

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Miss BERTHA A. PELOQUIN, Box 116, Sterling, Conn.

Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVISA MYRES, Box 74, Massena, N. Y.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

DIDN'T APPRECIATE THE JOKE

Girl Made Victim of Hoax by Mischievous Friends Went Home in a Fury.

One day several of my girl friends called to see me. We started to make some candy when I discovered that we didn't have any chocolate in the house and said that I couldn't possibly make it without "a speck of chocolate."

Mary, one of the girls, said: "Why, what kind of chocolate is that—couldn't you use any other kind?"

One of the girls gave me a punch and I said: "Oh, no, I couldn't use any other kind. It's just a new kind. You telephone the grocery and order some, Mary, and we'll start the candy. Now be sure and order 'Aspecka.'"

So we filed to the kitchen and left Mary to telephone. We sat in the kitchen holding our sides with suppressed laughter while she called up one store after another trying to get "Aspecka chocolate." She finally gave up in despair and then we told her. Needless to say, she went home in a fury, as mad as a wet hen. She barely spoke to us for weeks after that.—Chicago Tribune.

Heavy Cost of Bad Weather.

It has been figured that a day's continued frost or snow in England results in the idleness of 1,000,000 work men.

New Jersey's 1913 mineral production was valued at \$40,715,061.

LIGHT BOOZE. Do You Drink It?

A minister's wife had quite a tussle with coffee and her experience is interesting. She says:

"During the two years of my training as a nurse, while on night duty, I became addicted to coffee drinking. Between midnight and four in the morning, when the patients were asleep, there was little to do except make the rounds, and it was quite natural that I should want a hot cup of coffee about that time. I could keep awake better.

"After three of four years of coffee drinking, I became a nervous wreck and thought that I simply could not live without my coffee. All this time I was subject to frequent bilious attacks, sometimes so severe as to keep me in bed for several days.

"After being married, Husband begged me to leave off coffee for he feared that it had already hurt me almost beyond repair, so I resolved to make an effort to release myself from the hurtful habit.

"I began taking Postum, and for a few days felt the languid, tired feeling from the lack of the coffee drug, but I liked the taste of Postum, and that answered for the breakfast beverage all right.

"Finally I began to feel clearer-headed and had steadier nerves. After a year's use of Postum I now feel like a new woman—have not had any bilious attacks since I left off coffee."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins. The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.—sold by Grocers.

SPRAYING TREES DURING DORMANT PERIOD



A Profitable Orchard.

(By R. A. M'GINTY, Colorado Agricultural College.)

If the orchard is infested or likely to be infested with San Jose scale, oyster-shell, bark louse, apple scab, woolly aphid, slothele fungus, peach-leaf curl or brown rot, spraying the trees during the dormant period will be effective in preventing trouble.

For San Jose scale, oyster-shell, bark louse, peach-leaf curl, and woolly aphid, on the upper parts of the trees, the spraying may be done at any time during the winter, while an application a short time before the buds open in the spring will aid in controlling the other diseases mentioned. These

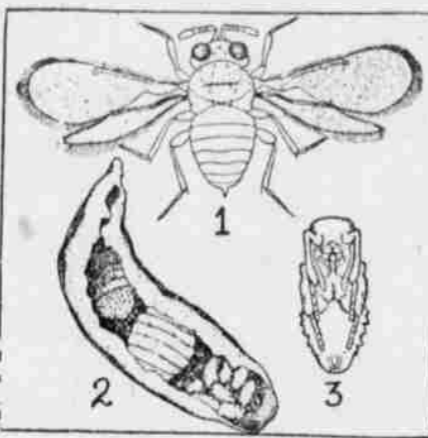
vents the germination and growth of these spores.

The best all-round spray material for the insects and diseases mentioned is the lime-sulphur wash, which acts both as an insecticide and a fungicide. Lime-sulphur wash is made as follows:

Slake 15 pounds of fresh lime in five gallons of hot water, using an iron kettle of twenty to twenty-five gallons' capacity. When slaking is in full process, gradually sift in 15 pounds of flowers of sulphur, stirring the mixture vigorously at the same time. When all the sulphur has been put in and thoroughly mixed, add six or eight more gallons of hot water and boil about forty-five minutes. Strain the mixture into the spray barrel and add water to make fifty gallons. In making the lime-sulphur wash it is best to have two kettles, one for heating the water and one for boiling the mixture. The mixture when prepared should be of a dark reddish brown color.

If it is not convenient for one to make his own spray mixture, there are the concentrated liquid and powder forms which may be procured from dealers and which require only the addition of water to be ready for use. These are slightly more expensive than the home-made and just as effective.

In connection with winter spraying, any parts of the trees which are badly infested should be pruned out, and all "mummied" fruits destroyed, as these form places of refuge for both insects and fungi.



1. Adult Parasite of Oyster-Shell Scale—2. Larva of Parasite in Scale With Scale-Insect One Side and Eggs on Other—3. Pupa of Parasite. All Much Enlarged.

diseases are carried over the winter by small spores and the spray pre-

ACTIVE ENEMY OF INJURIOUS INSECTS

Grosbeaks Deserve Protection of Every Practical Farmer for Their Good Work.

Present investigations prove that the services of grosbeaks in destroying insect pests are invaluable. Each kind pays special attention to certain pests which if unchecked would cause enormous losses. Few of our birds are to be credited with more good and with fewer evil deeds than the grosbeaks, and none more clearly deserve protection by the practical farmer.

A real friend of the farmer is the rose-breasted grosbeak. This bird vigorously attacks cucumber beetles and many of the scale insects. It proved an active enemy of the Rocky mountain locust during that insect's ruinous invasions, and among the other pests it consumes are the spring and fall cankerworms, orchard and forest tent caterpillars, tussock, gipsy and brown-tail moths, plum curculio, army worm and chinch bug. In fact, not one of our birds has a better record.

The rosebreast attacks the worst enemies of agriculture, making them its favorite prey, and time after time it has rendered valuable aid in checking their destructive infestations. These grosbeaks are permanent residents, spending the summer and winter in the same locality. It has been claimed that they pull sprouting grain, but no evidence of damage to either grain or other crops is afforded by the examination of more than 500 stomachs. On the other hand, the evidence is ample that they do much good. The redbird is known to feed on the Rocky mountain locust, periodical cicada and Colorado potato beetle.

During parts of the season it is thought by some farmers that this bird is destructive to early fruit and attacks also green peas and beans. However, since by proper precautions such losses may be minimized or altogether prevented, they should not be given too much weight in estimating the value of the bird.

Credit to Community.
The man who shows cattle, whether it be in the state or the county fair, is doing himself a credit, he is building up a better farm and he is doing his county good by encouraging an interest in the stock that he shows.

EXERCISE AND FEED FOR YOUNG COLTS

Animals Cannot Be Kept in Good Condition When Given Nothing but Dry Feed.

We should allow our young colts more exercise and feed them smaller quantities of hay during the time they are kept on winter rations of dry feed. By feeding smaller quantities of hay and allowing them to exercise freely they will develop more uniformly and come through the winter in much better form and flesh condition.

Young colts that are put in the stall and given all the hay they will eat soon become pot-bellied, their hair grows longer and harsher and some of it stands the wrong way.

We cannot feed colts on dry feed and keep them looking well; that is, as well as they did when running with their dams and having plenty of green grass and milk, but by feeding them choice hay and a liberal amount of clean grain foods we can obtain a more uniform development and bring them through the winter in much better condition. Pot-bellied colts tell the story of improper feeding, slow growth and development, while the colt that keeps its baby fat and form well during the first year tells the story of skillful feeding and fine growth.

Another important point to keep in mind while feeding young colts is to keep the mangers neat and clean and not compel them to pick over old hay and spoiled grain foods.

Sheep for Show.
Choose show sheep from a well bred flock. Select only sheep of proper type and conformation.

Be sure that all necessary feed and equipment are provided. Keep sheep gaining gradually and never crowd them at any time.

Make all preparations for feeding in ample time and commence fitting early.

Good Use for Trap-Nest.
It will pay the average poultryman to trap-nest his flock in fall and winter months, and breed from the pullets which lay earliest in life, as well as from the pullets and hens which lay in the winter.

ROAD BUILDING

ROADS AS CROP PRODUCERS

Government Studies Show How Agricultural Outlook of Country Depends Upon Its Highways.

That an improved road will increase vastly the productiveness of the area through which it runs has now been satisfactorily demonstrated by studies conducted by the United States department of agriculture in Virginia. Conditions in Spotsylvania county were investigated with particular care, and the results have proved surprising. In 1909 the county voted \$100,000 to improve 40 miles of roads. Two years after the completion of this work the railroad took away in 12 months from Fredericksburg, the county seat, 71,000 tons of agricultural and forest products hauled over the highways to that town. Before the improvement of the roads this total was only 49,000 tons annually; in other words the quantity of the county's produce had risen more than 45 per cent. Still more interesting, however, is the increase shown in the quantity of the dairy products. In 1909 these amounted to 114,815 pounds, in 1911 to 273,028 pounds, an increase of practically 140 per cent in two years. In the same time shipments of wheat had increased 59 per cent, tobacco 31 per cent and lumber and other forest products 48 per cent.

In addition to this increase in quantity the cost of hauling each ton of produce was materially reduced. In other words the farmers not only produce more but produce more cheaply, for the cost of transportation to market is, of course, an important factor in the cost of production. From this point of view it is estimated that the \$100,000 spent in improving the roads in Spotsylvania county saved the farmers of that county \$41,000 a year.

In the past two years the traffic studies of the federal experts show that approximately an average of 65,000 tons of outgoing products were hauled over the improved roads in the county, an average distance of eight miles, or a total of 520,000 "ton-miles." Before the roads were improved it was estimated that the average cost of hauling was 20 cents a "ton-mile;" after the improvement this



A Pike in Eastern Iowa.

fell to 12 cents a "ton-mile," or a saving of eight cents. A saving of eight cents per mile on 520,000 "ton-miles" is \$41,000 a year. The county's investment of \$100,000, in other words, returns a dividend of 40 per cent annually.

Because this saving, in cases of this character, does not take the form of cash put directly into the farmers' pockets, there is a widespread tendency to believe that it is fictitious profit, while as a matter of fact it is just as well a source of profit as the increase in the price of wheat.

In Dinwiddie county, Virginia, for example, where peanuts is one of the staple crops, the average load for two mules on a main road was about one thousand pounds before the road was improved. After its improvement the average load was found to be 2,000 pounds, and the time consumed in hauling the larger load to market was much reduced. In other words, one man with a wagon and two mules could do more than twice as much work with the improved road than with an unimproved road. This is the explanation of the extraordinary rise in the total output of agricultural products in a county with a good road system.

Bad Roads Excepted.
There is an excuse for everything except bad roads.

Roads and the Schools.
Improved roads make it possible to consolidate or centralize schools, and to establish graded schools in the rural districts. Such schools, centrally located, will accommodate all of the children within a radius of from four to five miles.

New Road Machine.
In a new road-making machine the asphalt is heated as it is being mixed by flames from the fire box of the boiler, blown into the mixing drum by a powerful blast.

Short Curls Back in Favor



EVERY one will welcome the return, after a brief absence, of the fashion for short curls, worn at the side of the face, for evening coiffures, and at the back of the head whenever those who like them care to add their charm to the hair dress. They are the easiest and most "fetching" of little finishing touches, when they can be worn at all. It is said by those who ought to know that some women cannot wear curls. Just why this is so is apparently among the unknowable things. But every woman can experiment for herself and be influenced by the result.

The little curl may be made at the time the hair is dressed, and of the natural hair. If one has naturally curly hair, it is easy to manage. But few people are so blessed, and the little curl is generally a very satisfactory bit of artifice. At the hair dealers short curls are made in clusters

of three, or more, fastened to a steel or strong wire pin. Of all the pieces made to be pinned on they are the easiest to keep in order and the easiest to adjust.

An example of what short curls will do in accomplishing a dressy coiffure is shown in the illustration given here. This hair dress is noticeably pretty, but imagine it without the curls and it will not be noticeable in any way.

Some people cherish a prejudice against wearing false hair of any kind. But women have helped out scanty locks for as many ages as history records, by supplementing them with extra pieces, to very good effect. There seems to be no objection to a false tooth from any quarter. Anything which really improves the appearance will always be used and with the best reason in the world.

Dominant Note in New Millinery



FASHION decrees that the choice of millinery shall have an almost unlimited scope during the coming fall and winter seasons. When we consider fabrics one may elect to wear velvet or felt or plush or satin, and also combinations of these materials. As to size, hats proceed from the small, brimless, close-fitting turban to the wide-brimmed picture type, through all gradations in width of brim. Shapes are as varied as the fancies of those who design them. There are, therefore, hats big and little, brims wide or narrow, and crowns tall or short.

For street wear the small hat is sensible and smart. The snugly-fitting, well-shaped turban reaches its highest development when made for wintry weather. With a variety of trimmings, as great as that in shapes, and with particularly brilliant novelties at hand, the turban is a flourishing thing of beauty decked out in decorations that are simple but effective.

Something of the diversity in size and trimmings and styles is more plainly set forth in the illustration given here than can be conveyed by mere words. These are all velvet hats, new in shape and excellent in design. Each one is a style of many of its particular kind and each is well worth consideration.

A sailor shape is pictured so that its prominent and new features are emphasized to the eye. Although

among that great number classed as sailors, or as "the canotier," the brim is irregular. It widens at the left side and shows a small upward curve at the front. The brim edge is bound with silver braid and a pretty and distinctive touch is given by the little bow of this braid, which is mounted at the back, as if it terminated the binding.

Roses in silk and metallic effects set in foliage and ferns are mounted against the brim in a manner that convinces one that the maker of this hat was an artist.

A wide-brimmed velvet hat with a section of the front brim cut squarely away, making a short, straight line instead of a curve, is trimmed at this point with two short ostrich plumes and a short loop and ends of velvet ribbon. The ribbon is fastened to place with two jet bands. The big black hat has a warm place in the regard of women, and deserves it.

A small and striking hat very frankly draws its inspiration from grim-visaged war. Mounted above the blithe countenance of a young girl one may forget the associations that are suggested by its likeness to the soldier's helmet. The most extreme development shows the chin strap. Minus this the shape is practical and in better taste than with it. The hat is trimmed with bands of silver beads and an ornament of spangles resembling small wings.

JULIA BOTTOMLEY.