

TIRED BACKS.

The kidneys have a great work to do in keeping the blood pure. When they get out of order it causes backache, headaches, dizziness, languor and distressing urinary troubles. Keep the kidneys well and all these sufferings will be saved you. Mrs. S. A. Moore, proprietor of a restaurant at Waterville, Mo., says: "Before using Doan's Kidney Pills I suffered everything from kidney troubles for a year and a half. I had pain in the back and head, and almost continuous in the loins and felt weary all the time. A few doses of Doan's Kidney Pills brought great relief, and I kept on taking them until in a short time I was cured. I think Doan's Kidney Pills are wonderful."

For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

New Use for Gramophones.

Drilling native Malay levies by word of command emitted from a gramophone is the latest instance of modern ingenuity. Even the Zulu can now hear his own native songs and war dances from records made by a London company, who have sold more than 20 machines to swarthy warrior chiefs in South Africa. Folk-songs of the Pygmies were recently procured, and a machine has been dispatched to Lapland for the purpose, if possible, of procuring Eskimo folk-songs.

\$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 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 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.

Rich Crown Has Disappeared.

A richly jeweled crown, which cost \$20,000, has disappeared from the church at Mont. St. Michael, Rouen. One version is that it has been stolen, another that it has been hidden by the priests to save it from confiscation by the government.

To Launder White Silk Handkerchiefs.

Do not put white silk handkerchiefs in the ordinary wash, as they are easily laundered at home. Make a strong lather of Ivory Soap and water, but do not rub the soap on the handkerchief or use soda. Rinse and iron while damp with a moderately hot iron.

ELEANOR R. PARKER.

The most important events in the average man's career are his birth and death.

Lewis' Single Binder — the famous straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

Somehow it doesn't sound just right when a spinster asks for a match.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 50c a bottle.

About two-thirds of a man's friends are enemies in disguise.

NERVOUS DEBILITY

A Scranton Woman Tells How Dr. Williams' Pink Pills Made Her Well and Strong.

Nervous debility is the common name for what the doctors term neurasthenia. It is characterized by mental depression, fits of the "blues," or melancholy, loss of energy and spirits. The patient's eyes become dull, the pink fades from the cheeks, the memory becomes defective so that it is difficult to recall dates and names at will. Some of these symptoms only may be present or all of them. The remedy lies in toning up the nervous system and there is no medicine better adapted for this purpose than Dr. Williams' Pink Pills.

Mrs. Jane J. Davies, of No. 314 Warren street, Scranton, Pa., says: "Some years ago I became greatly reduced in health and strength and my nervous system became so debilitated that I felt wretched. I could not rest or sleep well at night and woke up as weary and languid in the morning as I was when I went to bed. My head ached in the morning and often there was a pain in my right side which was worse when I sat down. My nerves were on edge all the time, every little noise bothered me and I was generally miserable. Then I decided to try Dr. Williams' Pink Pills for Pale People, as my husband had taken them with good results, and they did wonders for me. Now I have no more pain in my side, no more headaches, I sleep well and feel strong and able to do my work."

Dr. Williams' Pink Pills cured Mrs. Davies and they can do just as much for other weak, pale, ailing men or women who are slipping into a hopeless decline. They strike straight at the root of all common diseases caused by poor and impoverished blood.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams' Medicine Co., Schenectady, N. Y.

CURES INDIGESTION

When what you eat makes you uncomfortable it is doing you very little good beyond barely keeping you alive. Digestive tablets are worse than useless, for they will in time deprive the stomach of all power to digest food. The stomach must be toned up—strengthened. The herb tonic-laxative,

Lane's Family Medicine

will do the work quickly and pleasantly. Sold by all dealers 25c. and 50c.

USE FOR MIRRORS.

CAN BE MADE TO SEEM TO INCREASE SIZE OF ROOM.

A Little Care Taken in the Placing of Them Will Frequently Work Wonders—Should Reflect Door or Window.

To increase the apparent size of a room there is nothing better than the judicious use of mirrors.

Supposing that you have a glass about five feet high and two wide, in a wooden frame, you may employ it most decoratively in a sitting room.

Mount it about a couple of feet from the floor and arrange in front of it a row of ferns, palms or other foliage plants, concealing the pots with a handsome box, filled in at the top with fresh moss.

The mirror should be placed either where it will reflect the view from the window or else opposite the entrance of the room, so that when the door is opened one may see the hall, or passage beyond, reflected in it. Of course, the room will not be any larger really, but the fact that it will appear so is a great point, for, as a friend of my own says, "If we cannot have a pleasant reality at least let us have a pleasant illusion."

I know one house where the dining-room is long and dark, and the only window gives a very insufficient light, says a writer in the Chicago American. Here an immense improvement was effected by placing a good mirror over the sideboard at the end of the room opposite the window.

This reflected the light and the landscape seen from the window, with the result that one was almost deluded into the belief that the room had two windows, and one certainly was not conscious of the want of an outlet.

TRIO OF MENU FEATURES.

Good Dishes for a Small Luncheon or Family Meal.

Boll rice in salted water until tender; then drain and mix in white hot one teaspoonful of butter; then pour over a sirup in which pears have been boiled, a little lemon juice and preserved ginger being added. Mold up on a dish and set away to become cold. Arrange the cooked fruit about the mold and in the center of each half place a little whipped cream.

A combination of cheeses makes a novel stuffing for celery. Equal parts of Roquefort, Camembert and cream cheese are crushed together in a mortar. Sherry is added until the mixture is of the consistency of thick mayonnaise. This is then spread in the stalks of celery, which have been previously separated and trimmed, if needed, to suitable lengths.

Cook one cupful fine cut celery in boiling salted water until tender, then drain. Place a half pint of oysters in their own liquor in a saucepan over the fire and cook until plumped, season with salt, pepper and a little less pepper. Mix a teaspoonful flour with a tablespoonful butter, stir into the oysters and add a quarter cup rich milk. Add the celery to the oysters, then pour over buttered toast.

Pretty Curtains.

Very effective curtains may be made that are not forever in need of the wash and stretching poles, as are those of muslin and lace. Buy a thin grade of glass-cloth for about 25 cents a yard. Cut it to hang straight from the top of the window on each side, with a deep hem at the bottom.

Then make a stenciled border across the bottom, or reaching one-half way up the curtain, of a simple design. Apply the color over the design with navy blue diamond dye. Do not trouble yourself to boil it. Simply mix a spoonful of the dye with water. These curtains will not wash, but they remain clean for a considerable time, and may be easily shaken to free them from dust and pressed with an iron.

The Empire Comb.

The old-fashioned empire comb in plain shell has once more returned to fashionable favor. Just at present it seems to be the stylish caprice for women with blonde or light brown tresses to wear these and their side-combs in dark tortoise shell.

The dark-haired sisterhood prefer the amber combs, which show to such an advantage by force of contrast.

The plain part of these combs is about two inches wide.

They are most attractive when worn rather high in the hair close to the knot.

Stiffness in half-dressing seems the thing to be especially avoided, an easy natural style being preferable.

Physical Culture.

It should give a perfectly erect poised figure.

A straight, flat back.

A broad, deep and capacious chest.

Uplifted, flexible and harmonious development of all the muscles.

Perfect ease and grace of movement.

Marked muscular powers and endurance.

Splendid health.

Bright, sparkling eyes.

Perfect digestion.

A love of activity.

A voice of notable, clear quality and power.

Baked Tomatoes Stuffed With Rice.

Cut a thin slice from the blossom end of the tomato, take out the seed and fill with boiled rice and a little butter; bake one-half hour. Chopped meat added to rice is also good. Tomatoes stuffed with a dressing of bread, butter and seasoning is fine.

"A SMALL THING."

Do you believe in progress? Do you believe that all the wonderful achievements of the nineteenth century—the railroad, the telegraph, the telephone, electric light, kerosene, sewing machine, agricultural machinery, steamships, trolley cars, etc.—have made life easier and better worth living? I do. I believe that a man who lives 40 years under modern conditions has experienced more life and better life than Methusalem, though he had lived 20 centuries of his time.

The triumphs of the nineteenth century were triumphs of human service—the placing of knowledge and the fruits of knowledge within the reach of the common man. Every man's life is better, happier, more secure because of them. We live more comfortable, more sociable lives in better and more comfortable houses because of them. Even the hopeless dweller in the worst city slums is more comfortable in his physical conditions than the middle-class citizen of the days of George Washington.

In little things as in great, comfort and convenience have been the legacy of the "Century of Improvement." Paint, in a certain sense, is a minor matter, yet it gives beauty, healthfulness and durability to our dwellings. Fifty years ago painting was a serious proposition, a luxury for the owners of stately mansions who could afford the expense of frequent renewals. Today ready mixed paint is so cheap, so good, and so universal that no house owner has an excuse for not keeping his property well painted.

A small thing, indeed; yet several hundred large factories, employing thousands of chemists and skilled workmen, are running every day in the year to keep our houses fresh, clean and wholesome.

A small thing, yet a can of good ready mixed paint, such as one may buy from any reputable dealer, embodies the study of generations of skilled chemists, the toil of a thousand workmen in mill, laboratory and factory, and the product of a long series of special machinery invented and designed just to make that can of paint and to furnish us an infinite variety of tints, colors and shades.

It was a wonderful century, that nineteenth of our era, and not the least of its wonderful gifts was that same commonplace can of paint.

L. P.

AT THE SUMMER HOTEL.

Experience of Winston Churchill Familiar to Many.

Winston Churchill in an address that he made in Concord recently praised the New Hampshire farmer. "Ours," he said, "is a state fitted above all others for a summer resort. New Hampshire, with its superb climate, its mountains, its lakes and forests, will in a generation or two be one great pleasure ground—a vast park, dotted with beautiful villas, to which will come each summer families from all parts of America.

"In anticipation of this many farmers are learning to conduct hotels. They are building cottages for summer visitors. Some of them, too, are taking boarders.

"And I am glad to say that the New Hampshire farmer is in a position to take boarders, because, unlike the farmers in other states that I could name, he does not send all his good things to the city. I once boarded at a fine big farm, but the fare was wretched—canned vegetables, condensed milk and so on.

"By Jove," I said one morning at breakfast, as I pushed my egg cup from me, 'these eggs are really not as fresh as those I get in New York.' My farmer host snorted.

"That's rank prejudice on your part, Mr. Churchill," he said. "It's from New York that all our eggs come."

Ghastly Foreign Pun. Mrs. Carrie Chapman Catt, the noted American clubwoman, has been received abroad by royalty, and some of the foreign papers have the temerity to declare that she has a proverbial right to look at a king.

LOOSE TEETH

Made Sound by Eating Grape-Nuts.

Proper food nourishes every part of the body, because Nature selects the different materials from the food we eat, to build bone, nerve, brain, muscle, teeth, etc.

All we need is to eat the right kind of food slowly, chewing it well—our digestive organs take it up into the blood and the blood carries it all through the body, to every little nook and corner.

If some one would ask you, "Is Grape-Nuts good for loose teeth?" you'd probably say, "No, I don't see how it could be." But a woman in Ontario writes:

"For the past two years I have used Grape-Nuts Food with most excellent results. It seems to take the place of medicine in many ways, builds up the nerves and restores the health generally.

"A little Grape-Nuts taken before retiring soothes my nerves and gives sound sleep." (Because it relieves irritability of the stomach nerves, being a predigested food.)

"Before I used Grape-Nuts my teeth were loose in the gums. They were so bad I was afraid they would some day fall out. Since I have used Grape-Nuts I have not been bothered any more with loose teeth.

"All desire for pastry has disappeared and I have gained in health, weight and happiness since I began to use Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Get the famous little book, "The Road to Wellville," in pgs. "There's a reason."

COAT OF PAINT SAVED BANK.

Clever Device Stopped Run That Would Have Been Disastrous.

Runs on banks, as all the world knows, are often stopped or restricted in the oddest ways.

A rich bank knew that a run was to set in on a certain Monday morning—for it had been robbed of some postage stamps on Saturday night, and the robbery had been exaggerated in the newspaper reports—and if this run was not kept within reasonable limits the bank would have to close its doors. It had plenty of money, but not plenty of cash. It needed 24 hours' time.

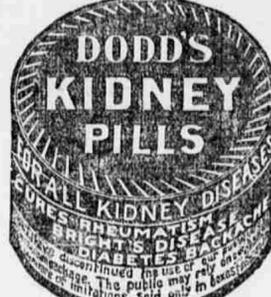
Before sunrise on Monday morning a man put a fresh coat of paint on the front doors of the bank, on the wall panels, and on the counters. The result was that the people who made the run on Monday made rather a walk of it. They wanted their money, but they rushed no one. On the contrary, they came on with caution and deliberation. So careful were they lest they get paint on their clothes that it took longer to pay off one of them than it would have taken ordinarily to pay five.

This is one of many odd tricks whereby, in a run, a bank has saved itself from wreck.

What He Most Wanted For.

John Fiske, the American historian, was an ardent lover of music and himself no mean musician. Furthermore, he was extremely corpulent and felt the hot weather painfully. He was once delivering a course of lectures at a summer school in a small city of the middle west. The heat was terrific and adjoining the house where the lecturer stayed was a church where an ill-matched but zealous "quartet" practiced and performed during all hours of the torrid afternoons and evenings. One evening, seeing the famous man sit for a time unoccupied and apparently oppressed by this combined affliction, the young daughter of his hostess attempted to divert him by offering him a new novel, then just becoming popular. "I think 'The Choir Invisible' is perfectly splendid," Mr. Fiske," said she. "Wouldn't you like to read it?" "The historian put the book aside. "My dear young lady," said he, "the only choir in the world in which I could feel any interest at this moment would be the choir inaudible."

An honest man is not the worse because a dog barks at him.—From the Danish.



W. L. DOUGLAS

\$3.50 & \$3.00 Shoes

BEST IN THE WORLD

W. L. Douglas's \$4 Gilt Edge line cannot be equalled at any price

To Shoe Dealers: W. L. Douglas's Jobbing Rooms in the city of New York are complete in this country. Send for Catalog

ESTABLISHED 1863. CAPITAL \$2,000,000

SHOES FOR EVERYBODY AT ALL PRICES.

Men's shoes, \$5 to \$1.50. Boys' shoes, \$3 to \$1.25. Women's shoes, \$5.00 to \$1.00. Misses' & Children's shoes, \$2.00 to \$1.00.

Try W. L. Douglas Women's, Misses' and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. *Take no substitutes.* Ask your dealer for W. L. Douglas shoes and insist upon having them.

For Color Plates of shoes, send for our new book, "The Illustrated Catalog of Fall Styles." W. L. DOUGLAS, Dept. 12, Brockton, Mass.

GASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of



In Use For Over Thirty Years

GASTORIA

THE GENUINE COMPANY, NEW YORK CITY.

100 DROPS

GASTORIA

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

INFANTS & CHILDREN

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

Prepared by **DR. J. C. HATCHER**

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

Fac Simile Signature of **Dr. J. C. Hatcher** NEW YORK.

100 DROPS - 35 DROPS - 35 CENTS

EXACT COPY OF WRAPPER.

NO MORE MUSTARD PLASTERS TO BLISTER.

THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.

CAPISICUM VASELINE

EXTRACT OF THE CAYENNE PEPPER PLANT

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS. DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.

A substitute for any superior mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "it is the best of all your preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine. SEND YOUR ADDRESS AND WE WILL MAIL OUR VASELINE PAMPHLET WHICH WILL INTEREST YOU.

CHESEBROUGH MFG. CO.
17 STATE STREET, NEW YORK CITY

Dainty, Crisp, Dressy Summer Skirts



Defiance Starch

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

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 sets at 100 a sixteen ounce package everywhere. Other starches, much inferior, sell at 100 for twelve ounce package. Insist on getting **DEFIANCE STARCH** and be sure of results.

Defiance Starch Company, Omaha, Nebraska.

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 R. PAATON CO., Boston, Mass.**

\$25,000.00 FOR AGENTS. Pleasant work among your friends, frequent sales, large commissions, and big profits for all. Address Dept. 12, 11 E. 24th St., N. Y. City.

U. S. NAVY

exists 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 \$18 a month. **ENLIST** quickly, mechanically, blacksmiths, cooper'smiths, yeomen (clerks), carpenters, shipbuilders, fishermen, musicians, cooks, etc., between 21 and 25 years, enlisted in special ratings with suitable pay; hospital appointments 18 to 25 years. **REQUIREMENT** on three-fourths pay and allowances after 30 days service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to place of enlistment. Bonus four months pay and increase in pay upon re-enlistment within four months of discharge. Offices at Lincoln and Hastings, Nebraska. Also, during winter, at the Nebraska State Hotel, Omaha. Address **NAVY RECRUITING STATION, P. O. Bldg., OMAHA**

You Ought to Know

Have you heard about our wonderful Rice Lands, that bring more revenue than any other lands in America?

Do you know that they will also produce fine crops of corn, oats, clover, cotton, truck and vegetables?

Do you know that three new railroads thru this section are going to make the price of land jump? Write us and let us send you full information.

W. W. DUNSON & BRO., Crowley, La.

W. N. U., OMAHA, NO. 41, 1906.