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 Women utter these words break." 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 indicates by aching a diseased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound has been for many years the one and only 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 p. n each month, my back ached until it seemed as though it would break, and I felt so weak all over 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, bad dreams and severe headaches. All this undermined my

"We consulted an old family physician. who advised that I try Lydia E. Finkham's Vege-table Compound. I began taking it regularly and sc 'n found that I could sleep and eat better man I had done for months. Within two months I became regular and I no longer suffer from backache or pain."—Miss Maudo Morris, Sec. Ladies' Aid and Mission Society, 65 E. Hunter St. Atlanta. Ga 65 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



(Copyright, by Joseph B. Bowles.)

I am thirty to-day (30! XXX!!), and since our marriage!) is lying on the writing table in the sunshine.

Thirteen years ago he gave me a heart-a little simple gold thing-and to-day he gives me yet another!

But this one is set with diamonds, diamonds that shine with emblematical fires of flawless purity.

It is wonderfully sweet that my birthday gift shall still be a heart-at thirty!

Five years ago I feared the mirror, but to-day I sit before it bravely, and without a pain.

This morning Dolf woke me with a kiss.

"Wake up, my birthday wife," he whispered, standing tall, bronzed and tweed-clad by the bedside.

For a moment I could not quite realize things, but then suddenly I remembered which birthday this was.

"Dolf, Dolf!" I murmured, with my face buried in his neck (that dear brown bit between his nearly curling hair and collar), "I-I am thirty today!"

"Thirty? And we were married just after you were twenty-five! Well, thank God, only four years of our life together have gone by so far, sweetheart!'

Dolf never mentions the old lovestory, of which he knows nothing (not even a name, nor an incident) except that I was-jilted! But sometimes when I look up suddenly and see his eyes fixed wistfully upon my face, I feel that he is mutely asking if his rival still lives in a sacred place catled Memory-land.

I wish I could answer him, but I his arm. cannot-quite! I think I know, but it is so dangerous to be sure!

A woman's heart is such an indefinite thing; she can never be certain of it as long as the elusiveness of remembrance alone separates the past from the present.

To-night we are giving a little "douzaine dinner," because Dolf will never allow my birthday to go by without some celebration. (To me it seems such a childish idea! Why fete people because of events over which they had no control? But then, dear big bronzed men are always childish!)

Erica and Oscar are coming (Erica's beginning to love dinners!), Aimee Belleby and- Oh! a telegram! Pardon, one moment, my Birthday Diary.

Only from Dolf saying that as David Hexton is up at the club with a sprained ankle, he will bring another man in his place.

How vexing! I do dislike strangers at dinner!

Never mind, the man is sure to be dineable, or else Dolf wouldn't bring him home, and I expect everyone else

round and noting that Erica was moving towards the piano, while all the others were amalgamating satisfactorily. "Come this way."

As we entered the billiard room 1 switched on the light.

"Now, Mr. Mitre-Covell," I began, here is the picture, but-"

"Don't waste your words on the abent, Della. The excellent Mr. Covell (I haven't time for the hyphen) has nct come to substantiate his argument," said George, standing close at Dolf's birthday present (the fourth my elbow and looking at the pearls about my neck.

(I could feel his eyes!)

"Oh! er-well, here is the picture." There was a silence (those silences used to be poignant, but now they only seemed empty), and ther I felt a hand on my arm.

I turned, and there was the old cold ook, behind which burnt blazing fires. "I-I don't know if I love you tonight, or if I actually ever did love you; but-but whatever it was, it is still Delia! I've tried to burn'it out, but the fires go on like the fires of hell! Delia, look at me-like you used to look!"

I turned and faced him. Now was my moment-my test! "Delia-"

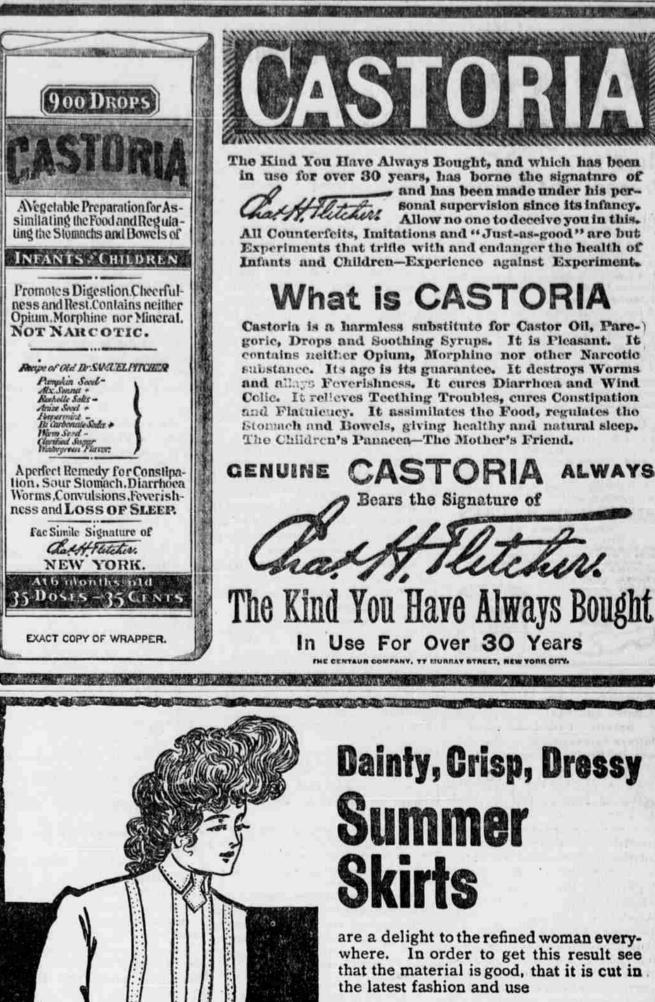
His hands were on my hands, his eyes were close to mine; then, with a swift movement that surprised myself, reached the door!

The supreme test was not wantedthe touch of his lips need not be! I knew!

"I'm glad you like the picture, Mr. Dullimore," I said, crossing the corridor and reentering the drawing room. 'Mr. Mitre-Covell, I don't think you'll find that my poor portrait has secured a convert. Mr. Dullimore will tell you what he thinks of it. . . Aimee, do sing that delicious little thing you sang at the Palmerstons' the other night-all about oiseaux and printemps, you remember? So light and lovely it was-Dolf called it a souffle song!' And with these last words I actually moved towards my husband, and laid my hand for one passing instant on

His eyes lighted-I so rarely ever look towards him in public-and, glancing at George for the first time, I realized how strongly a Napoleonic profile could suggest cheap grease-





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

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.

Trees of Great Age.

The distinction of being the oldest living thing undoubtedly belongs to one of four trees. A century ago De Canbolle found two yews, one at Fortingal, in Perthshire, and one in Heasor, in England, that were estimated to be, respectively, 2,500 and 3,240 years old. Both are still flourishing, and the older tree has a trunk 27 feet round.

Ourseen with

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

A farmer says:

"It was not from liquor or tobaccc 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 bad I had to give up coffee entirely and almost give up eatlug. There were times when I could eat only boiled milk and bread and when I went to the field to work 1 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 Fostum, 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 plergant way. "There's a reason."

Look in pkgs. for a copy of the mmous little book, "The Road to Wellville."

X.

mined in Ohio, but the value of the was engaged. Another interruption! The dressmaker this time. My Birthday Diary, I will return to you later.

> 11:30 p. m. The Birthday dinner is over, the people have gone, and I am sitting with the summer night breezes stealing through the open window of my boudoir-ruffling the lace and roses on my breast.

> How strange, how infinitely strange it is to think that less than 12 hours ago I was wondering, and now-1 know!

I want to write it all down, in case I forget anything of this wonderful mind to tell him what there was to peace-giving evening; I want to al- tell. ways remember, so that there can never be any doubt again.

Dolf's train was late, so I did not see him until we were all sitting in the drawing room waiting for the chimes to sound.

"Delia," he said, coming to my side and laying his hand on my shoulder in a way that always makes me feel sorry for lonely women; "Delia, let me introduce Mr. Dullimore-great friend of Charlie Bensted's, and a scratch golfman. Dullimore, my wife!"

And thus, after eight years, I touched the hand which had bruised all the youth out of my heart!

"Mr. Dullimore and I have met before," I said, finding it strangely easy to be cordial, and to speak without a tremor in my voice.

George bowed low over my hand, and I couldn't help noticing his head. I had so adored its sleekness; but now-Well, it wasn't greasy, of course! It must be that I had got so used to Dolf's insistent tendency towards suppressed curls and avoidance of gelatine!

Five minutes later we were busy with hors d'oeuvres and remarks that didn't matter, while George (who sat at my left) and I probed the past with a long, almost dissecting look.

At last, after we had waded through unnecessary and unwanted courses, 1 husband. For all time I answer it now, snared Lady Stormont's eye, and we and voluntarily,-I answer it, dear, like rose from the table.

(Until that instant I had forgotten that George was-short!)

When the men rejoined us in the drawing room, Arthur Mitre-Covell crossed to my side.

"Mr. D-Dullimore and 1 have been discussing Lanroy from the point of Kennett. Mr. D-Dullimore condemns his flesh tints and I uphold 'em; d'you

mind showing him that tr-triumph of you that is hung in the billiard room? It so emphatically gives my side of the question a chance."

"By all means," I replied, looking

1 TURNED AND FACED HIM.

paint, spurious scarfpins and No. 2 Companies! . . .

At last it was over, they had all gone and the room was free from dead illusions and revised epigrams.

Dolf was bending over the sofa stroking the cat (a dear, hungry, valueless thing he had rescued in the Square Gardens), when I made up my

"Dolf," I said, taking one of his big hands in both my own, "H-have you ever wondered about the man who jilted me so long ago-wondered ifif I ever think of him?"

"Of course, darling, I've wondered: but as you've given yourself to me I've no right to bother you about your memories, my Della. I know th-that a woman can't ever quite get overthose! Every book tells you so!" he answered, almost wearily and hopelessly, (I'd never heard that note in his voice before. He'd hidden it all these vears!)

"Then every book is wrong; a woman can get over memories when realities come to help her!" I cried, with triumph. "If David Hexton had not sprained his ankle I might never guite have known!"

"Hexton? What d'you mean?" "I mean that your club friend, George Dullimore, was the man who nearly killed my heart nine years ago, and I mean that to-day has absolutely effaced yesterday-wiped it out as if it had never been! When I saw George to-night I felt as one feels on reopening a meritless bygone book (which had proved entrancing) after one's literary taste has become more matured! . . . You need never again ask me that silent question which I have seen shining from your eyes, my

this!' And I kissed Dolf's big brown hand! And now, my Birthday Diary, shall

we say good-by to each other? Your few leaves (which were so white and virgin just 13 years ago)

are all covered with the blotted confessions of a woman's heart, and I have view of a p-portrait p-painter, Mrs. no fancy to commence another volume What should I have to say in it? Please God-Nothing!

> I have no more confessions to make -the pen is drying-Dolf is callingthe clock strikes 12-another birthday year begins-

Good-by-good-by!



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 roc a sixteen ounce package everywhere. Other starches, much inferior, sell at roc 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.



produced. Thousands of women testify to this fact. 50 cents at druggists. Mills Send for Free Trial Box THE R. PAXTON CO., Boston, Mass.

READERS OF THIS PAPER DESIRING TO BUY ANYTHING ADVERTISED IN ITS COLUMNS SHOULD INSIST UPON HAVING WHAT THEY ASK FOR, REFUSING ALL SUBSTITUTES OR IMPTATIONS.

all inflamed, ulcerated and catarrhal con-

ditions of the mucous membrane such as

nasalcatarrh, uterine catarrh caused

by feminine ills, sore throat, sore

mouth or inflamed eyes by simply

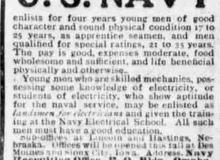
But you surely can cure these stubborn

dosing the stomach.



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

WINTER Wheat, 60 bushels per acre. Catalogue and samples Pick. Saler Beef Co. Bor W. & Lafrone, Wis. DEFIANCE STARCH never sticks



This signature

"a every box.

FREE Trial Package, Address, Allen S. Ohmsted,

Le Roy, N. Y

Recruiting Office, P. O. Bldg., Omaha,