

## WHY WOMEN WRITE LETTERS

To Lydia E. Pinkham Medicine Co.

Women who are well often ask "Are the letters which the Lydia E. Pinkham Medicine Co. are continually publishing, genuine?" "Are they truthful?" "Why do women write such letters?"

In answer we say that never have we published a fictitious letter or name. Never, knowingly, have we published an untruthful letter, or one without the full and written consent of the woman who wrote it.

The reason that thousands of women from all parts of the country write such grateful letters to the Lydia E. Pinkham Medicine Co. is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and suffering. It has relieved women from some of the worst forms of female ills, from displacements, inflammation, ulceration, irregularities, nervousness, weakness, stomach troubles and from the blues.

It is impossible for any woman who is well and who has never suffered to realize how these poor, suffering women feel when restored to health; their keen desire to help other women who are suffering as they did.



**His Weakness.**  
"I married Jack to reform him."  
"Of what?"  
"Of telling other girls that he loved them."

### DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura and Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp, the cause of dry, thin and falling hair, Cuticura Soap and Ointment are most effective. Touch spots of dandruff and itching with Cuticura Ointment. Then shampoo with Cuticura Soap and hot water. No treatment more successful. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Naturally.  
"How is Jerry getting on in the pickle-bottling business?"  
"Says he's having a corking good time."

### Housework Is a Burden

It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden. Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered. Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

**A Nebraska Case**  
"Every time I sit down, I feel as if I were being pulled apart."  
Mrs. Harriet Stump, 317th St., Falls City, Neb., says: "For years my kidneys were disordered and the pain affected my back and sides. The trouble kept getting worse and my limbs swelled badly. Doan's Kidney Pills cured me and I have never had any signs of kidney complaint since."  
Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**Every Woman Wants**  
**Paxtine**  
ANTISEPTIC POWDER  
FOR PERSONAL HYGIENE  
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. All druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

**WHY NOT TRY POPHAM'S ASTHMA MEDICINE**  
Gives Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c.  
WILLIAMS MFG. CO., Props. Cleveland, O.

**TYPHOID**  
is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, its safety from use, and danger from Typhoid Carriers. Profiling Vaccines and Serum under U. S. License. The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

**PARKER'S HAIR BALM**  
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

**APPENDICITIS**  
If you have been threatened or have GALLBLADDER INFLAMMATION, GAIN OF PAINE'S RIGHT FREE side write for valuable Book of Information FREE  
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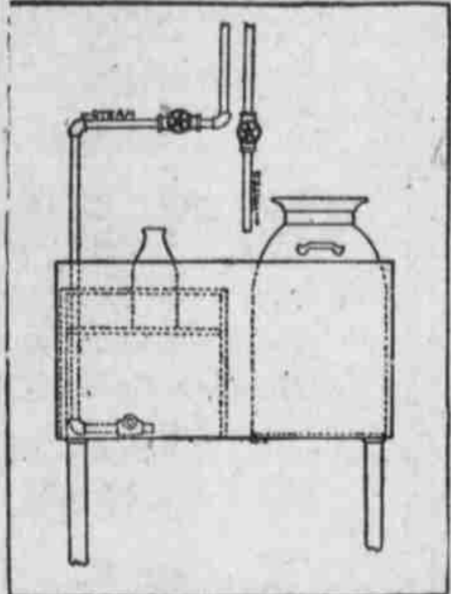
## KILLING MILK BACTERIA

No Objection to Pasteurization When Properly Done.

Seems Probable That Within Few Years Supply for Large Cities Will Be Thus Treated—Three Processes Now in Use.

There is no valid objection to pasteurization when properly performed, and the process makes safer even the most carefully handled and inspected milk. It seems probable that within the next two years a large proportion of the milk supply in the large cities will be pasteurized. There is already a marked tendency in this direction.

Before the value of pasteurization as a hygienic measure was as well recognized as it is today, it was practiced in secret by a number of milk dealers as a means of preserving milk and preventing it from souring. Its commercial value in this respect is undoubtedly great, but its chief function is the destruction of disease-producing organisms. Proper pasteurization should destroy about 99 per cent of all the bacteria in the milk, although when the bacterial count of the raw milk is low the reduction may be somewhat smaller. The efficiency of the process, it is pointed out, cannot



Sink Arranged for Pasteurization of Milk.

be based on the per cent, but rather on the character of the bacteria destroyed.

The kinds of bacteria that remain alive after pasteurization depend on the temperature to which the milk is heated and the species of bacteria which are in the raw milk. Three processes of pasteurization, known respectively as the flash process, the holder process and pasteurization in the bottle, are now practiced in this country. In the flash process the milk is raised quickly to a temperature of about 160 degrees F. or more, held there for from 30 seconds to a minute, and then cooled quickly. In the holder process the milk is heated to a temperature of from 140 degrees to 150 degrees F. and held there for half an hour. When pasteurization in bottles is practiced, the raw milk is put into bottles with water-tight seal caps, which are immersed in hot water and held for from 20 to 30 minutes at a temperature of 145 degrees F. In this way the pasteurized milk is not subjected to any danger of re-infection. On the other hand, the seal caps must be absolutely tight and this involves increased cost. In general, it may be said that the holder process is coming into greater favor than either of the others. This process permits of the use of lower temperatures which, for various reasons, is highly desirable.

### RATE OF SEEDING FLAX CROP

Where Rainfall is Not More Than Twenty Inches Twenty Pounds to Acre is Recommended.

Where the annual rainfall is not more than 20 inches, flax need not be sown at a greater rate than 20 pounds to the acre. This should be reduced to 15 pounds under drier conditions. Where the rainfall is more than 20 inches, a slightly higher yield may be obtained if 25 pounds are sown to the acre. The sowing of more than 25 pounds to the acre on nonirrigated land does not pay.

### SHALLOW PLOWING IN FAVOR

Loose Soil Conserves Moisture—Kills Weeds and Puts Land in Much Better Condition.

Water moves slowly through a loose soil and a loose soil will, therefore, serve as a mulch and conserve moisture. This is one of the reasons for shallow cultivation. Killing weeds, putting the land in better physical condition and furnishing modes of entrance for oxygen and nitrogen are other reasons. Failure to cultivate properly is one way of farming at a loss.

### PAINT IS GOOD INVESTMENT

It is Necessary if Life of Building is to Be Considered—Apply Often as Required.

Paint is not a luxury to be added to the building some time in the future—perhaps not until decay has taken place—it is a necessity if the life of the building is to be considered, and is a profitable investment that should be made as often as the farm buildings require it.

## USING WHEAT FOR HOG FEED

Information of Much Value Obtained in Experimental Work Carried On at Missouri College.

(By L. A. WEAVER, Missouri Agricultural Experiment Station.)  
The Missouri agricultural experiment station has obtained information of value to pork producers, especially in seasons when the corn crop is short, by carrying on experimental work with other crops grown on the farm. By conducting feeding trials with wheat it has been shown that under some conditions wheat may well be used for hog feeding instead of corn. Results obtained show that when corn is worth 70 cents or more a bushel, wheat may be profitably substituted for corn, if the wheat is worth 90 cents or less. Likewise if corn is worth 80 cents per bushel, wheat is worth \$1.03 a bushel as hog feed.

It has been further shown that pork may be produced more cheaply by adding a small amount of tankage to a mixture of corn and wheat than by feeding these feeds without such a supplement.

For example, the cost of producing 100 pounds of pork with corn and tankage was 60 cents less than when corn alone was used. This would mean an additional profit to the producer of \$100 or more on each carload of hogs fed.

The results of these tests are reported in full in Bulletin 138 entitled Feeding Wheat to Fattening Hogs, published by the Missouri agricultural experiment station.

### WHITWASH ABOUT THE FARM

Recipe Given by Nebraska College of Agriculture—Great Help in Destroying Insects.

For general use about the farm buildings to assist in destroying insects, the following recipe for whitewash is offered by the Nebraska College of Agriculture: Slake five quarts of lime with hot water to about the consistency of cream. To this add one pint of zenoleum or some other coal-tar product, and one quart of kerosene. Dilute with about its volume of water; apply with a brush or a pump. This solution when properly applied accomplishes three things: (1) Zenoleum acts as a disinfectant by killing disease germs; (2) the kerosene aids in destroying mites; and (3) the lime whitens the house,

### METHOD FOR CLEARING LAND

Combination of Blasting and Stump Pulling is Favored at University of Wisconsin.

As a result of experiments with stump pullers and dynamite working together on the university's demonstration tour, the University of Wisconsin has discovered that the best method of clearing land is a combination of blasting and stump pulling. The stump puller people admitted that time, labor and money could be saved by first loosening the stumps by blasting before pulling them, and the powder men admitted that a similar saving could be effected by having a stump puller complete the job after a comparatively light charge of powder had done its preliminary, preparatory work on the stump.

### KEEP WHEEL FROM RATTLING

New Process Provides an Expander Bolt for Purpose Which is Fitted Into Wheel Rim.

A new method has been devised to stop a buggy or wagon wheel from rattling. Instead of having the blacksmith remove a tire and shrink it on again to compress loose parts, the new process provides an expander bolt for



Screw Keeps Tire Secure.

the purpose. A section of the felly is cut out in order to give necessary room for this expansion. With a tire already in place, the bolt is turned, forcing the wooden rim tight against the outer steel hoop. As a result all looseness in the rim is taken up.—Popular Mechanics.

### OVERFEEDING ON GREEN FOOD

Proper Cure for Bloat is Incision With Trocar to Permit Accumulated Gas to Escape.

Hoven or bloat is a drumlike swelling of front hip, left side, the result of overfeeding on green food or wet clover. The proper cure is an incision with a cattle trocar, relieving the accumulated gas. If the disease is not properly and promptly attended to your cow will die.

### KEEP WATCH ON THE CHICKS

Don't Let Them Crowd in Brood Coop—Few Minutes Time May Save an Entire Brood.

If your chicks are still in the small brood coop, you must watch them when the hens begin to leave, as they are apt to crowd into one coop and lose an entire brood. A few minutes each evening may mean many dollars profit or loss, according to the value of your chicks.

## The DAIRY



### INCREASING YIELD OF MILK

Two Quarts of Wheat Bran Morning and Evening Will Bring About Desired Results From Cows.

If the milk is sold it will pay to give each cow two quarts of wheat bran morning and evening. Give a forkful of hay or straw to each the first thing in the morning, and after the hay is eaten the bran may be given. This method of feeding keeps the cows in good order, the milk yield is increased and there is less danger from bloat from eating wet clover. Another advantage from feeding bran comes



Right Kind to Keep for Milk.

from the fact that less grass will be needed by the cows, and the droppings from the cows will enrich the pasture to a considerable extent. The manure should be broken fine and spread over the sod and not left in a solid cake to kill the grass under it. Keep the cows in the pasture day and night.

It may not pay to feed grain on some farms, especially when the grass is abundant. Most milk farmers believe it pays to feed a little grain all through the summer months—this is the custom in most dairy districts. If grain cannot be fed, arrange to have plenty of fodder corn, millet or sugar cane. Fodder corn has the most food value when the corn is in silk. Cut and allow the fodder to wilt a few hours before feeding. Place an armful of this fodder in each cow's stall for the night's feed, the cows will be ready to come to the stable in milking time as soon as the pasture gate is opened. Grain or a forkful of green feed in the cows' stall will keep them quiet during the time of milking—and a larger yield of milk may be had when this is provided.

### PICKED UP AROUND DAIRY

Small-Top Milk Pail is Necessary—Dirty Milk is Dangerous—Always Feed Full Ration.

The small-top milk pail is a necessity in the production of clean milk. Dirty milk is more dangerous than dirty water because disease germs that would starve in water will multiply rapidly in milk.

When the dairy cow is fed just enough to maintain her body weight she cannot be expected to give much milk.

About one-half of the nutrients in the average ration go to sustain the body.

Always feed a full ration.

### CALF REQUIRES MUCH CARE

Future Success of Dairyman Depends Largely on Attention Given to Young Animals.

The well-bred calf is made or unmade the first 12 months of its life. Good dairymen are poor calf raisers, and this has resulted in the stunted calf we see on the average farm. Calves are well cared for in Holland and Denmark, which fact has had much to do with the development of the industry in those countries. The future success of the dairyman depends so largely upon the care of his calves that too much emphasis cannot be placed upon this subject.

### REMOVE CALF FROM MOTHER

Strong, Vigorous Youngster Can Very Safely Be Taken Away After One Good Filling Up.

The time of taking a calf from its mother should be governed by the condition of the calf. A strong, vigorous calf can very safely be removed after one good filling up; but it is a distinct mistake to take a weakly, poor-nourished calf from its dam before three days or a week.

Common sense is worth many fixed rules in handling stock—particularly young stock.

When You Follow The Trail Go Equipped With **WINCHESTER** Guns and Ammunition Made for all kinds of shooting SOLD EVERYWHERE ASK FOR THE **W** BRAND

**The Next Job.**  
Mother—Have you practiced Chopin's "Ballad in A?"  
Gertie—Yes, mother.  
"Have you translated your page of Homer?"  
"Yes, mother."  
"Have you learned your five problems in Euclid?"  
"Yes, mother."  
"And have you worked out the binomial theorem?"  
"Yes, mother."  
"Then go and dust the dining room."

**Bad Disposition.**  
"Bliggins gets up every morning at sunrise."  
"So as to get more work out of the day?"  
"No. So as to have the fun of spoiling other people's sleep."  
Few women are really afraid of mice, but they hate to disappoint the men, who seem to expect them to be afraid.  
Few critics ever get what they are entitled to in this busy world.

## WANTED 30,000 MEN For Harvest Work Western Canada

Immense crops; wages \$3.00 per day and board. Cheap railway rates from boundary points. Employment bureaus at Winnipeg, Regina, North Portal, Saskatoon, Fort Frances, Kingsgate, B. C., Coultts and Calgary, Alberta.

**No Conscription—Absolutely No Military Interference**

For all particulars apply to **W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr.**  
Canadian Government Agent

**Worked Too Well.**  
"Yes," the young medico sighed, "the healing profession is full of difficulties. The other day for instance, I had a patient who ought to have gone to a warmer climate. Couldn't afford it. I decided to try hypnotism. I painted a large sun on the ceiling and by suggestion induced him to think it was the sun."  
"And how did it work?" inquired the listener.  
The doctor passed a hand wearily over his brow.  
"He's down with sunstroke," he said, sadly.

**Taken at His Word.**  
Sarcastic Father—Julia, that young man Riley has been here three nights in succession, and it has been nearly midnight when he left. Hadn't you better invite him to bring his trunk and make his home with us?  
Innocent Daughter—Oh, papa, may I? It is just what he wanted, but he was too bashful to ask you. He'll be delighted when I tell him this evening.

**Of Course Not!**  
A somewhat befuddled individual, who had evidently been lurching a trifle too freely, climbed on board the car with difficulty.  
"What's the matter?" he asked, mildly, as he observed the conductor's impatience. "Ain't this car the one I want?"  
"How do I know whether it is or not?" growled the conductor.  
"Oh, you must have known it, or you wouldn't have stopped to let me catch it," said the befuddled one.

**Suspicion Confirmed.**  
A worthy vicar in an English rural parish who preached one Sunday in the interest of foreign missions was surprised on entering the village shop during the week to be greeted with marked coldness by the old dame who kept it.  
He asked the cause, and the good woman, producing a half-crown from a drawer, and throwing it down before him, said:  
"I marked that coin and put it in the plate last Sunday, and here it is back in my shop. I knowed well them poor Africans never got the money."

Bees are the only insects that have any use for any kind of combs.  
A man visits his relations when he has nowhere else to go.

It sometimes happens that a man marries and settles down—in other words, he subsides under pressure.

**Fresh From the Ovens—**  
New Post Toasties represent the most appetizing form in which choice, nutritious Indian corn has ever been prepared.  
A new patented process which includes rotary toasting under quick, intense heat gives these flakes a delicious, new and distinctive flavour.  
The New Toasties are featured by the bubbly appearance of the surface of the flakes—due to this new art of toasting which releases the wonderful new and attractive true corn taste.  
New Post Toasties are not "chaffy" in the package; and they don't mush down when milk or cream is added like common "corn flakes."  
For tomorrow's breakfast—  
**New Post Toasties**  
—your Grocer has them.