

NERVOUS PROSTRATION

Mrs. J. Christman Proved That Lydia E. Pinkham's Vegetable Compound is a Remedy for this Trouble.

Binghamton, N. Y.—"I was in a very nervous condition for over a year, my mind was gloomy, could see no light on anything, could not work and could not have anyone to see me. Doctor's medicine did not help me and Lydia E. Pinkham's Vegetable Compound was recommended. I took it and am now well. Recommend it to all afflicted with nervous prostration."—Mrs. J. CHRISTMAN, 193 Oak Street, Binghamton, New York.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from nervous prostration, displacements, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion and dizziness. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

If there are any complications about which you need advice write in confidence to Lydia E. Pinkham Medicine Co., Lynn, Mass.

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When stomachs do their work—and bowels move naturally, DR. TUTT'S LIVER PILLS make the stomach digest food and bowels move as they should.

Dr. Tutt's Liver Pills

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HEARTBURN
Caused by Acid-Stomach

FATONIC
(FOR YOUR ACID-STOMACH)

A Bad Cough

SO'S

Clever Management of Braid in Suits



Braid and buttons have been the accustomed decorations for suits for so long a time that we take them as a matter of course and are not surprised to find them among any season's productions. Their popularity ebbs and flows; occasionally there is a season when they almost disappear and then comes a time when there is no getting away from them. They have been at the ebb for the past two seasons—sparingly but most cleverly used in ingenious ways that are surprisingly novel. Like the return of old friends after an absence, braid and bone buttons are welcome, especially when we discover them so smart and original in application.

The suit at the right has a few buttons and a little braid, but these are used with consummate taste. The braid appears in a lattice-work ap-

WHITE GOODS SALE



The heads of well regulated households take inventory of the wardrobes of their families in January, with a view to replenishing undermuslins. This is the time also to go over the household linen chest and maintain its standard of sheets, pillow cases, towels, etc.

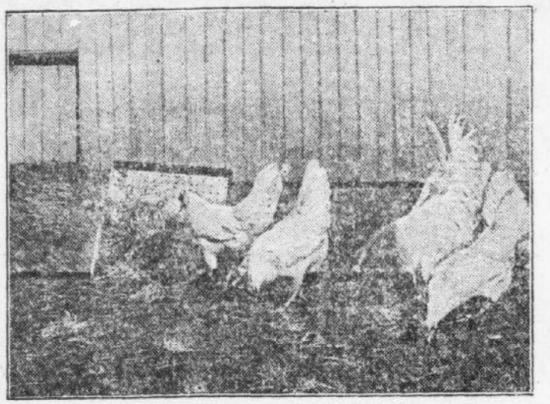
Early in January the white goods sales are featured in dry goods stores along with showings and sales of undermuslins.

Styles change less in undermuslins than in other apparel, although there are usually new and interesting developments on trial in the January sales. The limit of sheerness has been reached and there is a reaction away from it and away from silks. They have become too popular and too showy to suit the fastidious. A return to fine cottons and handwork is a step in advance, which evidences the cultivation of good taste in people who have money to spend and are learning how to spend it.

Ratiste in good qualities is the favored fabric for underthings. Although it is fine and dainty it stands up well under the strain of wear and tubbing. Like other clothes the most economical practice is to have a supply large enough so that the same gar-

Dresses as Her Mother Did. In one respect is the young girl of this season dressed as her mother was 18 or 20 years ago. She wears, as her mother did then, chiffon and gauze and net scarfs stamped about with flowers, borderwise. The newest scarfs are seemingly exact duplicates of those women used to wear a score of years ago. They are pretty, too, but not quite so much in keeping with the tone of modernity as are the long swirled of bright-colored tulle that seem to be their alternative. Sometimes

SPROUTED OATS OR CHOPPED ALFALFA FOR CHICKENS SUPERIOR AS GRASS SUBSTITUTE



Sprouted Oats Make a Good "Pinch-Hitter" for Grass.

(Prepared by the United States Department of Agriculture.)
Winter greens for the flock is one of the most profitable additions to the poultry bill of fare which the average flock owner can supply. When grass is available, the fowls get plenty of green feed from rustling about on the open range. With the coming of Jack Frost, the pasturage is exhausted and it becomes necessary for the poultryman to provide his hens with some juicy, succulent and nutritious substitute for grass.

The variety of green feeds available for winter use is enough to avoid monotony. For instance, sprouted oats may be used profitably, although the preparation of this material usually involves some extra care and exertion. Alfalfa meal, which now is available on the market, may be had at prices consistent with the ultimate value of the egg crop, while chopped alfalfa and clover hay also furnish nourishment and succulence at moderate cost. Cabbages are used by many hen owners as bulky and sappy feeds to satisfy appetites craving for green stuff, while mangel-wurzels—which usually have to be grown by the flock owner in his home garden, as it is difficult to secure these beets on the general market—also are keenly relished by the fowls and are well qualified for a place in the winter ration. As a rule cabbages are suspended in the poultry house with pieces of twine which are fastened to nails overhead. The mangel-wurzels are usually split and struck on nails on the side walls of the pen about a foot above the floor, the plan being to provide the hens with just as much of this juicy feed as they will clean up with a relish and without waste.

SEEDING CLOVER IN SPRING
On Account of High Price of Seed, it is Recommended That Care Be Taken With Seed Bed.

(Prepared by the United States Department of Agriculture.)
Broadcast clover seed on winter grain may be done at any time in early spring and where the soil is dry enough it may be seeded with a drill. With clover seed as high in price as it is this year, it will pay to be especially careful about the preparation of the seed bed. When the ground is still wet nothing can be done in the way of harrowing and preparing the seed bed, but wherever the ground gets dry enough to run a spike-tooth harrow across the rows of grain, the seed should be harrowed in. This will not hurt the grain, especially if the teeth of the harrow are slanted backward. Wherever possible it will be advisable to seed with a drill as from two to four pounds less seed per acre will be required. With seed costing not far from 50 cents a pound, a saving of this sort will be an important item; further than that, a better stand is usually assured when the seed is "rilled," especially when care is taken to see that the seed is put down about one-half inch deep.

FEEDING FOWLS FROZEN VEGETABLES.

Vegetables which have been frozen can be thawed out and fed to the fowls, but as a rule such blighted materials must be used quickly, as they do not keep well after thawing. Clover and alfalfa may be fed as hay cut into one-quarter or one-half inch lengths, or they may be purchased and fed in the form of meal.

Oats for sprouting are soaked overnight in warm water and then are spread out from one-half to one inch thick on specially arranged trays having perforated bottoms, the trays then being put into an oat sprouter. The oats should be watered thoroughly and the trays should be turned around once daily in order to assure even sprouting. During cold weather artificial heat should be supplied by the use of a kerosene lamp or some similar means. It is essential to use a good grade of oats and to allow daily a square inch of sprouted oat surface to a hen, feeding the sprouted oats on the floor of the poultry house or in the yard. At any time after the sprouts are well started—usually from five to seven days after the grain is placed in the sprouter—this green material is available for feeding to the flock. It is necessary to keep the oat sprouter clean and to spray it occasionally with a disinfectant to prevent the growth of molds.

Potatoes and turnips are also satisfactory as a winter feed for the hens, although it is essential to cook these root crops before they are suitable for fowl use. Clover may also be cut into short lengths from one-fourth to one-half an inch, and placed in a bucket. Then boiling water should be poured over the clover and the material should be allowed to stand for two or three hours or over night. When the poultryman is ready to feed this material to the flock he should first drain off the water and then mix the hay into the mash, allowing the hay to constitute about one-half the bulk of the feed. Although clover hay is best adapted for serving in this manner, almost any kind of hay is valuable. The feeder must be careful not to supply too much bulky feed to the hens, as these fowls have small crops and cannot handle a great amount of roughage as can cows and other animals which ruminate their feed.

Grit Furnishes False Teeth.
Grit is essential to the health of the fowls and to economy in feeding, as it takes the place of teeth in preparing the feed for further digestion, and it is required for the proper manipulation of the feed in the gizzard. A box of grit should be provided in every pen or yard, as this material is an essential part of the menu. It supplies the fowls with strong bone and bright plumage. Similarly, the accessibility to oyster shells or old mortar and fine gravel are also desirable, as these ma-

POULTRY NOTES

Mangels, cut clover, sprouted oats, cull vegetables and cull fruit are all good for the hens.

Mites and lice are two of the pests which probably do more damage than all others combined.

Ducks need damp mash at least once a day and many duck raisers feed mash most of the time.

The surest way to make poultry unprofitable is to neglect it, let lice torture it, and let it go without sufficient nourishing food.

Geese can be fed damp mash occasionally with advantage though they can get along nicely on hard grain after they are well grown.

Turkeys should have no damp mash at all after they are grown and should have a variety of grain, including some corn during cold weather.

All water fountains should be scalded, or otherwise disinfected, every two or three days to kill all germs that collect there before they do any damage.

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