

# YOUR BACKACHE WILL YIELD

To Lydia E. Pinkham's Vegetable Compound

Rockland, Maine.—"I was troubled for a long time with pains in my back and side, and was miserable in every way. I doctored until I was discouraged, and thought I should never get well. I read a testimonial about Lydia E. Pinkham's Vegetable Compound, and thought I would try it. After taking three bottles I was cured, and never felt so well in all my life. I recommend Lydia E. Pinkham's Vegetable Compound to all my friends."—Mrs. WILL YOUNG, 6 Columbia Avenue, Rockland, Me.

Backache is a symptom of female weakness or derangement. If you have backache, don't neglect it. To get permanent relief you must reach the root of the trouble. Nothing we know of will do this so safely and surely as Lydia E. Pinkham's Vegetable Compound. Cure the cause of these distressing aches and pains and you will become well and strong.

The great volume of unsolicited testimony constantly pouring in proves conclusively that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has restored health to thousands of women.

Mrs. Pinkham, of Lynn, Mass., invites all sick women to write her for advice. She has guided thousands to health free of charge.



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### EXPRESSIVE REPLY.

Freddie—Your father told me that I was the black sheep of the family. Gertrude—What did you say? Freddie—Bah!

Interrupted the Wedding. The other day, at the Shawnee county Court House, Probate Judge Schoch was about to marry a young couple. He pronounced the preliminary words and told them to join hands, and started on the ceremony. "Hey, there! Hold up a minute! Wait, I say!" This series of startling exclamations came from the door. The groom was horrified—the bride badly scared. "Just a minute. I want to give you each an apple before you are married," said the man who had made the noise. And he calmly walked and handed each of them a Grimes Golden.

It was one man's idea of a joke.—Kansas City Journal.

A Test of Friendship. Just before Artemus Ward's death Robertson poured out some medicine and offered it to the sick man, who said: "My dear Tom, I won't take any more of that horrible stuff." Robertson urged him to swallow the mixture, saying: "Do, now—there's a dear fellow—for my sake. You know I would do anything for you." "Would you?" said Ward, feebly, grasping his friend's hand for the last time. "I would indeed," said Robertson. "Then you take it!" Ward passed away a few hours afterward.—Recollections of the Bancrofts.

### "Good" at Breakfast, Lunch or Supper

Delicious

### Post Toasties

A new dainty of creamy white corn, by the makers of Postum and Grape-Nuts.

Toasties are fully cooked, rolled into thin wafers and toasted a crisp, golden-brown.

Ready to eat direct from the box with cream or good milk. The exquisite flavour and crisp tenderness delights the most fastidious epicure or invalid.

"The Taste Lingers"

Popular pkg. 10c. Large Family size 15c.

Sold by Grocers.

## QUARTERLY REVIEW

Sunday School Lesson for June 20, 1909

Specially Arranged for This Paper

**GOLDEN TEXT.**—"With great power gave the apostles witness of the resurrection of the Lord Jesus."—Acts 4:33.

A variety of forms of review is given here, in order that teachers may select the method best suited to the age and ability of their classes. Sometimes it will be best to unite two or more plans, or to take parts of several, or to make other adaptations of these suggestions.

A Progressive Review.—To carry out this review, request the scholars a week in advance to go over all the lessons of the quarter and note for each of them what step in advance was taken by the church. The scholars will make lists of these "forward steps" and these lists will be compared in the class, taking one lesson at a time, and thus reviewing its chief points.

A Geographical Review.—For this review each scholar may make an outline map showing the various countries and places that were the scenes of the quarter's lessons. Let each lesson be located with a figure. When a lesson involves more than one place, repeat the figure at each locality. Then let the scholar make a list of the places, by names and number, and write opposite each a brief statement of the principal lesson to be learned from the event that occurred there. For example: "Jerusalem; the first church council, teaching the value of frank and brotherly discussion of differences."

A Characterizations Review.—This review will take up the various persons that have entered into our quarter's lessons. Each scholar will be asked to write brief characterizations of all these persons. These will be read and compared in the class, one character at a time. They should be quite brief, often hardly more than a sentence. For example: "John Mark, a man of good impulses but weak determination; he made one great failure, but he also made a great recovery."

A Central-Texts Review.—Ask the scholars to go over the lessons at home and select for each of them the verse that they think best embodies the spirit and thought of the lesson. Tell them in every case to use the entire lesson, and not merely the verses that are printed in the quarterlies and lesson-leaves. The discussion of these different choices in the class, and the fixing on a final choice, will constitute a thoughtful review.

A Christian-Life Review.—Each lesson of the quarter has some strong teaching on the conduct of life. It will make an inspiring review if you set the scholars to framing lists, at home, of these teachings, at least one for every lesson, and then compare the results in the class. For example, the Christian-life teaching of Lesson V., Paul in Cyprus, would be considered by some to be the duty of missionary activity; by others, the folly of opposing Christian work; by others, the blindness of the soul, like Elymas' physical blindness, which comes upon all that set themselves in opposition to the truths of the Gospel.

A Problems Review.—This would be a good form for the review to take in adult classes. Let the teacher draw up a list of problems connected with the various lessons, perhaps one for each lesson, and preferably the problems that arose in the class discussions and were not satisfactorily settled at the time. Read the list to the class slowly, calling for volunteers to assume the responsibility of leading the class, on the next Sunday, in the discussion of these problems. Here is a suggested list: Lesson I. Should a Christian ever associate with non-Christians? Lesson II. Why are not all God's saints delivered from their prisons? Lesson III. What really converted Saul? Lesson IV. Why are not all our modern churches as vigorous as that at Antioch? Lesson V. Why was the Gospel confirmed by miracles in Paul's day, and why is it not confirmed in the same way today? Lesson VI. What was the secret of the effectiveness of Paul's preaching? Lesson VII. Would Paul and Barnabas have been justified in using the homage of the people for the greater influence of the Gospel? Lesson VIII. The decision of the council was a compromise.

A Peter-Paul Review.—This form of review would be excellent for the primary department. Let all the lessons be grouped about Peter and Paul, the two leading characters. Make it a review of Peter's life, as far back as his call to be a disciple. The best way, perhaps, is to draw on the blackboard (or on large sheets of paper) a series of frames, each to hold a "picture" of one scene in Peter's life or Paul's. This "picture" will be indicated by a few words written as the children recall the scene, such as Peter walking on the waves, "Peter by the fire in the courtyard," "Paul facing Elymas," "James writing his epistle," "A procession of heroes."

**Our Resources.** With the resources of a bank account, no man need starve. Is it not more sublimely true that the Christian has the resources of the Eternal at his command? He can have at will that with which to procure peace, joy and rest. With the noise and strife of the earthly battle waging around him, the Christian can stop, if he will, and hear instead thereof "the deep and musical sound of the ocean of eternity and see the lights of heaven shining on its waters still and fair in their radiant rest."

### LOOKED A LITTLE UNSTABLE

Body Servant of Gen. Mahone Doubtful of the Qualities of His Master's "Probs."

Gen. Adalbert R. Buffington, at a dinner in Madison, N. J., told a number of civil war stories. "Gen. Mahone," he said, "was very thin. One cold and windy December morning in '64 he was taking a nap in his tent when his old colored servant, 'Uncle Davy,' tiptoed in, and, stumbling in the darkness, knocked down the general's folding cot and spilled him out on the frozen ground.

"Gen. Mahone jumped up furiously, seized a scabbard and made for Davy. Davy ran. The general gave chase.

"Uncle Davy tore up hill and down dale till he was pretty well out of breath; then he looked back over his shoulder at his master, who bounded after him on slender limbs, blue and thin, his long, white night shirt fluttering in the chill morning.

"'Fo' de lan's sake, Mars' William,' the exhausted Davy yelled, desperately, 'yo' hain't trustin' yo'self in dis wind on dem legs, is you?'"

### AGONIZING ITCHING.

Eczema for a Year—Got No Relief Even at Skin Hospital—In Despair

Until Cuticura Cured Him.

"I was troubled with a severe itching and dry, scrufty skin on my ankles, feet, arms and scalp. Scratching made it worse. Thousands of small red pimples formed and these caused intense itching. I was advised to go to the hospital for diseases of the skin. I did so, the chief surgeon saying: "I never saw such a bad case of eczema." But I got little or no relief. Then I tried many so-called remedies, but I became so bad that I almost gave up in despair. After suffering agonies for twelve months, I was relieved of the almost unbearable itching after two or three applications of Cuticura Ointment. I continued its use, combined with Cuticura Soap and Pills, and I was completely cured. Henry Seale, Little Rock, Ark., Oct. 8 and 10, 1907." Potter Drug & Chem. Corp., Sole Props., Boston.

**Help for the Artists.** The comic supplements are filled these days with pictures representing some of the foolish questions that people ask. Here is a suggestion for one:

A man was walking hastily through the rain yesterday afternoon, his umbrella raised and his head bent. An acquaintance, standing in a doorway, hailed him:

"Say," he shouted, "are you going to use that umbrella? If you're not, lend it to me!"

Doesn't that capture the icing?

**Who He Belonged To.**

A matron of the most determined character was encountered by a young woman reporter on a country paper, who was sent out to interview leading citizens as to their politics. "May I see Mr. —?" she asked of a stern-looking woman who opened the door at one house. "No, you can't," answered the matron, decisively. "But I want to know what party he belongs to," pleaded the girl. The woman drew up her tall figure. "Well, take a good look at me," she said, "I'm the party he belongs to!"

**A Rare Good Thing.** "Am using ALLEN'S FOOT-EASE, and can truly say I would not have been without it so long, had I known the relief it would give my aching feet. I think it a rare good thing for anyone having sore or tired feet.—Mrs. Matilda Holtwort, Providence, R. I." Sold by all Druggists, 25c. Ask to-day.

Silence gives consent—yet when a young man proposes he naturally prefers that the girl in the case should say something.

## Graham Crackers at their Best

There are no better Grahams than "Sunshines"—none half so good. Sunshine Grahams are made of the best whole wheat graham flour, at the "Sunshine" bakeries—the finest in the world. The ovens are of white tile and are on the top floor—sunshine and pure air all around them.

# Sunshine Grahams

Each package is protected by the triple seal. So you can be sure they are clean—pure and wholesome. The "Sunshine Seal" on the end is proof of the genuine. Be sure it's there. You miss the best in Grahams—'til you try "Sunshines." At your grocer's in 10c sealed packages.

LOOSE-WILES BISCUIT CO.

### SHERLOCK HOLMES.



Tired Tom (sadly)—Ah, that patch tells me that my old pal, Plodding Pete has been this way. Poor old Pete!

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.

**Good Stroke of Business.** The £1 note is not the smallest issued by the bank of England. By mistake a note of the value of one penny was made and issued in 1828. It was in circulation for many years, a source of annoyance to the cashiers in making up their accounts. At length the holder of it brought it to the bank and after considerable argument persuaded the authorities to give him £5 for it.

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

**Precocious.** Small Girl—Why doesn't baby talk, father? Father—He can't talk yet, dear. Young babies never do.

Small Girl—Oh, yes they do. Job did. Nurse read to me out of the Bible how Job cursed the day he was born.—Tit-Bits.

**Try Murine Eye Remedy** For Red, Weak, Watery, Watery Eyes. Compounded by Experienced Physicians. Conforms to the Pure Food and Drug Law. Murine Doesn't Smart, Soothes Eye Pain. Try Murine for Your Eyes.

**A Correction.** "Her card club has quit playing for the season." "You mean scrapping, don't you?"

A cold on the lungs doesn't usually amount to much, but it invariably precedes pneumonia and consumption. Hamlin's Wizard Oil applied to the chest at once will break up a cold in a night.

Everybody wants something for nothing, but few people are satisfied with what they get that way.

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

**Pride sometimes has to go before** people fall in love.

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* 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.

W. N. U., LINCOLN, NO. 25-1909.

### Do You Feel Run Down?

If so, you are an easy victim of disease. You can avoid danger if you build up your system with the natural strength-giver—

## DR. D. JAYNE'S TONIC VERMIFUGE

which helps your body do its own building up. It puts the whole digestive system in a perfect condition. Regulates the stomach, imparts new vigor and health to the tissues. Your Druggist has it.

Two sizes, 50c and 35c

### SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Heavy Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coalited Stomach, Pain in the Side, TORPID LIVER.

They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature

*Wm. Wood*

REFUSE SUBSTITUTES.

### THE ROOF

is the most important part of any building you put up. If you put on some roofing that has to be laid just so, and dressed every so often, you are inviting trouble. Use Washington Red Cedar Shingles and insist upon every bundle bearing this mark. It means 10 inches of clear shingle.

**DAY LUMBER CO.**

BIG LAKE, WASH.

ASK YOUR DEALER

### SOUR STOMACH

"I used Cascarets and feel like a new man. I have been a sufferer from dyspepsia and sour stomach for the last two years. I have been taking medicine and other drugs, but could find no relief only for a short time. I will recommend Cascarets to my friends as the only thing for indigestion and sour stomach and to keep the bowels in good condition. They are very nice to eat."

Harry Stuckley, Mauch Chunk, Pa.

Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sicken, Weaken or Grippe. 25c, 50c, 75c. Never sold in bulk. The genuine tablet stamped C.C. Guaranteed to cure or your money back. 303

### LIVE STOCK AND MISCELLANEOUS Electrotypes

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY

WESTERN NEWSPAPER UNION  
73 W. Adams St., Chicago

**Dr. McIntosh's celebrated Natural Uterine Supporter** gives immediate relief. Sold by all surgical instrument dealers and leading druggists in the United States and Canada. Catalog, price list and particulars mailed on application.

THE HASTINGS & MCINTOSH TRUSS CO., 812 Walnut St., Philadelphia, Pa. Manufacturers of Trusses and Elastic Supporters of the Genuine Stamped McIntosh's Supporter.

**DEFIANCE STARCH** easiest to work with and starches clothes nicely.

**900 DROPS**

# CASTORIA

ALCOHOL 3 PER CENT. A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of

**INFANTS & CHILDREN**

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

**Recipe of Old Doan's Kidney Pills:**

Franklin's Seed  
Lactone  
Sulphur  
Ammonium Chloride  
Potassium Chloride  
Sodium Chloride  
Magnesium Phosphate

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

Fac-Simile Signature of *Chas. H. Fletcher*

NEW YORK.

4 to 6 months old  
**35 DROPS - 35 CENTS**

Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.