

Have You a Bad Back?

Whenever you use your back, does a sharp pain hit you? Does your back ache constantly, feel sore and lame?

It's a sign of sick kidneys, especially if the kidney action is disordered too, passages scanty or too frequent or of color.

A Maine Case

Mrs. J. H. Bennett, 50 Fountain St., Gardiner, Me., says: "I was in bed four months with kidney trouble. My back felt as though it was broken. I could hardly see. Five doctors failed to help me. When I had given up hope, I began taking Doan's Kidney Pills. I was cured and now I weigh much more and am strong and healthy."

Doan's at Any Store, 50c a Box. E. L. HENNEY, BUFFALO, N. Y.

THOUGHT HIM A "BIT OFF"

Enthusiasm of Great Naturalist Entirely Misunderstood by Well-Meaning Cabman.

Lord De Tabley, poet and naturalist, used to delight in telling the following story of himself. He was an enthusiastic botanist, and one day, sauntering down Piccadilly, met a friend who told him there was a specimen of a rare plant near the Strand.

De Tabley beckoned to a cabman and bade him drive to Chelsea. Chelsea was at that time a quiet old suburb. De Tabley ordered the driver to cross a meadow and stop by a ditch.

He jumped out, plunged ankle-deep in the mud, searched for a few moments, found the tiny treasure, pocketed it, and getting into the cab, called out "Home!"

But the cabman looked at him thoughtfully a moment, and then, with a nod of comprehension, drove rapidly back to Piccadilly and into the courtyard of a private mansion.

"What's he up to?" he cried to the porter. "To get him!"

It was with difficulty that the porter convinced him that Lord De Tabley was not an escaped lunatic—Sunday Magazine.

Ask anybody about it — Hanford's Balm. Adv.

When Years Come All in a Heap.

The leading woman in "Philetian" says: "I know how to sympathize with her," says Mrs. Pozzoni. "I did the same thing the afternoon of my reception, when the caterer who was to serve the refreshments did not arrive promptly."

The way to write a satisfactory love letter is to forget that you have any common sense.

Warning to Women

Do not neglect Nature's Warning Signals.

If you suffer from headache, nervousness, sick stomach, constipation, palpitation, hysterics, or a dull heavy feeling in the head, TAKE FRED FOR NATURE IS SAYING TO YOU as plainly as if the words were spoken, "I NEED HELP."

The tissues, muscles and membranes supporting your womanly organs need strengthening—need a tonic, need FOOD.

STELLA-VITAE will supply what is needed, will supply it in the form that will be quickest and most lasting results.

STELLA-VITAE, tested and approved by specialists, has BEEN PROVEN TO BE nature's Great Restorer of strength to the womanly organs. For THIRTY YEARS it has been helping suffering women.

No matter how many remedies you have used, no matter how many doctors have tried to help you, you owe IT TO YOURSELF to try this great medicine for the ailments of women.

THE TRIAL WILL COST YOU NOTHING unless you are benefited.

We have authorized YOUR dealer to sell you ONE bottle on our positive, binding GUARANTEE of "money back if NOT IMPROVED." AFTER YOU are satisfied he will sell you six bottles for \$5.00.

Go send this very day, this very hour, and get that ONE bottle and be convinced that you have at last set your feet firmly on the road to perfect health and strength.

Thacher Medicine Company, Chattanooga, Tenn.

Neuralgia

sufferers find instant relief in Sloan's Liniment. It penetrates to the painful part—soothes and quiets the nerves. No rubbing—merely lay it on.

SLOAN'S LINIMENT

Kills Pain

For Neuralgia. "I would not be without my Liniment and praise it to all who suffer with neuralgia or rheumatism or pain of any kind."—Mrs. Henry Bishop, Elmira, N.Y.

Pain All Gone. "I suffered with quite a severe neuralgia headache for 4 months without any relief. I used your Liniment for two or three nights and I haven't suffered with my head since."—Mrs. J. H. Bishop, Elmira, N.Y.

Treatments for Cold and Croup. "My little girl, twelve years old, caught a severe cold, and I gave her three drops of Sloan's Liniment on going to bed, and she got up in the morning with no sign of a cold. A little boy next door had croup and I gave the mother the Liniment. She gave him three drops on going to bed, and he got up without the croup in the morning."—Mrs. W. E. Strong, Chicago, Ill.

At All Dealers. Price 25c, 50c, and \$1.00. Send for Free Booklet.

Softened.

"Why didn't you whip your dog?" "Because when I started in to whip him he licked me."

For any sore use Hanford's Balm. Adv.

Mixed Language. "What's Henry's walk in life?" "He runs a news stand."—Baltimore American.

RUB-MY-TISM

Will cure your Rheumatism and all kinds of aches and pains—Neuralgia, Cramps, Colic, Sprains, Bruises, Cuts, Old Sores, Burns, etc. Antiseptic Anodyne. Price 25c.—Adv.

Mounted. Howell—He's usually on the high horse. Powell—Yes, he's a sort of an equestrian statue of himself.

ACHY FEELINGS, PAIN IN LIMBS and all Malarious indications removed by Elixir Babek, that well known remedy for all such diseases.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fitch.

Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Undoubtedly. "Did your vaccination take?" "Yes—my last dollar."—Baltimore American.

FACE COVERED WITH PIMPLES

214 Brevard St., Tampa, Fla.—"Some three years ago I commenced to suffer from a rash on my face and back. Before the pimples came on my face there were a lot of blackheads. It looked as if the blackheads turned into pimples because after a little while all of them were gone and my face was covered with pimples. They were small at first but gradually grew and right at the end of each pile it was all white. I carelessly picked them with my finger nails, which made them spread, and I soon discovered them on my back. My back was covered with pimples and my face the same way. At night I could hardly sleep on account of the burning and itching sensation they caused. I did not like to go out because the pimples caused disfigurement."

"Seeing the advertisement of Cuticura Soap and Ointment in one of the magazines I sent for a sample. I bought some Cuticura Soap and Ointment, and I am glad to be able to say that I am entirely cured of pimples." (Signed) Jno. O. Darlington, Jan. 25, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Rushing Business.

"Well," said the business manager to the new salesman, "how many orders did you get yesterday?" "I got two orders in one place." "That's the stuff! What were they?" "One was to get out and the other was to stay out!"

Hudson Bay Wireless.

The Canadian minister of marine has announced at Ottawa that his department is making active preparations to improve the aids to navigation on the Hudson bay route this season. Twelve new lighthouses will be established from the South Straits to Fort Nelson, and a wireless station will be established somewhere on the straits.

Napoleon's Day of Gloom.

One hundred years ago the Empress Maria Louisa and her son, the king of Rome, fled from Paris to Blois. The flight was contrary to their own wishes and the advice of the council of state, but was deemed necessary in compliance with Napoleon's expressed command that under no circumstances were his wife and daughter to be allowed to fall into the hands of the enemy. The carriages were not called until it was found that the armies of the allies were almost at the gates of Paris. Even then the young king of Rome refused to get into the carriage, clinging to the curtains of the palace which he was about to leave forever. The long train of imperial carriages was escorted from the city by 300 soldiers of Napoleon's old guard, whose hearts were filled with genuine sorrow.

TAKE SALTS TO FLUSH KIDNEYS IF BACK HURTS

Says Too Much Meat Forms Uric Acid Which Clogs the Kidneys and Irritates the Bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush closed kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overdrinking kidney trouble while it is only trouble.—Adv.

No Swimmer. Edna—Did she sink in the social sea? "Winifred—Yes; she went beyond her depth."—Judge.

With more justice comes less desire to talk about it.

SENTINEL OF EUROPE

Gibraltar an Imposing Sight to the Visitor.

Great Rock is Mysterious, Wonderful, Beautiful, Bomber, According as One Sees It—Greatness in Its Significance, Not Its Size.

London.—No matter at what hour one approaches Gibraltar, it is a memorable occasion. The great rock is mysterious, wonderful, beautiful, somber, according as one sees it in the early morning haze, at noonday, at sunset, at midnight.

It was not yet breakfast time on Dec. 13, 1912, when we first saw that great mass of Jurassic limestone and realized that we were at the most important gateway in the world. Directly east opened the blue Mediterranean, gilded in morning sunshine, a few far-off boats stranded in the golden path. The southern mountains stretched away in uneven masses of rose and lilac; across the channel, gloomy Gibraltar, formidable and greivous in the early shadows, bristling with unseemly portholes, pierced the clouds at the height of a quarter of a mile. These, the Pillars of Hercules, beyond which the boldest ones feared to sail. Moments later by the Phoenician god when he tore the continents asunder—Mount Aplya, on the right; Mount Calpe (Gebel-Tarik), on the left—the mountain of God and of Tarik, the Moor!

Tarik ibn Zijad, at the command of Musa, the African victor of the caliph of Damascus, headed an expedition of Moors and built the first fortress on the rock early in the seventeenth century. Today the tower of the castle he commenced in 1713 may still be seen in a prominent position back of the town.

Before the anchor dropped boats were heading toward us laden with oranges and tangerines; others freighted with nothing but olives. A steam launch brought Cook's men, labeled and uniformed; and a swarthy complexioned fower man with little nose-gays of violets and bunches of red roses. Conspicuous among the new arrivals was a big man with bright, restless eyes, wearing a broad smbrero. Someone whispered, "Mark Twain's guide." Nearing the wharf we spied a group of Arabs, in blue burnouses, brightened by crimson sashes and fezzes and yellow slippers.

Summit of Famed Gibraltar.

Their pointed hoods flapping in the wind, they looked weird and haggard as Vedder's Cumean sibyl.

But the thing that impresses one most is the rock, which has been called more names than any other rock in the world—"the rock of the Mediterranean," "the formidable dead sentinel of Europe," "the crouching lion," "England's insurance sign," "the watchdog of the Mediterranean," "the bolt to Europe's front door," "a rock-bound city of cannon and wild flowers." As one approaches it from the Atlantic it looks like a great, crouching lion ready to pounce upon Spain, its tail toward the sea. It is from one-fourth to three-fourths of a mile wide and some three miles long. Its greatness is in its significance, not its size.

WOODEN LEG FOR HEAVY MAN

Locomotive Engineer on Northern Pacific Had Lost His Limb in an Accident.

Spokane.—A. D. Bull claims to have recently made a wooden leg for the heaviest man on the American continent wearing such a limb. Mr. Bull said: "This leg was made for B. A. Kennedy, living at the Pedicord Hotel. He weighs 348 pounds. He was formerly a Northern Pacific engineer and his leg was taken off in an accident. I had to send to California for the biggest piece of special wood in our Oakland place with which to make the leg."

Mr. Bull also made a leg recently for W. E. Jerman, aged seventy-six, of Post Falls, Idaho, and is now making one for A. C. Flanders, a construction engineer for the Granby Smelting company of Granby, B. C. Mr. Flanders has been located at Valdez, Alaska, recently and came from there to Spokane to get the leg made.

Court for Boy Offenders. Chicago.—A boy's court, where youths between the ages of seven and twenty-one will be tried for lawbreaking, will be established in Chicago in a few weeks. It will be the only court in the world exclusively for boy offenders.

Irish Raise Protest. Chicago.—Fifty thousand Irish residents of Chicago have joined in a crusade to oppose the sale of green snakes, green lizards and green pigs as St. Patrick's day emblems.

Citizens Dance Tango on Street. Galveston, Tex.—While 15 bands played, citizens danced the tango on Broadway, a new street 300 feet wide and 2 1/2 miles long. They were celebrating Texas Independence day.

An Impossibility. Officer.—The magistrate will give all of you a hearing in the morning. Prisoner.—He can't give a hearing to Bill Jones.

Officer.—Why can't he? Prisoner.—Because the Bill's been stone dead for the last ten years.

Rubbing wears clothes out—wears you out—wastes time—wastes work. RUB-NO-MORE WASHING POWDER saves clothes—saves you—saves time; because it loosens dirt without rubbing.

RUB-NO-MORE WASHING POWDER is a sudless dirt-remover for clothes. It cleans your dishes, sinks, toilets and cleans and sweetens your milk crocks. It kills germs. It does not need hot water.

RUB-NO-MORE CARBONAPHA SOAP Washing Powder

Five Cents—All Grocers

The Rub-No-More Co., Ft. Wayne, Ind.

Whittemore's Shoe Polishes

Finest Quality Largest Variety

GILT EDGE shoe dressing that polishes and shines like gold.

BLACK GUM shoe dressing that polishes and shines like black.

RED GUM shoe dressing that polishes and shines like red.

WHITE GUM shoe dressing that polishes and shines like white.

W.L. DOUGLAS SHOES

Men's \$2.00 to \$5.00

Women's \$2.50 to \$5.00

Children's \$1.00 to \$2.00

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TWO WOMEN AVOID OPERATIONS

By Taking Lydia E. Pinkham's Vegetable Compound.

Chicago, Ill.—"I must thank you with all my heart for Lydia E. Pinkham's Vegetable Compound. I used to go to my doctor for pills and remedies and they did not help me. I had headaches and could not eat, and the doctor claimed I had female trouble and must have an operation. I read in the paper about Lydia E. Pinkham's Vegetable Compound and I have taken it and feel fine. A lady said one day, 'Oh, I feel so tired all the time and have headaches.' I said, 'Take Lydia E. Pinkham's Vegetable Compound,' and she did and feels fine now."—Mrs. M. R. KANSCHER, 1438 N. Paulina Street, Chicago, Illinois.

The Other Case. Dayton, Ohio.—"Lydia E. Pinkham's Vegetable Compound relieved me of pains in my side that I had for years and which doctors' medicines failed to relieve. It has certainly saved me from an operation. I will be glad to assist you by a personal letter to any woman in the same condition."—Mrs. J. W. SHERER, 125 Cass St., Dayton, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Once in a while you will see a girl who carries as much special scenery as a big theater production.

Source of Modern Styles. The attendant led the visitor into the violent ward.

"For heaven's sake!" exclaimed the stranger, "what are those lunatics doing with that straw, leaves, flowers, feathers and ribbons?"

"Our military department," explained the attendant. "This is where the hat styles originate."

Putnam Fadeless Dyes will last until the goods wear out. Adv.

New Telescope Gun. A new sighting arrangement called the fococamic telescope is to be a feature of the French heavy artillery. The new telescope is attached to the gun, and enables the whole of the horizontal to be seen by the gunners.

Deferring to Expert Opinion. Representative Richmond P. Hobson, who was the hero of the big boat-sinking in Santiago harbor during the Spanish-American war, and who later had his reward in being kissed by the longest and loveliest line of girls known to history, was cross-examining Miss Mianne Brown, an anti-suffragist, at a hearing before a congressional committee.

"So you don't think women would do as well as men in politics?" asked Mr. Hobson.

"I emphatically do not," replied Miss Bronson.

"Well, tell us why. We would like to hear more of that."

"For one thing, women are much more emotional than men?"

"Can that be possible?"

"Nobody should know that better than you, in view of your experience directly after the Spanish-American war."—The Popular Magazine.

Gentleman or Churl? Be a gentleman, young man, for it will pay you a golden rate of interest. You will never get anywhere by returning surly answers. You might be surprised to know that if you should meet the president of a railroad and ask him a civil question that you would get a most courteous reply. Walk into the biggest concern in any city and ask for the manager. He will meet you with a smile and return the blindest answer to your query. It is the ignorant cub in the country depot or the window washer in a big office who hand back the discourteous answers. That's why they always remain cubs and window washers. The fellows who reach the presidency of railroads and the management of large concerns do so because they are gentlemen and always return the soft reply. It costs nothing to be a gentleman and besides you will find that such a route leads down beside still waters and up through green valleys. The churl plows through the mud of serfdom and breathes the dust of slavery. You choose the path—gentleman or churl.—Kansas City Star.

UPWARD START After Changing from Coffee to Postum.

Many a talented person is kept back because of the interference of coffee with the nourishment of the body. This is especially so with those whose nerves are very sensitive, as is often the case with talented persons. There is a simple, easy way to get rid of coffee troubles and a Tenn. lady's experience along these lines is worth repeating. She says: "Almost from the beginning of the use of coffee it hurt my stomach. By the time I was fifteen I was almost a nervous wreck, nerves all unstrung, no strength to endure the most trivial thing, either work or fun."

"There was scarcely anything I could eat that would agree with me. The little I did eat seemed to give me more trouble than it was worth. I was literally starving; was so weak I could not sit up long a delicious beverage."

"It was then a friend brought me a hot cup of Postum. I drank part of it and after an hour I felt as though I had had something to eat. I felt strengthened. That was about five years ago, and after continuing Postum in place of coffee and gradually getting stronger, today I can eat and digest anything I want, walk as much as I want. My nerves are steady."

"I believe the first thing that did me any good was Postum, and I use it altogether now instead of coffee."

Name given by the Postum Co., Battle Creek, Mich.

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage. Instantly 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a good one for Postum."—sold by Grocers.

WATER PRECIOUS IN EGYPT

Must Be Brought From River Nile—Goatskin Bottle Takes Place of Water Main and Hydrant.

London.—In the land where it rarely rains, all water must be brought from the river Nile, whose sources of supply lie a thousand miles distant, says Popular Mechanics. The goatskin bottle and the earthen jar here take the place of water mains and hydrants. The camel and the ox slowly turn the crude wooden gears which lift water from the sluggish river in buckets lashed to a rude water wheel. Trenches distribute the precious fluid

Cairo Water Vender Selling Drinking Water From Earthen Jar.

to fields where cotton, sugar cane and rice are grown in the black alluvial soil. True, steam pumps are seen in increasing numbers and irrigation projects of vast importance have been built, but Egypt is essentially the land of the sakkas (water wheels worked by oxen) and shadufs (water lifts worked by hand).

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