

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, 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, 503 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, 3220 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.

AND THAT WOULD BE ENOUGH!

Surgeon Knew Just Exactly How Much Talkative Convalescing Patient Would Suffer.

She is a talkative young school teacher and he a surgeon, who is not much given to speech. Recently when he operated on her, her chattering preceding the operation almost drove him mad. After the operation, though, he forgot all about that and did all he could to alleviate her suffering. The fourth day he dressed her wounds and made her comfortable in every way he could. Then she began to chatter and asked him question after question, the last one being, "Doctor, how am I really now?" He remembered his experience with her talkative little tongue before the operation. "Oh, you're getting along splendidly," he retorted. "In fact all the suffering you will now have to endure is just to keep quiet."

Not a Bit Curious.

Mrs. Smith was all dressed up, and that piqued Mrs. Rogers' curiosity as she met her on the road. "Going to town, I suppose?" asked Mrs. Rogers. "No," answered Mrs. Smith. "Oh to see your sister at Blagesville." "No," was the stentorian answer. "Going to see Cy's sister at the Corners, perhaps?" "No, I'm not," came the positive answer. "Well, my gracious!" exclaimed Mrs. Rogers impatiently. "Do you think I care a rap where you are going?"

About the hardest crop to raise on a farm, is the children.

The High Price of Sugar

makes one welcome foods which are rich in natural sweetness.

Grape-Nuts

—the ready-cooked cereal

requires no added sweetening, for it contains its own pure grain sugar, developed from wheat and barley by twenty hours' baking.

Sprinkle Grape-Nuts over ripe fruit or berries and you'll save sugar.

WARN OF INJURY BY CHINCH BUGS

Spring Flight of Insect Continued Over Much Longer Period Than Usual.

HARM TO CORN APPREHENDED

Department of Agriculture Urges Steps Be Taken to Check Infestation—Kerosene Emulsion Will Stop March of Pests.

Warning messages from Missouri, Indiana and Illinois state that the chinch bug is appearing locally in the southern portions of these states and somewhat farther north in Indiana. The spring flight of the bug continued over a longer period than usual, and for that reason the infestation has been extended to larger areas. The bureau of entomology, United States department of agriculture, apprehends severe injury to the corn crops later



on unless steps are taken to check the infestation, and is assisting to the extent of its ability toward putting control measures into effect.

Where Bugs Hibernates.
The bureau of entomology offers the following information: The chinch bugs spend the winter in clumps of bunch grass and under dead leaves and rubbish. In the spring they emerge and fly to fields of young wheat, where they lay their eggs on the root tops and stems. When the wheat commences to ripen and dry, the young bugs leave the wheat fields in armies and walk—for most of them cannot fly—to the cornfields, where they do the greatest damage.

The fact that they make the migration from the wheat to the corn by walking gives the farmer his opportunity to check the invasion by pouring road oil along the bottom of a shallow furrow dug across the line of march. Deep holes should be dug every 25 feet along the furrow on the side nearest the wheat to trap the bugs.

Spray Infested Corn.
Corn already infested may be sprayed with kerosene emulsion along



Chinch Bug.

the first rows to prevent the bugs from going farther. Some corn will be injured by the spray, but the balance will be safe from the bug.

As a preventive measure, burn all trash and dried grasses, especially such as grow in clumps like "broom sedge" during early winter or early spring. Roadsides and pastures should receive most thorough treatment of this character.

WORKING FOR BETTER SIRE

Virginia Farmer Enrolls in "Better Sires—Better Stock" Movement—Discards Grades.

Illustrating the results of the "Better Sires—Better Stock" movement, a Virginia farmer owning 40 grade cows and ewes recently enrolled in the campaign. He listed no purebreds of any kind, but agreed to sell his grade bull and to get a purebred ram. Hereafter he will use purebred sires only.

SOW TURNIPS IN SEPTEMBER

Good Crop May Be Secured but Better Plan to Have Them in Ground Six Weeks Earlier.

Turnips do well if sown before the middle of September, though it is better to have them in the ground a month or six weeks earlier. The rutabagas must be planted a month earlier than the turnips.

Information on Wheat Growing.

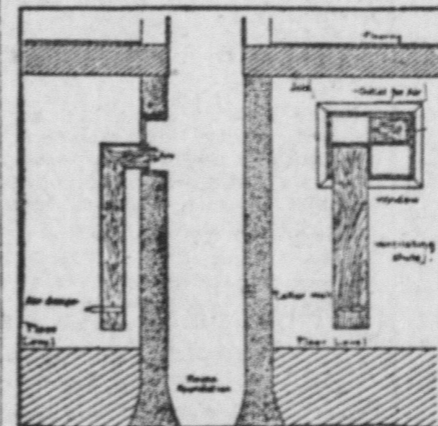
The following Farmers' Bulletins on wheat growing may be obtained free on application to the division of publications of the United States department of agriculture, Washington, D. C.: 596. The Culture of Wheat in the Eastern United States. 616. Winter Wheat Varieties for the Eastern United States. 678. Growing Hard Spring Wheat. 680. Varieties of Hard Spring Wheat. 732. Marquis Wheat. 827. Shalin, or "Egyptian Wheat." 895. Growing Winter Wheat on the Great Plains. 1006. The Wheat Jointworm and Its Control. 1041. Eelworm Disease of Wheat and Its Control. 1068. Take-All and Flag-Smut, Two Wheat Diseases New to the United States.

VEGETABLES REQUIRE PROPER VENTILATION

Plan Outlined for Securing This in Storage Room.

Lacking Essential Can Be Overcome by Providing Air Duct of Wood, Metal or Terra Cotta, Fitted in One of the Windows.

It is necessary to have good ventilation if food and vegetables are to be kept safely in storage. In many cellars under dwellings the lack of ventilation is the only essential that is lacking. However, this can usually be easily overcome by providing an air duct constructed of wood, metal or terra cotta, which, fitted in one of the windows, is desirable, as it permits the cool air to enter at the bottom of the window. Two or more joints of 6-inch stovepipe, one with a damper, and an elbow may be used. A piece of board with a hole the size of the pipe is fitted in the window in place of one of the panes of glass. Another pane of glass may be removed from



Details of construction for the ventilation of a storage room in a basement. The air duct may be made of wood, terra cotta, or metal and installed in place of a pane of glass, thus avoiding cutting through the cellar wall. A hinged door the size of another pane of glass may serve as an outlet for the warm air.

the wall and a small hinged door fitted in its place, which when open allows the heated air to escape. In cold weather both the hinged door and the damper in the stovepipe must be closed. The windows in the storage room should be darkened in order to protect the vegetables from the light.

Barrels, crates, boxes, or bins may be used as containers for the various vegetables, but movable containers are preferable to built-in bins, as it is possible to remove them for cleaning. It is advisable to construct shelves or a flat floor to keep the crates, boxes, baskets, and other containers off the ground. This is highly desirable to insure a free circulation of air and to prevent the containers from harboring mice, rats, and other vermin. The shelves for canned goods along one side of the room need not be more than 6 inches wide.

MARQUIS WHEAT IS POPULAR

Yielding Quality Greater Than That of Any Other Variety, With Exception of Durum.

The popularity of Marquis wheat is still gaining in the spring-wheat states. This variety contributed 67.8 per cent of the spring wheat crop of 1919 in Minnesota, 47.5 per cent in North Dakota, 63.8 per cent in South Dakota, and 71.4 per cent in Montana. It was hardly in evidence in the sowings of 1914. The yielding quality of the wheat is greater than that of any other variety except Durum, a variety that is gaining in popularity, although less than Marquis.

SANITARY QUARTERS NEEDED

In Order to Insure Pigs Greatest Amount of Vitality Every-thing Must Be Clean.

A point that should receive the earnest attention of every progressive hog raiser is the necessity of having all quarters clean, with sanitary hog wallows, fresh, clean drinking water, and well lighted, ventilated and comfortable quarters in order to insure for the pigs the greatest amount of vitality and resistance to disease.

Father and Daughter Get Relief by Eaton

R. J. Powell, Sweetwater, Texas, says, "Eatonic helped me at once, but it was my daughter who got the marvelous benefits. She could not even take a drink of water without awful misery, but it relieved her; she is feeling much better. All this from one box, so send me four more at once." Hundreds of people now take Eatonic; one or two tablets after each meal keeps them in good health, feeling fine, full of pep. Eatonic simply takes up the excess acidity and poisons and carries them right out of the system. Of course, when the cause of the misery is removed, the sufferer cannot help but get well. You will find it a quick, sure relief for heartburn, indigestion, sour, acid, gassy, bloated stomach. It costs but a trifle and your druggist will supply you. If you don't feel well, you give Eatonic a test. Adv.

Fully Foreseen.
"Do you think Gladys was surprised when I proposed to her?" inquired Miss Cayenne. "As a candidate who has received formal notification that he has been nominated."

ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Encephalitis, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monocetate diester of Salicylic acid.—Adv.

Domestic Interest Films Lead.
As a result of inquiries it is stated that motion pictures of domestic interest are more popular, with western "thrillers," and comedies tying for second place.

When you have decided that the worms or Tapeworm must be exterminated, get "Dead Shot"—Dr. Perry's Vermifuge. One dose will clean them all out.—Adv.
Light and Airy.
Adam considered clothes.
"I think a campaign button would be a good beginning," he cried.

Back Lame and Achy?

Do you get up mornings tired and achy? Evening find you "all worn-out"? Likely your kidneys are to blame. Hurry and worry, lack of rest, and eating too much meat, throw a strain on the kidneys. Your back gives out; you are tired and likely suffer headaches and dizzy spells. Take things easier and help the kidneys with Doan's Kidney Pills. Doan's have brought new strength to thousands. Ask your neighbor!

A Virginia Case

B. C. Hall, 115 S. Payne St., Alexandria, Va., says: "My kidneys were so sore I could hardly get up or down and I was weak and lame across my back. I was always in misery and suffered from headaches and nervousness. My kidneys acted so freely at night I couldn't get any rest. I was advised to use Doan's Kidney Pills and was surprised at the quick cure I got."

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

Wonderful Phonograph Repeater

Repeats any part of whole record at will. Commences and stops at will. No jumping up to stop or repeat record. Always starts exactly at starting point. Simplifies placing and removing of records. Small, neat and easily attached. Patent pending. Price \$1.00. Gold Finish \$1.50. Simplicity Phonograph, Controller and Repeater, 256 E. 72nd St., New York City.

When You Need a Good Tonic Take BABEK

THE QUICK AND SURE CURE FOR Malaria, Chills, Fever and Grippe. CONTAINS NO QUININE. All druggists, or by parcel post, prepaid, from Kloczewski & Co., Washington, D.C.

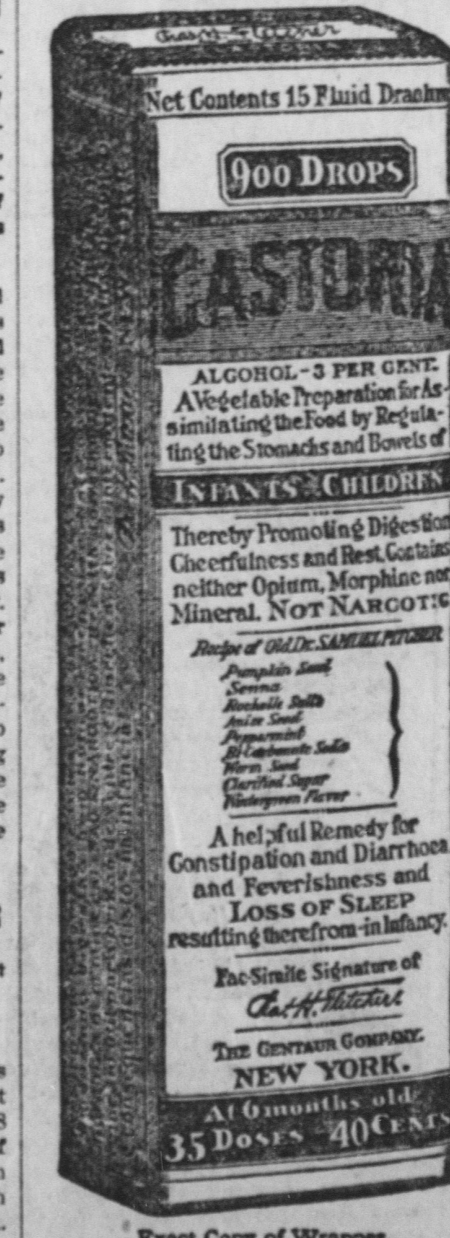


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Stomach-Kidneys-Heart-Liver
Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARLEM OIL CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.



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For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature

of

Wm. A. Ritchie

In Use For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



Beth Israel Hospital

NEW YORK

Nurses' Training School

Founded 1890. (Nonsectarian) offers young women a complete course in nursing and in addition pays them \$25 monthly, plus keep. Most modern facilities. Best nursing conveniences. Three shift system. Group method of treatment. Every department in medicine covered, including Radium, Electro-Cardiograph, etc.

Applicants must have had one year high school instruction or its equivalent. Under the new law a short course can be taken by those wishing to become

TRAINED ATTENDANTS
Only a complete Grammar School Education or its equivalent required. For further particulars address: SUPERINTENDENT Beth Israel Hospital, New York