

I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."—Mrs. ROSE STOFFEL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

Best Test.

"How was the show?"
"Great. You know it was a failure in New York."

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.
Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out tonight and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret tonight straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

The Only One.

"Can you propose any remedy for this deadlock?"
"Yes; why not use a skeleton key?"

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. H. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

A New Broom.

Gillet—How many people work in your office?
Perry—Only one. He came today. The others have been with us some time.—Life.

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darken your ugly, grizzly gray hairs by using "La Creole" Hair Dressing.—Adv.

Shallow.

Hodge—Is he a deep thinker?
Dodge—No; he begins to flounder before he gets out very deep.

Makes Work a Burden

A bad back makes hard work harder. All day the dull throb and the sharp, darting pains make you miserable, and there's no rest at night. Maybe it's your daily work that hurts the kidneys, for jarring, jolting, lifting, reaching, dampness and many other strains do weaken them. Cure the kidneys. Use Doan's Kidney Pills. They have helped thousands and should do as well for you. Thousands recommend them.

An Oklahoma Case

H. W. Thorpe, Gracemont, Okla., says: "After a fall, my back was weak and lame, and I was laid up all one summer. My back ached so severely that I often wished I was dead. Finally, I used Doan's Kidney Pills and they cured me. My back is now strong and I feel perfectly well, being able to do my work without difficulty."

Get Doan's at Any Store, 50c a Box.
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from any druggist or storekeeper, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.—Adv.

Taste in Reading.

"Oliver's taste for books seems to be improving."

"I'm very glad to hear that. But are you quite sure about it?"

"Perfectly sure. Last week I caught him perusing a five-cent hair raiser, and this week he is reading nothing but dime novels. That's a hundred per cent improvement."

A GRATEFUL OLD LADY.

Mrs. A. G. Clemens, West Alexander, Pa., writes: I have used Dodd's Kidney Pills, also Diamond Dinner Pills. Before using them I had suffered for a number of years with backache, also tender spots on spine, and had at times black floating specks before my eyes. I also had lumbago and heart trouble. Since using this medicine I have been relieved of my suffering. It is agreeable to me for you to publish this letter. I am glad to have an opportunity to say to all who are suffering as I have done that I obtained relief by using Dodd's Kidney Pills and Diamond Dinner Pills.

Dodd's Kidney Pills 50c per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box.—Adv.

Had Preference in Colors.

She (cooly)—Will you love me when my hair turns gray?

He (brutally)—Yes, but not when it turns mauve or Nile green. You had better use another brand.—Richmond Times-Dispatch.

TAKES OFF DANDRUFF HAIR STOPS FALLING

Girl! Try This! Makes Hair Thick, Glossy, Fluffy, Beautiful—No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance.

Get a 25-cent bottle of Knowlton's Danderine from any store, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine. Adv.

Then She Said "Yes."

She—Before I give you my answer I must know more about you. Are you aiming at anything worth while? He—You seem to have a very poor opinion of yourself.

REGULAR HOURS FOR CATTLE FEEDING



Cattle in an Illinois Feeding Lot.

(By W. L. BLIZZARD, Department of Animal Husbandry, Oklahoma Agricultural College.)

The care of cattle on feed is an important factor. In feeding it should be remembered that fattening cattle soon become accustomed to looking for their feed at certain hours in the day, and if it is not supplied at the regular times the cattle become uneasy and worry. As soon as the fattening process begins the cattle should be fed at certain hours and in the same way. This cannot vary without some detriment to the cattle. The extent of injury, of course, will depend upon the frequency and extent of irregularities.

To get the most out of one's feed and cattle requires more than application of rules, no matter how good these may be. A veteran feeder puts it thus: "No man will ever be a successful feeder unless he takes brains into the feed lot with him." Regularity of feeding, kindness and painstaking attention are among the most important factors of feeding.

The animals must be comfortable at all times. They must come to each meal with a keen appetite and go away from an empty trough satisfied. In the early stages light feeding should be the rule, more especially in regard to the grain ration.

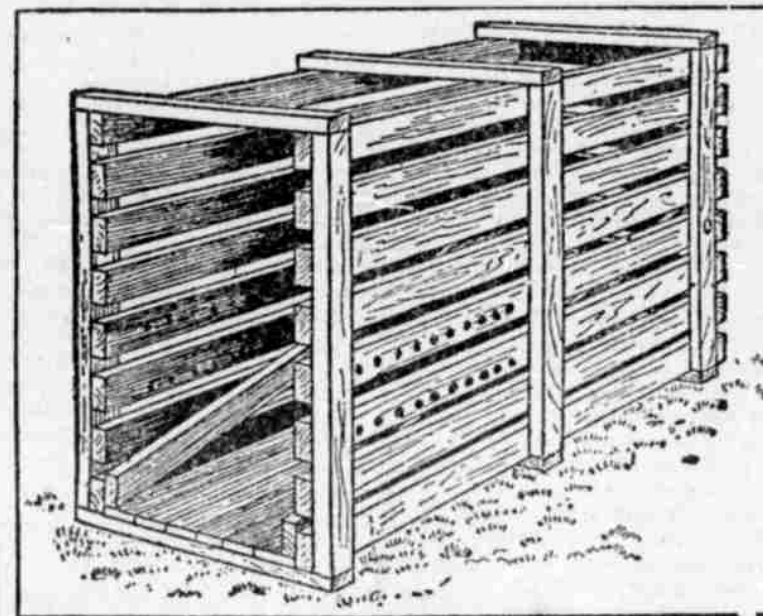
The quietness of manner of the feeder is also an important consideration.

The feeder should not rush up to the steers, scaring them, but should, rather, approach the cattle with the greatest care and consideration, getting them up as quietly as possible. Pastures for cattle in quiet, secluded places are more valuable for fattening cattle than are those adjacent to public roads or adjoining pastures where horses or breeding cattle are kept. Cattle soon respond to kind treatment and will feed better and make more rapid and economical gains.

As to the number of cattle that should be run together in the same feed lot, it is customary to run them in droves of 100. There is no doubt, however, that except for convenience in caring for the cattle, smaller droves would be advisable, but they should be at least carefully assorted as to age and weight.

The best method of watering is to keep water before them at all times. If one is to follow nature, this is the ideal system, as undoubtedly an animal's thirst is its guide as to when it requires water. In whatever way water is supplied, it is important that they receive water whenever they need it, and before any suffering from thirst is experienced. A system that does this with the least labor will be satisfactory. If cattle are warm, they should not be allowed water, as it will cause scouring.

DIMENSIONS FOR A BREEDING CRATE



Easily Constructed Breeding Crate.

A description and illustration is given herewith of a breeding crate described in Farmers' Bulletin No. 205, issued by the United States Department of Agriculture.

The best size is six feet long, two feet four inches wide and two and one-half feet high. It is made of two by four inch scantling, closed in front and open behind. On each side nail a two by four inch strip, reaching from the bottom at the rear end to a point about 14 or 16 inches from the top at the front end for the boar to rest his feet on.

The holes in the side cleats are for an iron rod to run through, just behind the sow's hock joints. The cut shows the bottom boards put in lengthwise.

If put in lengthwise, the boar will not slip so much.

Light slats nailed crosswise will prevent slipping.

MANY ADVANTAGES OF WINTER DAIRY

Observing and Careful Dairymen Have Cows Bred to Drop Their Calves in Fall.

In many sections most of the cows freshen in the spring. The more observing and careful dairymen, however, having found that winter dairying has many advantages, are breeding their cows to drop the calves in the fall. The following are some of the advantages of winter dairying:

First, higher prices are obtained for milk and cream. As the usual season for cows to freshen is the spring, milk has always been plentiful during the early summer and scarce and higher during the winter.

Second, milk and cream can be handled in cold weather with less danger of souring, so there is little loss on account of milk returned from the creamery.

Third, the amount of labor on the farm is better distributed throughout the year. If the cows freshen in the spring, they are in full flow of milk

and need the best care when work in the fields is most pressing.

Fourth, the lactation period is lengthened and the amount of milk given during the year increased. Cows that freshen in the spring milk heavily while grass is good, but as the pastures dry up the flow of milk falls off and with the approach of winter the cows are nearly dry.

Fifth, fall calves can be raised better than those born in the spring. Young calves should be fed on milk for several months, after which they must be weaned and fed on solid food. If they are born in the spring, they will be tormented by flies all summer, they may be neglected because of the farm work, and when it is time to wean them they must be put on a dry winter ration.

As more milk can be produced, higher prices obtained, the labor more evenly distributed throughout the year, and better calves raised, winter dairying offers the best returns to producers.

HORSE IS A COSTLY ITEM OF EQUIPMENT

Apparent That Average Farmer Is Giving Close to 4.5 Acres of Land to Each Animal.

(By FRANCIS W. PECK, Minnesota Experiment Station.)

Statistics on a number of farms indicate that the horse is a costly item of equipment on the farm.

Assuming average state yields of grain and hay for the last five years and considering the amount of feed fed annually to a horse it is apparent that the average farmer is giving close to 4.5 acres of his best land to each work horse.

This is besides the straw consumed and the pasture, which also may be very productive land.

Be sure the horse is giving you back an equivalent in productive work on a sufficient acreage.

Helped to Get Jobs.

More than 500 jobless women, more than half of them with college training, found work in New York through the agency of the Intercollegiate Bureau of Occupations in the year ended April 30, 1915, according to the third annual report of the bureau, issued not long ago. Many of that number became secretaries, companions, suffrage workers, librarians, settlement workers, workers in war relief and nurses. Others had unusual places. Three became saleswomen and demonstrators for an automobile company. Two others were employed by a bond and securities company to sell stocks among women. One became a rent collector and four took jobs as police agents and detectives.

BANISH PIMPLES QUICKLY

Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free.

Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

For Immediate Use.

An old Rip Van Winkle of a fellow went into a country drug store and asked for some powder.

"Face, gun or bug?" asked the clerk, leaning far over the counter.

"Bug," replied the old man, "and ne'an to mind about wrappin' it up—just blow it on my whiskers."—Cottrell's Magazine.

PREPAREDNESS!

To Fortify the System Against Grip when Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients destroys germs acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S signature on box, etc.

LIVED UP TO INSTRUCTIONS

Told Always to Do Things by Combination Pat Faithfully Obeyed His Employer's Orders.

A gentleman in want of a coachman had an Irishman apply for the situation, when the following conversation took place between them:

"You know, Pat, if I engage you, I shall expect you to do things by combination. For instance, if I tell you to bring the carriage round at a given time I shall expect the horses with it and driving gloves, etc."

"Yes, sor," said Pat.

He was duly engaged, and gave satisfaction. One day his master came to him in a hurry, telling him to look sharp and go for a doctor, as his mistress was ill. Pat was gone for a long time, and on his master grumbling at him for his delay, he said:

"Sure, they're all here, sor."

"All here!" said the master. "What do you mean?"

"Didn't you tell me to do things by combination?"

"What's that got to do with it?" said the master.

"Well," said Pat. "I've got the doctor, the parson, the undertaker."—Tit-Bits.

Read the Answer in the Stars.

"Do you believe in short-time bonds?"

"Government or matrimonial?"

Shortly after the wedding march many a man discovers that he's an April fool.

A GOOD CHANGE.

A Change of Food Works Wonders.

Wrong food and drink cause a lot of trouble in this world. To change is first aid when a person is ill, particularly from stomach and nervous troubles. As an illustration: A lady in Mo. was brought around to health again by leaving off coffee and some articles of food that did not agree with her.

She says:

"For a number of years I suffered with stomach and bowel trouble which kept getting worse until I was ill most of the time. About four years ago I left off coffee and began using Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me."

"Then I changed my food and began using Grape-Nuts in addition to Postum. I lived on these two principally for about four months. Day by day I gained in flesh and strength until the nervous trouble had disappeared. I feel that I owe my health to Postum and Grape-Nuts."

"Husband was troubled, for a long time, with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. After he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He never went back to coffee." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.—Sold by Grocers.

CATARRH
OF THE
BLADDER
OR
STAGNATION

You Can Avoid This By Using PE-RU-NA

44 YEARS LEADERSHIP

Catarrh means inflammation, which is stagnation—the gorging of the circulation with impure blood.

Correct all catarrhal conditions, wherever located, by the use of PERUNA, obtainable in either liquid or tablet form at all druggists or the

Peruna Company
Columbus, Ohio

ADVICE TO THE AGED

Age brings infirmities, such as sluggish bowels, weak kidneys and torpid liver.

Tutt's Pills

have a specific effect on these organs, stimulating the bowels, giving natural action, and imparting vigor to the whole system.

Getting Satisfaction.
De Quiz—Why did you walk home from the races?
De Whiz (with bitterness)—Because I wanted to beat the nag I bet on.

Druggists Highly Recommend Fine Kidney Medicine

We have been handling Dr. Kilmer's Swamp-Root for fourteen years and during all that time we never had a dissatisfied user of Dr. Kilmer's Swamp-Root; all of our customers speak very favorably regarding it. We know of cases of Gall Stones, Gravel, Catarrh or Inflammation of Bladder and Rheumatism where it produced the most beneficial results. We believe it is a good medicine for the diseases for which it is intended.

Very truly yours,
McCUNE DRUG CO.,
By N. E. McCune,
Bridgeport, Texas.

November 11th, 1915.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Chauffeur, Too.
"My butler is, in fact, our factotum."
"Oh, ours is an automaton."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

A woman is very apt to overestimate the good time her husband has when he is away from home.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

None but a fool is always right—Hare.

Use Hanford's Balm when all else fails. Adv.

Joy is the greatest intoxicant known.

Facing the Decorating Problem



The decorating problem is the woman's problem. Alabastine will solve this problem for thousands of women this spring.

The Alabastine "Free Decorating Service" will assist you to procure the correct tones and color combinations that will harmonize perfectly with your rug, furniture, draperies, curtains, and wall paper.

Alabastine

The superior wall finish

The ease with which Alabastine can be mixed and applied, the effects that can be obtained by tinting, and the quick drying qualities, make Alabastine the most popular wall paper and all other forms of finishing walls.

The best decorative advice the use of Alabastine to produce decorative wall and ceiling borders. Ordinarily, Alabastine costs from 10c to 15c per box, but if you write for the free "Alabastine" booklet, containing hand colored proofs of 15 of the very latest stencil effects, we will give you a box of Alabastine and a box of color and 50c others at price without expense. Write today for this absolutely free decorating service.

Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere.

Alabastine Co.

384 Grandville Rd. Grand Rapids, Mich.

SAVE AGENTS—Take orders for guaranteed Alabastine, in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere.

LADIES—Beautiful fluffy hair; formula 50c; guaranteed. A. Colton, 112 E. 4th St., Indianapolis, Ind.

W. N. U., WICHITA, MO. 8-1916.