

# Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



Pinkham remedies.—Mrs. MAYME ASBACH, North Crandon, Wis.

North Crandon, Wis.—“When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies.”—Mrs. MAYME ASBACH, North Crandon, Wis.

### Testimony from Oklahoma.

Lawton, Okla.—“When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me.”—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

### From a Grateful Massachusetts Woman.

Roxbury, Mass.—“I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it.”—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.



\*If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



## WORMS

“Wormy,” that's what's the matter of ‘em. Stomach and intestinal worms. Nearly as bad as diphtheria. Cost you too much to feed ‘em. Look bad—‘em bad. Don't physic ‘em to death. Spoon's Compound will remove the worms. Improve the appetite, and tone ‘em up all round and don't physic. Acts on glands and blood. Full directions with each bottle, and sold by all druggists. SPOHN MEDICAL CO., Chemists, Genoa, Ind., U. S. A.

### NO STEADY JOB FOR HIM

Theophilus Had Good Reason for Giving Up Banjo Playing—Threatened With Awful Disaster.

A southern man tells of a darky named Theophilus Baxter, known as “the champion banjo player of Alabama.”

Wishing to afford a northern friend an example of real darky music, a Mobile woman went to Baxter's house, with a view to enlisting his services at a musical function. She found his wife instead.

“Very sorry, missy,” said Baxter's spouse, “but Theophilus he ain't playin' no banjo any more. He jest puts in all his time fishin' now.”

“What led him to give up his playin’?” asked the disappointed caller. “Has he got religion?”

“No, missy, he ain't got religion, but he's done got skeered.”

“Scared? Of what?”

“Of dat minstrel show, honey. De boss learns dat my ole man kin play, an' he offers him a stiddy job doin' it. Yassum, an' it skeered Theophilus so bad dat he quit banjo playin' right away.”—Philadelphia Ledger.

Strategy.  
“How in the world do the Thompsons manage to keep their maid so long? She's been with them nearly a year, and we haven't been able to keep one over a month since we moved out here to Lonesomehurst.”

“That's easy. Thompsons don't pay the maid her wages, and she can't get back to town unless she walks.”

Perkins' Paradox.  
“Can't Perkins support his wife?”

“Why, he can support her all right, but he claims that she is insupportable.”

Misery makes sport to mock itself.

### A Famous Physician's Wonderful Discovery

After a series of careful experiments and tests at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., covering many years—Dr. Pierce, the medical director of that hospital, made announcement that he could prove that a medicine which he called “ANURIC” was the best uric acid solvent now to be had. As a remedy for those easily recognized symptoms of inflammation—as scalding urine, backache and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, lumbago, sciatica, gout, it is simply wonderful how quickly “Anuric” acts; causing the pains and stiffness rapidly to disappear.

Swollen hands, ankles, feet are due to a dropical condition, often caused by disordered kidneys. Naturally when the kidneys are deranged the blood is filled with poisonous waste matter, which settles in the feet, ankles and wrists; or under the eyes in bag-like formations. It is just as necessary to keep the kidneys acting properly as to keep the bowels active.

# POULTRY



## COMBINED COOP FOR CHICKS

Pen Large Enough to Accommodate Four Hens Designed by University of Missouri Experts.

(By PROF. H. L. KEMPSTER, University of Missouri, College of Agriculture. A combined hatching, brooding and housing coop which is large enough to accommodate four hens and is as good as a 50-egg incubator has been designed by the poultry department of the University of Missouri. Farmers who have used this coop have pronounced it a success. This coop does away with the little “A”-shaped coops which are commonly given to hens after they have hatched their broods and which are soon overgrown by what chicks remain after the spring rains and rats have taken their toll.

The coop is three feet wide, six feet long, two feet high in the rear and three feet high in front. A door eight inches high runs the entire length of the back so as to permit easy access to the hen. The front consists of four little doors covered with rat-proof wire netting. These slide up and down. Just beneath the eaves is a door a foot wide running along the front. The opening made by this door is covered with wire screen also. By opening this door sufficient light is afforded, and also protection from rains. In front of this coop is placed four runways corresponding to the four openings. These are a foot high and three feet long. They are covered with wire screen also.

The coop can be used for hatching and brooding. It is divided by burlap frames into four compartments. The aim is to set four hens in the back



Chick-Saving Hatching Coop.

part of the coop and keep food and water in the runways in front. After hatching the chicks from two hens are given to one for brooding. Later, when the hen weans her chicks, the remaining partition can be removed and the coop can be used to house the young stock for the remainder of the season. It makes hen hatching easier, and more efficient brooding possible. It can be made rat-proof very easily and can be removed from place to place with little trouble.

## GOOD HINTS ABOUT GUINEAS

Hard to Estimate Number of Eggs Females Lay on Account of Their Habit of Hiding Nests.

The guineas are good layers, but owing to their skill in hiding their nests if it is disturbed, it is hard to say how many eggs they will lay, possibly 60 to 100. Guineaes are inclined to be monogamous; that is, to have but one mate, but a male will mate with two females. Poor hatches usually result if more females are placed with a male.

Young guineas are fed like young turkeys, with curds, bread and milk or boiled eggs and bread crumbs the first week, always mixing once a day with sand, and for every meal making one-third of the meal green food, chopped onion or dandelion tops. Finely chopped lettuce is good when plentiful. Unless they have a good run they should have plowed fields to roam over; this is not necessary. When they are large enough to be given free range they will pick up most of their living, but should always be fed at night, to give them the habit of returning home.

Meat Food Pays Well.  
It costs less to feed a pullet that is getting no meat scrap or skim milk, but it costs more to produce a dozen eggs from her—she lays so many less when deprived of meat food.

Geese and Ducks.  
Geese cannot be profitably hatched and reared artificially, while incubators and brooders have revolutionized the duck business.

Swat the Mites.  
Swat the mites in the hencoop. An application of crude creosote is good medicine for them.

Tone Up Fowls' Appetite.  
A pan of buttermilk and ground feed now and then will tone up the appetites of the fowls.

# ROAD BUILDING

## MANAGEMENT OF GOOD ROADS

Specialists of Department of Agriculture Place Responsibility for Highway Defects.

Where a county builds a good road and soon lets it become rutty, washed out or uneven, who or what is principally to blame? As a result of a study of conditions in a number of counties, road specialists of the United States department of agriculture are inclined to place the responsibility upon the following defects in road management, some or all of which are found in all counties where good roads are not properly repaired and maintained:



Good Road in New York.

road funds to know what is available for any particular project, where funds have been or where existing balances are to be expended.

3. Lack of any systematic practice in handling funds among most counties makes it very difficult to carry out over even a single year any persistent maintenance policy, because funds officially obligated for maintenance purposes are not protected against sporadic and irregular drafts for miscellaneous purposes. The greatest likelihood consequently exists everywhere that there will be no balance in the maintenance fund in the last half or third of the year, although only a part of the fund allotted may have been spent.

4. Local labor available for maintenance work is made dissatisfied by the constant, unintelligent and unfavorable criticism of those using the road.

5. Maintenance continuing over a period of years—the ultimate indispensable condition of effective maintenance—is jeopardized by lack of accounting control that will prevent spending next year's current income in this year.

6. The lack of skilled supervision in construction and the effect of this in increasing the cost or in making effective maintenance impossible expensive is everywhere seen.

7. The county authorities are commonly opposed to following suggestions for maintenance that involve tying up road funds in any way, such as purchasing materials in advance to store along the road for making repairs or maintaining the road surface.

## MUCH WASTE OF FARM LANDS

Suggested by Country Gentleman That Recklessly Heavy Maintenance Cost Be Avoided.

The Country Gentleman makes the sensible suggestion that a prodigious waste of land and a recklessly heavy maintenance cost be avoided by American roadmakers. Upon a four rod government highway “one dozen farm wagons could be, by a little crowding, set side by side” and each mile of government highway contains eight acres of land, “much of it good land, capable of growing 500 bushels of corn,” while thousands of miles of the best highways of France, Germany and England are but one rod wide.

The Country Gentleman objects to Iowa devoting 416,000 acres of “the best farming land in the world” to growing a sufficient assortment of weeds to seed the farms that lie along the state's 104,000 miles of public road.

It may be added that a well-maintained road a rod or a rod and a half wide, with trees along either side, is much more agreeable to drive over than a road three or four rods wide, which can never be shaded and must always be an intolerably hot sun reflector during summer. Left unrolled, it is glaring and trying to the eyes. Oiled, it gives off heat like a stove.—Louisville Courier-Journal.

## Benefits of Good Roads.

By furnishing better means of communication, good roads will add to the selling price of farm products and in every way will contribute to the comfort and happiness of the people. Then, furthermore, we can have a good system of consolidated schools only where we have good roads.

## Most Valuable Roads.

Good wagon roads running into the country are more valuable to a town than an extra railroad running through it.

Buy materials that last  
**Certain-teed**  
Fully guaranteed — best responsibility  
**Roofing** For sale by dealers everywhere at reasonable prices  
General Roofing Manufacturing Company  
World's largest manufacturers of Roofing and Building Papers  
New York City Chicago Philadelphia St. Louis Boston Cleveland Pittsburgh Detroit San Francisco Cantonment New Orleans Los Angeles Kansas City Seattle Indianapolis Atlanta Milwaukee Houston London Sydney  
We are wholesale distributors of Certain-teed Products. Dealers should write us for prices and information.  
**Carpenter Paper Company, Omaha, Neb.**

### PAYS \$75 FOR A STREET CAR

Farmer Gets Bargain and Pays Only \$10 Down on Account, but There Was a Hitch.

“And we're up against it and have got to sell, and you can have the whole outfit for \$75.”

Silas Gibaugh of Racine, Wis., sat on the side seat of a Melrose park street car between two well-dressed gentlemen, who offered him this public conveyance for \$75.

“I'll go ye,” said Silas, stroking his beard. “I can't give ye the \$75 right now, but I'll make a first payment, same as I did on my corn binder last fall. Here's \$10 and I'll pay the rest to ye out of the profits.”

“All right, we'll have to do it that way, then,” sighed one of the men. “The day is over at nine o'clock and you can get the car at the end of the route then. We've got some business to attend to, so we'll meet you then.”

Silas stuck by the car. Each time it reached the end of the route he paid another nickel and rode back again.

“And at nine o'clock I looked for the men and they didn't show up,” he complained to the police. “And neither man on the car would let me have it.”—Chicago Herald.

### Luxury of Woe.

Mandy had “dished up” my onesome lunch, but still she lingered near.

“Well, Mandy, what is it?” I asked, recognizing the symptoms. She giggled consciously. “Please, Miss Ethel, couldn't you lend me a pair red stockin's?”

“Red stockin's, Mandy? Are you going to a party?”

She became impressively solemn at once. “Oh, no, miss. Ah's gwine to a fun'al.”

“But Mandy, red stockin's at a funeral! Everybody always wears black at funerals.”

“Yes'm. Ah knows, miss—” she hesitated—“but you see, Ah expects to prostrate mahself on de grave.”—New York Evening Post.

### The Front Row.

“The British army has raised its age limit to forty-five years,” said H. E. Gresham, the British consul at Cleveland. “The age limit originally was thirty-eight.”

“The army isn't so exclusive, either, as to age or as to physique as it was at first.”

“A slacker in Manchester tried to get exempted the other day.”

“I've got such poor eyesight,” he said. “I can't see any distance at all.”

“Oh, that'll be all right,” said the surgeon. “You'll have an excellent view. We'll give you a trench in the very front line.”

Making a million dollars looks comparatively easy to the man who has been trying to get a crying baby to sleep.

And the more confidence we have in others the more we are disappointed.

### MEAL-TIME CONSCIENCE.

What Do the Children Drink?

There are times when mother or father feeds the youngsters something that they know children should not have. Perhaps it is some rich dessert but more often it is tea or coffee.

It is better to have some delicious, hot food-drink that you can take your self and feed to your children, conscious that it will help and strengthen, but never hurt them.

A Yorkstate lady says: “I used coffee many years in spite of the conviction that it injured my nervous system and produced my nervous headaches. While visiting a friend I was served with Postum and I determined to get a package and try it myself. The result was all that could be desired—a delicious, finely flavored, richly colored beverage. Since I quit coffee, Postum has worked wonders for me.”

“My husband, who had suffered from kidney trouble when drinking coffee, quit the coffee and took up Postum with me and since drinking Postum he has felt stronger and better, with no indication of kidney trouble.”

“You may be sure I find it a great comfort to have a warm drink at meals that I can give my children, with a clear conscience that it will help and not hurt them as coffee or tea would.”

Name given by Postum Co., Battle Creek, Mich.

### Horse Disliked Cigarettes.

A sensitive horse who has a dislike for cigarette smoke attacked Edgar Akers, aged twenty-five, and bit him on the right hand. Akers was smoking a cigarette at Sixth and Spring streets near the horse, which was standing at the curb. With an angry squeal, the horse seized Akers by the right hand. Akers managed to free his hand, but not until the horse's teeth had torn the flesh from the fingers.—Los Angeles Times.

### Druggist Recommends Fine Kidney Medicine

We have been selling Dr. Kilmer's Swamp-Root for the past seven years and during that time we have never heard a complaint. All of our customers speak in the highest terms of the results obtained from its use and all are well pleased with it as a kidney, liver and bladder medicine. We think it is a fine remedy and we sell a great quantity of it.

Very truly yours,  
E. E. HARRAH & SON,  
Druggists.

Dec. 17th, 1915. Golden City, Mo.

### Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

There was a time when timbles were an important part of a woman's jewelry.

Instead of speaking his own mind many a man echoes his wife's.



26 children were poisoned last year in only 11 states

### Fly Poison Kills More Children Than All Other Poisons Combined

For Safety's Sake, Use

Is there in your home, anywhere within baby's reach, a saucer of arsenic poisoned paper floating in water, or a can with a sweetened poisoned wick?

During 1915, 26 cases of fly poisoning were reported from 11 states; in 1914, 46 cases from 14 states. Fly poison kills more children than all other poisons combined.

Yet fly poison still is left unguarded except in the homes where mothers have learned that the safe, sure, non-poisonous, efficient fly catcher and destroyer is

## TANGLEFOOT



The Journal of the Michigan State Medical Society comments thus in a recent issue: “Symptoms of arsenical poisoning are very similar to those of cholera infantum; undoubtedly a number of cases of cholera infantum were really cases of arsenical poisoning, but death, if occurring, was attributed to cholera infantum.”

“We repeat, arsenical fly destroying devices are dangerous and should be abolished. Health officials should become aroused to prevent further loss of life from their source. Our Michigan Legislature, in this last session, passed a law regulating the sale of poisonous fly papers.”

The O. & W. Thum Co.  
Grand Rapids, Mich.

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## Nebraska Directory

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Rooms from \$1.00 up single, 75 cents up double.  
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and supplies. Largest house in the west. All Eastman goods. We pay return postage on finishing.  
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is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1/2 more starch for same money.  
DEFIANCE STARCH CO., Omaha, Nebraska

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