

What is a Backache?

IT IS NATURE'S WARNING TO WOMEN

Diseases of Woman's Organism Cured and Consequent Pain Stopped by Lydia E. Pinkham's Vegetable Compound.

"It seems as though my back would break." Women utter these words over and over again, but continue to drag along and suffer with aches in the small of the back, pain low down in the side, "bearing-down" pains, nervousness and no ambition for any task.



Miss Maude Morris

They do not realize that the back is the mainspring of woman's organism, and quickly effective remedy in such cases. It speedily cures female and kidney disorders and restores the female organs to a healthy condition.

"I have suffered with female troubles for over two years, suffering intense pain each month, my back ached until it seemed as though it would break, and I felt so weak that I did not find strength to attend to my work but had to stay in bed a large part of the first two or three days every month. I would have sleepless nights, had tremors and severe headaches. All this undermined my health.

"We consulted an old family physician, who advised that I try Lydia E. Pinkham's Vegetable Compound. I began taking it regularly and soon found that I could sleep and eat better than I had done for months. Within two months I became regular and I no longer suffer from backache or pain."—Miss Maude Morris, Sec. Ladies' Aid and Mission Society, 56 E. Hunter St., Atlanta, Ga.

WHY OHIO IS PROUD.

Not much is heard of Ohio as a corn state, but only seven out of the other 44 beat it in the size of the crop. The average population of the counties of Ohio is about 50,000, but of the 88 only 20 or 21 exceed that limit.

There are more men fit for military duty in Ohio than fought at Mukden, in the Japanese and Russian armies combined.

If the people of Ohio stood side by side, with outstretched arms, touching finger tips, the line would reach from Boston to San Francisco, with a large margin left.

The first settlements in Ohio were made in the southeastern part of the state, but now that section is less populous than almost any other. It contains no great city.

No precious metals have ever been mined in Ohio, but the value of the coal and iron dug out of the Ohio hills every year exceeds that of the gold of Colorado or California.

Only one state—Illinois—which is younger than Ohio is more populous. Illinois is much larger in area. No state later in date of settlement has more inhabitants in proportion to its size.

BY THE GENTLE CYNIC.

Oratory is merely talk with a frock coat on.

It's a poor fool that can't be worked both ways.

If at first you don't succeed, do it over; but don't overdo it.

The fellow who falls in love at first sight deserves another look.

Putting up a sign "Post No Bills" won't keep them from coming through the mails.

What is the good of a cookbook when it doesn't tell us how to keep a cook?

The choir may sing "Peace on Earth," but that doesn't mean peace in the choir.

God created the first woman, but the devil was hanging around and stole the pattern.

Some men are born great, some shrink, and others never find out how small they really are.

A girl's first proposal always convinces her that it will be necessary to establish a waiting list.

OUTDOOR LIFE

Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

A farmer says:

"It was not from liquor or tobacco that for ten years or more I suffered from dyspepsia and stomach trouble, they were caused by the use of coffee until I got so had I had to give up coffee entirely and almost give up eating. There were times when I could eat only boiled milk and bread and when I went to the field to work I had to take some bread and butter along to give me strength.

"I doctored with doctors and took almost everything I could get for my stomach in the way of medicine, but if I got any better it only lasted a little while until I was almost a walking skeleton.

"One day I read an ad for Postum and told my wife I would try it, and as to the following facts I will make affidavit before any judge:

"I quit coffee entirely and used Postum in its place. I have regained my health entirely and can eat anything that is cooked to eat. I have increased in weight until now I weigh more than I ever did; I have not taken any medicine for my stomach since I began using Postum. Why, I believe Postum will almost digest an iron wedge.

"My family would stick to coffee at first, but they saw the effects it had on me, and when they were feeling bad they began to use Postum, one at a time, until now we all use Postum."

Name given by Postum Co., Battle Creek, Mich.

Ten days' trial of Postum in place of coffee proves the truth, an easy and pleasant way. "There's a reason."

Look in pkgs. for a copy of the famous little book, "The Road to Well-villa."

The Bachelor Girl's Mother

Her friend found the Bachelor Girl alone, sitting in the melancholy twilight of her studio.

"What is it?" she asked.

The Bachelor Girl looked wistfully out the window. "It's mother," she said, and waited awhile before she began with a sign to tell the story.

"I'm a little tired," she began. "I've been so busy all day waiting on mother. She's just gone out to dinner now and I'm taking a rest."

"Was that your mother getting into the cab at the door as I came in?"

The Bachelor Girl nodded assent.

"She seemed very young—that is, judging by the fleeting glimpse I caught of her."

The Bachelor Girl was silent for a minute. "I have been away from home a good while," she said, musingly.

"About five years, I think, I left home with a very distinct impression of mother. Since I could remember she sat quietly somewhere, knitting lace or mitts or socks or something, hardly ever looking up, very quiet, very demure, very peaceful, finished with life, as it were."

She went to a drawer of the chiffoniere and got out some pieces of lace, which she laid in her friend's lap, saying:

"This is the sort of stuff she knitted. She sent it to me for pillow slips and one thing or another. That was when father was alive. Father was of a dominant nature. He controlled everything and everybody within his reach or hearing. That was why I left home. I had something of his will. I wouldn't let him bend it. But mother—

—he had her under such complete control it was almost pitiful. He died about a year ago, and then I thought to myself: 'The dear little meek, vanquished mother shall come to New York and see the sights. It will be a change for her. I hate to think of her there by the window in the old home, knitting her life away on useless lace and mittens. Beside, I thought, 'she can polish my candlesticks for me and clean up my studio when I am busy.'

"That was five weeks or so ago," she said with another sigh. "I am fond of my mother—very, very fond—but, well, I will tell you. Mother came in all her mourning, dainty and sweet as could be, demure as ever, her big eyes sad, with the old 'done with life' look that I remembered. She sat very quietly here for a day, looking out the window in the same way that she had done in the old home. The second day she took her mourning veil, shook it out and placed it quietly in her trunk. It is there now.

"She bought herself a dainty gown of white. She put it on that night. A few fellows called. I introduced them to mother. I then concocted a little punch. Mother drank a glass or two. Her eyes brightened. She looked about 30 that night—not more. I served the punch while she entertained my whilom admirers.

"The following day mother divided her time between adding finishing touches to the finery she had bought, fitting a waist correctly, changing a flower of so in her hat and washing her hair. Then she went to the hairdresser and manicurist. She bought some new slippers, little white slippers to wear in the evening, she told me. She added a trailing gown to her collection, which by now had outgrown my clothes presses and chiffonier. She added a few more hats, a handsome umbrella, more lingerie and a long lace wrap for evening.

"That night the fellows who had called the previous night brought a few friends to look at mother. And she was well worth looking at. She had bought a bit of rouge. Her hair was in a marred wave. An aigrette adorned it. She looked about 20 in the delicate shades of the rose lights.

"That night as she kissed me she said: 'All these years I have been asleep, Mary, dear. I have just waked up.'

"But I, too, was beginning to waken. Those fellows! They didn't matter. For all I cared they might go or come; but when Sammie should return from his trip to the west. What then?"

"I dropped my work. I had to. I waited on mother. After the exertion of entertaining the night before—and she entertained well—she slept late. I tiptoed about, preparing her little breakfast. I saw to her bath and put great soft white towels within her reach. All day long, from morning till night, I waited on mother. My studio overflowed with her finery. As she stepped out of her gowns I hung them up for her.

"My studio became a rendezvous for my former admirers, who were now the admirers of my mother. At first I was invited to the little cafe suppers given in her honor. Then, by and by, they left me out, and from my lonely window I waded her kisses as she stepped gayly into automobile or cab.

"It was all very well. It didn't matter, so long as Sammie remained away. My mother grew younger and younger until she looked like a girl. The long and dreary years that she had slept had kept the youth in her. The life of New York went straight to her head. The excitement became her. She was beautiful. Beautiful. And then—"

"And then?" said her friend.

"Then Sammie came home," said the bachelor girl.

"Well?"

The eyes of the bachelor girl were fixed on the window, and they were sad. "Did you see the young man who was helping mother into the cab?" she questioned presently.

"Yes."

"That was Sammie."—N. Y. Press.

Disqualified.

"Cheer up, dear," she said to her dying husband. "I can keep boarders, you know."

"Ah, but you forget," he sadly replied, "that you have never had your own carriage to ride in, and you have no rich relatives whose offers of help you can spurn to show your independence."—Judge.

Uncooked Food.

The giants of old, their relics with awe. We inter-day pyramids may view. The dinosaur ate his comestibles raw, And see how the dinosaur grew!—Judge.

THE SCIENCE OF LIVING.

Dr. George F. Butler Tells How to Eat and How to Assimilate.

Dr. George F. Butler, medical superintendent of the Alma Springs Sanitarium, Alma, Mich., in the October number of "How to Live," gives some interesting as well as sensible rules for acquiring and keeping health. He says: "Without we eat and drink, we die! The provocative to do both rests with the appetite, which, in process of time, becomes a very uncertain guide; for the palate will often induce a desire and relish for that which is most mischievous and indigestible. The old saying of 'eat what you like' is now shunned by everybody of 20 years' experience. Still, without appetite, it is a very difficult affair to subsist—for the pleasure depends chiefly upon the relish. The relish may become, as has been stated, a vitiated one, but it is quite possible to make the stomach, by a little forbearance and practice, as enamored of what is wholesome and nutritious, as of that which is hurtful and not concoctible."

Again, he says: "The delicate should feed carefully, not abundantly; it is not quantity which nourishes, but only that which assimilates."

"Be careful of your digestion," is the keynote of the doctor's argument. He says: "Health in man, as in other animals, depends upon the proper performance of all functions. These functions may be shortly said to be three: (1) tissue change; (2) removal of waste; (3) supply of new material. For the activity of man, like the heat of the fire by which he cooks his food, is maintained by combustion; and just as the fire may be prevented from burning brightly by improper disposition of the fuel, or imperfect supply of air, and as it will certainly go out if fresh fuel is not supplied, and may be choked by its own ashes, so man's activity may be lessened by imperfect tissue change and may be put an end to by an insufficient supply of new material and imperfect removal of waste products."

"We should see to it that free elimination is maintained, for the ashes must be kept out of the system in order to have good health. The skin, kidneys and bowels must do their eliminative work properly. If the bowels occasionally become torpid, try to regulate them with exercise and proper food, such as fruits, green vegetables, salads, cereals, corn, whole wheat or Graham bread, fish, poultry, light soups, etc. Plenty of water is also valuable, and a glass full of cold or hot water the first thing upon rising in the morning will aid much in overcoming constipation. Regular habit, cold baths, and massage are very efficacious. In case the constipation does not yield to these hygienic measures, some simple, harmless laxative may be required, such as California Syrup of Figs—a non-irritating preparation of senna in fig syrup. Laxative mineral waters are beneficial in some cases, but not to be employed continually.

"Above all be an optimist. Keep the heart young. Cultivate kindness, cheerfulness and love, and do not forget that we shall pass through this world but once. Any good thing therefore, that we do, or any kindness that we show to any human being, let us do it now. Let us not defer it or neglect it, for we shall not pass this way again."

ALL TRUE.

Too many bills are apt to make a man feel bilious.

The fools are not all dead. In fact, a lot of them haven't been born.

Joy cometh in the morning—unless you've been making a night of it.

It's a mistake to marry too young, but it's a mistake that isn't repeated.

A woman is never quite happy with a man who refuses to argue with her.

Many an unsuccessful man would rather preserve his dignity than bustle.

It is better to have too little confidence in yourself than too much in others.

We are told that love levels all things, but often it seems like an up-hill fight.

To indulge in the things we can't afford is the average man's idea of pleasure.

Life is like a game of cards, in which a good deal depends upon a good deal.

The fellow who is always under a cloud reminds me of nothing so much as a borrowed umbrella.

UTTERLY WORN OUT.

Vitality Sapped by Years of Suffering with Kidney Trouble.

Capt. J. W. Hogue, former postmaster of Indiana, now living at Austin, Texas, was afflicted: "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 or urine kept my system depleted, causing nervous chills and night sweats. After trying seven different climates and using all kinds of medicines, I had the good fortune to hear of Doan's Kidney Pills. This remedy has cured me. I am as well today 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.

Little Joe—Say, mamma, is sister going to be a Indian? Mamma—Why do you ask that, dear? Little Joe—"Cause she's upstairs paintin' her face."

Give Defiance Starch a fair trial—try it for both hot and cold starching, and if you don't think you do better work, in less time and at smaller cost, return it and your grocer will give you back your money.

He never says anything who never has anything to unsay.

Smokers appreciate the quality value of Lewis' Single Binder Cigar. Your dealer or Lewis' Factory, Peoria, Ill.

Man's inhumanity to man is often the result of indigestion.

MAKING GOOD PASTRY.

If People Will Eat Pastry, Delicacy Must Be Very Carefully Prepared—Some Directions.

Good pastry is not difficult to make if a few simple rules be followed. Of course, we all know that pies are not, strictly speaking, as healthful for dessert as fruits or simple puddings. Still when made properly with the best of materials, they well-regulated stomach ought to be able to digest them, if not eaten more than once a day.

Men, particularly, are very fond of pie, and heartily endorse the sentiment of the late Eugene Field which he expressed in the following lines:

Your flavored creams and ices,
And your dainty angel-food,
Are mighty fine devices
To regale the dainty dude;
Your terrapin and oysters,
With wine to wash 'em down,
Are just the thing for roysterers
When painting of the town;
No flippant sugared notion
Shall my appetite appease,
Or baffle my soul's devotion
To apple-pie and cheese!

Pastry is either plain paste, or puff paste, according to the amount of butter worked into it, says Belle Estes in the Prairie Farmer. The plain paste is used for pies, and also for the under crust of pies, and the puff paste for the upper crusts of pies, for patties, tarts and cheese straws.

Puff Paste.—Wash one cup of butter; work one tablespoonful into two cups of flour. Moisten to a stiff dough with cold water. Knead on a floured board. Cover and let stand five minutes. Roll and fold again. Continue until the paste has been rolled and folded five times. Let it stand five minutes until you get your pans ready. Then make your pie in the ordinary manner with upper and lower crust. However, I prefer to use the plain paste for the lower crust and the puff paste for the upper. If there is any of the paste left it may be kept sweet and good four or five days, by rolling in a piece of cheese cloth or an old napkin and putting it in a cool place. If you do not care to keep it over, make of the puff paste some cheese straws or some tarts.

To make the cheese straws, which are delicious, roll the puff paste one-fourth of an inch thick; sprinkle one-half of it with grated cheese; fold over and roll out; repeat twice, adding cheese each time. Then cut in strips six inches long and one-third of an inch wide. They will almost double in thickness in baking.

Make tarts by cutting three-inch squares out of the paste; brush over with water and then bend the four corners toward, but not quite to the center; bake and when cold put jam, jelly or apple filling in the center. The apple filling is inexpensive, delicious and easy to make. One cup of fine apple sauce, two tablespoons of butter, melted, one-fourth cup of sugar, one-half teaspoonful of lemon juice.

Plain Paste.—Mix thoroughly one-half cup of lard with one heaping cup of flour and a little salt, then add only enough cold water to just hold the dough together. Roll out half the dough at a time on a lightly floured board. All should be done as quickly as possible, as the crust will be more tender and flaky.

AGAINST CANNING TIME.

Get Everything Ready Before Putting Up Fruit—Test Bottles and Covers.

Before commencing the work, have all requisite utensils, vessels and necessities at hand and perfectly clean. Scales, jars, a strainer, colander, skimmer, silver spoon, perforated wooden spoon, preserving kettle, jelly bag, measuring cup, funnel, tray, dishpan, towels, holders, and plenty of hot water and a big kitchen table. For a small family select pint jars; for a large family, quart jars are better than half-gallon. Do not use old, stiff rubbers; they are not safe. Fill each jar full of water, seal and invert. If it leaks, do not use it, no matter how slight the leak. The trouble may be with the rubber, or the top, or some flaw in the jar top. Remedy the evil if you can, but do not attempt to use until all leakage is stopped, using the rubber and top with the jar that has been tested. Canning must be done right or it is but a waste of time and material. Choose the cool, early morning for the work of putting up, but it is best to have the fruit gathered the night before, and remember, that fruit gathered on a rainy day, or while the dew is on it, will not keep well, and many find it almost, if not quite, impossible to make such fruit "jell."

Fruits should be rather under-ripe than over-ripe as it will make much better preserves and jellies and keep better, with better flavor. Remember, too, that you can get out of the can only what you put in it; poor fruits will make poor conserves.—The Commoner.

NOTES FOR THE HOUSEKEEPER.

Butter will take the soreness from a bruise and will often prevent discoloration.

Strips of stiff buckram sewed along the edges of rugs will prevent their curling up.

Try cooking spinach in bouillon instead of water and note the improvement in flavor.

Pulverized chalk wet with ammonia will be found useful for removing spots in a marble wash basin caused by the dripping from the faucet.

A recipe for paste that never dries or sours is to add one teaspoonful of powdered alum and ten drops of clove oil to a pint of very smooth thick paste.

Toasted bread is deemed excellent even for invalids, a point in its favor being that as a consequence of the toasting process it makes less of a tax upon the digestive functions than does ordinary bread.

Green Spots on Wall Paper.

To remove green spots from wall paper: Mix pipe-clay with water to the consistency of cream, spread it on the spot and leave until the next day, when it may be easily brushed off. Repeat if necessary.

900 DROPS

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Health. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHEE

Purified Senna
Aloë Syrup
Castile Soap
Ain Senna
Licorice
Rhubarb
Sulphur
Cinnamon
Mint
Peppermint

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
Chas. H. Fletcher
NEW YORK.

At 6 months old
35 Doses—35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought
In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Dainty, Crisp, Dressy Summer Skirts

are a delight to the refined woman everywhere. In order to get this result see that the material is good, that it is cut in the latest fashion and use

Defiance Starch

in the laundry. All three things are important, but the last is absolutely necessary. No matter how fine the material or how daintily made, bad starch and poor laundry work will spoil the effect and ruin the clothes. **DEFIANCE STARCH** is pure, will not rot the clothes nor cause them to crack. It sells at 10c a sixteen ounce package everywhere. Other starches, much inferior, sell at 10c for twelve ounce package. Insist on getting **DEFIANCE STARCH** and be sure of results.

Defiance Starch Company, Omaha, Nebraska.

AUTOMOBILE FOR SALE

A 2-Cylinder 1904 "WINTON." Used only 7,000 miles. All moving parts just replaced with new. Complete with Lamps, Canopy Top, Odometer, Speedometer, Gas Generator, 3 Baskets. Carries 5 people. Cost \$2,750; will sell for \$1,000. Can be seen and tried any day. **GEO. A. JOSLYN, Omaha, Neb.**

ALLEN'S FOOT-EASE

A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

This signature
Allen
on every box.

For FREE Trial Package, Address, ALLEN S. OLNEY, Le Roy, N. Y.

Economy Wins

Demand from your groceryman Ten Cakes of yeast for Five Cents, do not continue to make the rich richer by using a brand that is no better and puts only seven cakes in a five-cent package.

It is not sound judgment to require your grocer to furnish you the Ten Cake package of

On Time Yeast

for Five Cents? The three extra cakes are as good to you as the Yeast Trust.

WRITE FOR A SAMPLE FROM THE ON TIME YEAST CO., OMAHA, NEB.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box
THE E. FAYTON CO., Boston, Mass.

PIT & PITLESS SCALES.

For Steel and Wood Frames, \$25 and up. Write us before you buy. We save you money. Also Pumps and Wind Mills.

RECKMAN BROS., Des Moines, Iowa.

BIG OPENING

Government Lands in Oklahoma. For complete information and land map send 10c. to J. F. THOMAS, Atty., Lawton, Okla.

"SOUTHWEST"

W. N. U., OMAHA, NO. 29, 1906.

\$20 AND LESS

From St. Louis and Kansas City to all points Southwest via M. K. & T. R'y. August 7th, 21st. Tickets good 30 days returning with stopovers in both directions. To Dallas, Ft. Worth, Waco, Houston, Galveston, San Antonio, Corpus Christi, Brownsville, Laredo, and intermediate points \$20

To El Paso and intermediate points \$26.50

To Kansas, Indian Territory, Oklahoma, and Northern Texas points, one fare plus \$2.00, but no rate higher than \$20

Correspondingly low rates from all points: From Chicago, \$25.00; St. Paul, \$27.50; Omaha and Council Bluffs, \$22.50.

Write for full particulars

W. S. ST. GEORGE
General Passenger Agent, M. K. & T. R'y.
Wainwright Building St. Louis, Mo.
G. A. MONTGOMERY, Blossom House, Kansas City, Mo.