

OWES HER LIFE TO

Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier I am to-day a well woman."—Mrs. WILLIAM ABBENS, 988 W. 21st St., Chicago, Ill.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

The Appetites of Kings.
The king of Spain makes up for this daily expenditure of activity by a tremendous appetite. I have observed for that matter, that the majority of sovereigns are valiant trenchermen. Every morning of his life Alfonso XIII has a good rump steak and potatoes for his first breakfast, often preceded by eggs and sometimes followed by salad and fruit.—From Recollections of M. Paoli in McClure's.

Marriage.
A game of chance in which the chances are about even. The man leads at first, but after leaving the altar he usually follows breathlessly in his wife's trail. The rules are very confusing. If a masked player holds you up some night at the end of a long gun, it is called robbery, and entitles you to telephone the police, but if your wife holds you up for a much larger amount the next morning at the end of a long hug, it is termed diplomacy, and counts in her favor. In this, as in other games of life, wises are usually allowed more privileges than other outlaws.—Judge.

Premature Repentance.
The sick man seized his wife's hand in his feeble grasp.
"Please tell me the whole, awful truth at once," he begged, gaspingly.
"Oh, William!" cried his wife, "it's all right, at last! The crisis is past and the doctor assures us that you will recover!"
"Is he absolutely sure of that, my dear?"
"Perfectly."

"Well, then, darling, please do this for me at once. Run and telephone to my partner that I didn't mean what I said yesterday about not foreclosing that mortgage. He'll understand that I must have been out of my head."

A GOOD CHANGE

A Change of Food Works Wonders.
The wrong food and drink causes a lot of trouble in this world. To change the food is the first duty of every person that is ill, particularly from stomach and nervous troubles. An illustration: A lady in Mo. has, with her husband, been brought around to health again by leaving off coffee and some articles of food that did not agree with them. They began using Postum and Grape-Nuts food. She says:
"For a number of years I suffered with stomach and bowel trouble which kept getting worse until I was very ill most of the time. About four years ago I left off coffee and began taking Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me.
"Then I changed my food and began using Grape-Nuts in addition to Postum. I lived on these two principally for about four months. Day by day I gained in flesh and strength until now the nervous trouble has entirely disappeared and I feel that I owe my life and health to Postum and Grape-Nuts.
"Husband is 73 years old and he was troubled for a long time with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. He had stood out for a long time, but after he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He was satisfied and has never gone back to coffee.
"I have a brother in California who has been using Postum for several years; his whole family use it also because they have had such good results from it."
Look in pkgs. for the little book, "The Road to Wellville." "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.

PREPARED FROM LEFT-OVERS

Potato and Meat Dish Can Be Made One of the Most Appetizing on the Menu.

Take the left-overs of turkey, chicken, beef or mutton and equal parts of potatoes, season with salt and pepper, butter the bottom of a granite baking pan, put in a layer of potatoes with bits of butter, next a layer of meat and so on until the dish is full. Now pour over it a sauce made as follows: Put a large tablespoonful butter in a saucepan, add a heaping tablespoon of flour, cook until smooth, then add slowly half-pint milk, cook until thick and add salt and pepper to taste, one tablespoon each of onion juice and chopped parsley. After putting these in let all stand a few minutes that all may become blended, now pour it over the meat and potatoes and sprinkle the top with bread or cracker crumbs, dotted with bits of butter. Cover and bake in a good oven half an hour, uncover and brown. This dish served with baked and stuffed tomatoes will be found delicious and is a fine way to use scraps.

The Home.

Stuffed potatoes are made by mixing cheese and bread crumbs in with the contents.

When boiling fresh potatoes try putting a sprig of mint in the water to give a delicious flavor to the vegetables.

Plaster figures in hard or alabaster finish are easily cleaned by dipping a stiff toothbrush in gasoline and scrubbing into all the crevices.

If you have a black gown that needs freshening, cleanse it thoroughly with clear black coffee diluted with water and containing a little ammonia.

After the weekly washing rub a little vinegar and spirits of camphor over the hands. This will keep the hands in good condition summer and winter.

Garments that are to be hung out to air can be put on hangers rather than pinned to the line. This prevents soiling or marking with the clothes-line.

Never rinse lace in blue water with the idea of improving its color. Real lace should be finally rinsed in clear soft water, or, better still, in skim milk, which will give it a soft, creamy color.

Triclorac containing mother-of-pearl should never be cleaned with soap and water. Instead, it should be rubbed with a cloth dipped into whitening and water.

Vegetable Curry.
Put one tablespoonful of butter into a saucepan, and in it place one sliced carrot, then add one sliced turnip, three potatoes sliced, also one chopped onion. Season with salt and add a little water.

When the water reaches boiling point add two teaspoonfuls of curry powder and a tablespoonful of flour already molten with cold water. Stir it till it reaches boiling point, and allow it to simmer gently till the vegetables are perfectly tender. When green peas are in season they may be added, or cooked beans make a nice addition, also cold boiled rice may be added to the curry.

Broiled Breast of Lamb.

This is a very delicious dish, but the broiling must be done carefully. The fire should not be too bright or the meat will soon scorch. Lay the inside of the meat toward the fire first and broil very moderately, turning the meat often. When done, butter slightly and season with salt and pepper. The breast of lamb is sold in most markets with the fore leg attached; this should be cut off before the piece is broiled, for, being so thick in comparison with the rest of the piece, it is difficult to cook it sufficiently.

Fish Cream Soup.

Season the water in which fresh fish has been boiled with pepper and salt, and keep until the next day. Heat one quart of the liquor, when wanted, to boiling, mix a cupful of cold fish and add this. Let simmer five minutes and stir in three tablespoonfuls of butter rolled in flour, and one tablespoonful of minced parsley. Add to this one cup of hot milk into which one cup of dried bread crumbs has been stirred. Stir well, let boil up once, and serve with crackers.

Sponge Candy.

Put together in a saucepan two cups granulated sugar, one cup New Orleans molasses, one-half cup water, one tablespoon vinegar, a very small piece butter. Boil until a little dropped in cold water is brittle, stir in a teaspoon of baking soda and while foaming pour into a deep tin, well greased. Do not pull. It is best if half sirup and molasses are used. Beat hard for a minute or two after the sirup is poured into the tin.

Sweet Potato Rolls.

Cream a tablespoonful each of butter and sugar. To this add a cupful of scalded milk, a pinch of salt, a cupful of sweet potato and a fourth of a yeast cake. Mix with enough flour for kneading. When smooth let it rise till double its original bulk and bake in muffin tins.

Beef Patties.

Chop fine some cold beef; beat two eggs and mix with the meat and add a little milk, melted butter, and salt and pepper. Make into rolls and fry.



BURDENS LIFTED FROM BAD BACKS

Weary is the back that bears the burden of kidney ills. There's no rest nor peace for the man or woman who has a bad back. The distress begins in early morning. You feel lame and not refreshed. It's hard to get out of bed. It hurts to stoop to tie your shoes. All day the ache keeps up. Any sudden movement sends sharp twinges through the back. It is torture to stoop or straighten. At night the sufferer retires to toss and twist and groan. Backache is kidney ache—a throbbing, dull aching in the kidneys. Plasters or liniments won't do. You must get at the cause, inside.

DOAN'S KIDNEY PILLS CURE SICK KIDNEYS

TWICE-TOLD TESTIMONY
A Cure of Severe Kidney Disease Verified By Test of Time
William M. Sears, 43 W. Cherry Street, Nevada, Mo., says: "I was convinced of the great value of Doan's Kidney Pills through personal experience. Four or five months ago I suffered an attack of rheumatism, extending at times into my limbs and shoulders. When I stooped or did any work that brought a strain on the muscles of my back, my trouble was aggravated. I tried a number of remedies but without success. After a short time I could see that they were benefiting me, and the contents of two and one-half boxes cured me." (Statement given in May, 1901.)

How To Tell When The Kidneys Are Disordered

PAINFUL SYMPTOMS

Backache, sideache, pains when stooping or lifting, sudden sharp twinges, rheumatic pains, neuralgia, neural, scanty or too frequent urination, dray spells, dropsy.

URINARY SYMPTOMS

Discolored or cloudy urine. Urine that contains sediment. Urine that stains the linen. Painful urination. Morning urine stand for 24 hours. If it shows a cloudy or heavy settling, or a layer of fine grains, like bricks that, the kidneys are disordered.

NEVER ANY RETURN
A Complete Cure of Kidney Trouble and Dropsy
Mrs. L. L. Babers, 165 Terry St., Houston, Texas, says: "I hold a very high opinion of Doan's Kidney Pills and with good reason, for three years ago they cured me of kidney trouble that had clung to me for several years. There was a dropsical swelling of my feet and thighs in addition to other symptoms of kidney complaint, and although I used various remedies, I was not helped until I procured Doan's Kidney Pills. Two boxes of this preparation cured me and I have never had the slightest return of my trouble. I have recommended Doan's Kidney Pills to many people who have questioned me about them, and I know of several cases in which they have done the same good work."

A TRIAL FREE—Test Doan's Kidney Pills Yourself
Cut out this coupon, mail it to Foster-Milburn Co., Buffalo, N. Y. A free trial package of Doan's Kidney Pills will be mailed you promptly. W.S.C.

DOAN'S KIDNEY PILLS

Sold by all dealers. Price 50 cents. FOSTER-MILBURN Co., Buffalo, N. Y., Proprietors.

POOR DEAL IN HIGH FINANCE

Farmer Divided Profits with the Sellers of Dressed Meat, and Lost Money.

Speaking of the present prosperity of the farmer, Assessor Warren Pine of Riverside related a little story at Trenton the other day which would seem to indicate the agriculturalist is not always far-seeing with regard to his finances.

Some time ago, Mr. Pine said, he was on a train and overheard the conversation of two farmers who were on their way to Trenton. First they talked about the dry spell they had last summer, then the game laws, and finally one of them remarked that he had heard that Josh Hankins had had his annual hog killing.

"Yas," returned the other with a chuckle, "and he didn't do a good lasted thing but hunko himself 'good 'n' plenty."
"How did he hunko himself?" queried the first, wonderingly. "He got a good price for 'em, didn't he?"
"Yas," answered the second, with another gleeful chuckle, "that was the whole dermed trouble. He got such a good price for 'em that he said the whole bioomer 'em, an' didn't keep none for his own eatin'."
"Ye hev kind o' got me, Bill," was the puzzled response of the first. "Ye will hev ter see as slippin' off a greased log," said Bill. "He sold all them hogs at \$10 a hundred, an' now he is buyin' them back for his table in pork chops an' scrapple lots at 25c a lb. like 25 cents a pound."—Philadelphia Telegraph.

Marrying for Money.

"Her father doesn't approve of my suit."
"You ought to show him one with a larger check in it."

Appropriate.

"How shall I set this ad. for the minstrel show?"
"How? Why, in black-faced type, you nippy."

There are imitations, don't be fooled. Ask for Lewis' Single Binder cigar for 5c.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, croup, croup, croup.

Many a man has kicked himself out of a good job.

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.

He Had No Objection.

"We—we want you to marry us," said the blushing young man, indicating a young woman with downcast eyes and smiling face who stood a step behind him.

"Come in," said the minister, and he endeavored to ease their embarrassment for a moment, but he soon decided that it was useless to try.

"Will you be married with a ring?" he inquired.

The young man turned a helpless gaze on his companion, and then looked at the minister.

"If you've got one to spare and it can come out of the two dollars, I guess she'd like it," he said at last.—National Food Magazine.

Sunday School's Want Ad.

There is a church in Brooklyn that has adopted a novel scheme for enlarging its Sunday school. It advertises for boys and girls to come to it in the shop windows in the neighborhood of the church one may see placards, such as are used for advertising entertainments of various kinds, that bear the legend:

"Wanted—Boys and girls to join our Sunday school." Below this are set forth the advantages that will come to the young folk who attend the classes.

Opera the Great Leviter.

At one of the Wagner operas a few days ago a woman nudged her friend and said: "Who's that distinguished man bowing to you over there?" Her friend looked in the direction designated and smiled in a return greeting. "That's my butcher," she said. "I see him here quite often. When I go marketing in the morning we always discuss the opera. He's a German, you know, and really knows a lot about other things besides cutting meat."—New York Sun.

PILES CURED IN 6 TO 14 DAYS.
FAYO OINTMENT is guaranteed to cure any case of itching, smarting, bleeding or protruding Piles in 6 to 14 days or money refunded. 60c.

Many a saint would have less trouble wrestling with the devil if he would get out and wrestle with a ball for an hour or two.

ALLEN'S LUNG BALSAM
has been used successfully for years for deep-seated coughs, colds and bronchitis. Everybody should know about it. It is simple, safe and sure.

Two-thirds of all a man's troubles wear petticoats.

A Natural Question.

James J. Corbett, in the smoking room of the Manhattan, praised the "style" of Jim Jeffries.

"It's a neat style," he said, "neat, quick, to the point. It gets there like the remark of a little girl who said to the minister, in the course of a quite interminable call:

"Did you forget to bring your amen with you, doctor?"

Natural Supposition.
"I am going to burn coal hereafter."
"Hereafter?" I thought. "Old Nick would attend to the heat problem for you then."

Answer me quick, what help, what hand, do you stretch over destruction's brink?—(Groaning.)

The more you eat Quaker Oats the better your health will be.

Practical experiments with athletes show Quaker Oats to be the greatest strength maker.

Constipation—

Nearly Every One Gets It

The bowels show first sign of things going wrong. A Cascarel taken every night as needed keeps the bowels working naturally without grip, gripe and that upset sick feeling.

Ten cent box, week's treatment. All drug stores. Biggest seller in the world—million boxes a month.

\$33

Chicago to California

This low one-way rate in effect daily

March 1 to April 15 inclusive

via Union Pacific Southern Pacific
"The Safe Road to Travel"

Electric block signal protection—dining car meals and service "Best in the World."

For further information call on or address

E. L. LOMAX, G. P. A. Omaha

PARKER'S HAIR BALSAM

(Grows and restores the hair. Promotes a luxuriant growth. Brings Falls to Restore Gray Hair to its Youthful Color. Cures scalp disease & hair itching. One cent glass & hair lotion. 5c and 15c at Druggists.)

You Look Prematurely Old

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