

Facts for Sick Women



Reliable Information

All American women know of the great success of Lydia E. Pinkham's Vegetable Compound in restoring to health women who suffered from ailments peculiar to their sex, yet there are some who are skeptical and do not realize that all that is claimed for it is absolutely true—if they did, our laboratory would not be half large enough to supply the demand, though today it is the largest in the country used for the manufacture of one particular medicine.

The Facts contained in the following two letters should prove of benefit to many women:

Buffalo, N. Y.—"I suffered with organic inflammation and displacement. When lifting I had such pain and bearing down that I was not able to stand up, and it hurt me to walk or go up or down stairs. I was going to a doctor without any results and he said the safest thing would be to have an operation. I met a lady who told me she had three operations and was not well until she took Lydia E. Pinkham's Vegetable Compound.

I felt relief after taking two bottles of Vegetable Compound and I kept on with it until I was cured. I always use Lydia E. Pinkham's Liver Pills and they are fine. Everything used to turn sour on my stomach and the Liver Pills relieved that."—Mrs. A. ROGERS, 533 Fargo Avenue, Buffalo, N. Y.

Sacramento, Calif.—"I had organic trouble and had such terrible pain and swelling in the lower part of my side that I could not stand on my feet or even let the bed clothes touch my side. I gave up my work thinking I would not be able to go back for months. My mother advised me to take Lydia E. Pinkham's Vegetable Compound as it had saved her life at one time, and it put me in a wonderful condition in a couple of weeks, so I can keep on working. I work in a department store and have to stand on my feet all day and I do not have any more pains. I surely recommend your Vegetable Compound to all my friends and you may use these facts as a testimonial."—BERTHA J. PARKER, 3320 M St. Sacramento, Calif.

The fact is, the Best Medicine for Women is

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

HIGH VALUE OF ALFALFA PLANT

Thorough Preparation of the Seed Bed Is Essential for Profitable Stand.

USE ALL MANURE AVAILABLE

Plant Food Realized From Fertilizer Will Tone Up Soil and Nourish Young Seedlings—Apply Lime for Acidity.

(Prepared by the United States Department of Agriculture.)

Cardinal points in alfalfa culture include thorough soil preparation, neutralization of the soil by lime where acid exists, use of high quality alfalfa seed of suitable varieties, proper inoculation of the soil where inoculation is necessary; all of which presupposes the seeding of the alfalfa early enough in the fall to make the growth adequate to resist winter killing, and the development of a successful stand which will cope with the difficulties of unfavorable seasons.

Applicable in Many Sections. This article relates particularly to Maryland, Virginia and localities of similar latitude, although what applies to the territory named is also applicable in more or less degree to many other sections of the country.

Because of its high forage value it pays to devote much care, labor and scrutinizing attention to the production of a profitable stand of alfalfa. It is essential that a well-textured, tilthy, and thoroughly settled and compact bed be ready for the seed which should be sown not later than the middle of September and preferably during the latter part of August or the first week in September.

Manure Good for Alfalfa. The misconception is wide that none but thoroughly rotted and weed-free stable manure should be applied to the field which is to be broken and seeded



Alfalfa is the King of Forage Crops.

to alfalfa. The fertilizing value of barnyard manure is so great and its liberal application is so beneficial to the alfalfa crop that specialists of the United States department of agriculture advise farmers to use all the manure they have available. The plant food realized from the fertilizer will tone up the soil and nourish the young seedlings so that they will get the jump on the weed crop, and once given this advantage the alfalfa plants will smother out the majority of the enemies which may develop. Save all the manure to which you have access and distribute it in liberal quantities over the field to be plowed for alfalfa, preferably before the breaking is attempted.

It is largely a matter of individual preference how many times the field is harrowed, dragged and rolled before being seeded. It is essential that the subsurface of the soil be compact, and then be thoroughly fined before seeding. The seed should be sown preferably in a special alfalfa drill, as it is necessary not to bury the seed too deep, a mispractice which often results where an ordinary grain drill with a grass seeding attachment is used. Where the alfalfa seeder is not available, a wheelbarrow or hand seeder may be utilized. The rate of seeding will vary in different localities. As a rule, from 15 to 20 pounds of good quality seed to the acre are deemed sufficient, although in some localities as high as 25 pounds of seed are sown. A weeder is an excellent implement for covering the seed after broadcasting, but if it is not available a spiked-tooth harrow may be used.

Soils Must Be Well Drained. All soils designed for alfalfa culture must, of necessity, be free from surplus soil moisture, that is to say, well drained, while they also must be slightly alkaline. The simple litmus paper test which can be made by any farmer will indicate whether or not the soil is acid. If acidity exists, it is essential to apply lime in whatever form is most practical and readily available. Burnt lime, hydrated lime, finely ground limestone, ground or burnt oyster or clam shells and high-grade marls are all valuable for correction of acid conditions. Very much larger applications of ground limestone and marl are necessary than of burnt or hydrated lime. As good results are obtained from all the forms of lime, price and availability will usually determine which form to use. If the farmer is not familiar with the

subject it would be well for him to apply to the director of his state experiment station and the United States department of agriculture for literature and information on special points. Inoculation of alfalfa fields is essential. The best and most simple system is to transfer some inoculated soil from an old sweet clover field to the new stand. This is best done in the afternoon of a cloudy day, the soil being distributed by shovel in the amount of about 300 to 400 pounds to the acre. This work should be done in the absence of sunlight, as the sun destroys the bacteria which induce inoculation. Local inoculation cultures are also supplied by the various state experiment stations and the federal department of agriculture upon request.

Grower Should Know Variety. Before buying alfalfa seed the purchaser should inform himself fully regarding the variety best suited for his section and the quality of the seed with regard to both germination and purity. In choosing a variety or strain it is well to bear in mind that the quick-growing alfalfas, because of their tendency to produce heavier yields, should be used as far north as they will survive the winters. In the northern sections the variegated alfalfas, including the Grimm, the Baltic, and the Canadian varieties, have proved most successful in withstanding very mild winters. Peruvian alfalfa has proved more profitable than longer strains, owing to its ability to produce considerably heavier yields. Usually it can be grown to advantage only in sections where minimum temperature is not lower than 10 degrees Fahrenheit, and where ordinary alfalfa will succeed. Throughout Maryland and Virginia all the common strains of alfalfa which have been developed in Kansas, Oklahoma, Texas and under similar conditions, give the most satisfactory results.

TEST SEED BEFORE PLANTING

Otherwise Full Crop Cannot Be Grown Even Under the Most Favorable Weather Conditions.

Practically the only element in crop production that the farmer has completely under his own control is the planting of good seed.

It is important that farm seeds be tested before they are sown. Otherwise, a full crop cannot be grown even under the most favorable conditions. Seed testing for practical results, says the United States department of agriculture, can be done much more easily than is generally believed.

The essential preparation for making seed tests consists of providing the simple apparatus necessary and of becoming familiar with the general purposes and methods of testing and the features of importance peculiar to tests of particular kinds of seeds. Ask the county agent, or write the department of agriculture for a bulletin.

RANGE ON NATIONAL FORESTS

Stockmen, in Drought-Stricken Districts Eagerly Sought Permits to Save Their Cattle.

The demand for range in the national forests was greater the past year than ever before in the history of the forest service, which branch of the United States department of agriculture has control of these tracts. Especially in the drought-stricken regions stockmen, using the unreserved public domain or private pastures, eagerly sought forest permits in order to save their stock. The value of the system of range regulation in use has been so thoroughly demonstrated that representative stockmen from all the western states have declared emphatically in favor of placing the remaining unreserved public lands under federal control and having them managed under a plan similar to that in effect on the national forests.

POULTRY REQUIRE DUST BOX

As Chickens Never Cleanse Themselves by Washing, as Many Birds Do, Wallow Is Needed.

Chickens never wash, as many birds do, but cleanse themselves of insects by wallowing in dust. Where board or cement floors are used in the chicken house, some means of dusting should be provided. A dust box three feet by five feet, or four feet by four feet will be found large enough in most instances, the United States department of agriculture suggests, for a flock of 50 or 60 fowls. It should be placed where it can be reached by sunlight during as much of the day as possible.

Fine, light, dry dust is best for the box, but sandy loam is good. Road dust is often hard to secure. Coal ashes may be mixed with the soil if desired to make it lighter.

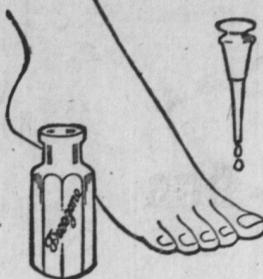
GOOD SERVICE BY CHICKENS

White Grubs and Other Insects Freshly Turned Up by Plow Are Devoured by Fowls.

Poultry can do good service in eating the white grubs and other insects freshly turned up by the plow. They do no service in picking up the angle worms, for angle worms accomplish friendly work for mankind. It is doubtful if man could survive upon the earth if angle worms had not prepared the soil for man's occupancy. Every acre of farm land has been digested by angle worms over and over again and in this way made the soil fertile.

LIFT OFF CORNS!

Apply few drops then lift sore, touchy corns off with fingers



Doesn't hurt a bit! Drop a little Freezone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic!

A tiny bottle of Freezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Freezone is the sensational discovery of a Cincinnati genius. It is wonderful.—Adv.

Silver is the earliest currency mentioned in the Scriptures.

BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschree's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectation in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

His Superiority.

"What kind of a fiddler is that there big young son-in-law of Gabe Gunder's?" asked an acquaintance. "Finest in the land!" replied a citizen of Straddle Ridge. "You know, it had got so that 'most every time a stranger showed up at a dance he thought he had to whip the fiddler some time during the function, and probably he done so. But, by cripes, when they jump onto this young feller they take a nuther notion right sudden. He lays his fiddle down, whips the gent and then begins squawking again right whur he left off."—Kansas City Star.

Hungry Only When He Wins.

The stingiest person I ever met was a business man who came into my office one day about noon and said: "I'll match you for the lunch." We did, and he lost. We went to the restaurant. I ordered, but when the waiter asked what he wanted he said: "Oh, I'm not hungry—I'll just take a cup of coffee." I have heard since that he makes a practice of this, but when he wins, oh boy! what a meal he puts under his belt.—Exchange.

Easier to Rise.

"Do you find much inspiration in biography?" "I'm afraid not," said the student. "No?" "Most of the characters I read about battled upward at a time when the purchasing power of money was considerably greater than it is today."—Birmingham Age-Herald.

BACK ACHING?

That "bad back" is probably due to weak kidneys, a trouble that often follows grip, cold, or overwork. It shows in constant, dull, throbbing backache, or sharp twinges when stooping or lifting. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it. Use Doan's Kidney Pills. Thousands have saved themselves serious kidney ills by timely use of Doan's. Ask your neighbor!

A Virginia Case

L. W. MURKIN, Roder St., Abingdon, Va., says: "There was a dull ache across my back and loins and often these aches changed into sharp, acute pains. This came as a result of disordered kidneys and for several days at a time I was too weak and ill to do my work. Finally, a friend advised me to try Doan's Kidney Pills and I lost no time in procuring a box. Since using them I have enjoyed excellent health with not one pain or ache to bother me."



Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
POSTER-MILBURN CO., BUFFALO, N. Y.

Rheumacide

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to relieve the cause and drive the poison from the system. "RHEUMACIDE OF THE FUTURE" PUTS RHEUMATISM ON THE OUTSIDE! At All Druggists
Jas. Baily & Son, Wholesale Distributors
Baltimore, Md.

OLIVE TAR

For internal and external use. Unexcelled for winter throat troubles, coughing, hoarseness, sore throat, soothes, promptly relieves.

HALL & BUCKEL, Inc., 215 Washington St., New York

for bronchitis

SEND YOUR KODAK FILMS TO US to be finished; our pictures do not fade; best work, reasonable prices. Send for price list. Clark Studio, 115 Baltimore, Cumberland, Md.

HAD LITTLE WILLIE SCARED

Boar's Head, Served in Realistic Style, Looked to Youngster as if Very Much Alive.

Governor Goodrich of Indiana said in a discussion of old Christmas customs:

"The old customs that have fallen out of use were a little too coarse and brutal for these ultra-refined times. Take, for instance, the old custom of serving a boar's head at the Christmas dinner.

"I know a rich man who thought he'd revive the old customs on Christmas, and accordingly a boar's head formed the dinner, a lemon in the mouth and the fierce eyes staring glassily straight ahead. The effect was tremendous.

"The rich man, serving slices of the head, came to the turn of his little son.

"Well, Willie, will you have some?" he said.

"Yes, papa," Willie answered in an awed whisper, "but please cut me off a piece where it isn't looking."

Doughnuts Gone to the Dog.

My most embarrassing moment came when I looked back at a bride and groom, fell over a dog and spilled a dozen doughnuts all over the sidewalk. I know how Lot's wife must have felt.—Chicago Tribune.

It isn't difficult to pose as a financier if you have sufficient money.



Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-six years' use has made "Spohn's" indispensable in treating Coughs and Colds, Influenza and Distemper, with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. 40 cents and \$1.15 per bottle at drug stores. SPOHN MEDICAL COMPANY, Goshen, Ind.

How Tastes Change!

Paynter—Aren't we losing our taste for the finer things?
Greene—I'm afraid so. After a man has eaten margarine for a time regular butter tastes as if there was something the matter with it!—London Answers.

\$100 Reward, \$100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$10.00 for any case. Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists 5c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

The Kind.

"We had shortcake yesterday."
"So had we. It was so short it wouldn't go around."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

One-sixth of the world's supply of quinine is consumed in India.

Take Aspirin With Water

If your Aspirin tablets have the name "Bayer" stamped on them, they are genuine "Bayer Tablets of Aspirin," proved safe by millions of people. The name "Bayer" identifies the true world-famous Aspirin prescribed by physicians for over eighteen years. Always drink one or two glasses of water after taking the tablets. Each unbroken "Bayer package" contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, and for Pain. Always say "Bayer" when buying Aspirin. Then look for the safety "Bayer Cross" on the package and on the tablets. Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger packages. Aspirin is trade mark of Bayer Manufacture Monocetylaceticacid of Salicylicacid