

THAT AWFUL BACKACHE

Cured by Lydia E. Pinkham's
Vegetable Compound

Morton's Gap, Kentucky.—"I suffered two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and Liver Pills and am enjoying good health. It is now more than two years and I have not had an ache or pain since. I do all my own work, washing and everything, and never have the backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

Backache is a symptom of organic weakness or derangement. If you have backache do not neglect it. To get permanent relief you must reach the root of the trouble. Nothing we know of will do this so surely as Lydia E. Pinkham's Compound.

Write to Mrs. Pinkham, at Lynn, Mass., for special advice. Your letter will be absolutely confidential, and the advice free.

Speak Distinctly.

Do not make the mistake of pitching your voice too low. It must be annoying to be forced to ask a person to repeat what they have just said, and mumbled words give a most unpleasant impression.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Pellets. Tiny sugar-coated granules.

Even.

Scientist—"We are now getting messages from Mars and answering them." Inquirer—"But you cannot understand their messages, can you?" Scientist—"No. But, then, they can't understand our answers, either."—Toledo Blade.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Fishermen's Superstition.

To mention the word "rabbits" on board a Cornish fishing smack arouses the ire of the crew. Should the hated word be uttered as the boat is leaving the harbor on a plover expedition, the speaker would stand a fair chance of being hurled overboard. The mere mention of "rabbits" destroys all chances of a "catch."—London Mail.

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CRYSTALIZED LINIMENT.

FOR RHEUMATISM, NEURALGIA, SPRAINS,
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They meet every requirement for cleaning and
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GILT EDGE the only ladies shoe dressing that positively contains GIL. Blacks and Polishes "dandy" and children's boots and shoes, shines without rubbing, 25c. "French Gloss," 10c. "DANDY" combination for cleaning and polishing all kinds of rubber or tan shoes, 25c. "Star" size, 10c. QUICK WHITE makes dirty canvas shoes clean and white. In liquid form so it can be quickly and easily applied. A sponge in every package, so always ready for use. Two sizes, 10 and 25 cents.

If your dealer does not keep the kind you want, send us his address and the price in stamps for a full size package.

WHITTEMORE BROS. & CO.,
20-22 Albany St., Cambridge, Mass.
The Oldest and Largest Manufacturers of
Shoe Polishes in the World.

PROFITABLE FEED FOR PIGS

Farmer Should Know Physical Make-Up of Animal Thoroughly in Order to Secure Good Pork.

To produce pork the most profitably, to do it at least cost of feed, time and labor and in the shortest possible feeling period, it stands to reason we should know the physical make-up of the animal thoroughly in order that the breeding, the feed selected, the housing and caring from birth to butchering, would all tend to be the most ideal and beneficial, says the Agriculturist.

Select well-developed, large sows about a year old, also a compact, vigorous, healthy smaller boar to insure strong, healthy offspring. Give them a clover field to run in, a comfortable place to sleep and for shelter; plenty of fresh water and you will have taken the first important steps to obtain vigorous young pigs.

At weaning time, when artificial feed is to be substituted for nature's food, it is well to know that the nearer the feed harmonizes in chemical constituents with those of the animal's body, the more healthful and vigorous will be the growth and development and less the liability to disease.

The selection of the right feed for little pigs is especially important, because it forms the basis on which the foundation for heavy, forced feeding during the later fattening period is built, and if this early foundation is not strong, healthy and vigorous, it will break down under heavy feeding and sickness, disease and inability to gain in weight is sure to result.

Therefore, the feed used should be easy to digest. It should supply vigor and energy to induce rapid growing. It should be succulent to create keen appetite, build tissue and rich blood. The following ration will be found to contain all the elements for successful growing little pigs:

Ground oats or peas.
Molasses, a sterilized molasses.
Green clover.
Milk, slop or water.

This ration will nourish all parts of the pig's body and produce fast disease-free growth. It will bring the pigs up to the fattening period in a most excellent condition, when the ration can be changed to corn and molasses, with water and slop, and you will be surprised how fast they will fatten and how big they will grow.

HOUSE FOR THE HIRED MAN

Laboring Man Prefers City Life Because He Cannot Obtain Comfortable Quarters in Country.

(By B. J. WAGGONER.)

Every farm where hired help is employed by the year should have good, comfortable quarters for the help. It is time we began to reform our habit of housing our farm help. One of the reasons why laboring men prefer to live in the city is because they cannot find comfortable houses in the country. How many dairy farmers who are complaining about the scarcity of good help provide as good house for their help as they do for their cows? Can we blame a self-respecting laboring man for not moving his family into a hovel? The American farm laborer is a human being and he should be shown as much respect as a prize Jersey, to say the least.

How many neat and attractive cottages suitable for an American laboring man are there vacant in your neighborhood? Any good man who is worth hiring by the year is worthy of a good, comfortable house for himself and family.

If we keep good help we must treat them right. Men who have no homes go to the most cheerful places they can find and I am sorry to confess it is not always in a hovel behind a big red barn. The better the house and surroundings you furnish, within limits, the better class of men you will be able to hire.

Disease of Chickens.

It is important to have a good understanding of the causes of diseases in order that one may prevent their spread and find a cure when necessary. To attempt to apply remedies is useless unless the cause of the disease is accurately determined.

The white diarrhea which has proved so destructive to chicks is an example of bacterial disease. Experts in Washington, Yale university, Rhode Island and Connecticut State colleges, Doctor Paige said, have been investigating its cause. They have found that it originates in the infection of the egg from which the chick is hatched, but no cure has yet been discovered.

Swimming Pool Not Necessary.

Most people think a pond or creek is necessary for the successful raising of geese, but this is not absolutely necessary, though it would seem to be more natural for them to have a pond or creek to swim in. They must have plenty of pure water to drink and will grow and breed just as well without a swimming pool as with one.

Have an Aim in Life.

Go into a factory where they make mariners' compasses, and you may see the needles before they have been magnetized. They will then point in any direction, but from the moment they are applied to the magnet they point to the north, and are true to the pole ever afterward. In this they are like the young man before and after he has a purpose in life.

WASHES CLOTHES FASTER.

Use RED CROSS BALL BLUE and you will find it makes beautiful, clear, white clothes with less effort and less cost than any other blue. It is far superior to any liquid blue on the market for the best of liquid bluing is principally water. Use the blue that is all blue. AT ALL GROCERS. Price, 10 cents.

Child's Lucky Star at Work.

A five-year-old child, Simone Catnot, of Havre, France, had a wonderful escape from death lately, when she fell from a fourth floor window. The child had been left alone in a locked room, and as she could not open the door, she broke a pane of glass with an umbrella and jumped out of the window. She was taken to a hospital, but after a careful examination was pronounced uninjured.

OUTSIDE MONEY COMING IN.

Pacific States Fire Insurance Company Makes Loan in Kelso.

C. L. Ayres and O. O. Koepfel, who have been in Kelso for the past two weeks, in the interest of the Pacific States Fire Insurance company, negotiated a loan of \$8,000 at a low rate of interest on the Market building, owned by Gray & Gross, the first of the week, and are looking for other gilt-edged investments in Kelso.

The Kelso State Bank has been appointed agent for the company in this city and all loans will be made through, and passed upon by, the local institution.

By keeping the money paid for fire insurance on Northwest property in the Northwest, the money can be loaned in Kelso and other towns in this region to the mutual benefit of the company and the borrower.

The Pacific States Fire Insurance company's entry into Kelso means the big insurance companies are beginning to recognize the importance of this city in a financial way—and are commencing to loan money on Kelso property—something the people of this city have endeavored for the past 20 years to have eastern companies do.

The headquarters of the Pacific States Fire Insurance company are in the Chamber of Commerce building, Portland, Oregon. Its officers are F. E. Beach, president; F. I. Fuller, vice president; A. H. Averill, treasurer, and Wm. M. Cake, attorney. Board of directors—A. H. Averill, William M. Cake, Louis G. Clarke, C. A. Craft, Chester Deeming, F. I. Fuller, John Gill, D. J. Quimby, S. W. Stryker, and Manuel Friedly.—Kelso Journal, Aug. 11, 1911.

Properly Punished.

"I refuse to pay. If I do, I hope my arms will drop off," declared a man recently when summoned by the Stourbridge (Eng.) Guardians for declining to pay a week towards the maintenance of his mother. A startling sequel to his oath occurred the other day when he became paralyzed, and lost the use of both his arms.

Y. M. C. A. GROWS.

Special Effort Made to Accommodate Out-of-Town Students.

The Educational Department of the Portland Y. M. C. A. made a growth of over forty per cent in its membership the past year. It is already evident, from the present enrollment, that an even larger increase in attendance will be realized the coming year.

This increase is due to the excellent boarding accommodations provided for out-of-town students, well equipped laboratories, a large and well-trained corps of teachers, and, too, the organization of the work, which allows a student to progress as rapidly as he is able.

The following work will be carried on the coming year: Full college preparatory course, business college course, automobile school, electrical course, school of pharmacy, English course, boys' trade and business course, English course for men, school of trades for carpentry, plumbing, and sheet metal work, essay and mining course.

A complete educational catalog will be issued in a few days, giving a full statement of the details of all courses and subjects. This will be sent to any address on application to Educational Director, Portland Y. M. C. A.

PNU No. 34-11

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Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send postpaid at 10c a package. Write for free booklet how to dye, bleach and mix colors.

The Human Heart

The heart is a wonderful double pump, through the action of which the blood stream is kept sweeping round and round through the body at the rate of seven miles an hour. "Remember this, that our bodies will not stand the strain of over-work without good, pure blood any more than the engine can run smoothly without oil." After many years of study in the active practice of medicine, Dr. R. V. Pierce found that when the stomach was out of order, the blood impure and there were symptoms of general breakdown, a tonic made of the glyceric extract of certain roots was the best corrective. This he called



Dr. Pierce's Golden Medical Discovery

Being made without alcohol, this "Medical Discovery" helps the stomach to assimilate the food, thereby curing dyspepsia. It is especially adapted to diseases attended with excessive tissue waste, notably in convalescence from various fevers, for thin-blooded people and those who are always "catching cold."

Dr. Pierce's Common Sense Medical Adviser is sent on receipt of 31 one-cent stamps for the French cloth-bound book of 1063 pages. Address Dr. R. V. Pierce, No. 663 Main Street, Buffalo, N. Y.

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Two-year courses for teachers, readers and public speakers. Graduates after completing two years of post-graduate work, granted professional diplomas. Continuous classes from 9 to 1 o'clock, five days per week. Individual lessons with either the principal or the assistants, afternoons and evenings.

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are the safest and most reliable cathartic and system cleanser. The best remedy for Torpid Liver, Biliousness and Sick Headache.

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Infectious Laughter.

Some of our prominent scientists are so impressed with the germ peril that they go around looking pretty solemn all the time, on the theory that laughter is both contagious and infectious.

Good Thing to Do.

Telegraph poles are lined up so that their crooks are turned in and not seen as you look along the line. Turn your twists away from people and not at them.

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A Good Cigar

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WOMEN wear W.L. Douglas stylish, perfect fitting, easy walking boots, because they give long wear, same as W.L. Douglas Men's shoes.

THE STANDARD OF QUALITY FOR OVER 30 YEARS

The workmanship which has made W.L. Douglas shoes famous the world over is maintained in every pair.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they are warranted to hold their shape, fit better and wear longer than any other make for the price.

CAUTION The genuine have W. L. Douglas name and price stamped on bottom.

If you cannot obtain W. L. Douglas shoes in your town, write for catalog. Shoes sent direct from factory to wearer, all charges prepaid. W. L. DOUGLAS, 145 Spark St., Brockton, Mass.



ONE PAIR of my BOYS' \$2, \$2.50 or \$3.00 SHOES will positively outwear TWO PAIRS of ordinary boys' shoes.



Steel Lined NITRO CLUB SHOT SHELLS

The best shot shells ever made improved with a steel lining.

This steel lining around the smokeless powder insures better pattern, better penetration, and greater velocity for the same load. It gives added strength to the shell and protection to load and shooter.

Nitro Club shot shells have won every interstate handicap for the last two years. Cost no more than ordinary shells. For Remington-UMC and all other shotguns.

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