

# THAT AWFUL BACKACHE

Cured by Lydia E. Pinkham's Vegetable Compound

Morton's Gap, Kentucky.—"I suffered two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and Liver Pills and am enjoying good health. It is now more than two years and I have not had an ache or pain since I do all my own work, washing and everything, and never have the backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

Backache is a symptom of organic 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 surely as Lydia E. Pinkham's Compound.

Write to Mrs. Pinkham, at Lynn, Mass., for special advice. Your letter will be absolutely confidential, and the advice free.

## PHILOSOPHY TO THE RESCUE

Pat Went Without His Steak, but at That Everything Was Not Lost.

Charles Nagel, secretary of commerce and labor, says the Irish race has, in addition to its sentiment and romance, a lot of philosophy as one of its characteristics. "The best illustration I ever heard of this," he explained to a dinner party one evening, "was the case of a poor Irishman who had been given a fine, juicy piece of steak. Being a religious man, he placed the steak in front of him, and there, in the shade of the trees surrounding his benefactor's house, he folded his hands, closed his eyes, and gave thanks to heaven for the meal. When he was in the attitude of prayer, a dog rushed up and captured the steak. Pat looked around in time to see the food disappearing over the hill. "Thank heaven," he exclaimed, again closing his eyes, he left me my appetite!"—The Sunday Magazine.

## HIS CRIME.



Evelina—I am sorry, but I cannot marry a man of your character. Edgar—What have I ever done? Evelina—I have just learned that you are a director in a life insurance company.

## AT THE PARSONAGE.

Coffee Runs Riot No Longer. "Wife and I had a serious time of it while we were coffee drinkers. "She had gastritis, headaches, belching and would have periods of sickness, while I secured a daily headache that became chronic. "We naturally sought relief by drugs without avail, for it is now plain enough that no drug will cure the diseases another drug (coffee) sets up, particularly, so long as the drug which causes the trouble is continued. "Finally we thought we would try leaving off coffee and using Postum. I noticed that my headaches disappeared like magic, and my old 'trembling' nervousness left. One day wife said, 'Do you know my gastritis has gone?' "One can hardly realize what Postum has done for us. "Then we began to talk to others. Wife's father and mother were both coffee drinkers and sufferers. Their headaches left entirely a short time after they changed from coffee to Postum. "I began to enquire among my parishioners and found to my astonishment that numbers of them use Postum in place of coffee. Many of the ministers who have visited our parsonage have become enthusiastic champions of Postum." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pgs. "There's a reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## NOTES From MEADOWBROOK FARM



Young orchards should be cultivated.

Peas put back the fertility that the corn takes out.

Keep the land constantly at work growing some crop.

Head lice are the great drawback of chicks raised under hens.

Lima beans will require more manure than other beans or peas.

The tractor is going to be the newest and biggest help to the farmer.

The manure for peas, beets and onions should be fine, rich and well rotted.

The hens need lime and the best way to furnish it is to feed crushed oyster shells.

A uniform quality of dairy products whether it be milk, cream or butter, is always best.

Melons of all kinds require an abundance of moisture and a clean, deep mellow soil.

Frequent watering of the teams during harvest is good insurance against sunstroke.

Good poultry can be reared and made to produce in close quarters of city and suburban lots.

Manure as well as fertilizers should be thoroughly mixed in the soil before drilling in the seed.

Do you ever give your horse a cool bath in summer? You know how good it feels when you bathe.

Hungarian grass seed sown in rich, mellow soil will mature and be fit to cut 60 days from germination of seed.

Some people claim that a hog is a scavenger by nature, but he certainly thrives better on clean feed and decent surroundings.

Prepotency does not come by chance, but through years of proper breeding for certain characteristics and specific functions.

Many farmers do not have a supply of cabbage for winter because they neglect starting plants in midsummer for the fall crop.

Every inclosure for the hogs should be perfectly tight, and with excellent wire fences that are now manufactured this is an easy matter.

The silo is almost indispensable to the really up-to-date dairy, but silage is the best form in which to feed corn to sheep or to beef cattle.

A ewe that is troubled with caked udder would better be fattened and sold to the butcher. If she has it once it may be worse the second time.

The average ensilage ration is forty pounds per cow daily. This is seven and three-fifths tons per year. An acre will yield fifteen tons of silage.

Milk giving is a habit that responds to encouragement or neglect. It is a function which may develop or diminish by the treatment accorded the cow.

When acorns are fed pigs their flesh is apt to become very soft and oily, but this difficulty may be overcome by feeding corn for three weeks before slaughtering.

The Indian Runner ducks are not very good sitters, although they are often inclined to incubate. Their eggs are generally put into incubators or under hens for hatching.

There is no better feed for young pigs than fresh skimmed milk. It is also a good supplementary feed for brood sows, and, in fact, a good feed for hogs of all kinds and ages.

Spring pigs can get along very well without shelter except from rain until fall, then if you are so shiftless as to fall to provide shelter they are better able to stand cold and rain.

An excellent destroyer of lice is four ounces of powdered lobeilia seed and two quarts of boiling water. Let stand till cool and apply to the affected parts with a sponge or coarse brush. One application is usually sufficient.

Eight thousand dollars' worth of pork saved from cholera is the record of the serum from one hog at the Missouri experiment station. More than 1,800 hogs were vaccinated with the serum. The hog was worth while in the world.

Oats make the best grain ration for horses in summer.

Cows differ somewhat in the amount of roughage they will take.

In the care of chickens women prove their superiority over men.

In preparing birds for the show-room women are more handy than men.

Watch out for worms in the hock; they will cause lots of trouble and loss.

Feeding sour or sloppy food is one way of inviting bowel trouble in the young chick.

Opinions vary somewhat as yet as to the comparative feeding value of pea vine silage.

The farmer who keeps better poultry, or the best, is on the right road to a paying business.

Asparagus shoots should not be cut too late, as late cutting will injure the vitality of the roots.

The proper way to apply manure is to remove it from the stable directly to the field and spread it.

Impatience with the heifer that is freshening for the first time is one sure way of spoiling the cow.

Do not attempt to raise fall pigs without having first prepared a perfect system of housing for the winter.

Tomatoes should be given the last working with cultivator and then bedded just before the vines fall over.

If dusty hay is fed, sprinkle with water and it will save the horse much annoyance; but better not feed it at all.

The greatest forage crop in the world is corn, and the silo is the most economical device for use in dishing it up.

Free range for hogs does not mean that they should be allowed to run in the highways and through the neighbors' fences.

Stall manure applied to the ground fresh is much better than manure that has been weathered by standing in the barnyard.

All vegetables which require warm soil, as okra, beans, tomatoes and egg plant, should have warm manure and never muck.

Farmers everywhere are looking for some economical way of maintaining the soil fertility or improving it. Dairying is the answer.

Fence corners full of dead weeds make a fine hibernating place for all kinds of bugs which will get busy with your crop next spring.

The alfalfa farmer is not cutting as heavy a crop this year as ordinarily, but he is just as many laps ahead of the all-grain farmer as ever.

The man who is sincerely interested in his dairy work is pretty sure to be a prosperous dairyman and in his case the dairy business booms.

Stall manure, mixed with ground phosphate and applied on the ground fresh, is vastly better as a fertilizer than manure in any other form.

The cream from the milkings must not be kept so long that it will develop a sharp acid, for that would impart an unpleasant flavor to the butter.

You would think the manufacturer a fool who would feed cotton into his mill and expect silk goods to be woven from it, and yet the hen is simply a machine.

Try the plan of flushing the ewes from now until breeding season, then follow with good pasture, and you will see from results that the plan makes most profits.

We need to have a clear idea of what breeding does, of what feeding does, of what care and environment do, if we secure and maintain a profitable dairy herd.

In order that a good horse may be reared the colt should not only be given a good start in life, but should be kept in healthful and thrifty condition through the growing stage.

Cabbage will continue to grow late in the fall if the ground is clean and the surface fine and loose. The same is true of celery, beets, carrots and some other hardy vegetables.

Lines of breeding which a century has developed and stamped with approval ought to prove safer than the theories of a single mind, made tangible in a few heterogeneous crosses.

Turkeys are tough birds, that is, they will stand almost anything after they are grown up; but for some reason very many seem to have a world of trouble getting them grown up.

If the fowls are not allowed free range add alfalfa meal and some high-grade beef scrap, and pullets will be grown that will be a surprise with their strong, long bodies, well prepared to shell out eggs the year round and breed strong chicks for next year's crop.

## ALL OVER NEBRASKA.

**Broom Company Dividend.** Thayer County.—At the annual meeting of the stockholders of the broom factory a dividend of 12 per cent was declared. The present officials were retained.

**Killed by Lightning.** Holt County.—While visiting at the home of Theodore Cordes, near St. Libory, Miss Mack of Petersburg was struck by lightning and killed. She was in a room in the upper story of the house at the time.

**Girl Killed in Storm.** Keith County.—During a windstorm several accidents occurred in the vicinity of Ogallala and one person was killed. Little Alice Fulton, 6 years old, was struck on the head with a flying board and the skull fractured, resulting in her death.

**Horse and Buggy Lost in Flood.** Lancaster County.—Returning from Hastings after the heavy rain driving the thoroughbred trotting horse, Lloyd Lienhart, attempted to ford a creek about two miles north of Norman. The horse and buggy were swept down stream and cannot be located.

**Farmers Demand a Railroad.** Blaine County.—The farmers for fifty miles along the old grade from Sargent to Brewster are holding meetings for the purpose of urging the Burlington to put rolling stock on the grade which they built some twenty years ago. If this cannot be done they are in communication with other promoters.

**Little Girl Accidentally Shot.** York County.—J. W. Pickrel, who lives seven miles southeast of York, took up his rifle to shoot a chicken, when Josephine, his 6-year-old daughter, ran in front of the gun as it was discharged and the ball entered her leg just above the knee, severing an artery. She will recover.

**Aeronaut Proves Fake.** Seward County.—A stranger solicited nearly \$50 at Seward, representing himself to be an aeronaut. He was to have jumped from one parachute to another. Some one became suspicious and City Marshal Peterson persuaded the fellow to disgorge \$30 of the money, intending to hold it until after the balloon went up. He disappeared with the rest of the money.

**Wanted to Go to Pen.** Antelope County.—Some time ago Harry I. Barlow took a horse from Adams near Elgin and was run down and placed in jail at Neligh. He concluded that he would prefer to get his time of service over as soon as possible and asked the judge to give him his sentence. So when Judge Welch arrived the prisoner pleaded guilty and the judge sentenced him to a term in the penitentiary. The prisoner spent three years in the state university and is well educated.

**Six Inches of Hail.** Lincoln County.—Reports are coming in as to the damage by the late storm. In North Platte the hail did not do very much damage outside of breaking a few windows and some small damage to trees and garden. At Birdwood about four miles west the storm was very severe and the path of the hail storm destroyed practically all of the corn. It is reported that on the Birdwood table to the north hail fell to a depth of six inches.

**Grandstand Nearly Done.** Lancaster County.—The grandstand at the state fair grounds, over which there was much discussion and considerable hanging out at the close of the last session of the legislature because of the reticence of the house to allow a \$10,000 appropriation therefor, is now nearing completion. The amount finally appropriated by the state for the structure was \$15,000, the balance of the cost of the stand coming out of the pockets of the State Fair association.

The new grandstand is one of the most imposing structures on the fair grounds and was spoken of by one man who saw it for the first time as being "as big as all out-of-doors." It will cost when completed \$25,000 and will seat almost as many people and to as good advantage as the Iowa grandstand, which cost \$112,000. Four tons of nails were used in its construction. It is 442 feet long, eighty feet wide and will seat comfortably 5,400 people. The roof is forty-six feet above the ground. The frame is of steel, while the roof and superstructure are of wood.

**Facing Serious Charge.** Dodge County.—A. C. Patrick, day clerk at the Terry hotel at Fremont, and Gladys Gray are being held on a serious charge as a result of a raid made by Desk Sergeant Tuttle of the police force. Patrick is out on a bond of \$200, signed by Landlord Terry, but the girl has been unable to secure her release.

**Lightning Strikes Straw Stack.** Otoe County.—Friday during the storm a large straw stack on the farm of Otto Wuertelle, four miles west of Nebraska City, was struck by lightning and set on fire and destroyed.

**Barn and Horses Burned.** Custer County.—Joe Booth, who lives twelve miles from Broken Bow, lost a large barn, four head of horses, grain, harness, etc., when the barn caught fire while he was in Broken Bow. The barn was set fire either by lightning or by some unknown person.

## The KITCHEN GABINET



IF TODAY is dark and stormy, well, tomorrow may be fair. If we have no earthly dwelling, there are mansions "over there." And we know what God plans for us, our own plans, too, would be. Could we but see the future as clearly as can he. —Florence M. Day.

## COMPANY DISHES.

When company comes we feel the desire to give them the very best our table can afford. The following are a few ideas that may be used. The drink with small cakes served to the caller on a warm day is very refreshing.

**Lemon Fizz.**—Grate the yellow rind from three lemons, squeeze the juice from six, and pour over two quarts of boiling water; stir in half a pound of sugar and cover. When lukewarm add half a yeast cake dissolved in a cup of warm water; cover and let stand over night. In the morning bottle and tie down the corks. Put in a cool place for a day or two when it will be ready to use.

**Chicago Salad.**—Take large, very ripe pears, cut in halves and cored (canned pears may be used); fill the cavity made where the cores were removed with chopped celery and walnut meats mixed with mayonnaise. Arrange around the salad bowl and fill the center with cream cheese or cottage cheese, made rich with cream, put through the ricer.

**Normandy Salad.**—Chop and mix together three cucumbers, three hard-boiled eggs, one cup of olives, three-fourths of a cup of nutmeats, and serve in lettuce nests with mayonnaise.

**Kimmel Torte.**—Put a half pound each of dates, nuts, and a fourth of a pound of figs with three tablespoonsful of bread crumbs through a meat chopper. Mix well and fold in the mixture into the whites of six eggs beaten stiff. Bake in a moderate oven slowly, either in a loaf or layer tin. If in layers, put together with whipped cream, and you have a cake fit for a king.

Dried peaches and apricots mixed make a delicious dessert. Stew until tender, and put through a sieve. Add cream and freeze.

**THE beautiful is just as useful as the useful and sometimes more so.** —Victor Hugo.

Life without hope draws nectar in a sieve, and hope without an object cannot live.

## CHOICE DISHES FOR OCCASIONS.

**Pudding Glace.**—Scald two-thirds of a cup of raisins in two cups of milk, cook fifteen minutes and strain; add a tablespoonful of flour to a cup of sugar. Mix well, add to the milk with a beaten egg, pinch of salt; strain and cool. Add half a cup of candied pineapple, a third of a cup of Canton ginger cut fine, a half cup of almonds chopped, three tablespoonsful of grape juice and a quart of cream. Freeze. Save the raisins for some other dish.

**Rose Bisque.**—Whip a quart of cream, three-fourths of a cup of sugar and a cup of macaroons crushed, a teaspoonful of rose extract. Color with damask rose and freeze.

**Beet Salad.**—Cook four large or eight small beets, cut in cubes; mix with a cupful of pecans. Serve with mayonnaise dressing tinted rose color.

**Chicken Salad.**—Chop or cut in small pieces the breast of a chicken; add a cup of blanched walnuts and twice as much celery as chicken. Serve with any dressing preferred.

**Spanish Bun.**—Cream two-thirds of a cup of butter, add two cups of sugar, sift together two cups of flour with two teaspoonfuls of baking powder; add the flour alternately with the cup of sour milk; add four eggs well beaten, a cup of raisins and a teaspoonful of cloves and two of cinnamon. Bake in square tins. Ice while warming.

**Ice for Cakes.**—A cup of sugar and a fourth of a cup of water are put on to boil. Beat the white of an egg, and when the sirup is like honey add three tablespoonfuls, beating all the while; return the dish to the fire and cook until the sirup threads from the spoon, then add slowly to the egg. Beat until cool. This frosting will, if the directions are carefully followed, be shiny and smooth on top and creamy underneath.

## Bessie Maxwell.

**French Academicians.** A French statistician has been looking at the records of members of the Academie Francaise as family men. Of the forty "Immortals" it appears that the great majority are married, but no fewer than fourteen are childless. Among those who have the largest families are M. Lenri Poincare, the scientist, who is the father of three daughters and a son, and M. Jean Richepin, the poet and dramatist, who has been twice married and has four sons. M. Rene Bazin has also several children, but the families of the other academicians who have families at all do not number more than one or two. M. Anatole France is among the half dozen members who are bachelors.

## QUEER DISEASE IS IN UNITED STATES

Many Here Afflicted With Odd Ailment, Says Prof. Munyon.

## GREWSOME CREATURES VERY COMMON, FINDS EXPERT.

Many people in the United States are afflicted with a queer disease, according to a statement yesterday by Professor James M. Munyon. He made the following remarkable and rather growsome statement:

"Many persons who come and write to my headquarters at 533 and Jefferson Sts., Philadelphia, Pa., think they are suffering from a simple stomach trouble when in reality they are the victims of an entirely different disease—that of tape worms. These tape worms are huge internal parasites, which locate in the upper bowel and consume a large percentage of the nutriment in undigested food. They sometimes grow to a length of forty to sixty feet. One may have a tape worm for years and never know the cause of his or her ill health.

"Persons who are suffering from one of these creatures become nervous, weak and irritable, and tire at the least exertion. The tape worm robs one of his constitution and vitality and strength, but they are rarely fatal.

"The victim of this disease is apt to believe that he is suffering from chronic stomach trouble, and doctors for years without relief. This is not the fault of the physicians he consults, for there is no absolute diagnosis that will tell positively that one is not a victim of tape worm.

"The most common symptom of this trouble is an abnormal appetite. At times the person is ravenously hungry and cannot get enough to eat. At other times the very sight of food is loathsome. There is a gnawing, faint sensation at the pit of the stomach, and the victim has headaches, fits of rage and nausea. He cannot sleep at night and often thinks he is suffering from nervous prostration.

"I have a treatment which has had wonderful success in eliminating these great creatures from the system. In the course of its regular action in aiding digestion, and ridding the blood, kidneys and liver of impurities it has proven fatal to these great worms. If one has a tape worm, this treatment will, in nine cases out of ten, stupefy and pass it away, but if not, the treatment will rebuild the run-down person, who is probably suffering from stomach trouble and a general anaemic condition. My doctors report marvelous success here with this treatment. Fully a dozen persons have been cured of these worms, but they are naturally reticent about discussing them, and of course we cannot violate their confidence by giving their names to the public."

Letters addressed to Professor James M. Munyon, 533 and Jefferson Streets, Philadelphia, Pa., will receive as careful attention as though the patient called in person. Medical advice and consultation absolutely free. Not a penny to pay.

## Serenity.

"The true religious man, amid all the ills of time, keeps a serene forehead and entertains a peaceful heart. This, going out and coming in amid all the trials of the city, the agony of the plague, the horrors of the thirsty tyrants, the fierce democracy abroad, the fiercer ill at home—the saint, the sage of Athens, was still the same. Such a one can endure hardness; can stand alone and be content; a rock amid the waves—lonely, but not moved. Around him the few or many may scream, calumniate, blaspheme. What is all to him but the cawing of the seabird about that solitary, deep-rooted stone?"—Theodore Parker.

## A Complication.

Bessie found getting well much more tiresome than being sick. She was becoming very impatient about staying indoors and eating soups. When her aunt asked her how she felt she replied that she was much worse; that the doctor had found something else the matter with her. "Why, what is it?" asked her aunt. "I think the doctor said 'convalescence'."



## Cement Talk No. 1

Buyers of Portland cement should remember that there are various brands of Portland cement on the market and that all Portland cement is not the same. Every manufacturer prints on the sacks the name of the brand and the trade mark. If you find the trade mark printed above and the name Universal on the cement sacks, you may know it is the best Portland cement possible to make. Good concrete depends on good workmanship and good materials. Care and experience make for good workmanship. Good sand and gravel or crushed stone are obtainable quite cheaply. With these you may feel absolutely safe, if you use Universal Portland Cement. It is always uniform, of good color, great strength and works easily. If you need cement, use Universal. Most dealers handle Universal. If yours does not, write us.

UNIVERSAL PORTLAND CEMENT CO. CHICAGO-PITTSBURGH. Northwest Office, Minneapolis. ANNUAL OUTPUT 10,000,000 BARRELS.

W. Watson E. Coleman, Washington, D.C. Books free. High-class references. Best results.