

# HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be  
Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First



Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have to have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have never had occasion to take it again as I have been so well. I have a six room flat and do all my work. My two sisters are taking the Compound upon my recommendation and you may publish my letter. It is the gospel truth and I will write to any one who wants a personal letter."—Mrs. E. H. HAYDOCK, 6824 St. Lawrence Ave., Chicago, Ill.

A Vermont woman adds her testimony to the long line of those fortunate women who have been restored to health by Lydia E. Pinkham's Vegetable Compound, after it had been decided an operation was necessary:

Burlington, Vt.—"I suffered with female trouble, and had a number of doctors who said that I would never be any better until I had an operation. I was so bad I could hardly walk across the floor and could not do a thing. My sister-in-law induced me to try Lydia E. Pinkham's Vegetable Compound and it certainly has helped me wonderfully. I keep house and do my work and have a small child. I have recommended Vegetable Compound to a number of my friends and you may publish my testimonial."—Mrs. E. R. SHARON, Apple Tree Point Farm, Burlington, Vt.

In hospitals are many women who are there for surgical operations, and there is nothing a woman dreads more than the thought of an operation, and the long weary months of recovery and restoration to strength if it is successful. It is very true that female troubles may through neglect reach a stage where an operation is the only resource, but most of the common ailments of women are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. In fact, many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

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.

## NOT HARD TO MAKE CHOICE ROUGH, BUT EFFECTIVE CURE

Probably Lester Could Have Determined Without the Appeal to His Physical Feelings.

Two men passed away. One had been born, and in due course admitted to the bar, soon ran for office, was elected a continuous Hon. until at last he went to his reward, such as it was. And the local paper gave him an obituary as long as your arm. The other man followed in the footsteps of his brawny sire, and became a maker of harrows. He was industrious and honest, and for years the Hillgoss harrows which he whacked out by hand were known nearly all over the county as reliable utensils. By-and-by he, too, passed on. The paper announced his demise in a few lines and spelled his name wrong. Now, tell me, Lester, which of those men would you rather have been? Do not say the former, or I'll slap your jaws for you and not let you go to the picture show, either.—Kansas City Star.

### The Bellhop.

The negro bellhop had found the colonel free and openhanded for services rendered, but this day things were slow. When the colonel entered the lobby he was met by a broad chocolate-colored smile and a greeting, "Good even, kunnel. Is dey anythin' I kin do for you in de bellhoppin' line dis even?" The colonel handed him a coin and this—"Yes, you can shut up." "I understands perfectly, kunnel. Dis beah quarter done close my mouf wid er spring."—Judge.

English Mercy for Criminals. In England a sentence of life imprisonment is always reviewed at the end of 15 years, and if the prisoner's conduct has been uniformly good, he is usually released. This is particularly the case where a prisoner has been sentenced for murder, for murderers are said to be usually well-behaved prisoners.

Why Alice Gollightly No Longer Bore People With Long Recital of Her Physical Ailments.

Pollie Dear and Mollie Love met out shopping one morning and immediately forgot all about shopping, time, hungry husbands at home, etc., in a "few minutes" chat. Just then Alice Gollightly passed by. Each smiled sweetly at the other, and murmured: "Good morning." As soon as Alice had passed on, Pollie turned to Mollie and said: "I notice Alice doesn't go round boring other people with her ailments as she used to." "No," smiled Mollie; "she met a man who cured her completely." "Oooh!" purred Pollie. "Who was he? Was he a doctor?" "Oh, no!" answered Mollie. "She was telling this man some of her symptoms, when he remarked, 'It's strange how many of these things afflict people as they begin to grow old.' Since then she has held her tongue about them."

The One Busy Man. "How's business with you?" "Great," replied the young man. "I'm rushed to death. I haven't had so much to do since long before the war." "For Heaven's sake," replied the other, expecting every man he met to wall about the dull times, "what line of business are you in?" "I'm a bill collector," was the answer. "I'm dunning people for money today that never were dunned before."

Old Penalties Inadequate. "Why don't you Crimison Gultch men hang an automobile thief the same as you used to do with a horse thief?" "We've discussed it," said Cactus Joe; "but we came to the conclusion that hangin' is too good for him." Unless a man is willing to do something he will amount to nothing.

## You Always Get full food value for your money when you eat Grape-Nuts

Each golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain. Serve Grape-Nuts direct from the air-tight packet for breakfast or lunch. Crisp-Delicious-No Waste "There's a Reason" for Grape-Nuts

## YOUNG CHICKENS NEED BEST FEED

Nebraska Poultryman Gives His Reasons for Start of Runts in Poultry Flocks.

### LARGELY MATTER OF RATION

Weight of Chick Varies According to Breed, Those Given Balanced Ration Almost Double Those Fed in Ordinary Way.

(Prepared by the United States Department of Agriculture.)

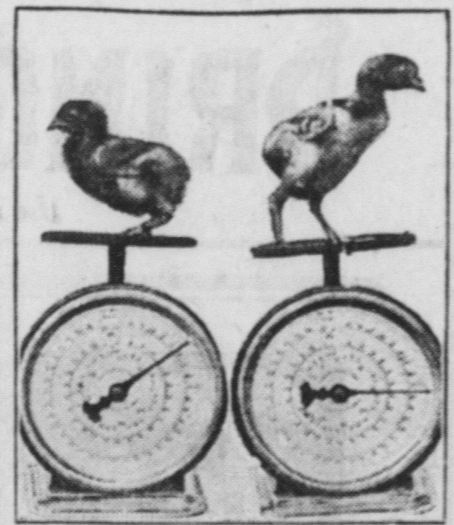
"A pen of ten chicks fed by a farmer in the ordinary way reached an average weight of 9.4 ounces at seven weeks old. Other chicks receiving a balanced ration reached a weight of 16.8 ounces at the same age. It is my firm belief," says a Nebraska poultryman in a letter to the United States Department of Agriculture, which recently conducted an inquiry into the cause of runty live stock, "that this is the way many runts in poultry start. Here was a case of normal chicks to start with and they developed into runts by the time they were seven weeks old.

Club Investigating. "Our poultry club in making some investigations," he adds, "visited a number of farms and weighed chicks of various ages at each place. The chicks received ordinary farm feeding and you will see from the figures shown in the table below that they were all under normal, according to the standard weight given by the Vineland (N. J.) station. "We find among the flocks under the supervision of our county agent that the weights come up nearer normal, so there is no question in our mind that the runt problem is largely a matter of feed so far as chickens are concerned."

Weights of Chicks Fed in Ordinary Manner Versus Those Given Balanced Rations.

Age.	Weight of chicks receiving balanced ration in ounces.	Weight of chicks receiving ordinary farm feeding in ounces.
4 days	1.25	1.25
1 week	1.6	1.6
2 weeks	2.4	2.4
3 weeks	3.9	3.9
4 weeks	5.9	5.9
5 weeks	8.9	8.9
6 weeks	12.9	12.9
7 weeks	16.8	9.4

That the standard weights developed at the Vineland station are not beyond the attainment of good poultry raisers is shown by other observations. Ten chicks that had access to dry mash at all times and were carefully handled reached an average weight of 17.6 ounces at seven weeks old. This is 1.4 ounces heavier than the normal or Vineland station weight. The poultryman who reports these



Chicks of Same Age and Breed—One on Right With Properly Balanced Ration Weighed Almost Twice as Much as One on Left, Which Was Given Ordinary Feed.

observations points out that weights vary, of course, according to the variety of chicks. The figures given refer to such varieties as the Plymouth Rocks, Orpingtons, Wyandottes and Rhode Island Reds.

The following table, furnished by the same poultryman, contains ages and weights of various lots of farm chicks and also the weights given as standard. The variations in the weight of the farm-grown chicks are very noticeable:

Age.	Average weight of farm chicks observed in ounces.	Standard weight of chicks in ounces.
1 week	1.5	1.6
2 1/2 weeks	2.3	2.8
3 weeks	3.0	3.9
4 weeks	4.4	5.9
5 weeks	6.4	8.9
6 weeks	8.4	12.9
7 weeks	10.0	16.8
8 weeks	12.5	20.4
9 weeks	15.4	24.4

Are your chicks up to standard weight? Chicks should double their weight every two weeks until they weigh one pound. Weigh 10 of your chicks and see if they are getting enough feed. Feed dry mash, scratch feed grit, and green feed. Use self feeder and save labor.

Feeding Young Chicks. Remember that young chicks do not require food for the first 48 to 60 hours after hatching. When they do start eating, it is a good plan to start using sour milk or buttermilk instead of water.

## ONION GROWERS HAVE ADOPTED NEW GRADES

Standardization of Bermuda Industry Is Completed.

Commercial Crop of Coachella Valley, Cal., Is to Be Marketed on Basis Recommended by Department of Agriculture.

(Prepared by the United States Department of Agriculture.)

The 1921 commercial crop of Bermuda onions in the Coachella valley, Cal., is to be marketed on the basis of United States-Bermuda onion grades, according to an announcement of the bureau of markets, United States Department of Agriculture. This completes



Working in Big Onion Field.

the standardization of practically the entire Bermuda onion industry in the United States. United States grades for Bermuda onions were recommended by the Department of Agriculture in the spring of 1918. The same year the state of Texas legislated the compulsory grading of Bermuda onions according to the grades promulgated by the department and adopted by the Texas state department of agriculture.

When the onion shippers in the Coachella valley requested inspection service from the California state department of agriculture in 1921, the department indicated that it would be impracticable to render such service unless suitable grades were agreed upon as a basis for inspection. Accordingly, the shippers made a comprehensive study of onion grades and decided finally to use the grades recommended by the Department of Agriculture. Perhaps the most important consideration leading to this decision was the fact that since the adoption of the department's grades in Texas there has been a considerable decrease in the number of rejected Texas onion shipments.

## BETTER QUALITY OF POULTRY

Platte County (Neb.) Farmer Lists Chickens, Geese and Ducks, All Purebred.

A noticeable feature of the "Better Sires" campaign conducted by the various states and the United States Department of Agriculture is the excellent quality of poultry kept on general farms. Typical of this condition is a statement recently received from a farm in Platte county, Nebraska. The principal live stock kept were Short-horn cattle and Poland China swine. In addition the owner listed the following poultry, all of which was standard bred: Seventy-five Barred Plymouth Rocks, 75 Black Langshans, 100 Brown Leghorns, 100 Rhode Island Reds, three White China geese and three Pekin ducks. It was noteworthy that, whereas the poultry was all of pure breeding, the swine herd included a number of grade females. The sires kept for all classes of stock were of pure breeding—a requirement for enrollment in the "Better Sires—Better Stock" campaign.

## NEW DEVICE CLEANS GRAINS

Recently Invented Contrivance Removes Smut, Dust, Etc., at the Time of Threshing.

A new device known as an aspirator has been designed by specialists of the bureau of markets, United States Department of Agriculture, for cleaning wheat and other small grains by removing smut, dust, and dockage at the time of threshing. This device is attached to the grain delivery spout, and tests indicate that it removes approximately one-third of what ordinarily is classed as dockage. The use of this device will enable farmers to keep for feed a part of the seeds and other foreign material ordinarily hauled to the elevator and lost to the producer; it also improves the quality of grain by removing from it a large part of the smut dust and objectionable foreign material. A recleaner, for attachment to the deck of threshing machines, also designed, gives promise of being efficient, it is said.

## IDEAL LOCATION FOR GARDEN

Should Have Fertile Soil, Rather Light and Easily Worked—Convenient to House.

The ideal garden site has fertile soil, rather light and easily worked. It is well-drained and has some wind protection on the north. It is near the house for convenience in working and harvesting.

## Be Sure to Keep Blood Pure In Summer

Nature intended all creatures to withstand the normal changes of the seasons. You never saw a wild animal collapse from heat, did you? People wouldn't get "knocked out" either, if they had the vitality animals get from their blood. Rich, wholesome blood gives bodily vigor, and if hot weather lays you low, start now to fortify your vitality with a good tonic that will drive the impurities out and leave your blood stream nourishing and robust. S.S.S., the well known herb alternative, is fine for this; get it from your druggist today. Then write us about your condition, addressing Chief Medical Advisor, 843 Swift Laboratory, Atlanta, Ga. We will send you free medical advice suited to your individual case.



## Good Bye!—Malaria!

TAKE DR. J. J. RUDOLPH'S ANTIPLASMA MALARIAL CURE

## GUARANTEED 7-DAY CURE OR MONEY BACK

Recommended for Adults and Children Because It Does Not Contain Alcohol, Arsenic, Narcotics, Quinine, Mercury or Habit-Forming Drugs In Capsules Absolutely Tasteless

Although Antiplasma is a 7-day guaranteed cure, the majority of malaria sufferers taking this treatment, which is in capsule form—hence tasteless—report relief and seemingly normal condition at the end of the third and fourth day!

If your druggist doesn't sell it, mail \$2.00 to the Vino Medical Co., 200 West Houston St., New York, N.Y., and one bottle containing complete seven-day cure will be immediately sent you postpaid. Antiplasma is Malaria Insurance at a cost of \$2 per year

## HER LOVE DREAM SHATTERED

Naughty George's Late Hours Responsible for the Ache in Heart of Young Wife.

The mother of the young husband went to the bridal nest, and found her daughter-in-law in tears. "My child," she gasped, "what is the matter? Has anything happened to George?" "No," sobbed the young wife; "but my heart is breaking. He's taken to stopping out late at night!" "What, already!" said his mother, in consternation. "It doesn't seem possible. How late does he stop out, dear—very late?" "Well," said the bride, "you know he usually leaves his office at half-past five. The night before last he didn't get home till half-past six, and last night," she sobbed bitterly, "last night it was a quarter to seven! What shall I do?"

## Quite In Order.

W. B. Trites, who has been living in southern Spain for the last year or two, said the other day: "Life is very abundant and prolific over there, especially insect life. There was a typographical error in one of my stories recently but this error would have escaped notice in Andalusia, though it excited a lot of disgust here at home. "The error was in the quotation of a hymn, my heroine being made to sing: "Just as I am without one den." "A hymn worded like that would be quite in order in Spain."

Some people expect opportunity to break in the house, go back to the kitchen and cook supper.

## HAMP'S TIME SURE TO COME

Gap Johnson Has It Mapped Out, and It Will Be a Sore Day for the Bluffer.

"Hamp Slaughter has an interesting sort of fad," related Gap Johnson of Rumpus Ridge. "About once in so often he gets a few drams of bone-dry licker and a high fever, and shows up in the middle of the big road out yur. He flings his hat down in the dust and stomps on it, and yells that he's a man eater, and such as that, and can whip a certain black-hearted son-of-a-bitch-and-tuther living not more than a mile from yur. When I go out to inquire which special black-hearted thus-and-so he means he says Zach Platt, three-quarters of a mile up the road. So there ain't much to do but to excuse him. Then he goes fric-seeing off to Zach's place and repents the performance. When Zach wants to know who he is referring to he says it's me. After that he rambles around morating that he's got us both bluffed. "One of these days he's going to ketch me and Zach together, and find out his—yaw-w-w-w-n!—mistake."—Kansas City Star.

## Opulence.

Parke—Well, I've just had a considerable increase in my income. Lane—Wonderful! Must be a great help. "It is. It has extended my credit so much that my wife can run into debt twice as much as she could."—Life.

## His Boast.

Lady—"And you say you are an educated man?" Wearied Will—"Yes mum, I'm a roads scholar."

## You Will Like INSTANT POSTUM And It Will Like You

People who say, "I like coffee, but it doesn't like me," will find Instant Postum much more considerate of their health.

This pure cereal drink combines wholesome quality with rich coffee-like flavor.

Instant Postum is made instantly in the cup.

"There's a Reason" for Postum At all grocers

Made by Postum Cereal Company, Inc. Battle Creek, Michigan.

