

# 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 bush. for flax.

J. Keys arrived in the country 3 years ago from Denmark with very little means. He homesteaded, worked hard, and is now the owner of 320 acres of land, in 1913 had a crop of 200 acres, which will realize him about \$4,000. His wheat weighed 68 lbs. to the bushel and averaged over 35 bushels to the acre.

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

The crop of 1913 was an abundant one everywhere in Western Canada.

Ask for descriptive literature and reduced railway rates. Apply to Superintendent of Immigration, Ottawa, Canada, or

**W. V. BENNETT,**  
Box Building, Omaha, Neb.  
Canadian Government Agent

**READERS**  
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**1,000 HOMESEEKERS WANTED** pay for rich valley land; greatest inducement ever offered to those who buy for future homes. Cheap lumber for homes; some work at fair wages. Representatives wanted everywhere. Trinity Valley Land Co., Trinity, Tex.

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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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Come direct to this store when you need glasses.  
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Established 17 years. Mail no. pair and return the same day.

**WORMS KILL PIGS** Save your pig and all the same time. Diamond W. Worm Expeller and Diamond W. Hog Tonic will positively remove the worms and put the pig in the condition. Tell us how many hogs you have and average weight and we will write you fully. **WILLIAMS-BLUMBERG COMPANY,** 159 N. 11th St., Omaha, Neb.

# 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 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 by blood, h-a-t-h 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

wires are strung, one on each side. This is a simple method and serves to keep the cane within bounds and this aids in the cultivation. Black raspberries have rather stiff, upright canes, so that under ordinary conditions, no wires or trellising are necessary.

The berries should be handled carefully and rapidly when marketing. Picking should be done in the cool of the day and only a few berries held in the hand at one time. Never expose the fruit to the hot sun.

During the last few years quite a number of growers of red raspberries in various sections have experienced considerable disappointment, some suffering almost the total loss of their crop. The yield of berries was not only below normal, but the berries were not fit to put on the market.

The cause of the injury is a small brown beetle, belonging to the same family as the buffalo carpet moth and the muscum pest. This one, however, has the unusual habit of confining its attack to living plant tissues, instead of feeding on animal fibers and tissues as its near relatives do. This small beetle, the raspberry byturus, feeds upon the young leaves and buds of the raspberry and the larvae develop in the head upon which the berry is borne, causing the affected berries to ripen earlier, and this tends to make them small and unfit for market.

The injuries are severe, but are usually confined to small and somewhat local areas.

In one report, June is given as the time the insects commence their work and other reports give May as the month. The following information in regard to the insect will be of interest to all whose raspberry plantations are troubled with these pests: "Throughout our country there occurs on the fruit of the red raspberry a small, white worm, which commonly remains adhering to the berry when it is gathered, lying usually on the inner side of the cup or cavity in the berry. Heroby the fruit is rendered unfit for



An Old Root of Disease Resistant London Red Raspberry.

the table or for preserving, until it has been looked over with the utmost care, and the berries closely examined one by one, each berry on which one of these worms is found feeding being either thrown away or the worm removed from it. This is a most irksome task, and, notwithstanding this scrutiny, some of the worms no doubt remain and are unconsciously eaten with the berries, it being impossible for the most piercing sight to detect them in every instance, especially those that are young and minute.

"When the worm is fully grown, it drops to the ground and secretes itself under any dead leaves or other rubbish which it finds. It forms a cell in the dirt in which it changes to a pupa of pale, dull yellowish color, and in this situation remains at rest through the winter, and till the middle of May or a little later when it changes to its perfect form, and is then a small beetle about twice as long as thick, varying in length from .12 to .15 of an inch.

"Spraying should be practised to get rid of these insects. Spray heavily with arsenate of lead just before the emergence of the beetles and this will destroy most of the beetles and materially lessen their injury to the flower buds. In connection with this, thor-



Method of Training and Trellises.

ough cultivation in the fall, close up to the bushes, will destroy many of the pupae Bordeaux may be added for fungous diseases, and will help hold the arsenate of lead on the foliage and buds, making the spray slightly more efficient than if arsenate of lead were used alone."

### Good Cultivation.

Good cultivation at the proper time admits air, lessens the ascent of water from the subsoil, causes the soil to become warmer, and stimulates a better growth.

### Currycomb Saves Labor.

To lighten the labor of cleaning horses there has been invented a pneumatic currycomb which pumps away the loosened dirt.

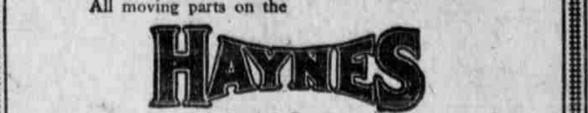
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48 H. P.

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