

MONTHS OF SUFFERING

How a Baltimore Girl Recovered Her Health

Baltimore, Maryland.—"For several months I suffered with severe backache and general weakness. I could not sleep comfortably at night for pains in my back. I found your book at home one day and after reading it began at once to take Lydia E. Pinkham's Vegetable Compound. I have had very good results and some of my girl friends are taking it now. You may use this letter to help other girls, as the letters in your book helped me." — ROSE WADSWORTH, 3018 Roseland Place, Baltimore, Md.

That is the thought so often expressed in letters recommending Lydia E. Pinkham's Vegetable Compound. These women know what they have suffered, they describe their symptoms and state how they were finally made well. Just plain statements, but they want other women to be helped.

Lydia E. Pinkham's Vegetable Compound is a medicine made from medicinal roots and herbs, and without drugs, to relieve the sickness women so often have, which is indicated by backache, weak feelings, nervousness, and no ambition to get anything done or to go anywhere. It has helped many women. Why not try it?

Cuticura Soap
Is Ideal for
The Complexion
Soap 25c, Ointment 25 and 50c, Talcum 25c.

ITCH!
Money back without question if HUNT'S GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fail in the treatment of Itch, Eczema, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk. Sold by all reliable druggists. A. B. Richards Medicine Co., Sherman, Texas.

Then She Remembered.
Meeting a friend of mine, the wife of a bank treasurer, we stood talking. Along came a mutual acquaintance, the widow of a bank cashier.

"There goes Mrs. Blake!" exclaimed my friend. "I wonder how she likes the work in a broker's office?"

"Oh, she likes it fine, but she's had a hard time making a living," I replied. "But that's the way of it. Being a banker's wife doesn't always mean you have money, but you've got to pretend you have anyway!"

"That's right," said my friend, and then I remembered what her husband is.—Chicago Tribune.

Not Really Remarkable.

"Do you know anything about palmistry, Herbert?" she asked. "Oh, not much," he answered, "although I had an experience last night which might be considered a remarkable example of palmistry. I happened to glance at the hand of a friend, and I immediately predicted he would presently become the possessor of a considerable amount of money. Before he left the room he had a nice little sum handed to him." "And you foretold that from his hand?" "Yes, it had four aces in it."

Every department of housekeeping needs Red Cross Ball Blue. Equally good for kitchen towels, table linen, sheets and pillowcases, etc.—Advertisement.

One Stumbling Block.
"So long as dar's cheatin' in a crap game," said Uncle Eben, "his gineter be hard to put a complete stop to fightin'."

A girl will never believe a man who tells her he loves her and lets it go at that.

There is no cure for overwork but to quit.

Help Your Kidneys

Is a cold or grip keeping you miserable? Are you tortured with dull, persistent backache and sharp, cutting pains? Likely your kidneys need help. Colds and grip fill the blood with poisons. Your overworked kidneys have become weak and are filtering these poisons off. That's why you feel weak and depressed and suffer from headaches, dizzy spells and urinary disorders. Don't wait for serious kidney disease. Help your kidneys with Doan's Kidney Pills. Doan's have helped thousands and should help you. Ask your neighbor!

A Nebraska Case

Mrs. M. J. Green, Genoa, Neb., says: "I was in a miserable condition due to kidney disorder. At times I could not stand on my feet. I couldn't get into any position that would give me relief. I had blind, dizzy spells and would have to lie down. Doan's Kidney Pills cured me of the trouble."

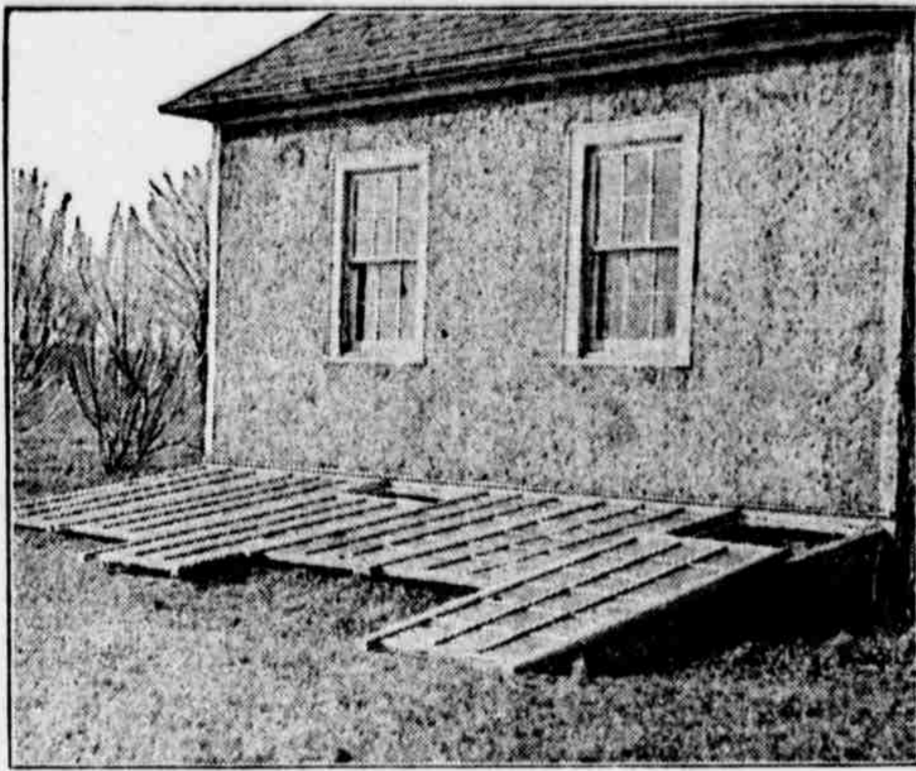
Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

PARKER'S HAIR BALSAM
Removes Dandruff, Itch, and Falling Hair. Restores Color and Beauty to Gray and Faded Hair. 60c and 15c at Druggists. Illinois, Chicago, Wis., Palestine, N. Y.

HINDERCOINS Removes Corns, Calluses, etc. Gives all pain, restores comfort to the feet, makes walking easy. 50c by mail or at drug stores. Illinois Chemical Works, Palestine, N. Y.

THE COTTAGE GARDENER

GROWING EARLY PLANTS IN BACKYARD HOTBED



Proper selection of seeds with which to plant a garden is stressed by the United States Department of Agriculture. It should be the aim of every home gardener this year to grow a better garden by making the most intelligent use of the available space, not only by employing better methods, but by planting seeds of the highest quality. The first cost of seeds is comparatively small, but it is very important that the seeds planted should be the very best obtainable.

Gardeners are advised to secure the catalogues of reliable seed firms and spend a little time in going over and checking up the seeds that will be needed for planting.

Do not be misled by the highly colored and much-advertised novelties, but stick to the standard, well-known and proved varieties, advise the specialists. Good seeds should never be wasted, so figure carefully upon the amount required and place your order early before the best stocks are exhausted. Perhaps the seeds can be bought from local dealers. If not, orders should go to a seed house in some neighboring city, so the seeds may be received in ample time. When they are received, unpack and check them to see that no part of the order has been overlooked; then store the seeds in a mouseproof, ventilated container, such as a perforated tin box. They should be kept in a moderate temperature, and where they will not freeze or be exposed to moisture.

Have Early Vegetables.

Half the pleasure and profit of a garden is derived from having something to use just as early in the spring as possible. In many cities and towns the local greenhouse men grow thousands of plants which are sold to home gardeners at reasonable prices. It often happens, however, that home gardeners do not have the opportunity to purchase well-grown plants, and must start their own supply of early plants in the house or in a hotbed if they desire to have their crops mature early. Among the garden crops that may be started to advantage in this manner are tomatoes, early cabbage, peppers, eggplant and lettuce; even cucumbers, melons, beets, snap beans, lima beans and sweet corn may be started indoors by using flower pots, paper bands, or berry boxes to hold the soil.

Where the required number of plants is too great for growing in window boxes, a hotbed or coldframe may be provided. The usual method of constructing a hotbed is first to dig a

shallow pit 8 to 18 inches deep, according to locality, and pack it full of fermenting stable manure. The manure, before being placed in the pit, should be turned over once or twice in a pile in order to insure even heating. It may then be packed into the hotbed pit and tramped uniformly. Standard hotbed sashes are 3 feet wide and 6 feet long, and the size of the bed should be made to suit the number of sashes employed. A framework of boards 18 to 24 inches high at the back and about 12 inches high in front is placed over the manure-filled pit to support the sash.

Use for Thermometer.

About 3 or 4 inches of fine garden loam is spread evenly over the manure and the bed allowed to stand four or five days to warm up before any seed is sown. At first the temperature of the bed may run rather high, and it is best to delay planting the seeds in it until it begins to decline. This can best be determined by planting a thermometer with the bulb about three inches below the surface of the soil. The temperature should fall below 85 degrees before seeds are planted.

If glass-filled sashes are not available for covering the hotbed, heavy muslin may be used instead; the glass, however, makes the most desirable form of covering. Care must be taken to give the bed sufficient ventilation to prevent overheating, as it is liable to heat up very rapidly when the sun shines full upon the glass. Watering should be done during the early part of the day and the bed given enough air so that the plants will dry off before night. The bed should be closed before evening. In order to conserve enough heat to carry it through the night in good condition. If the weather should turn severely cold, a covering of straw, blankets or canvas may be thrown over the bed to protect it.

Coldframe Construction.

A coldframe is constructed in exactly the same manner as a hotbed, with the exception that no manure is placed beneath it to supply heat.

Before the plants are set in the garden, either from the hotbed or the coldframe, they should be gradually hardened to outside conditions by giving them more ventilation each day. Finally, remove the sashes entirely on bright days and replace them during the nights. The aim should be to produce strong, healthy plants that will make a quick start when placed in the garden.

TO HAVE AN INDOOR GARDEN

Make Your Basement Work for You by Producing Vegetables Before Outdoor Planting Time.

Nearly every cottage, as well as the larger houses and the city bungalows, are equipped with large basements. Many of these basements have space that is not utilized and many of them have excellent southern and eastern exposures whereby the sun has a chance to play through the windows a large portion of the day.

Make the basement work for you. It is an easy matter to have a miniature greenhouse in most any basement where there is sufficient heat to keep the soil and plants from freezing. At least, plants for setting out when the danger of frost is past can be easily raised in the basement, and small vegetables such as radishes, onions and lettuce can be raised and eaten by the owner long before it is time to plant such things outside.

If the window space in the basement is sufficient a long tray arrangement such as used in greenhouses may be used for the indoor garden. Such a tray will be sufficient to produce a good quantity of small vegetables until time to plant outside and at the same time the tomato, pepper, cabbage and other plants may be started, later to be transplanted to individual boxes for more intensive cultivation, and to be ready to transplant in the open with large, healthy plants.

PRUNING WILL GET RESULTS

Fruit Trees, Vines and Bushes, as Well as Flowering Shrubbery, Require Trimming.

Fruit trees, fruit vines and bushes, as well as flowering shrubs, require careful pruning to get the best results—fruit and flowers.

There is some difference of opinion as to whether the pruning should be done in the fall or in the early spring. Despite the argument as to the time, the pruning is absolutely necessary if crops are to be the best possible under weather, soil or other conditions that may prevail in any particular locality.

In pruning fruit or flowering trees and vines it is well for the one who wields the pruning knife to know just how to do the work. One not acquainted with the operation would best post up on the task before one seriously wounds the trees or vines. It is not a difficult task, but one that is as necessary each year as cultivation—for crops cannot be expected unless the proper attention is given.

"HOE" THE PLANTS IN FLATS

The small spikelike plants that have just come through the soil in the flats in the basement require a little "hoeing" occasionally. Gentle loosening of the ground—not close enough to injure the tender roots—will do the plants good.

Taste is a matter of tobacco quality

We state it as our honest belief that the tobacco used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.

Liggett & Myers Tobacco Co.



Chesterfield CIGARETTES

of Turkish and Domestic tobaccos—blended

Lower Prices

20 now 18c

10 now 9c

(Two 10's—18c)

"I like 'em"

"They Satisfy"

GOOD JOKE ON DANISH KING

Monarch Jumped Too Quickly to Conclusion That Eskimo Was Actuated by Loyalty.

An amusing story of the king of Denmark's recent visit to Greenland was recently told by M. Angard of the Danish legation, to members of the Danish club in London.

As the royal yacht was approaching Greenland a dark speck became visible on the open sea. It proved to be a solitary Eskimo in his little kayak (native canoe). The Eskimo came on board and his loyalty in having braved the perils of the sea in such a frail craft assured him the warmest of welcomes. The king presented him with a cigar and, what the Eskimos most highly prize, a rifle.

On landing, the king described the incident to the Danish commissioner in Greenland and asked him who the man was.

The commissioner, in accents of horror, replied: "The man's an escaped convict. He broke prison yesterday, stole a canoe and put to sea. We thought he had been drowned."

She Made a Real Sale.

I was clerking in a clothing store and had been talking about making sales, when a man came in and I said: "Now watch me, and I will show you how to make a real sale." "When I made out the bill I said: 'How do you spell your last name?' Imagine my embarrassment when he fired back so that everybody in the store could hear it. 'Did you ever hear of Smith being spelled any way except S-m-i-t-h?'—Exchange.

Santa Claus Best Advertiser.

Christmas trees undoubtedly represent a destruction of timber of great value. They also represent a stimulation to business which every merchant depends upon in his annual calculations. It pays to advertise, and Santa Claus, though a myth, is the greatest advertiser on earth.

Says Sam: There's a whole lot of religion just in getting along with people.

Its Own Place.

Mr. Brown was until recently a deacon in the Methodist church in his town. But recently he not only withdrew from his honored position, but ceased to be as regular an attendant at church as formerly. The minister, who came to call at the Brown home, demanded the reason for this failure.

"My rheumatism is much worse than it has been for years," Mr. Brown began, "and I cannot walk so far."

"Tut, tut!" laughed the minister, "I believe it is a lack of religion."

"Sir," Mr. Brown drew himself up firmly, "my religion is in my heart—not in my legs."—Indianapolis News.

His Inquiry.

"Paw," began little Lester Livermore, who is of unusual width betwixt the eyes, "if a man fifty years old marries a girl of seventeen, and his son, aged twenty-five, marries the girl's mother, doesn't that make the old man the son-in-law of his own son and the father-in-law of himself, and—say, Paw, can I go to the picture show tonight if I won't ask any more questions?"

"Yes!" yelled Mr. Livermore.—Kansas City Star.

Up to the Neck.

A bachelor who is forever putting his foot in it recently visited the proud parents of a new boy.

The mother held up the bundle for inspection by the bachelor and asked gaily: "Tell us now, frankly, which of us do you think he is like?"

After a careful scrutiny the bachelor replied, "Well, of course, it isn't very intelligent looking yet, but he's wonderfully like both of you."

A Cruel Test.

A Germantown lad who is possessed of even more curiosity than the average child, recently sought out his mother to acquire more information concerning affairs in his household.

"Mother," he asked, "why is it that sister sings so much when her young man is here?"

"I think, dear," said the mother, softly, "that she is trying to test his love."—Philadelphia Ledger.

SEMI-MOURNING, AS IT WERE

Offer of That Red Skirt Made Caroline Reconsider Her Demonstration of Sorrow.

Every Saturday Caroline used to go forth on a cleaning job. One day she appeared robed in black.

"What's the matter?" her employer asked.

"Oh, Miss Sophy," she moaned, "my uncle he is dead, and I've gwine to mourn. I've gwine to mourn for him four months."

The lady expressed sympathy and added:

"I had out that red skirt of mine for you. I thought you might like it; but of course you won't want it now."

"No, Miss Sophy; I've gwine to mourn four whole months."

Next week brought Caroline as usual.

"I been thinking 'bout that red skirt, Miss Sophy," she said. "It's just the kind of a red skirt I like, and I believe from now on I'll mourn from the waist up."—Everybody's Magazine.

Men and Marriage.

"One woman in a hundred marries the man she wants," said Galsford, "the other ninety-nine look for some one they can at least tolerate. One man ripens the peach, and another always eats it!"

"Marriage is always an adventure, a blind leap. You don't begin to know anything about a woman until you're married to her."—From "The Secret Victory," by Stephen M. Kenna.

Didn't Think It Possible.

"In my opinion," ventured Meekton, mildly, "the ballot for women can not be proved as successful as I hoped it would be."

"What has caused your doubt?"

"The candidate for whom my wife campaigned was overwhelmingly defeated. It's the only time I ever knew Henrietta to get the worst of an argument."

When a boy is silent he is learning most.

One third of your life is allotted to sleep. Do you get your share?

The most important period in the process of applying nutrition to the repair of the body is while you are asleep. For the most favorable transformation of digested food into nerve and cell tissue, so doctors tell us, sleep is absolutely essential.

Is it any wonder that those who suffer from lack of proper sleep are weak, pale and lacking in energy or ambition?

One of the causes of insomnia is nerve-irritation from tea and coffee drinking. Tea and coffee both contain caffeine, which has a tendency to cause undue stimulation. The irritating effect of caffeine often

results in insomnia, depression, and a weakened nervous system.

You can easily overcome these troubles by drinking Postum instead of tea or coffee. Postum is a delicious, satisfying cereal beverage, and it is absolutely free from caffeine, or any other harmful substance.

Ask your grocer for Postum. Drink this delicious, refreshing beverage for ten days. Then see if you do not feel better and more clear headed, and if you do not sleep better at night—as so many other people have proved for themselves.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.



Postum for Health
"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.