

Weekly Health Talks

What Is the Cause of Backache?

BY DOCTOR CORNELL

Backache is perhaps the most common ailment from which women suffer. Rarely do you find anybody free from it. Sometimes the cause is obscure, but Dr. Pierce, of Buffalo, N.Y., a high medical authority, says the cause is very often a form of catarrh that settles in the delicate membranes of the feminine organs. When these organs are inflamed, the first symptom is backache, accompanied by bearing down sensations, weakness, unhealthy discharges, irregularity, painful periods, irritation, headache and a general run-down condition. Any woman in this condition is to be pitied, but pity does not cure. The trouble calls for Dr. Pierce's Favorite Prescription, which is a separate and distinct medicine for women.

It is made of roots and herbs put up without alcohol or opiate of any kind, for Dr. Pierce uses nothing else in his prescription. Favorite Prescription is a natural remedy for women, for the vegetable growths of which it is made seem to have been intended by Nature for that very purpose. Thousands of girls and women, young and old, have taken it, and thousands have written grateful letters to Dr. Pierce saying it made them well. In taking Favorite Prescription, it is reassuring to know that it goes straight to the cause of the trouble. There is but one way to overcome suchness, and that is to overcome the cause. That is precisely what Favorite Prescription is intended to do.

Send me for trial pig. of Tablets. Address Invalids' Hotel, Buffalo, N.Y. Constituted women, as well as men, are advised by Dr. Pierce to take his Pleasant Pellets. They are just splendid for constipation.

Parliamentary Pleasantry.

"The doctor said I had a touch of rheumatism in my knee," remarked Senator Squish of Squeegy, "and I must resolve to get rid of it at once if I expect to improve my system."

"I guess," remarked the oil-call clerk, "What he wants is a joint resolution to amend your constitution."

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, at a small cost.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two your hair becomes beautifully dark, glossy and attractive.—Adv.

Judging the World.

People seem not to see that their opinion of the world is also a confession of character. We can only see what we are, and, if we misbehave, we suspect others.—Emerson.

RECIPE FOR GRAY HAIR.

To half pt. of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

An idle brain is the devil's scheme factory.

Plenty of exercise, fresh air, regular hours—is all the prescription you need to avoid influenza—unless through neglect or otherwise, a cold gets you. Then take—at once

HILL'S CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up in 24 hours—relieves grippe in 3 days. Money back if fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

Don't Ruin Your Cows By Neglecting a Retained Afterbirth

Now cows die but many are ruined by such neglect. Give DR. DAVID ROBERTS' Cow Cleaner

before and after freshening. It will positively prevent and overcome this trouble. At our dealers or Postpaid \$1.00. Consult DR. DAVID ROBERTS about all animal diseases. Information free. Send for price list of medicines and get a FREE booklet on abortion in cows. DR. DAVID ROBERTS VETERINARY CO., 100 Grand Ave., Waukesha, Wis.

Irritating Coughs

Promptly treats coughs, colds, hoarseness, bronchitis and similar inflamed and irritated conditions of the throat with a tested remedy.

PISO'S

SEED TREATMENT OF IMPORTANCE

Productive Power of Corn Plant Influenced by Attention Given to Kernel.

MUTILATION MOST HARMFUL

Chipping, Cracking and Breaking That Take Place in Shellers and Planters Reduce Productiveness of Plants.

Prepared by the United States Department of Agriculture.

Conclusive evidence has been obtained from several lines of work conducted by the United States department of Agriculture to prove that the productive power of a corn plant is influenced by the treatment received by the kernel from which the plant grew from the time it ripened until it was planted. It has been common knowledge that injury to seed corn would reduce its germinability. These investigations have extended beyond germinability and determined the effects of seed treatment upon productivity independent of germinability.

Obtain Good Stand.

A good stand may be obtained by the thick planting of poor seed, but with an optimum stand of plants from injured seed such plants are less productive than the same number from uninjured seed. These results follow when the seed is injured by normal weather conditions as well as when injured by subjection to moisture, freezing and thawing. Mechanical mutilations of kernels similar to the chipping, cracking, and breaking that to some extent take place in shellers and planters reduce the productiveness of the plants that grow from such kernels.

Reduce Power of Seed.

The point of value that has been established is that, independent of heredity and independent of germinability, any injury to dormant seed corn reduces the power of such seed to produce a good crop. Seed corn of 100 per cent germination, laboriously secured from injured seed by individual ear-germination tests, is less produc-



Basket of Seed Corn.

tive than seed that matured well and was so cared for as to make individual ear testing unnecessary.

Tests under the same environmental conditions of widely dissimilar varieties have brought out the value in long-season districts of making plantings at different periods and using at least two varieties of different seasonal requirements in order better to meet the exigencies of the season and to insure a crop.

FEED BOXES AND HAY RACKS

Faulty Construction Cause of Animals Not Getting Feed Intended for Them.

Prepared by the United States Department of Agriculture.

In many instances animals do not get the feed actually intended for them, due to improper and faulty construction of boxes and hay racks. Many feed boxes are so shallow and small that much feed is wasted as the animals eat from them. In order to prevent this waste the feed boxes should be repaired. They should be at least 18 inches wide and 24 inches long and 12 to 14 inches deep. It is often advisable to feed the concentrates with sludge to prevent waste.

Hay racks should be constructed to prevent animals from tossing or pulling hay under their feet. All hay racks should have a tight bottom to prevent the loss of leaves and finer particles of hay. The leaves of hay, especially of the legumes, contain most of the protein and are, therefore, that part of the roughage which the animals need. A few hours work in repairing boxes and hay racks, and at a very small cost, will result in saving sufficient feed to maintain the animals in a satisfactory condition.

AT SERVICE OF ALL FARMERS

United States Department of Agriculture Gives Assistance Costing Nothing.

Prepared by the United States Department of Agriculture.

The United States department of agriculture is at the service of every farmer. Not every farmer, however, takes advantage of that service. The department's advice costs the farmer nothing, but the assistance given may save him a great deal—both in time and money.

MAKE PREPARATIONS FOR FARM WOODLAND

War Has Brought Matter Directly to Attention of Farmer.

Poor Species of Trees Should Be Gradually Eliminated and Openings Filled—Consideration Will Bring Returns.

Prepared by the United States Department of Agriculture.

The various demands which the war made upon the farm woodlands in the way of wood fuel, walnut for gunstocks and airplane propellers, locust for tressails, oak and hickory for vehicle construction and other purposes, to say nothing of the numerous lesser demands, have brought woodlands more directly to the attention of farmers than ever before. During the next month or so farmers should decide definite-



Fine Stand of Young White Oaks.

ly what land is to be kept in woods and what is to be cleared for farm purposes. On many farms there are small areas unprofitable for farm purposes which should be reforested as soon as the price of nursery stock and labor becomes normal. Now is the time to make the plans for the future, laying out with the assistance of the county agent a program of woodland improvement which shall have for its object the growing on the land available of the greatest possible amount of the most valuable or most rapid-growing trees. Then, as time and labor become available, the plans can be carried out. The poorer species of trees should be gradually eliminated and openings in the woodland filled in just as the farmer replants the failed place in his cornfield. A few days spent now in carefully considering these subjects will bring ample returns in the future.

USE MOST PRODUCTIVE LAND

Every Acre Planted Should Be Put Into Condition to Yield Well—Prices Are High.

Prepared by the United States Department of Agriculture.

The food and feed program for this year is much the same as in 1918. Then it was pointed out that on account of the scarcity and high price of labor, the high prices of everything that went into the making of a crop, and the necessity for a full harvest, the farmer's efforts should be concentrated on his most productive land. That policy brought the biggest returns under war conditions. The same plan should be pursued this year. Prices for everything that go into making the crop are still on a war basis, consequently every acre planted should be put into condition to yield well. It is no time to endeavor to improve the poorest fields. That should be deferred until the prices of labor and fertilizer again become normal. It will then be most practicable if done as a supplement to farming better land. This year every stroke of work should be made to count on the best land of each farm, so that good yields may offset the high expense of putting in the crops this spring.

SEED TREATMENT AIDS OATS

As Result of Efforts of Farmers and County Agents Millions More Acres Seeded.

Prepared by the United States Department of Agriculture.

More than 50,000 farmers cooperated with the agricultural county agents last year in the 33 northern and western states in treating seed oats for smut. Their efforts resulted in more than 1,000,000 additional acres of oats being sown with treated seed. Based on reports made the previous year the results of this work increased the yield an average of about four bushels an acre, and this increase was brought about in most cases at a cost of less than ten cents an acre.

FARMING WITHOUT RECORDS

Great Deal Like Playing Game Without Determining Winner—Keep Track of Things.

Prepared by the United States Department of Agriculture.

You wouldn't play a game of any kind without determining who was the winner when it was finished, would you? Farming without keeping records is the same thing, except that you are liable to wake up some morning and find that you have lost the game when you had thought you were winning.

IN ANOTHER KEY



DOCTOR GOT HIS.

A North Carolina doctor, inclined to be mindful of other people's business, was riding along a country road. He drew up where a native was husking corn in a field.

"You are gathering yellow corn?" said the doctor.

"Yes, sir; planted that kind," came the reply.

"Won't get more than half a crop?" volunteered the physician.

"Don't expect to, sir; planted it on half shares."

The doctor was somewhat nettled at this, and replied:

"You must be mighty near a fool."

"Yes, sir; only a fence between us."

—Human Life.

THE REASON.



Bella—Why did she accept Tom Gibson from among all the men who have paid her attention?

Della—I guess he's the only one who proposed.

CLOSE RELATIONS. The fellow who plays poker. Should take this fact to heart. His "name" and his "uncle" Will not be far apart.

WRONG DIRECTION.

"You are an hour late this morning, Sam," said an employer to his negro servant.

"Yes, sir. I know it, sir. I was kicked by a mule on my way, sir."

"That ought not to have detained you an hour, Sam."

"Well, you see, boss, it wouldn't have if he'd only have kicked me in this direction, but he kicked me in other way."

ACCOUNTS.

"How do you account for the continued high cost of living?"

"Haven't tried to account for it," replied the anxious-looking man. "I have been too busy keeping books on all kinds of things to take up any additional question of accounts."

WONDERFUL ABILITY.

He—I can trace my ancestry back through nine generations.

She—What else can you do?

Then he blinked and looked at her as if he wondered how far he had dropped.

LOOK BEFORE YOU LEAP.



Wifey—The cost of living is going up every day. It's almost prohibitive.

Hubby—I wish the cost of getting married was prohibitive.

Expensive, Nevertheless.

"I have a note to meet," said Leach—"was not the usual sum—It is a note to meet such And take her out to—"

Startling Thought.

"What did the old man say when you told him you wanted to marry his daughter?"

"Asked if I could support him in the same style his daughter had accustomed him to."

THE WAY OF H.

"They don't reckon prize fights as they do money."

"How do you mean?"

"In money, it takes ten mills to make one cent, but in the ring it takes hundreds of pounds to make one mill."

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weiness, sleeplessness, nervousness, headache, pain in loins and lower abdomen, gall stones, gravel and difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lameness, all warn you to look after your kidneys and bladder.

All these and some weakness of the kidneys or other organs or that the enemy members which are always present in your system have attacked your weak spots.

GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

They are not a "patent medicine," nor a "new discovery." For 200 years they have been a pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil seaks into the cells and lining of the kidneys and through the bladder driving out the poisonous germs. New life, fresh strength and health will come when completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

Western Canadian Wheat Lands—This English wheat is the finest in the world. At reasonable prices. 100,000 acres new land in the West. Western Canada, Manitoba, Saskatchewan, Alberta, British Columbia, etc. Write for particulars to Kildare Land Co., 100 King Street, Winnipeg, Manitoba.

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