PAINS NEARLY DOUBLED ME UP

Nothing Helped Me Until I Took Lydia E. Pinkham's Vegetable Compound.

Wyandotte, Mich.—"For the last four years I have doctored off and on without help. I have had pains every month so bad that I would nearly double up. Sometimes I could not sweep a room without stopping to rest, and everything I ate upset my stomach. Three years ago I lost a child and suffered so badly that I was out of my head at times. My bowels did not move for days and I could not eat without suffering. The doctor could not help me and one day I told my husband that I could not stand the pain any longer and sent him to the drug-store to get me a bottle of Lydia E. Pinkham's Vegetable Compound and threw the doctor's medicine away. After taking three bottles of Vegetable Compound and using two bottles of Lydia E. Pinkham's Sanative Wash I could do my own housework. If it had not been for your medicine I don't know where I would be today and I am never without a bottle of it in the house. You may publish this if you like that it may help some other woman."—Mrs. MARY STENDER, 120 Orange St., Wyandotte, Mich.

Clogged-Up Liver Causes Headache

It's foolish to suffer from constipation, sick headache, biliousness, dizziness, indigestion, and kindred ailments when Carter's Little Liver Pills will end all misery in a few hours. Purely vegetable. Act gently on liver and bowels.

CARTER'S LITTLE LIVER PILLS

Small Pill—Small Dose—Small Price

IN USE FOR 35 YEARS

BABEK

The Quick and Sure Cure for MALARIA, CHILLS, FEVER AND LA GRIPPE

It Is a Powerful Tonic and Appetizer

Will cure that tired feeling, pains in back limbs and head. Contains no quinine arsenic or habit-forming ingredi

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We are in the market for YOUNG GUINEAS and will pay *Highest Market Prices*

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His Business.

"That man is such a pushing sort."

"He has to be. He manufactures electric buttons."

Catarrh

Catarrh is a local disease greatly influ enced by constitutional conditions HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.

All Druggists. Circulars free.

F. J. Cheney & Co., Toledo, Ohio.

So They Say.

"There's the devil to pay."

"And he's a good collector."—Louisville Courier-Journal.

Back Given Out?

There's surely some reason for that lame, achy back. Likely it's your kidneys. A cold or strain ofttimes congests the kidneys and slows them up. That may be the reason for that nagging backache, those sharp pains, that tired, worn-out feeling. You may have headaches and dizzy spells, too, with annoying bladde irregularity. Use *Doan's Kidney Pills*. They have helped thousands. Ask your neighbor!

A Maryland Case

Mrs. Charles Bell, 428 S. Parrish St., Baltimore, Md., says: "My back was in an awful condition and after I did my washing or ironing my head ached so I had to sit down until relieved. I was so run down and played out I hardly had strength enough to be around. I had dizzy spells. My kidneys were weak. Doan's Kidney Pills were recommended and two boxes cured me."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

LAST NIGHT'S DREAMS

—WHAT THEY MEAN

DID YOU DREAM ABOUT CHEESE?

"PERHAPS," said Scrooge to the ghost of Marley when the old skinflint fell asleep by the fire and had the delightful Christmas dream which Mr. Dickens has set down for us, "perhaps you are but a bit of undigested cheese." And cheese, from the days when Odysseus visited the dairy of the Cyclops in the early dusk and dawn of time down to the present era, has always been considered to have an intimate relation to dreams. Especially if the cheese is gathered in the form of a Welsh rarebit.

Strange to say, with all this intimate connection and with all the centuries given to a study of the subject, the authorities are far from agreed upon the subject of Dreamland cheeses. One expounder of the mystic meaning of dreams declares that to eat cheese in the visions of the night foretells certain financial gain, while another declares that in order to have the cheese of your dreams bring you real money you must dream of making it instead of eating it.

From an examination of all the best dairy experts of Dreamland it is evident that there is a subtle connection between cheese and money. Some say that to dream of cheese indicates that while you will probably attain fortune, at least you will have a long, hard struggle in doing it.

One or two soothsayers are of the opinion that it is not lucky to eat cheese in a dream, and say that if you do you will soon be very angry about something. The majority opinion would seem to be that to dream anything at all about cheese foretells for you financial success achieved by strenuous efforts. And one sort of cheese appears to be just as potent as another in this respect. Those who don't like strong cheese can have mild just as well. (Copyright.)

SCHOOL DAYS

THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

HOUSEHOLD ECONOMICS

WHO shall say that adventure and variety are not allied to the home and domestic science? The girl who chooses household economics for her career need not give up hope of travel and excitement. Witness Miss Grace Ferguson, who has only lately returned to New York City from an absence of six years in Porto Rico, where she was teaching the elements of home economics to an entire nation.

Miss Ferguson covered fifty-odd towns in her work, and established schools in all the places visited. She made an exhaustive study of foods and their value, and of prices, and she taught women in that tropic isle how to get the most for their money when they went marketing, and how to have the best meals at the least cost the year round.

A woman who takes a course in domestic science of the advanced type can now-a-days look forward to plenty of work and a good income. She is going to do quite as well, if not better, than her sister who took a business course and went in an office, and she has practically no male competition to fear.

The American home is being put more and more on a scientific basis. The women in the homes want to be shown, they want to know how they can get the most out of their incomes, save themselves hard work, manage for the best. They are glad to come to lectures and demonstrations and to attend classes.

The day for the ill-trained is over. Any woman who wants to make a success must get thorough training. Excellent courses are offered in almost any part of the United States and Canada not too far removed from a town. The best courses are to be had in various colleges at a small price. It is work for which many women have a special genius and love. For such a woman to go into teaching or office work "because I have to earn a living" is a pity. She can earn it, and a good one, in teaching household economics in all its many branches.

(Copyright.)

ON THE LINKS

"I don't like my caddie, he laughs every time I play badly."

"I noticed he had a perpetual grin."

MOTHER'S COOK BOOK by Nellie Maxwell

"The young man thinks the Swiss apron with the lace makes his intended look like a picture, as she presides at the chafing dish; but after he puts the ring on her finger and planks down the five to the preacher he sighs because she hasn't a pinchecked blue gingham and can't preside gracefully over the cook stove."

FOOD FOR THE FAMILY

Dates are so wholesome and full of food value, a dessert of dates is easy to prepare and is sufficiently satisfying. Wash and cut the dates in halves, sprinkle with broken bits of pecan meats; drop over each dish of dates a spoonful of sweetened and flavored whipped cream and serve.

Simple Salad.

Arrange balls of cheese which have been mixed with cream and seasonings, on the white leaves of lettuce with a spoonful of crab apple jelly on the side of each salad plate.

A pie that is simply delicious is prepared in the usual way for a custard pie; then just before going into the oven sprinkle with a cupful of minced black walnut meats. It bakes making a rich crust over the top, too good to be true.

Frizzled Beef.

Pull the white thread-like portions from a half-pound of dried beef, cover with boiling water and stand on the back of the range where it will keep hot but not cook. In ten minutes, drain and dry on a cloth. Melt two tablespoonfuls of butter in a frying pan, put in the meat and stir while it absorbs the butter and curls. Pour over a cup of hot cream and add a well beaten egg. Serve hot.

Hot Water Gingerbread.

Take one cupful each of sugar and molasses, one-half cupful of melted lard, one teaspoonful of salt, three cupfuls of flour, one egg, and lastly one cupful of boiling water in which a teaspoonful of soda has been stirred. Sift a tablespoonful of ginger into the flour. Pour the mixture which will seem very thin into a large-sized baking pan and bake until firm. This makes an ideal dessert with apple sauce and cottage cheese. This cake may be baked in small gem pans and served as pudding with any desired sauce or whipped cream.

Tea Biscuits.

Bake baking powder biscuits after cutting with a cutter one inch in diameter. When baked split open, butter, spread with raspberry or any preferred jam, put together and serve with a cup of tea. They make a most dainty mouthful.

Onion Soup.

Slice six medium-sized onions and cook in two tablespoonfuls of butter, stirring until a light brown; add two small cans of consomme, or one quart of well-flavored clear broth; let cook 15 minutes. Add three tablespoonfuls of parmesan cheese, one teaspoonful of kitchen bouquet, salt, pepper paprika and celery salt to taste; add two cupfuls of hot water and simmer until the cheese is thoroughly blended.

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THE ROMANCE OF WORDS

"DOLLAR."

WHILE the United States was the first to coin the piece of money known as the "dollar," the word itself was coined long before, as evidenced by the fact that Shakespeare uses it frequently. In "Macbeth," for example, appears the statement:

"Nor would we deign him burial of his men
Till he disbursed, at St. Colme's Inch,
Ten thousand dollars to our general use."

This quotation, which sounds suspiciously like a modern "strike order," proves that Shakespeare was familiar with the dollar, despite the fact that there were no coins of that name known prior to July 5, 1785, when the United States congress passed the resolution referring to the first money put out by the new government. Where, then, did Shakespeare get the word?

The answer lies in the fact that "dollar" is an Anglo-Saxon corruption of the German "thaler," first coined about 1486 in the valley (or thaler) of Joachimsthal. The coin met with popular favor and, during the reign of Charles V, emperor of Germany, king of Spain and lord of Spanish-America, it became the standard currency of the world. Shakespeare merely adopted a slight change of the name, thus antedating both the United States and Great Britain—for the first and only English dollar was coined at the Bank of England in 1804.

(Copyright.)

THE WOODS

BY DOUGLAS MALLOCH

THE CHICKADEE.

There's somethin' 'bout the chikadee
That's, somehow, awful cheerin';
Around the shanty door it bums
An' gethers up the crusts an' crumbs
Cook scatters in the clearin'.

It gethers up the crusts an' crumbs
An' jest as glad it chatters
As if it fed on biscuit fine
All soaked in milk er dipped in wine
An' served on silver platters.

My share of life is crusts an' crumbs
I find somehow er other;
An' how I wish that I could be
Like you are, Mr. Chickadee,
My cheerful little brother!

(Copyright.)

Tooth Bottles.

A new invention is a miniature hot-water bottle for toothache. It holds only half an ounce, and is just big enough to be comfortably retained between the cheek and a painful tooth. All toothaches are not curable by application of heat, but in many instances this method is successful.

WRIGLEY'S

Make the next cigar taste better and after smoking

cleanse your mouth
moisten your throat
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WRIGLEY'S

Still only 5c a Package

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Thousands of Happy Housewives in WESTERN CANADA

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Fertile Land at $15 to $30 an Acre

—land similar to that which through many years has **yielded from 20 to 45 bushels of wheat to the acre.** Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying

are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

F. A. HARRISON
210 N. Third St., Harrisburg, Pa.
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WESTERN CANADA Farm Lands at Low Prices in the Wheat Belt of America

His Experience.

Sillicus—I am thoroughly convinced that all women are the same."

Cynicus—Don't you believe it. Even one woman isn't the same for any considerable length of time."

ASPIRIN

Name "Bayer" on Genuine

BAYER

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicycacid.—Adv.

Dreaming of Skating.

To dream of skating denotes that your success is very uncertain and depends largely upon your efforts. To see others skate denotes a pleasant time. To buy, them, honor.

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York.—Adv.

Many a man's downfall can be traced back to a desire to get even.

Awful Sick With Gas

Eatonic Brings Relief

"I have been awful sick with gas," writes Mrs. W. H. Person, "and Eatonic is all I can get to give me relief."

Acidity and gas on the stomach quickly taken up and carried out by Eatonic, then appetite and strength come back. And many other bodily miseries disappear when the stomach is right. Don't let sourness, belching, bloating, indigestion and other stomach ills go on. Take Eatonic tablets after you eat—see how much better you feel. Big box costs only a trifle with your druggist's guarantee.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation

Slang and Idioms.

That the slang and idioms of today will be correct English tomorrow is the opinion of Professor Glicksman, University of Wisconsin. "Our language is made up of what was once slang, idioms, colloquialism and jargon," he said recently.

MAKE YOUR OWN non-alcoholic thirst quenching, appetising beverage. One oz makes 10 gals. Can only $2.25. J. & K. Ext. Co., 1012 Milwaukee, Chicago. Agts. Wtd