surgeon, says it is often extremely difficult to estimate the condition of a patient with regard to his power of standing a severe operation. Often a weakly looking individual, who looks as if he would not stand a severe operation well, stands it quite well, and vice versa.

FITS

permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 82.00 trial bottle and treatise. Dr. R. H. KLINE, Ltd., 301 Arch Street, Philadelphia, Pa.

The Thoughtless Bride.

Little drops of water
Showers far and wide,
Always spoil the temper
Of the gentle bride.
—Cleveland Plain Dealer.

Piso's Cure

is the best medicine we ever used for all affections of the throat and lungs.—W.M. O. ENDSLEY, Vanuren, Ind., Feb. 10, 1900.

The real skeleton at the feast is the man who refuses catsup and then explains to all the table that he never uses it because he has seen it made in the factories.

WRONGS OF THE CHILDREN.

One Child in Five at Work in Early Years.

"Field and Stream" notes that one child in five in this country spends the years between the ages of ten to fifteen at work in coal mines, factories or similar places. Education is at a standstill; there is no recreation in field or forest; nothing to develop mind or character, everything, on the contrary, to hinder or distort their growth. At fifteen the unhappy little creatures, dwarfed in every direction, pass into circulation. In a few years our citizens' roll will be one-fifth made up of such.

In his installation address President Roosevelt said many fine things about our duty and our dawning destiny to lead the world. Make any allowance you judge fit for possible overstatement in the figures we quote, the picture will not be greatly relieved. For there is the other and worse side of it that child labor is one, and only one, product of the greed and indifference of those who are knowingly operative in causing this stupendous piece of cruelty. They are a worse blot on the roll than the children, become adults, will be.

In what are we to lead the world? Humanity of conduct? Useless disregard for gain? How long does a nation's public policy remain in advance of its average private standard.

These children are slaves who derive no shadow of benefit, nothing but harm, from their slavery. Morally and mentally dwarfed men and women, they are prematurely fathers and mothers whose children register and reflect the moral and mental status of their parents.

We once held these "truths to be self-evidence: that all men are endowed by their Creator with certain inalienable rights, that among these are life, liberty and the pursuit of happiness."

But perhaps the signers of the Declaration of Independence were not thinking of children in those momentous days!—New Century Path.

Cabman Felt He Owed Debt.

The Rev. S. Parkes Cadman of Brooklyn tells a story of how a cabman of this city once refused to accept pay for his services. Dr. Cadman had been calling on Bishop Potter. After arriving at the ferry on his way home he tendered the usual fee to the man who had driven him down. The man declined to take it, and a beautiful smile lit up his tanned features.

"I'd like to know why you won't take this money," said the clergyman. "I'll tell you," came the answer. "I once heard you preach in the Metropolitan Temple, and at the close of the service you laid your hand on my shoulder and said to me, 'For God's sake be a man.' I had been a drunken sot for years, but that set me right about face. I now own this horse and carriage, live with my wife and children in a snug little flat, and have \$1,500 in the bank. It's no strange thing that you should forget me, but I haven't forgotten you."—New York Times.

Wise Sister Mary.

Mary had a little lamb, its fleece was white as snow; it strayed away one summer day where lambs should never go. Then Mary sat her down and tears streamed slowly from her eyes; she never found the lamb because she did not advertise. And Mary had a brother John, who kept a village store; he sat down and smoked his pipe and watched the open door. And as the people passed along and did not stop to buy, John still sat down and smoked his pipe and blinked his sleepy eye.

And so the brokers seized his stock, but still he lingered near, and Mary came to drop with him a sympathetic tear.

"How is it, sister, can you tell why other shoppers here sell all their goods so quickly and thrive from year to year?"

Remembering now her own bad luck the little maid replied: "These other fellows fatten, John, because they advertise."—London Tit Bits.

Sensitiveness of Humorists.

A poet at a banquet of humorists told a story of R. K. Munkittrick, American's veteran joke writer.

"Blank and I spent the night with Mr. Munkittrick at his fine New Jersey home in May," he said, "and the next morning we came in to New York on the train together."

"Mr. Munkittrick had brought along a bundle of funny papers to beguile the ride with, and, picking up one of these journals, Blank began to read it. After a while he turned to Mr. Munkittrick and said:

"So this is one of your jokes, is it? Ha, ha, ha!"

"The veteran joke writer said in a hurt, indignant tone:

"Well, what are you laughing at? Isn't it a good one?"

1,100 Francs for King's Umbrella.

The king of the Belgians once left his umbrella in a hansom when driving in Brussels. This was returned to his majesty a few hours afterward by the proud "cabby," who was offered for his honesty by King Leopold the sum of 100 francs. The astute Jehu, however, begged a great favor of the king. Could he have the umbrella instead of the money? The favor was granted, and before many days had passed the cabman had put up the umbrella for sale, and it was knocked down to some royal enthusiast for 100 francs. When King Leopold heard of this he exclaimed: "Well, I've heard of an umbrella being put up to keep off showers of rain; but this seems to have been put up to bring down showers of gold!"

How to Preserve Eggs.

New-laid eggs can be preserved for months by smearing the shells of them with pure glycerine on the same day that the eggs are laid. It is best to place them in a position with the smaller end up. Pure glycerine is much better than butter or grease, as it never turns rancid and thus avoids the chance of spoiling the flavor of the eggs.

Sensible Housekeepers

will have Defiance Starch, not alone because they get one-third more for the same money, but also because of superior quality.

Lapsed in Meaning.

When menus are written in French, by those who are imperfectly acquainted with that language, amusing effects are sometimes produced. For instance, on the front of a small restaurant in Vvalon, a few days ago, there appeared the following surprising item: "Yellow-tail a la gratis." And it isn't a free lunch, either.

Try One Package.

If "Defiance Starch" does not please you, return it to your dealer. If it does you get one-third more for the same money. It will give you satisfaction, and will not stick to the iron.

Old Excuse Is Rejected.

A married Italian couple who left their lodgings at Avellino without paying their rent because they thought the house was haunted have been fined \$100. The judge ruled that modern science does not recognize the existence of ghosts.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, always cures wind colic. 25c a bottle. It's my best friend.—Garrett Lasing, Troy, N. Y.

Benefit of Good Manners.

Good manners pay even if they do not make friends, because we cannot try to make others happy, to radiate sunshine, without feeling better and purer ourselves.—Success.

In after years it usually gives a married man a headache every time he hears another man whistling the wedding march.—Chicago News.

Defiance Starch is put up 16 ounces in a package, 10 cents. One-third more starch for the same money.

Most of the so-called original ideas have been on the toboggan for centuries.

The Best Results in Starching can be obtained only by using Defiance Starch, besides getting 4 oz. more for same money—no cooking required.

He who hopes for the best seldom expects it.

Facts Are Stubborn Things

Uniform excellent quality for over a quarter of a century has steadily increased the sales of LION COFFEE, The leader of all package coffees.

Lion Coffee

is now used in millions of homes. Such popular success speaks for itself. It is a positive proof that LION COFFEE has the Confidence of the people. The uniform quality of LION COFFEE survives all opposition. LION COFFEE keeps its old friends and makes new ones every day.

LION COFFEE has even more than its Strength, Flavor and Quality to commend it. On arrival from the plantation, it is carefully roasted at our factories and securely packed in 1 lb. sealed packages, and not opened again until needed for use in the home. This precludes the possibility of adulteration or contact with germs, dirt, dust, insects or unclean hands. The absolute purity of LION COFFEE is therefore guaranteed to the consumer.

Sold only in 1 lb. packages. Lion-head on every package. Save these Lion-heads for valuable premiums.

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W. N. U. Omaha. No. 29—1905.

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MANUFACTURERS OF "STAR BRAND SHOES"

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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.

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Ask Your Grocer
The Booklet "How to Make Good Things to Eat" sent free.

Libby, McNeill & Libby, Chicago

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Renner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Bearman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

Dr. Howard James, of New York City, says: "It is with great pleasure that I desire to testify to the medicinal virtue of your Castoria. I have used it with marked benefit in the case of my own daughter, and have obtained excellent results from its administration to other children in my practice."

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