

# FROM GENERATION TO GENERATION

## Mothers Advise Their Daughters to Rely upon Lydia E. Pinkham's Vegetable Compound to Keep Them in Health

### A Mother's Advice Prevents Operation

Corona, N. Y.—"I had a terrible pain in my left side and had to go to bed every so often. Doctors had told me I must be operated on, but I do not believe in the knife and would rather suffer than go through it. My mother also did not believe in it and she made me take Lydia E. Pinkham's Vegetable Compound because it had helped her. It has also helped me for I am better and able to do all my work. I recommend your medicine and give you permission to use my letter as a testimonial."—Mrs. J. BOSCH, JR., 11 S. Railroad Avenue, Corona, N. Y.

### A Sickly Child

Mahoningtown, Pa.—"I would like to say a few words about Lydia E. Pinkham's Vegetable Compound. About a year ago I thought it would be necessary for me to take my daughter out of school. She was losing weight, was nervous, and when she would come home from school she would drop into a chair and cry, and say, 'Mamma, I don't believe I can go to school another day!' I

gave her Lydia E. Pinkham's Vegetable Compound and now she is a healthy, happy, hearty, strong girl and weighs 120 pounds. She has no difficulty in doing her 'gym' work, and she works at home every night and morning, too. I am a mother who can certainly praise your medicine, and if it will be of any benefit you may use this letter as a reference."—Mrs. GEORGE E. WHITAKER, 621 W. Madison Ave., Mahoningtown, Pa.

Every girl wants to be healthy and strong, and every mother wants her daughter to do well in school and to enjoy herself at all times.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for young girls just entering womanhood. Mothers may depend upon it. Remember it is prepared from roots and herbs, contains nothing that can injure, and tends to tone up and strengthen the organs concerned, so that they will work in a healthy and normal manner.

For nearly fifty years it has been used by women of all ages; and these women know its great value. Let it help your daughter and yourself.

# THIN AND WEAK SHE SOON GREW STRONGER

### Mother Of Six Children Needed Something To Build Up Her Strength So She Started To Take Hypo-Cod

Mrs. Anna McCusker of 2060 Bellmore St., Philadelphia, writes, "I am the mother of six small children, and my duties in the home have been unusually hard and I found myself not long ago in a very much run down condition. I was very nervous and could not sleep at night. The slightest movement of any of the children woke me. I was growing thin and weak. I had periodical headaches that nearly drove me wild. My appetite was very poor. I had tried so many things that I almost despaired of getting anything to help me until I tried

Hypo-Cod. I am now on my third bottle and I can truthfully say that it has done me a power of good. It has built up my appetite, my health and my strength and I find my nerves steady and strong. I can eat better and my food does not give me any trouble any more, and I seem to be in better all around health than I have been for a long, long time. My complexion is good and I am gaining in weight, and I believe Hypo-Cod is the greatest medicine I ever saw." Hypo-Cod is easy and pleasant to take and has a delightful wine-like flavor. Get a bottle today from your druggist or a full sized bottle will be sent you prepaid upon receipt of \$1.00 by The Earle Chemical Co., of Wheeling, W. Va.—Advertisement.

Two persons may be able to live as cheaply as one after they are married—but not while engaged.

The man who said that two can live with milliners and dressmakers.

# 126,000 Miles of Cloth for Cement Sacks

To keep cement moving from the mills to the many building jobs always under way, cement manufacturers require an astonishing quantity of sacks.

This year the industry has considerably more than 225,000,000 sacks. These represent enough cotton cloth to make a skirt for every woman and girl in the United States—126,000 miles of 30-inch fabric. Even a moderate sized mill which ships say 1,000,000 barrels a year must have 2,000,000 or so sacks.

When a customer returns a sack he gets credit for it, if it is usable or repairable. The convenient returnable sack means that each plant has to have large departments where men and women sew, sort, clean and count sacks continuously. This work alone costs the industry nearly \$1,250,000 a year.

And cement manufacturers keep increasing their sack inventories so that they can ship promptly. Last year they purchased a total of more than 100,000,000 new cotton sacks. For replacements alone over 50,000,000 were needed; for increased supplies over 30,000,000. In addition over 18,000,000 paper bags were used representing 7,000,000 pounds of paper.

This problem of containers causes a large and steadily growing investment by the portland cement industry.

## PORTLAND CEMENT ASSOCIATION 111 West Washington Street CHICAGO

A National Organization  
to Improve and Extend the Uses of Concrete

- |            |              |                |                |                   |
|------------|--------------|----------------|----------------|-------------------|
| Atlanta    | Denver       | Kansas City    | New York       | San Francisco     |
| Birmingham | Des Moines   | Los Angeles    | Parkersburg    | Seattle           |
| Boston     | Detroit      | Memphis        | Philadelphia   | St. Louis         |
| Chicago    | Helena       | Minneapolis    | Pittsburgh     | Vancouver, B. C.  |
| Dallas     | Indianapolis | Portland, Ore. | Salt Lake City | Washington, D. C. |

## Plow in Fall to Reduce Leaf-Spot

### Tomato Blight Can Be Controlled Covering Infected Vines With Soil.

(Prepared by the United States Department of Agriculture.)  
Recent investigations by the bureau of plant industry, United States Department of Agriculture, indicate that tomato leaf-spot, or blight, which causes an average annual loss of approximately 250,000 tons of tomatoes in the Middle Atlantic and Middle Western states, can be largely controlled by thoroughly plowing under all dead tomato vines in the fall to prevent the overwintering of the fungus.

The tomato leaf-spot fungus, as shown by experiments, grows in fruits, and overwinters on various kinds of dead plant material, such as weeds, grasses, corn stalks, wheat stubble, and remains of other crops. It overwinters in greatest abundance on old tomato vines, however, as it starts on the live plants when there is little competition with other fungi and obtains a monopoly on this material. During the autumn and spring it thoroughly permeates the surface tissues of the old tomato vines lying partly or wholly on the surface of the soil, and in the summer produces innumerable fruiting bodies and spores. This food supply usually carries it well into the fall, by which time it spreads to other dead plant remains and hence lives over another winter. By means of this saprophytic existence on dead plant debris, it is able to live from year to year until it finds a favorable opportunity to attack another tomato crop.

### Causes Death of Fungus.

Covering the infected tomato vines with soil at the end of the picking season causes the death of the fungus before spring. The vines have to be thoroughly covered, however, to obtain this result, as those left partly or wholly exposed harbor the fungus. If the leaf-spot fungus could be completely prevented from living over one winter there would be obviously no more leaf-spot. The more nearly this condition is approached, the less likelihood of an epidemic, for this fungus does not produce spores until summer and a small amount of it could hardly multiply enough under natural conditions to do much damage in the short period favorable for its distribution.

Plowing the vines thoroughly under in the fall in the preparation of the land for the succeeding crop will prevent an enormous amount of overwintering. This accompanied by clean culture and crop rotation, should practically control this disease if generally practiced. The use of a rolling colter to cut the vines or of a curved rod to turn the ends into the bottom of the furrow as they are covered with soil may aid in the covering. Disking and plowing will not suffice unless all the parts are covered so deep that they will not become exposed.

The eastern practice of disking tomato fields at the end of the harvest and sowing grain or grass is apparently responsible for much overwintering of this fungus, as this enables it to live and multiply on the tomato vines until the grain stubble or dead grass leaves are available as food.

### Use of Early Plants.

Owing to temperature limitations leaf-spot or blight does not usually appear in tomato fields in the Middle Atlantic and Middle Western states until June 15 to July 1. The use of very early plants is therefore a means of partially escaping it. This will not apply, however, to the main or late crop. Moreover, it will not aid much if leaf-spot develops in the seed-bed and is carried to the field on the plants, as this produces early epidemic conditions. The necessity of a clean seed bed is therefore apparent. Horse nettle, purple thorn apple, jimson weed, ground cherry, and black nightshade should be kept out of fields, roadsides, fence rows and other parts of the farm, as they are also hosts of this fungus.

### Food Is Essential in Production of Feathers

Food is just as essential in producing feathers as it is in producing eggs—don't stop feeding your hens when they molt and quit laying. L. E. Payne, Kansas station, says to continue to feed them a laying mash, as they need the nutrients that were formerly required to produce eggs for developing new feathers. After the completion of the molt discontinue the feeding of the dry mash and keep the hens on a dry ration until about January 1, when the mash should be resumed. Corn, wheat, barley, and kafir, either singly or in combination, would make a good fall feed.

### Encourage Purchase of Bulls Co-Operatively

More than 600 additional live stock breeders' associations were formed with the assistance of agriculture extension workers in 1922, and 300 communities were encouraged to purchase bulls co-operatively, according to reports to the United States Department of Agriculture. Co-operatively owned improved breeding stock, co-operative buying and selling of feeds and stocks, and community adoption of sanitary measures in care of live stock are features of these organizations.

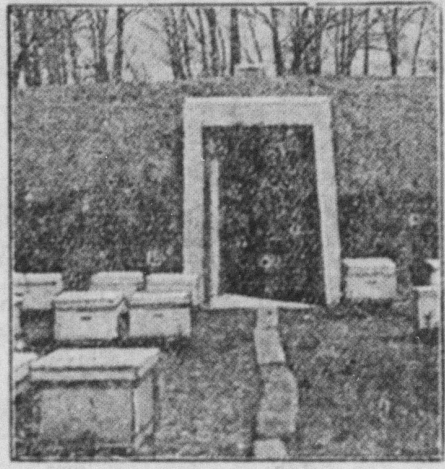
## Concrete Bee Cellar Will Pay for Itself

### Illustration Shows Structure Built by Pennsylvanian.

The life of a bee is measured by its activities. In summer it is proverbially busy and its work soon wears it out. In the winter it must live slowly to live long.

The proper temperature for bees during the winter is from 53 to 55 degrees. If the temperature gets higher, the bees become more active from the heat; if the temperature becomes less, the bees must become active in order to generate heat, and hence consume more honey and die sooner.

Charles N. Green, retained as chief apilary adviser for the Pennsylvania state board of agriculture, finds that bees wintered under proper conditions consume from three to five



Concrete Bee Cellar.

pounds of honey per winter as compared with 25 pounds or more for those wintered in summer stands.

The attached photo shows a concrete bee cellar built by W. G. Lawer, Middletown, Pa. It is built of concrete and paid for itself in one year.

In building a bee cellar, ventilation may be entirely omitted, but in case the cellar might ever be used for vegetable storage, ventilation should be provided, but stopped up when the bees are being wintered in it.

### Selling Thin Chickens Never Proves Profitable

Since chickens that are to be marketed can be fattened for a fraction of a cent a pound, it does not pay to sell birds in the thin condition they are ordinarily in when they come off the range. Fattening or fleshing as it is sometimes called, not only increases the weight but improves the flavor, makes the meat more tender. Tender beefsteaks always come from the cuts that are streaked with fat between the layers of lean and the same principle holds good with chicken meat. L. H. Schwartz of the poultry department at Purdue university says that theoretically the fat is distributed between the muscle fibers in a way similar to the marbling in roasts and steaks. In the roasting method of cooking poultry, the fat assists in shortening the time of cooking. He contrasts it with the lean bird which requires longer cooking and from which the water evaporates, leaving the bird in a dry and tough condition.

There is usually a good market for birds pen-fed in the fall for the holiday markets. Birds can stand the confinement in the fall. Pick out the ones that weigh around three or four pounds. They fatten readily.

### Boys' Club Work Is on Purely Business Basis

A third-year member of the boys' pig clubs in Arkansas some months ago sold ten of his pigs to younger club boys in his county. This young stockman, Paul Giles of Phillips county, Arkansas started in the live stock business through the winning of a money prize offered to the club boy in the county who grew the most corn on an acre of upland. When he received his money he determined to invest it in something that would give good returns. He decided to buy two pure bred pigs and learn how to feed and care for them as a part of his club work. As he acquired skill in his new work he added to his herd. He sold in 1922, according to reports to the United States Department of Agriculture, over \$200 worth of pigs, had 40 hogs in his own herd, and has the pleasure of seeing other club boys in his county start in pure bred hog raising by means of his stock.

### Consider Conditions in Selection of Best Breed

In selecting the variety of fowl that you prefer to raise, it is well to consider the conditions it will be subjected to. With the average backlotter, close confinement is necessary and his selection, therefore, if best results are to be secured, should be influenced by the effect such confinement will have upon the various varieties from which he desires to choose his flock.

### Select Seed Corn From Strong Stalks in Field

Seed corn should be selected in the field from strong, vigorous stalks which show no sign of disease. The ears should be carefully dried under a shed and then stored in a dry, well ventilated room until next spring. At planting time, each ear should be carefully examined again for any sign of disease.

**INSIST ON**

# ASPIRIN

SAY "BAYER" when you buy—Genuine

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago  
Pain Toothache Neuralgia Rheumatism

*Genuine*—Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monacotechnical Institute of Elberfeld

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B—or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

## SMITH BROTHERS

### S.B. COUGH DROPS MENTHOL

Famous since 1847 (orange colored box)

### Fish Has a Nasal Pocket.

Fishes possess a smelling faculty. An examination of the nostrils of a fish reveals the fact that they are not connected with the air tube system, as in most animals, but lead into blind pockets lined with delicate membranes well supplied with nerves. In fishes water is not drawn through the nostrils, but merely into the small pockets, and these may be emptied and refilled, says the Detroit News. The quantity of water brought into contact with the nerves of smell must be comparatively small. In some few fishes, as in the globe fishes and puffers, for example, there is no nasal pocket, the nerves being directed into external processes.

### The Concubines.

Bishop Evans Tyree said in a Nashville address: "How innocent are children's minds! A school teacher asked her class one day what Solomon was noted for. She expected to be told that he was noted for his wisdom, but a little chap held up his hand and said: "Kindness to animals." "Kindness to animals?" said the teacher, puzzled. "How do you make that out, my dear?" "The Bible says," explained the little boy, "that Solomon kept a thousand porcupines.""

It is far more pleasant to preach than to practice. That's why the minority practice.

### Only a Truce.

Dr. W. R. Bishop, in his "My Moorland Patients," tells the story of two Yorkshire brothers, John and William, who quarreled one day, and though they lived within a stone's throw of each other vowed never to speak to each other again. They kept their unpleasant vow for forty years, till one day John fell ill and on his deathbed sent for his brother, William, full of remorse, went to him and they spent the dying man's last hours talking of old times. When William rose sadly to go John sat up in bed and called after him, "Mind, William, if I get better, all this is for now!"

### For Value Received.

A Boston woman relates that during her trip to England she visited a certain place and employed a guide to show her around. After he had explained the principal attractions of the neighborhood, she remarked as she handed him his fee: "I trust that what you have told me is absolutely true. I never feel I should pay for untruths." "Well, ma'am," responded the old fellow, scanning the coin, "truth or untruth, ye've had a good shillin's worth."—Boston Transcript.

A woman not only knows what she wants, but also how to go about getting it.

Marriage is sometimes a failure and always an assignment.

# "It Keeps Me Awake Nights"—

is the familiar confession of the tea and coffee drinker. The reason is that both tea and coffee contain caffeine—a drug which is the foe of night-time sleep and day-time energy.

Postum, the pure cereal beverage, is delicious and satisfying—and free from all the elements which so many users of coffee and tea find disturbing to nerves and digestion.

Postum contains no stimulant to keep you awake nights.

Sold by grocers everywhere!

# Postum for Health

"There's a Reason"

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.

Made by Postum Cereal Co., Inc. Battle Creek, Mich.

