

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for women's ailments I ever saw."—Mrs. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years' experience is at your service.

Misinterpretation? "How do you get along with your wife?" "I wonder sometimes, myself."—Dartmouth Jack o' Lantern.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Before a candidate places himself in the hands of his political friends he should sew up his pockets.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of being ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Nobody gets mad these days if people forget to shut the door.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing yellow hollows and soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to a starved nervous system. Our bodies need more phosphate than is contained in modern foods. Physicians claim that the body needs nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance. The increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear. Dull eyes ought to brighten, and pale cheeks glow with the bloom of perfect health. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION.—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

PARKER'S HAIR BALSAM
A toilet preparation of merit. Keeps the hair clean and soft. Restores Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

POULTRY FACTS



MORE AND BETTER CHICKENS

Owner of Common Mongrel Flock Will Soon Apologize for Its Existence—Keep Pure-Breds.

(Prepared by the United States Department of Agriculture.)

It will not be long before the owner of a common mongrel flock will apologize for its existence. This is the opinion of the poultry-extension worker of the United States department of agriculture who is a leader in the campaign for more and better poultry on farms in south and southwestern Arkansas. In many parts of Arkansas the importance of better poultry and more efficient management is being recognized by progressive business men, commercial organizations, bankers and others and they are active in their moral and financial support in co-operating with the government and state extension forces in their efforts to convince the farmer that standard-bred poultry properly managed is a paying industry and that the old barnyard mongrel hen must get out of the way for standard-bred, uniform flocks.

The county agent of Drew county has placed 50 pens of one male and four females each of pure-bred Banded Plymouth Rock and Rhode Island Reds on 50 farms, in charge of a boy and girl poultry-club member. The Monticello Chamber of Commerce and the banks of Monticello have advanced the money to purchase these pure-bred fowls and have assisted in their distribution. In addition to the 50 pens of chickens, over 100 sittings of pure-bred hatching eggs have been secured for the club boys and girls. The farm and home demonstration



A Common Mongrel Flock—An Owner Will Take Greater Pride and Get Better Profits From a Good Flock of Uniform Birds.

agents of Ashley, Union and Desha counties are busy with poultry-club work on farms and in the organization of poultry clubs. In each of these counties an effort is being made to double last year's poultry-club enrollments.

On March 12 the Southwestern Arkansas Poultry association was organized at Magnolia with 18 charter members. It is reported that practically every business man in the town will become a member and lend his influence and support for more and better poultry. Plans have been made to hold the state poultry show at Magnolia November 25 to 28, where the finest aristocrats of the barnyard will be on display competing for the coveted American Poultry association gold medal offered to only one association in each state.

KEEPING POULTRY IN TOWNS

Especially in Suburbs of Large Cities Families Should Keep Small Flocks of Hens.

(Prepared by the United States Department of Agriculture.)

When conditions render it feasible small flocks of poultry should be kept by families in villages, towns and especially in the suburbs of large cities. The need for this extension of poultry raising is particularly great where consumption exceeds production, as in the northeastern states. Through utilization of table waste, scraps and other refuse as poultry feed much wholesome food in the form of eggs and poultry for home use may be produced at relatively low cost.

STRONG BIRDS FOR BREEDING

Comb, Face and Wattles Should Be Bright Red—Eyes Bright and Prominent.

(Prepared by the United States Department of Agriculture.)

Fowls for breeding purposes should be strong, healthy, vigorous birds. The comb, face and wattles should be of a bright red color, eyes bright and fairly prominent, head comparatively broad and short and not long or crow-shaped, legs set well apart and straight, plumage clean and smooth.

HESSIAN FLY IS VERY INJURIOUS

Another Outbreak of Pest Is Expected, Perhaps Within Next Few Months.

CAPABLE OF GREAT DAMAGE

Insect Feeds Chiefly on Wheat Plant and in Smaller Measure on Barley and Rye—Straws Break and Fall Before the Harvest.

(Prepared by the United States Department of Agriculture.)

Knowledge in possession of experts of the United States department of agriculture leads to the belief that the Hessian fly, the worst enemy of wheat, has begun gradually to increase. The percentage of infestation, according to the fall count, showed a distinct increase over that of last year. The principal controlling parasites are apparently absent or very scarce, particularly in the middle West. Another outbreak of the pest is expected, perhaps within the next few months. The accompanying illustration, which is being distributed by the department as a poster, presents the means of combating it.

Among insect crop pests in the United States, the Hessian fly stands first in evil reputation and possibilities. In bad years, hundreds of thousands of acres of wheat may be totally destroyed or the yield reduced as much as 75 per cent by this parasite.

Named for Mercenaries.

The Hessian fly is not a native of America and nobody knows whence it came or how. It was noticed in 1770 on Long Island, N. Y., in the vicinity of the place where Lord Howe's army, largely Hessian mercenaries, had camped three years before. The popular belief was that the Hessians had brought the insect over in the straw used by them as bedding on board ships. Thus came the name—and that guess is as good as any as to how the fly got here. All that can be authoritatively said is that it arrived from some transatlantic country some time after the middle of the eighteenth century.

The Hessian fly is one-tenth of an inch long, of an obscure dark color, and appears much like a very small mosquito. It lays a glossy red egg one-fiftieth of an inch long, from which is hatched a maggot slightly smaller than the egg. This transforms into



The HESSIAN FLY. This pest lives chiefly on wheat and in smaller measure on barley and rye. It is a very small, dark, fly-like insect, one-tenth of an inch long. It lays a glossy red egg one-fiftieth of an inch long, from which is hatched a maggot slightly smaller than the egg. This transforms into a pupa that appears like a flaxseed and is so called. From the flaxseed the adult fly emerges. Here are four forms so extremely unlike as to be confusing to any except the expert entomologist.

Means of Combating Hessian Fly.

The fly usually deposits its eggs in grooves on the underside of the leaves of wheat. The larva, shortly after hatching, makes its way down the leaf and behind the sheath, continuing in young wheat to the roots of the plant. In old wheat it is able to go only to the joint below. Larvae are frequently so numerous as to be packed one against another and overlapping. Two generations a year are produced. Overwintering is accomplished in the flaxseed stage.

Destructive to Wheat.

The Hessian fly feeds chiefly on the wheat plant, and in a smaller measure on barley and rye. The oat plant is immune. The effect is that if infestation begins while the wheat is young, the plant grows without stem and becomes a mere mass of overgrown leaves. If infestation comes after jointing has begun, the straws break over and the wheat falls before harvest.

The distribution of this pest includes North Africa, western Asia, all of continental Europe, the British Isles, New Zealand, and portions of the United States and Canada. In the United States its range extends from the Canadian border as far south as northern Georgia, and west to western Kansas, and the middle of the Dakotas. It includes, also, a narrow strip of the Pacific coast from Puget Sound to a point half-way down the California coast.

Kill Canadian Thistles.

Frequent cultivation will help kill a patch of Canada thistles.

Will Pay Big Interest.

Deposit the manure in the soil and it will pay big interest.

TEACH THRASHERMEN TO SAVE ALL GRAIN

Department of Agriculture Plans Conservation This Year.

Schools Will Be Opened to Give Instruction on Operation of Machines and Adjustment—Many Owners Are Inexperienced.

(Prepared by the United States Department of Agriculture.)

Grain saving last year filed 11,000,000 two-bushel sacks with wheat which otherwise would have been wasted in straw stacks or over fields. To increase this conservation record this year and to facilitate more efficient operation of thrashing machines, the United States department of agriculture, in co-operation with the directors of extension work in state agricultural colleges, will conduct schools of three and four days for thrashermen. Instruction will include studies of the proper operation, adjustment, repair and maintenance of separators and gas and steam engines.

Approximately 250,000 thrashing machines are in the United States. Many owners are not thoroughly experienced in their management and repair. All are expected to be benefited



Reduce the Waste of Grain at Thrashing Time.

if they attend the thrashermen's school in their localities. Every thrasher who is interested in saving grain, reducing idle time when his machine is out of commission, and lengthening the active service of his separator, should attend a thrasher's school where he will be taught the when, why, where, and how to operate a thrashing outfit and keeping it in the pink of working condition.

The purpose is primarily to improve thrashing conditions. Instruction will cover the theory of the separator, the operation, care and adjustment of the machine, and sufficient laboratory work to give students skill in adjusting and operating. It is contemplated to hold schools immediately after or prior to the one-day grain standardization schools, directed by the federal department's bureau of markets.

Necessity for practical education of American thrashermen was brought out strikingly by results in Minnesota last year recording the normal waste of grain in thrashing. Comprehensive tests, which included the work of the more than 6,500 machines in the Gopher state, showed that the average avoidable loss in thrashing wheat was 4.69 bushels a day, worth approximately \$9.64; while the avoidable loss in thrashing oats was 9.1 bushels daily, worth then \$5.46. Some of the separators wasted as much as 50 bushels of wheat a day, worth, on the basis of the October market, \$103. Twenty-five per cent of all the machines tested in Minnesota showed an avoidable loss, due to the machines being out of repair or improperly adjusted, of 15 bushels a day. Therefore, Minnesota today is a staunch advocate of teaching thrashermen the three R's—running, repairing and readjusting their thrashing outfits.

EXPERIENCE OF OWNERS

(Prepared by the United States Department of Agriculture.)

Help for American farmers in answering the question "Shall I Buy a Tractor?" has been provided by the United States department of agriculture in a number of publications which give the experience of users in a number of states. These bulletins, which may be obtained free from the department at Washington, are:

- Farmers' Bulletin 963—Tractor Experience in Illinois.
- Farmers' Bulletin 1004—Gas Tractors in Eastern Farming.
- Farmers' Bulletin 1035—The Farm Tractor in the Dakotas.
- Farmers' Bulletin 719—An Economic Study of the Farm Tractor in the Corn Belt.
- Department Bulletin 174—Farm Experience With Tractor.

Toad Is Gardener's Friend.

The common toad is the gardener's friend, because he lives upon the small insects that trouble the garden crops. A few toads in the garden will help keep it free of insects.

Careful With Poison.

Receptacles containing poison but should not be left around where children, live stock and chickens will have access to it.

The DAIRY



MILK STRAINING IMPORTANT

Utensils and Strainer Cloths Should Be Thoroughly Washed and Then Sterilized.

(Prepared by the United States Department of Agriculture.)

Strainer cloths containing 35,000,000 bacteria per square inch have been found in use on dairy farms.

The average strainer cloth, of which about 36 square inches is in contact with the milk, is likely to contain fully a billion bacteria if it is not washed and sterilized after each milking.

If the cloth is folded, the number of bacteria is likely to be still greater. Milk produced under conditions where utensils were not sterile was found to contain more than 600,000 bacteria per cubic centimeter.

When all utensils were sterilized, the average bacterial count was only about 31,000 per cubic centimeter or less than one-twentieth as many.

Bacteria in milk are not necessarily injurious to health, but they reduce its keeping quality. Certain kinds of bacteria, if too numerous, also affect its palatability. For the production of clean milk the department of agriculture urges strict sanitation in every dairy operation.

Utensils and strainer cloths should be thoroughly washed with warm water and washing powder, then rinsed in clean water and sterilized by boiling or steaming for five minutes. After sterilization, the utensils, including pails, cans, strainers, and strainer cloths, should be



Cleanliness is Essential to the Production of Milk of Low Bacterial Count.

Milk in a clean place where they will be protected from flies and dust. Milk as it leaves the udder of healthy cows is clean and pure and may be kept so by following the methods outlined.

CANS BETTER THAN BUCKETS

Much More Convenient for Handling Milk and Cream in Transferring to the House.

Milk and cream from even a few cows can be much more conveniently handled in regular milk cans than in the shallow pans and wide-mouthed buckets commonly used.

Cans are convenient for collecting the milk at the barn and transferring it to the house.

These cans may be bought in various sizes. For handling cream and skim milk where separators are used, or even where cream is set to sour for butter making, the "shotgun can," is very convenient. It can be easily covered and set in water and is convenient to handle.

SYSTEM OF CROP ROTATION

Successful Dairyman Will Have One Market or Cash Crop Besides Profit From Dairy.

The most successful dairyman have a system of crop rotation that enables them to have one market or cash crop besides the profit of the dairy. The increased fertility that is brought or to the farm from the use of concentrated feed stuffs more than offsets the amount of fertility removed by the sale of the dairy products. Another factor is that the same help required to properly conduct a dairy can find time outside of the routine dairy work to care for a profitable market or cash crop.

Tank for Dairy Herd.

When figuring on a tank for the dairy herd, allow for about 160 pounds, or 20 gallons, for each cow daily.

Making a Kicking Cow.

Most times it is the calf that is handled roughly that makes the kicking cow.

SAVED BY A FAITHFUL WIFE

Suffered Thirty Years With Stomach Trouble and Hemorrhages of the Bowels.

The Story of a Wonderful Recovery

There is hardly any one who does not experience some trouble with the stomach. It is so common that we frequently pay little or no attention to it. Yet, the stomach is very easily upset, and catarrhal inflammation of the mucous lining develops, grows worse—the pain and distress is incessant and the truth dawns that we have chronic stomach trouble.

The case of Mr. Louis Young, 295 Merrimac St., Rochester, N. Y., is typical. He writes: "I suffered for thirty years with chronic bowel trouble, stomach trouble and hemorrhages of the bowels. We bought a bottle of Peruna and I took it faithfully. I began to feel better. My wife persuaded me to continue and I did for some time as directed. Now I am a well man." Mr. Young's experience is not unusual.

If you suffer from catarrh in any form, whether of the head, stomach, bowels or any other part of the body, try Peruna. It may be just what you need. Peruna comes in either liquid or tablet form and is sold everywhere. Your dealer has it or will get it for you. Ask for Dr. Hartman's World-Famous Peruna Tonic and insist upon having it. If you want your health accept nothing else.

All the sick and suffering are invited to write The Peruna Company, Dept. 78, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and may help you. Ask your dealer for a Peruna Almanac.

Kill All Flies! THEY SPREAD DISEASE

Placed anywhere, DAIRY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and effective. Made of metal, will not rust or corrode. No oil or grease. No odor. No mess. No trouble.

DAIRY FLY KILLER

By EXPRESS, prepaid, 75c. Retail, 50c.

HAROLD BOWERS, 100 E. 10th Ave., Brooklyn, N. Y.

Jap Farmers Prosperous.
In sharp contrast with the condition in industrial and commercial centers, Japanese farmers show wonderful prosperity. This, according to Genaro Shimura, president of the Hypothec bank of Japan, is because of the high price of rice and coconuts.

Don't Forget Cuticura Talcum.
When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Verge of Happiness.
He—Are you happy, dear?
She—I'm within a hat and two gowns and a parson of being so.

Stop That Backache!
Those agonizing twinges across the small of the back, that dull, throbbing ache, may be your warning of serious kidney weakness—serious, if neglected, for it might easily lead to gravel, stone in the kidney, bladder inflammation, dropsy or fatal Bright's disease. So if you are suffering with a bad back, have dizzy spells, headaches, nervous depression, attacks of disordered kidney action, get after the cause. Use **Doan's Kidney Pills**, the remedy that has been tried out for you by thousands.

A Nebraska Case

C. Schum, prop. of restaurant, Main St., Fremont, Neb., says: "My kidneys were troubling me for some time. The secretions were unnatural and at times, my back ached terribly. Sharp twinges darted through my loins when I stooped and my suffering was intense. Doan's Kidney Pills soon relieved me."

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

DOAN'S KIDNEY PILLS

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

BAD BREATH

Often Caused by Acid-Stomach

How can anyone with a sour, easy stomach, who is constantly belching, has heartburn and suffers from indigestion have anything but a bad breath? All of these stomach disorders mean just one thing—Acid-Stomach.

EATONIC

(FOR YOUR ACID-STOMACH)