BACKACHE IS KIDNEYACHE.

Usually There Are Other Troubles to Prove It.

Pain in the back is pain in the kidneys, in most cases, and it points to the need of a special remedy to relieve and cure the congestion or inflammation of the kidneys that is interfering with their work and causing that pain that makes you say: "Oh, my back."

Thompson Watkins, professional nurse, 420 N. 23d St., Parsons, Kans., says: "For some time I was annoyed with sharp twinges across the small of my back and irregular passages of the kidney secretions. Since using Doan's Kidney Pills I am free from these troubles."

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

PROSAIC ENDING OF DREAM.

Nevertheless, Editor Believes It Portends Some Good Luck.

The dream of an unknown Kansas editor:

She was dressed in green, and a serpent of old gold and with red eyes encircled her arm. Her hair was very black and loose. Her eyes, black and deep, seemed to search me through as she held my hand in hers and looked up from the palm she had been reading.

"Your death will come suddenly," she said.

"Will it be a railroad collision or a hotel fire?" we inquired.

"I cannot say," she said, "but it will be so sudden as to be painless."

Just then we awoke, because somebody was punching us in the ribs and saying: "Get on your side of the bed and let me have my share of the quilts."

But we have been thinking about it since, and we believe somebody is going to pay his subscription in advance. —Kansas City Journal.

PLEASANT FOR DAUBER.

Sign Painter (to Dauber, A. N. A.) —Hello, bo! It's great to meet up wid me of de perfesh out here in de wilds!

Humiliation.

A certain small boy of six is rapidly assuming manly ways. Not long ago his "room" at school planned an entertainment. There were to be little songs and recitations and a mysterious grab-bag. The small boy waxed eloquent concerning the coming glories of this show, and more especially the part he would take.

On the morning of the entertainment his mother suggested that he should take his little sister, aged four, with him. He hung his head.

"Don't you want to take her?" his mother asked.

"No, I don't," he answered.

"And why not?"

The reply came quickly.

"'Cause there ain't none of th' other fellers has to bring their children."

Lots Easier.

Bobby rushed out to meet his father the other night as he was returning from work and said, breathlessly:

"Oh, papa, I won't have to study nearly so hard at school any more."

Now, Bobby had been doing fair from well, and his father was pleased to hear of the new interest, hoping for better things.

"How's that, my son?" said he.

"Oh, I got put back a class."—The Housekeeper.

LESS MEAT
Advice of Family Physician.

Formerly people thought meat necessary for strength and muscular vigor.

The man who worked hard was supposed to require meat two or three times a day. Science has found out differently.

It is now a common thing for a family physician to order less meat, as in the following letter from a N. Y. man.

"I had suffered for years with dyspepsia and nervousness. My physician advised me to eat less meat and greasy foods generally. I tried several things to take the place of my usual breakfast of chops, fried potatoes, etc., but got no relief until I tried Grape-Nuts food.

"After using Grape-Nuts for the cereal part of my meals for two years, I am now a well man. Grape-Nuts benefited my health far more than the $500.00 worth of medicine I had taken before.

"My wife and children are healthier than they had been for years, and we are a very happy family, largely due to Grape-Nuts.

"We have been so much benefited by Grape-Nuts that it would be ungrateful not to acknowledge it."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "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.

Processional to Calvary

(From Stainer's Oratorio, "Crucifixion.")

Fling wide the gates! for the Savior waits
To tread in His royal way;
He has come from above, in his power and love
To die on this Passion day.
His cross is the sign of a love divine,
His crown is the thorn-wreath of woe.
He bears His load on the sorrowful road
And bends 'neath the burden low.

How sweet is the grace of His sacred face
And lovely beyond compare
Though weary and worn, with the merciless scorn
Of a world He has come to spare.
The burden of wrong that earth bears along,
Past evil, and evil to be;
All sins of man since the world began,
They have laid, dear Lord, on Thee.

Then on to the end, my God and my Friend,
With Thy banner lifted high!
Thou art come from above, in Thy power and love
To endure and suffer and die!

Woman and the Life Festival

IN THE dim childhood of the human race, man, not woman, was made the central figure, it appears, of much that celebrated the triumphs of life over death, the conquests of mankind over the foes that beset and menaced the highest but not the strongest of the animals. Fatherhood was honored more than motherhood, in some parts of the crude, young world, and the patriarchal head of the family quite eclipsed his mate or mates in such distinction as came from obedience to the injunction to "be fruitful and multiply and replenish the earth."

It is different now. In this stage of the world's development the festival of the renewing and reawakening of life is mainly feminine, notwithstanding the fact that it celebrates the resurrection of the Son of Man. Women, not men, make of Easter the great spectacle and day of rejoicing which it has become in nearly all parts of the Christian world. Women predominate in the churches. Women give the Easter streets their glow of color and wealth of charm.

The world understands now, if it did not long ago, that woman is the high priestess of the temple of life. She is the mother, the nurse, the guardian angel of childhood. She is the teacher, the comforter, the home builder. She takes few lives and saves many. She risks her own life that others may live. Woman earns her primacy in the great festival of the year's new birth.

In the realm of the spirit, also, woman is the priestess of life. She is the embodiment, in a higher degree than man, of the hope of the race, the buoyancy and faith of the soul, the optimism of trust in the reign of good and the triumph of life over death. She has more of the resurrection spirit than man.

It is for this reason, quite as much as because of woman's grace and charm and song and laughter, that she fits so pre-eminently the Easter environment. She has the spirit and mental outlook of spring. She responds more sensitively and joyously than man to the re-awakening of life on the earth, the bursting of buds, the unfolding of little leaves, the quickening of forest and orchard, field and garden.

It is easier for woman to believe than for man, easier for her to feel and thrill to the appeal of the resurrection. She enters more intensely than man into the very heart and soul of the Easter story. And the spirit that accepts most unreservedly and gladly Easter's religious and historic meaning is the spirit which is best attuned to the springy glory of the world.

The difference is clearly marked early in life. Easter is far more to the girl than to the boy. The former, not the latter, finds that the day appeals to her strongly before she understands much of its significance. The boy's interest is narrower, less certain, less hearty. He is out of touch with much that his sister feels in the Easter ceremonies and the Easter customs.

From infancy to old age, therefore, the spring festival is distinctively a woman's festival. It is feminine in outward beauty and charm. It is feminine, also, in the inner grace of the heart that feels and the spirit that believes in the reign of good and the unending triumphs of life over death, the cradle over the grave, the new over the old, the soul over the mortal body.

A grateful man never has to look into his pocketbook to see how much he has to be thankful for.

PREVENTING PAINT TROUBLES.

It's easy enough to recognize the symptoms of poor paint, after it has been on awhile—after its inherent tendency to crack and peel and scale and blister, etc., has developed into trouble. You know these paint "diseases" usually indicate adulteration or substitution in the paint materials. And you know the only remedy is repainting.

A little knowledge of paint and painting requirements, and how to made sure of the purity and quality of materials, would prevent all trouble, and save the big extra expense of re-painting; just as a proper knowledge of simple health-laws, and observance of them, prevents sickness.

A complete painting guide, including a book of color schemes, specifications for all kinds of painting work, and an instrument for detecting adulteration in paint materials, with directions for using it, can be had free by writing National Lead Co., 1902 Trinity Bldg., New York, and asking for Housewner's Painting Outfit No. 49.

A very simple guide in the purchase of white lead (the only sure and safe paint material) is the famous "Dutch Boy Painter" trademark; that trademark is an absolute guarantee of purity and quality.

EXPERT ADVICE.

Butler—Pardon this interruption, but there is a deputation of unemployed waiting for you at the door.

His Excellency—Tell the people to go home quietly. (Drains a glass of champagne.) People in this world can get on very well without work—at least I find it so.

COVERED WITH HIVES.

Child a Mass of Dreadful Sore, Itching, Irritating Humor for 2 Months —Little Sufferer in Terrible Plight.

Disease Cured by Cuticura.

"My six year old daughter had the dreadful disease called hives for two months. She became affected by playing with children who had it. By scratching she caused large sores which were irritating. Her body was a complete sore but it was worse on her arms and back. We employed a physician who left medicine but it did not help her and I tried several remedies but without avail. Seeing the Cuticura Remedies advertised, I thought I would try them. I gave her a hot bath daily with Cuticura Soap and anointed her body with Cuticura Ointment. The first treatment relieved the itching and in a short time the disease disappeared. Mrs. George L. Fridhoff, Warren, Mich., June 30 and July 13, 1908."

Potter Drug & Chem. Corp., Sole Props., Boston.

Other Men's Wives.

"What a pretty party this is," she said, as she looked around the beautiful room at the pretty women sitting on the long divans against the wall. "And these are your wives? Aren't they sweet? Isn't it lovely?"

"Yes," he admitted, "but you ought to have been at our party last month when we had a lot of other fellows' wives. It was a whole lot lovelier."

Beware of Ointments for Catarrh that Contain Mercury,

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists. Price, 75c. per bottle.

Take Hall's Family Pills for constipation.

Footrest for Invalid.

In making a gift for an elderly person or invalid the comfort of a footstool or footrest should not be overlooked. A carpet remnant is excellent for this purpose, or the sound parts of a wornout rug or carpet may be utilized.

For Headache Try Hicks' Capudine.

Whether from Colds, Heat, Stomach or Nervous troubles, the aches are speedily relieved by Capudine. It's Liquid—pleasant to take—Effects immediately. 10, 25 and 50c at Drug Stores.

When a woman goes away on a visit for a few days, never ask her why she takes so many clothes with her, for how else could she show her friends that she has them?

Thousands of country people know that in time of sudden mishap or accident Hamlins Wizard Oil is the best substitute for the family doctor. That is why it is so often found upon the shelf.

He who is false to duty breaks a thread in the loom, and will find the flaw when he may have forgotten the cause.—H. Ward Beecher.

"Brown's Bronchial Troches" give relief in Bronchial and Lung Troubles. A simple remedy. 25 cents a box. Samples sent free by John I. Brown & Son, Boston, Mass.

The assistance we get is seldom satisfactory. The best way is not to need it.

One of the Important Duties of Physicians and the Well-Informed of the World

is to learn as to the relative standing and reliability of the leading manufacturers of medicinal agents, as the most eminent physicians are the most careful as to the uniform quality and perfect purity of remedies prescribed by them, and it is well known to physicians and the Well-Informed generally that the California Fig Syrup Co., by reason of its correct methods and perfect equipment and the ethical character of its product, has attained to the high standing in scientific and commercial circles which is accorded to successful and reliable houses only, and, therefore, that the name of the Company has become a guarantee of the excellence of its remedy.

TRUTH AND QUALITY

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing, therefore we wish to call the attention of all who would enjoy good health, with its blessings, to the fact that it involves the question of right living with all the term implies. With proper knowledge of what is best each hour of recreation, of enjoyment, of contemplation and of effort may be made to contribute to that end and the use of medicines dispensed with generally to great advantage, but as in many instances a simple, wholesome remedy may be invaluable if taken at the proper time, the California Fig Syrup Co. feels that it is alike important to present truthfully the subject and to supply the one perfect laxative remedy which has won the appoval of physicians and the world-wide acceptance of the Well-Informed, because of the excellence of the combination, known to all, and the original method of manufacture, which is known to the California Fig Syrup Co. only.

This valuable remedy has been long and favorably known under the name of—Syrup of Figs—and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of—Syrup of Figs and Elixir of Senna—as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of Syrup of Figs—and to get its beneficial effects always note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for—Syrup of Figs—or by the full name—Syrup of Figs and Elixir of Senna—as—Syrup of Figs and Elixir of Senna—is the one laxative remedy manufactured by the California Fig Syrup Co. and the same heretofore known by the name—Syrup of Figs—which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States, in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., that the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act, June 30th, 1906.

CALIFORNIA FIG SYRUP CO.

ADDRESSES — San Francisco, Cal. U. S. A. — INCORPORATED

Louisville, Ky. — London, England. — New York, N. Y.

Aesthetic Lily.

"Here comes my little Lily!" exclaimed a doting mother to a roomful of guests. "I have nursie take her for a walk in the park every afternoon, and you have no idea how rapidly it is developing her sense of the aesthetic—the beautiful! Come here, my darling. Tell us what you remember best about your walk in the park to-day."

Lily's breath came hard. She paused a moment, then answered in a shrill, excited treble:

"Oh, mamma, the bears smelt awful."

Took It Personally.

An author engaged a young lady typewriter to take down his new novel from dictation. At the passage: "Oh! my adorable angel, accept the confession from my lips that I cannot exist without you! Make me happy; come and share my lot and be mine until death do us part!"—his fair secretary paused and ingenuously inquired: "Is that to go down with the rest?"

It is what it is "cracked up to be," if it is ice.

This Trade-mark Eliminates All Uncertainty in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of every keg of white lead you buy.

NATIONAL LEAD COMPANY
1902 Trinity Building, New York

CLOVER SEED

Absolutely Pure, No Weeds

Ex. Gov. Hoard of Wisconsin, from 30 acres sown to Salzer's 20th Century Alfalfa, harvested within 24 weeks after seeding $2500.00 worth of magnificent hay, or at the rate of over $80.00 per acre. Big seed catalog free; or, send 10c in stamps for sample of this Alfalfa, also Billion Dollar Grass, Oats, Wheat, Barley, etc., easily worth $10.00 of any man's money to get a start with. Or, send 14c and we add a sample farm seed novelty never seen before by you.

SALZER SEED CO., Box W, La Crosse, Wis.

PILES

"I have suffered with piles for thirty-six years. One year ago last April I began taking Cascarets for constipation. In the course of a week I noticed the piles began to disappear and at the end of six weeks they did not trouble me at all. Cascarets have done wonders for me. I am entirely cured and feel like a new man." George Kryder, Napoleon, O.

Pleasant. Palatable. Potent. Taste Good. Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 920

New Book on **Consumption** FREE TO ALL

200 page, cloth bound medical book on consumption. Tells in plain, simple language how consumption can be cured in your own home. Write today. The Book is absolutely free.

YONKERMAN CO.
2030 Water Street, Kalamazoo, Mich.

DEFIANCE STARCH never sticks to the iron.

A. N. K.—F (1909—13) 2275.

Want a Telephone?

This Book Sent Free

If you do you can get it. If you are anxious to get into closer touch with your friends, with the family doctor, with the store, with the post office, or with the cotton buyer, you can do it with a telephone at hand. If you want to make the farm a more livable place, if you want to protect your home, you can do it by installing a telephone.

If you will cut out this advertisement, write your name and address on the margin and mail it to-day to our nearest house, we will send you at once a copy of our Free Bulletin No. 107 on

"How to Build Rural Telephone Lines"

This Bulletin explains clearly how a rural telephone system is built and operated, and it also contains full information as to costs.

In a Farmer's Mutual Company a few day's labor and a cash investment of about $25. per subscriber, will purchase all material and build an absolutely standard system.

A Rural Telephone is an investment, not an expense. The telephone which enables you to sell ten bales of cotton at ½ cent per pound more than the traveling buyer offers you, has paid for its entire cost. If you have some hay down all ready to go in, it is worth something to have a telephone with which to call on Neighbor Smith "for a lift" before the storm breaks.

The Rural Telephone pays for itself each year and we have brought the initial cost within the reach of every farmer. Present prices are especially favorable and thousands of Farmers' Mutual Companies are now organizing so as to build their lines this Spring. **Write us to-day.**

WESTERN ELECTRIC COMPANY

Southern Offices: Atlanta, Cincinnati, Dallas, Indianapolis, Kansas City, Portsmouth, Saint Louis, Savannah

The world's oldest and largest telephone manufacturer. There are over 4,000,000 Western Electric Telephones in use in the United States to-day.

Rural Telephones a specialty

Northern and Western Offices: Boston, Chicago, Denver, Los Angeles, New York, Omaha, Philadelphia, Pittsburg, Saint Paul, Salt Lake City, San Francisco, Seattle

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. *MONROE DRUG CO., Quincy, Illinois.*

Where Time Halts.

"There are some people who never get beyond a certain age," said the brass-buttoned man at the railroad gates. "The unmarried woman who never gets beyond 25 and the child who travels who never reaches the age of five."

SPOHN'S DISTEMPER CURE

For **DISTEMPER** Pink Eye, Epizootic Shipping Fever & Catarrhal Fever

Sure cure and positive preventive, no matter how horses at any age are infected or "exposed." Liquid, given on the tongue, acts on the blood and glands, expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings and is a fine Kidney remedy. 50c and $1 a bottle. $6 and $10 a dozen. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures." Special agents wanted.

SPOHN MEDICAL CO., Chemists and Bacteriologists GOSHEN, IND., U. S. A.

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR RESTORER. PRICE, $1.00, retail.