

WHY WOMEN WRITE LETTERS

To Lydia E. Pinkham Medicine Co.

Women who are well often ask "Are the letters which the Lydia E. Pinkham Medicine Co. are continually publishing, genuine?" "Are they truthful?" "Why do women write such letters?"

In answer we say that never have we published a fictitious letter or name. Never, knowingly, have we published an untrue letter, or one without the full and written consent of the woman who wrote it.

The reason that thousands of women from all parts of the country write such grateful letters to the Lydia E. Pinkham Medicine Co. is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and suffering.

It has relieved women from some of the worst forms of female ills, from displacements, inflammation, ulceration, irregularities, nervousness, weakness, stomach troubles and from the blues.

It is impossible for any woman who is well and who has never suffered to realize how these poor, suffering women feel when restored to health; their keen desire to help other women who are suffering as they did.



Co-Operators. Nearly 770,000 persons, largely successful farmers, are now aiding the United States department of agriculture by furnishing information, demonstrating the local usefulness of new methods, testing out theories, experimenting and reporting on conditions in their districts—by helping, in short, in almost every conceivable way to increase the knowledge of the department and to place that knowledge at the service of the people.

CARE FOR YOUR HAIR

Frequent Shampoos With Cuticura Soap Will Help You. Trial Free.

Precede shampoo by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these super-creamy emollients. Also as preparations for the toilet.

Free sample each by mail with Book. Address Postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Conservative.

There was once a lady from Dexter, Ia., who spent five solid hours roated to one spot on the rim of the Grand Canyon, during which time the strong light of the desert afternoon melted into pools of turquoise and purple haze; the mile-long shadows flung themselves into the depths or went striding across the plateaus. . . I'll be picking the pockets of my own soul here in a minute. But, anyway, I am trying to tell you that this lady from Iowa witnessed a sunset in the Grand Canyon; and when night came she found her tongue.

"It is highly gratifying," she sighed. "Yes—highly gratifying!"

If you will not take my word for it take the word of the Iowa lady. She was cautious, even conservative; she did not overstate the case.—C. E. Van Loan, in the Saturday Evening Post.

Caustic Rebuke.

There is loud chuckling in British naval circles over the latest story: "Somewhere in the North sea" a certain flotilla was ordered to proceed to sea for gunnery practice. During the practice a heavy fog came on, and the ship whose turn it was to fire did not sight the target until within 300 yards' range. She immediately opened fire, and blew the target clean out of the water. The senior officer of the flotilla, who is noted for his caustic tongue, thereupon made the following signal to the vessel in question: "S. O. to captain of —: Why did you not proceed closer and bite it?"

Mythology is not religion.

For Pure Goodness

and delicious, snappy flavor no other food-drink equals

POSTUM

Made of wheat and a bit of wholesome molasses, it has the rich snap and tang of high-grade Java coffee, yet contains no harmful elements.

This hot table drink is ideal for children and particularly satisfying to all with whom coffee disagrees.

Postum comes in two forms: The original Postum Cereal requires boiling; Instant Postum is made in the cup instantly, by adding boiling water.

For a good time at table and better health all 'round, Postum tells its own story.

"There's a Reason" Sold by Grocers everywhere.

BIG PROBLEM FOR LIVE-STOCK INDUSTRY



Cattle in Buffalo Pasture, Flathead Indian Reservation, Montana.

Prepared by the United States Department of Agriculture.

The gradual but steady decline in the carrying capacity of native pastures presents a serious problem for the live-stock industry. The average carrying capacity of the 300,000,000 acres of public lands outside of the national forests, which are practically all used for grazing purposes, is today estimated at 25 per cent less than what it once was. The privately owned pastures show the same decline. On the other hand, the carrying capacity of much of the unfenced grazing lands within the national forests has been increased in recent years by the adoption of what is known as deferred grazing.

This system is explained in an article in the new Yearbook of the department of agriculture, "Improvement and Management of Native Pastures in the West." This article gives as the causes of pasture deterioration overstocking and premature grazing. It has been the general belief that if stock came off the range in satisfactory condition the range was not overstocked. In the majority of cases, however, this is not true. Animals which are allowed to graze the green feed of the choice forage plants nearly as fast as it grows may for the time being get enough to eat, but to rob the plants continuously of this forage robs them also of their laboratory for manufacturing plant food, and they are gradually starved out of existence. In the course of five years or so, the better forage plants are gradually reduced and their places taken by less desirable grasses and weeds. The condition of the stock, therefore, is not in itself a safe way to judge whether a range is overstocked or not.

Premature grazing is injurious not only because the vegetation, when soft, is badly damaged by trampling, but because the plants are not allowed to mature their seed. In practice, some part of the range must be grazed early in the year. When deferred grazing is adopted, however, a part of the range is set aside and the seed allowed to mature before the plants are grazed.

Deferred grazing was first practiced by the forest service of the United States department of agriculture in studies on the depleted ranges of an area in northwestern Oregon. An area with one-fourth the carrying capacity required for a band of sheep for an entire season was protected against grazing until the important plants on it had matured seed. After which it was heavily grazed. This caused the sheep to aid in planting the seed by trampling it into the ground. The following year the same area was again protected until after seed maturity and

was then only moderately grazed. This gave the seedling plants from the first year's seed crop a chance to develop a good root system. By following this course on each quarter of the range in turn the entire area was reseeded naturally without depriving the stock of the forage on any part of the range in any year. The results obtained under this plan were compared with similar ranges grazed throughout the season each year and with fenced areas that were not grazed at all. It was found that deferred grazing resulted in a much greater reproduction from seed than either of the other methods and that the production of good forage species was particularly great. With lands totally protected against grazing the seeds germinate on the surface of the ground, but, not being planted deeply, the root systems of the resulting plants are unable to reach the moist lower soil and the plants die from drought later in the season.

The principles of deferred grazing are being applied to national forest ranges as rapidly as possible, and the results in practice bear out those secured experimentally. In the Yearbook article already mentioned, a pasture of 600 acres is taken for the purpose of illustrating the practical application of deferred grazing. This is divided by cross fences into three compartments of approximately 200 acres each, arranged so as to give the best distribution of water and shade. Beginning in 1916, No. 1 should be grazed first; No. 2 second; and No. 3 not until the important forage crops have set seed. It may then be grazed heavily. In 1917 area No. 2 should be grazed first, area No. 1 second, and area No. 3 again protected until after seed maturity, and then grazed moderately. The following table shows the management of the three areas for a period of seven years:

Year.	Area No. 1.	Area No. 2.	Area No. 3.
1916.....	First	Second	Third
1917.....	Second	Third	First
1918.....	Third	First	Second
1919.....	First	Second	Third
1920.....	Second	Third	First
1921.....	Third	First	Second
1922.....	First	Second	Third

By following this plan the various portions of the range will have not only an equal chance to reseed, but equal protection against grazing during the formative of the growing season. Should one part of the pasture be in greater need of building up than another, it may be advisable to vary the plan to secure a maximum crop over the whole area as soon as practicable. A knowledge of the individual case is necessary in order to decide what variation should be made, but if the principles involved are clear, this should not be a difficult matter.

FARMER ARGUES FOR CALVES IN AUTUMN

Every Condition Is Better for Dairyman Then—Young Animals Get Better Start.

Here are some arguments that a thoughtful farmer puts up for having the cows freshen in the fall instead of spring: "The fall calf usually gets a better start in the world than the one that arrives in the spring. The farmer will have more time to take care of the calves in winter than summer; the fall pastures are coming on, furnishing the cow an abundance of good green stuff that produces a large milk flow. The fall pastures are more nourishing than the spring grasses, owing to the fact that they do not contain so much water. There are no flies or heat to bother either the cow or calf, and if dropped early enough the calf will get a good start and learn to eat well before cold weather sets in. "Milk products are much easier taken care of in winter than summer and milk and butter prices are at their best at this time."

EASY TO GROW RASPBERRIES

Bush Will Continue in Bearing for Five or Ten Years—Entirely Unlike Strawberry.

A raspberry bush will continue in bearing for five or ten years according to the attention given, whereas a strawberry patch is not expected to bear more than one or two seasons before it is plowed under and a new plantation set out. There are many people who claim they are so busy they cannot grow strawberries, but this argument will not apply to the raspberry, which everyone has seen flourishing in the fence corners of the field, growing wild without any attention whatever.

Crude Oil Good for Hog Lice. Crude oil is a good remedy for hog lice. It may be applied with a sprinaker, when the hogs are confined in a small inclosure, or with a spray pump. It is also a good idea to pour some of it on top of the pools in which they wallow.

Makes Tractor Cost More. The recent advance in the price of gasoline—whether necessary or merely speculative—is a factor that farmers are discussing at every crossroads schoolhouse.

When Fruits Are Best. Fruits are usually at their best when served fresh, ripe and in season, and there are but few with whom they do not agree. Those who cannot take them in the raw state often find them acceptable when cooked.

Method of Farming. Good farming is not so much in what we do as in the way we do it.

Need for a Silo. If you have ten or more cows, you need a silo.

DADDY'S EVENING FAIRY TALE

by MARY GRAHAM BONNER

PIG AND GIANT.

"How do you do, Mr. Giant," said Master Pink Pig, as he walked along to the Giant's cave to pay him a call. "I'm well, I thank you," said Mr. Giant, who was always very polite. "And how are you, may I ask?" "I'm feeling healthy," said Master Pink Pig. "Yes, I'm feeling what you might call handsome."

"You know, Piggie dear," said Mr. Giant, "that healthy and handsome don't mean quite the same thing." "Oh, well," said Master Pink Pig. "What's the difference? They both begin with the same letter and if they don't end alike or go on the same way, it's no fault of mine I'm sure. I never made up either of those words." And Master Pink Pig whispered that to Mr. Giant as if it were a great secret.

"I consider it very narrow-minded to be so fussy about words anyway. None of my family are. Why just think, we're called Pigs and often they call very greedy people Pigs too. I'm sure that's no compliment to us, but do you mind it?—not at all. We're far too broad-minded."

The Giant was enjoying this conversation hugely, and so, to make the Pig say something more, he asked him if he had never wanted to be some



Giant Was Enjoying Conversation.

other animal—a Deer for instance, with great big beautiful brown eyes. "That reminds me," said Master Pink Pig, "of the time I wanted to be a Deer. How very funny you should have mentioned the very animal I envied."

"Ah—" said Mr. Giant, "I know many secrets. But continue with your story." "You see the Deer was everything that I was not. He was beautiful—he had brown eyes while mine were a watery pink—he had soft skin and mine never gets much admiration—and he ran so quickly and gracefully. I always wanted to be graceful and somehow I never could learn how to move in the lovely ways that the Deer did. Oh, there was one Deer, especially, that used to fill my poor pig heart with great envy."

"And above all, instead of living in a Pig pen, he lived in the woods and ran about the meadows. He was very shy and didn't like many people—whereas anyone at all would talk to me. I got so I didn't like it. I thought it would have been so fine to have been shy."

"But one day, I wandered about into the woods, near where the Deer I thought so much of lived. And there to my horror, what do you think I saw?"

"What?" asked the Giant in great surprise, for Master Pink Pig's story was not turning out at all as he had thought it would.

"Oh, I saw a dreadful sight," said Master Pink Pig, his pink eyes began to water some more.

"Well, tell me," said the Giant. "I can never bear to be kept waiting for the end of a story."

"There, on the moss, in the woods," said the Pig, "where the lovely Deer had been playing and running about only the day before, I saw six grown-up men sitting around a bonfire from which came a very strange smell."

"I got as near as I could without being seen, and stayed behind a tree to find out what it all meant."

"There now I think it's ready," said one of the men.

"We were lucky to have seen that Deer," said a second, as he looked at his gun on the ground beside him. "I do like venison—really fine meat—nothing cheap like pork, or ham, or bacon. Give me venison every time! I have grown so tired lately of the same thing."

"And then I understood. Venison simply meant the Deer when he was cooked. Oh, how badly I felt. But I never wanted to be anything else but a Pig again when I had heard the way they had talked about how delicious deer meat could be."

"As I wasn't I thanked they had turned up their noses at me! At least, I thought to myself—if I should be a beautiful Deer my life would never be safe—and as for being a Pig—well, I can have some time yet of health and mud and a good old lazy time, before I am eaten. So, I'm glad I'm a Pig. See?" "I see, I see," said the old Giant. "Yes, sometimes it's just as well not to be anything extra fine!"

There Is Vast Difference. It is surprising how many people do not know the difference between obstinacy and firmness. Some girls feel uncomfortable over standing by their principles, for fear someone will think them obstinate, and others pride themselves on never making a concession to please anyone, and imagine they are beautifully firm. It is quite important, to get the difference quite clear in your own mind, since firmness is one of the most necessary virtues, and obstinacy one of the most serious faults. —Girl's Companion.

Achy Joints Give Warning

A creaky joint often predicts rain. It may also mean that the kidneys are not filtering the poisonous uric acid from the blood. Bad backs, rheumatic pains, sore, aching joints, headaches, dizziness and urinary disorders are all effects of weak kidneys and if nothing is done, there's danger of more serious trouble. Use Doan's Kidney Pills, the best recommended kidney remedy.

An Iowa Case

John W. Wright, 1022 2 1/2 St., Knoxville, Iowa, says: "Four years ago I had an attack of rheumatism in one of my arms and the pain was awful. At times I couldn't lift my arm without sharp twinges darting through it. I finally got Doan's Kidney Pills and had taken them only a short time before I found relief. Two boxes permanently cured me."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Ordered to Be Ignorant.

Miscellany has received a letter from the front for its readers. It gives one or two little stories of actual incidents which have occurred in the writer's regiment somewhere in France: All ranks, as soon as they land in France, are urgently warned against answering questions asked them by people whom they don't know—even though the questioner is apparently a British officer, for enemy agents have been found in the uniform of all ranks. A certain conscientious young sub. was in the front line the other day when a major of the Divisional Staff came along and began questioning the boy, with a view of testing his alertness and efficiency.

"What trench is this?" "I don't know, sir."

"What regiment is on your right?" "I don't know, sir."

"How do your rations come up?" "I don't know, sir."

"Well you don't seem to know much, young fellow, do you?" "Excuse me, sir, but I don't know who you are."—Manchester Guardian.

Some men are long on dollars and short on common sense.

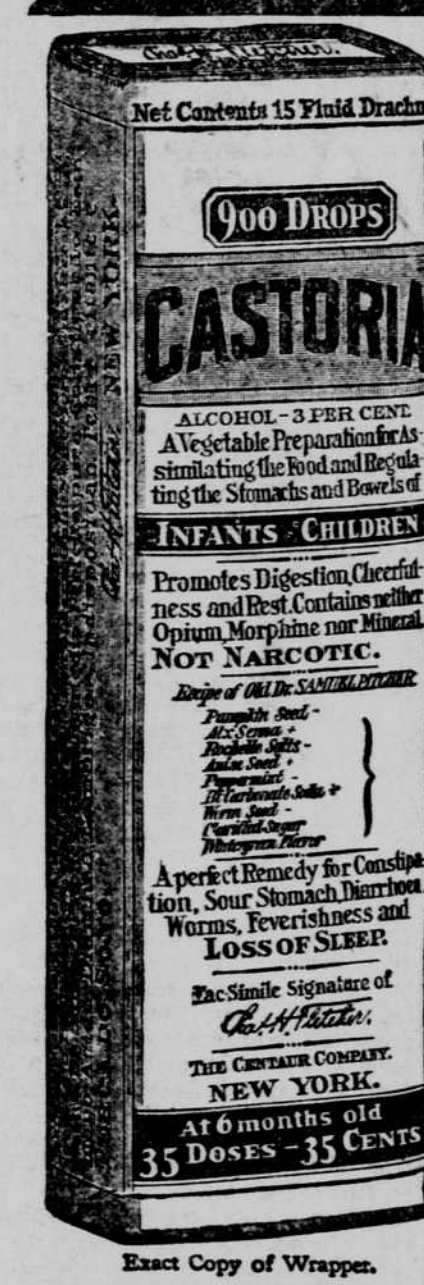
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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Their Part in the War.

Several young clubmen met recently and the question of the war became the chief topic of conversation. They felt awfully sorry for the poor soldiers in the trenches. "We ought to do something for them," said one. "So we should," advised another. A third member, in speaking of this a few days later, remarked, "So we drank their health all evening."—London Mail.

Plenty of It.

"My dear sir, I am an agent for this wonderful theater. Will you not let us keep you in hot water in your home?" "Thanks—quite unnecessary. My wife attends to that."

Boasting of an old love affair is a poor way to boost a new one.

Electricity Kills Insect.

A process has just been developed in the department of agriculture by means of which insects and pests may be killed by electricity. The process consists in the application of salt water to the ground that is to be treated, and then causing a current of electricity to pass through the soil. The current generates a gas which will instantly kill all germs, larvae and insect pests in the soil, without in any way injuring the vegetation. A large area of ground can be treated by digging shallow trenches in which a powerful current can be developed.

The Drawback.

"Why did you discharge your chauffeur? Wasn't he a good one?" "Fine. But he took too much time off to go to jail."

Much More Desirable.

"I don't believe that mercenary girl can imagine anything better than being a rich old man's wife."

"There's one thing she'd like better to be."

"What's that?" "His widow."—Baltimore American.

IF YOU OR ANY FRIEND

Suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure. Most wonderful book ever written. It's absolutely FREE. Jesse A. Case, Dept. C. W., Brockton, Mass.—Adv.

The Right Word.

"Ma husband's very polly, ma'am. He's got dat exclamatory rheumatism."

"You mean inflammatory, Martha. Exclamatory is from exclaim, which means to cry out."

"Yes, ma'am, dat's what it is. He hollers if anyone goes near him."

Typewriter Service in Rural Communities

The typewriter is coming into more extended use in rural communities because of the assistance it renders to all classes of people. Here are a few examples of the possibilities of service:

The Farmer: Think of the possibilities of selling produce by the means of typewritten letters sent out to customers? Typewritten letters give the sender a business standing with the people who receive them and also enable the keeping of carbon copies of the correspondence, which many times does away with misunderstandings and lawsuits.

The General Store Merchant: More prompt and courteous treatment is likely to be accorded his orders and correspondence with the City jobber and manufacturer if his letters are typewritten.

In The Home: The boy or girl who is intending to follow a business career can secure no better start than a knowledge of typewriter operating. Children who learn to use the typewriter learn spelling at the same time. The housewife finds it a great convenience in writing recipes and for general correspondence.

The Minister: No Clergyman should be without a typewriter. It is of great assistance in preparing sermons and writing the many letters that a pastor has to write.

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