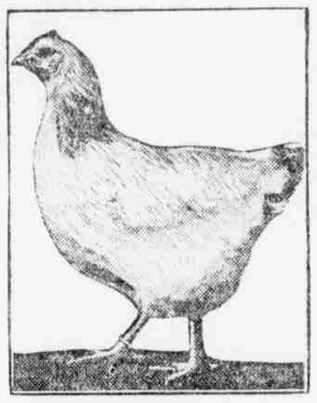
POULTRY

ENCOURAGE PULLETS TO LAY

Housed Together, Well Fed, With Plenty of Green Stuff and Fresh Water They Will Lay Eggs.

If you let the pullets run with the flock and feed them in an irregular way they will certainly take their time in beginning to lay. When the combs are showing up red and mature is the time to be getting the pullets in a house to themselves, with a good laying ration, and they will lay weeks earlier and more steadily after beginning if kept to themselves and not allowed beyond a small inclosure. No



Famous Columbian Rock.

male birds must be allowed with them.

A dry mash with a reasonable per cent of meat scrap is necessary, or, if milk is most plentiful, then the mash made up crumbly will help a speedy start. Housed together, fed well, with plenty of succulent green stuff like cabbage, with grit, lime, charcoal, and plenty of pure water at hand, and nothing else to think of but making themselves useful, they will produce the eggs.

The reason the pullets on the farm lay so few eggs in fall and winter, and put off regular laying until often late spring, is due to letting them run with the flock and giving no extra feeding or warm room to themselves. This last is the only way to get winter eggs from the early spring pullets.

BEST HOUSES FOR CHICKENS

One Subject on Which Successful Poultrymen Agree—Fresh Air and Sunshine Are Essential.

The most successful poultrymen we have today differ point blank on almost any subject, if we except that of housing. On this point they will agree. Any kind of house will answer the purpose, so long as it provides adequate room, sunshine and an abundance of fresh air so admitted that no draft strikes the inmates.

Given a cool, dry house, your fowls are reasonably safe; a warm, damp house and you have a roup producer. Repeated experiments have proved that fowls are more nearly in their natural environment when housed in dry, cold, fresh-air houses, than when in artificially heated ones. The egg production is much better in the former kind. In the matter of hatching and brooding, it has been found that the eggs hatch much better, and the chicks are stronger, from stock housed in the open-air houses. Many times when the chicks do not "escape the shell," the trouble is laid to the incubator, when, as a matter of fact, it was caused by the breeders becoming short in vim and vigor from wrong winter care.

KEEP POULTRY HOUSE CLEAN

Promotes Comfort of Fowls and Lessens Chance of Disease—Provide Proper Dust Bath for Hens.

Droppings should be removed daily, for cleanliness in the poultry house promotes comfort and lessens the chance of disease.

Poultry houses, however simple, should be both warm in winter and well lighted. The windows should also be provided with iron netting, so the sash may be raised to admit air in summer, and also mild weather in winter.

One portion should be half dark, for the laying and sitting hens, and a proper dust bath should be provided.

If lice make their appearance, fumigate thoroughly and after cleansing whitewash with lime to which a little carbolic acid is added.

Change Cockerels Yearly.

Change cockerels every year, or at least every second year. And a male from a flock known for record layers will be no extravagance. If allowed free range one male will care for three dozen hens, but keep layers' feet off snow and ice.

Good Sour Milk Ration.

A good sour milk ration: Corn, four parts; wheat, two parts; bran middlings, one part; corn meal, one part; sour milk, separately. Give 100 hens 2½ gallons of milk and from 15 to 25 pounds of other food a day.

Good Fowls to Keep.

Choose those fowls having full bodies, good carriage, wide backs, short legs, full breasts and well-formed combs, this last feature being imperative in the male.

Hurry Pullets to Laying.

To hurry the pullets on to laying, rather more of the heavier feeds may be used. It is not well to crowd them too hard, however. Nature likes to take her own way.

USING THE LEFT-OVERS

MAY BE MADE FOUNDATION FOR APPETIZING DISHES.

Clever Housewife Will Quickly Learn How to Prepare Them So That There Is No Hint of Rehashing—Some Directions.

(Prepared by Nellie Maxwell of the Department of Farmers' Institutes, University of Wisconsin.)

Left-overs, like the poor, "are always with us."

There are none who care to know that they are being served with left-overs, no matter how appetizing these may be made. Yet, even in the best-regulated families there are bits of left-over food which, if care and thought is used, may be served again without a suspicion that they are rehashed.

The soup kettle has been aptly termed the kitchen waste basket, receiving many a choice manuscript which might otherwise go for naught. Foods thrown away by extravagant cooks would feed an entire family, and well.

Now for a few examples: The bones and carcass of a turkey cracked and put into cold water, then brought to the simmering point and cooked for several hours, makes a good flavored broth which may be used in any number of ways—to make soup, as a liquid for meat sauces, and as a flavor for gravy. The bits of meat left on the bones of the carver, if cut in bits, added to thick, well-seasoned gravy (also a left-over) placed in a baking dish and covered with seasoned mashed potato, brushed with egg to make a nice brown crust, then baked, is a dish which the entire family will like.

A half cupful of stewed tomato, less or more, may be added to the turkey bone broth with celery salt, salt, pepper, and two tablespoonfuls of boiled rice, and you have a fine hot soup to serve on a cold night.

A half cupful of canned salmon is left over from a previous meal. Shred the fish with two forks, add a chopped sour pickle or a few olives, some chopped cabbage and a little celery, with a simple boiled dressing, the result is a most appetizing salad which may be served on lettuce or shredded cabbage. Tuna fish is especially good served this way or with hot riced potatoes. Place the hot fish in the center of a hot platter, surround with seasoned riced potatoes, then around this pour a thick, rich white sauce.

When cooking carrots to serve in any ordinary way, reserve a few cooked whole, then later serve them cut in strips seasoned with butter and lemon juice. Serve very hot. A grating of nutmeg or a dash or two of cayenne pepper is liked by some for a little zest.

Any small amount of cranberry jelly, if cut in cubes, may be served as a pudding garnish, with hard sauce or whipped cream.

Fruit juice, left from canned fruit, will make delicious pudding sauces or as liquid in fruit cake and as salad dressings for fruit, particularly if it is light in color, like peach, pear or pineapple juice.

Delectables.

One-half cupful butter, one cupful sugar, two eggs, one tablespoonful milk, two and one-half cupfuls flour, two level teaspoonfuls baking powder and one-quarter teaspoonful salt. Roll thin and cut round.

For filling for this use one cupful chopped raisins, one-half cupful chopped pecan nuts, two tablespoonfuls lemon juice, one tablespoonful flour and one-half cupful water. Boil until thick, let get cold. Put teaspoonful on center of cookie, cover with another, pinch edges together.

Chicken Turnovers.

Instead of making chicken pie from boiled creamed chicken use it up in turnovers. Make a good family pastry. Cut out in rounds the desired size and lay in a tablespoonful of the creamed chicken seasoned with a green pepper chopped fine, if liked, or a little chopped tongue or ham can be used, if on hand. Either gives a good flavor. Fold over as a turnover and bake until a light brown.

Hamburg Steak Soup.

Have lean beef hamburg and place on stove with cold water. Boil three-fourths to one hour only. Nice with rice and carrots, or rice only, also served as vegetable soup. Vegetables must be put in at once with the hamburg, as they will be done together. Season to taste. Quickly done and precisely the same as other soup. Nice also for supper to put the little ones to sleep on.

Roast Beef Croquettes.

Chop the roast beef very fine or run it through a food chopper. Season with salt and pepper, a little onion juice and any meat sauce that you prefer. Add two tablespoonfuls of bread crumbs, a tablespoonful of butter and one egg. Make in oval forms and roll in flour, then cool and dip in egg and fine bread or cracker crumbs. Fry in deep boiling fat. Serve with gravy or tomato sauce.

Maple Custard.

Beat five eggs until a spoonful can be lifted without stringing; add one-half cupful of maple sirup, a saltspoonful of salt, stir well, then add three cupfuls of milk and strain into a mold or individual cups, wet the inside of the cups with cold water. The hot water in the pan in which the custards are set to bake should not boil after baking is begun.

Cold Meat Relish.

Take any cold meat, cut into small bits and put a layer in a baking dish, then add a layer of sliced onion, one of tomatoes, more meat, onions and tomatoes. Fill dish in order given, season with salt and pepper, moisten with gravy or stock. Make a crust for top and bake one hour. First half-hour cover with a plate, then uncover to make a rich brown.

DANCING FROCK

Simplicity marks this charming frock for dancing and evening wear of black net and velvet bands. The skirt reaches just above the ankles, where it is edged with a strand of beads. Broad velvet bands are used effectively on skirt and waist. The waist itself is extremely decollette. The hair is frizzled and raised high above the head like a Kaffir chief's headdress.

SEWING-ROOM WISDOM

LITTLE THINGS THAT WILL ELIMINATE TROUBLE.

All Preparations Should Be Made Before Actual Work on the Garments Is Commenced—Have Machine in Perfect Order.

Do you begin feeling that you will go mad before the garment is completed? Do you carry your sewing from room to room, losing this, that and the other thing, and never knowing where needles and thread are? Do you wait till the sewing day before cleaning the sewing machine? If you do any one or all of these things you are wrong. The fates of the thread and needle must be coddled—and all the job begins with a hopeful frame of mind. You have sewed successfully before this; why should you fail now?

So first buckle on your armor of faith in yourself. Then, if you haven't done so already, the week before the important business begins try to turn a good part of a light, airy room into the sewing establishment. If a whole room can be given up to it, and kept for the purpose, all the better. Have the room cleaned before you begin any part of the important feat, for cleanliness is a great rest to the spirit. Have a little crockery bowl or pretty pitcher somewhere with a bright flower that you can look at when your heart gets tired. Put the sewing machine near a window and arrange it and the chair so that the light will fall over your left shoulder. Clean it the day before the work is to begin, and if it seems very dusty oil it thoroughly with kerosene oil, and after cleaning it well with this put on a fresh but light supply of machine oil. On the sewing day see to it that no particle of grease is left about the needle or foot to soil the dainty material that is to be made up by sewing a scrap over and over until the thread shows no oil.

For all the big cutting out try to have a large table, for this is more convenient than the lap board, which is never long enough for some things. Put this table conveniently near the sewing machine, and have a smaller and lower one beside it, with all the sewing traps—shears, smaller scissors, a paper of needles, one of pins, hooks, eyes, buttons, tapes and whatever linings or facings are to be used. But put the dress material on the big table on which it is to be cut out, and have somewhere in the room a bit of muslin or dress lining which may be cut up to try effects with collars, cuffs, trimmings, etc. Then fasten the shears with a long braid to your belt, put the tape measure in the pocket of your sewing apron and pin a small pincushion to the left side of your dress waist, stabbing it first with several needles and pins.

With this get-up, which is, of course, for the actual sewing day, little more than ordinary good sense is essential.

In using all flat paper models it is necessary to read the directions on them and not go contrary to their rules. They should also be bought by exact bust or waist measurements, and with any change—increasing or decreasing the size—the alterations must not be made at the edges of the model, but midway in its length or breadth.

For the rest be kind to yourself—and to the next day. Eat a good luncheon and never put up work for the night without laying each band, gusset and seam where it surely can be found the next morning. Through all the sewing—taboo the visitor and sit straight in your chair, never bending the chest or stomach.

Use basting thread; it saves making mistakes that take a long time to alter.

BOWS AND BUTTONS ARE HERE

Made Use of as Trimming in Some of the Most Effective and Charming Ways.

One of the revived ways of trimming that has met with much discussion is the lavish use of buttons and prim bows. They are placed to give line or accentuate some movement of drapery. Small black velvet and taffeta bows are put on the bodices in a way that is really more suggestive of the pictures in the gallery at Versailles than of the daguerrotype, from which so many of our styles are taken.

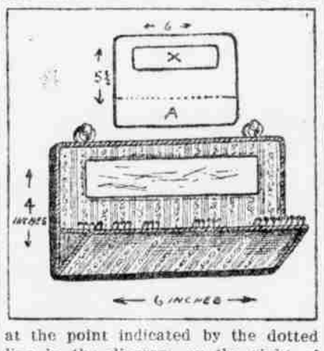
The best French houses use them in color as well as in black, preferably in the shade of light blue so beloved by Boucher. The bodice, which is high at the back and has its decolletage in front outlined by a soft kerchief of lace, is an admirable setting for the colored bow, but, perhaps, the rehabilitation of the one suggested the use of the other. Even primmer bows are placed on skirts in a straight row and on the bodice from waist line to bust or neck.

MATCHES ALWAYS IN PLACE

Holder Is One of the Most Convenient Things for the Bedroom or the "Den."

Where many members of a family happen to be smokers, boxes of matches have the most wonderful knack of disappearing never to return, and under those circumstances a holder for matches that cannot be removed is a desirable possession. It is also nice to keep matches in a bedroom in such a position that they can be easily found in the dark, and the holder we illustrate can be hung upon the wall within easy reach of the bed.

To make it: Cut out a piece of stiff cardboard measuring 6 inches by 5½ inches. Round the upper corners and score a line across the cardboard



at the point indicated by the dotted line in the diagram on the right of the illustration, and cut away the space marked with a cross. The card is smoothly covered on both sides with pale green striped silk, and the portion marked "A" bent upwards to form the front of the tray for the matches, and to hold it in position two small triangular pieces of card covered with silk are sewn in on either side.

A piece of cardboard is next cut out rather larger than the space that has been cut away in the upper part of the holder, and a piece of sandpaper is glued to the card, and it is then glued on to the back of the holder so that the surface of the sandpaper fills up the open space. It is edged throughout with fine silk cord.

Two small rings are sewn on to the upper edges by which it is suspended. This holder is intended for containing wax matches or small wooden matches that can be struck on the sandpaper.

All in One Piece.

Coat frocks are very much in vogue and there is little doubt that they will be more in evidence as the season advances.

One model was of French origin and was made of old blue velour de laine. The frock at the waist at the front was made with basque effect at the sides, the lower part of which formed two tabs which fell over a crush girdle and fastened to the skirt with a single button. The large shaped cuffs were also ornamented with a large button of the material and a row of similar buttons fastened the garment at the front. The skirt was full and short.

SHOES CALL FOR ATTENTION

In This Day of the Short Skirt Particular Care Must Be Given to Foot Coverings.

In this day of the short skirt the woman who would be considered well dressed must pay particular attention to her feet. In other seasons long skirts hid shoes that were not neat or that were ill fitting, and drew a veil of charity over ankles and feet that were not graceful and shapely. That season is passed, and in this of bold exposure of feet and ankles it behooves the well-dressed woman to consider making her feet and ankles shapely, if they are not so already, and to fit them with shoes that are in style, in good taste and set the foot off to advantage.

There are styles in shoes just as in other accessories of fashion. A woman should not purchase a pair of shoes just because they happen to be the style, if they are not becoming to her, any more than she should buy a gown that did not become her. In buying shoes remember that the best—not the cheapest—makes for economy in the end. A good pair of shoes will outlast two cheap pairs, and will keep their shape and be more comfortable on the feet.

Shampoo for Golden Hair.

Golden hair requires the most careful brushing and cleaning. An infusion of cammomile flowers is a good shampoo for light hair. An effective dry shampoo for such hair is made of alcoholic ammonia, half an ounce; the same tincture of quillaia, two drams of essence of wood violet, and alcohol sufficient to make eight ounces. The shampoo should be applied by rubbing it well into the scalp and drying the head with a rough towel. No water is required.

Massage your scalp, but do not rub the hair. Separate the hair and rub vaseline on the scalp gently, then place the tips of the fingers firmly on the scalp and work all over the scalp with a rotary motion and move the scalp with each rotation of the fingers. It is the loosening of the scalp with each rotation that does so much good.

THE KITCHEN CABINET

To make a bill of fare with ease,
And one that's always sure to please,
Start "soup" as a beginner.
Next in order comes the fish
Then some dainty little dish
To take away the taste of fish
And pave the way for dinner.
—John Willy.

SAVORY SWEETBREADS.

Sweetbreads vary so in price in different markets that they may be called an expensive luxury in one place and an ordinary priced dish in others. Sweetbreads get their name from a fancied resemblance to the rising dough of bread. When choosing sweetbreads see that they are fresh and large. Their color should be clear, and if they are not to be used immediately they should be parboiled.

One of the best liked and perhaps the commonest ways of serving this dainty is in a cream sauce in ramekins or on toast. Parboil, then cut in bits, removing all of the connecting tissue. To blanch, cook in a little acidulated water, a tablespoonful of vinegar to a pint of water is sufficient. Then add them to a hot, rich white sauce, well seasoned, and serve.

Sweetbread Salad.—Cut up a sweetbread that has been cooked, mix with an equal quantity of celery cut in dice, season well, add mayonnaise and serve on lettuce.

Sweetbreads and Peas.—This combination seems to be especially happy. Parboil two pairs of good sized sweetbreads with one sliced onion, a bay leaf and two or three cloves—saving the water to be used in making the sauce. Remove the fiber and pick the sweetbreads to pieces, mix with a cupful of fresh mushrooms that have been cooked in three tablespoonfuls of butter for ten minutes. Add a can of peas, drained of their liquor, a cupful of rich milk, salt, pepper, and a grating of nutmeg. Thicken with a tablespoonful each of butter and flour, add the liquor strained, and the sweetbread mixture. Serve in timbale cases or on toast.

Sweetbread Sandwiches.—Cut some cold boiled sweetbreads in thin slices, season with salt, pepper and finely chopped celery in mayonnaise, spread over the sweetbreads, then on top put a thinly cut slice of buttered bread.

SEASONABLE DISHES.

When there are a few oysters left, and not enough for a meal, put one in each cake of sausage, pat out until quite thin, then cook as usual. The sausage will flavor the oyster and the oyster flavors the sausage.

Sausages With Chestnuts.—Roast chestnuts and take the skins off; fry six small flat oval cakes of sausage meat, when well browned take them out and pour off nearly all of the fat, mix it with a tablespoonful of flour and cook until brown. Add a pint of strong beef stock or gravy, a glass of grape jelly, some savory herbs, salt, pepper and paprika to taste. Bring to the boiling point, lay in the sausages and the chestnuts and stew very gently for an hour. Heap the chestnuts in the center of a hot platter, arrange the sausage around them and pour the strained gravy over all. Serve very hot. Sausages served with fried banana is another well liked dish. Add a glass of orange marmalade to your mincemeat if it seems to lack something which you cannot define.

Ripe olives, stoned and chopped, mixed with apple and celery, served with mayonnaise dressing is another good combination.

Mock Chicken Salad.—Cook a pound of veal with a small piece of onion and celery until tender in boiling water. Chop the meat, add a cupful of finely cut celery, half a dozen stuffed olives cut in halves, marinate well in French dressing to which is added a little Worcestershire sauce. Mold in ice cream cones and serve on lettuce. Garnish with olives at the base of the cone.

Savory Cheese.—To a fourth of a pound of Roquefort add a cream cheese put through a ricer, add olive oil or cream to make it soft, season with a tablespoonful of grated onion, a tablespoonful of finely chopped parsley and a red pepper put through a sieve. A finely chopped green pepper may be substituted, add salt and cayenne, mix well, press into a small mold lined with waxed paper. Serve unmolded on a plate with toasted crackers served with it.

Nellie Maxwell

Cinnamon.

It is a seeming paradox that the best-flavored cinnamon bark is produced on poor, white, sandy soil. It must, however, have an abundance of moisture, the choicest growing in a temperature of 85 degrees, where the rainfall is about one inch for every degree of temperature.

Use Your Own Judgment.

"Good advice," said Uncle Eben, "is generally so mixed up wif bad advice dat you might as well take a chance on yoh own jedgment."

She Remembered.

The teacher, picking up an orange that was lying on the desk, explained that it was a unit. The next day the peelings had been left there, so, picking up a couple, she asked what they were. There was a pause. Presently a bright-faced but shy little girl, answered, "Why, that's the skin of a unit."—Little Chronicle.

Impossible to Forgive.

We may forgive those who bore us, we cannot forgive those whom we bore.—La Rochefoucauld.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Most men would be content with their lot—if it were a lot of money.

The Quinine That Does Not Affect Head

Because of its tonic and laxative effect, LAXATIVE BROMO QUININE is better than ordinary quinine and can be taken by anyone. 25c.

The herring catch of England last year exceeded by far that of any previous season.

WOMEN SUFFERERS NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer a great deal with pain in the back, headache, loss of ambition, nervousness and may be despondent and irritable.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, restores health to the kidneys and is just the remedy needed to overcome such conditions.

Get a fifty cent or one dollar bottle immediately from any drug store.

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.

But silence would improve some people's conversation.

Warner's Safe Kidney and Liver Remedy

is a medicine of great value in the treatment of various diseases of the kidneys, as has been demonstrated, during the past 40 years.

This safe and dependable remedy is sold in two sizes, 50c and $1.00, at your druggist, or direct postpaid on receipt of price.

Sample sent if requested.
Warner's Safe Remedies Co.
Rochester, N. Y.

Children Who Are Sickly

When your child cries at night, tosses restlessly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of

Mother Gray's Sweet Powders for Children

for use throughout the season. They break up Colds in 24 hours, Relieve Feverishness, Constipation, Teething Disorders, move and regulate the bowels and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the liver and give healthful sleep by regulating the child's system.

Trade Mark. Don't accept any substitute.

Used by mothers for 38 years. Sold by all druggists, 25c. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y.

Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable — act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

LADIES TO DO NEEDLEWORK at home. Must be good sewers. Send a dime, with this advt. today for complete instructions. THE PEERLESS CO., WESTVILLE, N. J.

CALIFORNIA VOCATIONAL GUIDE wants names of young men intending to come West. Want a business or job? Send stamp for suggestions how to proceed. BOX 5426, San Diego, Calif.

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NOTICE! Are you willing to make $15 weekly? If so, write NORMAN MFG. CO., 1516 Ridge Ave., Philadelphia, Pa.

"THE OLD GREY MARE" (The Whiffle-Tree) Piano copies 10c. Panella Music Co., Pittsburgh, Pa.

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.

Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."—Mrs. Fred Behnke, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."—Mrs. Thos. Dwyer, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."—Miss Irene Froelicher, 1923 Manhattan St., North Side, Bellevue, Pa.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, which contains no narcotics or harmful drugs; it has restored so many suffering women to health.

WE PAY CASH FOR

MEDICINAL ROOTS, HERBS, LEAVES, BARKS, ETC.

We buy over two hundred different kinds of Medicinal Roots, Herbs, Leaves, Barks, Seeds, Flowers, Etc., for which we pay net cash on arrival.

We make a specialty of Ginseng, Golden Seal Root, Seneka Snake Root, Star Root, Star GRASS Root, Beeswax, Etc. We pay top cash prices.

If you want to line up with a progressive, growing, honest, up-to-date concern who will handle your goods right, who will keep you well posted on market conditions, write us for our price list, shipping tags, and full information.

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