Patience is No Virtue!

Be Impatient with Backache!

Too patiently do many women endure backache, languor, dizziness and urinary ills, thinking them part of woman's lot. Often it is only weak kidneys and Doan's Kidney Pills would cure the case.

A NEBRASKA CASE.

Mrs. Mary H. Bixler, Gordon, Nebraska, says: "I had sharp, darting pains all through my body and when I sat down my back was so weak I had to grasp something for support. Doan's Kidney Pills cured me entirely and improved my condition in every way."

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

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., Buffalo, New York

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. *Used by Mothers for 22 years.* At all Druggists 25c. Sample mailed FREE. Address A. S. Olmsted, Le Roy, N. Y.

Pettits Eye Salve SMARTING SORE LIDS

As a girl grows older she becomes wiser and quits wearing so many pins in the vicinity of her waist line.

CURES ITCHING SKIN DISEASES. Cole's Carbolisalve stops itching and makes the skin smooth. All druggists. 25 and 50c. Adv.

Question of Gratitude.

"Suppose I were to ask you to contribute a hundred dollars to my campaign fund," said the ambitious young man. "What would you do?"

"That isn't the important question," replied Mr. Dustin Stax. "If I should help to elect you, what would you do?"

Shop Talk.

The Inventor was talking to himself.

"What with my heatless light, my fleakless fixtures, my invisible ash-can and my disappearing bed, I have made the life of the urbanite well worth the living."

"Wrong!" corrected the down-weighted Benedict. "You have yet to perfect the footless meter and the vanishing gas bill."—Judge.

Not Needed.

While a traveling man was waiting for an opportunity to show his samples to a merchant in a little backwoods town in Missouri, a customer came in and bought a couple of nightshirts. Afterwards a long, lank, lumberman, with his trousers stuffed in his boots, said to the merchant:

"What was them 'ere -that feller bot?"

"Night shirt. Can I sell you one or two?"

"Naup, I reckon not," said the Missourian; "I don't set around much o' nights."—Lippincott's.

THE LUCKIEST MAN.

Eben—So Miss Antique is going to get married at last. Who is the lucky man?

Flo—The clergyman. He's going to get paid for it and assumes no responsibility.

SCOFFERS

Often Make the Staunchest Converts.

The man who scoffs at an idea or doctrine which he does not fully understand has at least the courage to show where he stands.

The gospel of Health has many converts who formerly laughed at the idea that coffee and tea, for example, ever hurt anyone. Upon looking into the matter seriously, often at the suggestion of a friend, such persons have found that Postum and a friend's advice have been their salvation.

"My sister was employed in an eastern city where she had to do calculating," writes an Okla. girl. "She suffered with headache until she was almost unfitted for duty.

"Her landlady persuaded her to quit coffee and use Postum and in a few days she was entirely free from headache." (Tea is just as injurious as coffee because it contains *caffeine*, the same drug found in coffee.) "She told her employer about it, and on trying it, he had the same experience.

"My father and I have both suffered much from nervous headache since I can remember, but we scoffed at the idea advanced by my sister, that coffee was the cause of our trouble.

"However, we finally quit coffee and began using Postum. Father has had but one headache now in four years, due to a severe cold, and I have lost my headaches and sour stomach, which I am now convinced came from coffee.

"A cup of good, hot Postum is satisfying to me when I do not care to eat a meal. Circumstances caused me to locate in a new country and I feared I would not be able to get my favorite drink, Postum, but I was relieved to find that a full supply is kept here with a heavy demand for it." Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest. Adv.

Our First Thanksgiving

THANKSGIVING day as it is now celebrated is a composite of the ancient Harvest festival, whose origins go back to the dim pre-historic beginnings of civilization, and of the solemn Puritan religious ceremony of thanksgiving. The joyous celebration of the gathering of the year's harvest, a day or week of feasting, song, dance and revel, is found in all ages and among all peoples. Thanksgiving days are also common to all religions, past and present, but they were not regular or periodical events—occurring generally after some victory of war. The Puritans and the Pilgrims brought with them from England both the Harvest festival and the Thanksgiving days, the latter being observed whenever the deeply religious mind of the Puritan saw in their prosperity or good fortune the direct intervention of Providence. The Puritan also stripped the ancient Harvest festival of much of its rude license that had grown up around the celebration in England, and gradually through the two centuries following the settlement of New England, there grew up the practice of combining the two events and making the Thanksgiving annual. The religious element has been greatly subordinated as the years passed until at the present time it is to a majority of Americans only an incident that by many is observed only in its breach.

To the stern old Puritan of almost three centuries ago, the Thanksgiving day of 1912 would seem little less than sacrilege so far as the thinksgiving feature of it is concerned. But he would understand and appreciate the day's feasting and revel as a part of the celebration of the Harvest festival. The difference is apparent in the records of the early settlement of America. The first thanksgiving service held in North America was observed with religious ceremonies conducted by an English minister in the year 1578 on the shores of Newfoundland. This clergyman, accompanied the expedition under Frobisher, who settled the first English colony in America. The records of this significant day have been preserved in the quaint rules and regulations of the expedition as follows:

"In primus: To banish swearing, dice and card playing, and filthy communication, and to serve God twice a day with the ordinary service of the Church of England. On Monday morning, May 27, 1578, aboard the Ayde, we received all, the communication by the minister of Gravesend, prepared as good Christians toward God; and resolute men for all fortunes;

"and Maister Wolfall made unto us a goodlye sermon, exhorting all especially to be thankful to God for His strange and marvelous deliverance in those dangerous places."

The second record of a thanksgiving service in America is that of the Popham colony which settled at Sagadahoc on the Maine coast in 1607. It consisted of prayer and sermon as in the first instance. These were thanksgiving days pure and simple, and after the settlement of Plymouth many others of a similarly solemn religious nature occurred.

The first Harvest festival held in America was upon December 13, 1621. It has been called, wrongly, the first autumnal thanksgiving held in America, but it was in reality the observance of the Harvest festival, with which the settlers had been acquainted in England. It was not a day set apart for religious worship and it is not likely that any religious service was held; on the contrary, it was the beginning of a whole week of festivity in celebration of the successful garnering of their first harvest in their new home. Quaintly does "Mourt's Relation" chronicle the event:

"Our harvest being gotten in, our Governour sent fours men on fowling, that so we might after a more speciall manner rejoyce together, after we had gathered the fruit of our labours; they foure in one day killed as much fowle, as with a little helpe beside, served the Company almost a weeke, at which time amongst other Recreations, we exercised our Armes, many of the Indians coming amongst us, and amongst the rest their greatest King Massasoyt, with some ninetie men, whom for three dayes we entertained and feasted, and they went out and killed Deere, which they brought to the plantation and bestowed upon the Captaine, and others. And although it be not always so plentifull, as it was at this time with us, yet by the goodnesse of God, we are so farre from want, that we often wish you partakers of our plentie."

While the bill of fare of this first American celebration of the Harvest festival has not been preserved the feast was no doubt a royal one even if some of the food and the methods of preparation would seem strange and outlandish to present day Americans. The provisions must have been bountiful for there were about 140 persons including the 90 of Massasoit's company who were entertained for three days, and all had their share of supplies. From other sources we know that the foods of the sea were abundant and that the Pilgrims had made the acquaintance of the oyster. Ducks they had in plenty of the choicest species and also geese. Game, from grouse to venison, was brought in from the forest in abundance, and there was a "great store" of wild turkeys. Barley loaf and cakes of corn meal were highly prized by the colonists and played their part in the feast. For vegetables the Pilgrims had much the same as they had in England, Gov. Bradford's list naming beans, peas, parsnips, carrots, turnips, onions, melons, cucumbers, radishes, "skirets," beets, coleworts, and cabbages. In addition to wheat, rye, barley and oats. Besides these they had the indigenous squash and pumpkin, and it may be taken for granted that a careful Pilgrim housewife had preserved during the summer by drying a quantity of strawberries, gooseberries and "raspis." Take it altogether, the food basis of the first Harvest Thanksgiving day celebration in America was much the same as today.

But if the good housewife of today was obliged to prepare the thanksgiving feast with the utensils and inconveniences of the kitchen of three centures ago she probably would throw up her hands in hopeless despair. The kitchen with its great glowing fireplace was the housewife's domain and the general living room of the entire family. The walls and the floor were bare and the furniture meager and comfortless, while the kitchen furnishings were odd and strange. It was in this great cavernous chimney that the Pilgrim wife cooked her Thanksgiving dinner. Placed high up in the yawning chimney was the heavy backbar, or lug-hole, of green wood, afterwards displaced by the great iron crane. It was beyond reach of the flames, and from it hung a motley collection of hooks of various lengths and weights. They had many different names, such as pot-hooks, pot-hangles, pot-claws, pot-cleps, trammels, crooks, hakes, gallow-hake, words that would puzzle a housewife of today to define. From these were suspended the pots and kettles in which the food was cooked. At both sides of the fireplace were large ovens in which baking and roasting were done.

There were no tin utensils in those old days and brass kettles were worth $15 a piece. The utensils were mostly of iron, wood, pewter or lattern ware. Glassware was practically unknown and bottles were made of leather. Wood played a great part in kitchen and tableware. Wooden trenchers from which two ate were used on the table for a century after the settlement at Plymouth. Wood was also used for pans and bread troughs and a host of other things displaced by tin in the modern kitchen. Of wood were made butter paddles, salt cellars, noggins, keelers, rundlets, and many kinds of drinking bowls which were known under the names of mazers, whiskins, piggins, tankards and kannes, words many of which have disappeared from use.

The dining table of these old days was the old Anglo-Saxon board placed on trestles, and the tablecloth was known as the "board cloth." Thus we have the origin of the time-worn phrase: "Gather around the festive board." And the furnishings of the "board" were simple, inventories of that period mentioning only cups, chafing dishes, chargers, threnchers, salt cellars, knives and spoons. The table fork was an innovation not yet in general use; the fingers of the eater were used to thrust the food into the mouth. The spoons were of wood and pewter mostly. Silver spoons were rare. There was no chinaware on the tables of the early thanksgiving feasts; for no chinaware came over on the Mayflower. That and the lack of glassware and silver would make a thanksgiving table of the seventeenth century look impossible to a housewife of today. Complete the picture by imagining large trenchers, square blocks of wood hollowed out by hand, placed around the "board" from each of which two people dig their food out with their fingers, and you have an idea of the manner in which our ancestors celebrated Thanksgiving three centuries ago.

But if the kitchen and table furniture would appear strange to a housewife of today some of the dishes served would appear even stranger. How many housekeepers of today can cook "suppawn" and "samp" from corn meal? Or bake manchet, simmels, cracknels, jannacks, cocket bread, cheat loaves, or "wassel" bread?

The colonists did not take kindly at first to the pumpkin, which in the pie form has become a distinctive feature of the modern thanksgiving feast. They called them "pomions" then, and this is awe-inspiring recipe from which the colonial housewife made "pompion" pie:

"Take a half pound of Pumpion and slice it, a handful of Tyme, a little Rosemary, Parsley and sweet Marjoram slipped off the stalks, then the cinnamon, nutmeg and pepper and six cloves, and beat them. Then mix them and beat them together and put in as much sugar as you see fit; then fry them like a frois. After it is fried let it stand until it be cold. Take sliced apples, thinne rounde ways, and lay a row of the froize and a layer of apples with currents betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it. When the pie is baked take six yolks of eggs, some white wine or Vergis and make a caudle of this, but not too thick. Cut up the lid and put it in. Stir them well together whilst the eggs and the pompions be not perceived and serve it up."

Thus saith the old cook book, and the modern housewife who faithfully follows this recipe can have at least a unique concoction, fearfully and wonderfully made, to grace her Thanksgiving table.

THANKSGIVING

By AMELIA E. BARR.

"Have you cut the wheat in the blowing fields,
The barley, the oats, and the rye,
The golden corn and the pearly rice?
For the winter days are nigh."

"We have reaped them all from shore to shore,
And the grain is safe on the threshing floor."

"Have you gathered the berries from the vine,
And the fruit from the orchard trees?
The dew and the scent from the roses and thyme,
In the hive of the honey bees?"
"The peach and the plum and the apple are ours,
And the honeycomb from the scented flowers."

"The wealth of the snowy cotton field
And the gift of the sugar cane,
The savory herb and the nourishing root—
There has nothing been given in vain."
"We have gathered the harvest from shore to shore,
And the measure is full and brimming o'er."

Then lift up the head with a song!
And lift up the hand with a gift!
To the ancient Giver of all
The spirit in gratitude lift!
For the joy and the promise of spring,
For the hay and the clover sweet,
The barley, the rye, and the oats,
The rice and the corn and the wheat,
The cotton and sugar and fruit,
The flowers and the fine honeycomb,
The country, so fair and so free,
The blessings and glory of home.

SURELY EASY TO UNDERSTAND

Remarkably Lucid Explanation of Murder Which Judge Is Said to Have Made to Jury.

The average juryman is not very well versed in the fine distinctions of the law. On those he needs instruction from the judge. It must have been a very obtuse juryman, however, to whom the case was not perfectly clear after listening to the following explanation by a judge:

"Gentlemen," he stated, with admirable lucidity, "murder is where a man is murderously killed. The killer in such a case is a murderer. Now, murder by poison is just as much murder as murder with a gun, pistol, or knife. It is the simple act of murdering that constitutes murder in the eye of the law. Don't let the idea of murder and manslaughter confound you. Murder is one thing; manslaughter is quite another. Consequently, if there has been a murder, and it is not manslaughter, then it must be murder. Don't let this point escape you.

"Self-murder has nothing to do with this case. According to Blackstone and other legal writers, one man cannot commit felo-de-se upon another; and this is my opinion.

"Gentlemen, murder is murder. The murder of brother is called fratricade; the murder of a father is called parricide, but that don't enter into this case. As I have said before, murder is emphatically murder.

"You will consider your verdict, gentlemen, and make up your minds according to the law and the evidence, not forgetting the explanation I have given you."

Giving Compliments.

Don't be afraid to give compliments. Overdelicacy in this respect is a social handicap and a cause of much needless lack of popularity. Learn the art, of compliment giving, but be sure, too, that there is at least a grain of truth in every compliment you pay.

NIAGARA'S MIGHTY STRENGTH

Hard to Estimate Power That Has Been Wasted Since Hennepin First Described the Falls.

In the autumn of 1678 a Franciscan friar, Hennepin, set out alone—the first solitary figure of the exploration, a gray priest—from the gray rock of Quebec, in a birch canoe, carrying with him the "furniture of a portable altar." Along the way up the St. Lawrence he stopped to minister to the habitants, too few and too poor to support a priest, saying mass, exhorting and baptizing. Early in November he arrived at the mission at Fort Frontenac, which he had two or three years before helped La Salle to establish in the wilds. Soon La Salle's lieutenants appeared, with most of the men, and while some were dispatched in canoes to Lake Michigan to gather the buffalo fleeces against the coming of the ship whose keel had not yet been laid, the rest (La Motte, Hennepin and sixteen men) embarked for the river by which the upper lakes empty into Lake Ontario and the St. Lawrence, that is, the Niagara. To this priest, Hennepin, we owe the first description and picture of Niagara, probably now more familiar to the world than any other natural feature of this continent. He has somewhat magnified the height of these falls, but they are impressive enough to acquit him of falsification and powerful enough to run virtually all the manufacturing plants in the United States, if they could be gathered within reach. As it is, less than four per cent of the water that overflows from the four upper Great Lakes into the lower lake once known as Lake Frontenac and now as Ontario, is diverted for utilitarian purposes, and yet it supplies the American and the Canadian almost equally between the two shores over 300,000 horsepower. What the conversion of the strength of this Titan, for ages entirely wasted and for a century after Hennepin only a scenic wonder, means or may mean to industry in the future is intimated in some statistics furnished by a recent writer on the Great Lakes showing the relative cost per month of a certain unit of power in a number of representative American cities.—John Finley, in Scribner's.

Uses of Uranium.

There is considerable popular interest in uranium in the United States on account of its connection with radium. Very little uranium is mined in this country, except as it is incidentally taken out in mining carnotite for vanadium, according to the United States geological survey. In 1911 the uranium mined amounted to about twenty-one and two-tenths tons. A few hundred pounds of pitchblende was mined from the German mine at Central City, Colo., but this material was not sold, as it was said to have been used in experimental work. The extraction of radium has been attempted in the United States by several persons and firms. Some of these have given up their efforts, but others are still at work. Uranium is employed principally for making yellow glass, for yellow glazes on pottery, and in a less degree as a chemical reagent. Yellow glass made with uranium oxide is known as "opalescent." Direct light shining through it gives a yellow color and indirect light a greenish yellow. Some of the firms which have attempted to use uranium in the manufacture of steel have abandoned such experiments, the claim being made that it apparently imparts about the same properties as tungsten, and is very much more expensive.

Fiddle With a Brain.

The latest invention is a violin that plays itself. People who have heard it say that it possesses the delicacy of touch and sweetness of tone of a finished player, Pearson's Weekly states.

Really the mechanical violin consists of three instruments. The bow is a circular hoop of horsehair which travels around continually. Standing on end inside the hoop are three violins.

Along the neck of the instruments stretch a row of uncanny fingers that run up and down the strings just like real fingers. The violins stand back about an inch from the moving hoop of horsehair, against which they are pushed at the right moment when the note is struck.

The hardest tunes to play present no difficulties to this marvelous fiddle. It is not likely to replace the human player in the orchestra for some time, at least, as the cheapest kind costs $2,000.

Like most machines, however, it lacks one thing; it cannot tune itself. When any of the notes get flat the strings have to be tightened by mere man in almost the same way as an ordinary violin.

True Charity in Denmark.

The Danish postmaster general has devised an ingenious method of providing money for the education of the blind. A copper coin, a luck-penny, is to be made in the royal mint, and is to be sold to the parents of every new-born child who has the gift of sight by the nurse attending the mother. Parents are to pay whatever sum they think fit for the luck-penny, which is worth only a halfpenny and bears the device, "The child seeing the light for the first time presents a tribute to the child who will never see."

Still There.

Robert had just received a whipping from his mother, who afterward angrily burst in upon his father as he was quietly reading the evening paper.

"I don't know where that child got his vile temper from," she exclaimed, throwing down a book; "not from me, I'm sure."

Her husband looked sadly and responded:

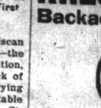
"No, my dear; you certainly haven't lost any of yours."—Harper's Bazar.

Thing to Remember.

Don't let the satisfaction of knowing you're a good fellow keep you from the realization that persistent effort is the only thing which gets results worth while.

RHEUMATISM

Backache and Piles



We do not ask you to buy—send your name and address and receive a sample bottle free.

Z-M-O penetrates to bone thru skin and muscle and removes pain 5 minutes after you apply it.

You may not need Z-M-O today, yet tomorrow pay any price to relieve pain.

FREE BOTTLE

If you have Rheumatism, Piles or Backache write to M. R. Zaegel & Co., 913 Main St., Sheboygan, Wis., for a free bottle Z-M-O by return mail. At drug stores, 25 cts.

Some Names Easily Remembered.

"Now, children," asked the teacher, addressing the class in United States history, "who was it that shot Roosevelt?"

"Why—er-ah!—" hesitatingly answered the brightest pupil. "I thing it was a crank by the name of Swank or Frank, or something like that."

"What surgeon attended the colonel, and—"

Thereat they all arose and exclaimed as with one voice: "Scurry L. Terrill, M. D.!!!"

From this we should learn that an unforgettable name is rather to be chosen than great riches.

RASH SPREAD TO ARMS

759 Roach Ave., Indianapolis, Ind.—"At first I noticed small eruptions on my face. The trouble began as a rash. It looked like red pimples. In a few days they spread to my arms and back. They itched and burned so badly that I scratched them and of course the result was blood and matter. The eruptions festered, broke, opened and dried up, leaving the skin dry and scaly. I spent many sleepless nights, my back, arms and face burning and itching; sleep was purely and simply out of the question. The trouble also caused disfigurement. My clothing irritated the breaking out.

"By this time I had used several well-known remedies without success. The trouble continued. Then I began to use the sample of Cuticura Soap and Ointment. Within seven or eight days I noticed gratifying results. I purchased a full-sized cake of Cuticura Soap and a box of Cuticura Ointment and in about eighteen or twenty days my cure was complete." (Signed) Miss Katherine McCallister, Apr. 12, 1912.

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

PALMISTS, ATTENTION.

She—Do you think that big hands are a sign of generosity?

He—Sure; the generosity of nature.

JUDGE CURED, HEART TROUBLE.

I took about 6 boxes of Dodds Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and backache. I took the pills about a year ago and have had no return of the troubles mentioned. I am now 63 years old, able to do lots of manual labor, am well and hearty and weigh about 200 pounds. I feel very grateful that I found Dodds Kidney Pills and you may publish this letter if you wish. I am serving my third term as Probate Judge of Gray Co. Yours truly,

Judge Miller.

PHILIP MILLER, Cimarron, Kan.

Correspond with Judge Miller about this wonderful remedy.

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

The Other Fellow.

Miss Oldmaid (purchasing music)—Have you "Kissed Me in the Moonlight?"

Mr. Dopenutt—Why—er—no it must have been the other clerk.

YOU CAN CURE CATARRH

To relieve Cold in Head, Coryza, Influenza, Hay Fever, Cold Sores, Chapped Lips, Cracked Nipples, Chafing, Sunburn, Windburn, Insect Bites, Cuticura Ointment is unsurpassed. Sold throughout the world. Sample of each free with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Some married women want shorter hours and more alimony.

Sometimes a burglar leaves little to be desired.

FOLEY KIDNEY PILLS

Are Richest in Curative Qualities FOR BACKACHE, RHEUMATISM, KIDNEYS AND BLADDER

THOMPSON'S EYE WATER Quickly relieves Inflammation, Sore Eyes, Sold everywhere 50c. Sold by E. THOMPSON SONS & CO., Troy, N. Y.