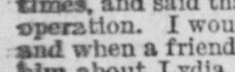


SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound.

I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had headache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctors gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as an ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl.



—Mrs. DEMA BETHUNE, Sikeston, Mo.

The most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound. It is more widely and successfully used than any other remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means had failed. Why don't you try it?

PATENTS Watson E. Coleman, Wash. D. C. Patent Office. Highest Ref. Best Results.

W. N. U., BALTIMORE, NO. 5-1911.

ROYALTY AS THE GODFATHER

Difficulty in Europe Successfully Overcome by the Exercise of Some Diplomacy.

In the early days of the reign of the late King Leopold of Belgium a seventh son was born to a Brussels woman, and when the king heard of it and was told that the boy was the seventh successive one, and that no girl had come to the family, he asked to be the baby's godfather. Ever since then every seventh son born in Brussels has had the same honor, and the mothers have received gifts in keeping with their station in life. King Albert, in carrying out the old adage a short time ago had some difficulty "because the seventh son was twins," according to the Frankfurter Zeitung. He could not stand for both boys, because that would give the family two Alberts. The remedy was found by Queen Elizabeth, who suggested that her little son, the duke of Brabant, be the godfather of the eighth boy, who consequently received the name of Leopold.

Was Taking No Chances.

An amusing incident occurred a few days ago outside Maranz, Austria. A cow strayed from the pasture and came within reach of the fort. The officer in command suspected the presence of an automatic photographic apparatus, and had the beast seized and closely examined, and when he found nothing to justify his suspicions he turned the animal loose again, under the observation of two of his men, charged with the duty of following the suspected home to ascertain whether her owner was an Italian Spy.

Nothing Much.

"I don't know whether I ought to recognize him here in the city or not. Our acquaintance at the seashore was very slight."

"You promised to marry him, didn't you?"

"Yes, but that was all."

EASY CHANGE

When Coffee Is Doing Harm.

A lady writes from the land of cotton of the results of a four years' use of the food beverage—hot Postum.

"Ever since I can remember we had used coffee three times a day. It had a more or less injurious effect upon us all, and I myself suffered almost death from indigestion and nervousness caused by it.

"I know it was that, because when I would leave it off for a few days I would feel better. But it was hard to give it up, even though I realized how harmful it was to me.

"At last I found a perfectly easy way to make the change. Four years ago I abandoned the coffee habit and began to drink Postum, and I also influenced the rest of the family to do the same. Even the children are allowed to drink it freely as they do water. And it has done us all great good.

"I no longer suffer from indigestion, and my nerves are in admirable tone since I began to use Postum. We never use the old coffee any more.

"We appreciate Postum as a delightful and healthful beverage, which not only invigorates but supplies the best of nourishment as well." Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in "Pinks," "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



Live Stock

BUILDING COLONY HOG-HOUSE

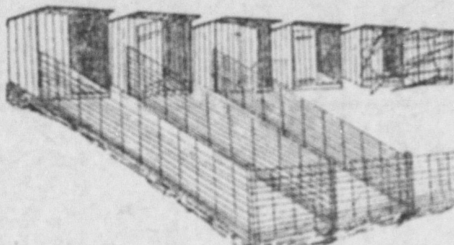
Excellent Manner of Using Old Scrap Lumber Is to Put It Into Pens for the Swine.

(By J. W. GRIFFIN.)

One of the best ways to use scrap lumber is to build hog-houses out of it. If there is no old lumber lying around in the way, it will pay to buy new, even at the present high prices, and build the hog-houses.

If it pays to take care of the little pigs when the butcher's stuff is bringing four and five cents a pound, it is doubly profitable when they are eight and ten cents.

We have ten Jersey brood-sows and



The Colony Hog-House.

ten colony houses, built and fenced off, as shown in the drawing.

These houses were built out of lumber that came out of an old frame building, once used as a saw mill.

We bought the old mill, the frame of which was 33 feet wide, 100 feet long, and two stories high; all the framing timbers were as good as when put in the building. The scrap lumber we worked into the hog-houses and the frame and the best lumber will be used in the building an up-to-date feed barn.

POINTS IN SHEEP BREEDING

Results of Experiments Conducted by Wisconsin Station Regarding Lamb Increase of Flocks.

A few years ago the Wisconsin experiment station published the result of a series of experiments it had been conducting in regard to the lamb increase of farm flocks. With the interest now being taken in sheep breeding, these will be worth recalling. The summary of conclusions is as follows:

1. From the breeding record of 514 ewes at this station we conclude that for such animals and conditions as ours the normal period of gestation ranges from 144 to 150 days after the date of service and that more ewes will lamb 146 days after service than at any other time.
2. There is no appreciable difference in the period of gestation for male and female offspring in sheep.
3. There is an apparent relation between the duration of the period of gestation and the period required for reaching maturity. Quick maturing breeds appear to carry their young for a shorter period than those breeds requiring more time to mature.
4. Large lambs are on the average carried in utero for an appreciably longer period than small or medium lambs.
5. Lambs dropped before the 144th and after the 149th day of pregnancy are lacking in strength and vitality at birth.
6. Shropshire ewes were more prolific than any of the other breeds and crosses except the fourth cross of Shropshire rams on a Merino ewe foundation.
7. From the data presented it is apparent that twins are the normal increase for ewes of the mutton type.
8. One year old rams are not so prolific as those two or three years old. Ewes also average a larger percentage of increase in lambs after they reach full maturity at three years of age until after they are six years old, when the rate of increase diminishes.
9. The amount of service required of the ram in breeding has an influence on the percentage increase in offspring of the ewes that produce lambs. Ewes bred early in the season of mating to a single ram, dropped a larger percentage of lambs than those near the latter end of the season.

Use of Wheat Straw.

Grain fed cows and cattle will eat large quantities of wheat straw if it is dry and clean. Most of the straw will be eaten, and what is left should be used for bedding. By feeding most all the coarse forage grown on the farm and using the straw for feed and bedding, a large quantity of rich manure having a quantity of carbonaceous matter that will bring the crop planted to which it is applied, and at the same time, improve the land for succeeding crops.

Satisfaction of Sound Harness.

The harness should be kept in good repair if for no other reason than to prevent so far as possible runaway fractures with the green horses, which, if they once have a run, are never again so reliable and steady. More than this, the precaution referred to may save repairs at the wagon shop and funeral expenses.

OXEN STILL USED ON FARMS

In Parts of New England and in South Animals Make Excellent Team for Small Farmer.

In some parts of New England and some localities of the south ox teams are still used on many farms. A pair of well broken oxen will do a tremendous amount of work and at about the same expense that it takes to keep a team of horses. Thoroughly broken when young, they become very gentle, and are usually tractable under trying conditions. They are



Excellent Team.

easily managed by a boy and while not exactly fitted for all-around work, make an excellent team for the small farmer.

SOME TIMELY HORSE SENSE

Don't Sell Colts, as Young Team Will Be Wanted—Man Can Make Animal Baiter or Good.

Don't allow the offer of a good, stiff price for the colts to tempt you in letting go of them. You'll need some fresh young teams one of these days, and it takes an almost fabulous sum of money to buy a span of young horses suitable for farm purposes.

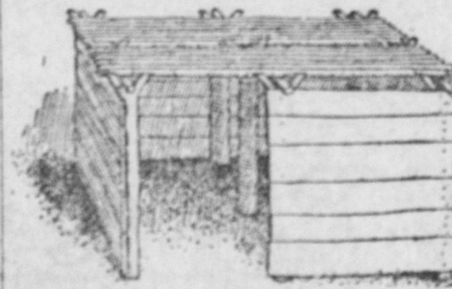
If you are in the habit of dashing your warm horses up to the town hitch rack and tying them up to cool off and chill without a blanket of any sort, try the experiment of standing beside them awhile, even half as long as you usually are in town, and—some harness dealer will sell you a pair of horse blankets before 15 minutes have passed.

As a general rule, a man may own good pulling horses or balking ones of the worst type—just whichever he chooses. If a colt were properly handled while being broken in, and then loaded decently after it had learned to pull, balking horses would be few and far between. Indeed, we doubt very much if there would be a balking horse to be found in the whole world.

CHEAP SHELTER FOR CATTLE

Practical Plan for Securing Protection for Stock from Inclemencies of the Weather.

For a stock pen dig nine holes in the ground 14 feet apart by 12. This will give you a pen 24 by 25 feet



Easily Built Stock Shed.

Set posts, leaving 8 feet above ground, says a writer in the Farm and Home. Cut trees with natural crotch, lay in poles, then put rails or poles across the top. Be sure to set good posts, so they cannot fall in. You can board up front and sides, leaving door in front, or leave it open. Put in mangers if you wish to feed inside.

LIVE STOCK NOTES

Skim milk is good feed for colts five or six months old.

Do not attempt to raise a colt without giving the mare care.

The mutton produced by the cheviot is of a very superior quality.

After the lambs are weaned, the ewes should gain steadily in condition.

Oats are too bulky to be an ideal hog ration, and especially for young pigs.

Glts bred to farrow the first time at 12 to 15 months of age will do well.

Sometimes old sows become very cross, as is most always the case with aged boars.

Ewes for breeding purposes should not be overly fat, but in a strong, vigorous, thrifty condition.

The ewes intended for breeding purposes should be sorted as early as possible and be put on good pasture.

Two litters of pigs may be raised each year from good sows providing the sows are given the best of feed and care.

In buying a boar, however, never get an old one. Get an early farrowed pig or a yearling at most, and do not be afraid to get a good one.

The man who bores auger-holes in his stable floor to allow the liquid manure to escape, is the man who is always hard up and in "bad luck."

SAVORY MEAT DISHES

SOME SIMPLE RECIPES THAT ARE WORTH TRYING.

Beefsteak en Casserole is Easily Made and is Delicious—Braised Tongues and Vegetable Stew Are Tasty and Cheap.

Beefsteak En Casserole.—Boil and mash potatoes sufficient to make a pound. Place them in a saucepan, add half tablespoonful milk, half ounce of butter, a pinch of salt, a dash of pepper and the well-beaten white of one egg. Beat together over fire until very hot, then place potatoes on a platter and with a spoon and knife mold them into a sort of wall. Have the yolk of the egg well beaten and brush the wall of potatoes with it. Place the dish in oven and allow them to brown. Cut in small pieces one pound of nice beefsteak; melt in saucepan half ounce butter. When the steam rises put in beef. Let it brown well. Sprinkle then with flour. Stir well, add pepper, salt, a tablespoonful of ketchup, tablespoonful of table sauce. Add a little stock, stir all till boiling, draw to one side of range, let simmer for one-half hour. Cut bread in small rounds about size of half dollar, fry light brown in hot fat, place mixture in saucepan in center of potatoes and garnish with the fried bread. Serve very hot.

Vegetable Stew.—One-half cup diced onion, two cups shredded cabbage. Cook slowly in salted water for half an hour, then add three cups of diced potatoes. Cook until potatoes are tender, allowing water to cook away, then add a piece of butter and cup of milk. Good and easily made.

Braised Tongues.—Wash three pounds fresh tongue, cover with boiling water and cook slowly two hours. Remove from water, blanch in cold water and remove skin and roots. Cook one-quarter cup each of diced carrots, turnip and onion in butter five minutes and remove them to a deep braising pan. Brown tongue in fat and place on vegetables in pan. If desired add clove, cinnamon and sweet herbs, salt and pepper, one clove, bit cinnamon, bouquet of sweet herbs, one teaspoon salt, quarter teaspoon pepper. Cover tongue one-half way with stock and bake in covered pan two hours. At the last half hour the juice of a lemon may be added. When tender remove to a hot platter. Thicken stock for gravy and pour around tongue on hot dish.

MAKING SOUP WITHOUT SCUM

Nearly Every Woman Spoils Soup by Putting Meat on Cold Water.

It is not generally known that meat, properly boiled, yields no "scum" whatever. "Scum" is produced only when the meat is put on the stove in cold water. Nearly every woman spoils the soup in that way.

Only a few French cooks from the old country know how to produce good, clean soup without the slightest appearance of "scum." They always put the bone or meat into boiling hot water. This method prevents the escape of the most nutritious part of the meat—the albumen, or, as it is called, the white of the egg. Break an egg in hot water and it poaches; break it in cold water, allowing it to come to a boil, and you have—no egg—only "scum." "Scum" in fried meat is the best part of the gravy—you never throw it away. Try hot water, and you will have clean, healthy soup and no "scum."

Vegetable Soup.

One cabbage, two turnips, two onions, two carrots, two potatoes, a little parsley, pepper, salt, two quarts of water the cornbeef was boiled in, a slice of bread; fry one of the onions sliced in a little oil at the bottom of the kettle or large saucepan; when it is brown add the water, the bread toasted, the vegetables cut up in small pieces and seasoning; boil three or four hours, then mash the soup through a colander or in the saucepan with a wooden spoon and boil together ten minutes; if too thick add more water and boil for ten minutes; if it is thin boil fast with the lid off the pan until thick enough; sufficient for six.

Fresh Things.

Some of the signs by which to tell good fruit and vegetables are here indicated. Oranges are sound and juicy when heavy but not too hard. Radishes and turnips when spongy are not fit to eat. Pineapples are best when the edges of the top are smooth; in inferior qualities the tops are of the saw-edged variety. Celery is good when it breaks without much bending. Asparagus should be quite stiff. Nuts cannot be judged very correctly until they are opened, but they should be of good weight and not too hard to crack.

Tough Porterhouse Steak.

The tough end of porterhouse steak is often wasted because no one wants to eat it or serve it to others. This waste may be avoided by chopping the tough portion with some of the meat, making it into balls and broiling it with the rest of the steak. Serve each member of the family a ball and a piece of tenderloin. If so desired the balls may be flavored with onion juice and chopped parsley. It is sometimes possible to have the chopping done at the shop.

Household Measures.

An ordinary glass tumbler holds about half a pint, or ten fluid ounces; an ordinary teacup holds about one gill, or five to six fluid ounces; an ordinary sherry glass holds four table-spoonfuls, or two fluid ounces. One teaspoonful is equal to one dram.

TO KEEP KNIVES BRIGHT

If Care Is Not Taken in Storing Them They Easily Become Rusty.

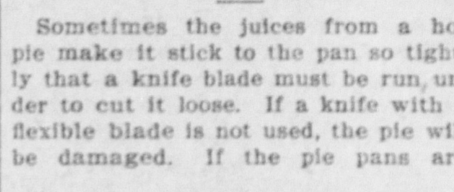
Every one does not happen to possess a case of cutlery, but most people like to keep a second set of knives and forks for special occasions. If care is not taken in storing them they easily become rusty, and the ivory of the handles turns a bad color.

A simple little case, which allows each knife, big or small, to be kept separate from its neighbor, can be easily made at home out of a broad piece of flannel, serge or green baize. Cut the cloth about two feet long, bind the two sides with braid to match the color of the material and double one side over lengthways till the edge reaches to within a few inches of the other edge. Machine-stitch up the two sides and bind them with braid. Then stitch down the double part at equal distances, allowing sufficient space between each row for inserting a knife. In this way you can store any number, and you will find they will keep in perfect condition. The case can be rolled up and packed away in little space.

REMOVING PIES FROM PANS

Simple Attachment That Will Prevent Damage in Separating Pastry from Pans.

Sometimes the juices from a hot pie make it stick to the pan so tightly that a knife blade must be run, under to cut it loose. If a knife with a flexible blade is not used, the pie will be damaged. If the pie pans are



Separating Pies from Pans.

provided with the simple attachment shown in the accompanying sketch, the baked dough can be separated from the tin with one revolution of the cutter. The cutter is made from a piece of heavy tin, bent to the same outline as the inside of the pan and pivoted at its center.—Popular Mechanics.

Jugged Rabbit.

Cut into pieces, making four parts of the backbone from thighs to shoulders. Put two tablespoonfuls of butter or pork drippings into a saucepan and when hot brown the meat in this, adding for flavor a small white onion or bunch of scallions and a clove of garlic.

Have ready two cupfuls of stock or gravy, and when the rabbit is browned put it into a stone jar together with the gravy, salt and pepper to season, four cloves, the juice of a lemon and one-half glass of sour wine.

Set jar into a large saucepan and fill the latter with cold water almost to the level of the jar containing the stew, which should be tightly closed. Bring the water to a boil and simmer for four hours. Then take up the meat and place on a hot platter, while the gravy may be poured into a saucepan and put over the fire. Thicken with a tablespoonful of butter rolled in a tablespoonful of flour and add a tablespoonful of mushroom catsup and two glasses of port wine. As soon as well heated, pour over the meat and serve with currant jelly and baked potatoes.

Nut Roast.

Put two teacupfuls of stale bread crumbs in a mixing bowl and moisten with hot water. Let stand until all the water is absorbed. Add one cupful of crushed or ground walnut or pecan and filbert nut meats and one table-spoonful of meats which have been broken into small pieces. Flavor with one teaspoonful of finely sifted sage or mixed herbs and with either half a teaspoonful of salt or one teaspoonful of lemon juice. Mix thoroughly and stir in one well beaten egg. Press into a square pan to mold it, then turn out on a baking pan and bake it. Serve hot or cold.

Fish Croquettes.

Take enough cold boiled or baked fish to make two cups, when freed from bone and skin. Make a cream sauce from one large cup of milk, two table-spoonfuls each of flour and butter rubbed together until smooth, and then stirred into the hot milk. Season with a saltspoon each of salt and pepper and a table-spoon of minced parsley. When the sauce is thick remove from the fire and set it aside until cold. Stir in the fish, form into croquettes, dip in beaten egg, roll in bread crumbs and fry in deep fat.

Hot Chocolate for Ice Cream.

Boil together 1½ cupfuls of water and one cupful of sugar for two minutes; add one table-spoonful of arrow-root dissolved in a little cold water, stir for a moment, then boil until clear. Add two table-spoonfuls of cocoa which has been dissolved in a little hot water and a tiny pinch of salt and boil three minutes longer. Take from the fire and add one table-spoonful of vanilla.

Stone in Bladder Removed WITHOUT SURGICAL OPERATION

In the Spring of 1904, I was confined to my bed with kidney trouble and thought that I would never recover. I took a lot of medicine but did not realize any benefit from anything. I finally saw a Dr. Kilmer's Swamp-Rock advertisement and sent for a sample bottle and thought the sample helped me, so I bought more of the medicine from my Druggist, and after using a few bottles discharged a very large stone from my bladder. After passing this stone my health was very much improved and I have been able to continue with my business without any serious sickness.

J. L. KNOWLES, Headland, Ala.

Personally appeared before me this 8th day of September, 1907, J. Loftus Knowles who subscribed the above statement and made oath that the same is true in substance and in fact.

J. W. WILDON, Notary Public.

Prove What Swamp-Rock Will Do For You

Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty-cent and one-dollar.

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Lack of Material.

"Barber," said Reggie, taking his seat in the chair, "it's too good for a close trim; give me a football haircut."

"Great Scott, mister!" ejaculated the barber. "You ain't got hair enough for that!"

Familiar Talk.

"I see you have an actor chopping wood."

"Yes; he was in hard luck and I gave him a job."

"Is he going to stick?"

"He claims so. Says he is devoted to his art."

Enlightenment.

"A burlesque," said the occasional theater-goer, "is a sort of take-off, isn't it?"

"It is," replied Miss Cayenne, "if you judge it by the costuming."

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. J. C. Williams* In Use For Over 30 Years.

The Kind You Have Always Bought.

In the Blood.

Willie—Are those Kentucky horses you bought scared of autos?

Gillis—No, indeed. They never notice a train either, but I can't get them used to a sprinkling-cart to save my life!—Puck.

Diphtheria, Quinsy and Tonsillitis begin with sore throat. How much better to cure a sore throat in a day or two than to be in bed for weeks with Diphtheria. Just keep Hamlin's Wizard Oil in the house.

Any New Methods?

"Ain't it strange, th' way Kelly beats his wife?"

"I dunno. How does he do it?"

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Croup and Whooping Cough and all throat and lung troubles. At Druggists, 25c, 50c and \$1.00 per bottle.

The wealth of a man is the number of things which he loves and blesses, which he is loved and blessed by.—Carlyle.

FOR HEADACHE—MIGRAINE—CAPSICUM

Whether from Cold, Heat, Stomach or Nervous Troubles, Capsicum will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c, 20c, and 50c cents at drug stores.

IF YOU FEAR TO SOIL YOUR HANDS IN DEFILING YOUR HEART

Suicide—

Slow death and awful suffering follows neglect of bowels. Constipation kills more people than consumption. It needs a cure and there is one medicine in all the world that cures it—CASCARETS.

Cascarets—10c. box—week's treatment. All druggists. Biggest sales in the world—million boxes a month.

2 CRUISES AROUND THE WORLD

TWO GRAND CRUISES of about three and one-half months' duration each. The first to leave New York Nov. 1, 1911, and the second from San Francisco Feb. 17, 1912, by the large transoceanic steamer "Cleveland" Rates from \$650 Up Including All Expenses Aboard and Ashore. Write for Illustrated Bulletin. HAMBURG-AMERICAN LINE, 41-45 Broadway, New York. P. O. Box 1767.

STRONG ARMS

For 10c in Stamps or Coin. Illustrated with 20 full page halftone cuts, showing exercises which will quickly develop, broaden, and give great strength to your chest, arms and hands without any apparatus. PROF. ANTHONY BARKER, 1217 Baker Building, 110 West 42nd Street, New York.

YOUTH & RHEUMATISM

The Great English Remedy BLAIR'S PIL