

What is a Backache?

IT IS NATURE'S WARNING TO WOMEN

Diseases of Woman's Organism Cured and Consequent Pain Stopped by Lydia E. Pinkham's Vegetable Compound.

"It seems as though my back would 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, nervousness and no ambition for any task.



Miss Maude Morris

They do not realize that the back is the mainstay of woman's organism, and quickly indicates by aching a diseased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound has been for many years the one and only effective remedy in such cases. It speedily cures female and kidney disorders and restores the female organs to a healthy condition.

"I have suffered with female troubles for over two years, suffering intense 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 sleeping nights, bad dreams and severe headaches. All this undermined my health.

"I consulted an old family physician, who advised that I try Lydia E. Pinkham's Vegetable Compound. I began taking it regularly and soon found that I could sleep and eat better than 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, 35 E. Hunter St., Atlanta, Ga.

Wheat, 60 bushels per acre. Catalogue and samples free. Write for it. See W. S. Loewen, 1716

WINTER

ALL TRUE.

Too many bills are apt to make a man feel bilious.

The fools 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 a man who refuses to argue with her.

Many an unsuccessful man would rather preserve his dignity than hustle.

It is better to have too little confidence in yourself than too much in others.

We are told that love levels all things, but often it seems like an up hill fight.

To indulge in the things we can't afford is the average man's idea of pleasure.

Life is like a game of cards, in which a good deal depends upon a good deal.

The fellow who is always under a cloud reminds me of nothing so much as a borrowed umbrella.

BY THE WAY.

Even a stingy person is always willing to give advice.

No one is so prosperous that he can afford to malign other people.

A desire to get even has often been the keynote of a man's success.

Value of property is entirely a matter of whether somebody wants it.

There are smaller dividends in the practice of hate than in any other occupation.

It is hard to persuade a community that you are any better than your neighbors.

A man does not really get old until he begins to feel secret pride in his infirmities.

Every person imagines that his is a special case among the ills that afflict mankind in general.—Uncle Dick in Madison Journal.

Hottentot widows cut off a finger joint when they remarry.

OUTDOOR LIFE

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

A farmer says:

"It was not from liquor or tobacco that for ten years or more I suffered from dyspepsia and stomach trouble 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 to 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 skeleton.

"One day I read an ad for Postum and told my wife I would try it, and 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 any 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 Wellville."

NORTHWEST NOTES

J. Whyte Evans was knocked down by a street car in Portland on Sunday and severely injured.

Walter Barlow, who killed Sheriff Thomas W. Logan April 7 at Manhattan, was acquitted by a jury at Tonoqah last week. The defense claimed self-defense.

The body of Kristjan Johnson of Ontario, Ore., was found by the railroad track with his skull crushed. He is supposed to have been killed in a drunken brawl.

Rawlins and Lynn, two prisoners at Rawlins, Wyo., made a dash for liberty while cleaning up the jail yard. Rawlins was captured, but Lynn made good his escape.

While making an effort to dive under a large river barge, as the result of a dare from one of his companions, Joseph Nestro, an iron-worker, was drowned at Portland.

Maudie Cullison, a 14-year-old girl, shot and killed herself at her father's home in Portland because her parents had reprimanded her for keeping company with a young man.

Alloting Agent Nickerson, from Lander, Wyo., wired the Indian office on the 12th that he had finished his work and had forwarded the schedule of allotments in Shoshone reservation.

Fire destroyed the buildings and machinery of the Yakima Gas company at North Yakima, Wash. Loss, \$15,000. No insurance. The plant is owned by Philadelphia, Pa., capitalists.

Caught by driftwood along the bank of the river a mile from Dillon, Mont., the body of an unknown man was found by two fishermen Saturday. The body was badly decomposed and its features not recognizable.

President Roosevelt has been petitioned by the commercial bodies of Denver to appoint Thomas C. Scott, manager of the Colorado Manufacturers' association, as a member of the Interstate commerce commission.

Esther Mitchell's family will do nothing to defend her in her trial for murdering her brother George. It is said they do not even care to see her it is expected that she will be defended by counsel appointed by the court.

The patrons of the Bruce, Wyoming postoffice are in a sore predicament, being unable to get their mail because W. W. Ehler is in prison awaiting trial on the charge of murder in the first degree, having killed T. J. Storm, a shepherd. Storm's body was literally filled with lead. No one will take the position of postmaster.

Discovery has been made in a small draw near Laramie, Wyo., of a deserted prairie schooner with two emaciated horses nearby. The wagon box is splintered with bullet holes and the inside of the wagon stained with blood. It is believed the occupants of the wagon, probably emigrants, were murdered.

One hundred strikers took possession of the government camp at Corbett tunnel, on the Shoshone reservation works, eight miles from Cody, Wyo., and for a time created a reign of terror. They threatened the lives of 500 other men if they returned to work, but were speedily brought to order by county officials.

United States Senator Clark of Montana, in an interview at Santa Barbara, Cal., predicted that the next presidential campaign will find Bryan the candidate of the Democratic party and Roosevelt of the Republican.

Although President Roosevelt is not seeking the nomination, the senator believed that it would be forced upon him.

During a downpour of rain in Denver, Charles F. Hollingshead, Jr., aged 10, was killed by lightning, and Miss Eliza Hann, aged 34, died of heart failure, due to over-exertion in running through the storm to her home.

Prosecuting Attorney Mackintosh of Seattle has filed in the superior court an information charging Chester Thompson, aged 21, son of Will H. Thompson, with murder in the first degree. Young Thompson shot and killed Judge George Meade Emory.

O. V. Hurd of Corvallis, Ore., father of Mrs. Maud Creffield, has offered alio to his daughter and Esther Mitchell and wired them that he had arranged for their defense. Mrs. Creffield will accept, though she said it was not worth while for him to spend his money.

John Turish, a well known Colorado mining man, aged 35 years, was committed to the insane asylum in Denver, after being arrested on a warrant sworn out by his brother, Henry Turish. Turish attempted to kill the examining physician with a pocket knife.

Harry Baumback, 15 years old, had one hand almost blown off by the explosion of dynamite on the railroad track at Laramie, Wyo. He was passing, and, seeing the smoke of the burning substance, reached the scene just in time to receive the force of the explosion.

The Swan Land and Cattle company is working on an irrigation project near Iron Mountain station, Wyoming, which will reclaim 30,000 acres of land, being one of the largest irrigation projects, aside from those of the reclamation service, in the state of Wyoming.

Ten men who were riding in a box car were held up and robbed of nearly \$200 by five masked men who entered the car while the train stopped at a water tank near Billings, Mont. One man suspected of the robbery was killed while resisting arrest, and two others are in jail.

The wool sales season in Montana opened at Glendive last week with the fleeces being auctioned off at the Northern Pacific warehouse. Numerous representatives of eastern houses were present at the sale, and from the interest manifested this year will see a big demand for wool.

THE SCIENCE OF LIVING.

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

Dr. George F. Butler, medical superintendent of the Alma Springs Sanitarium, Alma, Mich., in the October number of "How to Live," gives some interesting as well as sensible rules for acquiring and keeping health. He says: "Without we eat and drink, we die! The provocative to do both rests with the appetite, which, in process of time, becomes a very uncertain guide; for the palate will often indicate a desire and relish for that which is most mischievous and indigestible. The old saying of 'eat what you like' is now shunned by everybody of 20 years' experience. Still, without appetite, it is a very difficult affair to subsist—for the pleasure depends chiefly upon the relish. The relish may become, as has been stated, a vitiated one, but it is quite possible to make the stomach, by a little forbearance and practice, an enamored of what is 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 quantity 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 not supplied, and may be choked by 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, kidneys and bowels must do their eliminative work properly. If the 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 or hot water the first thing upon rising in the morning will aid much in overcoming constipation. Regular 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 employed 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 world but once.' Any good thing, therefore, that we do, or any kindness that we show to any human being, let us do it now. Let us not defer it or neglect it, for we shall not pass this way again."

WISDOM'S WHISPERS.

Force of circumstances is a poor excuse for the taking of a wrong path.

The bearer of unpleasant tidings rarely appreciates how hard he sprints.

Hold fast to a truth without regard to what others may think of you.

The value of wealth cannot be estimated by those who do not possess it.

It does one no harm to call attention to the good that may be seen in others.

An assumption of humility does not always carry with it the appearance of honesty.

Because others may overestimate your value is no reason for your doing likewise.

Jumping at conclusions without facts shows a ready mind, if not a well-balanced one.

Words can be used so as to increase their importance even in telling an ordinary story.

The ravages of time come creeping along no matter how effectively they may be concealed.

PROVERBS AND PHRASES.

He who would gather honey must bear the sting of bees.—From the Dutch.

When you make do jail too nice you better stinken de hogpen.—American Negro.

A sensible housekeeper begins to sweep her stairs from the top.—From the German.

An honest man does not make himself a dog for the sake of a bone.—From the Danish.

It is good to be a priest at Easter, child in Lent, peasant at Christmas and fool in harvest time.—From the Danish.

New Fruit of Value.

A new fruit that seems likely to prove of considerable value has been developed by the cultivation of the very familiar "maypop," a plant which is very familiar in the southern states, quite ornamental, easily grown from seeds and affords a handsome cover for arbors and verandas. It is known to botanists as *Passiflora incarnata*. The fruit in its improved form is somewhat bigger than a hen's egg and decidedly palatable. It looks like a May apple.

Seven Little Girls Drowned.

Cedar Raids, Ia.—Eight children at a picnic on a river bank only three blocks from home went wading. The smallest one slipped into a deep hole in the river and in trying to rescue her six others were drowned. Ruth Kiersey, the only survivor, said they were wading when Luellie Sweeding slipped off a shelf in the river bottom into a deep hole. Hazel Sweeding rushed after her, slipped into a hole, then the next girl rushed after her, and so they kept trying to save each other until all had been drowned.

One Form of Confession.

Minneapolis.—A search by the police of the house of N. M. Riggs, who killed himself at Elroy, Wis., after being arrested for the murder of Millie Ellison in Minneapolis, has supplied enough evidence to convict him of the crime, even had he not acknowledged it by his own act. Riggs was so well thought of at Elroy that the village authorities hesitated to arrest him when requested to do so by the Minneapolis police. There is no known reason for the crime.

Allen's Foot-Ease

A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

WORK OF UNSPEAKABLE TURKS.

Pulled Down Houses and Acted Like Wild Beasts.

Tiflis, Trans-Caucasia.—Alarming news has been received here of horrible ravages by Turkish troops across the border in Turkish Armenia. Soldiers who were collecting taxes are said to have indulged in frightful outrages. The population of the city of Van is reported to have been nearly destroyed by the Turkish troops who pulled down houses, assaulted women and acted generally like wild beasts.

Mexican City Destroyed by Cloudburst and Landslide.

El Paso, Tex.—A cloudburst and landslide on July 10 at Ocampo (Jesus Marie), Chihuahua, Mexico, almost completely destroyed the city and killed seven or more persons. Many others were injured and it is expected some of them will die. All the killed and injured are Mexicans. The American residents are alleviating the suffering of the wounded and are recovering the bodies of the dead as rapidly as possible.

Send for Free Trial Box

THE R. PAXTON CO., Boston, Mass.

BADGER PHILOSOPHY.

A man can't be unusually polite without being looked upon with suspicion.

When the real nature of a man's business is in doubt it is often hinted that he is a gambler.

A woman is never satisfied with herself until she has outdone her neighbor in some respect.

It's hard to understand why actors with such fabulous salaries always stop at such modest hotels.

Lots of people think they have been cheated unless they get more than their money's worth.—Milwaukee Sentinel.

"Married life is a constant struggle," says the Manynunk Philosopher.

The wife struggles to keep up appearances and the husband struggles to keep down expenses."

Man's inhumanity to man is often the result of indigestion.

ADD'S MURDER TO HER OTHER SINS

Esther Mitchell Shoots and Kills Her Brother, Slayer of Creffield.

Young Man Had Just Been Acquitted of the Murder of the Leader of the Holy Rollers, and is Slain by the One Whom He Sought to Protect.

Seattle, Wash.—Esther Mitchell shot and instantly killed her brother, George Mitchell, Thursday afternoon in the waiting room of the union depot. The shot was fired just as Mitchell rose to take the evening train for Oregon. The brother, who was acquitted Tuesday of killing Frans Edmund Creffield, the leader of the Holy Rollers, dropped in his tracks. Esther Mitchell was at once arrested.

The Mitchells—George, Perry and Fred—were sitting with Esther on a bench in the big waiting room talking together and apparently on the best of terms. When the Oregon train was announced, George Mitchell arose and started forward. His sister stepped to his side, and pressing the revolver close to his head, pulled the trigger before any one had realized what was happening.

Esther Mitchell is the sister to avenge those honor George shot Creffield. She has refused to have anything to do with her brother since the shooting. Thursday was the first time they had been seen together on good terms.

The three brothers were en route to Oregon, where they expected to go back to work. Directly after the shooting Perry Mitchell and Fred Mitchell were arrested as witnesses. They were found together on a bench in the depot, sobbing on each other's shoulders.

Esther Mitchell has made a statement in which she says she and Mrs. Creffield, widow of the leader of the "Holy Rollers," had talked over the matter of killing George, and decided that the one that got the first chance was to do it. She purchased the pistol and when she went to the depot to bid farewell to her brothers, she saw her chance and shot him. She declared she was glad she succeeded in killing the slayer of Creffield.

CONSPIRACY IS CHARGED.

Indictments Returned Against Ice Companies at National Capital.

Washington.—The grand jury of the District of Columbia on Thursday returned indictments against the American Ice company and the Chapin-Sacks Ice company and their local offices on the charge of entering into a conspiracy to increase the price of ice. At the request of District Attorney Baker, Judge Wright immediately issued warrants for the arrest of the indicted officials.

In addition to the two companies named, indictments were returned against Samuel A. Kimberly, local manager and agent, and George F. Hoover, superintendent of routes of the American Ice company, and Arthur A. Chapin, president, and Samuel C. Redman, secretary and treasurer of the Chapin-Sacks company. The proceedings are under the Sherman anti-trust law, and the indictments charge a conspiracy in restraint of trade and commerce.

Later in the day the indicted men gave bond in the sum of \$2,500 each. Their trials cannot take place before next October.

UTTERLY WORN OUT.

Vitality Sapped by Years of Suffering with Kidney Trouble.

Capt. J. W. Hogan, former postmaster of Indianapolis, now living at Austin, Texas, writes: "I was afflicted for years with pains across the loins and in the hips and shoulders. I had headache also and a right eye. My right eye, from pain, was of little use to me for years. The constant flow of urine kept my system 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 eyesight is perfect."



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

Trees of Great Age.

The distinction of being the oldest living thing undoubtedly belongs to one of four trees. A century ago De Canbolle found two yaws, one at Portingal, in Perthshire, and one in Heders, in England, that were estimated to be, respectively, 2,500 and 3,200 years old. Both are still flourishing, and the older tree has a trunk 27 feet round.

Has Served Country Sixty Years.

Henry P. Adams, the veteran cashier of the Boston post office, has just completed 60 years in the United States service.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

Chas. H. Fletcher and has been made under his personal supervision since its infancy. 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 Diarrhoea 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 Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

THE CASTORIA COMPANY, 77 NASSAU STREET, NEW YORK CITY.

ALLEN'S FOOT-EASE

A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

EVERYTHING FOR EVERY SPORT IN EVERY SEASON

BROWNING'S PATENT

FREE 150 PAGE ILLUSTRATED CATALOGUE FREE ON REQUEST

THE OLD RELIABLE

LARGEST SPORTING GOOD CUBS IN THE UNITED STATES

BROWNING BROS. Co., Ogden, Utah

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. PAXTON CO., Boston, Mass.

BADGER PHILOSOPHY.

A man can't be unusually polite without being looked upon with suspicion.

When the real nature of a man's business is in doubt it is often hinted that he is a gambler.

A woman is never satisfied with herself until she has outdone her neighbor in some respect.

It's hard to understand why actors with such fabulous salaries always stop at such modest hotels.

Lots of people think they have been cheated unless they get more than their money's worth.—Milwaukee Sentinel.

"Married life is a constant struggle," says the Manynunk Philosopher.

The wife struggles to keep up appearances and the husband struggles to keep down expenses."

Man's inhumanity to man is often the result of indigestion.

BY THE GENTLE GYNIG.

Oratory is merely talk with a frock coat on.

It's a poor fool that can't be worked both ways.

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.

Fattening up a sign "Post No Bills" won't keep them from coming through the mails.

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

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 the pattern.

Some men are born great, some shrink, and others never find out how small they really are.

A girl's first proposal always convinces her that it will be necessary to establish a waiting list.

The person was talking to little Elmer about his habits, and asked him what time he was usually called for breakfast. "They don't have to call me," answered Elmer. "I'm always Johnny-on-the-spot."

Some people regard a collection plate as a slot machine in which they drop a dime in the hope of getting a dollar's worth of religion.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Even an electric button won't accomplish much unless it is pushed.

Some men only open their mouths to emit a kick.

BAD COMPLEXIONS

Depressed Blood Causes Pimples and Sores—Dr. Williams' Pink Pills Make New Blood and Cure Follows.

"I abused my stomach, my blood got out of order and then my face broke out with pimples and boils," says T. E. Robertson, of 197 Addison street, Washington, Pa. "This was over two years ago. My stomach was in bad shape. After eating I would have to rest awhile or I would suffer the most severe pains in my stomach. On arising I would often be so dizzy that I could hardly stand up. The slightest exertion would start my back aching so that I often had to sit down and rest awhile. At times I experienced a pain around the neck which alarmed me but which I suppose came from my stomach trouble."