CAN'T STRAIGHTEN UP. Lidney Trouble Causes Weak Backs and a Multitude of Pains

Col. R. S. Harrison, Deputy Marhal, 716 Common S ... Lake Charles,



Le., says: "A kick from a horse first weakenel my back and affected my kidneys. I became very bad, and had to go a out on crutches. The ecctors told me I had a case of chronic theumatism, but I could

not believe them, and finally began using Doan's Kidpey Pills for my kidneys. First the kidney secretions came more fr ely. then the pain left my back. I w nt and got ano her box, and that co npleted a cure. I have been well for two years."

Sold by all dealers, 50 cents a box. Foster-Mi burn Co., Buffale, N. Y.

Witty Saying Under Difficulties.

A classical British campaign story is the following: A young tory heir to a dukedom was being pelted with rotten eggs while making a political speech. Wiping the mess from his face, he said: "Ah, have always said that the arguments of my opponents were unsound."

Deafness Cannot Be Cured

ry socal applications, as they cannot reach the disassed portion of the ear. There is only one way to
ure deafness, and that is by constitutional remedies.
Deafness is caused by an inflamed condition of the
nucous lining of the Eustachian Tube. When this
tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deaftess is the result, and unless the inflammation can be
alten out and this tube restored to its normal condiion, hearing will be destroyed forever; nine cases
put of ten are caused by Catarrh, which is nothing
but an inflamed condition of the mucous surfaces.
We will give one Hundred Dollars for any case of
Deafness (caused by catarrh; that cannot be cured
by Hall's Catarrh Cure. Bend for circulars, free.
F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Reciprocity.

"They say industrious persons live longest," observed the professor, "but there is nothing surprising in that. Father Time naturally feels like dealing kindly with those who never try to kill him."

DON'T FORGET
A large 2-oz. package Red Cross Ball Blue, only cents. The Russ Company, South Bend, Ind.

AMUSEMENT FOR THE EVENING.

Writing "Smudgeographs" Sure te Please the Young People.

Now and again when entertaining young people we need something which will amuse them for an odd half-hour. Making "smudgeographs" will be found most useful for this pur-

Get your young friends to seat themselves around the table and provide them with sheets of white paper, pens and ink.

The fun consists in making marks or writing names upon the paper and while the ink is still wet, folding the paper and sqeezing the ink in all direc tions. Very curious designs may be produced in this way.

The best results are obtained by first folding the paper and then writ ing with plenty of ink, along the crease. Now fold the paper quickly and pass the finger several times firmly across the back.

Probably if a hundred persons wrote the same words the results would all be different. Write your own name. just once, squeeze it out while still wet, and you won't recognize it.-Montreal Herald.

Schools for Domestics. Under the patronage of the "House mistresses' Union" there has just been opened in Hamburg the first of the schools to be established in German cities for the improvement of domestic servants.

## A BUSY WOMAN

Can Do the Work of 3 or 4 If Well Fed.

just outside of New York, writes:

An energetic young woman living

"I am at present doing all the house work of a dairy farm, caring for 2 children, a vegetable and flower garden, a large number of fowls, besides managing an extensive exchange business through the mails and pursuing my regular avocation as a writer for several newspapers and magazines (de-

all the energy and ability to do this I we to Grape-Nuts food. "It was not always so, and a year ago when the shock of my nursing baby's death utterly prostrated me and deranged my stomach and nerves so that I could not a similate as much as a mouthful of solid food, and was in even worse condition mentally, he would have been a rash prophet who would have predicted that it ever

would do so. "Prior to this great grief I had suffered for years with impaired digestion, insomnia, agonizing cramps in the stomach, pain in the side, constipation, and other bowel derangements, all these were familiar to my daily life. Medicines gave me no reliefnothing did, until a few months ago, at a friend's suggestion, I began to use Grape-Nuts food, and subsequently gave up coffee entirely and adopted Postum Food Coffee at all my meals.

To-day I am free from all the troules I have enumerated. My digestion simply perfect, I assimilate my food bout the least distress, enjoy sweet, stful sleep, and have a buoyant feeleasure in my varied duties. In t. I am a new woman, entirely made r, and I repeat, I owe it all to e-Nuts and Postum Coffee." given by Postum Co., Battle

re's a reason. Read the little k. "The Road to Wellville," in pkgs.

ITALIANS AS FARM HELP.

Said by Their Representative Countrymen to Be Capable and Industrious.

Signor Pietro Isola has a project to supply American farmers with Italian help, reports the Boston Globe. 'Italians," he said, "were never appreciated in this country. Illiteracy is not ignorance; if it were, there would be little of it among Italians.

They are expert farmers in respect to the climate of their own country. They understand all grains well, and in fruit culture they are far ahead of most Americans, especially in grafting. I know one who has acclimated the figtree, not with the purpose, at first, of making the fig tree a commercial success here, although it is coming to

"These Italian farmers are asking if there is not something for them to do in America besides digging in the streets and sewers. At a recent meeting of grangers I unfolded this subject and it was taken up with enthusiasm. with a promise to do all possible to induce the farmers of New England to employ the sons of Italy. They are not drunkards; they are intelligent and they are faithful.

"The farmers fear the difficulty of language: but they employ other foreigners-Poles, French and otherswithout trouble, and the Italians learn more readily than either, and besides they understand the language of gestures better than any others.

"As the Chinese were excluded, the farmers of California began to look about for the next best, and they found them in Italians, and now they are scattered half over the state, more than one-half the inhabitants of Somona county being of that race.

"There is no better farmer on earth than the Italian-intelligent, industrious and faithful to the last degree. If he comes into New England the benefit will be not so much to him as to the farmer.

"Anyone, whether he be a farmer, a common laborer or anything else, makes a mistake if he opposes the Ita-Han farmer. He would restore the idle farms, as no one else can.

"If ever there was an undiscovered country of farm lands in the world, that country is Massachusetts. People are struggling in their crude way with hay and corn to get a yield of \$5 to \$25 an acre, while the Italian would coax from the willing soil a fortune."

## MOVEMENT OF A GLACIER.

One a Mile Long in Southern Rockies Shifted Twenty-Seven Feet in a Year.

It had long been supposed that no true glaciers remain in the Rockies lessons in neatness, which lead to the south of Wyoming, a supposition now formation of helpful habits, will have own to be incorrect, says Junius Henderson, in Harper's Magazine. North of Long's Peak two ice fields have been described and referred to as are entitled to considerable weight, though on the whole they partake more of the nature of neve and are so considered by some geologists. This difference of opinion is entirely excusable on the ground that the divid ing line between neve and glacier is indistinct, "the one passing into the other by inse..sible gradation." However, explorations carried on in the last five years have brought to light an ice stream which is so distinctly a glacier as to leave no chance for a dispute as to its character. It has been visited by experienced geologists, mapped, photographed and thoroughly studied.

Arapahoe glacier is about a mile long and is situated amid scenery as inspiring as any in the southern Rockies. It occupies an amphitheater or glacial cirque upon the east side of the Arapahoe Peaks, the peaks and their thin, sharp, serrated connecting ridge forming the semi-circular rim of the cirque, the ridges running eastward from the north and south peaks forming the walls of the ancient glacial valley. The highest point on the rim of the cirque is 13,700 feet above sea

level. No measurements were necessary to convince our first exploring party that the ice was moving. To the student of glacial phenomena the evidence on every hand was easily read as a printsigning fancy work for the latter) and ed page and as convincing as a mathematical demonstration, but it remained to determine the rate of movement. Consequently, on a later visit, we set up the instruments on the granitic north wall and placed a line of zinc tablets across the face of the ice. Returning exactly one year later, we found that the tablets had moved in amounts varying from 11.15 feet at a point 300 feet from the edge, to 27.7 feet at a point near the center.

Mountain Invades Town.

Faith or something else is removing at least one mountain in the Rhymney valley, Glamorgans ... re, Wales, which is slowly advancing towards the village of Troedyrhiew. Although the garden of the village inn has been completely swept away, the inn itself, which is between the mountain and the garden, is intact. The explanation is that it was practically rebuilt some time ago on a solid bed of rock. Near the inn is a belt of woodland in which all the trees have developed a pro nounced droop. Many opinions are expressed as to the cause of the slide Mining operations, some say, are responsible, while others attribute it to quicksand.

Mammoth Stork.

The adjutant, or marabout, a tall bird of India, of the stork species, will swallow a hare or a cat whole. It stands five feet high, and the expanse of wings is nearly 15 feet.

CONCERNING THE NURSERY

Paint Is Best for the Walls-Ventilation Must Be Seen To-Furniture Suitably Low.

Off-painted walls are the ideal finish for the nursery or for children's rooms generally. They may be washed easily; the finish does not flake off and fill the air with impalpable dust, as do water colors under the same circumsatnees, and the surface of the oil paint will defy the fingers of the little ones in their more mischievous moods when the desire seizes them to investigate the component parts of of the family home. Where the purse will permit, the ornamenting of the walls of the nursery may become a step of genuine importance. The ideal coloring of the walls for the nursery when plain is a soft olive green with bright tan ceiling. This is good for the eyes and the nerves and offers a lesson in harmonious colorings.

Correct ventilation should be had from the top of the windows either by means of a wheel introduced into the upper window pane or by the construction of a transom six inches or more deep, which shall extend quite across the window, and which may be let down from the top, making a V-shaped opening, and not open from the top, making an inverted V. The latter would direct a current of air upon the heads of the occupants. The former would make an injurious draft impossible. If the windows are lower than four feet from the floor they should be provided with bars or strong wire lattice or screens. Window shields for the nursery are sold in many styles, both simple and costly.

The best floor treatment is hard oil, with small rugs about that may be taken up and shaken each morning.

A satisfactory crib is of enameled iron with no ornament. For tiny children it should be provided with a muslin valance adjusted around the top of the frame so as to protect the little sleeper within from all drafts. This should be of the simplest muslin that may be laundered every week or as often as the rest of the linen. A low built in seat, a foot or less high. is a convenience for the child and removes him from all temptation to sit long on the floor, where, if anywhere, drafts are to be felt.

Unless the regularly made nursery furniture adapted to child stature is bought a small kitchen table may be enameled either white or blue. Old chairs in the same way may be shortened and painted. A cot may serve instead of built in seat, and should be cut low for juvenile convenience.

A toy box should be constructed, and if possible, a play cupboard in which play pinafores may be hung. And if the little one be taught to put away both toys and aprons at night the first

## THE VALUE OF ORANGES.

glaciers by men whose determinations They Are Most Attractive for Table Decorations-Various Ways to Serve Them.

> Oranges are charming for decoration of the table, as well as for food. When placed upon the table whole, a few green leaves should be placed around them; the leaves need not, necessarily, be orange leaves, but other pretty, green leaves may be used, if the orange leaves are not to be had. When to be eaten at the table, there are several ways of handling them. Cutting them across and eating with a spoon has the drawback that the juice flies about disagreeably. By cutting a little circle around the core in the center this unpleasant feature may be counteracted. Another way is to cut them in eighths with the skin on, and sip the juice from these little portions.

> One method of preparing them for the table is as follows: Cut with a sharp knife a narrow girdle around the circumference of the orange, half way from the stem to the blossom end; remove all the rind except the narrow girdle; just over one of the divisions of the fruit cut the rind band through with a knife. Then carefully separate the natural divisions of the orange, leaving each attached at its back to the strip of rind. It is very convenient and comfortable to eat oranges prepared in this way, as there is no trouble with the juice or peeling.-The Commoner.

Nesselrode Pudding.

This is an extra troublesome pudding to make, but is very delicious. Line the bottom of an ice-cream mold with thin slices of sponge cake that have been soaked in sherry wine; put a layer of all sorts of candied and preserved fruits on this, cut up very fine; then more cake, and so on until the mold is nearly full. Make a custard of a quart of milk, sugar to taste and six egg yolks, with a cake of grated chocolate; add two tablespoonfuls dissolved gelatin boiling hot, strain and let cool; pour this over the cake and fruit in the mold, seal carefully and pack in ice. When turned out it makes a beautiful dish. Serve with whipped cream sweetened and flavored to taste.

For Insomnia.

A very simple method of inducing sleep in cases of persistent insomnia and one that has succeeded where many drugs have failed, is-simply administer a moderate amount of liquid food before the patient goes to bed. This diverts the blood from the brain to the abdominal organs and takes away the cerebral excitement that precludes

Molasses Candy.

Two cups of maple molasses, teaspoonfuls of butter, one cup of maple sugar, one-half cup of water. Boil all together until done; be careful not to stir while cooking. When

THE RIFT WITHIN THE LUTE. Hubby's Mild Protest Marked Passing

of Honeymo "Angel of my life," said the bride groom, after the happy couple had spent one week in their cozy little nest, "angel of my life, I feel I have the privilege of saying something to you that may even hurt your feelings but that you will appreciate becau It is spoken with the best of intentions.

"Why, certainly, light of my exis tence. If there is anything you wish to say of that nature, I know that you realize that your trusting little wifey will understand the spirit in which it is said more than the words."

"Well, I think you are simply bewitching when you preside over the chafing dish, but honestly I don't feel that I can go on eating welsh rarebits and such concoctions for breakfast, lunch and dinner all my life. Let's try boarding for a while."

But she wept and refused to be comforted.-Chicago Tribune.

MARRIED PEOPLE LIVE LONG State of Matrimony Conducive to Good Old Age.

Marriage is an institution highly conducive to the health of both husband and wife, says American Medicine. Statistics prove that among married men over 20 years of age and women over 40 the mortality rate is far less than among those who remain single. Among the widowed and divorced the mortality is exceptionally great. Suicides among the unmarried are much more numerous than among the married. The matrimonial state promotes temperance in every form. Furthermore, the probable duration of life of a married man of 30 exceeds that of his unmarried brother by five years, and the wife may expect to live one year longer than a single woman of the same age.

When a laxative is needed, nothing can be more effective than Garfield Tea, which is made of herbs. It cures sick headache, constipation and diseases of liver, kidneys, stomach and bowels; it purifies the blood, cleanses the system and clears the com-

Organ With Three Barrels.

The parish church at Tobbing, England, which dates back to the thirteenth century, and was recently restored, possesses a remarkable ancient instrument, a barrel organ which has three barrels and can play thirty-six tunes. It is turned by the usual handle.

Important to Mothers. Examine carefully every bottle of CASTORIA. a safe and sure remedy for infants and children and see that it

Bears the Chart Hillitehers In Use For Over 30 Years, The Kind You Have Always Bought.

Scots Dislike Sweet Corn. Sweet corn is not appreciative in Scotland. All efforts to cultivate a taste for it have had but slight success, and the wholesale canned goods firms have come to regard sweet corn as a negligible article.

In a Pinch, Use ALLEN'S FOOT-EASE. A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes now shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

Cause of Our Ailments.

Excess of eating and drinking, the fashion of modern society, is the commonest cause of most of the so-called trivial ailments commencing before middle-life.-Dr. W. K. Sibley, in Strand Magazine.

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

Nothing to Be Gained.

"For my part," said Mrs. Ka Flippe, "I can't see why women should want to vote, anyway. It would probably not be considered necessary to have a new gown every time one went to the

Ever Hear of "Scotty" and His Record-Breaking Ride?

The story, briefly told, is this: Walter Scott, the Death Valley gold miner made the trip from Los Angeles to Chicago last summer on a special train over the "Santa Fe" in less than 45 hours. That whirlwind train cost him more than \$6,000. It was the fastest long distance run over mountains and plains ever made on any American railway. It demonstrated beyond dispute that the Santa Fe track, equipment and employees are of the dependable kind. Probably you wouldn't care to ride so fast. You pre fer the luxury of our three trains from Utah and Colorado to Everywhere East and Southwest. Ask me for ticket rates and litera

C. F. WARREN. G. A., A. T. & S. F. Ry. 411 Dooly Block, Salt Lake City, Utah

True Humility.

Humility does not consist in telling our faults, but in bearing to be told of them; in hearing them patiently, and even thankfully; in correcting ourselves when told; in not hating those who tell us of them.-Scottish American.

USE THE FAMOUS
Red Cross Ball Blue. Large 2-oz. package ?
cents. The Russ Company, South Bend, Ind.

Carried Plety to Extremes. A Welsh revivalist asked where some grass that had been brought for his horse had been procured. He was told that it had come from the football grounds. "I would not insult my horse by giving it grass from such a inful place," he declared.

WHEN MY LADY MOTORS. A Superior Material for the Coat Is

an Olive Tweed with Hair Line of Black.

The chief point worthy of note at the moment with regard to auto modes ems to be the waning of the popularity of leather for coats, the general conclusion being that it is too reminiscent of the chauffeur. Apart from this, there is also the question of the way in which it shows the dirt, and, although it is, of course, quite possible to have such a coat cleaned, this is an extensive and expensive business.

As a lining, however, leather is more to be desired than ever it was, and in this capacity it is much used. Under such circumstances it is possible to employ the most delicate tones, and champagne, pale blue and the palest green, are among the shades most frequently employed.

The outer part of the ccats thus lined is tweed, eith r se i colored or a mixture, and in the mixtures green is the predominant color.

The particular tone in favor just now is an olive shade, and an ideal coat is of tweed, in which this predominates. It has collar and revers faced with plain cloth to match, and a band of the same drawing in the fullness at the back. The lining is a much paler shade of green leather, with a suggestion of spring about it. This olive green tweed with a black check in it is quite the most desirable of all the tweeds of the moment, and a very superior motoring suit is made of it, trimmed lightly with black kid. The suit is double-breasted, and instead of the ordinary roll-over collar, the collar is simulated in the kid stitched flat on to the coat, and deco rated at the rounded corners with three little kid-covered buttons. The cuffs follow the same idea, making the garment particularly suitable for slip-



ping in and out of a big coat, as there is nothing to cause inconvenient ruck-

In the instances where the coats are themselves made of leather, the newest idea is Danish leather, a sheepskin used on the rough suede side, and differing very little save in name, from ordinary leather. The real distinction, however, lies in the fact that it is prepared in a new way, which makes it lighter, more supple and more comfortable to wear than anything else of the kind.

One novel mackintosh seen the other day was entirely box plaited, both the sleeves and the coat itself, and, of course, delightfully roomy for putting on over another coat. The waterproof coats looked charming, with the relief of facings of colored cloth, generally green, on collar and cuffs. There is a peculiar shade of red that is very successfully used in this way.

THE PLAY UNIFORM.

It Adds Very Much to the Child's Comfort to Have Overall Like One Here Described.

Holland is used for this overall. which will be found a very useful style for outing wear, as it is easily washed and ironed. It is tucked at the top, both front and back, the tucks being shorter at the sides than in the center. The tucks are divided in series of fours by pointed straps of red and hollandcolored embroidery. The lower edge is turned up with a hem one inch wide, The sleeves are gathered into straight wristbands, which, like the small turnover collar, are edged with embroidery. Leghorn hat trimmed with cream silk spotted with red.

Materials required: 3 yards holland 28 inches wide, 2 yards embroidery.

Fashionable Buttons. The making of buttons for spring

gowns is something a woman should study, for the styles are changing fast and the little simple button, worked with a tiny design on top, has given way in the march of fashion to the one with an elaborate design, mostly conventional and always artistic. It is a very good thing to purchase two or three buttons of Parisian or Indian design in order that they may serve as copies. They will be of much assistance when one is embroidering one's button tops.

Mending Gloves.

When you mend gloves use fine cotton and as fine a needle as possible Those long-eyed embroidery needle are splendid unless you're supplied with the short, satisfactory little things which come for the sewing of gloves.

For the Hair. Decorations for the hair are growing

larger. Huge birds of paradise, aigrettes of great height and enormous but-

## ATTACKED THE HEART

Awful Neuralgia Case Cured to Stay Cured by Dr. Williams'

Neuralgia in any form is painful but when it attacks the heart it is frequently fatal. Complicated with indiger a form that affected the vital organ is threatened serious consequences in an in-stance just reported. The case is that of Mr. F. L. Graves, of Pleasanthill. La., who tells of his trouble and cure as follows:

"I traveled considerably, was exposed to all kinds of weather and was irregular in my sleeping and eating. I suppose this was the cause of my sickness, at any rate, in May, 1905, I had got so bad that I was compelled to quit work and take to my bed. I had a good doctor and took his medicine faithfully but grew worse. I gave up hope of getting better and my neighbors thought I was

surely going to die.

"I had smothering spells that it is awful to recall. My heart fluttered and then seemed to cease benting. I could not lie on my left side at all. My hands and feet swelled and so did my face. After reading about Dr. Williams' Pink Pills in a newspaper I decided to try them and they suited my case exactly. Before long I could see an improvement and after taking a few boxes I was en-tirely cured. I am glad to make this statement and wish it could cause every sufferer to try Dr. Williams' Pink Pills,"

Dr. Williams' Pink Pills do not simply deaden pain; they care the trouble which causes the pain. They are guaranteed to contain no narcotic, stimulant or opiate. Those who take them run no danger of forming any drug habit. They act directly on the blood and it is only through the blood that any medicine can reach the nerves.

Dr. Williams' Pink Pills are sold by all druggists or will be sent, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Co., Schenectady, N.Y.

Legacy Leads to Death.

A legacy of £10 caused the death of Thomas Archer, a night watchman at Fleetwood. He was found dead in bed on Saturday, after a drinking bout, which he began on receiving the money.-London Mail.

RUNNING SORES ON LIMBS.

Little Girl's Obstinate Case of Eczema -Mother Says: "Cuticura Remedies a Household Standby."

"Last year, after having my little girl treated by a very prominent physician, for an obstinate case of eczema, I resorted to the Cuticura Remedies, and was so well pleased with the almost instantaneous relief afforded that we discarded the physician's prescription and relied entirely on the Cuticura Soap, Cuticura Ointment, and Cuticura Pills. When we commenced with the Cuticura Remedies her feet and limbs were covered with running sores. In about six weeks we had her completely well, and there has been no recurrence of the trouble. We find that the Cuticura Remedies are a valuable houseold standby, living as we miles from a doctor, and where it costs from twenty to twenty-five dollars to come up on the mountain. Mrs. Lizzie Vincent Thomas, Fairmount, Walden's Ridge, Tenn., Oct.

John Milton's Domestic Life. John Milton was not great in the character of either husband or father. His first wife was disgusted with his gloomy home and soon ran away from him. His daughters were left to grow utterly neglected, and the poet characterized them as "undutiful daughters" in his last will and testa-

\_ DOUGLAS \*3.≌ & \*3.≌ SHOES ፟ W. L. Dougias \$4.00 Gilt Edge Line cannot be equalled at any price.



\$10,000 REWARD to anyone who

