

WOMEN OF MIDDLE LIFE

A Dangerous Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow



Afton, Tenn.—"I want other suffering women to know what Lydia E. Pinkham's Vegetable Compound has done for me. During the Change of Life I was in bed for eight months and had two good doctors treating me but they did me no good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, which I did, and in a short time I felt better. I had all kinds of bad spots, but they all left me. Now when I feel weak and nervous I take the Vegetable Compound and I always feel me good. I wish all women would try it during the Change of Life for I know it will do them good. If you think it will induce some one to try the Vegetable Compound you may publish this letter."—Mrs. A. KELLAR, Afton, Tenn.

Mrs. Mary Lester of Adrian, Mich., adds her testimony to the value of Lydia E. Pinkham's Vegetable Compound in helping women safely through the Change of Life. She says: "It is with pleasure that I write to you thanking you for what your wonderful medicine has done for me. I was passing through the Change of Life and had a displacement and weakness so that I could not stand on my feet and other annoying symptoms. A friend told me about Lydia E. Pinkham's Vegetable Compound and the first bottle helped me, so I got more. It cured me and I am now doing my housework. Your medicine is certainly a woman's friend and you may use this testimonial as you choose."—Mrs. MARY LESTER, 808 Frank Street, Adrian, Mich.

It is said that middle age is the most trying period in a woman's life, and owing to modern methods of living not one in a thousand passes through this perfectly natural change without experiencing very annoying symptoms. These annoying spells, the dreadful hot flashes that send the blood rushing to the head until it seems as though it would burst, and the faint feeling that follows, as if the heart were going to stop, these aching or dizzy spells are all symptoms of a nervous condition, and indicate the need for a special medicine.

Lydia E. Pinkham's Vegetable Compound is a root and herb medicine especially adapted to act upon the feminine system. It acts in such a manner as to build up the weakened nervous system and enables a woman to pass this trying period with the least possible annoying symptoms.

Women everywhere should remember that most of the common ailments of women are not the serious ones—they are not caused by serious displacement growth, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative and often prevents serious troubles.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

Sight Regained After 23 Years. Mrs. Jackson, wife of a known living at Pleasant-Lake, 1/2 mile north of Pleasant, in Massachusetts, has just recovered her sight after being completely blind for 23 years. She was struck by lightning 23 years ago and in consequence of the shock she lost her sight a year afterwards. She also became subject to various forms of which she died on July 14, 1908. On Saturday night she suddenly exclaimed to relatives in the house: "I can see" and began to describe the objects around her. Her doctor believes the recovery will be permanent. —London Times.

EVIDENTLY HE DIDN'T LIKE IT

From Report Made, Postoffice Inspector Has Decidedly Poor Opinion of That New Traction.

Only on a time at Louisville, Mich., did the postoffice department try out a certain track trailer. The car was put at service at a postoffice and shortly the traffic superintendent asked for a written report from one of the automobile drivers. This is the report: "I have regularly used in this car 74 Taylor for 4 days in this low down driveway and it is in my way and I have to push and shove it and lift it around myself in the up and down the end to increase it low and can't back it up at all and go about 1/2 hour in backing and getting the job done. I have used the gas showing in four days and everything working as well as at the 142 of 20 and 21."

The report finally reached Washington, was read and said: The trailer was not approved.

It's better to be brought up in a home than to be brought down to one.

A winter home thoroughly heated and well lighted.

INCREASE YIELD OF GARDEN SOIL

Only Well-Rotted Manure Should Be Applied as Top Dressing in the Spring.

ADD SOME NITRATE OF SODA

Several of Soils Cross Require Plenty of Nitrogen for Leaf Growth—Application of Lime Has Decided Advantage.

(Prepared by the United States Department of Agriculture.)

Nothing equals plenty of stable or yard manure to make a garden soil produce the best crops. Garden specialists of the United States Department of Agriculture advise by this act during a winter watching over the garden, but an application about the garden should be made in the fall or in the spring. If this is done, the manure should be turned under as early in the spring as possible, but any manure not enough to turn under should be piled in a compost heap to rot. Only well-rotted manure should be applied in the spring as a top dressing. After the land has been plowed, water the rotting manure over the surface and work it in with the harrow. If the garden is worked the manure should be worked in with a spading fork or rake.

Elements Sometimes Deficient.

Large quantities of manure should be used. On a ten-acre garden, that is, one measuring about 450 feet by 250 feet, apply from one to two barrels of manure in the fall. If a truck is used for hauling one load generally will be sufficient. In a corresponding amount is piled up in the garden with a little soil to mix with it, and worked over once or twice during the winter. It will give a good supply of compost for use as a spring top dressing.

Where this amount of manure is used very little chemical fertilizer is needed. However, manure very often does not have a sufficient quantity of nitrogen, phosphorus and potash in it, and it may be desirable to add commercial fertilizers containing 2 or 3 per cent nitrogen, 4 or 6 per cent phosphorus and 1 to 3 per cent potash, at the rate of 100 pounds on a ten-acre garden. This also may be spread broadcast and worked into the soil when the land is being prepared ready for planting.

Several crops require special fertilizers. For instance, lettuce, radishes, spinach, kale and all of the other salad crops, and those which are grown



Heavily Manured Garden Shows Increased Production.

for green, leafy plants of various kinds and growth. These crops may be fertilized during their growing period by a little amount of nitrate of soda, or potash in a weak solution. The applications should be made once or twice each week. It should not be applied until the plants are well established or in a large quantity, or burning will follow and injure the plants. Fertilizer and manure should be mixed well, but are given for their own good plenty of phosphorus and lime. Lime, as a fertilizer, makes soil more fertile and increases the yield of crops.

Many gardens are improved by applications of lime. However, it may injure acid plants, for lime produces with a disease to which they are susceptible. Strips of lime to be given in gardens, lime applied there every three years at the rate of 20 or 30 pounds on a ten-acre garden will be a decided advantage. It helps to remove the soil, thus making it more suitable to crop production, and it makes heavy clay soils lighter and easy to cultivate.

"Green-Manure" Crops.

Another way to increase garden soil is the use of "green-manure" crops such as clover, timothy, alfalfa, and corn, which are grown and then plowed under the soil and rot. The clover and the other heavy "green-manure" crops, as alfalfa, which have the power of gathering the fine atmosphere from the air and storing it up in the soil are the most desirable. Green-manure crops should be turned under in early spring.

PLAN TO ERADICATE DISEASE OF POTATO

Intensive Warfare Being Made to Stamp Out Wart.

Ailment Usually Destroys Entire Crop When Tubers Susceptible to It Are Planted in Badly Infested Ground.

(Prepared by the United States Department of Agriculture.)

Although these efforts to eradicate the potato wart from the 100 acres or less in which it has found lodgment in the United States are as yet inconclusive, the United States Department of Agriculture is continuing an intensive warfare to stamp out the disease. The wart, which has been found in only 17 potato villages in Tennessee, West Virginia and Maryland, is now the most stubborn with which the department has ever had to cope. Potato wart was introduced by importation of foreign potatoes prior to the establishment in 1912 of the federal quarantine prohibiting the exportation of potatoes from countries where the disease was known to occur. The disease usually completely destroys the crop when potatoes susceptible to it are planted in badly infested soil.



A Potato Sprayer That Covers Four Rows.

of potatoes from countries where the disease was known to occur. The disease usually completely destroys the crop when potatoes susceptible to it are planted in badly infested soil.

Soil sterilization work by means of steam and chemicals was carried out in infested grounds in Pennsylvania and West Virginia in 1912 and 1913. The methods proved weak. Live steam under an inverted line pipe, a solution of formaldehyde applied to the soil, and lime and in combination with steam, including hot-water manure, were effective and successful. The work of each method was tested by planting a susceptible variety of potato in the treated plots. None of the chemical treatments resulted in complete eradication of the disease and steam sterilization, while it appeared to be successful in the small trial plots, involved such great expense and difficulty as to leave the sterilization of infested soil in doubt.

Additional experiments will have to be carried out before specific recommendations can be made. Specialists hope, however, that some method of treating the soil by heat or chemicals can be devised which will make it possible completely to eradicate potato wart from this country.

The work will be actively carried forward until it is determined whether a satisfactory method can be found.

RAISE EGG STANDARDS

If all farmers and poultrymen would adhere strictly to the following rules in handling their poultry and eggs the quality of the eggs marketed would be much improved. Poultry specialists of the United States Department of Agriculture provide the rules.

- 1. Keep the nests clean; provide the nest for every layer hen.
2. Gather the eggs twice daily.
3. Keep the eggs at a cool, dry place in cellar.
4. Wash the eggs at least once a week.
5. Sell, sell or receive all male birds in view of the handling done in view.

GRAIN ALLOWANCE FOR HENS

If Scattered in Litter Fowls Are Compelled to Take Necessary Exercise to Find It.

The backward look should have in addition to the table scraps a light feed of grain every morning. Four or five handfuls of grain—about two-half pint—scattered in the litter will be sufficient for a flock of 25 to 30 hens. By scattering in the litter the grain will be compelled to search in order to find the grain and in this way to take exercise, which is decidedly beneficial to them.

It may not attract good, smart, individual birds which are available in certain fall flocks, but at once and at night scatter feed of the grain mixture should be thrown into the litter at the night feeding and should consist of as much as the hens will eat at once, poultry specialists in the United States Department of Agriculture say. Its exercise in during winter weather the grain may be fed by scattering it on the ground outside the house. A good grain mixture for this purpose is composed of equal parts by weight of wheat, cracked corn, and oats. Another suitable grain mixture is composed of two parts by weight of cracked corn and one part of oats.

Mrs. Robert O. Reynolds



"I have actually gained twenty-five pounds and I just think that is the greatest medicine in the world," says Mrs. Robert O. Reynolds, 127 North Center St., Kansas City, Mo.

"For ten long years I suffered from a very bad form of rheumatism, stomach and nervous troubles. My appetite was very poor, what little I did eat would not do me any good. I suffered the most severe pain in my back, hips and shoulders. My rheumatism was so bad that I could not raise my hands to comb my hair and my arms hurt me to my finger tips. I became so weak and run down that I lost all my energy and life had become almost a burden. I tried many things but nothing helped me.

"I had only taken my first bottle of Calotabs when I noticed my appetite was improving and I could sleep better at night. I have taken three bottles and the way it has helped me and built me up is really astonishing. I can eat anything and everything without the slightest disagreeable after-effects. I sleep just fine at night and am in better health than I have been for years. I am glad to give this statement, hoping that any who are suffering as I did may experience the same wonderful results, which I believe they will if they give Calotabs a fair trial."

Calotabs will be leading druggists everywhere.—A.D.T.

Culinary Note. "What will you have for lunch, dear?" "What have we in the house, Mary?" "Well, there's some ham, some beef, some potatoes, a bunch of that beef steak, two pounds of sausage and a stalk of celery." "Good! I guess you'd better make some chicken croquettes."—Richmond Times-Dispatch.

Cataract Can Be Cured

Cataract, a local disease greatly influenced by constitutional conditions, is curable by the use of a certain eye medicine. HALL'S CATARACT MEDICINE is made internally and acts through the blood in the removal of the cataract. HALL'S CATARACT MEDICINE is the foundation of the disease, gives the patient strength by improving the general health and enables the patient to see as well as to see.

All Druggists, Chemists, etc. F. J. Clancy & Co., Toledo, Ohio.

Indispensable. "Nipple and his young wife are inseparable." "Yes, he calls her his alter ego."

Advertisement for Castoria, showing a bottle of 900 Drops and text: "CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Charles H. Fletcher. In Use For Over Thirty Years CASTORIA"

STOMACH SUFFERERS

TRY FRENCH PHYSICIAN'S REMEDY

A purely vegetable digestive, indigestive. Now on the market under the trade name of DIGESTOIDS. Many stomach sufferers find they can eat whatever they like by taking Digestoids after meals.

Mrs. L. E. Hill writes: "Before taking Digestoids I was very careful in my diet. I now eat anything without any ill effect. I cannot say too much for Digestoids." Get a package of DIGESTOIDS today, on a Money Back Guarantee, at your druggist—10 cents.



Renew your health by purifying your system with



Quick and delightful relief for biliousness, colds, constipation, headaches, and stomach, liver and blood troubles. The genuine are sold only in 35c packages. Avoid imitations.

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL BARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1890. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

OXIDINE IN HOT WATER

Put a bottle of OXIDINE in hot water and when you feel cold and shivering, put a glass of the wonderful remedy in a half glass of hot water. You will find that you would be better off.

Small packages of OXIDINE in hot water. 1000 OXIDINE in hot water. 1000 OXIDINE in hot water. 1000 OXIDINE in hot water.

KREMOLA MAKES THE PAIR BEAUTIFUL

THE PAIR BEAUTIFUL. THE PAIR BEAUTIFUL. THE PAIR BEAUTIFUL. THE PAIR BEAUTIFUL.

Save Yourself from the disturbances which often follow tea and coffee drinking — by a change to INSTANT POSTUM. This delicious cereal beverage of coffee-like flavor is prepared instantly in the cup to suit your taste — free from any harmful element — economical — satisfying. There's a Reason for Postum. SOLD BY GROCERS EVERYWHERE! Made by Postum Cereal Company Inc. Battle Creek, Michigan.