

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.

A Pennsylvania Case Mrs. Isabella F. Carter, 6072 Reintz Street, Philadelphia, Pa., says: "Whenever I exerted myself or caught cold, my kidneys became disordered and I was unable to do my housework."



Get a Bottle Today 25c. Coughs and Colds quickly relieved by the use of Hale's Honey.

Hale's Honey Of Horehound and Tar Contains no opium nor anything injurious. Sold by druggists. Toothache Drops.

Rheumacide The Reliable Remedy for lumbago, gout and RHEUMATISM GETS AT THE JOINTS FROM THE INSIDE.

"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 international marriage that failed, 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 plates."

"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 millionaire host said to him gently: "Wake up, George. You're not waiting in the beauty 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 FOOD

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!"

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 medium. 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, 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 needed in preparation of any one of those three meals at the last moment.

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 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 freshly made.

Potatoes a la Lyonnaise. Cut cold boiled potatoes into tiny dice of uniform size. Put two great spoonfuls of butter into the frying pan and fry two sliced onions in this for three minutes. With a skimmer remove the onions and turn the potatoes into the sizzling butter. Toss and turn with a fork, that the dice may 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 for use.

Sponge Cake. Four eggs, one cupful sugar, one-half 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, it is so light.

THE MARKETS

NEW YORK.—Wheat—Spot easy. No. 2 red, 16 1/2c, and No. 2 hard, 16 3/4c all rail c 1 f track, export; No. 1 Northern Duluth, 16 1/2, and No. 1 Northern Manitoba, 16 1/2 c 1 f Buffalo, opening navigation. Corn—Spot easy; No. 2 yellow 8 3/4 c 1 f to arrive. Butter—Steady. Creamery extras (92 score), 31 1/4c; creamery (higher scoring), 32@32 1/4; creamery, firsts, 29 1/2@31; seconds, 27@29.

PHILADELPHIA.—Wheat—Carlots, in export elevator, No. 2 red, spot, \$1.63@1.55; No. 2 red, Western, 1.60@1.62; round lots, in export elevator, No. 2 red, spot and April, 1.54@1.59 1/2; No. 2 red, Western, 1.59 1/2@1.64 1/2; No. 1 Northern Duluth, 1.60 1/2@1.65 1/2.

BALTIMORE.—Wheat—No. 2 red spot and April, 15 1/2c nominal; May, 15 1/4c nominal; No. 2 red Western spot and April, 15 1/2c nominal. Corn—Contract, 75 1/2c; spot and April, 76; May, 77 1/2.

ST. LOUIS.—Hogs—Pigs and lights, \$6.75; mixed and butchers', 7@7.25; good heavy, \$6.95@7.15. Cattle—Native beef steers, \$7@8.90; cows and heifers, \$6@7.90; calves, \$6@8.75.

CHICAGO.—Hogs—Bulk, \$6.90@6.97 1/4; light, 6.70@7; mixed, 6.70@7.02 1/2; heavy, 6.50@7; rough, 6.50@6.65; pigs, 5.50@6.60. Cattle—Native beef steers, \$6@8.90; cows and heifers, \$6@7.90; calves, \$6@8.75.

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900 DROPS CASTORIA ALCOHOL—3 PER CENT A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN.

CASTORIA For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Holt.

In Use For Over Thirty Years

CASTORIA THE CENTAUR COMPANY, NEW YORK CITY.

"HOMING INSTINCT" IN BIRDS

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 scarce when winter approaches in the farthest northern places where birds live they naturally turn to the South.

The environment in which a bird or human being is brought up generally becomes a permanent part of its nature. Ornithologists have not yet made it clear just what enables the bird 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 attachment that man feels for his early home. The spring migration of birds is their joyful return home after a 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.

Had Some Training. Billy Mooney, after running a barber shop in Centerville for two or three years, decided to become a dentist. His Uncle St, upon hearing of this decision, dropped in to talk it over.

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

EXPLAINING SONGS OF BIRDS

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

It is generally assumed that a bird 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 birds come out of the shell. The nightingale, 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 responsibility.

Unfalling 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.

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

Sick Women Attention

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?

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, Providence, R. I.

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, West 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 advertised 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.



W. L. DOUGLAS MEN'S \$2.50 \$3 \$3.50 \$4.00 \$4.50 \$5 \$5.50 SHOES WOMEN'S \$2.00 \$2.50 \$3.00 \$3.50 \$4.00 SHOES BOYS' \$1.75 \$2 \$2.50 \$3.00 MISSES' \$2.00 \$2.50 YOU CAN SAVE MONEY BY WEARING W. L. DOUGLAS SHOES.