

# MRS. LYON'S ACHES AND PAINS

Have All Gone Since Taking  
Lydia E. Pinkham's Veg-  
etable Compound.

Terre Hill, Pa.—"Kindly permit me to give you my testimonial in favor of Lydia E. Pinkham's Vegetable Compound. When I first began taking it I was suffering from female troubles for some time and had almost all kinds of aches—pains in lower part of back and in sides, and pressing down pains. I could not sleep and had no appetite. Since I have taken Lydia E. Pinkham's Vegetable Compound the aches and pains are all gone and I feel like a new woman. I cannot praise your medicine too highly."—Mrs. AUGUSTUS LYON, Terre Hill, Pa.

It is true that nature and a woman's work has produced the grandest remedy for woman's ills that the world has ever known. From the roots and herbs of the field, Lydia E. Pinkham, forty years ago, gave to womankind a remedy for their peculiar ills which has proved more efficacious than any other combination of drugs ever compounded, and today Lydia E. Pinkham's Vegetable Compound is recognized from coast to coast as the standard remedy for woman's ills.

In the Pinkham Laboratory at Lynn, Mass., are files containing hundreds of thousands of letters from women seeking health—many of them openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound; and in some cases that it has saved them from surgical operations.

**35 BUSHEL PER ACRE**  
was the yield of WHEAT

160 ACRES  
WESTERN CANADA  
FREE

On many farms in Western Canada in 1913, some yields being reported as high as 50 bushels per acre. As high as 100 bushels were recorded in some districts for oats. 50 bushels for barley and from 10 to 20 bushels for flax.

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Thousands of similar instances might be related of the homesteaders in Manitoba, Saskatchewan and Alberta.

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**W. V. BENNETT,**  
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All stock consigned to us is sold by members of the firm, and all supplies are furnished by the firm. Write these names

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Save your hogs by immunizing them against cholera for life. Largest producers and distributors of serum in the world. Hogs can be immunized at a very low cost. Write or wire for information. **MASON N. DICKERS SERVICE COMPANY,** 2612 O STREET, SOUTH OMAHA

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# Jesus, the Bread of Life

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

TEXT—"And Jesus said unto them, I am the bread of life; he that cometh to me shall never hunger; and he that believeth on me shall never thirst. . . . He that eateth of this bread shall live forever." John 6:35-38.



The time when this was spoken was one of the most remarkable occasions in the life of Jesus—just after he had fed five thousand men with five barley loaves and two small fishes; and twelve baskets of fragments remained of the scanty supply which had been blessed and multiplied by the Master.

The multitude cared not for the miracle—they were willing to follow a man who could feed such a throng with such a scant supply. Jesus uses the occasion and their curiosity to teach them that great lesson of which the miracle of feeding was only a faint shadow: Himself the only real supply for the hungry soul—he that cometh to me shall never hunger.

**The Indispensable Christ.**  
This is one of the familiar and famous "I am's" found in this Gospel by John. 6:35, I am the bread of life; 8:12, I am the light of the world; 8:58, before Abraham was, I am; 10:9, I am the door; 10:11, I am the good shepherd; 11:25, I am the resurrection and the life; 14:6, I am the way, the truth, and the life; 15:5, I am the vine, ye are the branches. These pictures are parables linking Jesus with the vital, fundamental forces of the universe, setting forth the tenderest and dearest suggestions, touching the things we all need, and assuring us of safety, knowledge, and fulness of life. If you are a Christian and there is any lack in your life, it is only because you have not appropriated Christ for your daily need. If you are not a Christian, you need wait no longer, for this same Jesus is able to meet that need of yours, even to save unto the uttermost.

Think of him as the Indispensable Christ, for that is what bread is to us, the very staff of life. Here, in the story of the miracle, Jesus says, "You marvel because I have fed the body, and you would perish without nourishment such as I have provided; but your souls are in greater need, and they will perish forever if they are not fed; behold, I am the bread of life; he that cometh to me shall never hunger; he that eateth of this bread shall live forever." Just as bread is a necessity of our physical life, Jesus is the real deep need of the human soul. No lesson is more important than this, in a time when men are trying everywhere else except in Jesus to find satisfaction and sustenance and safety.

**A Simple Process.**  
Consider the process by which we get Christ as the food for the soul. Verse 35, He that cometh to me shall never hunger; and he that believeth on me shall never thirst; v. 51, If any man eat of this bread he shall live forever; v. 54, Whoso eateth my flesh, and drinketh my blood, hath eternal life; v. 56, He that eateth my flesh and drinketh my blood, dwelleth in me, and I in him; v. 58, He that eateth of this bread shall live forever. Here we have a simple process but a profound truth, and Christ sets himself forth as the same food for all souls; he is not one thing to the rich man and another to the man who cannot afford the luxury—he is the bread of life; just that to the man who could pay a fabulous sum, and just that to the man who has no money. And yet the cost of bread is great: the seed is cast into the ground and dies before the stalk appears; the grain must be cut down by the reapers; there is the severe process of grinding; and finally, the intense heat of the fire which perfects and completes the process. Christ could not be the bread of life apart from the garden, the cross, the tomb. "Ye were redeemed . . . with the precious blood of Christ, as of a lamb without blemish and without spot."

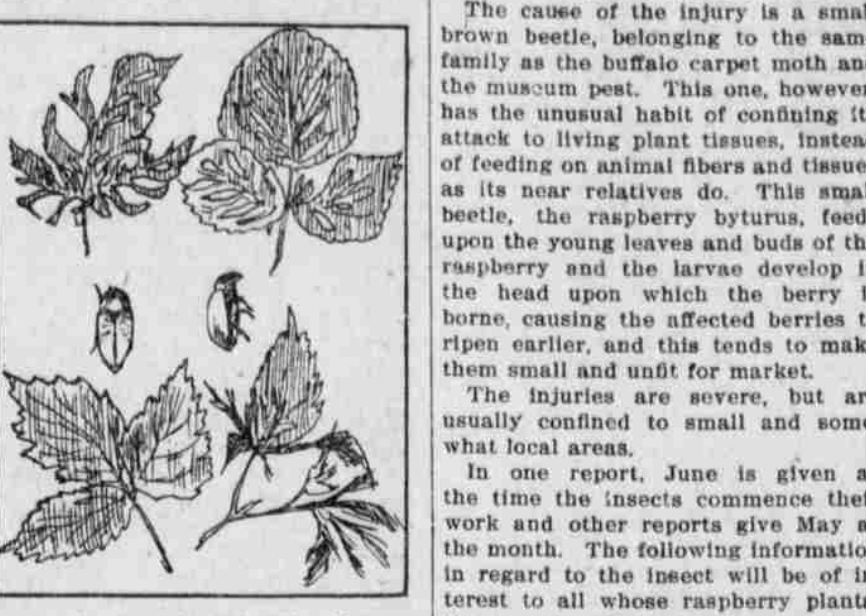
**The Place of Faith.**  
If you come home at night, after the severe toll of the day, how do you get nourishment out of the bread set before you at the evening meal? By discoursing about the constituent parts which make up the loaf of bread? By praising the love and the skill of the hands which provided the bread? By admiration of the form of flavor of the loaf? No, no; but by the homely but necessary process of appropriation. Hereby learn a lesson for that deep hunger which your soul feels—appropriate Christ, who says, I am the bread of life; he that cometh unto me shall never hunger. Let your faith lay hold of him. His gracious promise is a present tense—"Whoso eateth my flesh, and drinketh my blood, shall have eternal life."

# GROWING THE RASPBERRY REQUIRES CAREFUL PREPARATION OF THE SOIL

Most Important of Our Bush Fruits Is Popular Everywhere in Home Gardens—Without Intensive Cultivation Berries Dry on Canes and Are Practically Worthless—Injured by Brown Beetle.

The raspberry will grow in a great variety of soils, but to give the best results should be planted in a well-drained soil, one which is retentive of moisture, and which is abundantly supplied with humus. A sandy loam, intensely cultivated, and well supplied with decomposed barnyard compost, will give a heavy yield. The canes on such soils often make a growth of ten feet or even more.

The raspberry responds splendidly to good preparation. Deep plowing and thorough harrowing should always be given before plants are set. In some cases it will pay to plow several times, the aim being to get a deep, thoroughly pulverized condition of the soil. Many a raspberry plantation has been a dismal failure because of poor preparation of the soil. Soils that are

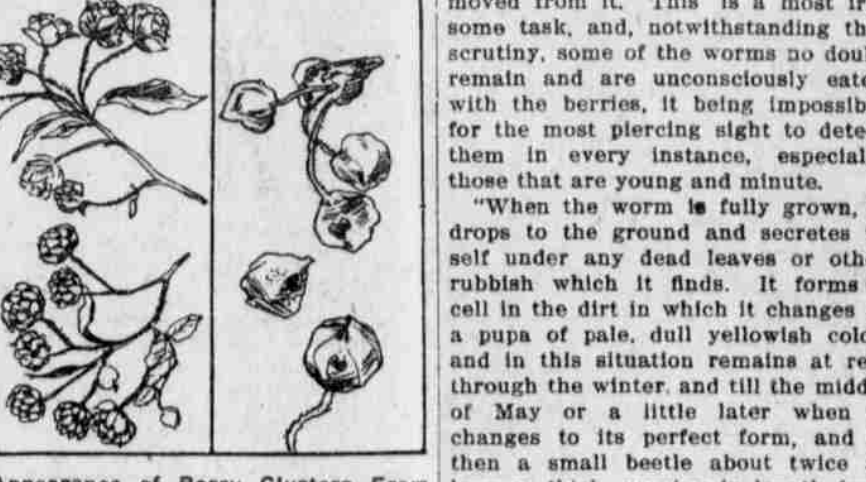


Leaves Skeletonized by the Byturus Beetles. Injury to Young Leaves by the Beetles.

somewhat deficient in humus and nitrogen will be greatly benefited by first plowing in a crop of vetch, alfalfa, crimson clover, field peas or other leguminous crop. This will give the cool moist condition that raspberries naturally thrive in.

The red raspberry is propagated by means of suckers or sprouts. These are always produced very abundantly—in fact, too abundantly for commercial growing. Many of them must be removed or the rows become overcrowded. Black raspberries are propagated by rooting the tips. By placing a little dirt just back of the tip, and pressing it lightly with the foot, roots are forced out and new plants produced.

Plants may be set either in fall or spring. For high altitudes or regions subject to winter-killing, spring planting is preferable. Deep planting is generally resorted to—from three to four inches. The plants are set at varying distances. A common method



Appearance of Berry Clusters From Sprayed and Unsprayed Vines. Buds Showing Injury by Byturus Beetles.

is to start the plants three feet apart in the rows, allowing six feet between rows. Some prefer four by eight.

Unless very intensive cultivation is practised the berries dry on the canes and are worthless, or even, if harvested, are small, hard and seedy. The problem is to conserve the moisture by producing a soil mulch on the surface. The finer this is, the better will be the results. All weed growth should be kept down. Towards fall cultivation should cease, as intensive late cultivation encourages growth which is very soft and subject to winter-killing.

Red raspberries should not be summer pruned as this practise often seems to encourage winter-killing. It is a good practise to remove old canes directly after fruiting. These canes should be burned as soon as removed. In spring, further pruning will be necessary. Black raspberries should be pruned in summer, when the canes have reached from two to four feet in height, the ends should be pinched off. Some summer pruners make the serious mistake of allowing the canes to grow to a height of six or eight feet and then cut the canes back to four feet. This kind of pruning removes all the fruit.

The training of the vines is very simple. A common practise is to set posts from ten to twenty feet apart, according to size, and at a height of three or four feet from the ground. Cross-pieces are nailed on the posts. From the ends of the cross-pieces

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