LIEUTENANT BOWMAN.

IN FORTY-EIGHT HOURS PE-RU-NA CURED HIM.

Cold Affected Head and Throat—Attack was Severe.

Chas. W. Bowman, 1st Lieut. and Adjt. 4th M. S. M. Cav. Vols., writes from Lanham, Md., as follows:

"Though somewhat averse to patent medicines, and still more averse to becoming a professional affidavit man, it seems only a plain duty in the present instance to add my experience to the columns already written concerning the curative powers of Peruna.

"I have been particularly benefited by its use for colds in the head and throat. I have been able to fully cure myself of a most severe attack in forty-eight hours by its use according to directions. I use it as a preventive whenever threatened with an attack.

"Members of my family also use it for like ailments. We are recommending it to our friends."

—Chas. W. Bowman.

Ask Your Druggist for Free Peruna Almanac for 1907.

If you are a gay old dog you have no right to whine.

To recover quickly from bilious attacks, sick-headache, indigestion or colds, take Garfield Tea, the mild laxative. Guaranteed under the Pure Food Law.

Many Peculiar Languages.

Of languages which so widely differ among themselves as to be incomprehensible without particular study the number readily exceeds 1,000.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

SAVES HER VISITING CARDS.

One Woman's Pet Economy Certainly a Queer One.

Women are proverbially niggardly on one or two points; every woman that ever existed had some pet economy, no matter how extravagant she may be in some respects. There's the woman who spends hundreds of dollars on imported gowns, but hates to give up one penny for a paper of pins. The paper-saving person who drops into department stores and hotels to borrow stationery rather than spend any money upon the commodity always is with us; we all know the stamp stealer and the match borrower; but the visiting-card economizer is a new brand of woman who exists only in the most exclusive society. So niggardly is she on the point of her visiting cards that she demands them back from her intimate friends; from her mere acquaintances she steals them at an opportune moment when the servant's back is turned, or when the mistress has left the room. She puts them slyly back into her card case. By a clever series of manipulations it is said she can make 100 of them go as far as 500 went before.

THE FIRST TWINGE

Of Rheumatism Calls for Dr. Williams' Pink Pills If You Would Be Easily Cured.

Mr. Frank Little, a well known citizen of Portland, Ionia Co., Mich., was cured of a severe case of rheumatism by Dr. Williams' Pink Pills. In speaking about it recently, he said: "My body was run down and in no condition to withstand disease and about five years ago I began to feel rheumatic pains in my arms and across my back. My arms and legs grew numb and the rheumatism seemed to settle in every joint so that I could hardly move, while my arms were useless at times. I was unable to sleep or rest well and my heart pained me so terribly I could hardly stand it. My stomach became sour and bloated after eating and this grew so bad that I had inflammation of the stomach. I was extremely nervous and could not bear the least noise or excitement. One whole side of my body became paralyzed.

"As I said before, I had been suffering about five years and seemed to be able to get no relief from my doctors, when a friend here in Portland told me how Dr. Williams' Pink Pills had cured him of neuralgia in the face, even after the pain had drawn it to one side. I decided to try the pills and began to see some improvement soon after using them. This encouraged me to keep on until I was entirely cured. I have never had a return of the rheumatism or of the paralysis.

The pills are for sale by all druggists or sent, postpaid, on receipt of price, 50 cents per box, six boxes $2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

THREE GOOD IDEAS

ONE IS IMPROVEMENT ON EVER POPULAR FUDGE.

Addition of Marshmallows Makes the Confection Delicious—Odd Furnishing for Den—Oysters in Chafing Dish.

Fudge is now as popular as when first introduced several years ago, replacing the favorite chocolate caramels. The expert fudgemaker seldom thinks of measuring her materials, but just guesses at the quantity of sugar, milk, chocolate and butter necessary. It is just before the fudge is done that the additions which give it novelty go in. Nuts are always good. One variety or several kinds mixed may be used. Then there is crystallized ginger cut in small pieces. Another mixture is of marshmallows. For this the following recipe may be used:

One-fourth cake of unsweetened chocolate, two cups of granulated sugar, one cup of milk, one teaspoonful of butter. Boil for five minutes, then take from the fire and pour in a heaping saucerful of marshmallows torn in small bits. Beat until the mixture begins to stiffen, then pour quickly into buttered tins to cool. Another way is to sprinkle the shredded marshmallow on the bottom of the pan, and pour the hot fudge over it. This is convenient when both the marshmallow, nut, and the plain varieties are to be made from the same boiling.

A den seen recently was furnished in black oak and the walls were done in deep red burlap. The trim, including a wooden cornice, was also black. The ceiling was a deep cream, or perhaps more on the buff. The couch was upholstered in linen taffeta to match the walls. There were many pillows in plain red and a few in buff. A plate rail of oak for china and steins was carried around the room.

On the black oak reading table was an oriental scarf, harmonizing with the walls and the pillows. Upon this rested a wrought-iron lamp with a deep red bowl, and shade of gold-wire cloth. The mantel was ornamented with several old brass candlesticks. About the room were scattered several pieces of old brass which were put to use. A large brass bowl was utilized as a scrap basket.

For luncheon or Sunday night tea oysters may be prepared in the chafing dish at the table. Use a tablespoonful of minced celery. Put it in your blazer with a tablespoonful of butter, a teaspoonful of lemon juice, a little salt, and paprika. When the mixture is thoroughly hot, put in as many oysters as you need and cook them until they are plump. Then add a cupful of cream, and when it has thoroughly heated, serve on hot toast.

Lentil Curry.

Soak over night in cold water one cup of lentils. Wash, cover with fresh water, and cook slowly for two hours. Drain, put two tablespoonfuls of butter into a saucepan; when melted add two onions chopped fine; cook slowly until a golden brown; add a teaspoonful of curry powder, a dash of cayenne, and half a pint of the water in which the lentils were boiled. Add lentils, cook slowly for 20 minutes; add a teaspoonful of salt, the juice of one lemon, and serve with well boiled rice.

Hand-Dipped Candles in Favor.

Hand-dipped candles have reached the dimensions of a fad, for who in a day when old-time styles and ways are copied to the letter, can countenance a molded candle in a colonial stick?

The latest fancy of this kind is the hand-dipped tallow candle, flavored with spearmint, which is said to give out a minty fragrance as it burns. The candle has the interesting irregularity of hand-made things and is greenish-white in color.

Preservative for Eggs.

A simple solution of salt and lime is a good preservative for eggs. Put into a stone jar a lump of lime weighing about two pounds. Pour on this one quart of water and stir until lime is broken up; add one gallon of water and one pint of salt. Place the eggs in this jar and keep them well covered with the solution.

Good to Look At.

A girl with magnificent red-brown hair looked delightful in a rough, dark serge with a copper colored suede cap perched on her beautiful hair and two copper buckles at her waist and copper colored kid shoes and stockings. These shoes, it may be remarked, are made in the most practical shades and kids, and can be cleaned with preparations specially made for them, and the colored stockings are everywhere to be had of suitable warmth.

Gentle Door-Taps.

A story of extraordinary deafness was unfolded at a recent meeting of a medical society in Philadelphia. An elderly woman, exceedingly hard of hearing, lived near the river. One afternoon a warship fired a salute of ten guns. The woman, alone in her little house, waited until the booming ceased. Then she smoothed her dress, brushed her hair back in a quaint manner and said, sweetly: "Come in."—Harper's Weekly.

Stolen Works of Art.

The robberies at the Louvre recall an incident in the park of one of our most illustrious historical castles. Several masons arrived one day and began to remove a beautiful vase. In reply to the superintendent the masons said they were taking it away for repairs. The superintendent thereupon assisted them to remove it, and it was never seen again.—La Figaro.

Gold Waits for Finder.

Some 20 years ago a Spanish steamer, the Alfonso XII., foundered in the Canaries. She carried ten large boxes of gold. An expedition poorly equipped was sent out and nine boxes recovered. The tenth is still there—a fortune in itself.—Sunday Magazine.

UTTERLY WORN OUT.

Vitality Sapped by Years of Suffering with Kidney Trouble.

Capt. J. W. Hogun, former postmaster of Indianola, now living at Austin, Tex., writes: "I was afflicted for years with pains across the loins and in the hips and shoulders. I had headache also and neuralgia. My right eye, from pain, was of little use to me for years. The constant flow of urine kept my system depleted, causing nervous chills and night sweats. After trying seven different climates and using all kinds of medicine I had the good fortune to hear of Doan's Kidney Pills. This remedy has cured me. I am as well to-day as I was twenty years ago, and my eyesight is perfect."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Origin of Starch.

The art of starching was not introduced into England until the ingenuity of Dutch women in starching ruffs induced Queen Elizabeth to turn to them when she took to wearing cambric and linen cuffs. In 1564 Mistress Dinghein von den Plasse, the refugee daughter of a Flemish knight, came with her husband to London, according to an old writer, and set up an establishment for starching, where she not only plied her trade, but instructed English classes in her art.

SCALY ERUPTION ON BODY.

Doctors and Remedies Fruitless—Suffered 10 Years—Completely Cured by Cuticura.

"When I was about nine years old small sores appeared on each of my lower limbs. I scratched them with a brass pin and shortly afterwards both of those limbs became so sore that I could scarcely walk. When I had been suffering for about a month the sores began to heal, but small scaly eruptions appeared where the sores had been. From that time onward I was troubled by such severe itching that, until I became accustomed to it, I would scratch the sores until the blood began to flow. This would stop the itching for a few days, but scaly places would appear again and the itching would accompany them. After I suffered about ten years I made a renewed effort to effect a cure. The eruptions by this time had appeared on every part of my body except my face and hands. The best doctors in my native county advised me to use arsenic in small doses and a salve. I then used to bathe the sores in a mixture which gave almost intolerable pain. In addition I used other remedies, such as iodine, sulphur, zinc salve, ——'s Salve, —— Ointment, and in fact I was continually giving some remedy a fair trial, never using less than one or two boxes or bottles. All this was fruitless. Finally my hair began to fall out and I was rapidly becoming bald. I used ——'s ——, but it did no good. A few months after, having used almost everything else, I thought I would try Cuticura Ointment, having previously used Cuticura Soap and being pleased with it. After using three boxes I was completely cured, and my hair was restored, after fourteen years of suffering and an expenditure of at least $50 or $60 in vainly endeavoring to find a cure. I shall be glad to write to any one who may be interested in my cure. B. Hiram Mattingly, Vermillion, S. Dak., Aug. 18, 1906."

HEADS SHAPED TO ORDER.

German Doctor Explains Causes of Various Formations.

At a recent convention of German naturalists and doctors Dr. Walcher, of Stuttgart, in an instructive paper put forth a sensational theory to explain the formation of the shape of the head of infants. He maintained that the head of a child could be molded artificially. He found by experience that when a medium-shaped head is placed in a soft cushion the child turns on its back, or rests on the back of its head, in order to free mouth, nose and face. In this manner the head rests smoothly, and a short head is developed. But if the medium-shaped head of a child is placed on a hard under-rest, like a hair mattress or rolled carpet, the child's head turns aside, as it cannot stand any more on its head than an egg, for the muscle of the back is weakened. Therefore, with continued resting on the side a long head is developed. To prove his assertions the lecturer presented a child whose mother and sister are short-headed. The child at its birth had a short head, now after 18 months it is long skulled. If the child had been placed on its back, according to other experiences its head would have been short-shaped. Dr. Walcher did not deny that the shape of the head was inherited, but asserted that it could be greatly influenced by the way the child rested.

COSTLY PRESSURE.

Heart and Nerves Fail on Coffee.

A resident of a great western state puts the case regarding stimulants with a comprehensive brevity that is admirable. He says:

"I am 56 years old and have had considerable experience with stimulants. They are all alike—a mortgage on reserved energy at ruinous interest. As the whip stimulates but does not strengthen the horse, so do stimulants act upon the human system. Feeling this way, I gave up coffee and all other stimulants and began the use of Postum Food coffee some months ago. The beneficial results have been apparent from the first. The rheumatism that I used to suffer from has left me. I sleep sounder, my nerves are steadier and my brain clearer. And I bear testimony also to the food value of Postum—something that is lacking in coffee." Name given by Postum Co., Battle Creek, Mich. There's a reason. Read "The Road to Wellville," the quaint little book in pkgs.

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

Uneasy lies the head that wears a frown.

Economy is the road to wealth. PUTNAM FADELESS DYE is the road to economy. 10c per package.

Many a citizen who trades on margins wouldn't think of buying a gold brick.

Lewis' Single Binder costs more than other 5c cigars. Smokers know why. Your dealer or Lewis' Factory, Peoria, Ill.

Most people find fault with their neighbors in order to get even with neighbors who find fault with them.

Garfield Tea purifies the blood and eradicates disease. Take it for constipation. Guaranteed under the Pure Food Law.

Kindness is wisdom. There is none in life but needs it and may learn.—Bailey.

PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Man cannot be altogether cleared from injustice in dealing with beasts as he now does.—Heraclitus.

Top Prices for Hides, Furs, Pelts.

Write for circular No. 9 N. W. Hide & Fur Co., Minneapolis, Minnesota.

Richard Croker, the old Tammany chief, who is about to return to New York, is said to have had an offer of $100,000 for an autobiography.

By following the directions, which are plainly printed on each package of Defiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 16 oz. for 10c, sold by all good grocers.

Roman Relics Found in Wales.

Workingmen engaged in diverting a roadway at Welwyn, Herts, Wales, unearthed seven Roman urns in a good state of preservation, a Roman spur, two drinking bowls six inches high, one smaller cup, a bowl, some bronze plate, an iron standard and a small urn six inches high.

Always to Be Depended Upon.

When a person gets up in the morning with a dull headache and a tired, stretchy feeling, it's an almost certain indication that the liver, or bowels, or both, are decidedly out of order.

At such times Nature, the wisest and best of doctors, takes this means to give warning that she needs the help and gentle assistance which can best be obtained from that old family remedy, Brandreth's Pills, which has been in use for over a century.

They are the same fine laxative tonic pill your grandparents used when doctors were few and far between, and when people had to have a remedy that could absolutely be depended upon.

Brandreth's Pills can be depended upon, and are sold in every drug and medicine store, plain or sugar-coated.

French President's "Double."

M. Fallieres was, until recently, believed to be the only president of the French republic who had no double, but his counterpart has been found. The man who most resembles him physically is a respectable merchant of the Rue Saint Honore, who plays his part with decorum and dignity. He wears exactly the same kind of blue butterfly necktie with white dots as the president, the same kind of hat and exactly so oddly cut a beard. And on his promenades he is always accompanied by a frend who could easily be taken for the president's private secretary. Dignified and with measured steps, the enviable double walks through the Faubourg Saint Honore and feels overjoyed at being saluted on all sides.

Those who believe in *quality* use

KC BAKING POWDER

25 ounces for 25 cents

Made from pure, carefully tested materials.

Makes all baking healthful.

Why pay more for inferior powders?

JAQUES MFG. CO. Chicago

Attention, Ladies!

You will be interested in our new size family package of Quaker Oats. Each package contains a beautiful piece of semi-porcelain china. It is better oats and better china than you have been buying at the price of ordinary kinds—25 cents.

Quaker Oats

is the best Oatmeal because it is made of oats of the finest quality (Quaker Quality) in the largest, cleanest and best equipped mills in the world. The careful, painstaking processes bring out all the delicious flavor and leaves only the nourishing, wholesome elements.

Buy a package to-day for breakfast to-morrow!

The Quaker Oats Company

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS.

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature

Brent Good

REFUSE SUBSTITUTES.

W. N. U., OMAHA, NO. 3, 1907.

THE DISCOVERER

Of Lydia E. Pinkham's Vegetable Compound, the Great Woman's Remedy for Woman's Ills.

LYDIA E. PINKHAM

No other medicine for Woman's ills in the world has received such widespread and unqualified endorsement.

No other medicine has such a record of cures of female illnesses or such hosts of grateful friends as has Lydia E. Pinkham's Vegetable Compound.

For more than 30 years it has been curing all forms of Female Complaints, Inflammation and Ulceration, and consequent Spinal Weakness.

It has cured more cases of Backache and Local Weaknesses than any other one remedy. It dissolves and expels tumors in an early stage of development.

Irregularities and periodical pains, Weakness of the Stomach, Indigestion, Bloating, Nervous Prostration, Headache, General Debility quickly yield to it; also deranged organs, causing pain, dragging sensations and backache. Under all circumstances it acts in harmony with the female system.

It removes that wearing feeling, extreme lassitude, "don't care" and "want-to-be-left-alone" feeling, excitability, irritability, nervousness, dizziness, faintness, sleeplessness, flatulency, melancholy or the "blues". These are indications of Female Weakness, or some derangement of the organs, which this medicine cures as well as Chronic Kidney Complaints and Backache, of either sex.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Sold by Druggists everywhere. Refuse all substitutes.

PUTNAM FADELESS DYES

Quite more goods holiday and fader colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

FARMS FOR RENT AND SALE ON J. RUDNALL, SIOUX CITY, IOWA.

DEFIANCE STARCH Never sticks to the iron.

NEW WHEAT LANDS IN THE CANADIAN WEST

160 additional miles of railway, the years have opened up a supply unsurpassed land, easy to the purchaser. Government of Canada and the Government of the Dominion continues to give ONE HUNDRED AND SIXTY ACRES FREE to every settler.

THE COUNTRY HAS NO SUPERIOR

Coal, wood and water in abundance; churches and schools convenient; markets good; growing taxes low; climate the best in the northern temperate zone. Law and order prevails everywhere.

For advice and information address the SUPERINTENDENT OF IMMIGRATION, Ottawa, Canada, or any authorized Canadian Government Agent.

W. V. BENNETT, 801 New York Life Building, Omaha, Nebraska.

TURN

of life, in girls (at about 13), or women (at about 45), requires the help of a pure, strengthening, tonic medicine, to carry them over the critical period and ensure their continued strength and health.

WINE OF CARDUI

WOMAN'S RELIEF

for over 50 years, has been a most successful medicine for relieving pain, strengthening the womanly organs and regulating the functions. Purely vegetable, non-intoxicating, harmless and reliable. Try it.

At all Druggists 0?

WRITE for Free Advice, stating age and describing your symptoms, to Ladies Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn.

U. S. NAVY

enlists for four years young men of good character and sound physical condition between the ages of 17 and 31 as opportunities offer; opportunities for advancement; pay $16 to $70 a month. Electricians, machinists, blacksmiths, coppersmiths, yeomen (clerks), carpenters, shipfitters, firemen, musicians, cooks, etc., between 21 and 35 years, enlisted in special ratings with enhanced pay; minors apprentices 18 to 21 years. Retirement on three-fourths pay and allowances after 30 years service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 6 cents per mile to place of enlistment. Bonus four months' pay and increase in pay upon re-enlistment within four months of discharge. Offices at Lincoln and Hastings, Nebraska. Also, during winter, at Des Moines and Sioux City, Iowa. Address NAVY RECRUITING STATION, P. O. Bldg., OMAHA

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160 ACRE FARMS IN WESTERN CANADA FREE

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$1,000.00 REWARD! Paid for the proof of any misrepresentations in our Literature about

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in the GULF COAST COUNTRY IN SOUTH TEXAS. Our Farmers make sure crops of from $60.00 to $500.00 per acre, and two or three crops a year. SUFFICIENT RAINFALL. PRODUCTIVE SOILS. ARTESIAN WELLS. HEALTHFUL CLIMATE. No Blizzards in our Country like in the Pan handle. Land sells NOW at $15.00 to $25.00 per acre, on easy terms. WRITE TODAY for FREE LITERATURE and LATEST TEXAS MAP. Advertising Department D. FALFURRIAS IMMIGRATION COMPANY KANSAS CITY, MO. LET'S SHOW YOU.

GALL-STONE CURE. "Graemer's Gallstone Cure" is a Certain Remedy FOR GALL STONES, Stones in the Kidneys, Stones in the Urinary Bladder or Gravel, Biliousness, Sallow Complexion, Jaundice and all Stomach Troubles resulting from Biliousness. Write for circular. WM. GRAEMER, 4959 North Grand Avenue, ST. LOUIS, MO.

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REPEATING SHOTGUNS

are strong shooters, strongly made and so inexpensive that you won't be afraid to use one in any kind of weather. They are made 10, 12 and 16 gauge.

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