

# Thousands of Women

Lydia E. Pinkham's Vegetable Compound — overshadowing indeed is the success of this great medicine. Compared with it, all other medicines for women's ills seem to be experiments.

Why is it so successful? Simply because of its sterling worth. For over forty years it has had no equal. Women for two generations have depended upon it with confidence.

Thousands of Their Letters are on our files, which prove these statements to be facts, not mere boasting.

Here Are Two Sample Letters:

**Mother and Daughter Helped.**  
Middleburg, Pa. — "I am glad to state that Lydia E. Pinkham's Vegetable Compound did me much good when I was 85 years old. I was run down with female trouble and was not able to do anything, could not walk for a year and could not work. I had treatment from a physician but did not gain. I read in the papers and books about Lydia E. Pinkham's Vegetable Compound and decided to try it. The first few bottles gave me relief and I kept on using it until I got better and was able to do my work. The Vegetable Compound also regulated my daughter when she was 15 years old. I can recommend Vegetable Compound as the best medicine I have ever used." — Mrs. W. YERGER, R. 3, Box 21, Middleburg, Pa.

**Wise Is the Woman Who Insists Upon Having**

## Owe Their Health To

Lydia E. Pinkham's Vegetable Compound — overshadowing indeed is the success of this great medicine. Compared with it, all other medicines for women's ills seem to be experiments.

Why is it so successful? Simply because of its sterling worth. For over forty years it has had no equal. Women for two generations have depended upon it with confidence.

Thousands of Their Letters are on our files, which prove these statements to be facts, not mere boasting.

Here Are Two Sample Letters:

**Mother and Daughter Helped.**  
Middleburg, Pa. — "I am glad to state that Lydia E. Pinkham's Vegetable Compound did me much good when I was 85 years old. I was run down with female trouble and was not able to do anything, could not walk for a year and could not work. I had treatment from a physician but did not gain. I read in the papers and books about Lydia E. Pinkham's Vegetable Compound and decided to try it. The first few bottles gave me relief and I kept on using it until I got better and was able to do my work. The Vegetable Compound also regulated my daughter when she was 15 years old. I can recommend Vegetable Compound as the best medicine I have ever used." — Mrs. W. YERGER, R. 3, Box 21, Middleburg, Pa.

**Wise Is the Woman Who Insists Upon Having**

# Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

**DO NOT LET THAT COUGH CONTINUE!**

## Spoehn's Distemper Compound

will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. 60 cents and \$1.15 per bottle at all drug stores.

SPOHN MEDICAL COMPANY, Goshen, Ind.

**MARTHA JANE A DIPLOMAT** Even Stern Mama Couldn't Deny She Had Obedied the Strict Letter of the Law.

**CLOSE STUDENTS OF NATURE** Examination Papers Proved That Pupils Must Have Made Keen Observations of Their Subjects.

Martha Jane's sweet tooth had been indulged so much that her mother had issued the decree, "No more candy," and the remainder of the box had been relegated to the top shelf. A few days ago it was brought down and judiciously apportioned to Martha Jane, for whom a taste spelled more, and even a second taste did not satisfy. When her mother saw her about to take a third helping she remarked, emphatically:

"Now, don't let me see you take another piece."

Presently Mrs. S—— was called from the room, and when she returned she found her four-year-old daughter in the farthest corner of the couch, hastily making way with a nice, plump chocolate cream.

"Martha Jane," said her mother, in her sternest tones, "didn't I tell you not to let me see you take another piece of candy?"

"I know you did, mother," said the little diplomat, "but I took this one while you were gone."

**Relic of Roman Occupation.**  
Digging in Stepney, London, a workman unearthed a Roman burial urn containing human bones supposed to be nearly two thousand years old.

## One Trial of Grape-Nuts

will do more than many words to convince you of the goodness of this wheat and barley food.

But it's worth saying that Grape-Nuts contains all the nutriment of the grains, is ready to eat, requires no sugar and there's no waste.

**Grape-Nuts is a Builder**

### THE NEWER COLONISTS.

What is to become of the old American stock is a very serious question. Furthermore, it is one which cannot be put aside for consideration at a later day.

A federal official located in Chicago has a chart prepared for the purposes of his office which shows that two-thirds of the Chicago population were born abroad or are the children of parents born abroad. But, some one replies, the Chicago population is not a fair sample of an American population.

The children's bureau of the department of labor reports that 63.3 per cent of the population of Saginaw, Mich., is made up of two classes—foreign born and the children of the foreign born. In Manchester, N. H., the percentage is 77. However, in a rural county in Kansas, it is only 25 per cent.

Since 1890 nearly 24,000,000 immigrants have come into the United States. Furthermore, among these groups the birth rate is high, while it is low among all other populations, including the Irish, Germans, and Scandinavians who came here prior to 1890.

I am not saying that the stock of the foreign born is not good. There is much to be said on both sides of that question. My contention is that the old American stock is passing away. It is up to the members of that stock to decide whether the tendency should be remedied and how.

The department of economics and sociology recently published the results of an investigation of the families of undergraduates in Mount Holyoke college. More than 99 per cent of these students were native born, while 82 per cent were native born of native parents. Information was obtained as to the families of 630 students, the great majority of old American stock.

The inquiry revealed the number of children of their own mothers, grandmothers, and great-grandmothers. The average number of children in the families of the grandmothers 5.09, of the mothers 3.15. If a similar decrease should take place for another two generations the average number of children would be less than 1. To maintain the family stock an average of almost four children to the family is required. The students at Holyoke were selected for study because they are drawn from typical families in the main of old American stock.

If anything the average number of children to the family among the native stock is less than 3.15. We recall the study of birth rate among the Mayflower descendants published a few years ago. As far back as 1629 the director of the census warned the American people of a dangerous downward tendency in the birth rate.

In 1890 the director repeated his warning, making the statement that in certain sections of the country the birth rate of the old native stock was not high enough to maintain the stock. Since that time the birth rate among the racial groups coming here between 1840 and 1890 has likewise fallen.

**Making of a Friend.**  
We nodded as we passed each day  
And smiled and went along our way;  
I knew his name, and he knew mine,  
But neither of us made a sign  
That we possessed a common life;  
We barely spoke as we passed by.

How fine he was I never guessed  
The splendid soul within his breast  
I never saw. From me was hid  
The manly kindness that he hid.  
His gentle ways I didn't know,  
Or I'd have claimed him long ago.

Then trouble came to me one day  
And he was first to come and say  
The cheering words I longed to hear,  
He offered help, and standing near  
I felt our lives in sorrow blend,  
My neighbor had become my friend.

How many smiles from day to day  
I've needed along my narrow way;  
How many kindly words I've lost,  
What joy has my indifference cost!  
This glorious friend that now I know,  
Would have been friendly years ago.

The bud but very little shows  
To tell the beauty of the rose,  
And him we greet in passing by  
With scarce a nod, the day we sigh  
May blossom as the summer days,  
With all the beauty of a friend.  
—Edgar A. Guest, in the Rotarian.

**Undue Speculative Activity.**  
From the New York Journal of Commerce.

Feverish "boasting" of prices on the stock exchange, followed by equally unwarranted and sudden reactions with "bear raids" alternating with "manipulation" to advance prices, have again been renewed at brokerage houses are once more forecasting a period of easier money with relaxation on the part of the banking authorities designed to permit greater speculative activity. It is announced that the public is again back in the market, and that what appears to be likely to be a new "boom" is under way.

It is to be hoped that these manifestations are only temporary and that they do not represent the attitude of any responsible section of the financial community. There has been a mushroom growth of speculators and speculative operations during the past two or three years and operators who have profited by the excited movements of stocks are loath to let go until they have extracted the last possible dollar of profit through the manipulation of prices.

**Spring's Ballet.**  
When Spring rolls up the curtain  
Of rainbow bordered showers,  
Upon her stage of vernal green  
Appear the dancing flowers;  
The daffodil in yellow,  
The violet in blue,  
The velvet pansy, arising  
An amulet of dew.

In tints of palest purple  
And azure, white and gold  
And every shade of dainty pink  
The crocuses unfold,  
Like rosy attendants  
Across the lawn—the footlights  
Of the ballet of the spring!  
—Mina Irving, in People's Home Journal.

**QUEER DISEASES.**  
From the London Mail.

There exist in the world many people suffering from strange diseases, unobserved by and unknown to the majority of people, but which are of great interest on account of their freakish nature.

Word deafness and word blindness, are two rare diseases, in which in the first instance the patient is able to hear all sounds except spoken words, and in the latter to see everything and be able to spell and yet cannot read.

Arithmomania—the medical name for another disease—is full of interest. In this patient has the irresistible impulse to count a certain number of times before doing anything. One case recorded is of a girl who had to tap on the edge of the bed nine times before getting into it; in times before brushing her teeth; to knock three times on a window by the side of the door, and a similar number of times on the door itself before she would unlock it!

**His Winning Way.**  
"It's wonderful how much feeling can be expressed in the tones of the human voice," said the studious person.

"The same thought occurred to me only yesterday," said Mr. Gadspar, "while I was listening to a candidate harangue."

"What was he talking about?"

"He was pleading with the voters to call him 'Bill.'" — Birmingham Age-Herald.

For true blue, use Red Cross Ball Blue. Snowy-white clothes will be sure to result. Try it and you will always use it. All good grocers have it.

**His Interpretation.**  
Mortland Jones, the five-year-old son of Rev. Rlys. Price Jones, pastor of the First Presbyterian church in Franklin, refused to sing "America" with the rest of the members of the primary class in Sunday school. When questioned he gave as his reason the line of the song, "Land where my fathers died." "My father didn't die," he said, "and I won't sing it." — Indianapolis News.

## Harvest 20 to 45 Bushel to Acre Wheat in WESTERN CANADA

Think what that means to you in good hard dollars with the great demand for wheat at high prices. Many farmers in Western Canada have paid for their land from a single crop. The same success may still be yours, for you can buy on easy terms.

**Farm Land at \$15 to \$30 an Acre**  
located near thriving towns, good markets, railroads—land of a kind which grows 20 to 45 bushels of wheat to the acre. Good grazing lands at low prices convenient to your grain farm enable you to reap the profits from stock raising and dairying.

**Learn the Facts About Western Canada**  
—low taxation (none on improvements), beautiful climate, good schools, churches, pleasant social relationships, a prosperous and industrious people.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., write Department of Immigration, Ottawa, Canada, or

G. A. Cook, Drawer 197, Watertown, S. D.; W. V. Bennett, Room 4, Box 819, Omaha, Neb., and R. A. Garrett, 311 Jackson Street, St. Paul, Minn.

Canadian Government Agents.

## Your New Home

should be made artistic, sanitary and livable.

These walls should be Alabastined in the latest, up-to-the-minute nature color tints. Each room should reflect your own individuality and the treatment throughout be a complete perfect harmony in colors.

The walls of the old home, whether mansion or cottage, can be made just as attractive, just as sanitary, through the intelligent use of

# Alabastine

**Instead of kalsomine or wallpaper**

How much better, when you have a new home, to start right than to have to correct errors afterward from former treatment with other materials, when you come to the use of Alabastine, as does nearly every one sooner or later.

Once your walls are Alabastined you can use any material over it should you desire, but having used Alabastine you will have no desire for any other treatment.

Alabastine is so easy to mix and apply — so lasting in its results — so absolutely sanitary — and so generally recognized as the proper decorative material in a class by itself that it is becoming difficult to manufacture fast enough to supply the demand.

Alabastine is a dry powder, put up in five-pound packages, white and beautiful tints, ready to mix and use by the addition of cold water, and with full directions on each package. Every package of genuine Alabastine has cross and circle printed in red.

Better write us for hand-made color designs and special suggestions. Give us your decorative problems and let us help you work them out.

**ALABASTINE COMPANY**  
Grand Rapids Michigan

MIX IN ONE MINUTE WITH COLD WATER

THE ONLY TOOL NEEDED TO APPLY

No Smoking Allowed. The Patient—Ten dollars for extracting that tooth? Lucky I didn't take gas. The Dentist—Why? The Patient—Cause I have another \$10 bill in my vest that you might have found.

A woman isn't necessarily an artist's model when she poses as a heroine.

Marriage is a gamble when there is money back of it.

## Acid Stomach

Makes the Body Sour

Nine Out of Ten People Suffer From It

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, its victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

**We Have FARMS of All Sizes**  
in MINNESOTA, WISCONSIN, DAKOTA. Customers for all prices. CONSULT US before buying or selling. LARSON LAND AGENCY. X450 Temple Court - MINNEAPOLIS

**KODAKS** Films and Photo Supplies  
Finishing for Amateurs Enlarging

Prices on application  
ZIMMERMAN BROS., EASTMAN KODAK CO.  
608 Pierce St., Sioux City, Iowa

100 a. Farm on Fine Highway, 4 mi. from R. R. \$5 a. under plow. Clay loam soil. Bldgs. worth \$2,000. \$2,500 personal property. \$9,000. Brush-McWilliams Co., Antigo, Wis.

Iowa Improved Farms, Chickasaw, Adjoining Co. Direct from owners. \$175 to \$225 a. Acre. Wtd. Realty Bros., New Hampton, Ia.

40,000 Young Men, Women Wanted; lifetime govt. positions. By mail clerks, letter carriers, listers, blng. dept. clerks, etc. Course \$10. O'Brien School, 219 S. Dearborn, Chicago.

We Buy and Sell Banks and any other business, large or small. Excellent opportunities. Interstate Bus. Exch., Sioux City, Iowa.

Easy.  
"I wish I knew how to make a barrel of money?" sighed the little man.  
"That's easy," replied the big man.  
"Send a half barrel of money in advertising and you'll soon have a barrel of money." — Cincinnati Enquirer.

## Another Royal Suggestion

# DOUGHNUTS and CRULLERS

From the NEW ROYAL COOK BOOK

**DOUGHNUTS** made during the happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

**Doughnuts**  
3 tablespoons shortening  
1 cup sugar  
1 egg  
1 cup milk  
1 teaspoon nutmeg  
1 teaspoon salt  
3 cups flour  
4 teaspoons Royal Baking Powder

Cream shortening; add sugar and well-beaten egg; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about 1/4 inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 30 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

**Afternoon Tea Doughnuts**  
3 eggs  
3 tablespoons sugar  
1/2 teaspoon salt  
1/2 teaspoon grated nutmeg

**Crullers**  
4 tablespoons shortening  
1 cup sugar  
2 eggs  
3 cups flour  
1 teaspoon cinnamon  
1 teaspoon salt  
3 teaspoons Royal Baking Powder  
1/2 cup milk

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about 1/4 inch thick and cut into strips about 4 inches long and 1/4 inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

**ROYAL BAKING POWDER**  
Absolutely Pure

**FREE**  
New Royal Cook Book containing these and scores of other delightful recipes. Write for it TODAY. ROYAL BAKING POWDER CO. 118 Fulton Street New York City

**"Bake with Royal and be Sure"**