

### SICK WOMEN ATTENTION!

Read this Remarkable Testimony Regarding Results from Taking Lydia E. Pinkham's Vegetable Compound

Norfolk, Virginia. "If you only knew how many women and girls have taken your medicine by hearing my testimony, it would seem wonderful to you. Every day and every chance I have I advise some one to try it. It was in June, 1904, when I had given up to never get well, that I wrote to you. My husband went to the drug-store and brought the Vegetable Compound home to me. In a few days I began to improve and I have often taken it since. I am now passing through the Change of Life and still stick by it and am enjoying wonderful health. When I first started with your medicine I was a mere shadow. My health seemed to be gone. The last doctor I had said he would give me no more local treatments unless I went to the Hospital and was operated on. That was when I gave the doctors up. Now I am a healthy robust woman. I wish I could tell the world what a wonderful medicine Lydia E. Pinkham's Vegetable Compound is. I will be only too glad to answer letters from anywhere. I wish all sick women would take it." - Mrs. J. A. Jones, 317 Colley Avenue, Norfolk, Virginia.

**Why Called "Boxers"**  
The Chinese name for the Boxers was I-ho-Chuan, which means League of United Patriots, but since the last part of the name can be accented so as to mean "ists," and since athletic exercises were much practiced by the members, the name "Boxers" was given to them by foreigners.

**Cuticura Comforts Baby's Skin**  
When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

**Time to Rewind**  
Patient—I'm terribly run down. What will the windup be, doctor?  
Doctor—Ten dollars.

**Smarting, scalding, sticky eyes relieved by morning Eye Balm** is used when retiring. 372 Pearl St., N. Y. Adv.

**Restful Color**  
Eye strain is blamed for a lot of crime. We are inclined to wonder if green colored hose would help any.—Milwaukee Journal.

**Genuine BAYER ASPIRIN**  
Say "Bayer" - Insist!  
For Colds Headache  
Pain Lumbago  
Neuralgia Rheumatism  
Safe Accept only a Bayer package  
which contains proven directions  
Handy "Bayer" boxes of 12 tablets  
Also bottles of 24 and 100—Druggists  
Aspirin is the trade mark of Bayer Manufacturing of Monocetateester of Salicylicacid



**Which Class Are You In?**

DOCTORS know that eight out of ten people are suffering from Anemia—blood starvation. And the first result of Anemia is lack of energy—lessening vitality.  
The test above will show you if you are one of the eight. Press the thumbnail firmly... unless the blood comes rushing back rich and red, it indicates Anemia.  
Gude's Pepto-Mangan has been restoring and rebuilding the health of run-down bodies for thirty-two years. Easily assimilated by the blood, it supplies the cells with the iron and manganese they lack.  
Thousands of physicians prescribe it. In liquid or tablet form at your druggist.

**Gude's Pepto-Mangan Tonic and Blood Enricher**

### HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

#### DON'T FORGET YOUR VITAMINES

WE HAVE heard so much about vitamins that everybody knows, in a general way, that they are substances in food which are necessary for growth and health and that our food should be so varied and regulated that we will each of us get a sufficient amount of each one to keep us strong and well.

When McCollum began his feeding experiments on animals only three vitamins were known. It is now generally agreed among food authorities that there are at least five. They are called vitamins A, B, C, D, and X.

Vitamin A is found in milk and eggs, in fresh meat, especially in gland tissues, in animal fats and oils and in leafy vegetables. It is generally found dissolved in either animal or vegetable fat. It plays an important part in the growth of the young. Complete absence of it in food causes a peculiar disease of the eye called xerophthalmia, in which the conjunctiva or covering of the eyeball becomes hard and dry and white like the skin.

Vitamin B is found in the coat or bran of grains and seeds, in vegetables, fruits and animal foods. Its absence causes beri-beri in human beings, as among Chinese and Japanese fed entirely on polished rice. Without it, young animals cease to grow and finally die. In fowls, it causes a peculiar disease called polyneuritis.

Vitamin C is found in fruits, fresh vegetables especially raw potatoes and in fresh milk. Absence of this substance causes scurvy, formerly so common on sailing vessels on long voyages when the sailors were fed for months on salt meat and dry biscuits. Over a hundred years ago, it was found that lime juice, if taken regularly, would prevent or cure it, so the British shipping laws compelled all sailing vessels to carry lime juice and serve it to the sailors. As a result, these ships, in sailor slang, were called "lime juicers." Orange juice, tomatoes, raw cabbages or potatoes, or fresh fruit of any kind are equally effective.

Vitamin D is very much like vitamin A, being found in cod liver oil, yolk of eggs, alfalfa and spinach.

Little is known about vitamin X. It is the "dark horse" as yet in this field. While definite knowledge of these literally life giving substances in food is a matter of the last ten years, the diseases caused by the absence or insufficient amount of them have been known for centuries. The old Greeks had scurvy, although they didn't know what caused it.

#### OVERWORKING THE OLD HEART

IF YOU had a pump that had been working steadily and faithfully for fifty years, without ever missing a stroke or failing to do its work, you'd be pretty well satisfied to let it alone, wouldn't you?  
You wouldn't expect it, after all those years of service, to do the work of a new machine and to pump four or five times its usual amount. You'd know if you did something would be apt to break.

The human heart, whatever poets may say about it, is just a pump. Steadily, regularly, from sixty to seventy times a minute, sixty minutes every hour, twenty-four hours every day, all the days of your life from birth until death, it goes on pumping, pumping.

Dilating and contracting with every beat, it forces the blood all over the body. As long as it works perfectly, you never know it's there.  
But no machine is as strong, after fifty years' work as it was at ten or twenty. So no heart at fifty can stand what the heart can at twenty-five.

Julius Fleischmann, millionaire yeast king of Cincinnati, was a great lover of sports, especially outdoor games. He played polo and tennis and handball. All excellent games but strenuous. Mr. Fleischmann was fifty-two but in perfect health.

The other day he played an especially fast game of polo. When the game was over, he rode to the side lines and dismounted. Then, before any one could get to him, he dropped dead.

What happened? The doctors said "dilated heart." What made the heart dilate? Fifty-two years.

Polo and tennis and handball and football and basket ball are all splendid games—for young men. But they are too fast and call for too much heart strain to be safe amusements for men past their youth.  
Golf and walking are safer and wiser. If you are past forty-five, no matter how strong and well you are, don't overstrain your heart. Keep it going at its usual gait. But don't run for street cars, don't lift heavy burdens, don't expect your faithful old pump to do the work of one twenty years younger.

### Save Resistant Chestnut Trees

Blight Is Steadily Spreading Over Country, Killing Many.

(Prepared by the United States Department of Agriculture.)  
The chestnut blight is steadily spreading over the country, exterminating the American chestnut as it moves. The financial loss has been very heavy for owners who failed to cut their dead chestnut before it deteriorated, and the United States Department of Agriculture and state forestry departments have been active in advocating timely utilization.

However, a few chestnut trees have appeared to show a marked degree of resistance to the blight, and it is desirable that the more resistant trees be located and preserved. Some of these may prove to be the starting point for a new growth of chestnut. A tree should have resisted the blight under natural conditions for at least ten years before it can be regarded as worthy of consideration as a resistant tree. Many trees will throw off blight cankers and apparently be doing well for a few years and then quickly succumb to the disease. The office of forest pathology, in the bureau of plant industry of the United States Department of Agriculture at Washington, is interested in receiving reports of exceptionally resistant American chestnuts, that is, trees which survive after nearly all of the chestnuts in the vicinity have been killed. Unusually resistant trees are recorded and examined at some later date. Nuts and grafted trees from the most promising are planted in an experimental orchard at Bell, Md. for further testing.

**Interested in Trees.**  
This office is also interested in reports of Japanese and European chestnuts which have survived the attacks of the blight. The removal of infected limbs and the cutting out of trunk cankers on these foreign chestnuts, will materially assist them in throwing off the disease. The office of forest pathology is, however, primarily interested in trees which are naturally resistant.

#### Different Varieties of Common Vetch Compared

Common vetch and its varieties is the subject of a new publication just issued by the United States Department of Agriculture as Department Bulletin 1289. The bulletin discusses and compares the different varieties as to seed and straw yield, rate and time of seeding, method and depth of seeding, viability of seed, winter hardiness and numbers of other factors.  
Common vetch is a native agricultural crop of the Mediterranean region but was introduced into the United States as early as the Eighteenth century. It is rather exacting as to temperature and soil conditions and the portions of the United States to which it is particularly adapted are limited. As a commercial crop it is confined to the region in Washington, Oregon, and California having mild winter temperatures. Only the most hardy varieties will survive the average winter of the South Atlantic and Gulf Coast states. Not enough experimental work has been done to determine the limitations of the several varieties in the last-named region, but it seems probable that when properly handled the most winter-hardy strains can be grown in limited areas at least.

A copy of the bulletin may be secured upon request, as long as the supply lasts, from the United States Department of Agriculture, Washington, D. C.

#### Ventilation Important in Keeping Apple Crop

Fruit must be considered for storage long before the harvest, according to Prof. D. B. Carrick, New York State College of Agriculture at Ithaca, in calling attention to the condition of some fruit now being taken from storage. Insects and diseases must be eliminated by correct spraying and care.

The fruit should be mature when picked, but not overripe. Of the two it is better to have the fruit slightly underripe, as it ripens slightly after picking. Fruit must be carefully handled, for, when the skin is broken, the decay organisms may enter. The fruit should not be allowed to stand in the sun after picking, but should be cooled as soon as possible.

It is important to select keeping varieties, such as Baldwins, Ben Davis, and Russets.  
Any rooms with good ventilation and a low temperature will do for storing fruit. Ventilation is important in getting a low temperature as soon as possible. A temperature of 30 degrees with 80 per cent relative humidity, is the best for storage.

#### Have Tools Ready

The degree of success in home gardening and also the amount of pleasure derived from working in the garden is largely determined by the kind of tools used. The variety of labor-saving hand tools is large and they are inexpensive. Look over the equipment of tools on hand and repair them if necessary. In selecting new tools particular soil conditions should be kept in mind, as all tools will not work under all conditions. If your garden is one-fifth of an acre or larger in size you should have a hand wheel hoe.

### Aid Greenhouse Men in War on Insects

Much Progress Has Been Made During Last Year.

(Prepared by the United States Department of Agriculture.)  
Of especial interest to greenhouse men are the studies of greenhouse insects and problems of greenhouse fumigation conducted by the bureau of entomology of the United States Department of Agriculture. Distinct progress has been made in this field during the past year. Among some of the insects on which work has been done may be mentioned the larger bulb fly, the cyclamen mite, the Cattleya fly, and the tip moth of pine seedlings.

Life history studies of the larger bulb fly have been started, and experiments conducted in the disinfection of bulbs from the insect. The larvae appear to be very resistant to vacuum fumigation with carbon disulphide at the rate of 4 and 10 pounds per 1,000 cubic feet of space. Control experiments intended to test the efficacy of nicotine sulphur, oil emulsions, soap sprays, pyrethrum, hydrocyanic acid gas, carbon disulphide, etc., against the cyclamen mite have been begun. Fumigation against the Cattleya fly with hydrocyanic acid gas has not thus far proved of value in any of its stages, and other control methods are being studied.

Investigation in the general field of fumigation have included the testing of various dosages and exposures on a variety of plants, such as orchids and various bulbs. The killing power of calcium cyanide for certain greenhouse aphids compares favorably with equivalent dosages of sodium cyanide. Under greenhouse conditions it was found that overnight fumigation at the rate of 1/4 ounce of calcium cyanide to 1,000 cubic feet of space gave 100 per cent kill for three species of aphids. A higher proportion, combined with high humidity, caused severe burning of many varieties of plants.

#### Pennsylvania Improves Cattle Feeding Methods

Cattle feeding methods in the Lancaster district have been changed completely in the past ten years because of the results obtained in steer feeding at the Pennsylvania State college, states Dr. John M. Thomas, president of the college, in a report on "The Service of the Pennsylvania State College to the Commonwealth."  
"The old method has been changed to the modern method as developed at the experiment station," says President Thomas. "According to the best available information, only 10 per cent of the cattle feeders in the Lancaster district had silos on their farms in 1914. Approximately 80 per cent of all the cattle feeders in that district are now using silos in their steer feeding work. This change in the method of feeding has resulted in more economical production and has meant many thousands of dollars to the cattle feeders of Pennsylvania."  
"The experimental work in maintaining a beef-feeding herd has been a stimulus for the establishment of more such herds in Pennsylvania, the number of which is constantly increasing."

#### Value of Silage Varies With the Price of Corn

Silage made from corn that will yield 50 bushels per acre is worth from \$6 to \$6.50 per ton, depending when the corn was put into the silo. Corn that is put into the silo when it is denting and all the leaves are green will weigh more than it will when it is more nearly ripe and some of the husks and leaves have begun to dry.

The value of a ton of silage always varies with the price of corn per bushel and also upon the quality of the corn. When corn is put into the silo before it is in the glazing stage, it is not worth as much as it would have been if it were more mature.

#### Farm Hints

Good cows are kept; poor cows maintained.  
Those who wish to start the year wrong will buy cheap seed.  
Wet days in spring are well spent in cleaning and oiling the harness.  
Even the poorest garden spot contains "buried treasure" for the real gardener.  
Perhaps the farm home garden is often a failure because it is not taken seriously enough.  
Though sunlight costs nothing, it is about the most valuable thing you can give your chicks.

If you fail to beautify your premises with flowers and shrubbery, you cheat yourself and your visitors.

In starting a new crop year it is well to remember that the incentive to agriculture is not chiefly profit but the satisfying of the human interest in creative production.  
All crops except timothy give better yields when they are grown in rotation than when grown in continuous culture, experiments at the New York State College of Agriculture show.

### Children Cry for

**Fletcher's CASTORIA**  
MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.  
To avoid imitations, always look for the signature of *Charles H. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

**He Killed a Peck of ROACHES**  
—with Bee Brand—then no more to kill!  
A Baltimore man testifies: "The first night I used Bee Brand Insect Powder, I killed a full peck of roaches. The second night about half that. The third night only a few—now I can't find one dead or alive."  
That should convince you that the most insecticide is Bee Brand Insect Powder. Dust the powder in cracks and crevices, along water pipes, wherever Roaches may be found. It kills them. For Flies and Mosquitoes, close doors and windows and blow Bee Brand Insect Powder from a piece of paper about the room. It floats in the air where Flies and Mosquitoes breathe it and die. Some prefer to burn it. This is also effective. Bee Brand Insect Powder kills Flies, Fleas, Mosquitoes, Ants, Roaches, Water Bugs, Bed Bugs, Moths, Lice on Fowl and Plants, and many other House and Garden Insects.  
It's harmless to mankind, domestic animals and plants—non-poisonous—non-explosive. Will not spoil your paint.  
In 75¢ shifting-top cans at your grocer's or druggist's. 10¢ and 25¢. Other sizes, 50¢ and \$1.00.  
No expensive gum necessary. If your dealer can't supply you send 25¢ for large household size. Give dealer's name and get our free booklet, "It Kills Them," a guide for killing house and garden insect pests. Write today.  
**Bee Brand Necessary as Soap and Water**  
Every home needs the protection of Bee Brand Insect Powder. It should be used regularly to prevent insects. Keep a can always on hand—and blow or scatter it wherever insects may be hidden.  
McCormick & Co., Baltimore, Md.

**It's the Planting That Makes the Home**  
Apple Trees, 1-6 ft., all the leading varieties... 150.00 per 100  
Cherry Trees, 1-6 ft., all the leading varieties... 75.00 per 100  
Pear Trees, 1-6 ft., all the leading varieties... 75.00 per 100  
Peach Trees, 1-6 ft., all the leading varieties... 30.00 per 100  
Grape Vines, 2-7 ft., No. 1, all the leading varieties... 15.00 per 100  
Complete assortment of Berries, Ornamental Vines and Shrubs... 15.00 per 100  
GROWERS FOR FORTY YEARS—ORDER WITH CONFIDENCE  
Illustrated Catalog Free  
FINGER LAKES NURSERY, 448 Washington St., GENEVA, N. Y.

**Man 81 Owes Health to Beecham's Pills**  
"Eighty years ago my husband was troubled with bad spells of dizziness and dyspepsia. Someone told me about Beecham's Pills and he has been a well man since taking them."  
"He is eighty-one year, old and goes to his office every day from 7 till 5."  
Mrs. W. Singleton, Leeds, Mass.  
For FREE SAMPLE—write  
B. F. Allen Co., 417 Canal Street, New York  
Buy from your druggist in 25 and 50¢ boxes  
For constipation, biliousness, sick headaches and other digestive ailments take  
**Beecham's Pills**

**One Soap is all you need**  
for TOILET BATH SHAMPOO  
Keep your complexion free of blemishes, your skin clear, soft, smooth and white, your hair silky and gleaming, your entire body refreshed, by using  
**Glenn's Sulphur Soap**  
Contains 33 1/2% Pure Sulphur. At druggists.  
Rohland's Styptic Cotton, 25¢

**Dr. J.D. Kellogg's ASTHMA REMEDY**  
No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers.  
25 cents and \$1.00 at druggists.  
If unable to obtain, write direct to:  
NORTHROP & LYMAN CO., Inc., Buffalo, New York.  
Send for free sample.

**Agents Wanted**  
To sell ACID IRON MINERAL and the A-I-M remedies. Exclusive territory. Write  
A-I-M Percolating Corp., Salem, Va.

**IF THINKING OF FLORIDA**  
Why not LYNN HAVEN on ST. ANDREWS BAY? Write Chamber of Commerce.  
Dr. Isaac Thompson's EYE WATER HELPFUL EYE WASH  
180 River, Troy, N. Y. Booklet.

**Parker's HAIR BALSAM**  
Removes Dandruff Stops Hair Falling Restores Color and Promotes Hair Growth  
Beauty to Gray and Faded Hair  
Hindercorns  
Hindercorns Removes Corns, Calluses, etc. Stops all pain, restores comfort to the feet, makes walking easy. Use by mail or at druggist. Hindock Chemical Works, Patchogue, N. Y.

**Wanted—Man in Your State, now employed, and making good, who will make a change to increase his income. Personality and industry are often underpaid. If you are so situated, investigate. Replies confidential. Give partic. W. W. Travis, Birmingham, Ill.**