

MOTHERHOOD

The first requisite of a good mother is good health, and the experience of maternity should not be approached without careful physical preparation, as a woman who is in good physical condition transmits to her children the blessings of a good constitution.

Preparation for healthy maternity is accomplished by Lydia E. Pinkham's Vegetable Compound, which is made from native roots and herbs, more successfully than by any other medicine because it gives tone and strength to the entire feminine organism, curing displacements, ulceration and inflammation, and the result is less suffering and more children healthy at birth. For more than thirty years



MRS. JAMES CHESTER

Lydia E. Pinkham's Vegetable Compound

has been the standby of American mothers in preparing for childbirth. Note what Mrs. James Chester, of 427 W. 35th St., New York says in this letter:—Dear Mrs. Pinkham:—"I wish every expectant mother knew about Lydia E. Pinkham's Vegetable Compound. A neighbor who had learned of its great value at this trying period of a woman's life urged me to try it and I did so, and I cannot say enough in regard to the good it did me. I recovered quickly and am in the best of health now."

Lydia E. Pinkham's Vegetable Compound is certainly a successful remedy for the peculiar weaknesses and ailments of women.

It has cured almost every form of Female Complaints, Dragging Sensations, Weak Back, Falling and Displacements, Inflammation, Ulcerations and Organic Diseases of Women and is invaluable in preparing for Childbirth and during the Change of Life.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. Her advice is free.



DAIRY NOTES.

Professor Frazer makes some very strong statements about the quality of cows kept by Illinois dairymen. He says many a good cow is worth twenty or more poor cows in the same herd in actual profits to the farmer. Illinois dairymen are keeping thousands of cows that barely pay their board, or at best, return so small a profit that it would take 250 to 400 to show \$1,000 clear money per year. The worst thing is, that nearly every dairy herd has cows of this stamp.

Mr. J. A. Phillips, one of the most successful dairymen in Wisconsin, says, be careful in selecting the dairy sire, for on his quality depends the improvement of your herd. Feed as far as possible the feed grown on the farm. If you require bran or oil meal buy it and mix it with your other feeds yourself. Keep all your money at home. Raise your stock as well as you can, and market as good a product as you can.

Did you ever notice a good milk cow stroll over the pastures as leisurely as if she had no thought of anything except turning her feed into milk? A cow never hurries or becomes excited, unless forced to it, and the quiet, slow-moving cow is the one that does the business at the milk pail. Talk to the milk men, keep the cows quiet, don't dog them or chase them, or swear at them.

February and March are hard months on the milk cows. The winds are piercing, and often snow or sleet catches the cows out in the field. Exposure of this kind always tells in the flow of milk. The best way to handle the cows is to let them out say for two or three hours, during the sunny part of the day.

Dairying now is too big a business to be turned over to the women folks. One or two cows won't make a dairy. It will make a start, but enough cows should be kept to get up some interest. We like to crowd things nowadays. So with dairying. Go into it, as if it was your whole business. Study and develop. Then it will pay.

Cement floors, steel stalls and like improvements are alright in the dairy, if you have money to burn. What is more essential, the cow barns or sheds should be kept clean, the food and water should be kept clean, the milk, there are a whole lot of things to learn, before "fancy" improvements are necessary.

The quality of butter is not affected by the time it takes to churn it. If there is trouble, it comes from some other cause—from adding fresh skimmed cream to well ripened cream, or perhaps the trouble is with the cows themselves. The cream of some cows churns quicker and better than others.

Another good thing about the dairy is that you can keep good hands the year round, and afford to pay them good wages. On grain farms, when men are hired for only six or seven months, it is almost impossible to get good reliable men. No good man can afford to loaf five or six months.

One of the best buttermakers in the country says dairymen do not pay enough attention to cleanliness. Everything should be kept as clean as clean can be. Cream that is not kept in nice condition right up to the time it is delivered at the factory, cannot be made into good butter.

Try to keep the temperature of the cow stables uniform, and do not throw doors and windows wide open, when the cows are in their stalls. A dairyman reports that a difference of 11 degrees, in the temperature of his barns, made a shrinkage of 3 1/2 per cent. in the milk.

There is such a thing as a good and poor ration. It is best to feed as much as possible of our home grown stuff, but one should know how best to combine these to give a well balanced ration. In fact the year's profits will depend largely upon how well the food is handled.

A Minnesota farmer says during the year 1905 he sold his whole milk to the creamery. Milking the same cows during 1906, he separated his milk at home, using a hand machine, selling only the cream. His receipts for 1906 were nearly one-third more than the year previous.

A successful calf raiser says do two things and you will have no trouble with your calves—be careful about overfeeding and teach the calf to eat whole oats as soon as possible. That's good. Keep them in light, dry quarters, and the job will be still easier.

Many dairy farms are operated under leases, or landlords furnish land and cows, and division of profits is made. Put these leases in writing. Don't take chances on a verbal agreement. Have the lease signed in duplicate, so that each party may have a copy.

Look out for the pails used for feeding the calves. Gems galore lurk in them, and a trifle sometimes upsets the calf. If these calves are not doing well, examine the feed pails. Tin pails are the best, and they should be washed and scalded every day.

Don't allow the "barn" flavor to get into your milk. This can be avoided by keeping the stable clean, and keeping the dirt out of the milk. No amount of straining or separation will rid the milk of this flavor. The only thing to do is to keep it out.

Sometimes accidents will happen in the dairy. I have known of such a thing as a cow sticking her foot into a pail of milk. Don't try to strain out dirt from the milk. If it gets in, better feed the milk to the pigs, wash out the pail, and go ahead.

Dairy form is all right, but the best "form" is the one that fills the pail. The cow that will show a profit of \$100 a year over the cost of her feed is worth a whole herd that just about pay even. The cow that performs is the one we want.

FARM FACTS.

There is no "best" breed of hogs, in my judgment, but there are "best" individuals among every breed. Every observing feeder has found out long ago that one animal is not as good as another, and his profits are measured by judgment. In the first place the real good animals. Some feeders always have nice, even bunches of fattening stock, and they seldom lose on their operations. Others will pick up most anything and try, by heavy feeding, to turn them into fat animals. They are apt to lose out. There is this difference in animals, some will fatten easily, some will make big, raw frames, but never get fat. Every man who raises his own feeding stock should study these characteristics and select breeding stock which will likely produce the easy feeding, well proportioned animal.

Farrowing time will soon be a little later, and a little forethought in getting the sows accustomed to having some one near them may save a nice litter of pigs. One should know pretty near the time when each sow will farrow. She should be separated for one or two weeks and put into a quiet roomy pen, or in a small field with a roomy individual house. When sows are kept in adjacent pens, they are apt to be nervous, and if this plan is not followed, handle the sows gently and get them on good, nervous, ill-tempered sow never makes a good mother.

Many farmers grow special crops for seed purposes. There is considerable profit in the work, providing the details are looked after. In the first place one should establish a reputation for fair dealing and honest representation of his goods. One should send out nothing for seed, but really first class stuff. Many farmers sell their entire crops for seed purposes, but they grow new varieties and guarantee the quality of their seeds. It never pays to send out poor stuff and make excuses for the poor quality.

A handy arrangement on all farms may be made from three to six wheels about sixteen feet long, rigged like a well digger's tripod and windlass, or a pulley, or pair of them may be used to do the hoisting. This may be used for butchering and for many other jobs. A rope and pair of pulleys are very convenient for hay tools, and having them would not do without. We cannot have all the handy things we would like, some of us, but there is such a thing as doing with too few.

A recent experiment in Wisconsin is interesting in showing the value of different grains fed to young sows. Six young sows were fed on equal parts of wheat middlings and ground barley, mixed with skim milk. They made a total gain of 64 pounds in fifteen weeks. An equal number of sows fed on wheat middlings, skim milk and corn meal gained 730 pounds. The amount of food consumed by each lot was practically the same.

Did you take an invoice of your stock on hand at the first of the year? If not do you think the merchant that would manage his business without such a record would succeed? Then why not the farmer? The merchant does not know what he has will not likely know what he buys or sells and the chances are that he will not know whether he is ahead at the end of the year. Start now to know your business.

Some swine raisers find it profitable to sell their pigs when about six weeks old. Feeders are willing to pay \$3 to \$4 each for these thrifty pigs, and sows which will raise six or eight good pigs are surely good investments. One big advantage of this system is the risk of disease is practically nothing, for disease seldom develops while pigs are suckling.

Now is the time to test the seed corn. Most any of the methods of testing will be all right, if seed is in fair condition. But if a low percentage is obtained or the germination is weak, better make sure and test every ear to be used for seed. Corn that is dry now, and will test 95 per cent. or above, may safely be planted, if properly cared for till planting time.

Feeders are selling high. One day last week an Ohio farmer paid \$4.75 per hundred weight, for a load of 1,100 pound shorthorns. These will be short fed and sent back to market in March. On account of prevailing high prices many are coming into the feeder market the second time this season. Six cent. cattle and 35 cent. corn looks good.

A LaSalle county, Illinois, farmer says he is getting from sixty to seventy bushels of corn, while his neighbors get about forty bushels per acre. There is no profit in growing forty bushels per acre; that just about pays for growing the crop. There is more profit in growing one acre of seventy bushels than ten of forty bushels each.

Rotation of crops without some thought as to the condition in which each crop leaves the ground, and the requirements of the crop which is to follow, is all guess work and you are just as liable to guess wrong as right. Each crop should supplement the one following, the entire rotation tending to build up the soil.

One who knows says never allow the calf to suck. The sooner you can teach it that it must drink or starve, the better it will be for both yourself and calf. A hot headed man or boy has no business teaching calves. The calf is about the stubbornest thing you ever tried to make look into a pail, don't force it, coax it.

The sappy corn this season is making lots of trouble in feed lots. Many cattle feeders report more trouble this season than ever before, and the unsound condition of corn is given as the cause. Hog cholera is rampant in many counties in northern Iowa, largely due, no doubt, to excessive feeding of sour corn.

If you want to start the hens laying feed green cut home. During the summer season when hens do their best work, they have the range, and can pick up bugs and insects to their hearts' content. Do your best to provide some food to take the place of the bugs.

King Edward's Hat.

When Hall Caine was in Philadelphia some time ago he told the following story: At a garden party near London where royalty attended Mr. Caine was presented to the king. A photographer made a snap shot of the assembly. As is well known, at these open air functions the male guests always remove their hats when in the presence of the king while his majesty continues to wear his headgear. When the photographic plate was developed it was found that beside the king only one other guest wore a hat. This was the very young son of the novelist, who was remonstrated with by his father for a grave breach of decorum.

"But," asked the boy, "isn't his majesty a polite man?—would he be guilty of a rude act?"

"He is a very polite man," he was told, "and he would not be guilty of a rude act."

"Then," triumphantly replied this young republican, "I was as polite as he, for I only followed his example."

Caution.

Imitations have been placed upon the market so closely resembling Alcock's Plasters in general appearance as to be well calculated to deceive. It is, however, in general appearance only that they compare with Alcock's, for they are not only lacking in the best elements which have made Alcock's so efficient, but are often harmful in their effects. Remember that Alcock's are the original and only genuine porous plasters—the best external remedy known—and when purchasing plasters the only safe way is to always insist upon having Alcock's.

Kept a Diary Seven Years.

Henry Arthur Jones, the noted English playwright, was giving the students of Yale an address on the drama. "Your American vernacular in picturesque," he said, "and it should play your playwrights to build strong, racy plays. But neither vernacular or anything else is of moment if perseverance is lacking."

"No playwright can succeed who is like a man I know."

"I said to this man one New Year's day:

"Do you keep a diary, Philip?"

"Yes," he answered. "I've kept one for the first two weeks in January for the last seven years."

TO CURE A GOLD IN ONE DAY.

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c

Contagious.

From Success.

An Irish lad on the east side was obliged recently to seek treatment at a dispensary. On his return home from the first treatment he was met by this inquiry from his mother:

"What did the doctor man say was the matter wid your eye?"

"He said there was some furrin substance in it."

"Shure!" exclaimed the old woman, with an I-told-you-so air, "now, maybe, ye'll scape away from thim Eyestallon boys!"

How to Trap Wild Animals.

40-page trap book illustrated, picture 45 wild animals in natural colors, also barometer & calendar, also gun & trap catalog, also prices on raw furs. All sent post paid for 10c stamps or silver. FREE to those who ship to, or buy of us. Address Fur Dept., N. W. Hyde & Fur Co., Minneapolis, Minn.

Accomplished the Purpose.

From Smith's Weekly.

"Popkins is a clever fellow."

"What has he done now?"

"He's put a spring-gun in his back yard, a burglar-alarm at every window, an electric mat at each door, and bulldog in the kitchen. It cost money, but he accomplished the purpose he aimed at."

"What was that?"

"He's got the servant so badly frightened that she's afraid to stay out late at night."

Mrs. Winslow's SOOTHING SYRUP for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cent a bottle.

He Knew.

The Old Man—Gracious! If you beat your poor horse that way you will never reach heaven!

The Driver—If I don't beat him, I'll never reach town.

A Most Valuable Agent.

The glycerine employed in Dr. Pierce's medicines greatly enhances the medicinal properties which it extracts from native medicinal roots and holds in solution much better than alcohol would. It also possesses medicinal properties of its own, being a valuable demulcent, nutritive, antiseptic and antiferment. It adds greatly to the efficacy of the Black Cherry-bark, Bloodroot, Golden Seal root, Stone root and Queen's root, contained in "Golden Medical Discovery" in subduing chronic, or lingering coughs, bronchial, throat and lung affections, for all of which these agents are recommended by standard medical authorities.

In all cases where there is a wasting away of flesh, loss of appetite, with weak stomach, as in the early stages of consumption, there can be no doubt that glycerine acts as a valuable nutritive and aids the Golden Seal root, Stone root, Queen's root and Black Cherrybark in promoting digestion and building up the flesh and strength, controlling the cough, and bringing about a healthy condition of the whole system. Of course, it must not be expected to work miracles. It will not cure consumption except in its earlier stages. It will cure very severe chronic, non-chronic coughs, bronchitis and nervous troubles, and chronic sore throat with hoarseness. In acute coughs it is not so effective. It is in the lingering hang-on coughs, or those of long standing, even when accompanied by bleeding from lungs, that it has performed its most marvelous cures.

Prof. Finley Ellingwood, M. D., of Bennett Med. College, Chicago, says of glycerine:

In dyspepsia it serves an excellent purpose. Holding a fixed quantity of the peroxide of hydrogen in solution, it is one of the best manufactured products of the present time in its action upon indolent, disordered stomachs, especially if there is ulceration or catarrhal gastritis (catarrhal inflammation of stomach). It is a most efficient preparation. Glycerine will relieve many cases of pyrosis (heartburn) and excessive gastric (stomach) acidity.

"Golden Medical Discovery" enriches and purifies the blood curing blotches, pimples, eruptions, scrofulous swellings and old sores, or ulcers.

Sent to Dr. R. V. Pierce, of Buffalo, N. Y., for free booklet telling all about the native medicinal roots composing this wonderful medicine. There is no alcohol in it.

Peckham's Thought.

From the Philadelphia Press.

"Well," the Peckham, rousing himself from a brown study, "Eve was appropriately named, wasn't she?"

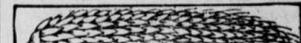
"Eve?" replied Clubberley. "Oh! you mean Adam's mate. Why?"

"Because Adam's best day was done when she arrived."

Oats—Heads 2 Feet Long.

The John A. Salzer Seed Co., La Crosse, Wis., are bringing out a new oats this year with heads 2 feet long! That's a wonder. Their catalog tells!

Spetz—the greatest cereal hay food America ever saw! Catalog tells!



FREE

Our mammoth 148-page Seed and Tool Catalog is mailed free to all intending buyers, or send 6c in stamps and receive free samples of new Two Foot Long Oats and other cereals and big catalog free.

John A. Salzer Seed Co., Box C, La Crosse, Wis.

You won't get popular by saying smart things, but by laughing at them when somebody else says them.

Gad-u-sel!!

Useful, ornamental; interests everybody. Send 10c for convincing sample.

Kansas City Stamping Co., Argyle Bldg., Kansas City, Mo.

FARM FOR SALE—60 acres in Murray county, Minn. Well improved. Easy terms. Price, \$45 per acre. L. H. Mulhall, 219 Toys Building, Sioux City, Ia.

SIoux CITY P'TG CO., 1,176-6, 1907

They act like Exercise.

Cascarets

-for the Bowels

Ten Cents

All Druggists

A Positive CURE FOR CATARRH

Ely's Cream Balm

Is quickly absorbed. Gives Relief at Once.

It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts. at Druggists or by mail; Trial size 10 cts. by mail.

Ely Brothers, 56 Warren Street, New York.

Atchison Globe Sights.

The only thing people always have ready is an excuse.

Almost anyone can be induced to lie if you ask enough questions.

The better you behave the better you get along. It's old but it's true.

Money you find looks a good deal bigger than an equal amount earned.

There is such a thing as being too original; people might call you crazy.

A thoroughly competent agent is one who can sell anything back to a miner.

In poetry "Thy sentinel am I," means a woman.

Too many men imagine they can't have a good time without getting into trouble. A husband's conscience never bothers him much until his wife begins to find out.

When some men make a palpable mistake, how quickly they invent a ridiculous excuse!

We don't believe we could fall in love with a school teacher. School teachers are too matter-of-fact to be good lovers.

The main street of a small town on a half holiday can make the saddest funeral procession look like a gala affair when it comes to cheerfulness.

It is a hard matter for a man who believes as you do to carry his ideas to the extreme where you will call him a fanatic.

When a letter jumps from the first to the fourth page and then back to the second, it never says anything very important.

Some people are so stubborn and so contrary, that you can only convince them they are wrong by agreeing with them.

FROST



BITES

For winter irritations of the skin, eczemas, rashes, frost bites, chappings, chafings, itchings, redness and roughness, especially of face and hands, for lameness and soreness incidental to winter sports, for sanative, antiseptic cleansing, for baby rashes, itchings, and chafings, and for all the purposes of the toilet, bath, and nursery, Cuticura Soap, assisted by Cuticura Ointment, is priceless. Guaranteed absolutely pure, and may be used from the hour of birth.

Sold throughout the world. Depots: London, 27 Charterhouse Sq., Paris, 5 Rue de la Paix, Australia, R. Towns & Co., Sydney; India, B. K. Paul, Calcutta; China, Hong Kong Disp. Co.; Japan, Mitsuya, Ltd.; Tokyo; Russia, Ferret, Moscow; South Africa, Lennon, Ltd., Cape Town, etc.; U. S. A., Porter Drug & Chem. Co., Sole Prop., Boston. Post-free, Cuticura Booklet, 48 pages.

Paxtine

TOILET ANTISEPTIC cleanses and heals mucous membrane affections such as nasal and pelvic catarrh, sore throat, canker sores, inflamed eyes, and is a perfect dentifrice and mouth wash.

Paxtine makes an economical medicinal wash of extraordinary cleansing and germicidal power, warm direct applications of which are soothing, healing and remarkably curative. At druggists or by mail, 50c. Sample free.

The R. Paxton Company, Boston, Mass.

Organ to Save Woodpile.

From the Boston Herald.

A number of years ago a village in the eastern part of the town of Middleboro was very much worried over the introduction of a musical instrument in their church service. At the final meeting, when the matter was to be settled, excitement ran high.

One man, whose reputation for honest dealings was not always above suspicion, made a fiery speech in opposition. A neighbor whose back yard joined the speaker's could hardly wait for the close of the remarks. Then jumping to his feet without waiting to address the chairman, he said:

"Gosh, sir, if I had known the gentleman was so afraid of an organ I should have had one hung on my woodpile years ago."

MAY BE COFFEE

That Causes All the Trouble.

When the house is afire, it's like a body when disease begins to show, it's no time to talk but time to act—delay is dangerous—remove the cause of the trouble at once.

"For a number of years," says a Kansas lady, "I felt sure that coffee was hurting me, and yet, I was so fond of it, I could not give it up. I pattered with my appetite and of course yielded to the temptation to drink more. At last I got so bad that I made up my mind I must either quit the use of coffee or die.

"Everything I ate distressed me, and I suffered severely almost all the time with palpitation of the heart. I frequently woke up in the night with the feeling that I was almost gone,—my heart seemed so smothered and weak in its action that I feared it would stop beating. My breath grew short and the least exertion set me to panting. I slept but little and suffered from rheumatism.

"Two years ago I stopped using the old kind of coffee and began to use Postum Food Coffee, and from the very first I began to improve. It worked a miracle! Now I can eat anything and digest it without trouble. I sleep like a baby, and my heart beats full, strong and easily. My breathing has become steady and normal, and my rheumatism has left me. I feel like another person, and it is all due to quitting coffee and using Postum Food Coffee, for I haven't used any medicine and none would have done any good as long as I kept drugging with coffee." Name given by Postum Co., Battle Creek, Mich.

"There's a Reason." Read the little book, "The Road to Wellville," in pinks All grocers.

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