Colds and Chills Bring Kidney Ills

February, March and April are the backache months, because they are the months of colds, chills, grip and pneumonia, with their congesting, weakening influence on the kidneys. Colds, chills or grip strain the kidneys and start backache, urinary disorders and uric acid troubles. You feel lame, weak and tired, and have headache, dizzy feelings, achy muscles and joints; too frequent, painful urinary passages, sediment, etc. Chills hurt the kidneys. Likewise well kidneys often prevent taking cold, by helping to pass off the waste matters of cold congestion. Doan's Kidney Pills are very useful in the raw winter and spring months. They stop backache and urinary disorders, keep the kidneys well and prevent colds from settling on the kidneys. Strong testimony proves it. What better evidence could you ask?

CONVINCING PROOF FROM GRATEFUL USERS

IN BED FOR MONTHS.

Cured by Doan's Kidney Pills After Doctors Gave up Hope.

J. F. Thomas, 27 Roxbury St., Clifton Forge, Va., says: Uric acid had poisoned my blood and it looked as if the end were near. I had become emaciated; my complexion was pasty and my eyes hollow and sunken. I had lost the use of my limbs and had to be lifted like a baby. Large lumps as big as a goose egg had formed upon my limbs and they were as stiff as a poker, parts of them being lifeless. The muscles of my back contracted and God only knows the suffering I endured. I lay in bed for months and the more I doctored the worse I got. The physicians admitted that my case was beyond their skill. In desperation I began using Doan's Kidney Pills and soon noticed a great change in my condition. In less than five weeks I was back at my business, a well and happy man. My kidneys are normal and I have gained over thirty pounds."

COULD HARDLY STAND,

Backache and Dizziness Made Life a Burden.

Mrs. A. A. Fultz, 420 Second Ave. N. W., Roanoke, Va., says: "I feel as if I could not say enough for Doan's Kidney Pills. Kidney disease had gotten such a hold on me that I did not think I could ever be cured. The kidneys acted so frequently, especially at night that I could not rest, and I was often so dizzy I could hardly stand. The pains in my back were unbearable and did not leave me for days at a time. After everything else had failed to give me permanent relief, I began using Doan's Kidney Pills and in less than a week there was a decided improvement in my condition. The symptoms from which I had so long suffered, left one by one. I gained steadily and today can say without hesitation that I am a well woman."

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. No. 155

DOAN'S KIDNEY PILLS

IF THE PAIN IS THERE SUSPECT YOUR KIDNEYS

DOAN'S KIDNEY PILLS

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

WEEKLY SHORT STORY

THE WANDERING ARAB.

By Frank Howell Evans.

"Thanks, but I don't think I want any rugs today."

"Bismillahelradanaliabandogouki! Englis good man," appeared to be the answer.

"Now, look here," I said, speaking very distinctly in the hope that he would understand, "I don't want your rug, and I don't want any of the Persian or Arabian bad language which I believe you are hurling at me. Will you please go?"

I moved toward the gate and he followed, repeating a long and unintelligible sentence with occasional declarations of "Englis good man."

"Once more," I said, "will you please go? You're a nice, picturesque person, I'll admit, but you'd suit the landscape much better if you were at the bottom of the street. Here's sixpence, and now do go."

He clutched the sixpence and was trying to follow me up the path when my wife came up laden with parcels.

"Whoever's this?" she asked.

"Some indigent Eastern tradesman, I believe, my dear, who will not understand that there is no invitation to dine and sleep with us."

"Poor fellow! he does look cold and miserable. Haven't you got an old overcoat you could give him?"

She had scarcely spoken when the wanderer fell at her feet, kissed the hem of her dress and placed her foot on his head.

The effect of this latter act was rather spoilt by Ella's fear that she was going to be upset and the imprint of her muddy boot on the prostrate one's forehead.

"Now, isn't that picturesque?" said Ella. "That's the Eastern act of homage and submission! He must have something to eat after that."

The dark-skinned gentleman was still kneeling somewhat uncomfortably as I thought on the damp gravel, and he made another frantic grab for Ella's foot.

"Don't let him do that again, dear, will you?" she pleaded. "It's all very well in Arabia, or is it Araby, where they have sand, but I don't want to fall into a puddle."

"Bismillahelradanallabandologouki! Englis good man," came the greeting with a low salaam to Ella.

"I wonder whether that's Arabic or what. The poor fellow's evidently trying to sell that rug to pay his passage back," said Ella.

"Well, I've made a good sporting offer of twopence and now I think he'd better go. The people opposite are at their windows."

"Nonsense! We're going to give the poor man something to eat. How would you like to be in Araby, or Arabia, without knowing a word of the language or a friend in the whole of the desert?"

"All right, send him to the kitchen; but he's not going to have any overcoats or dress clothes of mine—that's understood. Come along, Bismillah."

Ella led the way to the back door, followed by her protege.

Good lord, mum, whatever's that." asked Jane. "'Ere, get away and leave my feet alone, will yer?"

Bismillah rose abashed and injured, for in his anxiety to place Jane's foot on his head he hit the scraper and didn't seem to like it.

"Give him a good tea, Jane," said Ella. "Let him get quite warm and dry and then we'll hunt up some of master's old clothes and send the poor fellow away happy."

I waited to hear no more, but silently and secretly I hurried upstairs and locked all the drawers in my dressing room and hid all my boots.

By some extraordinary chance whenever my wife wants to be charitable she always manages to seize upon my best clothes, declaring afterward that she thought they were rags.

When I went downstairs I found the rug displayed on a chair.

"How much did you give him for it?" I asked.

"Nothing. The poor fellow seemed so grateful for what he had had that he insisted on my taking it, and when I offered him money he refused it."

Dark, and perhaps unworthy, suspicions crossed my mind that Bismillah was a man of guile, and I decided to hint to the policeman at the corner that Arabian gentlemen with Manchester rugs were of no use to me.

"Well, I hope he's gone without the spoons, anyway," I suggested.

"Oh, we couldn't turn the poor fellow out. It's pouring with rain and I'm sure he's nowhere to sleep and he can have a rug in the attic. You don't mind, do you, dear?"

"Certainly not; but perhaps he'd prefer an outdoor pension."

After supper strange and nerve-racking sounds were wafted up from the kitchen, as of some animal with a sudden and dangerous illness.

"Great Scott! Whatever's that?" I said.

"Perhaps it's the mice," replied Ella, who firmly believes that every sound in the house can be traced to these little creatures.

"Of course; I never thought of that. They always sing like that. I'll try and catch one."

I hastened down to the kitchen, followed at a respectful distance by Ella.

With a smile of ecstatic happiness Jane sat entranced while opposite to her sat Bismillah, howling away at some interminable and tuneless tune.

"It 'yptonises me, sir," said Jane, "fair 'yptonises me, that's what it does. I never 'eard nothin' like it since last 'arvest 'ome."

"Stop that confounded row," I said, going up to Bismillah, who smiled up into my face and let go a note that nearly threw me backwards.

Enraged, I seized his chin and the top of his head, and brought his teeth together with a click that must have sounded in the next street.

Bismillah gave one yell of anguish, clapped his hands to his mouth, and sprang from his chair like one possessed.

Moaning terribly, he ran in circles round the kitchen, nearly knocking Jane into the fire, and finally grovelled at my wife's feet in an attitude of intense pain.

I felt a certain amount of alarm, for it was possible that I might have injured something in the roof of his mouth and should have to pay for a doctor.

"Poor fellow!" said Ella, stooping and patting his head. "He knows who is kind to him! He must have bitten his tongue, and I think you're a very unkind man indeed, James."

By now I had conceived a bitter hatred for Bismallah and when Jane amiably suggested my best brandy and a cigar as a restorative, which was agreed to by my wife, I left for the club hurriedly and did not return till midnight.

Just as I was getting into bed I remembered that I had not turned out the hall gas.

As I stepped out of the bedroom I fell over something huddled up on the rug.

In two seconds I was trying to roll what was evidently a man down the stairs, while he was evidently trying to roll me up. It seemed as if he would accomplish this apparently impossible feat, for he was strong and sinewy, when suddenly my wife appeared and shrieked loudly.

In an instant I was free, while my assailant grovelled at Ella's feet, and I saw that it was Bismillah.

"So dog-like!" said my wife. "A word from me and he's as quiet as a lamb. He must have been sleeping outside the door to watch over me and took you for an enemy."

I replied with some asperity that on the morrow I should throw Bismillah by the scruff of the neck and fling him into the outer world, and the proceedings terminated with tears and a threat that Bismillah should stop forever!

But when I went downstairs, Bismillah, arrayed in a pair of my pajamas and a flannel tennis jacket, was standing by the table trying to cut the bread with a spoon.

"I don't think he's well, dear," said Ella. "I expect you hurt his tongue last night, and when I tried to explain that he was to go, he fell on his knees so gracefully that I hadn't the heart to turn him out. He shall stop for a few days until we have heard from his consulate, and he can make himself useful. He looks quite picturesque, doesn't he?"

I remarked that he would make a very handsome corpse if he didn't behave himself, and then looked round for my boots.

They were nowhere to be found, and suddenly a horrid suspicion seized me.

I looked at Bismillah's feet, and on them were my boots.

"Take them off!" I shrieked in a frenzy, seizing a carving knife.

Bismillah dropped the coffeepot, which my wife was trying to explain was not kept in the coal-box, and fled.

After a stern chase five times round the garden I caught him near his old friend the celery bed, and with the aid of the jobbing gardener, I did my best to suffocate him in the mould, and finally recovered my boots.

I was twenty minutes late at the office, and spent most of the working hours asking people if they knew what to do with a wild Arab who wouldn't leave the house.

At last I hurried back home and demanded the instant presence of Bismillah.

"He's gone out for a little fresh air, dear," was my wife's reply, "and as I didn't want him to look conspicuous, I let him have that old blue suit of yours. You don't mind, do you dear?"

In two minutes I was scouring the neighborhood.

At length the policeman told me that he had seen a foreign-looking gentleman enter the private bar of the Crown.

I entered the next bar, and, peeping over the partition, I saw Bismillah in my blue serge suit and second-best hat, talking bravely to the landlord, and I heard distinctly:

"Oh, yes," he was saying in very fair broken English. "I stay just a-down the road. Very old a-friend. The lady's good—very good, but the husband no good. Never mind, I stay. Yes-a, the lady likes-a me. So I stay for ever—yes."

And this was Bismillah, who didn't know a word of English.

"Hold him, landlord," I shouted over the partition. "I'm going to fetch a policeman."

But Bismillah heard, and was too quick for me. As I dashed out I saw him flying down the street as if he were followed by a host of evil genii.

I returned home, bolted and barred the door, and sat up half the night with a golf club, in case of attempted entry by the window.

But Bismillah never returned and to this day local scandal credits me with having cruelly maltreated an Indian prince who sought the hospitality which every Briton ought to extend to the oppressed.

And my wife is still of the opinion that Bismillah was a stranded Arab who ought, by rights, to have been in his own country, personally conducting a caravan of camels.

MILAM MILAM

THE GUARANTEED RECONSTRUCTIVE TONIC

WILL KEEP YOU WELL AND STRONG THIS SPRING.

What Milam Is

MILAM is a vegetable remedy, absolutely free from mercury, potash or alcohol. Contains no opium, morphine, cocaine; strychnine, arsenic or other dangerous drug—there is absolutely nothing in it that can be harmful to any one, and it is guaranteed by us under the Pure Food and Drug Law.

What Milam Does

MILAM purifies and enriches the blood, tones up the stomach, stimulates an increased flow of the pancreatic juices, thus aiding digestion and creating a hearty, healthy appetite. It drains the system of all germs and impurities, restoring the body to perfect health.

What Milam is Doing for Others.

Your wonderful medicine is in my estimation, a Godsend to humanity. C. D. Jefferson, 325 Woodland Ave., Roanoke, Va.

After taking five bottles, I gained ten pounds. I recommend Milam to all needing a tonic. J. P. Williams, Am. Tobacco Co., Danville, Va.

My hearing is much improved, my eyesight better, and all symptons of rheumatism are fast disappearing, thanks to Milam. C. P. Barger, with W. M. Ritter Lumber Co, Huntington, W. Va.

I will always take pleasure in recommending Milam for uric acid troubles. C. T. Barksdale, Danville, Va., former U. S. Postmaster.

Milam has benefitted me so much that I want all my friends to try it, especially those who have weak eyes. Miss Kate Mebane, R. F. D. 2, Blanch, N. C.

I cannot praise Milam enough, as this is the first Spring and Summer I have enjoyed in three years. Miss Winifred Poston, 731 Patterson Ave, Roanoke Va.

After taking one and a half bottles of Milam, I gained 8 1-2 pounds. T. R. Stainaker, druggist, Charleston, W. Va.

I have been a great sufferer with catarrh for 20 years. Decided to try Milam. Am now on my fourth bottle. My catarrh is entirely gone. R. L. Wallace, Charleston, W. Va.

I have taken six bottles of Milam and can truthfully say I am feeling better than I ever remember before. Myrtle L. Scofield, with Wemple, Ellerson & Co., Washington, D. C.

Milam has benefitted me in almost every way. It is a magnificent tonic. Harry W. Bolland, bookkeeper Imperial Tobacco Co., Danville, Va.

What Milam Will Do For You.

MILAM will thoroughly cleanse your system, give you new life and vigor and make you feel better than you have felt for years. MILAM is not a "cure-all," but a blood, brain and body-building tonic. It is not a patent medicine, but is made from a prescription, which has been used successfully for forty-six years. We guarantee MILAM to do all we claim for it, if not, you get your money back—every cent of it.

How You Can Get Milam.

MILAM is for sale by almost every druggist or general store---get it from them. If your dealer can't supply you, order direct from us. Price $1.00 per bottle, six bottles for $5.00. Express prepaid on three bottles or more.

Buy six bottles and if you are not benefitted we will refund your money.

MILAM MEDICINE CO., Danville, Va.

YOUNG WHITE MEN ATTACK WOMEN

In the Meantime Misses Inez and Ethel Simmons and Myrtle Godsey Fled Along Middle of the Street Towards Home.

RICHMOND, VA., Special.—Misses Inez and Ethel Simmons, of Thirteenth and Semmes Streets, and Myrtle Godsey, of 411 West Fourteenth Street, South Richmond, last evening had an experience which they will not soon forget.

The young ladies—the eldest of whom is just eighteen years of age—had gone out on Hull Street to make some purchases for themselves and to get a bottle of medicine for a member of one of the families. They were returning home, and when they left Hull Street at Fourteenth they saw three young white men standing in the alley just in the rear of Moore's cafe.

The girls passed along the street and when they were opposite the alley one of the men reached out and grabbed Miss Ethel Simmons by the right arm, attempting to pull her into the alley. Miss Simmons gave a shriek, and Miss Godssy caught hold of her disengaged hand and pulled her away from the man. Only one of the men attempted to catch hold of the girl. Just as soon as she got free from the man Miss Ethel and the other two ran to the middle of the street and called loudly for help. This was near 9:15 o'clock.

When the girls began to scream the man who had attempted to pull Miss Simmons into the alley pulled his cap down over his face and beckoned to his companions to follow him. They ran down the alley in the direction of Twelfth Street.

Misses Simmons and Miss Godsey lost no time in getting to their homes, keeping in the middle of the street. The girls are employed in establishments on this side of the river.

Miss Godsey Talks.

Miss Godsey was seen at her home today by a reporter for The Evening Journal, and asked regarding the affair. She is an orphan, living with her sister, Mrs. John Ford. She said:

"We had been up to make some purchases, Misses Simmons asking me to go along with them. I did so. Just as we were coming into Fourteenth Street we saw the three men at the alley. We did not dream that the men would attempt to stop us. They did not say a word, but just as we got opposite to them, one of them made a grab for Ethel, the man with a light cap and light overcoat attempting to pull her into the alley. I was walking next to her, and when I saw the man reach out his hand I caught hold of Ethel's other hand and pulled her away. Then I began to scream. The man was tall, cleanly-shaven and of spare build. We got into the middle of the street and all of us screamed. Whether anyone came in response to our cries I do not know, but we kept in the middle of the street and ran as fast as we could all the way home.

"When I got home I told Mr. Ford what had happened, and he immediately went on a search for the men. He also notified the police. We were frightened nearly to death, and every time I turn around it seems that I can see those three men. The other two did not try to grab hold of us, and we did not get a good look at them."

FOR CATARRH, HAWKING AND SPITTING

BAD BREATH, DROPPING IN THROAT, take B. B. B. Cures after other remedies fail. Write Blood Balm Co., Atlanta, Ga., for free samples and testimonials of wonderful cures. Druggists, $1.00 per bottle.

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Blackheads, itch, tetter, eczema and skin and scalp diseases are readily removed and permanently cooled by frequent baths with warm water and Tetterine Soap followed by the application of

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the fragrant, soothing, healing ointment. Insures a healthy skin and scalp and a clear complexion and luxuriant growth of hair. Soap 25c, ointment 50c, at druggist's or by mail from

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For Bread, Gems, Griddle Cakes, etc.

A valuable diet for victims of CONSTIPATION

Unlike other goods. Ask your grocer. For book or sample, write

FARWELL & RHINES, Watertown, N. Y., U. S. A.

I BELIEVE CARDUI C

Mrs. Chapman, of Branchland, About Her Serious Tr and How Car He

Branchland, W. Va.—In a l from this place, Mrs. Elizabeth Ch man says: "I suffered from wome trouble for nearly five years. I u all the doctors in the country, they did me no good. I can say I certainly do believe that C ed my life. I took Cardu am entirely well.

I have gained 15 pounds a like a new woman. I am thankf what this medicine has done for I hope all who suffer from any of womanly trouble will give Car fair trial.

I will continue to recomme great remedy to all friends, for not praise Cardui half as high deserves."

You may be sure, that if Card relieve and cure such serious c Mrs. Chapman's—and it is do every day—it will certainly he women who have no serious toms, but are just weak and

Whether seriously sick, or weak, try Cardui. It will h

In the past fifty years, Ca benefited more than a million

Why not test it for your tro

N. B.—Write to: Ladies' Advis Dept., Chattanooga Medicine Co., Ch tanooga, Tenn., for Special Instruc tions, and 64-page book, "Home Treat ment for Women," sent in plain wrap per, on request.

Woman's Department

NEWPORT CAKE.

One cup butter, one and a half cups sifted flour, one level teaspoon baking powder, yolks of five eggs, one and a half cups sifted powdered sugar, whites of five eggs, one tablespoon of brandy. Cream butter and sugar. Beat yolks till thick and gradually add flour, baking powder and salt. Lastly beat in the stiffly beaten whites and brandy. Bake in a loaf one hour. The oven should be moderate at first. This cake I neither frost nor flavor, because it is rich and I like the cake taste.

GOOD GINGERBREAD.

Cream a half cup of lard and two tablespoons of sugar, one egg, one cup of molasses, one teaspoon ginger, a half teaspoon salt, two and a half cups sifted flour, one cup boiling water, with one good teaspoon of soda. I often bake this in gem pans and it makes nice little cakes which never fail.

SOUR MILK SPICE CAKE.

One cup of sugar, two tablespoons of butter, one egg well beaten, one cupful of sour milk or cream, one teaspoonful each of soda, allspice, cinnamon, a half teaspoon cloves, two tablespoons of cocoa or chocolate, one teaspoonful of vanilla.

CHOCOLATE SPONGE CAKE.

This cake can only be made when eggs are cheap. Beat eight eggs, whites and yolks together, till they are a foaming, smooth liquid and add, with continued beating, one and a half cups sifted sugar. By degrees add three-eights of a pound of grated chocolate, a teaspoon each of cloves, allspice, cinnamon and baking powder; then mix in one cup of flour and grated rind of a lemon. Stir well, but do not beat after baking powder is added. Bake in sponge cake pan in moderate oven.

HUCKLEBERRY CAKE.

Beat to a light cream one cup of butter and two cups of sugar, add the beaten yolks of five eggs, one teaspoon of grated nutmeg, one teaspoon of cinnamon, one teaspoon of soda dissolved in one tablespoon of hot water, one cup of sweet milk and three cups of flour. Beat thoroughly, fold in the stiffly beaten whites of the eggs, and, last of all, add carefully one quart of huckleberries thickly dredged with flour. Bake in a moderate oven.

FISH TIMBALE.

Flake cold cooked fish, put in buttered dish, cover with cream; Poulette or Bechamel sauce; sprinkle with buttered crumbs; bake.

COLD CHICKEN SOUP.

Cook one chicken, a half bunch of celery, one-fourth cup rich in two quarts of water; cool, skim, add minced parsley, two tablespoons grated cooked ham, juice of a lemon, two cups cream, salt, white pepper and dice of white bread.

BAKED HALIBUT.

Put on buttered dish two cutlets of steak; cover wi sliced tomatoes, twelve mi monds, one shredded seeded pepper, one half teaspoon of tablespoon of butter; bake; or three times; strain sauce over.

MUSSEL OR CLAM SA

Wash, boil five minute heads and black membra melted butter, salt, pepper juice mixed; set in ice box one h serve with lettuce, French dress and minced parsley, cress or cucu ber.

CLAM CHOWDER.

Twenty-five chopped clams, quart of canned tomatoes, one can corn, two large onions, sliced; fo large potatoes, peeled and sliced; slices of salt pork, minced fine. Ste the clams to open them, saving liquor. Put the pork into an kettle, fry and add to it a lay each ingredient, the clam liquo a cup of water. Cook for three slowly. Add water if it coo stir in pepper to taste.

SOUR MILK PANCA

Soak in milk over night e crumbs to make a cup when In the morning add to them a sour or buttermilk, a cup of fl one-half teaspoonful of baking so the same amount of salt and one e Beat all together and fry on a gr dle.

Collar Comfort

is insured if you wear SLIP EASY COLLARS which all have the Slip Easy Tab shown above. This Tab allows the necktie to slide easily and is the most marked improvement made in collars during recent years. They come in all styles and are for sale by up-to-date dealers. If not at your store, write us and we will see you are supplied.

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Ashland, Va., July 11, '10.

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I have used several tons of your NEVADO LEAD and take pleasure in saying that I have found it satisfactory in every respect.

Yours very truly,
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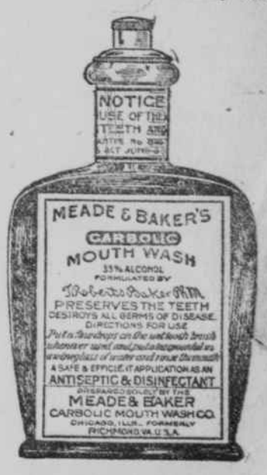

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will keep them clean and white; and its powers will do for what no other It has stood years. At 25c.