## What is a Backache?

Diseases of Weman's Organism Cured and Consequent Pain Stopped by Lydin 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, ner-vousness 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

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 pain 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. Pinkham's Vegetable Compound. I began taking it regularly and so u 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 Maude Morris, Sec. Ladies' Aid and Mission Society, 85 E. Hunter St., Atlanta, Ga.

#### WHY OHIO IS PROUD.

Not much is heard of Ohio as 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.

tary 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

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 con-

tains no great city. No precious metals have ever been mined in Ohio, but the value of the

of Colorado or California. Only one state-Illinois-which is died." younger than Ohio is more populous. Illinois is much larger in area. No state later in date of settlement has

#### BY THE GENTLE CYNIC.

Oratory is merely taik with a frock that you are with me now."

It's a poor foo! that can't be worked

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

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

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 Some men are born great, some

shrink, and others never find out how ise. "I never stopped to ask him who small they really are. A girl's first proposal always con-

establish a waiting list.

#### **OUTDOOR LIFE** Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

"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 bad 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 o 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

"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-

# IT IS NATURE'S WARRING TO WOMEN A Tangled Family

By CLARE JAYNES

The remarriage of Mrs. Vanstone, could solve the problem and no one new husband. The Vanstone relations prospects blighted.

new name-ready to cry.

wiser as they grow older."

But the squire's determined good humor aggravated his stepchildren more the stomach, by a little forbearance than any amount of positive opposition and practice, as enamored of what is would have done, and they made no effort to conceal their feelings.

"I never, never can call that man father," said Millie. "My dear, he doesn't want you to,"

said Mrs. Beverley. "I can't endure the sight of him!"

pouted Millie. "And Charley says exactly the same thing." "Charley is a disobedient, ungrate-

ful son," sobbed Mrs. Beverley. But here Mr. Beverley himself came to the rescue.

"Young people," said he, "I don't obect to you making yourselves as miserable as you like, but you mustn't torment your mother. I'll have none of this.

Millie lost no time in carrying this revolutionary speech straight to her brother.

"Very well," said Charley, coolly; we'll accept the challenge."

"I'll not submit to his tyranny," said Millie, "I've got a plan." "So have I," said Charles; "lots of em; only they don't seem to work when I try to put them into practice." "I've been writing to Louise Vane."

said Millie. tion it," said Charley, rumpling up his brown, curly hair. "But why should you write to her?—and what has she to do with our affairs?"

"She sympathizes so thoroughly with me," said Millie. "She considers second marriages as sinful, as I do. And she has asked me to come to her and stay as long as I please. There is a nice hotel in the village, Charley; There are more men fit for mili- and her father is very hospitable. And there is a fine supply of shooting. Louise writes, and plenty of agreeable society."

> "Not a bad idea," said Charley, reflectively. Louise Vane received her former

> schoolmate with effusion. Her father, a stately, middle-aged gentleman, spoke a few kindly words

> "Oh dear!" said Millie when she was alone with her friend, "I do hope we shall not disturb Mr. Vane."

"Nothing disturbs papa," said Louise, "He will never think of noticing world but once.' Any good thing coal and iron dug out of the Chio hills | such chicks as we are. Every old maid every year exceeds that of the gold and widow in the village has tried to

"How dare they?" said indignant Millie. "I think the legislature ought to pass a law against second marriages. more inhabitants in proportion to its They are wicked, sinful; an outrage on civilization!"

"Of course they are," said Louise, "But don't worry, darling. Remember

Three months of happiness at Vane lodge followed. Millie and Louise read their favorite authors together, and worked hideous screens and impossible portieres in crewels.

But one day Mr. Vane called his daughter into his study, with a serious face, and when she came out she was drowned in tears, and fled straightway to the haven of her dearest friend's

"Darling!" cried Millie, "what is the matter? Tell me, I beseech you." "The worst that could possibly hap-

pen," cried Louise, tragically. "Papa is going to marry again." Millie crimsoned to the very roots

of her hair. "He told me so himself," said Louit was that was to desecrate our happy happy home. I just clasped my hands vinces her that it will be necessary to and cried: 'Papa!' and ran away sobbing as if my heart would break. Oh, and I had so hoped that, when I was married, we could stay on here

> of course, nothing will ever be the "You married, Louise?" cried Millie. "Didn't he tell you? But it only happened this morning. Charley has

just the same; but, with a stepmother.

asked me to be his wife." "But," faltered Millie, "if your step-

mother loved you very much indeed-"Fiddlesticks!" said Louise; "as if stepmother could love one! Oh, I hate her already! And you, too, my poor wounded gazelle, will be driven from your refuge. If I could only

offer you a home-' "It's so good of you, darling!" whispered Millie. "But I don't really think that it will be necessary, because, because-"

"You're not engaged to be married. too?" almost shrieked Louise, struck with a certain consciousness in her friend's face.

"Yes, I am," said Millie, hanging eyesight is perfect." down her head

conspirator?" "To-to your father!" said Millie.

Helping Him Out.

"I know I'll never be able to say that toast gracefully at the dinner to-night," said the out-of-town guest. "Oh, that'll be all right," said his friend. "I'll fix it up with the host to call on you late in the evening. You can get off any old thing then and nobody'll care!"-Detroit Free

She screamed and jumped into his arms Whene'er she saw a bug Though she was not a timid maid, She did it for the hug.
-Houston Post.

THE SCIENCE OF LIVING.

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

tarium, Alma, Mich., in the October number of "How to Live." gives some after a long widowhood, was the popu- interesting as well as sensible rules lar gossip of the season, yet no one for acquiring and keeping health. He says: "Without we eat and drink, we seemed entirely satisfied except the die! The provocative to do both rests with the appetite, which, in process were vexed, the servants sulked, and of time, becomes a very uncertain the widow's son and daughter, Charley guide; for the palate will often induce and Millie, just of age, imagined their a desire and relish for that which is most mischievous and indigestible "Oh, George, what shall I do?" said The old saying of 'eat what you like' Mrs. Beverlev—which was the lady's is now shunned by everybody of 20 years' experience. Still, without appe-"Don't mind 'em, my dear!" said her tite, it is a very difficult affair to subhusband, with a great, rolling laugh. sist-for the pleasure depends chiefly They're only children: they'll grow upon the relish. The relish may become, as has been stated, a vitiated one, but it is quite possible to make

> 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 quantify 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 pans ready. Then make your pie in not supplied, and may be choked by the ordinary manner with upper and 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, the name before, now that you men- kidneys and bowels must do their paste some cheese straws or some eliminative work properly. If the tarts. 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 strips six inches long and one-third or hot water the first thing upon rising in the morning will aid much in double in thickness in baking. overcoming constipation. Regulat Make tarts by cutting three-inch 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 em-

ployed 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 therefore, that we do, or any kindness that we show to any human bemarry him ever since poor mamma ing 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 feels 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 man who refuses to argue with her. Many an unsuccessful man would rather preserve his dignity than

others.

things, but often it seems like an up each jar full of water, seal and inbill fight.

afford is the average man's idea of trouble may be with the rubber, or pleasure.

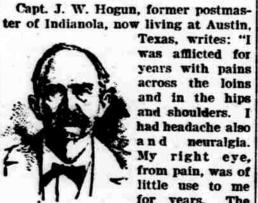
good deal.

The fellow who is always under a cloud reminds me of nothing so much | Canning must be done right or it is as a borrowed umbrella.

#### UTTERLY WORN OUT.

with Kidney Trouble.

across the loins



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

Sold by all dealers. 50 cents a box. "And to whom, you precious little Foster-Milburn Co., Buffalo, N. Y.

Little Joe-Say, mamma, is "Oh, don't blame me, Louise; findeed, goin' to be a Indian? Mamma—Why do I couldn't help it!"-The Four Hun- you ask that, dear? Little Joe-'Cause she's upstairs paintin' her face.

> Give Defiance Starch a fair trialtry 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 Dr. George F. Butler, medical superintendent of the Alma Springs Saniif 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, any well-regulated stomach ought to be able to digest them, if not eaten more than once a

> Men. particularly, are very fond of ple, and heartily indorse the sentiment of the late Eugene Field which he expressed in the following lines: Your flavored creams and ices,

Avegetable Preparation for Assimilating the Food and Regulating the Stounces and Bowels of

INIANIS CHILDREN

Promotes Digestion.Cheerful-ness and Rest.Contains neither Opium.Morphine nor Mineral.

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ness and LOSS OF SLEEP.

Fac Simile Signature of

assistation.

NEW YORK

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NOT NARCOTIC.

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 bate my soul's devotion To apple-pie and cheese! Pastry is either plain paste, or puff paste, according to the amount of but ter 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 but ter: 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 in remainder of the butter. Roll and fold again. Continue until the paste has been rolled and folded five times. Let it stand five minutes until you get your 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

To make the cheese straws, which are delicious, roll the puff paste onefourth of an inch thick; sprinkle onehalf of it with grated cheese; fold over and roll out: repeat twice, adding cheese each time. Then cut in of an inch wide. They will almost

squares out of the paste; brush over 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

Plain Paste.-Mix thoroughly onehalf 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, trav, dishpan, towels, holders, and plenty of hot water and a big kitchen table. It is better to have too little con- For a small family select pint jars; for fidence in yourself than too much in a large family, quart jars are better than half-gallon. Do not use old. We are told that love levels all stiff rubbers; they are not safe. Fill vert. If it leaks, do not use it, no matter how slight the leak. The the top, or some flaw in the jar top. Life is like a game of cards, in Remedy the evil if you can, but do which a good deal depends upon a not attempt to use until all leakage is stopped, using the rubber and top with the jar that has been tested. 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 Vitality Sapped by Years of Suffering 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 Com-

NOTES FOR THE HOUSEKEEPER Butter will take the soreness from

Strips of stiff buckram sewed along the edges of rugs will prevent their Try cooking spinach in bouillon in-

stead 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

A recipe for paste that never dri 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

paper: Mix pipe-clay with water to

the consistency of cream, spread it

day, when it may be easily brushed

off. Repeat if necessary.

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. Grease Spots on Wall Paper. To remove grease spots from wall

on the spot and leave until the next BIG OPENING Government Lands in Oklahoma.

For complete information and land
map send tip. to J. F. THOMAS, Atty., Lawton, Okla. CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has beene the signature of and has been made under his personal supervision since its infuncy.

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 Diarrhoca 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 Panacca—The Mother's Friend.

GENUINE CASTORIA ALWAYS

hat Hetcher. The Kind You Have Always Bought



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

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.

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Paxtine Toilet Antiseptic

which destroys the disease germs checks discharges, stops pain, and heals the inflammation and soreness.

Partine represents the most successful local treatment for feminino ills ever produced. Thousands of women testify

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to this fact. 50 cents at druggists.

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. Is it not sound judgment to require your grocer to furnish you the Ten

Cake package of

for Five Cents? The three extra cakes are as good to you as to the Yeast Trust. WRITE FOR A SAMPLE PROM THE ON TIME YEAST CO., OMAHA, NES.

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homa, and Northern Texas points, one fare plus \$2.00, all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as Correspondingly low rates from all points nasal catarrh, uterine catarrh caused From Chicago. \$25.00; St. Paul. \$27.50; by feminine ills, sore throat, sore

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