Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine -Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:-



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."-Mrs. MAYME ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCasland, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass .- "I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia

E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Fault of the Clerk.

The court clerk was examining an applicant for citizenship papers. Unfortunately the clerk didn't ask his Hook-A vacation is something that man from across the seas had been for a time, so he won't have to live taught the answers.

"Do you speak English?" asked the

"Sure Mike," was the answer. "How long have you been in this Brand, 35c the lb., in sealed cans.

country?" "Michigan."

"How tall are you?" "Forty years."

better get an interpreter," he said.

A motor car was one day standing in a street and the chauffeur was having some little trouble with the starting

crank. A small crowd of idlers were watching operations, and when the motorist had finished his struggles a man from the crowd advanced toward him.

Holding out a coin, he remarked: 'Well done, my man; here's a nickel for you. That's the quietest street or-

gan I have ever heard." Correct Answer.

"Why isn't a nautical mile the same as an ordinary mile?" "Because it is knot."

Piles Cured in 6 to 14 Days
Druggists refund money if PAZO OINTMENT fails
to cure Itening, Blind, Bleeding or Protruding
Piles. First application gives relief 50c.

of men whom we despise.

Just the same, we enjoy the praise

Vacation.

up to his reputation.

Cook-What is your definition of a vacation? questions in the order in which the enables a man to get away from home

> For a really fine coffee at a moderate price, drink Denison's Seminole

Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name The clerk sighed. "I think you'd of your Seminole dealer.

Buy the 3 lb. Canister Can for \$1.00. -Adv.

No Escape. "Is insomnia catching?"

"When the baby has it."-Boston Transcript. Contrasts.

"What's meaner than to peach?" "Or lovelier than to be one!"-Albany Argus.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 14 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and re-moves dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Only Way to Get It.

Slowitt-How do you find trade? Swiftleigh-I don't find it at all. ladvertise for it.

SUDDEN DEATH

Caused by Disease of the Kidneys The close connection which exists medical opinion, without charge-abbetween the heart and the kidneys is solutely free. This "Anuric" of Dr. well known nowadays. As soon as Pierce's is 37 times more active than kidneys are diseased, arterial tension lithia, for it dissolves uric acid in the is increased and the heart functions system, as hot water does sugar. are attacked. When the kidneys no longer pour forth waste, uremic poi- Tablets. There can be no imitation. soning occurs, and the person dies and Every package of "Anuric" is sure to the cause is often given as heart dis- be Dr. Pierce's. You will find the sigease, or disease of brain or lungs.

risk to send 10 cents for a large trial the ever-famous friend to ailing package of "Anuric"—the latest dis- women. covery of Dr. Pierce. Also send a Worry is a frequent cause and sample of your water. This will be sometimes a symptom of kidney disexamined without charge by expert ease. Thousands have testified to imchemists at Dr. Pierce's Invalids' Ho- mediate relief from these symptoms tel, Buffalo, N. Y. When you suffer after using Dr. Pierce's Anuric Tablets from backache, frequent or scanty for the kidneys and backache. urine, rheumatic pains here or there, Dr. Pierce's Favorite Prescription or that constant tired, worn-out feel- makes weak women strong. sick ing, it's time to write Dr. Pierce, de-women well. No alcohol. Sold in scribe your symptoms and get his tablets or liquid.

Simply ask for Dr. Pierce's Anuric

nature on the package just as you do It is a good insurance against such a on Dr. Pierce's Favorite Prescription,



Three Hundred Million **Bushel Grop in 1915**

Farmers pay for their land with one year's crop and prosperity was never so great.

Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is

sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."

Wheat averaged in 1915 over 25 bushels per acre Oats averaged in 1915 over 45 bushels per acre Barley averaged in 1915 over 40 bushels per acre Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from \$12 to \$30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.

W. V. BENNETT, Room 4, Bee Bidg., Omaha, Nebr.

WOOL IN PLACE OF COTTON

Comforts Filled With the Former Material Are Much Lighter Than Those Generally in Use.

For the last year or two the shops have shown an article of bedding which, though in use in many farm homes, had not been familiar on the counters. This is the wool-filled comfort, that is destined to take the place of the cotton-wadded comforters. Now however, as well as the completed comforts, there are to be had in many shops sheets of carded wool with which to make up these comforts at home, covering them with silk, satin,

or patchwork. The sheet wadding comes in three weights, all having the same dimensions-72 by 84 inches. The lightest contains one pound of wool. It is designed as filling for a crib quilt and to be folded over into half size. The next heavier weighs two pounds, while the heaviest weighs three pounds. Ready made wool comforts can be bought at various prices, from about \$4 according to the thickness of the wool and the quality of the covering.

Many housekeepers now prefer weol-filled comforts to those filled with down, since the wool-filled comforts never "shed" as down puffs will after usage. They are especially desirable for children and for elderly persons, since they are warm but not heavy. A three-pound wool comfort weighs about half as much as a full sized woollen blanket.

Sateen makes an excellent covering for wool comforts. A flowered center, bordered with a plain color, is especially attractive. It can be knotted with silk or quilted in any fancied

KEEPS WHIPPED CREAM FIRM

Method That Will Do Away With a Great Deal of the Trouble That Sometimes Bothers Cooks.

Heavy whipped cream, if allowed to stand, is apt to become watery and thin at the bottom of the bowl, the sugar having the tendency to separate in the form of a weak sirup. This is especially true if the cream was not very heavy before being whipped. To remedy this, to every pint of whipped cream soak a scant tablespoonful of granulated gelatin in enough cold water to barely cover it, until it is soft. Then add a small half teacupful of boiling water and stir until the gelatin is completely dissolved, after which add three-quarters of a cup of sugar and whatever flavoring you intend to use for the cream. Turn this into a cold bowl and beat with an eggbeater until it is white like marshmallows and begins to become firm, and just as soon as it has reached this point. but before it has commenced to grow stringy, beat it by spoonfuls into the cream, which has already been beaten

This will increase the bulk of the whipped cream and will not only sweeten and flavor it, but will keep it firm for any length of time. Care must be taken not to use too much gelatin lest it taste of the latter and make a sort of charlotte russe mixture instead of the whipped cream desired.

New Way to Serve Steak. Perhaps you have grown tired of the usual way steak is served. If so, try this. Buy a good thick one, either sirloin or porterhouse. Season slightly with pepper and salt, and broil until it is moderately brown. Have prepared enough chopped parsley and white onion to cover it. Dot it thickly with dabs of butter and bake in a quick oven for five minutes. The onion, parsley and butter sink into the meat, the parsley absorbing the strong flavor of the onion. Once a steak is served in this manner, the usual fashion of serving it will seem tasteless.

Baked Eeef Roll.

Take one pint of finely chopped cold roast beef and add one-half cupful of fine bread crumbs and two beaten eggs, one tablespoonful of melted butter, one-half teaspoonful of onion juice, one scant teaspoonful of mixed parsley, a grating of nutmeg and a dash of white pepper. Mix thoroughly, shape in a roll, wrap in buttered paper and bake half an hour, basting frequently with melted butter and hot water. Serve hot with brown or tomato sauce or slice cold as desired.

Baked Apple Pudding.

Cream one cupful of sugar with one quarter of a cupful of butter, add one beaten egg, half a cupful of milk and one and one-half cupfuls of flour mixed and sifted with two tesspoonfuls of baking powder. Half fili a buttered deep earthen dish with sliced tart apples, pour the batter over the top and bake about an hour. Serve with hard

Roast Onions.

Use the large Bermuda or Spanish onions. Cook them in plent of hot salted water for 20 minutes and then throw them into cold water. Drain and cut them into slices half an inch thick. Lay in a hot buttered tin, sprinkle with salt and pepper and baste while they are cooking with melted butter. Roast until they are a rich

Rice Cakes.

Mix two ounces of ground rice with six ounces of flour and one tablespoonful of baking powder; rub in an ounce of fresh butter and two ounces of of the poor apples. Better sell No. 1 sugar. Beat up an egg into one-fourth and No. 2 stock in well graded packpint of milk with a little lemon flavor ing. Have ready small patty pans, rubbed with butter, half fill each with the cake mixture, put immediately into the oven and bake for 15 minutes.

Creole Corn.

Butter a baking dish and cover the bottom with a layer of fine bread crumbs. Then add a layer of canned corn, seasoning with butter, pepper and salt, and dotting over with bits of canned pimento. Cover with crumbs, then repeat till corn is all used. The top layer should be of crumbs. Dot the top with butter, and fill the dish with milk. Bake 45 minutes.

ECONOMICAL WINTERING OF IDLE HORSES



Profitable Type for Any Farm.

partment of Agriculture.)

At this time of the year all the heavy work on most farms has been idle. Since idle horses give no reshould be as economical as possible, and proper care should be taken of in the best possible condition for work in the early spring.

Horses should not be confined to the barn during the winter on a liberal supply of grain. It is far better run of the yard or lot during the day. tected shed, one that is thoroughly dry and well proyided with bedding. While nature does her part and pro- son. tects the horse with a heavy coat of hair during the cold months, the shed is necessary in order to afford the necessary shelter and protection north and northwest, and the shed bran, oats and corn.

(From Weekly Letter, United States De- | should be so situated and constructed as to give the proper protection from this quarter.

In the feeding of idle horses the finished, and horses are more or less highest-priced feeds should be avoided in order to keep them in proper turn in labor performed, the feeding condition at the lowest cost. It has been found that idle horses do very well on a winter feed consisting of the animals in order that they may be all the hay, oat straw, cornstalks, or sorghum they will consume, so that little grain is necessary.

From six to eight weeks before the spring work is started the horses should be put at light work and startto "rough" them through the cold ed on a small grain ration in order months. They should be given the that they may be in proper condition for the work required of them. The They should be provided with a pro- grain ration may then be gradually increased until the regular allowance has been reached for the working sea-

Growing colts require considerable protein. They should be so fed as to secure proper development and at a minimum cost. Rough feed, such as against rain, snow and cold winds. clean mixed hay, alfalfa, or clover, Winter winds come mostly from the may be fed along with a mixture of

PRACTICAL LITTLE HINTS ON HOG CARE

Muddy Pens Are Disagreeable to Animals Bought for Export for Animals-Give Runts Attention-Give Pigs Charcoal.

(Rv W D NEALL Colorado) Birds, dogs or men may carry hog cholera from one farm to another. Burning the hog that has died of some disease is the only sure method

of preventing contagion. The hog that has been allowed to sleep in the old straw stack will soon cough his health away.

Hogs of all ages and sizes do not thrive when allowed to pile up to-Muddy pens are disagreeable to the

hogs. Watch the hog pick the ear of corn out of the mud and seek a dry place to eat it and you will be fully convinced of this fact.

tion. By this method you make them profitable hogs.

housewife uses all kinds of wash powders in the dish water, for many of them are poisonous. growing pigs. Put a little bran with mules, and those of inferior animals give much sour milk to very young

The dog that "wools" the ears of the hogs or tears their hams should be kept away from the herd even if | mobile, auto truck and farm tractor the hogs do get through the fence all help to replace some of these aniinto the cornfield or meadow.

pigs for fear of the scours.

Keep charccal, salt and ashes before the pigs all the time, and it will and production will be governed largemean death to worms or bowel trou- ly by demand. In view of these con-Put a teaspoonful of soda in the

sow's slop, and it will be beneficial to the pigs afflicted with the scours. Pigs look good in a field of alfalfa, clover or rape, and best of all they do well while running there.

The pig that is weaned will squeal around a good deal. The only way to shut off his squeal is to fill his stomach with foed.

Kick the pigs away from the straw stack. Don't let them sleep there. The straw rick is a good place to contract the cholera.

Grade the Apples.

Proper grading is necessary in order to get the best prices from many crops. This is especially true of apples and other products that sell on appearance. A few poor apples in a

Profit Goes Glimmering. It takes a little more than two per

cent of an animal's weight to keep it up to normal condition without making any gains, and if exposure to cold and rain and storms is to be counted against it, the feeder can easily see where his profit goes glimmering.

Fertilizer Requirements. The fertilizer requirement of vegetables is higher than that of any other farm crop. For intensive work it may pay to apply fertilizer to the value of \$75 to \$150 per acre.

HORSES AND MULES SHIPPED TO EUROPE

Use in the Great War Are Among Lighter Grades.

(By PROF. E. A. TROWBRIDGE, University of Missouri, College of Agricul-

About half a million horses and mules have been sent to Europe because of the war. Although the number sounds large, it really includes less than two per cent of the 28,000,-000 horses and mules on hand in the United States January 1, 1915, and a still lower percentage when we remember the 1915 colts must be added to this number.

The 400,000 horses bought for export for use in the war are among the lighter animals ranging from 1,000 to 1,500 pounds in weight. Although It pays to separate the runts from many of them are of mixed breeding, the herd and give them special atten- they are good useful horses, but do not sell for particularly high prices, and there is an opportunity for the Slops should not be carried from the raiser to produce others of much betkitchen to the hogpen if the good ter type to replace those that have been sold. The increased cost of land, labor and other things used in horseraising has gradually widened the gap Pure skim milk is good for the between the price of good horses and it and it will be the richer. Do not until now only the superior animals can be produced profitably.

About eighty per cent of the horses and mules in the country are now owned and used on farms. The automals, but any great changes in this direction will come about gradually stantly changing conditions, however, the business of horse production offers unusual opportunities to the man who succeeds in meeting market demands successfully. Horses of the draft or high class saddle type or mules of good size and quality and capable of doing lots of hard work are likely to prove most profitable.

Cutting Ensilage.

Ensilage should be cut short. Half to three-quarters of an inch is better than longer cuts. The fine cut ensilage will pack better, which means better keeping and it also feeds better. It takes more power to cut into short lengths.

Feed for Calves and Milk. The cow cannot turn all the nourish ment she will get from her food intolot will lower the selling price to that the milk pail and still have enough to build up her offspring rightly. We need good calves as much as we do good cows.

Know the Weeds.

Become familiar with the weeds growing on your farm. Do not wait until a weed has infested a large area before you find out what it is-whether it is a "bad" weed or not-or before you have discovered some method of eradication. Your state experiment station will gladly help you.

Protection for Ewes. Take extra precaution to protect the ewes from the storms. A soaked fleece may result in a chill and that will be bad for the lamb.

It is better to hit the bull's-eye in short sermon than to tire the sinner into repentance with a long one.

and scalp troubles of young or old.

Free sample each by mail with Book.

Address postcard, Cuticura, Dept. L.

It is hard to convince a schoolboy

that summer vacation days are longer

THE PROFESSOR'S STATEMENT.

Prof. Aug. F. W. Schmitz, Thomas,

ney Pills. After

was somewhat re-

ped the treatment.

In the spring of

the next year I

had another at-

tack. I went for

Okla., writes: "I was troubled with

Dodd's Kidney Pills and they relieved

is now three years ago and my Back-

ache has not returned in its severity,

and by using another two boxes a lit-

tle later on, the pain left altogether

and I have had no trouble since. You

may use my statement. I recommend

Dodd's Kidney Pills when and wher-

ever I can." Dodd's Kidney Pills, 50c.

per box at your dealer or Dodd's Medi-

Archie's Neck.

name Little Willie-came running

into the house, stuttering in his ex-

"Mommer," he panted, "do you know

"Do I know what?" asked his

"Do I know Archie Sloan's neck?"

"I know Archie Sloan," answered

"Well," said Willie, "he just now

Reminder.

house owner to the agent from whom

he had bought his home on the in-

stallment plan "The panelling in my

dining room is opening up so you can

That New Hat.

A girl sometimes encourages one

put your finger through the cracks."

up for last month's installment."

"Look here," said the indignant

the puzzled parent; "so I suppose I

cine Co., Buffalo, N. Y .- Adv.

Archie Sloan's neck?"

repeated her offspring.

urday Evening Post.

hat. Susie?

just like it last year.

must know his neck. Why?"

Backache for about twenty-five years.

Boston. Sold everywhere .- Adv.

than winter school days.

Prof. Schmitz.

ITCHING, BURNING SCALPS Crusted With Dandruff Yield Readily

Consistent to Cuticura. Trial Free.

Cuticura Soap to cleanse the scalp of Helper dandruff crustings and scalings, and Cuticura Ointment to soothe and heal itchings and irritations. Nothing betin cases of poor apter, surer or more economical than these super-creamy emollients for hair petite, imperfect diges-

> **HOSTETTER'S** STOMACH BITTERS

tion, inactive liver and

clogged bowels is

When told I had Bright's Disease in A household remedy for 60 its last stages, I tried Dodd's Kid- years. Try a bottle today.

> RUPTURE CURED in a few days without pain or a surusing two boxes I gical operation. No pay until cured. Write Dis. WEAR, 306 Rec Bidg., Omaha, Neb. lieved and I stop-

> > WOULDN'T WORK IN HIS CASE

Excellent Reason Why Man Couldn't Take Really Good Advice Given by His Physician. me again. I used three boxes. That

> club turned to the subject of health hints the other night, when an amusing little incident was recalled by Samuel W. Beaks of Michigan. "No matter what you eat," said the

The conversation in a Washington

physician, "you should chew each mouthful thirty times. It-" "That's all right, doctor,' smilingly

interjected the friend, "but it wouldn't work in my case" "It wouldn't work?" responded the Little Willie-in small boy stories

the central figure is nearly always doctor, wonderingly. "Why not?" "I live in a boarding house," answered the friend, "and my voracious fellow-feeders would have the table cleaned while I was eating one mouthful.

Safety First.

Georgie felt he was safe. They were standing at the front gate.

"Won't you come into the parior and sit a little while, Georgia, dear?" "No-o. I think not," replied Georgie, hesitatingly. "I wish you would," the girl went fell into the backwater up to it."-Sat-

on; "it's awful lonesome. Mother has gone out, and father is upstairs, groaning with rheumatism in the legs." "Both legs?" asked Georgie.

"Yes, both legs." "Then I'll come in."

Up-to-Date.

"How is Doctor Wombat as a physi-"That's all right," replied the agent. The house is settling. And that re-"Best ever. When you get exhaustminds me. It's about time you settled ed over bridge he prescribes dancing

as a rest cure.'

Mamie-How do you like my new Knicker-What is the best thing to do in dealing with the submarine ques-Susie-Lovely, Mamie; I had one tion?

Booker-Well, we might dry up.

City sidewalks are used by pedesman in order to make some other man | trians, but the crab has a side walk of his own.



Efficiency In Childhood

comes with proper training—a most vital factor in which is right food.

If a child is to gain physically and expand mentally certain vital mineral elements—grown in the field grains--are imperative.

These elements, such as phosphate of potash, etc., are lacking in many foods, but abundantly supplied in the famous pure food -

Grape-Nuts

Made of whole wheat and malted barley, Grape-Nuts with cream or good milk supplies well-balanced nourishment-not only builds up the growing child, but repairs daily the wear and tear of body and brain.

Grape-Nuts has a delicious nut-like flavour-is specially processed for easy digestion—and is always ready to eat direct from the package. Economicalconvenient-and makes for efficiency.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.