

MOTHERS WHO HAVE DAUGHTERS

Find Help in Lydia E. Pinkham's Vegetable Compound

Hudson, Ohio.—"If mothers realized the good your remedies would do delicate girls I believe there would be fewer weak and ailing women. Irregular and painful periods and such troubles would be relieved at once in many cases. Lydia E. Pinkham's Vegetable Compound is fine for ailing girls and run-down women. Their delicate organs need a tonic and the Compound gives new ambition and life from the first dose."—Mrs. GEORGE STRICKLER, Hudson, Ohio, R. No. 5, Box 32.



Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.

Young Girls, Heed This.

Girls who are troubled with painful or irregular periods, headache, dragging-down sensations, fainting spells or indigestion, should take immediate action to ward off the serious consequences and be restored to health by Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by its use.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

A Footlight Meteor.

"What we need," said the theatrical manager, "is a man capable of playing a leading part."

"That's me," replied Mr. Hamand, who was looking for a job.

"What leading parts have you played?" queried the t. m.

"I led the mule in an 'Uncle Tom's Cabin' company for two seasons," answered the unfixed star.—Chicago News.

While a Baltimore society girl was making a speech on woman suffrage her hair caught fire. Hot-headed people, those suffragists.—Washington Times.



METALLIC HEELS AND COUNTERS

Made of Steel
For Miners, Quarrymen, Farmers and All Men Who Do Rough Work

Save money. Outwear shoes. Lighter than leather. Easily attached. Support the ankle. Any cobbler can put them on. Your shoe dealer has shoes already fitted with them. Send for booklet that tells all about them.

UNITED SHOE MACHINERY CO.
BOSTON, MASS.

If you but knew what harsh cathartics do, you'd always use Cascarets. Candy tablets, vegetable and mild. Yet just as effective as salts and calomel. Take one when you need it. Stop the trouble promptly. Never wait till night.

Vest-pocket box, 10 cents—at drug-stores. Each tablet of the genuine is marked C C C.



DAISY FLY KILLER placed anywhere, attracts and kills all flies. Nest, clean, ornamental, convenient, cheap. Lasts all season. Made of metal. Cannot spill or tip over. Will not soil or injure anything. Guaranteed effective. Of all dealers or sent prepaid for 20c.

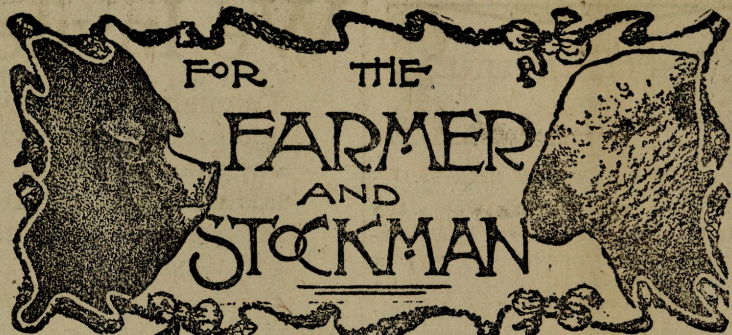
HAROLD SOMERS, 140 Dekalb Ave., Brooklyn, N. Y.

AGENTS—Sell Fire Extinguishers; greatest agents' proposition, making \$10 daily. Sample free. Enclose two-cent stamp, THE DELAINE CO., Harrisburg, Pa.

P. N. U. 24, 1910.

PATENTS—Watson E. Coleman, Washington, D. C. Books free. Highest references. Best results.

DROPSY NEW DISCOVERY; gives quick relief and cures worst cases. Book of testimonials and 40 Days' treatment free. Dr. H. H. GREEN'S SONS, Box 5, Atlanta, Ga.



FOR THE FARMER AND STOCKMAN

Fifty-Dollar Calves. Heifers can be raised cheaper and better than can be bought. A prominent and successful dairyman of Illinois says that he can raise a heifer to the age of two years at a cost of \$20, including the value of the calf at birth, and he has been offered \$50 apiece for some of his heifers at that age. But even allowing \$40 to raise a heifer to the age when she begins to give milk, she will then be the equal of cows that could be bought for \$60 or more. Here is a clear cut rate, and an actual advantage of \$20 per cow in favor of raising the heifers, but the actual added profit in the life of the home raised over buying is more apt to be two or three times this amount.

Plant Your Trees This Way. The trees should be set a little deeper in the soil than they stood in the nursery row, or where previously grown. The soil must be worked in underneath the large roots and tramped firm about them. The top of the tree should lean slightly to the southwest. This enables the tree to resist the hard south winds, and before the end of the first season the tree will be standing in an erect position. It is a good plan to shake the tree several times while tamping the dirt around the roots and to pour water about the tree in order to bring the soil in contact with every bit of root surface. After the water has been poured on, another inch or two of dry soil and good surface should be thrown about the tree to prevent baking.—Weekly Witness.

Koch Theory Supported. Only two and a half per cent. of all tuberculosis in New York City comes from infected milk, butter or meat from bovine sources, according to the statement made by Dr. William H. Park, of that city, before the pathological section of the National Association for the Study and Prevention of Tuberculosis at Washington, D. C. Moreover, Dr. Park said, this small percentage is found mainly in children. In other words, pulmonary tuberculosis among adults is contracted solely from human beings, and is not the result of impure milk or foods. Dr. Park supported the contention of Dr. Robert Koch, of Berlin, the discoverer of the tuberculosis germ, when he stood practically alone in declaring that cattle did not transmit pulmonary tuberculosis to human beings. The significance of these conclusions, it was pointed out, will be to direct all the energy of the campaign against tuberculosis to combating the spread of this disease among human beings by preventing spitting, bad housing, overwork and other conditions injurious to health.

Dr. Park's paper was followed by wide discussion. Dr. Marshall Fabyan, of Boston, presented the story of two cases of human tuberculosis in which the bovine type of bacillus was asserted.

Grass and Live Stock. The Chicago Live Stock World ventures to say that the corn belt will quit pasture and run the land to sixty-cent corn chiefly. But how can farmers grow \$9 and \$10 per hundred hogs without pasture? The hogs are not ready nor fit to finish on corn till they grow on pasture. The inquiries that come to the Indiana Farmer indicate a wide inclination to grow rape, rye, alfalfa, clover, etc., for hog pasture, for the farmer knows that pigs can't be made hogs for a 200-pound finish on corn unless they first have pasture for growth and development. Recently a good farmer and hog grower wrote us that he had been feeding his sixty-cent corn, and his books showed that when fed to hogs the corn had brought him \$1 a bushel. Growing hogs from pigs on corn alone would be like growing men from boys put on Latin and Greek at the start—a failure. Farmers are too wise to attempt to grow hogs without pasture for the pigs and shoats to run on. And so scores have recently been asking us about early rape for the pigs and other rapidly growing pasture plants. Of course, the rapidly maturing forage crops must be relied on where there is not plenty of good blue grass. Rape may be sown now, and in six week be ready for the pigs. It would be a great mistake to have no pig pasture, and indeed plenty of hog pasture till well on to the finishing period, when corn will do the rest.

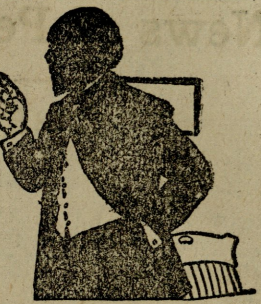
Buttermilk Cheese. An improved method of collecting the curd from buttermilk and making it into products known as "buttermilk cheese" and "buttermilk cream" has just been described by Professor J. L. Sammis in a new bulletin, No. 195, of the agricultural experiment station of the University of Wisconsin. This method has been designed to meet the difficulty which workers have experienced in the past collecting the curd from heated buttermilk, since the curd is usually so fine grained that it cannot be collected on a cheese-cloth strainer.

The new process involves a careful regulation of the temperature. The buttermilk is heated to seventy-eight degree as rapidly as possible, while it is being stirred. The heating is then stopped and the buttermilk allowed to stand perfectly quiet for one and a half or two hours. From this time it curdles slowly, the clear whey separating from the curd. The curd is then heated to 130 degrees and stirred gently and again left quiet for one hour, during which period it is not allowed to cool. The curd settles to the bottom of the vessel and much of the clear whey may be poured or drawn off, and the curd and remaining whey may be put onto cheese-cloth to drain.

After draining for about six hours one to one and a half per cent. of salt is added and the buttermilk cheese is ready for use. It has a mild buttermilk flavor, and is finer in texture than cottage cheese, so that it may be spread on bread like butter. From twelve to fifteen pounds of cheese may be made from 100 pounds of buttermilk and the author points out, it offers a profitable use for buttermilk, much of which is now thrown away or sold at a low price at many creameries in the State.

A Poor Weak Woman

As she is termed, will endure bravely and patiently agonies which a strong man would give way under. The fact is women are more patient than they ought to be under such troubles. Every woman ought to know that she may obtain the most experienced medical advice free of charge and in absolute confidence and privacy by writing to the World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y. Dr. Pierce has been chief consulting physician of the Invalids' Hotel and Surgical Institute, of Buffalo, N. Y., for many years and has had a wider practical experience in the treatment of women's diseases than any other physician in this country. His medicines are world-famous for their astonishing efficacy.

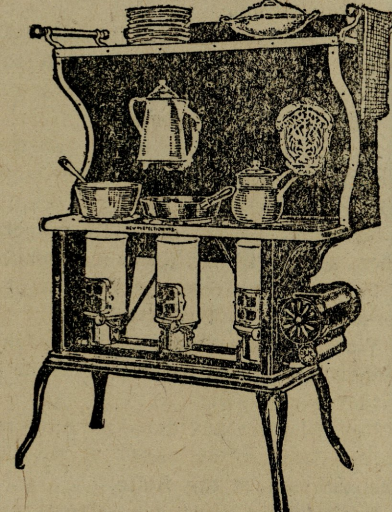


The most perfect remedy ever devised for weak and delicate women is Dr. Pierce's Favorite Prescription. IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

The many and varied symptoms of woman's peculiar ailments are fully set forth in Plain English in the People's Medical Adviser (1008 pages), a newly revised and up-to-date Edition of which, cloth-bound, will be mailed free on receipt of 31 one-cent stamps to pay cost of mailing only. Address as above.

Cool Kitchen—Perfect Cooking

The housewife with years of experience—the woman who knows how to cook—finds, after practical tests and hard trials, the New Perfection Oil Cook-Stove is her idea of what a good cook-stove really ought to be. She finds it requires less attention, costs less to operate, and cooks all food better than any other stove she has ever tried. She finds the New Perfection oven bakes and roasts perfectly. The



New Perfection Oil Cook-stove

has a Cabinet Top with a shelf for keeping plates and food hot. There are drop shelves for coffee pot or saucepans, and nicked towel racks. It has long turquoise-blue enamel chimneys. The nickel finish, with the bright blue of the chimneys, makes the stove ornamental and attractive. Made with 1, 2 and 3 burners; the 2 and 3-burner stoves can be had with or without Cabinet.

CAUTIONARY NOTE: Be sure you get this stove—see that the name-plate reads "NEW PERFECTION." Every dealer everywhere; if not at yours, write for Descriptive Circular to the nearest agency of the

The Atlantic Refining Company (Incorporated)

MAPLEINE

A FLAVOR that is used the same as lemon or vanilla. By dissolving granulated sugar in water and adding Mapleine, a delicious syrup is made and a syrup better than maple. Mapleine is sold by grocers. Send 2c stamp for sample and recipe book. Crescent Mfg. Co., Seattle.

Best Sleeping Hours. The first sleep is said to be the soundest—after the first hour the intensity of sleep slowly diminishes—hence the value of 4 winks after dinner in quickly recuperating-shattered powers. Temperature and vitality are lowest at about 2 a. m., so that two hours' sleep before midnight are worth four thereafter. Nature has no rule as to the amount of sleep it requires, except that men can get along with less than women. Women are the more sensitive creatures of the two, and a woman's heart beats five times oftener per minute than a man's. Our sleep should be just so long that when we wake in the morning a stretch and a yawn only are necessary to land us in a daytime of bounding vigor. As to early rising, it is comforting to learn from an eminent physician that this habit has gone far to wreck the constitution of many a growing youth.—Washington Herald.

Standing Room Only. A New York woman had her father committed to an insane asylum because he babbled of baseball. If this precedent is to be considered as established every State should begin to enlarge its asylums right away.—Denver Republican.

Ask For Allen's Foot-Ease. "I tried Allen's Foot-Ease, the Antiseptic Powder, and have just bought another supply. It has cured my corns, and the hot, burning and itching sensation in my feet which was almost unbearable. I would not be without it now.—W. J. Walker, Camden, N. J." Sold by all Druggists, 25c.

How Blase We Are Now! Passing through the tail of a comet is nothing when you get used to it.—Chicago Tribune.

For Red, Itching Eyelids, Cysts, Styes, Falling Eyelashes and All Eyes That Need Care, Try Murine Eye Salve. Aseptic Tubes, Trial Size, 25c. Ask Your Druggist or Write Murine Eye Remedy Co., Chicago.

At the Lecture. "Bread," said the lecturer, "is the cornerstone of health." "By Jove, Polly," said Jinks, on the way home, "that fellow must have heard of your biscuits."—Harper's Weekly.

More than three million pairs of blankets are woven in the United Kingdom annually.

College graduates are wanted by the United States War Department for the Philippine constabulary.

Great Britain ranks second in the total number of patents issued.



"NEW ENGLAND VACATION RESORTS"

Presents the most complete information on Where to Go, Where to Stay, What it will Cost, and What to See in VACATION LAND including SEASHORE, LAKE & MOUNTAIN RESORTS. Ideal Hotels, hundreds of Seaside homes and Country farm house retreats offering excellent accommodations to suit every taste and purse. IT'S FREE FOR THE ASKING. Other Publications descriptive of and illustrating each section will be included for the cost of mailing. LET US KNOW YOUR WANTS TO-DAY. Address RURAL DEPT., BOSTON-MAINE NORTH STATION, BOSTON. C. M. BURT, G. P. A.

FREE Send postal for Free Package of Paxtine.

Better and more economical than liquid antiseptics FOR ALL TOILET USES.

PAXTINE TOILET ANISEPTIC

Gives one a sweet breath; clean, white, germ-free teeth—antiseptically clean mouth and throat—purifies the breath after smoking—dispels all disagreeable perspiration and body odors—much appreciated by dainty women. A quick remedy for sore eyes and catarrh.

A little Paxtine powder dissolved in a glass of hot water makes a delightful antiseptic solution, possessing extraordinary cleansing, germicidal and healing power, and absolutely harmless. Try a Sample. 50c. a large box at druggists or by mail.

THE PAXTON TOILET CO., BOSTON, MASS.