

NEW STRENGTH FOR WOMEN'S BACKS.

How to Make a Bad Back Better.

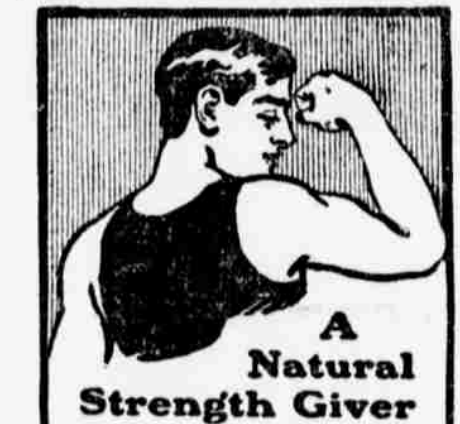
Women who suffer with backache, bearing down pains, dizzy spells and that constant feeling of dullness and tiredness, will find hope in the advice of Mrs. Mary Hinson of 21 Strother St., Mt. Sterling, Ky. "Had I not used Doan's Kidney Pills, I believe I would not be living today," says Mrs. Hinson. "My eyesight was poor, I suffered with nervous, splitting headaches, spots would dance before my eyes and at times I would be so dizzy I would have to grasp something for support. My back was so weak and painful I could hardly bend over to button my shoes and could not get around without suffering severely. Doan's Kidney Pills helped me from the first, and I continued until practically well again."

Remember the name—Doan's. Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Yes, He Made a Splurge.
"I suppose Newrich is making quite a splurge with his money."
"He did the day he backed his auto off the ferry boat."—Puck.

Syrup of Figs and Elixir of Senna
Cleanses the System Effectually.
Dispels colds and Headaches due to Constipation.
Acts naturally, acts truly as a Laxative.
Best for Men, Women and Children—Young and Old.
To get its beneficial effects, always buy the Genuine, manufactured by the

CALIFORNIA FIG SYRUP CO.
SOLD BY ALL LEADING DRUGGISTS
one size only, regular price 50¢ per bottle.



A Natural Strength Giver
Ordinary tonics that merely supply food material and give artificial strength by stimulation are never lasting in their effects because they do not remove the cause of the ill health.
A "run down" condition is generally due to the failure of the digestive organs to properly digest the food.

DR. D. JAYNE'S TONIC VERMIFUGE

tones up the stomach and other digestive organs, and restores their normal, healthy condition. Then the digestive organs supply the body with its full share of nourishment, and in this way build up permanent health and strength.

Sold by all druggists 2 sizes, 50c and 35c.
Dr. D. Jayne's Expectorant is an invaluable medicine for Coughs, Colds, Bronchitis, Croup, Whooping Cough, Pleurisy, etc.

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 Biliary Colic, 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
Big Assets

Four hundred thousand people take a CASCARET every night—and rise up in the morning and call them blessed. If you don't belong to this great crowd of CASCARET takers you are missing the greatest asset of your life.

CASCARETS are a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

NEWS FROM THE CAPITAL CITY

ITEMS OF INTEREST AROUND THE STATE HOUSE.

Adjutant General John C. Hartigan of the Nebraska National Guard has issued an order authorizing Major A. H. Hollingsworth to recruit a gattling gun detachment at Beatrice to consist of thirty enlisted men and two officers.

Mr. E. Ratnour of Weeping Water, having received the recommendation of the Nebraska funeral directors' association, was elected by unanimous vote to fill the vacancy caused by the expiration of his former appointment on the state board of embalmers, his term to expire July 3, 1912.

Judgment for \$3,000 in favor of Mrs. Lena M. Lillie against the Modern Woodmen of America was appealed by the insurance organization to the state supreme court. The judgment in favor of Mrs. Lillie, who had previously been convicted of murdering her husband, was obtained in the district court of Lancaster county.

The Nebraska Telephone company has appealed to the supreme court from a judgment for \$5,000 obtained by Sadie M. Latta, an employe in the company's exchange at University Place, who was almost electrocuted by what she alleged was an uninsulated electric lamp that came in contact with her while she was on duty.

Governor Shallenberger read a communication from Dr. E. Arthur Carr presenting resolutions of the board of secretaries requesting the continuation of arrangements for payment of expense of compiling vital statistics. The board decided to continue the compilation of vital statistics, the expense of such compilation to be paid out of the appropriation provided for such purpose.

Governor Shallenberger has appointed the following delegates to represent Nebraska at the twelfth annual meeting of the mining congress at Goldfield, Nev., September 27 to October 2: E. A. Weatherly and Thomas Maloney of Omaha, J. C. Van Housen of Schuyler, George F. Hibner, T. J. Doyle and Prof. H. H. Nicholson of Lincoln, Frank Mansfield of Albion.

Candidates for appointment on the state board of dental secretaries to fill the vacancy caused by the expiration of the term of Dr. W. T. Smith of Geneva, were Dr. W. T. Smith, Dr. E. A. Thomas of McCook and Dr. William H. Mullen of Bloomfield. The first ballot resulted in one vote for each candidate. The second ballot resulted in a majority of the votes being cast for Dr. E. A. Thomas, and he was declared elected, his term to expire August 1, 1914.

The state board of health has appointed Dr. E. A. Thomas of Red Cloud on the board of dental secretaries to succeed Dr. W. T. Smith of Geneva. The dental secretaries will hold a hearing in Lincoln for the purpose of taking testimony in the case of a dentist of Fairbury who is charged with immorality by a lady patient. The board of health has appointed E. Ratnour of Weeping Water to succeed himself on the board of embalmers. The appointment is for a term of three years.

Governor Shallenberger has appointed the following delegates to good roads and waterways conventions: Delegates to good roads congress, Cleveland, O., September 21-23, 1909, Jesse W. Fouts, Diller; E. Filley, Reynolds; J. W. McDonnell, Fairbury; Jesse Gandy, Broken Bow; delegates to lakes to the gulf and deep waterways convention, New Orleans, October 30, November 1 and 2, Hal McCord, Omaha; H. T. Clark, Sr., Omaha; H. H. Hanks, Nebraska City; Judge H. D. Travis, Plattsmouth; P. B. Gordon, Decatur; Col. M. A. Bates, Plattsmouth; John Flynn, South Omaha.

The first move under the law for the care of indigent curable consumptives has been taken by the state board of health. It has designated Tabitha hospital of Lincoln as a hospital where patients may be treated at the expense of the county from which the patient comes. The law provides that the charge of the hospital shall not exceed \$7 a week. County judges shall receive applications from indigent consumptives of the nature mentioned and shall hold hearings on the fitness and necessity of such state aid for applicant. If he approves the application he shall certify the fact to the county board, which shall transport such patient to some hospital approved by the state board of health and shall pay for his keep while there. But no person shall be taken care of without a certificate from a practicing physician saying that such patient is curable.

State Fire Warden A. V. Johnson is now finding plenty to do under the terms of the law creating his office. He has four supposed incendiary fires at Omaha under investigation at this time.

The complaint of Ellsworth S. Kirkman of Fairbury against C. E. Leach, a practical dentist of Fairbury, was referred to the state board of dental secretaries, and the secretary was directed to notify the complainant and defendant of such action.

FALL PAINTING.

The majority of property owners are under the impression that spring time is the only painting time. But the fall of the year offers several advantages to the painter. One of the most important is that surfaces are almost sure to be dry, and there is no frost or inner moisture to work out after the paint is applied.

Pure white lead—the Dutch Boy Painter kind—mixed with pure linseed oil (tinted as desired) gives a winter coat to a building that is an armor against the severest attacks of the winter rain, sleet, winds and snow. National Lead Company, 1902 Trinity Bldg., New York city, makers of pure white lead, Dutch Boy Painter trademark, are offering to those interested a complete painter's outfit, consisting of a blow pipe and lead tester, book of color schemes, etc. State whether you want exterior or interior decorating.

A New One About Napoleon.
A "new" story about Napoleon is necessarily doubtful; the probability is that it is simply so old that it has been forgotten. However, here is one that Arthur M. Chuquet prints in L'Opinion as never before published. It relates Napoleon and Blucher.

The emperor received the general at the castle of Plinkenstein, while he was preparing for the siege of Danzig. He drew him to a window in an upper story and paid him compliments on his military gifts, and Blucher, going away delighted, described the interview to his aide-de-camp. "What a chance you missed!" exclaimed the latter.
"You might have changed the whole course of history."
"How?"
"Why, you might have thrown him out of the window."
"Confound it!" replied Blucher. "So I might! If only I had thought of it."
—New York Evening Post.

The Root of Altruism.

The three eternal roots of altruistic energy are these: First, the principle of justice; that there is a moral law before which all men are equal, so that I ought to help my neighbor to his rights. Second, the principle of charity; that I owe infinite tenderness to any shape or kind of man, however unworthy or useless to the state. Third, the principle of free will; that I can really decide to help my neighbor, and am truly disgraced if I do not do so. To this may be added the idea of a definite judgment; that is, that the action will at some time terribly matter to the helper and the helped.—G. K. Chesterton.

His Size Was Known.

"I want some collars and neckties for my husband!" she snapped.
"Yes, madam."
The clerk offered her the latest thing.
"What size are these?" asked the lady.
"Why, twelve and a half, madam!"
"How on earth did you guess that?"
"Ah," replied the clerk, smiling, "gentlemen who let their wives select their collars and ties always take that size!"

Hypocrite in the Hereafter.

Dr. Madison C. Peters was discussing the question. "Will the coming man marry?" He instanced a certain type of bachelor.
"This man," he said, "is a hypocrite. He uses his religion as a cloak."
"And what will he do in the next world, eh?" said the reporter.
"Oh," said Dr. Peters, "he won't need any cloak there."

Wild Horses in Southwest.

Wild horses are found roaming in bands on the plains of New Mexico, Arizona, Nevada and California. Of 50 horses captured by rangers in the Modoc national forest, about half proved to be branded stock which had grown wild, the others being horses that had never known the ownership of man.

The man who has the greatest command of language is the one who knows when to keep quiet.

THE DOCTOR'S WIFE Agrees with Him About Food.

A trained nurse says: "In the practice of my profession I have found so many points in favor of Grape-Nuts food that I unhesitatingly recommend it to all my patients. "It is delicate and pleasing to the palate (an essential in food for the sick), and can be adapted to all ages, being softened with milk or cream for babies or the aged when deficiency of teeth renders mastication impossible. For fever patients or those on liquid diet I find Grape-Nuts and albumen water very nourishing and refreshing."
"This recipe is my own idea and is made as follows: Soak a teaspoonful of Grape-Nuts in a glass of water for an hour, strain and serve with the beaten white of an egg and a spoonful of fruit juice for flavoring. This affords a great deal of nourishment that even the weakest stomach can assimilate without any distress."
"My husband is a physician and he uses Grape-Nuts himself and orders it many times for his patients."
"Personally I regard a dish of Grape-Nuts with fresh or stewed fruit as the ideal breakfast for anyone—well or sick."

In any case of stomach trouble, nervous prostration or brain fog, a 10 day trial of Grape-Nuts will work wonders toward nourishing and rebuilding and in this way ending the trouble.
"There's a Reason," and trial proves. Look in pkgs. for the famous little book, "The Road to Wellville."
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TOASTED CORN FLAKES
WHOLE GENUINE WHEAT WITH THIS SIGNATURE
W. K. Kellogg
TOASTED CORN FLAKE CO.
BATTLE CREEK, MICH.
The sweetest part of the corn

OPEN AT SIX A.M.

\$1000.00

You'll Have to Tie it Down

For the purpose of encouraging the better breeding in corn for improving the quality, W. K. Kellogg, the President of the Toasted Corn Flake Co., offers a \$1000.00 beautiful solid gold and silver trophy to the person growing the best ear of corn in two different seasons, the first season's specimen to be sent to the National Corn Exposition, Omaha, Neb., before November, 27th, 1909. This offer is open to every man, woman and child in the United States. It will be judged by the leading corn authority of the world, Prof. P. G. Holden. Watch this paper for further particulars.

—But is it any wonder? There never was a food that so pleased the tastes of the little ones—or so well agreed with them. And the same is true with grown-ups. All are ready and anxious for more before the next meal comes around. It's all in the flavor—the delightful, different flavor that has made a nation of Corn Flake eaters. But this flavor is found only in Kellogg's, the kind that you should ask for and insist on having. Your grocer has it or can get it for you.

KELLOGG TOASTED CORN FLAKE CO., Battle Creek, Mich.

IN YOKOHAMA.



Jack—I wish I had my signal book. Just me, I'll bet that bend of the wrist means something saucy.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.
Address F. J. CHENEY & CO., Toledo, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation.

Its Troubles.

The family skeleton complained. "I wouldn't mind being exhibited once in awhile," said the skeleton, articulating with difficulty through its set teeth, "but they air me so frequently in the courtroom, where the air is always notoriously bad."
But who ever thinks of looking at such exhibitions from the family skeleton's point of view?

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good Starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

The Old Man's Joke.

"Mary," called her father, "has that young man gone yet?"
"No, pa," replied the maid. "But he's going right now."
"Then ask him to empty the pail underneath the ice box before he goes, will you? I forgot it."

Her Bathing Suit.

"Papa, the stuff I want my new bathing suit made of costs ten dollars a yard."
"Well, here's \$1.50—get what you want, my dear."

No Shape in It.

"Did she leave her business in good shape?"
"No; she couldn't. There is no shape in her business. She's a fashionable dressmaker."

A little bottle of Hamlin's Wizard Oil is a medicine chest in itself. It can be applied in a larger number of painful ailments than any other remedy known.

A train of thought won't do you much good unless you get up enough steam to carry it through.

OF ALL HOT WEATHER ENEMIES

Cholera, in the worst form, is the most dreaded of all hot weather ailments. It is a disease that strikes suddenly and is fatal in a few hours. It is caused by the use of impure water and is often spread by flies and other insects. It is a disease that is common in all hot climates and is especially prevalent in the summer months. It is a disease that is often fatal and is a great scourge to the human race. It is a disease that is often fatal and is a great scourge to the human race. It is a disease that is often fatal and is a great scourge to the human race.

When a man is his own worst enemy he really doesn't need any other.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. In a bottle.

Brazil grows more coffee than any other country in the world.

From Overhead.

A canary hung directly over the big square table in the Hungarian restaurant.

"Once," said a woman who was dining there, "the bottom dropped out of the cage, the bird flew at the orchestra yonder, and we had bird seed in our soup. It was awful."

"That reminds me," said the cross-eyed man, "of one time when we were having a little game of poker on the B. & O. You know how those trains roll. Well, just about the middle of the game down came all the grips and dress suit cases straight into the kitty and broke up the game. Money flew everywhere. We got so mixed we couldn't tell which had won or where the money was that whoever had won it won. Talk about bird seed!"

A TRAIN LOAD OF TOBACCO.

Twenty-four Carloads Purchased for Lewis' Single Binder Cigar Factory.

What is probably the biggest lot of all fancy grade tobacco held by any factory in the United States has just been purchased by Frank P. Lewis, of Peoria, for the manufacture of Lewis' Single Binder Cigars. The lot will make twenty-four carloads, and is selected from what is considered by experts to be the finest crop raised in many years. The purchase of tobacco is sufficient to last the factory more than two years. An extra price was paid for the selection. Smokers of Lewis' Single Binder Cigars will appreciate this tobacco.
—Peoria Star, January 16, 1909.

Big Berlin Philanthropy.

More than 50,000 children were enabled by the authorities of Berlin to spend this summer on land within easy reach of the city limits. They were assigned plots where they could play and cultivate gardens profitably with the help of their families and the advice of public instructors.

Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* In Use For Over 30 Years. The Kind You Have Always Bought.

Opportunity.

Knicker—I have ideas for a new political party, a new religion and a new diet.

Bocker—Better wait till the ball season is over.

STOMACH LIVER LUNGS

Each of the chief organs of the body is a link in the Chain of Life. A chain is no stronger than its weakest link, the body no stronger than its weakest organ. If there is weakness of stomach, liver or lungs, there is a weak link in the chain of life which may snap at any time. Often this so-called "weakness" is caused by lack of nutrition, the result of weakness or disease of the stomach and other organs of digestion and nutrition. Diseases and weaknesses of the stomach and its allied organs are cured by the use of Dr. Pierce's Golden Medical Discovery. When the weak or diseased stomach is cured, diseases of other organs which seem remote from the stomach but which have their origin in a diseased condition of the stomach and other organs of digestion and nutrition, are cured also.

The strong man has a strong stomach. Take the above recommended "Discovery" and you may have a strong stomach and a strong body.

GIVEN AWAY.—Dr. Pierce's Common Sense Medical Adviser, new revised Edition, is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

For DISTEMPER Pink Eye, Epizootic Shipping Fever & Catarrhal Fever
Sure cure and positive preventive, no matter how horses at any age are infected or "exposed." Liquid given on the tongue acts on the blood and glands, expels the poisonous germs from the body. Cures distemper in dogs and sheep and "hinders" in poultry. Largest selling live-stock remedy. Cures the griping stomach human beings and is a fine kidney remedy. 50c and \$1 a bottle. Send for a bottle. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Cause and Cure of..." Special agents wanted. Chemists and Apothecaries **GOSHEN, IND., U. S. A.**