

## CHILDREN'S NURSE RESUMES HER DUTIES

Praises Lydia E. Pinkham's Vegetable Compound

"I have taken Lydia E. Pinkham's Vegetable Compound for some time and I would not be without it in the house. As I am a children's nurse, I have to be on my feet a great deal and my medicine has helped me wonderfully. I was hardly able to do my housework when I began taking it, and now I am a strong and well woman, able to do all that and go out nursing besides. I have also used the Sanative Wash and found it beneficial."—Mrs. GEORGE L. STEWART, 103 Davis St., Greenfield, Mass.

**Valuable for Weakness**  
"I have found Lydia E. Pinkham's Vegetable Compound a valuable medicine for weakness."—Mrs. J. A. PURSCH, Box 397, Lancaster, Pa.  
Hundreds of letters like these are received by the Pinkham Medicine Co., Lynn, Mass. Grateful women from Pennsylvania to Washington, from Texas to Illinois and from Rhode Island to Nebraska say that their health has improved since taking Lydia E. Pinkham's Vegetable Compound.

## FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.



correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

## BURNS and SCALDS

Stop the throbbing and smarting at once with a soothing touch of Resinol

## STOMACH TROUBLES

quickly leave. Green's August Flower is a stomachic corrective, has been used for 60 years and has given relief to thousands suffering with indigestion, dyspepsia, constipation, etc. At all druggists. 30c and 90c. If you cannot get it, write G. G. GREEN, INC., Woodbury, N. J.

Your system needs

## Hancock Sulphur Compound

If you suffer from rheumatism, gout, eczema or hives, or if troubled with pimples, blackheads, freckles, blotches or other skin eruptions, your blood and skin need the purifying and healing effects of this tried old remedy.  
Physicians agree that sulphur is one of the best and most effective blood purifiers known to science. Hancock Sulphur Compound is the most efficacious way to use and benefit from Sulphur. As a lotion, it soothes and heals; taken internally, it gets at the root of the trouble.  
50c and \$1.00 at your druggist's. If he cannot supply you, send his name and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY  
Baltimore, Maryland  
Hancock Sulphur Compound Ointment—50c and 10c—for use with the Liquid Compound.

SURE RELIEF FOR RHEUMATISM OR NEURALGIA. Take Dr. Konrad's famous Rheumatic Relief. Non-narcotic. Satisfaction guaranteed. Large package special \$1. New Discovery Co., Box 2121, Bridgeport, Conn.

## ALLEN'S FOOT-EASE

For Tired Feet It Can't Be Beat

At night when your feet are tired, sore and swollen from much walking or dancing, sprinkle two ALLEN'S FOOT-EASE powders in the foot-bath, gently rub the sore and inflamed parts and relief is like magic. Shake Allen's Foot-Ease into your shoes in the morning and walk in comfort. It takes the friction from the shoe. Sold everywhere. For FREE Sample and a Foot-Ease Walking Doll, address, ALLEN'S FOOT-EASE, Le Roy, N. Y.

## FLEAS

**Bee Brand INSECT POWDER**

It kills them.  
Bee Brand Insect Powder won't stain—no harm anything except insects. Household uses, 10c and 25c—other sizes, 50c and \$1.00, at your druggist or grocer. Free Booklet. McCORMICK & CO., Baltimore, Md.

W. N. U., BALTIMORE, NO. 25-1926.

## HOW TO KEEP WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

### MAKING NEW ARMS

IF IT is true, as a philosopher said, that "he is a benefactor to mankind who makes two blades of grass grow where one grew before," what shall we say of a surgeon who makes two arms grow on a crippled boy where none grew before?

One of the strange and inexplicable freaks of nature is the occasional birth of children with no arms. What causes these rare deformities no one knows. Popular belief is that they are due to parental impression; that the mother, a few months before the birth of the child, has had some strange and startling experience. But usually the explanation is found after the child's birth and is changed to match the deformity.

In the case of a Chicago boy, while the explanation was insufficient, there was no question about the deformity. The unfortunate baby was born without any arms and even without any signs of arms. Yet at the age of twelve he was an unusually bright boy and, strange to say, had shown marked ability in drawing. How could he draw? He learned to hold a pencil between his right cheek and shoulder. He learned to hold a scroll saw with his right foot and so saw out wooden toys. Holding a stick between his cheek and shoulder and hitting the keys with the stick, he became an expert typist. Certainly, such a boy deserved help.

His principal grievance was that he had no sleeves in his shirt and coat. He wanted arms like other boys.

At twelve he was carefully examined by a surgeon who found no signs, externally, of even rudimentary arms. But the X-ray showed on each side, buried under the skin, a small piece of bone only about three inches long, all there was of the arm bones. On these as a foundation the surgeon began to make him new arms.

The fragments of bone were freed from the skin, except at the upper end. The muscles were loosened and wrapped around the little bones and the whole covered with skin flaps. After the operation wounds healed the muscles were exercised and the muscles developed until, now six years after the first operation, the boy has two stumps, one five and one-fourth and the other six and three-quarter inches long to which artificial arms have been fitted. He is now attending the Art Institute and learning to be an artist. And what do you think made him happiest when he got his new arms? The fact that, in eating his lunch at school, he could hold a fork and spoon in his artificial hands and eat like other boys and not "lap like a kitty."

### SUMMER CAMPS

THE eight years since the war and especially the last five years have seen a tremendous development of the summer camp idea. How much of this was due to the experience of 4,000,000 men in the training camps during 1917 and 1918 it is impossible to say. But it is certain that thousands of young men, dwellers all their lives in houses, found the outdoor life of the training camps not only more healthful but also far more enjoyable than any they had ever known.

Another probable factor in developing a fondness for outdoor life has been the automobile, which has taken millions outdoors and has given them a taste for the joys and benefits of camping out.

A third factor has been the work of anti-tuberculosis associations, which have urged outdoor camps not only in the summer but all the year round, as the best and surest way of recovering from tuberculosis or consumption, which is essentially a house disease.

But besides all these reasons, summer camps for boys and girls have developed a remarkable popularity, not as a means of curing disease but as a definite way of preventing it. For the growing child who spends eight or nine months in the school room, there is nothing so beneficial or which aids so much in the health, growth and development of the child as two months out of doors in the woods, where, under trained instructors, the child can learn not book knowledge but practical subjects, such as swimming, diving, canoeing, nature study of birds, trees, flowers and animals and can come home in the fall brown, strong and healthy, ready for the next winter's school work.

The present-day school system, whether public or private, has a gap from the time school closes in the spring until the time when it opens in the fall. To many parents this is a period of worry and anxiety. Many fathers and mothers today are too busy to give much attention to their children during the summer. The result is that for two or three months the child is left practically without any supervision. The summer camps fill this gap. The child for two months is kept busy and happy, his health and diet are cared for by experts, it learns many things it could never learn at school and it comes home in the fall stronger, healthier and happier than it was in the spring.

## Steady Increase in Pure Breeds

"Better Sires-Better Stock" Campaign Shows Increase in Members.

(Prepared by the United States Department of Agriculture.)

One hundred and fifty new members a month is the average number of live-stock owners joining the "Better Sires-Better Stock" campaign fostered by the bureau of animal industry, United States Department of Agriculture. The members have adopted the use of pure-bred sires for all kinds of live stock on their farms, including poultry. This increase in membership is believed to be a good index of progress in live stock improvement in this country.

During the three months, January 1 to March 31, as shown by the report just issued by the bureau of animal industry, 450 live-stock owners signed enrollment blanks, thus affiliating themselves with the better-live-stock movement and bringing the total number of persons so enrolled to 16,560. Persons participating in this work receive from the department educational literature on animal breeding and feeding and also a lithographed sign, "Pure-Bred Sires Exclusively Used on This Farm." Many other agencies, also, are at work striving toward the same goal, but in most cases their influence is not so easy to measure.

**Leading Counties.**  
In the report just issued a list of 43 counties shows that each of these areas has more than 100 persons who are using pure-bred sires exclusively for the improvement of their herds and flocks. In each of the three leading counties the number of persons active in this work exceeds 500. The relative standing of these counties follows:

County and County Agent	Pure-Bred Sire Users
Pulaski, Va.—E. C. Grigsby	592
New Haven, Conn.—Raymond K. Clapp	552
Union, Ky.—H. O. Wilson	550

Special activity in live-stock improvement during January, February and March of this year centered in New Haven county, Connecticut, though participants were listed from 13 counties in 8 states.

**Development of Movement.**  
The development of the better-sires movement during the last six years has been marked by a steady increase in the number of participants, by excellent support from the agricultural and city press, and by direct efforts of live-stock organizations and extension workers. County agricultural agents, representing the various states and the United States Department of Agriculture, have conducted most of the work in their respective counties. The Department of Agriculture keeps records of progress and furnishes suitable educational literature and information.

A recent development in the department's service is that of lending county newspapers electrolyte cuts and furnishing illustrations and text matter for special editions devoted to live-stock improvement.

### Plan for Success With Caponizing Operation

To be successful with capons and caponizing, it is absolutely necessary to keep the chicks free from vermin. Chicks infested by mites will not withstand the shock of the operation, while a vigorous chick will scarcely notice it.

While caponizing may be done successfully almost any time of the year, May and June are the better months for it. These, with proper care, should make eight or ten-pound capons by the holiday season. The latter ones must be kept over till the latter part of the winter or early spring.

The correct weights for caponizing depend upon the breed—the Mediterranean breeds at about one pound, the American breeds at from one and three-quarter to two pounds, the Asiatic and English from two and a half to three pounds.

The chicks must be kept without feed or water for 24 or 30 hours before the operation. This makes the operation more successful and is better for the birds.

## FARM NOTES

No farmer is genius enough to grow quality production on scrub land.

Sweet clover is one of the best pastures and is a great crop for improving the soil.

Pushing a soft team of horses to their limit is not the best way to get the most work out of them.

A clean-up day is often advisable on many farms. It gives an opportunity to put things away and makes the farm more attractive.

Even the baby chicks have self-feeders now. And they are practical, too, for farmers say that both bran and mash can be fed in this manner. Thus labor is saved and strong quick-growing chicks are produced.

"Get the gopher," is the slogan this spring. These farm pests are having a more difficult time than they did a few years ago when their chief danger was from the little rifles shot by farm youngsters. Now the farmer himself is "taking a shot" at killing the gophers.

## Advise Shippers to Candle Market Eggs Especially Urgent During Spring and Summer.

(Prepared by the United States Department of Agriculture.)

Candle all eggs before shipment, and especially during the warm spring and summer months when spoilage is most likely to occur," is the advice given to egg shippers by the bureau of chemistry, United States Department of Agriculture, which is charged with the enforcement of the federal food and drugs act. "The loss resulting from spoilage of eggs shipped to distant markets may be greatly reduced by this precaution," say the officials. Candling as near as possible to the source of production will not only save transportation charges but will prevent waste of a valuable food product.

Federal inspectors have been instructed to be on the watch for interstate shipments of adulterated eggs. Under the food and drugs act eggs which have yolks stuck to the shell, moldy eggs, black spots, mixed reds, added eggs, and any other eggs that are filthy, decomposed or putrid are adulterated. When such shipments are found they may be seized and the individuals responsible for shipment prosecuted under the law.

Many eggs that are suitable for immediate consumption will not stand shipment to distant markets. By candling, these eggs may be taken out and sold for local consumption, leaving only those that have a good chance to reach the market in edible condition.

A bulletin on candling eggs tells just how to distinguish between a good egg and one that is likely to spoil in transit. Write to the Bureau of Chemistry, United States Department of Agriculture, Washington, D. C., for a copy.

### Wide Variations in the Cost of Producing Pork

Wide variations in the cost of producing pork are shown in a survey made by the Department of Agriculture of farms in Henry county, Iowa, and Warren county, Illinois, said to be typical of corn-hog farms throughout the corn belt.

The gross cost of producing 100 pounds of marketable pork on 44 farms in one year ranged from \$3.07 to \$13.55, with an average of \$5.49. Production costs on 39 farms in another year ranged from \$4.86 to \$10.02, with an average of \$6.32. The figures are for the years 1921 and 1922 and are presented merely as showing the variation in costs.

The variation, the department says, indicates the influences of care and management in the hog lot. The farms were within a short distance of each other; it was possible to follow very similar methods within the region, and yet some farms shipped hogs to market costing more than twice what they cost other farms.

Detailed results of the survey have been published in Department Bulletin No. 1381, "Cost of Producing Hogs in Iowa and Illinois," copies of which may be had free, as long as the supply lasts, upon request to the Department of Agriculture, Washington, D. C.

### Sudan Grass Found Best Emergency Crop for Hay

At the Iowa experiment station sudan grass has proved to be the best nonleguminous emergency hay and pasture crop. It may be seeded after corn planting, as it is very drought resistant. About 15 to 20 pounds of seed per acre sowed broadcast or drilled is the general practice. The seedbed is prepared as for corn. If a seed crop is wanted, drill in rows wide enough to permit of cultivation and use 5 to 10 pounds of seed.

The crop is not available for pasture until about July 1 and ceases to be productive after the first frost. There is no advantage in seeding before the middle of May or later than July 26.

Two cuttings gave higher yields of hay of better quality but there was great difficulty experienced in drying it. The better way is to cut when the seed is in the soft, dough stage and pasture the aftermath. Cut with a mower and cure in the swath. A binder may be used successfully when only one hay crop is made. Sudan and soy beans grow successfully when mixed.

### Scours in Lambs Caused Usually by Carelessness

Experience has caused many breeders to believe that scours in lambs, like the sore eye trouble, is generally the result of carelessness. Heavy feeding of grain, soon after lambing, may cause scours, but the main trouble is caused by failure to keep the ewe's udder milked clean while the lamb is small, too small to use all the milk. This old stale milk will poison the lamb and affect its digestive organs. It is easier to prevent than to cure. When a ewe brings a lamb, feed grain sparingly until the lamb can use all her milk, and keep the excess milk stripped from her udder, during this time, and you will seldom have scours in your lambs.

In the first ten days of a lamb's life, it either gets a good start in life or a set-back. A lamb well started is about half made. About 60 per cent of the time a sheep is just what its master made it, but that covers a lot of ground and is another story.

## Children Cry for Fletcher's CASTORIA



Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Chas. H. Fletcher* Proven directions on each package. Physicians everywhere recommend it.

Most people don't need a trouble light in order to find trouble.

**Cuticura for Pimply Faces.**  
To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum. Advertisement.

Activity brings happiness.

## Sure Relief

BELLANS FOR INDIGESTION  
6 BELLANS Hot water Sure Relief

BELLANS FOR INDIGESTION  
25c and 75c Pkgs. Sold Everywhere

100 Weekly bottles unbreakable metal. Show you how. Barnes, 24 Cedar, Providence, R. I.

There is reason in all things, but it is different with some people.

For speedy and effective action, Dr. Peery's "Dead Shot" has no equal. A single dose cleans out Worms or Tapeworm. 872 Pearl St., N. Y. Adv.

Promising is not generosity.

### Get Quick Relief From Rheumatism Suffering!

You, too, can be among the many happy people who have obtained blessed relief from the torture of rheumatism suffering by wearing a CARB PLATE in the heel of each shoe. It is truly remarkable how quickly they reach and relieve the pain, stiffness and lameness in every part of the body. Try them today and you will be surprised how quickly they will free you of all the aches and pains caused by rheumatism. Carb Plates come in two sizes. One for men and the other for women and cost only one dollar per pair.

They are sold with the strict understanding that if they do not bring you quick relief your money will be returned without question.

CARB MANUFACTURING CO. 525 West 46th Street New York

### PARKER'S HAIR BALM

Remove Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair. Use on all Hair Dressings. H. J. Parker, N. Y.

HINDERCORNS Remove Corns, Calluses, etc. Keeps all pain, ensures comfort to the feet, makes walking easy. Use by mail or at Druggists. H. J. Parker, N. Y.

"Hello Folks!" BABY CHICKS BE UP—Don't buy chicks until you send for my special. Hatched and White Rocks, Red Wyanettes, Leghorns & Golden Bantams every day. H. J. Parker, N. Y.

## HALE'S HONEY OF HOREHOUND and TAR

There's nothing like this for breaking up colds—amazing relief to sore throats, head and chest—Safe—Money back. 30 cents at all druggists.

MANATEE COUNTY FARMS for truck and poultry raising. 1125 to 1250 per acre. On Main Highway near City. Liberal terms. Send for circular. H. J. Parker, N. Y.



Don't be Distracted

With so many brands clamoring for attention, it is sometimes hard to choose. But Monarch Coffee and Monarch Cocoa have been favorites for more than 70 years—supported by two factors—(1) high quality, (2) low cost.

## MONARCH Quality for 70 Years

Never Sold Through Chain Stores. REID, MURDOCH & CO. Chicago - Boston - Pittsburgh - New York



## Are you being bored to death?

MOSQUITO torture is quickly ended if you keep a can of Flit handy.

Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

### Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills all the insects—and does it quickly.

Get a Flit can and sprayer today. For sale everywhere.

STANDARD OIL CO. (NEW JERSEY)



DESTROYS Flies Mosquitoes Moths Ants Bed Bugs Roaches

"The yellow can with the black band"