

# Backache, "The Blues"

Both Symptoms of Organic Derangement in Women—Thousands of Sufferers Find Relief.



How often do we hear women say: "It seems as though my back would break," or "Don't speak to me, I am all out of sorts?" These significant remarks prove that the system requires attention.

Backache and "the blues" are direct symptoms of an inward trouble which will sooner or later declare itself. It may be caused by diseased kidneys or some derangement of the organs. Nature requires assistance and at once, and Lydia E. Pinkham's Vegetable Compound instantly asserts its curative powers in all these peculiar ailments of women. It has been the standby of intelligent American women for twenty years, and the best judges agree that it is the most universally successful remedy for women's ills known to medicine.

Read the convincing testimonial of Mrs. Holmes and Mrs. Cotrelly. Mrs. J. C. Holmes, of Larimore, North Dakota, writes: "Dear Mrs. Pinkham:— I have suffered everything with backache and female troubles—I let the trouble run on until my system was in such a condition that I was unable to be about, and then it was I commenced to use Lydia Pinkham's Vegetable Compound. If I had only known how much suffering I would have saved I should have taken it months sooner—for a few weeks' treatment made me well and strong. My backaches and headaches are all gone and I suffer no pain at my monthly periods, whereas before I took Lydia E. Pinkham's Vegetable Compound I suffered intense pain."

Mrs. Emma Cotrelly, 109 East 12th Street, New York City, writes: "Dear Mrs. Pinkham:— I feel it my duty to tell all suffering women of the relief I have found in Lydia E. Pinkham's Vegetable Compound. Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills."

When women are troubled with irregular, suppressed or painful periods, weakness, displacements or ulceration, that bearing-down feeling, inflammation of the female organs, backache, bloating (or flatulence), general debility, indigestion and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all gone" and "want-to-be-left-alone" feelings, blues and hoplessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound at once removes such troubles. No other medicine has such a record of cures of female troubles. No other medicament is so widely and unqualifiedly endorsed. Refuse to buy any substitute.

## FREE ADVICE TO WOMEN.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant before her decease, and for twenty-five years since her advice has been freely and cheerfully given to every ailing woman who asks for it. Her advice and medicine are free restored to health innumerable women. Address, Lynn, Mass.

## Women Envy Men's Vices.

Women have a perpetual envy of our vices; they are less vicious than we, not from choice, but because we restrict them; they are the slaves of our order and fashion.—Johnson.

The U. S. NAVY enlists for four years young men of good character and sound physical condition between the ages of 17 and 25 as apprentice seamen; opportunities for advancement, pay \$16 to \$71 a month. Electricians, machinists, blacksmiths, cooperers, yeomen (clerks), carpenters, shipfitters, firemen, musicians, cooks, etc., between 21 and 25 years enlisted in special ratings with suitable pay; hospital apprentices 18 to 25 years. Retirement on three-fourths pay and allowances after 30 years service. Applications must be American citizens. Free transportation from place of enlistment to Naval Station, and free outfit of clothing, amounting to \$5, furnished every recruit. Upon discharge, free transportation to place of enlistment. For full particulars address: Navy Recruiting Station, Postoffice Building, Omaha, Neb. Call on Navy Recruiting Station, BURK BLOCK, 12th and O Sts., Lincoln, Neb.

A Philadelphia doctor claims that defective speech is usually an indication of an inferior intellect. Possibly but don't jump to the conclusion that every gib talker is therefore a genius.

Acme Dyspepsia Cure. Positive cure for all diseases of stomach, liver, and bowels, recommended by leading physicians. The tonic-cure, 100 tablets \$1.00. Send money with order to Acme Dyspepsia Cure Co., Ironia, New Jersey.

When a woman says she is of little consequence she does not expect to be other than commanding. Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. See a bottle.

Jealousy is like emity: The less said about it the better. NOT YOUR HEART. If you think you have heart disease you are only one of a countless number that are deceived by indigestion into believing the heart is affected.

Lane's Family Medicine. The tonic-laxative, will get your stomach back into good condition, and then the chances are ten to one that you will have no more symptoms of heart disease. Sold by all dealers at 25c. and 50c.

## MAKING THE ARROWS PERFECT.

Why Grooves are Invariably Cut in the Shaft.

In making an Indian arrow three small undulating grooves are cut on the shaft, running down to the head from the lower end of the feathers, says the Southern Workman. This has attracted the attention of some of the ethnologists, who gave the matter considerable study and wisely concluded that the little lines were made for the blood to run through or that they represented lightning. An old Omaha, who had the reputation of being very skillful in cutting grooves in arrow shafts, was called by the chief to do that work for him on some arrows he was making. The chief himself was a fine arrow maker, but he recognized the skill of the old man in this particular line. While the work was in progress the chief's son, who had reached the inquisitive age and was looking on with wide-eyed interest, suddenly asked, "Venerable man, why are you making those crooked lines?" The chief gave a hearty laugh and said, "Father, tell him, for he will be making arrows himself some day, and he should know how." "Every sapling," answered the old man, "out of which the arrow is made has some defect, however faultless it may appear to be. The good arrow maker takes a great deal of pains to smooth out and straighten the imperfections by oiling and heating, but the wood in time will spring back because of its inherent defects unless these grooves are cut in the shaft soon after seasoning and straightening."

## TOOK NAP IN PERILOUS PLACE.

Workman Asleep in a Window Twelve Stories from the Ground.

The other day in New York, Morris Spencer, weary of window cleaning, calmly sat down and fell asleep on the narrow ledge of the twelfth story of a Wall street sky scraper. Before closing his eyes, he dropped one leg carelessly over the edge of the ledge and leaned his head back against the window frame; then he slipped off into dreamland. For three hours the window cleaner slept on his narrow, lofty bed, unconscious of peril. A bad dream—a sudden start—and off he would have tumbled, to be dashed to destruction on the granite pavement 135 feet below. The ledge was only two feet wide.

A man in an office on the twelfth story of the building across the street saw Spencer. He telephoned to the ground floor for Policeman Ross of the traffic squad, who was passing. The latter made his way to the window through which Spencer had passed to reach the ledge, grasped his arm and shook it gently. Spencer awoke at the first shake, got up silently like a cat, crawled in side to safety and without a word went away to clean more windows. A crowd watched the "rescue" and cheered.

Alas for the Polished Floor. "Aunt Louisa," as the late Mrs. Louisa Eldridge was lovingly called, was well known as an actress, but she was even better known as the organizer of the annual Christmas festival for stage children at Pastor's theater in New York.

"In presenting their Christmas gifts to the stage children," said an actress, "Aunt Louisa made the jolliest little speeches. I well remember what she said to me when I was a juvenile in presenting me with a crutch, for I had sprained my ankle badly in a snow scene. 'She said she hoped I would income no one with my crutch, as her cousin, a veteran colonel, sometimes incomed me with his wooden leg. 'Her cousin, she said, was once dining with a man whose floors were of highly polished and costly inlaid woods. 'The host got nervous as he saw the colonel clumping and clattering about on his expensive floors. He was afraid they would be scratched up. 'Hadn't you better come over here on the rug, colonel?' he said. 'You might slip out there, you know.' 'But the colonel with a loud laugh struck the floor firmly with his wooden leg. 'No fear of that,' said he. 'There's a nail in the end, you know.'"

Umbrella Stands on Cars. There is an agitation in Glasgow, Scotland, to have umbrella stands provided on the platform of the electric street cars.

When a man undertakes to prove his importance he is inclined to overstep the mark. A College Man's Experience. "All through my high school course and first year in college," writes an ambitious young man, "I struggled with my studies on a diet of greasy, pasty foods, being especially fond of cakes and fried things. My system got into a state of general disorder and it was difficult for me to apply myself to school work with any degree of satisfaction. I tried different medicines and food preparations but did not seem able to correct the difficulty. 'Then my attention' was called to Grape-Nuts food and I sampled it. I had to do something, so I just buckled down to a rigid observance of the directions on the package, and in less than no time began to feel better. In a few weeks my strength was restored, my weight had increased, I had a clearer head and felt better in every particular. My work was simply snort to what it was formerly. 'My sister's health was badly run down and she had become so nervous that she could not attend to her music. She went on Grape-Nuts and had the same remarkable experience that I had. Then my brother, Frank, who is in the postoffice department at Washington city and had been trying to do brain work on greasy foods, cakes and all that, joined the Grape-Nuts army. I showed him what it was and could do and from a broken-down condition he has developed into a hearty and efficient man. 'Besides these I could give account of numbers of my fellow-students who have made visible improvement mentally and physically by the use of this food.' Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

Food and Study. The fernlike trembles in the lifting dark. Pale spangles glance along the mellow gray. Above the ancient wood a rounded bark Drops its petals down a dusky bay. And cornucopia, and all a-slip between The trees, soft shocks of raveled silver lean.

The cornfield chiefs make bold essay to break The moon spears, with their tawny pointed shields; From mullen tent and grassy camps awake The moonlight pipers of the autumn fields; And most delicious fragrances of night Wind through the argent fleeces of the light.

A still, black stream tumbled with cameo Asleep in dim retreat of sycamore. Awakes, with rills of laughter, just below. A curve, and from the crescent of the shore An old mill rises in the yellow mist. And grinds, with silent wheel, a shadow erst. —Harriet Whitney Durbin in Everybody's Magazine.

Railway Employees. In the service of the railways of the United States to-day more than a million and a quarter of men are employed. Of this multitude 52,451 are engine men, 55,000 are firemen, 40,000 are conductors. The number of engines in active use is 47,000, the number of passenger cars 40,000, and of freight cars 1,760,000. These cars and engines, if placed in line, would half encircle the globe.

School Children Drink Spirits. Out of the forty-nine school children in the lowest class at Nordhausen, Germany, the medical officer reports that thirty-eight had drunk wine, forty spirits and all more or less beer; while out of a class of twenty-eight girls sixteen confessed to having been drunk.

Largest Gas Receiver. The Los Angeles Gas and Electric company is erecting what will be the largest gas receiver in the United States. It will be 210 feet in height and 210 feet in diameter and will hold 5,000,000 cubic feet of gas.

## RHEUMATIC PAINS

Disappear When Dr. Williams' Pink Pills Purify the Blood and Heal Inflamed Tissues.

Rheumatism is a disease of the blood, caused by the failure of the body to cast off certain poisons. External applications are of use only in securing temporary relief from pain—the cure for rheumatism lies in purifying and enriching the blood. Mrs. Frederick Brown, of 40 Sumner street, Sandy Hill, N. Y., was a sufferer from inflammatory rheumatism from the time she was sixteen. She says: "It first appeared in my knee joints, then in my hips and waist. It became a regular thing that I would be laid up all winter. The rheumatism affected mostly my hands, hips, feet and shoulders. My hands were all puffed up and my feet became deformed. I lost my appetite, couldn't sleep and sometimes I was compelled to cry out, the pain was so intense. 'For several winters I was under the doctor's care and while his medicine relieved the pain for a little while there seemed no prospect for a permanent cure. I was confined to my bed, off and on, for weeks at a time. My limbs swollen dreadfully at times and I was reduced almost to nothing. 'In the spring of 1904, upon the advice of a friend, I began to use Dr. Williams' Pink Pills. At that time I wasn't able to do anything and could barely eat enough to keep alive. I felt a change for the better in about a month. I began to eat heartily and I suffered less pain. Of course I kept on the treatment, using care in my diet, and in about three months I was cured. I am entirely well today and do all my own work. 'Dr. Williams' Pink Pills cured Mrs. Brown by driving the rheumatic poisons out of her blood. But you must get the genuine Dr. Williams' Pink Pills, sold by all druggists and by the Dr. Williams Medicine Co., Schenectady, N. Y.

What is a miff? Something that holds a lady's hand and doesn't squeeze it.

To Get the Best Out of Life: Order the life habits to conform to the laws of hygiene, take proper rest, food, drink and exercise, have plenty of light, fresh air and sunshine, and take a cup of Garfield Tea daily. This mild laxative insures Good Health. Druggists sell Garfield Tea.

A GUARANTEED CURE FOR PILES. Itching, Bleeding, Protruding Piles. Druggists are authorized to refund money if PAIN OINTMENT fails to cure in 10 to 15 days. See.

A man never realizes how many people want to treat him until he has sworn off. Lewis' Single Binder straight six cigar. Made of extra quality tobacco. Your dealer or Lewis Factory, Peoria, Ill.

Ancient French Custom. Dumas in his "Isabel of Bavaria" refers to an ancient privilege which authorized the deputies of the six merchant bodies to accompany the kings and queens of France upon their entry into Paris from the gate of St. Denis to the palace, followed on this occasion by the representatives of the different manufacturing bodies clothed to represent the "seven capital sins," and by way of contrast, the "seven Christian virtues."

Great Desire of Humankind. "There is in man's nature a secret inclination and motion toward love of others, which, if it be not spent upon some one or a few, does naturally spread itself toward many," said Lord Bacon three centuries ago. The remark might be applied with good reason to the unmarried woman, who within the last half century, has become a moving power in the world.

Fine Pictures in Barber Shop. There is a barber at Verdun, says the Paris Figaro, who decorates his shop with priceless Corots, instead of the usual advertisements of somebody's soap or hair wash, and what is more strange, knows what he is doing. They were a present from the artist himself to a cousin of the barber and came to him as a legacy.

Umbrella Stands on Cars. There is an agitation in Glasgow, Scotland, to have umbrella stands provided on the platform of the electric street cars.

When a man undertakes to prove his importance he is inclined to overstep the mark. A College Man's Experience. "All through my high school course and first year in college," writes an ambitious young man, "I struggled with my studies on a diet of greasy, pasty foods, being especially fond of cakes and fried things. My system got into a state of general disorder and it was difficult for me to apply myself to school work with any degree of satisfaction. I tried different medicines and food preparations but did not seem able to correct the difficulty. 'Then my attention' was called to Grape-Nuts food and I sampled it. I had to do something, so I just buckled down to a rigid observance of the directions on the package, and in less than no time began to feel better. In a few weeks my strength was restored, my weight had increased, I had a clearer head and felt better in every particular. My work was simply snort to what it was formerly. 'My sister's health was badly run down and she had become so nervous that she could not attend to her music. She went on Grape-Nuts and had the same remarkable experience that I had. Then my brother, Frank, who is in the postoffice department at Washington city and had been trying to do brain work on greasy foods, cakes and all that, joined the Grape-Nuts army. I showed him what it was and could do and from a broken-down condition he has developed into a hearty and efficient man. 'Besides these I could give account of numbers of my fellow-students who have made visible improvement mentally and physically by the use of this food.' Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

Dorothy is a tiny maid of 4 years, whose father always gets shaved at the barber's. When on a visit recently she found an uncle who shaved himself. She watched, this performance with intense, but silent astonishment for two or three mornings, but finally broke out with "What makes you do that, Uncle Will? My papa doesn't wash his face with a little broom and wipe it with a knife."

Religious Symbols on Coins. Religious symbols on coins were common to all the countries that accepted Christianity, the bust or monogram of a ruler on the obverse and on the reverse a cross or Christian temple. But as the simplicity of classicism disappeared before the elaborate composition and decoration of the middle ages we find heraldic devices substituted, which gave a national and individual character to the coinage.

Forgive the Cook. At last she is vindicated. Cooks have long been celebrated for their inflammable tempers, no excuse being made for them, but a German scientist has come to their rescue, and asserts that their crossness is not a fault of character by a symptom of a disease common to the profession, and induced by the habitual heat and light to which they are exposed.

Miser Leaves \$750,000. Father Achy, a noted miser, has died at Berne, aged seventy. When he was twenty-two a fortune was bequeathed him, and from being a spendthrift, he at once became a miser. He lived on bread and water at a cost of 3 cents a day and left \$750,000. The sum of \$100,000 in gold and silver was found under his bed room floor.

Monkey Wears Glasses. In the Breslau zoological garden there is a spider monkey, which was operated on for cataract and now wears glasses. It seems to do well and to understand the reason for its strange facial adornment.

Woman Stirs Up Trouble. A woman at Yarmouth, England, received a lawyer's letter, warning her against annoying a next door neighbor. She hung the letter on the clothes line in her backyard, and now there is more trouble.

A NEW DEPARTURE IN SPEED. On Monday, February 19th the Big Four Ry. inaugurated a new fast train service, Chicago to Cincinnati, leaving Chicago 11:30 p. m., arriving Indianapolis 4:40, Cincinnati 7:45 a. m., consuming eight hours and fifteen minutes covering three hundred miles of distance. This schedule is the same as the fastest time made by day-light trains between above cities, and will make but one stop, at Indianapolis. The train will consist of Pullman's latest sleepers, ladies' coach and smoking car Chicago to Cincinnati, with a local sleeper Chicago to Indianapolis and sidetracked at latter place for occupancy until 7 a. m.

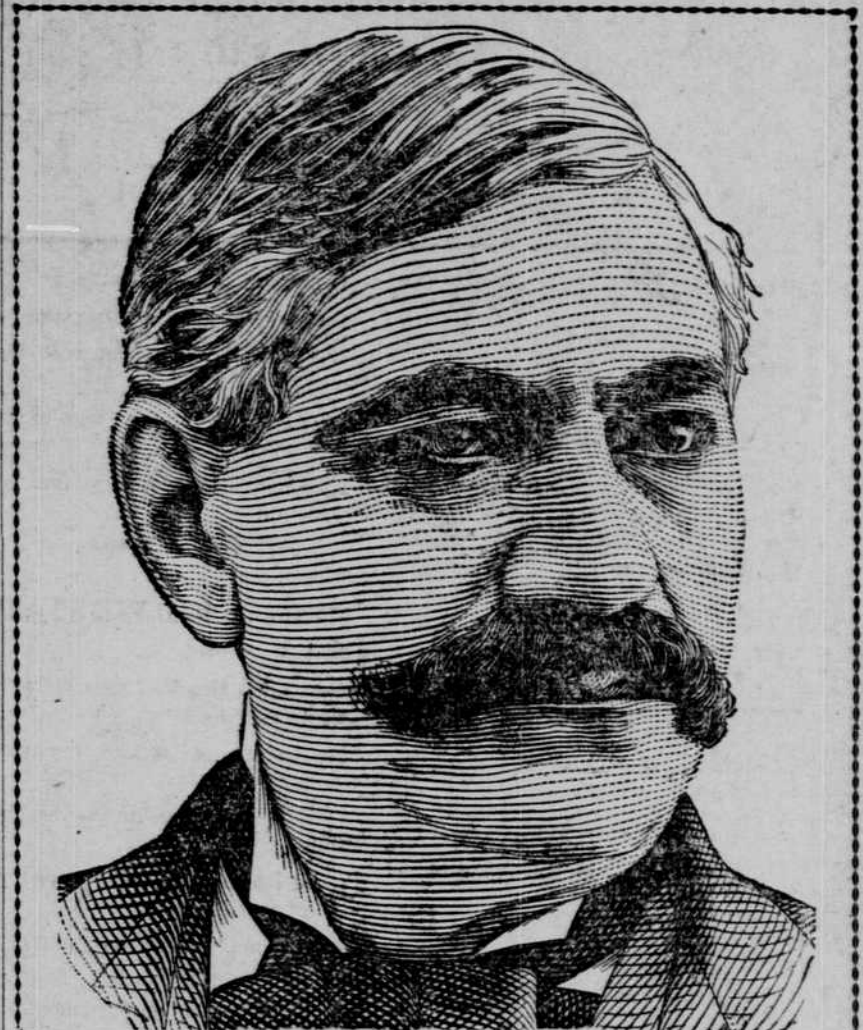
This will be a passenger train entirely and no express or mail will be handled. This will allow patrons to visit the theater or their friends before leaving Chicago and they can eat breakfast in Cincinnati next morning. For tickets and reservations on this train apply to all ticket agents or I. P. Spining, General Northern Agent, 238 Clark St., Chicago.

The fellow with more money than he knows what to do with always has more friends than he needs. Worth Knowing. —that Alcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

The future has little in store for those who neglect the present.

## HAD CATARRH THIRTY YEARS.

Congressman Meekison Gives Praise to Pe-ru-na For His Recovery.



CONGRESSMAN MEEKISON PRAISES PE-RU-NA. Hon. David Meekison, Napoleon, Ohio, ex-member of Congress, Fifty-fifth District, writes:

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."—David Meekison.

ANOTHER SENSATIONAL CURE: Mr. Jacob L. Davis, Galena, Stone county, Mo., writes: "I have been in bad health for thirty-seven years, and after taking twelve bottles of your Peruna I am cured."—Jacob L. Davis. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

WANTED. Limited territory only left. Our list of special representatives is nearly complete. Answers must reach us immediately, with best of references. H. S. HOWLAND, 1 Madison Avenue, New York City.



WET? No doubt you'll need a TOWER'S FISH BRAND SUIT OR SLICKER. Make no mistake—it's the kind that's guaranteed to keep you dry and comfortable in the hardest storm. Made in Black or Yellow. Sold by all reliable dealers. A. J. TOWER CO., BOSTON, U.S.A. TOWER CANADIAN CO., Ltd. Toronto, Can. DR. COFFEE'S 30-PAGE EYE BOOK FREE. It tells how to cure eye diseases, at home without visiting a Doctor—Write to DR. W. O. COFFEE, 140 Century Bldg., Des Moines, Ia.

## You Will Prosper in the Great Southwest

In Oklahoma, Indian Territory and Texas are vast areas of unimproved land—land not now yielding the crops of which it is capable. The same conditions apply to the towns. Few lines of business are adequately represented. There are openings of all sorts—for mills and factories, for small stores, for banks, newspapers and lumber yards. You have only to get on the ground to prove this. To enable you to do so the Missouri, Kansas & Texas Ry. offers

## Rates Cheaper Than Ever March 6th and 20th

On above dates most lines will sell both one-way and round trip tickets at exceptionally low rates. If your nearest railroad agent cannot give you the rates, write me for particulars.

G. A. McNUIT Blossom House, KANSAS CITY, MO. Tickets on sale everywhere, via



"SOUTHWEST" DEAFNESS CURED FREE 64-PAGE BOOK which tells how to cure deafness at home; its free; write for it. DR. W. O. COFFEE, 140 Century Bldg., Des Moines, Ia.

PATENTS for PROFIT must fully protect an invention. Booklet and Desk Calendar FREE. Highest references. Communications confidential. Established 1861. Mason, Fenwick & Lawrence, Washington, D. C.

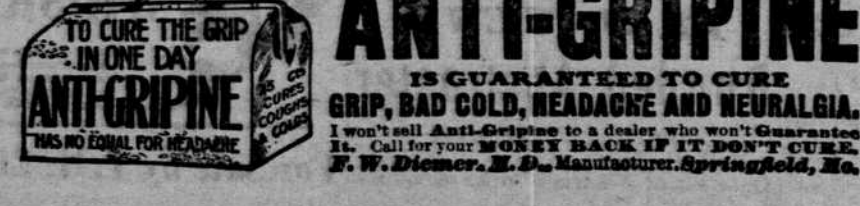
PIT & PITLESS SCALERS. For Steel and Wood Frames, 45c and up. Write us before you buy. We save you money. Also Pumps and Wind Mills. BECKMAN BROS., Des Moines, Iowa.

DEFIANCE Cold Water Starch makes laundry work a pleasure. 16 oz. pkg. 10c. When Writing Advertisers Kindly Mention This Paper.

W. N. U., Omaha. No. 9—1906.



FOR EMERGENCIES AT HOME And for the Stock on the Farm NOTHING EQUALS SLOAN'S LINIMENT The Great Antiseptic Price, 25c., 50c. and \$1.00. Dr. EARL S. SLOAN, 615 Albany St., Boston, Mass.



TO CURE THE GRIP IN ONE DAY ANTI-GRIPINE IS GUARANTEED TO CURE GRIP, BAD COLIC, HEADACHE AND NEURALGIA. It won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE. W. W. Diemer, E. H. Manufacturer, Springfield, Mo.