

# BLUE AND DISCOURAGED

Mrs. Hamilton Tells How She Finally Found Health in Lydia E. Pinkham's Vegetable Compound.

Warren, Ind.—"I was bothered terribly with female weakness. I had pains and was not regular. My head ached all the time, I had bearing down pains and my back hurt me the biggest part of the time. I was dizzy and had weak feelings when I would stoop over, it hurt me to walk any distance and I felt blue and discouraged.



"I began taking Lydia E. Pinkham's Vegetable Compound and am now in good health. If it had not been for that medicine I would have been in my grave a long time ago."—Mrs. ARTIE E. HAMILTON, R. F. D. No. 6—Warren, Ind.

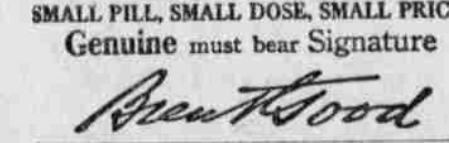
Another Case. Esmond, R. I.—"I write to tell you how much good your medicine has done me and to let other women know that there is help for them. I suffered with bearing down pains, headache, was irregular and felt blue and depressed all the time. I took Lydia E. Pinkham's Vegetable Compound and commenced to gain in a short time and I am a well woman today. I am on my feet from early morning until late at night running a boarding house and do all my own work. I hope that many suffering women will try your medicine. It makes happier wives and mothers."—Mrs. ANNA HANSEN, Esmond, Rhode Island.

## Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right.

CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.



So Far. Bill—I hear he is preparing for one of those trips to the north or south pole. Jill—How far has he got? Bill—Oh, he's written all the press-agent stuff!

Unlucky. Chollie—Do you believe the number thirteen is unlucky? Mollie—Indeed, I do. You were the thirteenth man who proposed to me.

Don't buy water for bluing. Liquid blue is almost all water. Buy Red Cross Blue, the blue that's all blue. Adv.

Never put off till tomorrow what any one is willing to do for you today.

Even a self-made man sometimes makes a bad job of it.

**ALLEN'S FOOT-EASE**, The Antiseptic powder shaken into the shoes—The Standard Remedy for the feet for a quarter of a century. 50,000 testimonials. Sold everywhere. 25c. Sample FREE. Address: Allen S. Olmsted, Inc. Box 1, N. Y. The Man who put the E in F. E. T.

**TANGO** The new White Striped Madras. **Ide Silver Collar**. Gen. P. M. & Co., Boston, Mass., N. Y.

**Nebraska Directory**

**THE PAXTON HOTEL** Omaha, Nebraska. EUROPEAN PLAN. Rooms from \$1.00 up single, 75c. up double. CAFE PRICES REASONABLE.

W. N. U., OMAHA, NO 31-1913

## Don't Poison Baby.

Forty years ago almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labeling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without your or your physician's knowledge of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of *Chas. H. Fletcher*.

## WOE BROUGHT MOTHER FOX

Tragic Moments for Vixen After She Had Carried Poisoned Food to Her Litter.

On one of the large estates in Hingham, a few weeks ago, a fox was found to be destroying poultry. The time of the raids, and their boldness, were proof enough that the fox must be a female with young. Poisoned meat was prepared for her, and at once the raids ceased. A few days later one of the workmen of the estate came upon the den of a fox, at the mouth of which lay dead a whole litter of young ones. They had been poisoned. The mother had not eaten the doctored food herself, but had carried it home to her family. They must have died in the burrow, for it was evident from the signs that she had dragged them out into the fresh air to revive them, and deposited them gently on the sand by the hole. Then in her perplexity she had brought various tidbits of mouse and bird and rabbit and placed at their noses to tempt them to wake up out of their strange sleep and eat as hungry children ought to eat. Who knows how long she watched beside the still forms, and what her emotions were? She must have left the neighborhood soon after, however, for no one has seen her since about the estate.—Dallas Lore Sharp, in the Atlantic.

## THE RIGHT SOAP FOR BABY'S SKIN

In the care of baby's skin and hair, Cuticura Soap is the mother's favorite. Not only is it unrivaled in purity and refreshing fragrance, but its gentle emollient properties are usually sufficient to allay minor irritations, remove redness, roughness and chafing, soothe sensitive conditions, and promote skin and hair health generally. Assisted by Cuticura Ointment, it is most valuable in the treatment of eczemas, rashes and itching, burning infantile eruptions. Cuticura Soap wears to a wafer, often outlasting several cakes of ordinary soap and making its use most economical.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 22-p. Skin Book. Address post card "Cuticura, Dept. L, Boston."—Adv.

## Long-Lost Mine Found.

The long-lost Cinnabar mine in Nevada has been found after a search lasting more than thirty years. The discovery was made some weeks ago by George Keough while searching for stray stock, seven miles from Mina. The discovery was kept secret until claims were staked and assays made of the ore, showing it to run high in quicksilver.

Following the announcement of the finding of the mine a rush was started for the district in which it is located.

Hawthorne, after finding the Cinnabar deposit, became confused and lost his way on the desert. He wandered about for several days and finally landed at New Boston, formerly a thriving camp, but now extinct.

He conducted expedition after expedition in search of the deposit, but his efforts were fruitless. He described the location, stating that two petrified trees stood near the mound.

The stone trees are to be noticed today as described by the old prospector, who died thirteen years ago.

## Compliment.

"The English are a heavy-handed race," said a suffragette in the smoking room of the Colony club. She lighted a fresh cigarette and sipped her coffee.

"The English are heavy-handed," she repeated. "I went to hear Mrs. Pankhurst lecture in Woodstock on my last visit to England, and do you know how the jolly old farmer chairman introduced her? Well, this is what he said, intending it for a compliment, mind you:

"Ladies and gentlemen, you have heard of Mr. Gladstone, the grand old man. Let me now introduce to you the grand old woman."

## Not Too Hot.

The kindly district nurse had sent to Mary's cheerless home fuel and food and clothing. Several days later she visited the house to find Mary and the family warm, comfortable and happy.

"You're such a good woman," said the little mother earnestly. "And I've been praying to the dear Lord every night that he will bless you, and when you die send you to a nice, warm place."

## Case in Point.

"Pa, what is dollar diplomacy?" "Borrowing a dollar, son, from a man who doesn't want to lend it."

## Ever Think of This?

"Why don't women dress sensibly?" "If they did, half the industries of the world would go to smash."

## Only A Touch

By REV. PARLEY E. ZARTMANN, D. D., Secretary of Extension Department Moody Bible Institute, Chicago

TEXT—Who touched me?—Luke 8:46.



The story of this nameless woman and the miracle of her healing is found in each of the synoptic gospels, and it is especially prominent in that of St. Mark; in fact, it is one of the striking cartoons which this evangelist uses in describing the work of Christ. Of all the characters in the

gospel this nameless woman is the most touching, and her attitude toward Jesus, his treatment of her, and the gracious results serve as encouragement to anyone who doubts his fitness for approach to Christ or his willingness to receive anything from Christ.

It is the story of a miracle by the way. Jesus had been requested by Jairus to come to his house and heal his daughter. As he was going on his way and much people followed him and thronged him, a certain woman, seriously ill for twelve years, suffering many things of many physicians, and growing worse instead of better, came in the crowd about Jesus and touched the hem of his garment. She was a great sufferer from her disease and disappointment.

## Recognition.

Jesus noticed her touch: "And Jesus immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes?" He knew the slightest movement of the soul toward himself, he feels the burdens we bear, for he is touched with a feeling of our infirmities. Like the father in Luke 15 he goes out to meet the returning wanderer. What an encouragement it is to the sinner to realize this approachableness and responsiveness of the great Savior. Sometimes we are in doubt about the character and love of God, but every revelation of the tenderness, compassion and thoughtfulness of Jesus is also a revelation of the fact that God is like him. He knows our reaching out after him; let us be sure of that. "I waited patiently for the Lord, and he inclined unto me and heard my cry." Get close to Jesus in love and faith, and touch him. His heart and love and power will respond.

"The healing of his seamless dress is by our beds of pain; We touch him in life's throng and press And we are whole again."

Jesus rewards the woman, though she had mistaken ideas about his character and his work; but one thing she knew—she was sick and there was a healer; she touched him and that brought blessing and benediction. Jesus did not stop to raise questions as to her character or criticize her for her conduct. He responded to the weak faith and the earnest desire of the woman, "And said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague." The story shows that faith is personal allegiance to a personal Christ. Many of us need simpler ideas and teaching about saving faith. Christ saves, not a creed; Christ saves, not a church; although creed and church are important and must find their place in the life of the saved sinner. The woman got more than she asked; the experience of every believing, loyal, trusting soul is, "My cup runneth over."

## Confession.

Who touched me? Christ waits for the answer, although the disciples said unto him, "Thou seest the multitude thronging to thee, and sayest thou, who touched me?" And Jesus waits until the woman tells him all the truth and goes away not only with a healed body but with her sins forgiven and the affectionate approval of Jesus. There is a vast difference between thronging about Christ and touching him; the supreme thing is to get at him. Having received blessing from Christ it is our duty to make his will our life and to confess him before others, because we love him and because we want to help others.

Has there been disease, disappointment, despair in your life? Reach out and touch Jesus. Think of his power until you say, God can save; think of his love until you can say, God will save; then the touch of faith will bring a change—conscious, confident, confessed. Jesus meets the peculiar need of each soul: pardon to the penitent, justification to the guiltless, consolation to the lonely, strength to the weak, and life to the dead.

Careless and unfair packing by the producer receives retribution more quickly than do the dishonest, scant packages and measures of the middleman—except where special legislation is operating against them.

The man who makes a practice of poor packing quickly undoes himself; he makes a great barrier against the consideration even though he suffers from the delay.

Attractive market packages, leave the hands of the commission merchant quickly at a good price, while the poorly packed produce lingers and suffers from the delay.

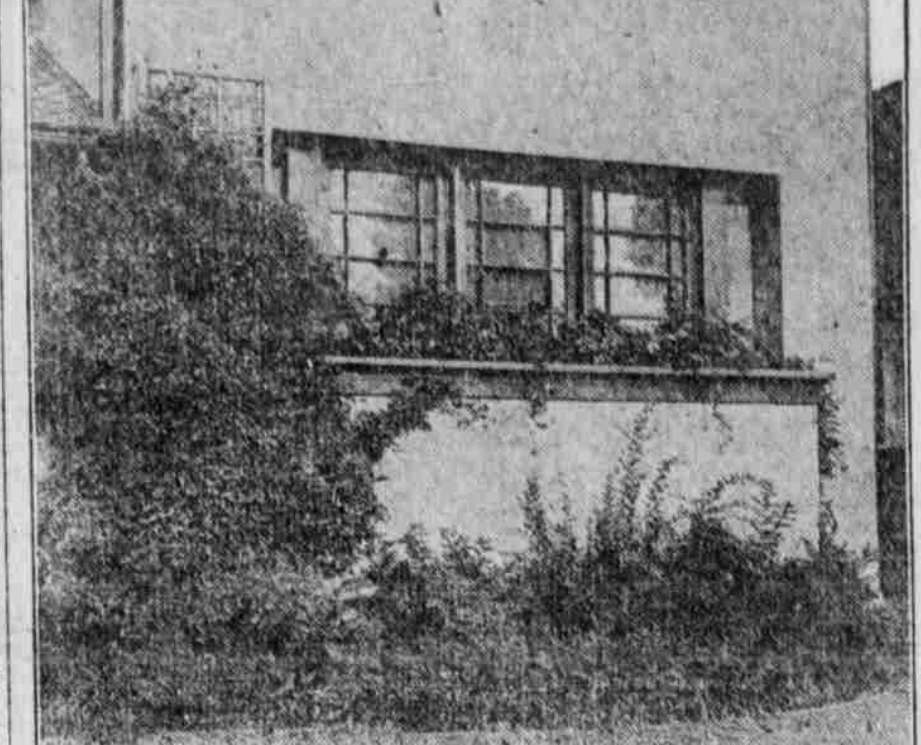
Graded fruits and vegetables in packages of standard sizes makes an immediate appeal to the retail merchant as he can calculate closely his probable returns from the ultimate sale.

Just so with the small packages for the small fruits which contain

"She only touched the hem of his garment; As to his side she stole; Amid the crowd that gathered around him, And straightway she was made whole. Oh, touch the hem of his garment, And thou, too, shalt be free; His saving power this very hour Shall give new life to thee."

"All the fitness he requires Is to feel your need of him."

## SPARE MINUTE GARDENS FOR BUSY WOMEN



Old-Fashioned Flowers Make Attractive Showing in Window Boxes.

(By LULU G. PARKER.)

These spare-minute gardens, designed for busy women, are not formal affairs, they are border beds about 2 by 8 feet in size and should be planted along the walks, driveways, or fences.

The writer has tried every plant recommended and combined them, as here suggested, with nothing but success.

Get good seed from a reliable seedman. Phlox will not germinate at all unless it is fresh. Cheap balsam seed will produce poor flowers.

Plant tall sorts in a row at the back. Medium sized sorts in clumps of a dozen seedlings or more, and use the low growing sorts for edging.

Any of these little gardens will furnish enough cut flowers for the table, with a few to give away, beside brightening the yard from June until frost.

Five minutes each day or half an hour once a week given up to stirring the top soil and weeding, will be all the attention required after the planting is done.

No. 1. Annuals for a sunny garden with plenty of water. Flowers from June until November.

One packet Cosmos, early flowering, 3 to 4 feet; blooms in July until frost. Start seed indoors and transplant 6 feet apart in the garden in May.

One packet Balsam, 1 to 1½ feet; blooms June and July. Sow in the garden in May—thin or transplant 10 in. apart.

One packet Phlox Drummond, 6 in. to 1 foot; blooms June and July.

One packet Dahlia, 18 inches to 2 feet; blooms September and October. Start seed in the house, set in garden one foot apart after danger from frost is past.

One packet Sweet Alyssum, 6 in.; June to November. Sow seed in the garden early. This Alyssum will thrive in a damp place as well.

No. 2. Garden in a dry sandy soil. These plants will require no watering during the driest summer, if weeds are

kept out and the soil is mulched with old manure or lawn clippings, or if the plants are set close enough together to shade the ground after July 1st.

One packet Climbing Nasturtium, 4 to 6 feet; blooms July until frost. Set seed 1 inch deep in May.

One packet Nicotiana Affinis, 2 to 3 feet; July until frost. Start in May 1 foot apart.

One packet Candytuft, 1 foot; June and July. Sow seed early in the garden.

One packet Poppy, 1 to 1½ feet; July and August. Mix seed with sifted soil, sow the earlier the better. Firm the soil with a board or the hand but do not cover. Not easily transplanted.

One packet Petunia Dwarf, 6 in.; July to September. Start in the house for early bloom. Grown anywhere. Portulacca (Rose Moss) is another annual for a dry soil. Grows in a sand pile, 6 inches. Sow the seed in middle of May.

No. 3. A handy garden that will bloom the first year with a light straw winter protection and improve in appearance from year to year. After the first planting they will require only an occasional mulch of old manure. Pull the weeds and thin the plants when they begin to crowd, which will not be before the third spring.

Start all these seeds in the hot bed or a box of fine soil in a sunny window.

One packet Hollyhock, 4 to 6 feet; July to August. Get a single early blooming.

One packet Delphinium (Hardy Larkspur), 1 to 3 feet; June to July.

One packet New England Aster, 1 to 3 feet; July to the end of August. Sow seed out of doors early.

One packet Pompom Chrysanthemums, 1 to 3 feet; October until snow flies.

In October plant bulbs of daffodils, late tulips and crocus in this garden to have flowers from March 15th until November with practically no work.

## GOOD ROADS

DISTRIBUTE COST OF ROADS Let Money Spent Be Levied Upon Assessed Valuation of State—New York Plan Favored.

Country roads should be built and maintained from the funds of the general public. No public road is of purely local importance; no community nor industry but is in some degree dependent upon the efficiency of all highways. Since the development of automobiles, more than half the traffic on the average country road is purely city traffic. Why should townships, for instance, be made to bear their equal share for road expense regardless of wealth and resources, when the roads to be built benefit neighboring communities and even distant cities as much, and sometimes more, than the immediate locality. Roads are the arteries and veins of



New York Cementitious Gravel Road.

commerce. Because some of them are remote from the heart of trade does not lessen their significance to the whole.

Let money spent for roads be levied upon the assessed valuation of the state, says the Farm and Home. In Illinois, for instance, 67 per cent. of the total taxable property is located in incorporated cities and towns. Should the 33 per cent. comprising country property bear all the burden for building and maintaining the highways? By means of state and county appropriations, or state and county bonds, or both, equitably divided, the road burden would be more fairly distributed. The New York plan of dividing the cost between state, county and town works very well and is probably as fair and just as any that could be devised.

## TO TAX TOBACCO FOR ROADS

Representative Warburton of Washington Has Novel Plan to Raise \$80,000,000 Yearly.

The constructing of a comprehensive system of national highways out of a tax imposed upon the consumers of tobacco is a proposition which Representative Warburton of Washington has embodied in the form of a bill introduced in the house. He proposes that a tax shall be imposed so light as not to be felt by the users of tobacco, but every puff of smoke from burning tobacco will represent a part of a system of highways.

The plan contemplates trunk lines connecting the capitals of the different states with the national capital at Washington and with each other and running to the different national parks. The cost of construction is to be paid out of a tax similar to that of 1879 on tobacco. It is calculated that the tax will raise \$80,000,000 a year, or more than twice the amount of internal revenue now collected.

## UNITED STATES GOOD ROADS

Estimated That Percentage of Improved Throughfares Gone Well Beyond Nine Per Cent.

In the past three years it is roughly estimated that the percentage of improved roads in the United States has gone well beyond 9 per cent. and possibly close to 10 per cent. It is estimated that if 20 per cent. of the public highways were improved—each highway being selected and improved with a view to the proportionate traffic upon it—a high degree of efficiency in highway transportation would be reached. It is figured that millions of dollars would be saved annually in the transportation of crops, the wear and tear on horses and vehicles, and in the minimizing of the waste in truck farming. Where roads are bad, the farmers frequently find it impossible to get their products to the shipping points and thus perishable products are wasted, perceptibly increasing the cost of living.

## Eradication of Dandelion.

The best way to get rid of the dandelion pest is to devise some use for them. The moment they become valuable that moment it is going to require a lot of trouble to produce them.

## Crossing Is Harmful.

No flock owner can achieve success in the breeding of sheep, either for market or breeding purposes, if he resorts to constant crossing of two different breeds to improve his flock.

## PROPER PACKING OF IMPORTANCE

Careless and Unfair Preparation Causes Immense Loss to the Producer.

(By M. ROBERTS CONOVER, New Jersey.)

Because of the circuitous route from producer to consumer, farm products actually have a greater monetary value at the consumer's end, although they have greatly deteriorated in quality.

This increase in monetary value is due to the merchant's profits, their cost of handling and the losses which they entail in the decay of the perishable products.

These conditions which decrease the producer's returns and augment the price to the consumer, can only be relieved when a more simple system of transfer from country grower to the city retail buyer has been evolved. These are, however, one source of loss which can, to a certain extent, be obviated; that is that loss of perishable fruits and vegetables which arises from careless packing and bulky packages requiring rehandling of the contents.

Careless and unfair packing by the producer receives retribution more quickly than do the dishonest, scant packages and measures of the middleman—except where special legislation is operating against them.

The man who makes a practice of poor packing quickly undoes himself; he makes a great barrier against the consideration even though he suffers from the delay.

Attractive market packages, leave the hands of the commission merchant quickly at a good price, while the poorly packed produce lingers and suffers from the delay.

Graded fruits and vegetables in packages of standard sizes makes an immediate appeal to the retail merchant as he can calculate closely his probable returns from the ultimate sale.

Just so with the small packages for the small fruits which contain

an amount sufficient for the average buyer. Such can be passed on to the consumer without the repacking that is necessary where a greater bulk of the fruit is massed together.

Potatoes, turnips, carrots, beets and such fruits as apples, pears and quinces so packed and graded that they will keep for several weeks are best shipped in a barrel.

The standard produce barrel, according to the New York state law, must measure 17½ inches head diameter, 28½ inches length of stave, with the bulge not less than 68 inches, outside measure.

Such a barrel holds three bushels, and when filled with potatoes must weigh 174 pounds.

Cantaloupes, egg-plants, peppers, etc., may be shipped in barrels, half barrels, baskets or in peach baskets or crates, as these are frequently retailed by the piece, smaller packages are of no particular advantage.

Crates should measure 12x14x16 inches, and should hold one heaped bushel—40 quarts used level full, for the sale of onions and all produce ultimately retailed by heaped measure.

Berries, grapes, plums and small fruits are bought in small quantities by the consumer, and for these the quart, its divisions and its multiples are in line with the standard requirements.

Apples and pears, for long keeping and long distance shipping, require double headed barrels. Only sound, hard fruit should go into these.

## Discourage Cabbage Worms.

We have seen green cabbage worms very much discouraged by the following process: Sprinkle common wheat flour on the plants, or better, on boards or leaves just under the plants in the evening. When the dew falls a sticky mass is formed and the worm becomes tangled up in this and dies or falls an easy victim to the birds.

## Canadian Farm Land.

There were approximately 19,000,000 acres of land under cultivation in the prairie Provinces of Manitoba, Saskatchewan and Alberta in 1912. From this area it is estimated that \$200,000,000 will be realized by the farmers for their crops.