

WOMEN MUST SLEEP.

Avoid Nervous Prostration.

If you are dangerously sick what is the first duty of your physician? He quiets the nervous system, he deadens the pain, and you sleep well.



Mrs. A. Hartley.

You ought to have known that when you ceased to be regular in your courses, and you were irritable without cause, that there was serious trouble somewhere.

You ought to know that indigestion, exhaustion, womb displacements, fainting, dizziness, headache, and backache send the nerves wild with fright, and you cannot sleep.

Mrs. Hartley, of 221 W. Congress St., Chicago, Ill., whose portrait we publish, suffered all these agonies, and was entirely cured by Lydia E. Pinkham's Vegetable Compound; her case should be a warning to other women, and her cure carry conviction to the minds of every suffering woman of the unflinching efficiency of Lydia E. Pinkham's Vegetable Compound.

Dr. Bull's COUGH SYRUP Cures a Cough or Cold at once.

Dr. Bull's Cough Syrup is a powerful expectorant, and it loosens the phlegm, soothes the inflamed membrane, and breaks up the cough.

MADE IN U.S.A. Dr. Bull's Cough Syrup is a powerful expectorant, and it loosens the phlegm, soothes the inflamed membrane, and breaks up the cough.

OKLAHOMA OFFERS FREE HOMES to 5000 people on 160,000 acres of land, open to settlement.

IN 3 OR 4 YEARS AN INDEPENDENCE ASSURED. If you take up your home in Western Canada, the land of plenty, you will have a chance to become wealthy in a few years.

OMAHA & ST. LOUIS WABASH R.R. WINTER TOURIST RATES. SPECIAL TOURS TO Florida, Key West, Cuba, Bermuda, Old Mexico, and other points.

The "Big Four Route" is a Railway System comprising 2,500 Miles of Superb Roadway.

SEAFARING MEN KNOW THE VALUE OF TOWER'S FISH BRAND OILED CLOTHING. IT WILL KEEP YOU DRY IN THE WETTEST WEATHER.

Irrigated Lands in Idaho Best Water Supply. Low Prices. Idaho Colony Co., 1025 17th St., Denver, Colo.

WARRANTY LYNCH, W. P. BEVEL, C. S. P. & T. A. G. CINCINNATI, O.

FARM AND GARDEN.

MATTERS OF INTEREST TO AGRICULTURISTS.

Some Up-to-Date Hints About Cultivation of the Soil and Yields Thereof—Fertilizers, Vitamins and Horticulture.

Treatment for Celery Blight.

Charles O. Townsend, state pathologist of Maryland, says: The great hindrance to the successful production of celery in this state is the disease known as Rust or Blight. This disease is produced by a fungus that attacks the leaves and stems causing them to assume a yellowish color, with brown spots scattered over them that increase in size, until the affected leaves and stems die.

NEARLY GONE.

Mrs. Julia A. Mallahan, of Owosso, Mich., has a very narrow escape—The Doctor Had Little Hope. Owosso, Mich., March 25.—(Special.)—Elite Rebekah Lodge, No. 2, I. O. O. F. of this town, came very nearly losing their esteemed and capable secretary, Mrs. Julia A. Mallahan.

Many very valuable lives have been saved by the timely use of Dodd's Kidney Pills, and not a few of these have been in Owosso and other neighboring Michigan towns.

A Versatile Fellow. Maurice Thomson was a civil engineer, a soldier, a lawyer, a politician, a naturalist, a novelist, a poet and an editor, and he achieved considerable distinction in each of these occupations.

Do Your Feet Ache and Burn? Shake into your shoes, Allen's Foot-Ease, a powder for the feet. It cures tight or New Shoes feel Easy.

Where you cannot climb over you must creep under. Much broth is sometimes made with little meat.

Two Big Pains seem to be the heritage of the human family everywhere, viz: Rheumatism and Neuralgia.

St. Jacobs Oil but there is one cure and prompt cure for both, viz: St. Jacobs Oil.

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W. N. U.—OMAHA. No. 13—1909

Some interesting statistics of Vermont plants are sent us from the Vermont experiment station. These figures are taken in part from the new Flora of the state, published by the Vermont Botanical Club.

The real character of a man is found out by his amusements.—Sir Joshua Reynolds. Most men are bad.—Braas. Great men stand like solitary towers in the city of God.—Longfellow.

THOUSANDS OF FAIR WOMEN

HERALD PRAISES FOR PERUNA.

Catarrhal Dyspepsia and Nervous Prostration Make Invalids of More Women Than All Other Diseases Combined.

Peruna is the woman's friend everywhere. It is safe to say that no woman ever used Peruna for any catarrhal disease but what it became indispensable in her household.

Every day we receive letters from women like the following. Women who have tried doctors and failed; women who have tried Peruna and were cured.

Mrs. F. J. Lynch, writes the following from 324 S. Division street, Grand Rapids, Mich.: The Peruna Medicine Co., Columbus, O., Gentlemen—

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Miss Anna Prescott and Miss Marie Cook.

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AN INHERITANCE IN WESTERN CANADA.

Indian Reservations and Other New Districts to Be Opened Up This Year.

In the Great Saskatchewan Valley and the Fertile Plains of Assiniboia.

To the Editor, Dear Sir: The past three or four years have demonstrated to a large number of Americans the value of the grain-growing and ranching lands of Western Canada.

The evidence of the settlers in the neighborhood of the lands now about to be opened for settlement (some of them being located in one of the best Indian Reservations) goes to show that the very best results have followed, even most indifferent mothers and fathers.

As a result of the Canadian government as well as of the exceedingly low prices asked for lands by the railway, colonization and other companies.

The experience of those who have been settled there for some little time is of a highly gratifying character. So much so that the Canadian government, who has control of the immigration into Western Canada, has decided to open up some new districts this year.

The well known Saskatchewan Valley and also the fertile plains of Assiniboia. These Districts are probably the most productive in the entire West and in close touch to large settled communities as well as being situated on some of the most important lines of railway.

It is not only the fact that the very best results have followed, even most indifferent mothers and fathers, but also the fact that the Canadian government, who has control of the immigration into Western Canada, has decided to open up some new districts this year.

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Advertisement for Cascarets. Bowels Don't Move? Caused by over-work! Over-eating! Over-drinking! No part of the human body receives more ill treatment than the bowels. Load after load is imposed until the intestines become clogged, refuse to act, worn out. Then you must assist nature. Do it, and see how easily you will be cured by CASCARETS Candy Cathartic. Not a mass of violent mercurial and mineral poison, but a pure vegetable compound that acts directly upon the diseased and worn out intestinal canal, making it strong, and gently stimulating the liver and kidneys; a candy tablet, pleasant to eat, easy and delightful in action. Don't accept a substitute for CASCARETS.