

WOMAN SO ILL WASHED DISHES SITTING DOWN

Mrs. Ashcroft's Remarkable Recovery After Taking Lydia E. Pinkham's Vegetable Compound

Covington, Ky.—"I was so weak and nervous I could hardly do my housework as I could not stand because of the bearing-down pains in my back and abdomen. I sat down most of the time and did what I could do in that way—as washing dishes, etc. One day a book describing Lydia E. Pinkham's medicines was put in my mail-box. I saw how the Vegetable Compound had helped others so I gave it a trial. I had to take about a dozen bottles before I gained my strength but I certainly praise this medicine. Then I took Lydia E. Pinkham's Blood Purifier for poor blood. I was cold all the time. I would be so cold I could hardly sit still and in the palms of my hands there would be drops of sweat. I also used the Sanative Wash and I recommend it also. You may publish this letter and I will gladly answer letters from women and advise my neighbors about these medicines." Mrs. HARRY ASHCROFT, 632 Beech Avenue, Covington, Kentucky.



HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

CARE OF THE NAILS

THE nails are a part of the skin. They were developed in some animals and in primitive man, to protect the ends of the fingers and toes, to dig in the ground, as aids in climbing and as natural weapons of defense. Under natural conditions, they are kept short and sharp by use. A cat will scratch at a tree or a log to "sharpen its claws." In animals living under artificial conditions, where they do not use their nails, the claws may grow so long as to be a hindrance. Among the Chinese, long nails are a sign of breeding and gentility, indicating that the owner has never had to do any manual labor. They are carefully protected by nail shields of gold or silver. The longer they are, the greater the aristocracy of their owner. Finger nails are better cared for now than formerly, as shown by the manicure shops in almost every village. The long, pointed, highly polished nails of the society matron or the show girl are as unnatural as the six-inch nails of the Chinese mandarin. The nails grow about an eighth of an inch every month or about an inch and a half a year. They should be kept carefully and neatly trimmed. Broken, ragged nails are not only unsightly but also the starting point for painful infections of the fingers, usually called felonies. Any one, no matter what his work, can keep his finger nails clean and smooth. A file is best, though some of the nail clips are very satisfactory. Cutting the nails with a knife is apt to leave them irregular and rough, with sharp points that catch on the clothing. The nail should be filed or cut round, not in the long, pointed, claw-like shape formerly considered stylish. They should not be cut too short, so as to expose the quick, or cut at the side below the point where the nail and the skin join. File or trim the nails before washing the hands. Then soak them in hot, soapy water and dry the hands thoroughly with a soft clean towel, pressing back the skin at the base of the nail with the towel. Don't scrape the skin loose at the base of nail with a wooden or steel instrument. That's an opening which nature has sealed up. Trying to open it will not only bruise the tender base of the nail but may also start a painful infection. White spots on the nails don't mean anything, except that the nail has been bruised. Ridges often appear in the nails following injury or illness. Don't try to scrape them off. Let them alone and they will grow out. In good health, the nails are clear, smooth and pink, with a half-moon at the base. Trim them properly, keep them clean and your hands will always look well.

Size of Egg Not an Index to Sex

Poultry Breeder Must Rely on Nature, Says Government Authority.

(Prepared by the United States Department of Agriculture.)

If you are one of the many who believe that the long, slim, heavy hen eggs are the ones which hatch out the male chicks, and that the smaller eggs are the ones which give birth to the future layers of the flock, you need to revise your opinion on the matter. You may as well leave your tape measure, scales, calipers and other units at home when you go forth to purchase a "setting of eggs" from your poultry breeder, and rely solely on Mother Nature to give you a 50-50 deal in the matter of sex.

Many inquiries. In answer to the continuous stream of inquiries pouring into the department office relative to determining the sex of the chick in the shell by the size, shape or weight of the egg—it just isn't being done. That is, not in a practical way, at least. The scientist is able to identify the sex of a chick in the shell after seven or eight days of incubation, however.

Because of the important bearing on the practical aspects of the poultry industry which the ability to select hatching eggs according to the sex desired would have, if such were possible, a number of investigators have made studies concerning the sex-ratio situation in the domestic fowl. Recently Dr. M. A. Jull, poultry husbandman of the United States Department of Agriculture, completed some observations in which he concludes that there is no correlation between the length, shape or weight of the egg and the sex of the chick hatched from it. He has also made studies to determine whether or not there is a correlation between the weight of the egg yolk and the sex of the chick, or between the yolk water-content and sex ratio, with the same negative result.

Safe to Count on Females. It has been determined, however, says Doctor Jull, that the greater the number of eggs which a hen lays before being put into the breeding pen, the larger will be the proportion of females and the smaller the proportion of males produced by her eggs. The practical poultryman may be able to take advantage of this fact to some extent by making his selection of eggs for hatching with reference to the hen's period of production.

Pure-Bred Meat Animals Bring Better Returns

In every important point of comparison, pure-bred meat animals show superiority over grades and especially over scrubs, according to reports from farmers received by the bureau of animal industry, United States Department of Agriculture.

In the experience of stock owners who are in a position to make comparisons, pure-bred animals produce better meat, develop more rapidly, are more uniform in quality and appearance, sell better on dull markets, cost but little more to raise, and bring better prices. The following typical comments illustrate the success which many breeders have had in disposing of pure-bred stock as meat animals: "I always find that pure bred are ready for market in far less time than scrubs and grades."

"Our bull veals at two weeks old are as large as scrub calves at six weeks."

"I find I can get around 2 cents a pound more, live weight, for pure bred, as they are more uniform."

"With hogs, pure-bred litters are more uniform in size, develop more evenly, and put on fat more quickly."

White Diarrhea Is Not Due to Disease Germs

Much of the so-called white diarrhea among little chickens is not due to the germs of the disease, but to overheating, chilling, or overfeeding, according to G. L. Stevenson, professor of poultry husbandry at South Dakota State college. There is a tendency, he says, to call all bowel troubles white diarrhea, when, in fact, many of them are due to poor management and are preventable. The prime factor in brooding chicks successfully is to keep them comfortably warm. They should be kept in light, well-ventilated quarters that are sanitary and free from vermin. At first, a temperature around 95 to 100 degrees should be maintained in the brooder; but, as the chicks feather out and as the weather moderates, this may be gradually reduced though not entirely discontinued, as the chicks would then be apt to pile up on cool nights, and heavy losses result.

Wood Ashes Will Supply Potash and Phosphorus

Wood ashes furnish various percentages of potash and phosphorus, depending upon their source, and for that reason they make valuable fertilizing material where these elements are needed. Some plants will grow better on a slightly acid soil. One of these is potatoes, but practically all other garden plants prefer an alkaline soil and also require considerable amounts of potash and phosphorus. If ashes are applied in too large amounts they may be formed which is caustic and will injure the plants. Coal ashes have practically no fertilizing value but they are valuable for their power to lighten heavy soils and may be profitably applied for this purpose.

Helps Fruit Grower Pick Prize-Winners

Specialist Gives Some Valuable Suggestions.

Selection of fruit for exhibition purposes is a real sport for farmers in these days of many shows, fairs, etc. A. F. Mason, fruit specialist of the New Jersey Agricultural college, gives here some valuable suggestions to help the fruit grower pick out prize-winning specimens.

Exhibition fruit is best selected in the late summer while still on the tree. At this time the picking crew has not handled it, nor has it lost its bloom by being jumbled about on a sorting table, where bruises are bound to be acquired. Also, if the fruit is still on the trees when selected, the color can often be improved by the removal of a few leaves and consequent exposure to the sunlight.

Fruit is judged for perfection in several particulars. All judges follow the same schedule, although their opinions may differ widely on the comparative importance of the different points. In the order of their importance they are as follows:

Condition—Specimens should be absolutely free from insects, diseases and mechanical injury, and should be in proper state of development for the season.

Color—Specimens should have at least the normal color, and a little more if possible, but all specimens should have exactly the same degree of color. Poorly colored and highly colored specimens should never be mixed.

Form—Should be typical of the variety and absolutely uniform among specimens. Place the fruit stem end up and observe uniformity of top and sides, then turn them over and compare blossom ends and sides.

Size—Should be typical of the variety and most desirable for the market. For instance, a small Delicious is neither typical nor desired, while a very large York Imperial is equally lacking in type and desirability for trade. Average to slightly above average, rather than the very large specimens, are usually best for exhibit purposes.

Crank Case Oil Used as Cure for Mange in Hogs

Mange in hogs, a parasitic skin disease, is quite common and is on the increase, a recent survey indicates. Replies to questionnaires sent out to farmers all over Iowa last year estimate that mange is present on 90 per cent of the farms and is becoming more intense, states Dr. C. D. Rice, veterinary, Iowa State college.

Loss from this affliction is due to lowered gains from feeding and also to the lower valuation placed on many hogs by the packer, because the roughened skins detract greatly from the appearance of the meat. In severe cases, carcasses have to be skinned before they can be sold at all. A conservative estimate places the annual loss through reduced selling value of many hogs at \$1,978,000 for the states of Iowa, Nebraska, Minnesota and the Dakotas.

Yet mange can be easily and completely controlled by the use of waste crank case oil because it is both cheap and effective. Mix 1 per cent of creosol or other standard disinfectant with the waste oil and either dip or spray the hogs, but do it thoroughly. Repeat the treatment if necessary. Keep treated hogs out of the sun for a day to prevent sun scald.

Start New Strawberry Patch After Third Crop

Renovation of the strawberry patch should receive attention as soon as harvest is over. This consists in cutting out all of the plants except narrow rows 4 to 5 inches wide and about 36 inches apart. If this is carefully done and the soil between the rows given good cultivation, sufficient plants are left to set new runner plants for the production of the second crop next spring. In general, only two or three crops should be expected from a patch and when the second or third crop has come on a new patch should be planted for the production of the next year's crop, the old patch plowed up and the land put to some other use immediately after harvest.

Farm Hints

- Sell the males and produce infertile eggs.
- Arsenate of lead and lime—dust or spray—gets cabbage worms.
- Dynamite is a better explosive than swearing when the plow hits a stump.
- Pocket gopher damage in Kansas alfalfa fields amounts to \$2,000,000 annually.
- A persistently broody hen ought to mean a culled hen—unless you like to feed star boarders.
- Sell the beef type of birds of the heavy breeds and retain the alert busy hens with the refined heads. Discard the crow-headed hens, and hens with thick heavy skulls.
- A half ton of weeds require twenty tons of water for their growth. When water is scarce, as it has been this season, the wise farmer will allow as little tonnage to grow in his cultivated crops as good tillage will permit.

Community Building

Too Little Attention Paid to City Building

The wanton abuse of beauty by Americans in the upbuilding of their cities has created a condition which will take billions of dollars to improve and which cannot be entirely corrected short of razing many cities to the ground, said H. R. Ennis of Kansas City in an address before the general sessions of the National Association of Real Estate Boards in convention at Detroit.

Mr. Ennis last year traveled 50,000 miles about the country as president of the organization and has had an exceptional opportunity to observe conditions in hundreds of cities and towns. "Go to almost any American city and you will find that beauty has been wantonly disregarded and the rights of property owners, children and citizens generally disregarded. The mind of America has been too much turned to money making and the material side of life; it has ignored the demands of the aesthetic."

"Little by little the demands of beauty are making themselves felt and in obedience to them one can, in many cities, see luxurious stores, stately office buildings and residence districts with distinction and charm. But the effect of these improvements is marred by glaring billboards, overhead signs, dirty vacant lots, filthy alleys and dilapidated old shacks."

"No man has a moral right to let idle property be used as a dump for garbage or a hothouse for weeds; no man has a moral right to mar the appearance of a residential district by erecting a house which is entirely out of harmony with all others there; no man has a moral right to make an eyesore of the business district by allowing a prehistoric old firetrap to stand between a dignified bank and a stately office building."

"To those who have viewed America first and then Europe comes the certain knowledge of the necessity of better and wiser city growth, city planning and steady city housekeeping in America. When all our citizens are convinced of these needs we shall have our great art galleries, cathedrals and mellow loveliness which make the American envious of Europe."

Statesman Sees Value of Home Ownership

Encouragement of the extension of private home ownership is a central feature of the housing policy of the present British government, according to an announcement of that policy made recently by Stanley Baldwin, prime minister.

"We want the people to own their homes," the premier said, "and we shall devise every fair means we can to extend the class of occupying owners. We want to see more and not less of private property. We want it more spread."

"It is impossible to exaggerate the value to the citizen, therefore to the state, of a good home. There is nothing so intimate, nothing which so completely reveals the personality. The philosophers themselves, I am advised, justify private property because it is something in the external world which is a material representation of human personality."

Beautiful Grounds

Beautifully the home grounds is a problem not unworthy the finest art of the most expert landscape designer. Small places everywhere are becoming more and more charming as the landscape designers meet the demands for better arranged and more pleasing grounds.

The small place, more than the large one, must depend for its individual effectiveness and setting upon the general beauty of its neighborhood, and for that reason, communities should enlist the co-operation of its citizens in planning to beautify all the grounds rather than an individual his own grounds as in the case of large estates.

Grounds Are Important

The interior of the home is subjected to the customary housecleaning and its appearance is a matter depending solely on the taste and neatness of the occupants. The exterior of the house and the maintenance of a well-kept lawn, free from rubbish and unsightly articles of various kinds, and beautified by shrubs and flowers, become a matter of interest to the entire neighborhood, and thus a small but important factor in the general appearance of the entire city. With each square registering 100 per cent in maintaining the appearance of the yards, the city would thus achieve a national reputation as another "Spotless Town."

Power of Love

A farmer's boy was walking down a lane one evening when he came upon a friend sitting on a log by the road side. "What are you sitting there for?" he asked. "Is anything the matter?" "No," replied the other. "I'm just waiting for Dolly Smith to come along. I'm going to take her to evening class. "But the evening class isn't until tomorrow night." "I know, but when a fellow's in love he doesn't mind waiting."

Persian Phone Lines

Telephone linemen may erect lines along any road, on any roof or in the yard of any house, according to government decree in Persia.

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