

FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters— Interesting Experiences of Misses Borman and Mills.



Every mother possesses information which is of vital interest to her young daughter.

Too often this is never imparted or it is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffles physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts become sluggish, with headache, dizziness or listlessness, with pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will, at this time prepare the system for the coming change, and start the menstrual period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and 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 Co., at Lynn, Mass.

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Dear Mrs. Pinkham— (First Letter.)
"I am but fifteen years of age, and I have had dizzy spells, chills, headache and back-ache. Lydia E. Pinkham's Vegetable Compound makes Sick Women Well."

Up to date 23 Albany, N. Y., unions have voted in favor of the proposed per capita assessment of 5 cents per week for six weeks to assist the bakers in their strike.

FLU permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, \$2.00 bottled, Philadelphia, Pa. Dr. B. H. KLINE, Ltd., 951 Arch St., Phila., Pa.

Paris will soon have a Mohammedan mosque.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle.

Electricity is fatal to the disincarnated of certain colors.

CAPT GRAHAM'S CURE

Sores on Face and Back—Tried Many Doctors Without Success—Gives Thanks to Outcure.

Captain W. S. Graham, 1321 E. 10th St., Wheeling, W. Va., writing under date of June 14, 1914, says: "I am so grateful I want to thank God that a friend recommended Outcure Soap and Ointment to me. I suffered for a long time with sores on my face and back. Some doctors said I had blood poison, and others that I had barbacid. None of them did me any good, but they all took my money. My friends tell me my skin now looks as clear as a baby's, and I tell them that Outcure Soap and Ointment did it."

Greater London contained 924,143 inhabited houses in 1901.

Beware of Ointments for Catarrh That Contain Mercury.

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should be used only except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co., Toledo, O.

Sold by all druggists, 50c. per box, or sent by mail.

Winning, Manitoba, now has a population of 78,000.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. HAMMOND, Ocean Grove, N. J., Feb. 17, 1903.

There are plenty of lions in southern Rhodesia.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Grip, and Consumption, and all throat and lung troubles. At druggists, 25c., 50c., and \$1.00 per bottle.

It Looked Like a Drug Store.

The captain of one of the Boston harbor tugboats, while traveling toward Boston one night, was compelled to place a green man on watch, with instructions to call him if he saw anything in their course. The captain was aroused from his slumbers by the new man shouting, as he started for the deck.

"Well," replied the watcher, "it has a green light and a red light, and sure I think it's a drug store."

RAISED FROM A DEATH-BED.

Mr. Pitts, Over-Exhausted, Incapable, Has Been Well Three Years.

E. E. Pitts, 69 Hathaway St., Skowhegan, Me., says: "Seven years ago I was run down that I was laid up four months. I had night sweats and fainting spells and dropped to 90 pounds. The wine passed every few minutes with intense pain and looked like blood. Dropsy set in and the doctors decided I could not live. My wife got me using Doan's Kidney Pills, and they helped me so I took heart, kept on and was cured so thoroughly that I've been well three years."

Sold by all dealers, 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Doan's Kidney Pills.

The Farm

Adapt the Crops to the Farm.

The small farms should always be devoted to those crops that are not grown extensively. A farm of ten acres will not pay if wheat and corn are grown upon it, but if used for growing fruit or garden vegetables it will be large enough for all the work that can be given it. Everything depends upon the kind of crop grown.

Keeping Potatoes.

Potatoes which are dug in clear weather and thoroughly dried in the sun will keep in much better condition in the cellar than those put into bins without being sun-dried. Some recommend spreading them on the barn floor after drying them in the sun. This may improve their keeping qualities, and they may be just as good for seed, but are not generally considered equal for table purposes to those put into the cellar when taken from the field.

Time Water For Cucumbers.

I planted cucumbers twice last season without any success so thought I would try an experiment. I prepared some lime water, made my hills, then poured it on them and left it until the ground was dry. Then I powdered the earth up fine and planted the seeds and the outcome was fine cucumbers. This same method also made my Rocky Ford and other melons a success.—Mrs. M. J. Piers, in The Epitome.

Running a Separator.

No one can operate any kind of an intricate machine successfully unless he fully understands its construction. It is perfectly familiar with all its different parts and knows exactly how to adjust them. Especially is this true in regard to a separator. It needs in the first place a solid foundation and one that is absolutely level. Then, before any milk is put in it should be tested and made to run with an even motion, absent of any vibrations. It is very important, indeed, that the proper speed be maintained. The power, therefore, that is applied should be even and steady. To be on the safe side it is advisable, when starting a new separator, to have it set up and tested by some one who understands such machinery. Have the new separator so adjusted that it is not at all difficult once the knack has been acquired, and for that reason it is doubly important to learn nothing but correct principles. After the requisite speed has been attained a little warm water at about 100 degrees should first be run into the machine. It should also be treated to the same after the milk is all separated, until the water is slightly visible from the cream spout. This excluded the bowl and flange should be rinsed with cold water. They can then easily be cleaned with hot water. Keeping the machine perfectly clean is of the utmost importance. Even the oil boxes should not be neglected. Kerosene oil is excellent for cleaning these. They should be lubricated with clean, good oil.—The Epitome.

Farming by Automobile.

A new and special type of automobile has recently been put on the market in Scotland which is designed especially for farm work, and which is not only suitable for plowing, but may be equipped with a cultivator or harrow. It will prepare the ground and sow the seed at one operation, and can be operated at a better speed than a horse. Thus, when plowing, it can cover from six to seven acres a day, and goes over the field so as to leave it in final shape for cultivation. When not in use in the field the motor can be used to drive all farming machinery, and when plowing the cost of fuel, labor and depreciation has been computed at \$1 per acre, or less than one-half the expense of plowing by horse. It is interesting to note that the cost of the machine is about \$1500, an amount that does not seem prohibitive for a large farm, where a thorough test of the new machine could readily be made, says *Hart's Weekly*. The automobile, unlike the farm animal, does not have to be fed when it is not working, and it is here that a substantial element of economy can probably be secured.

Preserving Fence Posts.

There are several methods whereby fence posts may be made to last much longer than if set untreated. An application of coal tar mixed with 1-10 oil of turpentine and applied hot is one of the best preservatives. To do this have an ordinary large iron kettle, in which to heat and mix the tar, and a deep vat, which may be an old wash tub or similar tin vessel, which must be at least three feet deep and ten inches in diameter. Have the tar quite hot when the posts are dipped. Allow them to remain a moment, then remove and pile with the ends free and allow to dry.

Shelter For Fattening Steers.

In the fall of 1902 there were planned a series of experiments to test the comparative merits of indoor and outdoor feeding for fattening steers, says T. I. Mairs, of the Pennsylvania experiment station. These experiments have now extended through three seasons, upon practically the same plan. Twenty-four steers were divided into two lots as nearly equal as possible. One lot was fed in a large pen in the basement of the barn, the other lot was fed in an open shed in a yard adjoining the barn. This shed was enclosed on the two ends and one side, leaving the open side toward the south.

During the first season the lot fed in the shed produced a slightly smaller gain and ate somewhat more food than the one fed in the barn. During the second season the lot in the barn again produced a larger gain but ate more food than the lot outside. During the first season it required one and one-half pounds more feed to produce a pound of gain in the lot in the outside lot than in the lot in the barn. During the second season it required one and one-half pounds more feed to produce a pound of gain in the open shed than in the barn. During the third season the two lots made practically the same gains, there being only one-half pound difference per steer, and that in favor of the outside lot. The steers in the shed ate less during this season than the steers in the barn. During this season it required a quarter of a pound more feed to produce a pound of gain in the barn than outside.—Farmers' Home Journal.

Profit in Geese.

That geese are profitable and should be more generally kept there is no denying. But a great deal of the success with them depends upon management, quality and location. First of all, they are grazing birds and must not be kept in confinement. Indeed, grass and range are most essential to their welfare. It is also important that they have access to a stream or pond of water, and if it is where they can feed on aquatic growth, so much the better. Being very hardy fowls and industrious in their line, there is no question but they will thrive under the right conditions. The fact is, they need very little special care and feeding, if given a fair range on low meadow or marshy land, in connection with a stream of water or small lake; they will then practically make their own living in the summer and get along exceedingly well through the winter if allowed to rough it with the barnyard stock.

Beautying West Point.

The experts of the Forestry Bureau of the Government are carrying out the plans prepared by themselves in conjunction with Mr. Clunet, the landscape architect, for the beautifying of the West Point military reservation. General Mills, the superintendent of the Academy, takes a keen interest in this project, which is to be carried out in conjunction with the new construction at the Military Academy. Already some fifteen acres of old growth of the land bordering on the Academy limits have been cleaned out and improved. A forest nursery has been established which will yield 10,000 white pine, 5000 red spruce, 4,000 eastern hemlock and about 2000 American elm.—New York Tribune.

There are in America to-day more than 200 fraternal beneficiary orders.

LAP DOGS.

How They Have Figured It. History and How They Are Made.

The making of lap dogs has been a profitable industry since remotest history, and promises, especially in the case of lap dogs, to go on forever.

The "latest thing in lap dogs" has been very clearly defined ever since the days of the Greeks and Romans in Europe and from a much earlier period in China.

In the sepulchral halls of the great pyramids sculptures have been found in which a small species of elegant greyhound is seen following members of the royal family. Both are clad in the stiff "bone foot in front of the other" style of old Egypt, but the dog is unmistakably a special artificial breed just as much as a modern dachshund.

China evolved her Pekingese spangled in her progressive days, some 8000 years ago. Chinese history has preserved the breed unchanged to this day in the regal palaces of the Empress. When the Summer palace in Peking was searched in 1860 by European troops six specimens were found. These dogs, whose matriarch ancestry is older than any royal family, even that of the Empress, were found upon silken pillows, each in its own special apartment. Each had a special retinue of attendants, who had fed.

Of all the lap dogs of Europe and America, perhaps the first to be mentioned is the "Maltese dog" or "Maltese terrier" as it was once called. This silky little toy of a creature is said to have been originated in the town of Malta, in Sicily, whence it was exported to Rome and Athens in their days of greatness.

Strobo, the historian, describes them as "not bigger than common terriers or weasels, yet they are not small in understanding nor unstable in their love."

From the first century until the nineteenth the Maltese dog was only bred from occasionally, but that it retained its individuality and feminine favor are shown by its description eighty years ago in the *Encyclopaedia Britannica* as a "tamest creature waddling and wheezing its pattered way after its fashionable mistress."

In the eighteenth century and superior breeds of dogs appeared as rivals of the Maltese, who rapidly lost its supremacy. Dog shows gave great impetus to improvement and variety of the little canines. In the efforts of their breeders to hold their place the Maltese was reduced to five pounds in adult weight.

It is said that one of these little animals could be fastened in a lady's glove. This apparent smallness, in proportion to the size of feminine hands of the time is explained by the assumption that the "glove" was a hawkling gaiter with sleeves reaching almost to the shoulders.

The pocket beggie enjoys popularity to-day among many women.

Anne of Denmark and Mary of Modena, two Queen consorts of the Stuarts, both "fancied" Italian greyhounds, and in the well-known painting by Ward, R. A., of James II., bearing of the landing of William of Orange, an Italian bound sniffs suspiciously at the messenger, while a court lady entertains the infant Prince of Wales with a King Charles spaniel pup.

At one time, not so long ago, it was so fashionable and sought after, that an attempt was made to improve on nature by interbreeding the Italian greyhound with the toy terrier, but with most lamentable results; and it is believed that the greatest difficulty and pain (longer than the ill-effects of the alliance were) occurred, and the breed purified by the infusion of fresh blood from its native Italy, until it once more displayed those true traits and that exquisite grace which makes this fragile little creature so admired by ladies of taste and refinement.

There are doubtless several new types in formation at this time under the careful experiments of breeders. Each one should have its day of popularity and high price, to be succeeded by a later canine freak.

Reinforcing His Explanation.

The editor of the *Gory Gulch Vindicator* happening to look out of his window saw Comanche Pete approaching the office with an expression of wrath on his face and a revolver in each hand.

Gleaning hastily at a copy of the *Vindicator* that lay on the table before him he sought to ascertain the cause of his impending trial. His eye was caught by this item:

"They are talking of running out our industrious fellow citizen, Comanche Pete, for town marshal. He's a hunker—that's what Pete is."

He had barely time to snatch a big revolver from the drawer in his table when the door opened and Comanche Pete came in.

"Pete," quietly remarked the editor, leveling the weapon at him, "throw up your hands. I've got the drop on you. I wrote it 'hunker'."—Chicago Tribune.

The Beauties of Our Land.

Nature's beauty in America is a marvelous and rarely wonderful spectacle. There are long rivers, the rushing sweep of which drain the heart of the continent. The Rocky Mountains, lifting granite peaks, alien and remote, far up into the clouds; scarred cliffs and canyons, deep wooded valleys that hint of savage withdrawal from human association. The mysterious and barbaric land of the mesas, and the great primeval forests that whisper and rustle, and gleam and bloom in light and darkness, and through every season of the year. The forest that is never seen twice in the same aspect and never tells the same story; is as silent as the grave, and yet is filled with constantly moving, hidden, unseen life; as changeful and mutable as human thought, and as mysterious as the impulses that sway human acts.—Metropolitan Magazine.

Our Sophisticated Foods.

Suppose you ask for the grocer's best strawberry jam, and he charges you fourpence a pound for it, and you get a mixture of foreign fruit-pulp, sweetened with glucose, colored with aniline dyes, with seeds alien to the strawberry put in, you have no legal cause of complaint; and the dealer is quite free from prosecution, provided he has included in the composition one of two strawberries.—London Magazine.



Baired-North Co.

Stock Pins: 25c, 30c, 40c, 50c, 60c, 75c, 1.00, 1.25, 1.50, 2.00, 2.50, 3.00, 3.50, 4.00, 4.50, 5.00, 5.50, 6.00, 6.50, 7.00, 7.50, 8.00, 8.50, 9.00, 9.50, 10.00, 10.50, 11.00, 11.50, 12.00, 12.50, 13.00, 13.50, 14.00, 14.50, 15.00, 15.50, 16.00, 16.50, 17.00, 17.50, 18.00, 18.50, 19.00, 19.50, 20.00, 20.50, 21.00, 21.50, 22.00, 22.50, 23.00, 23.50, 24.00, 24.50, 25.00, 25.50, 26.00, 26.50, 27.00, 27.50, 28.00, 28.50, 29.00, 29.50, 30.00, 30.50, 31.00, 31.50, 32.00, 32.50, 33.00, 33.50, 34.00, 34.50, 35.00, 35.50, 36.00, 36.50, 37.00, 37.50, 38.00, 38.50, 39.00, 39.50, 40.00, 40.50, 41.00, 41.50, 42.00, 42.50, 43.00, 43.50, 44.00, 44.50, 45.00, 45.50, 46.00, 46.50, 47.00, 47.50, 48.00, 48.50, 49.00, 49.50, 50.00, 50.50, 51.00, 51.50, 52.00, 52.50, 53.00, 53.50, 54.00, 54.50, 55.00, 55.50, 56.00, 56.50, 57.00, 57.50, 58.00, 58.50, 59.00, 59.50, 60.00, 60.50, 61.00, 61.50, 62.00, 62.50, 63.00, 63.50, 64.00, 64.50, 65.00, 65.50, 66.00, 66.50, 67.00, 67.50, 68.00, 68.50, 69.00, 69.50, 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