

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 23 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Miss BERTHA A. PELOQUIN, Box 116, Sterling, Conn.



Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVINA MYERS, Box 74, Massena, N. Y.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, headache, dizziness, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

"Przemysl." "Przemysl" is one of the few really simple proper names that have secured notoriety in the Russian invasion of Galicia. It is pronounced "Pzhem-isl," with the accent on the "pzhem." Just how easy this is one may appreciate by considering Przemyslany, in the first syllable of which the "p" is sounded, thus: "Przhe," with the Austro-Hungarian variation of "miscelany" following. In pronouncing "Przemysl" you should carefully hold a "p" between your teeth while pronouncing "ahem" (which is a soft, mushroom, dum-dum variety of "shem") and just as you are about to eject it deftly insert the "p" in the outer hook of the "z," thus: "Pzhem." Nothing can be simpler.

Finally Captured Eagle.
After defying a score of traps and as many guns of farmers, who have sought vainly to impose summary sentence for the loss of hundreds of chickens over a period of six months, Old Baldy, a monster eagle, was caught by a man with a lasso. He lay waiting in the shadow of his chicken house for the chicken thief for more than eight hours. The bird swooped down shortly after daybreak. The lasso was thrown around the eagle's neck. The man wanted to capture the bird alive, but it fought so desperately that he was forced to shoot it. The eagle measures eight feet seven inches from tip to tip, and weighs 73 pounds.

A barber always makes a hit with a man by telling him that he has the toughest beard in the world.

LIGHT BOOZE.
Do You Drink It?

A minister's wife had quite a tussle with coffee and her experience is interesting. She says:

"During the two years of my training as a nurse, while on night duty, I became addicted to coffee drinking. Between midnight and four in the morning, when the patients were asleep, there was little to do except make the rounds, and it was quite natural that I should want a hot cup of coffee about that time. I could keep awake better."

"After three or four years of coffee drinking, I became a nervous wreck and thought that I simply could not live without my coffee. All this time I was subject to frequent bilious attacks, sometimes so severe as to keep me in bed for several days."

"After being married, Husband begged me to leave off coffee for he feared that it had already hurt me almost beyond repair, so I resolved to make an effort to release myself from the hurtful habit."

"I began taking Postum, and for a few days felt the languid, tired feeling from the lack of the coffee drug, but I liked the taste of Postum, and that answered for the breakfast beverage all right."

"Finally I began to feel clearer-headed and had steadier nerves. After a year's use of Postum I now feel like a new woman—have not had any bilious attacks since I left off coffee."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum. —sold by Grocers.

CONSTRUCTIVE WORK OF GIFFORD PINCHOT

Here is a Record of Achievement so Great That it Inspired Theodore Roosevelt, Former President of the United States to Say That of "The Many Public Officials Who Under My Administration Rendered Literally Invaluable Service to the People of the United States, He (Pinchot) on the Whole, Stood First."

He took charge of the Forest Service of the United States when there were only eleven persons in it, and left it the best organized bureau in Washington, employing more than 3,000 men.

In 1909, he prevented Richard Achilles Ballinger, Secretary of the Interior under Taft, from handing over to the Morgans and the Guggenheims and Rockefellers, billions of tons of coal in the Alaska fields. This was one of the greatest steals ever attempted in America.

He fought for the bill creating the Child Labor Bureau, for the benefit of the children who work, and did not cease his efforts until the bill became a law.

He was one of the leaders in securing better working conditions for the miners. With the support and co-operation of Roosevelt, Pinchot, John Mitchell, and Joseph A. Holmes were mainly responsible for the creation of the bureau of mines.

He has been a champion of the right of workmen to organize in unions and by every fair means to compel recognition of such unions by employers.

He advocated and fought for the passage of the Esch bill to put an end to the disease called "phossy jaw" by taxing the phosphorous match industry out of existence.

He is one of the leaders in the United States for an honest protective tariff based on the findings of a non-partisan scientific commission.

When head of the Forestry Service he was responsible for initiating and putting into effect an insurance plan to protect the workers in his department.

He joined the fight for the passage of a workmen's compensation bill which was finally passed by the federal government for the benefit of the men employed by the national government.

He took part in the fight for pure food and helped frame the meat inspection law, which the beef trust opposed in vain.

As chief forester, he virtually created the United States Forest Service, through which the national forests are administered.

He was responsible for saving a hundred million acres of public forests to the people, while he held office, in spite of all the powerful corporations and individuals who tried to grab our natural resources could do.

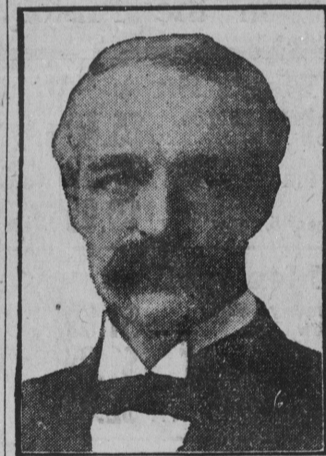
He uncovered the attempts of the magnates to monopolize our natural resources. He laid down a plan, now being followed, to preserve the people's rights and at the same time encourage business development and enterprise.

As head of the National Forest Service he gave a large share of his active interest to helping farmers in all states properly care for their wood lots.

Pinchot was the man behind the Act of June 11, 1905, which opened the national forests to settlement under the homestead law. Over one million acres of farms have been taken up under this act.

He has been an ardent and self-sacrificing worker for the forests and natural resources of Pennsylvania. He worked with J. T. Rothrock, the "father of forestry" in this state, to build up Pennsylvania's forests.

HERE IS THE MAN WHO WILL DEFEAT PENROSE



GIFFORD PINCHOT
Washington Party Candidate for U. S. Senator.

Commission and bore the brunt of the work.

He is the man who started the fight to save the people's great deposits of coal, and other minerals, and made it an issue.

He checked the growing water power trust and saved millions of dollars for the public.

He is an expert at law making. For twenty years he has been active in shaping important and fundamental legislation in the interests of the people.

He is the man who is responsible for the defeat of the Raker Water Power grab bill, creating a vicious precedent for giving away public rights to water power companies.

He has appeared more often before House and Senate Committees, urging progressive conservation and humanitarian legislation, since his removal from the government service, in 1909, than any other private citizen in the country.

He prevented the passage of a dangerous bill introduced March 28, 1910, by Senator Smoot, which would have allowed the water power grabbers to help themselves to the remaining 12,000,000 horsepower of the public domain now in federal ownership.

He was responsible for the defeat of the vicious Heyburn amendment to the Agricultural bill in the sixty-fifth Congress, which would have ripped up the national forests for the benefit of the timber barons.

He was instrumental in defeating in the House of Representatives on February 23, 1911, the so-called Mondell Alaska Coal Leasing Bill, which would have turned over the coal lands to the grabbers who had been attempting to defraud the government and were caught.

Pinchot was responsible for defeating the nine Ballinger fake "conservation bills" aimed at breaking down federal control of public water powers, coal, oil, phosphates and natural gas, and thus making it easy for the grabbers to raid the public domain.

He formed the National Conservation Association to fight the men who would grab the natural wealth of the country. As president of that body he fought every effort made to take the people's resources without adequate compensation.

He was chairman of the National Conservation Commission and worked with the governors of the various states to safe-guard and develop the resources of their states.

He was a member of and the prime moving spirit in the Inland Waterways Commission to develop the waterways of the country and thus build up a great barrier against railroad domination.

He planned and put into effect a comprehensive system of grazing range control whereby on the government land, cattle and sheep men, whether rich or poor, get a square deal. He lived on the ranges with the stock men until he knew absolutely their needs.

He initiated and laid before President Roosevelt the plan to better the conditions of life on the farm. As the result of his work Roosevelt appointed the Country Life Commission August 10, 1908, and Pinchot became one of the leading members of it.

Pinchot suggested and worked for the plan of revising our land laws in order to make public lands more useful to the farmers.

He was a pioneer in the great government work of irrigation and one of the men to whom the people owe most for the great success of this project, which has brought millions of acres under cultivation.

"He played one of the leading parts in the effort to make the national government the chief instrument in developing the irrigation of the arid West," says Theodore Roosevelt of Pinchot, in his autobiography.

Pinchot took a leading part in the scientific organization of the government bureaus at Washington. He put the business of his own department and that of others on a sound modern basis.

Pinchot for years has been a leader in the movement to improve the condition of country churches.

He established a thorough and efficient system of game protection in the National forests.

He was the leading spirit and the director in the movement to conserve the resources of North America, which resulted in the international gathering at Washington, at which definite steps were taken to preserve the forests, the water power rights and mineral resources of Canada, United States and Mexico.

He founded and maintained at his own expense the Yale Forest School at his home at Milford, Pennsylvania, where field instruction was given to the students.

The Citizens National Bank

Meyersdale, Pa.

Statement, September 12, 1914

(Comptroller's Call)

Resources:

Loans and Investments	\$725,836.75
United States Bonds	77,000.00
Banking House	29,300.00
Due from Banks and Reserve Agents	114,771.52
Cash	61,260.14

\$1,008,168.41

Liabilities:

Capital Stock	\$ 65,000.00
Surplus Fund	100,000.00
Undivided Profits	25,800.02
Circulation	65,000.00
Deposits	752,368.39

\$1,008,168.41

Officers and Directors:

S. B. PHILSON, President
S. A. KENDALL, Vice Pres., R. H. PHILSON, Cashier
CLARENCE MOORE, Asst. Cashier
S. C. Hartley, W. T. Hoblitzell, F. B. Black,
W. N. Moser, H. Bunn Philson

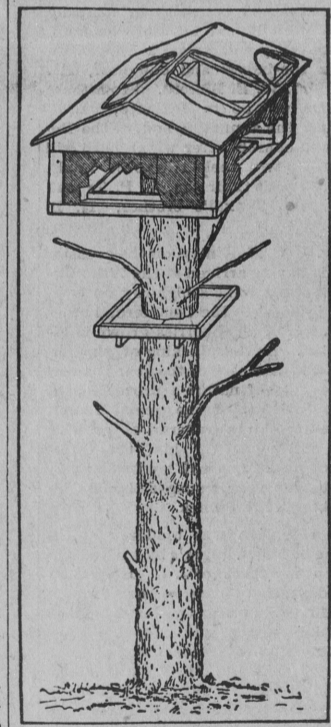
SHELTER FOR BIRDS

Particularly Desirable Where Edible Material is Scarce.

Designs of Two Houses Given in Bulletin Issued by Agricultural Department—Importance of Protecting the Milk Cans.

(Prepared by the United States Department of Agriculture.)

The farmer who will build a food shelter and furnish an abundance of food in it will find that many birds of value to him as insect-destroyers, will haunt his premises. This is particularly true when there is a scarcity of bird food in the vicinity. The United States department of agriculture in a



Food Shelter for Attachment to Post—Roof Cut Away to Show Construction—Sides Made of Glass; Size of Panes 8 by 10 Inches.

recently published bulletin on bird houses has offered designs for shelters that will protect food in all kinds of weather.

To induce birds to enter a food shelter baits are first placed in a conspicuous place outside and the birds are led by degrees to enter the inclosure. Such food as suet, seeds, or cracked nuts will prove attractive as bait.

Two designs are given in the bulletin for adequate food shelters. The first may be attached to a tree, the other may be placed on top of a post or tree stub. The sides are made of glass. There is no bottom to either of these structures.

Besides protecting food, such a shelter will provide a place where one interested in birds can watch them conveniently.

If the farmer has neither the time nor inclination to make a shelter but still desires to attract valuable birds by putting out food, the next best thing is to fasten the bait to trunks or branches of trees or scatter it on the ground in sheltered places.

Desirable birds may be attracted by other means than food, particularly in summer. On warm days they appreciate fresh water for drinking and bathing. A shallow pool of varying depth, if only a foot across, becomes a center of attraction for all the birds in the vicinity, and it may be made

with little effort and material. Only a small amount of cement is required, or, if that is lacking, a pan with stones in it, set in the ground will be equally serviceable.

Cats are particularly dangerous to birds, and should not be permitted near the home-made bird pool during bathing hours or go near the food shelters.

Designs for simple and elaborate bird houses that will interest all bird lovers are given in a farmers' bulletin No. 609, which the United States department of agriculture has recently issued. It is entitled "Bird Houses, and How to Build Them," and will be sent free of charge to anyone requesting it from the department.

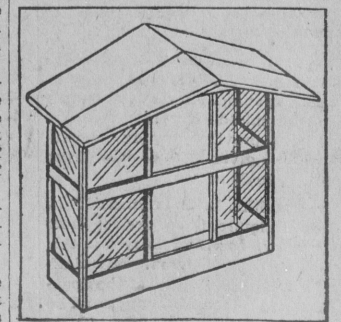
Protection for Milk Cans.

Much milk that seems to be perfectly good when it leaves the farm, reaches the consumer in bad condition, and the United States department of agriculture is now convinced that this is frequently due to a rise in the temperature of the milk during transportation. A series of tests that has recently been completed shows the importance of surrounding the milk cans during hot weather with some appropriate insulating material which will effectually exclude the heat.

Even when milk is to be shipped only a short distance its temperature should not be higher than 50 degrees F. At this temperature bacteria will multiply, but the increase is slow and a few hours delay will result in no serious injury. In milk above 50 degrees F. the rate of bacteria growth is much more rapid. It follows that when the milk is to be shipped a long distance it must be loaded on the cars at a temperature much less than 50 degrees F. unless some efficient means is taken to prevent the temperature rising during the journey.

Perhaps the most practical way of accomplishing this is to wrap the cans in a pair of quilt jackets, wet burlap, or some other similar material. In the course of the recent experiments milk was hauled a distance of 13 miles in an average air temperature of 82.65 degrees F., the milk being shipped at a temperature of 50 degrees F. At the end of three hours the cans that were hair-quilt jacketed showed a raise of only 5 1/2 degrees F.; those wrapped in wet burlap, a raise of 8 1/2 degrees F. Milk in cans that were left unprotected rose in the same time to a temperature of 78.5 degrees F., an increase of 28.5 degrees. This is much too high.

More elaborate methods of preserving milk during shipment by refrigeration are discussed in a professional bulletin just issued by the United States department of agriculture, which deals in a technical way with many types of refrigerating apparatus. The bulletin discusses fully the influence of time and temperature on bacteria in milk. It also contains elaborate diagrams illustrating the different



Food Shelter for Attachment to Trunk of Tree.

ent methods employed in utilizing refrigeration, and the cost of operating them. This bulletin so long as the department's supply lasts will be sent free to all interested in the refrigeration of milk. Refrigeration, however, is, of course, not always possible, while any shipper can take the precaution of jacketing his milk cans.