Stop That Backache!

There's nothing more discouraging than a constant backache. You are lame when you awake. Pains pierce you when you bend or lift. It's hard to rest and next day it's the same old story. Pain in the back is nature's warning of kidney ills. Neglect may pave the way to dropsy, gravel, or other serious kidney sickness. Don't delay—begin using Doan's Kidney Pills—the remedy that has been curing backache and kidney trouble for over fifty years.

A Pennsylvania Case

Mrs. Isabell F. Secry
Carter, 6072 Rein-Picture
hert St., Philadelphia, Pa., says:
"Whenever I exerted myself or
caught cold, my
kidneys be c a m e
disordered and I
was unable to do
my h o u s e w ork.
Stooping brought
on sharp pains in
my back and I had
dizzy spells and
felt nervous and
irritable. Medicine failed to help me
until I used Doan's Kidney Pills. A
few boxes gave me a lasting cure."

Get Doan's at Any Store, 50c a Box

Get Doan's at Any Store, 50c a Box DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N.Y.

Get a Bottle Today Coughs and Colds quickly relieved by the

Try

Toothache Drops

Hale's Honey Of Horehound and Tar Contains no opium nor anything injurious.

Bold by druggists.



"COUNT" TOO ABSENT MINDED

Principal Reason Why One International Marriage Was Permanently Called Off.

Henry P. Davison of the Morgan banking firm was talking about international marriages:

"Well," he said, "I know of one inernational marr thank goodness, to come off. The girl was the daughter of a Paint Rock millionaire. The man was a count, a Spanish count.

"The count was absent minded. That was his undoing. The girl's father gave a dinner for him in the Paint Rock castle overlooking Paint Rock, and at the dinner's end the count got up to light a cigarette, and then, by jove, started to remove the

"The guests watched him in an open-mouthed silence. His napkin slung over his arm, he had got nearly all the plates removed when his mil-Honaire host said to him gently:

'Wake up, George. You're not waiting in the beanery now, you know. You're pretending you're a count in Paint Rock. Wake up, man, for gracious sake!"

The man who makes the best of everything should have no trouble in disposing of his goods.

It is all right to keep smiling if you have anything to smile about.

After Winter's Wear and Tear

one requires a food in Springtime that builds up both brain and body.

Grape-Nuts

made of wheat and malted barley-supplies in splendid balance, the elements necessary for upbuilding and keeping in repair the brain, nerve and muscle tissue.

Grape-Nuts has a rich nut-like flavour - always fresh, crisp, sweet and ready to eat direct from package.

Thousands have found Grape-Nuts a wonderful invigorator of both brain and body.

"There's a Reason"

Sold by Grocers everywhere.

SYSTEM IN THE HOME

EXCELLENT IDEA MUST NOT BE CARRIED TO EXCESS.

Careful Preparation of Menu Is Desirable, But Like All Good Things There is a Possibility of its Being Overdone.

Carefully planning and writing out menus at least three meals in advance, and marketing for the same, is absolutely essential in housekeeping efficiency if a woman expects to keep her youth, beauty, good health and sunny disposition.

I am told by some that women do not like the word "System." Neither do I when it is so ironclad that, if my husband asked me to take a little spin with him after luncheon so we could both get a little fresh air, I would have to stay home and follow out my "Regularly Planned System!" The butter, cream, bread, etc., could quickly be taken care of and the dishes to be washed certainly would not run away (we often wish they would) and would be done with greater ease for the change and fresh air which we have enjoyed. Yes, I thoroughly believe in a system, and so does any well-organ ized business organization; but let it be a flexible one when in the hands of the women who think.

No wonder women wear out! They either carry the house around on their two shoulders from morning till night or they forget it entirely. There is a happy, helpful mcdium. Let us take a pad and pencil and go to the refrigerator after breakfast and make a note of just what food is there in "leftovers." Then decide where these may be used in any one of the next three meals; maybe the outside stalks of celery are there which will make a fine cream of celery soup for luncheon or dinner. Now plan and write out on a card (which is kept in your card index back of menus) each of these menus, and on another slip write the necessary grocery order; at the same time see if any of the staples, such as sugar. tea or coffee, rice, etc., must be replenished, and write these down also. If you know exactly what is wanted once or twice, or even three times a week, this order can be telephoned; at other times it is necessary to go to market to compare foods and prices, know values and become skillful in marketing. Besides, it is a great advantage to have personal acquaintance with the "butcher, the baker and the candlestick maker."

Now, with this done, prepare all these meals as far in advance as possible, such as meats, desserts, etc., so that your work can be all pigeon-holed, as it were. Very little time then is to good, 164@17; do do, current ture. Ornithologists have not yet needed in preparation of any one of makes, 15 1/2 @16; do do, part skims, made it clear just what enal those three meals at the last moment. -Alice Critchell Kirk, in the Philadelphia Ledger.

Oysters in a Crust Case.

One loaf bread, one quart oysters, one-half cupful melted butter, two tablespoonfuls butter, two tablespoonfuls flour, one cupful milk, salt and pepper to taste, one lemon, parsley,

Cut the top from loaf of bread, remove crumbs, brush inside of case with melted butter and place in a slow oven to become crisp. Prepare top in same way and fasten to crust. Dry oysters and chop them. Keep ten of the oysters out. Blend butter and flour in a sauce pan over fire, stir in milk and keep stirring until it boils. Season nicely with salt and pepper and lemon juice. Add oysters, make very hot and turn into bread case. Heat whole oysters and lay them on top. Garnish with parsley and serve at once. Creamed chicken may be used in place of oysters.

Curried Rice. Boil two cupfuls of rice in salted water till tender, then blanch and set in the oven to dry a few moments. Meantime make a sauce as follows: Fry two sliced onions in a tablespoonful of butter till a light brown. Add a tablespoonful of lemon juice, a tablespoonful of curry powder, salt to taste and the liquid from a small can of tomatoes. Grease a baking dish, put the rice in it, pour over the sauce and bake for 20 minutes. Excellent warmed over for luncheon, as well as when

Potatoes a la Lyonnaise.

Cut cold boiled potatoes into tiny and fry two sliced onions in this for three minutes. With a skimmer remove the onions and turn the potaturn with a fork, that the dice may do, 25; old, 25. not become brown. When hot, add a teaspoonful of finely chopped parsley and cook a minute longer. Remove the potatoes from the pan with a perforated spoon, that the fat may drip from them. Serve very hot.

Flour for Gravy. Keep a quantity of browned flour on hand for making gravy; you will find it saves a great deal of time. Put several spoonfuls evenly on the bottom of a baking pan and stir it over a moderate fire until it becomes an amber brown. Turn it into a bottle and keep

Sponge Cake.

Four eggs, one cupful sugar, onehalf cupful potato flour, salt, one teaspoonful baking powder. Beat yolks, sugar, baking powder and flour. Flavor when you take it out of pan when one, so it won't jounce. It just melts,

THE MARKETS

NEW YORK .- Wheat -- Spot easy; No. 2 red, 161c, and No. 2 hard, 163 all rail c if track, export; No. 1 Northern Duluth, 157, and No. 1 Northern Manitoba, 163 c i f Buffalo, opening navigation.

Corn-Spot easy; No. 2 yellow 831/2c e i f to arrive.

Butter-Steady. Creamery extras (92 score), 31 1/2c; creamery (higher scoring), 32@321/2; creamery, firsts. 29 1/2 @31; seconds, 27@29.

Eggs-Fresh gathered extras, 221/2c; storage packed, extra firsts, 211/2: firsts, 20% @21%; regular packed, extra firsts, 20@211/4; firsts, 20@21 nearby hennery white, fine to fancy, 23; nearby hennery browns, 22@23. Cheese-State, whole milk, fresh,

specials, 151/4c; do, average fancy.

Live Poultry-Firm; Western fowl. 17c; turkeys, 15@16.

PHILADELPHIA.-Wheat-Carlots, in export elevator, No. 2 red, spot, \$1.53@1.55; No. 2 red, Western, 1.60@ 1.62; round lots, in export elevator, No. 2 red, spot and April, 1.541/2@1.591/2; No. 2 red, Western, 1.59 1/2 @1.64 1/2; No. 1 Northern Duluth, 1.60%@1.65%.

Corn-Carlots for local trade, as to location, No. 2 yellow, 80@81c; steamer yellow, 78@79; No. 3 yellow, 76@77; No. 4 yellow, 74@75; sample yellow, 69@73; new cob, per seventy pounds, 77; for carlots, in export elevator, No. 2 spot and April, 751/2@ 761/2; steamer, 74@75; No. 3, 73@74. Oats-No. 2 white, 62½@63½c; standard white, 61½@62½; No. 3 white, 60%@61%.

Butter-Western, fresh, solid-packed reamery, fancy, special, 34c; extra, 32; extra firsts, 31; firsts, 29@30; sec onds, 26@27; ladle packed, 19@21; nearby prints, fancy, 35; average ex ra, 34; fircts, 30@32; seconds, 27@ 29; jobbing sales of fancy prints, 39

Eggs-Nearby extra, 22c per dozen; firsts, \$6.30 per standard case; nearby current receipts, 6.15 per case; Western, extra firsts, 6.30 per case; do do. arsts, 6.15 per case; Southern, 5.55@ and fresh eggs, jobbing at 24@25c per

Live Poultry-Fowls, 17@171/c; old roosters, 12@12%; chickens, soft as to quality, per pair, 50@70; turkeys, 15@17; pigeons, old, per pair, 25@30; stinct which is also strong in man. do do, young per pair, 22@25.

Cheese-New York, full cream, Fall

BALTIMORE.-Wheat-No. 2 red spot and April, 155%c nominal; May, 1561/2 nominal; No. 2 red Western spot and April, 1581/2 nominal. Corn-Contract, 75%c; spot and

April, 76; May, 7714. Oats-Standard white, 621/2 @62%c:

No. 3 white, 62% sales. Hay-No. 1 timothy, \$19.50@ 20; No. clover mixed, 18.50@19; No. 1 clover mixed, 18.50; No. 2 do, 16.50@17.50; choice clover, 18@18.50: No. 1 clover 17.50@18; No. 2 do, 15@16.50; No. 3 do, 11.50@14.

Straw-No. 1 straight rye, \$11@ 11.50; No. 2 do, 10@10.50; No. 1 tangled rye, 10; No. 2 do, 8.50@9; No. 1 wheat, 8@8.50; No. 2 do, 7@7.50; No. 1 oat, 9.50@10; No. 2 do, 8@850. Butter-Creamery, fancy, 31@32c; do, choice, 29@30; do, good, 27@28;

do, prints, 31@33; do, blocks, 30@32; do, held, 24@26; ladles, 20@21; Md. and Pa. rolls, 19@20; Ohio rolls, 18@ 20; W. Va. rolls, 18@19; storepacked, 18@19; Md., Va. and Pa. dairy prints, 186019. Eggs-Maryland, Pennsylvania and

nearby firsts, 20c; Western firsts, 20; West Virginia firsts, 20; Southern firsts, 19. Duck eggs-Nearby, 21@22; Southern, 20@21. Recrated and rehandled eggs. 1/2 to 1 higher. Live Poultry-Old hens firmer.

Ducks dull and generally of poor quality. We quote, per lb: Chickens-Old bens, 4 lbs and over, 1614@17c; do, small to medium, 161/2; old roosters, 10@11; young, choice, 18@20; winter, 2 lbs and under, 24@28 rough, poor and staggy, 14@15; spring, 1 to 11/4 lbs, 38@40. Ducks-Muscovy, 3 dice of uniform size. Put two great | lbs and over, 14c; Pekings, 3 lbs and spoonfuls of butter into the frying pan over, 15; puddle, 3 lbs and over, 14@ 15; smaller, 13; Indian Runners, 13. Pigeons-Young, per pair. 25@30c; old, do. 25@30. Guinea fowl-Young, toes into the hissing butter. Toss and 11/2 lbs and over, each, 35c; smaller,

Live Stock

CHICAGO, - Hogs - Bulk, \$6.90@ 1.9714; light, 6.70@7; mixed, 6.70@ 7.021/2; heavy, 6,50@7; rough, 6.50@ 6.65; pigs, 5.50@6.60.

Cattle-Native beef steers, \$6@8.90: sows and heifers, 3@7.90; calves, 6@ Sheep-Sheep, \$7.40@8.50; lambs,

ST. LOUIS.-Hogs-Pigs and lights, \$6@7.25; mixed and butchers', 7@7.25; good heavy, \$6.95@7.15 ..

7.80@10.50.

Cattle-Native beef steers, \$7@8.90; cows and helfers, 5.50@8.50; stockers and feeders, 5.75@7.25; Texas and Indian steers, 5.25@7.75; cows and heifers, 4@6; native calves, 6@9.

Sheep-Native muttons, \$7@8.25; lambs, 9.50@10.45; yearlings, 7.50@ 8.90; sheared yearlings, 6.50@7.60.

900 DROPS **Mothers Know That Genuine Castoria** ALCOHOL-3 PER CENT AVegetable Preparation for As-similating the Food and Regula-ting the Stomachs and Bowels of Always Bears the INFANTS, CHILDREN Signature Promotes Digestion, Cheerfulness and Rest Contains neither Opium, Morphine nor Mineral NOT NARCOTIC Resipe of Old DrSAMUEL PYTCHER Pumphin Sood Alx Sonna Rochelle Salts e. Anies Seed Poppermint Bil Carbonale Sodare Worm Seed -Aperfect Remedy for Constipa-ion . Sour Stomach, Diarrhoea Worms Convulsions Feverish-For Over ness and LOSS OF SLEEP. Pac Simile Signature of Charff Eletcher. Thirty Years THE CENTAUR COMPANY, NEW YORK. 'At6 months old 35 Doses - 35 CENTS

"HOMING INSTINCT" IN BIRDS

Exact Copy of Wrapper.

Attachment to First Home Is Much the Same as Is Evidenced in Humanity.

The habit of birds in migrating South when winter comes on is influenced by the need of finding a sufficient supply of food. As food grows 6.00 per case; fancy, selected, candled scarce when winter approaches in the farthest northern places where birds ive they naturally turn to the South. where, their instinct tells them, food will be plentiful. The return of the meated, 17@18; do do, staggy, 14@15; birds in the spring to their accustomed ducks, 16@17; geese, 12@16; guineas, haunts in the North is one of the evidences of their possession of an in-

The environment in which a bird or human being is brought up generally make, choice, 1714 @1714c; do do, fair becomes a permanent part of its nabird to find its way back and forth to the same spot every year, and our knowledge is confined to the fact of what the "homing instinct" does.

After they mate and build their first nest and bring up their first family, birds cherish a fondness for that spot much the same as the attach ment that man feels for his early home. The spring migration of birds is their joyful return home after a do. 19; No. 3 do. 15.50@17.59; light temporary sojourn abroad to secure the means of livelihood.

> Tells What's the Matter With Him. "Well, what is the complaint?" demanded Squire Peacy, the well-known Arkansas justice of the peace, as there entered his office Constable Slackputter escorting a colored malefactor. "De complaint, yo' honah-and

'anky for de 'terrygation-" replied the culprit, before the officer could make answer, "am a posthumous creech in muh back, dat kotches me ker-blick every time I tries to run. Yassah, if it hadn't uh been dat-uhway, de cap'n, yuh, wouldn't uh overtook me in a munt of Sundays!"-Kansas City Star.

Had Some Training. Billy Mooney, after running a barber shop in Centerville for two or

three years, decided to become a dentist. His Uncle Si, upon hearing of this decision, dropped in to talk it Yes, Billy," said he, "dentistry is about the easiest new job you could

tackle. You know how to work the chair already, so the rest ought to come easy enough."

A Golf Widow. "Is it true that Mrs. Brown's husband has deserted her?" "Almost. He has taken up golf."

Every woman's estimate of the sex is confirmed by the fact that the devil

EXPLAINING SONGS OF BIRDS

Beautiful Notes of the Nightingale, for Instance, Are Inspired by Paternal Love.

It is generally assumed that a bire sings because he is happy, but science goes deeper for an explanation of the why and wherefore of the bird's song. Nature's optimistic joy in constructive progress is expressed in the singing of the male birds who charm their mates to further their wooing, and continue after eggs are laid to encourage the fulfillment of hatching.

The song stops when the little birde come out of the shell. The nightimgale, for weeks during the period of nest-building and hatching, charms his mate and human ears near him with the beautiful music of his love song. But as soon as the little nightingales come from the eggs the song changes to a sort of guttural croak, implying anxiety and sense of respossibility.

If the nest and contents were destroyed the nightingale would at once resume his beautiful song to inspire his mate to help him build another nest and start all over again the lowing work of being fruitful and multiplying.

Unfailing Courtesy.

"The convict who escaped was one of the most polite men in the prison." "Yes; even when he knocked the guard down, he said, 'Excuse the liberty I'm taking."

Same Thing. "Oh, dear! I must do something to reduce my weight. I weigh a hundred and sixty."

"Stripped?" "Well, in my dancing frock."

Only a nonsalaried office is compelled to seek the man.

Dampness caused by a woman's tears is always oppressive.

Is it possible there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, which proves beyond contradiction that this grand old medicine has relieved more suffering among women than any other one medicine in the world?

We have published in the newspapers of the United States more genuine testimonial letters than have ever been published in the interest of any other medicine for womenand every year we publish many new testimonials, all genuine and true. Here are three never before published:

From Mrs. S. T. Richmond, Providence, R. I. Providence, R. I.—" For the benefit of women who suffer as I have done I wish to state what Lydia E. Pinkham's Vegetable Compound has done for me. I did some heavy lifting and the doctor said it caused a displacement. I have always been weak and I overworked after my baby was born and inflammation set in, then nervous prostration, from which I did not recover until I had taken Lydia E. Pinkham's Vegetable Compound. The Compound is my best friend and when I hear of a woman with troubles like mine I try to induce her to take your medicine."—Mrs. S. T. RICHMOND, 84 Progress Avenue,

From Mrs. Maria Irwin, Peru, N.Y.

PERU, N.Y .- "Before I took Lydia E. Pinkham's Vegetable Compound I was very irregular and had much pain. I had lost three children, and felt worn out all the time. This splendid medicine helped me as nothing else had done, and I am thankful every day that I took it."—Mrs. Maria Irwin, R.F.D. 1, Peru, N.Y.

From Mrs. Jane D. Duncan, W. Quincy, Mass. South Quincy, Mass .- "The doctor said that I had organic trouble and he doctored me for a long time and I did not get any relief. I saw Lydia E. Pinkham's Vegetable Compound ad

BEWARE OF

vertised and I tried it and found relief before I had finished the first bottle. I continued taking it all through middle life and am now a strong, healthy woman and earn my own living."—Mrs. Jane D. Duncan, Forest Avenue, West Quincy, Mass. Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

