

# WHO SHE WAS

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert



and investigating mind, an earnest seeker after knowledge, and above all, possessed of a wonderfully sympathetic nature.

In 1843 she married Isaac Pinkham, a builder and real estate operator, and their early married life was marked by prosperity and happiness. They had four children, three sons and a daughter.

In those good old fashioned days it was common for mothers to make their own home medicines from roots and herbs, nature's own remedies—calling in a physician only in specially urgent cases. By tradition and experience many of them gained a wonderful knowledge of the curative properties of the various roots and herbs.

Mrs. Pinkham took a great interest in the study of roots and herbs, their characteristics and power over disease. She maintained that just as nature so bountifully provides in the harvest fields and orchards vegetable foods of all kinds; so, if we but take the pains to find them in the roots and herbs of the field there are remedies expressly designed to cure the various ills and weaknesses of the body, and it was her pleasure to search these out, and prepare simple and effective medicines for her own family and friends.

Chief of these was a rare combination of the choicest medicinal roots and herbs found best adapted for the cure of the ills and weaknesses peculiar to the female sex, and Lydia E. Pinkham's friends and neighbors learned that her compound relieved and cured and it became quite popular among them.

All this so far was done freely, without money and without price, as a labor of love.

But in 1873 the financial crisis struck Lynn. Its length and severity were too much for the large real estate interests of the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with their mother, combined forces to

restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkham sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until today Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.

During her long and eventful experience she was ever methodical in her work and she was always careful to preserve a record of every case that came to her attention. The case of every sick woman who applied to her for advice—and there were thousands—received careful study, and the details, including symptoms, treatment and results were recorded for future reference, and to-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collaboration of information regarding the treatment of woman's ills, which for authenticity and accuracy can hardly be equaled in any library in the world.

With Lydia E. Pinkham worked her daughter-in-law, the present Mrs. Pinkham. She was carefully instructed in all her hard-earned knowledge, and for years she assisted her in her vast correspondence.

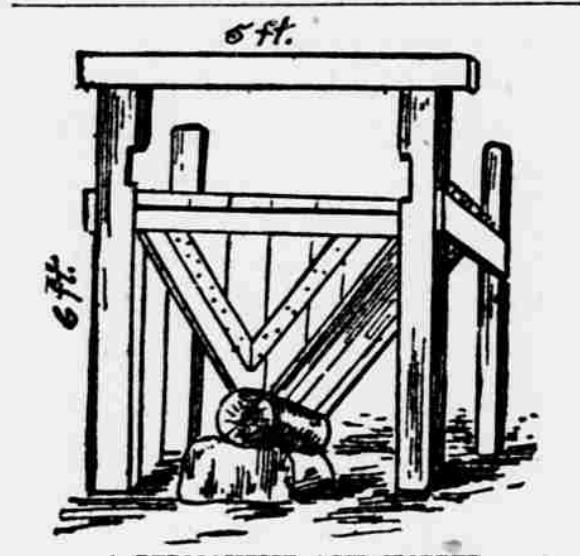
To her hands naturally fell the direction of the work when its originator passed away. For nearly twenty-five years she has continued it, and nothing in the work shows when the first Lydia E. Pinkham dropped her pen and the present Mrs. Pinkham now the mother of a large family, took it up. With women assistants, some as capable as herself, the present Mrs. Pinkham continues this great work, and probably from the office of no other person have so many women been advised how to regain health. Sick women, this advice is "Yours for Health" freely given if you only write to ask for it.

Such is the history of Lydia E. Pinkham's Vegetable Compound; made from simple roots and herbs; the one great medicine for women's ailments, and the fitting monument to the noble woman whose name it bears.



## Permanent Ash Hopper.

We all know what a bother it is to have to leave pressing work to empty the ash hopper, and how hard it is to lift the ashes out, it produces considerable vexation, too, when the wife wants the hopper emptied and filled, and husband thinks he hasn't time to do it. If wife has it to empty, as many do, why not make one that she can empty in a few minutes, without any lifting? Here is the plan of ours, which holds about three barrels. The cut explains itself. The upper end is made separate, boards fastened together by means of cleats, and sets inside



A PERMANENT ASH HOPPER.

or on top of sides, and top cleat extends beyond inner edges of posts, and by raising up with lever comes through notches in posts, thus taking whole end out of hopper. We use a hollow tree for trough, and if desired the whole can be roofed over, and made to last almost a lifetime.—C. E. Pleas.

## Cost of Feeding.

The Massachusetts experiment station kept track of the cost of feed eaten by three farm horses for five years. The feed consisted of hay, corn, oats and other common feeding stuffs. The cost of the ration averaged from 18 1/2 to 24 1/2 cents per head daily. At the Oklahoma station Kafir corn was used quite extensively. With Kafir corn and ordinary corn at 20 cents a bushel, oats 25 cents, bran 25 cents per 100 pounds, the average cost of a work horse's daily ration was 17 cents. If all horse owners understood how good oats are for horse feed there would be better horses in the country. Corn is almost unfit for the hard worked horse. If you feed oats the horses may not look quite so fat, but they will be in better condition. They will have more life and feel more like working, and it is a settled fact that they will do more work during the season by a great deal, enough more that it will pay well to feed on oats.—Farm Home.

## Good Water Trough for Hog.

A correspondent of Practical Farmer says: I am herdsman at the Oklahoma Agricultural College, and have used the following for more than a year to water hogs and sheep. Take a good barrel, paint it heavily with tar or lead. Bore a 1/2-inch hole in side of barrel 5 inches from bottom and a 1-inch hole in top; then make a box 2 feet square and 6 inches deep; put barrel in box, put a plug in lower hole and fill barrel with water by pouring in top. Make an air-tight plug, coat both ends with tar, drive in top hole tight, remove lower plug and box will fill to



WATER TROUGH FOR HOGS.

top of lower hole and remain there until barrel is empty. The barrel must be absolutely air-tight. Best to place on a floor for hogs.

## A New Movement in Education.

The Missouri State Board of Agriculture in co-operation with the Agricultural College has just inaugurated a new educational campaign. Lecturers are being sent to the country school-houses in various parts of the State to speak to the children and parents upon practical problems of farming. Usually two lectures are given at each place, one in the afternoon and one at night. In many places 75 to 100 farmers attend the meetings, often going miles over muddy roads. The funds in the hands of the board are not sufficient to enable it to send lecturers to every schoolhouse, but the enthusiasm with which the farmers receive the instruction leads to the belief that Missouri is beginning a new era in agricultural education.

## Maple Sugar Information.

A very good source of information on the maple sugar industry in all its phases is included in a Government bulletin entitled "The Maple Sugar Industry," by Messrs. W. F. Fox and W. F. Hubbard. It can be obtained from the United States Department of Agriculture. The material is a little out of the ordinary line, including experience and direction on locating and planting a sugar grove, the care of a mature grove, besides all the usual material relating to sugar and syrup man-

ufacture and a general account of the location and condition of the industry in this country.

## Farm Incomes in Canada.

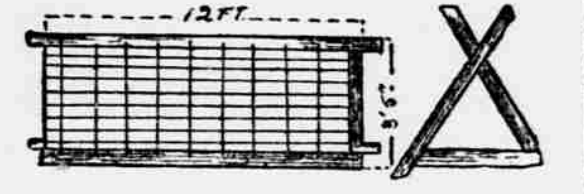
One speaker at Montreal during a recent session of the Canadian tariff commission said that the average farm in Huntingdon County represented an investment of \$5,000. On such a farm there would be twelve cows of a total value of \$420. Two cows would fatten two pigs and four calves. The revenue from the milk and milk products of twelve cows amounted to about \$420 a year; from the two pigs and four calves, \$100. They would sell two beaves at \$40 each. From the sale of horses, one in two years, apples and small stuff, there would be another \$100. The produce of the farm eaten annually by a family of six was estimated at \$180; therefore there was a total revenue of \$840 a year. To work such a farm required the services of two men and one woman, worth in all a value of \$456 and their board at \$6 a month. Then there would be expenditure for blacksmith's service, harness, and various items of wear and tear, to amount to \$100. Thus, the total expense reached the sum of \$772, which, deducted from a total revenue of \$840, left a balance of \$68. Another speaker gave the balance sheet of an average dairy farm, showing receipts of \$1,205 and expenditures of \$563, leaving \$690 for living, clothing, education, excursions, etc.

## Stupendous Farm Wealth.

The wealth production on farms in 1905 reached the highest amount ever attained by the farmer of this or any other country, "a stupendous aggregate of results of brain and muscle and machine," amounting in value to \$6,415,000,000. The wealth produced on farms in 1905 exceeds that of 1904 by 4 per cent, that of 1903 by 8 per cent and that shown by the census figures for 1890 by 36 per cent. Should there be no relapse from his present position as a wealth producer three years hence the farmer will find that the farming element, about 35 per cent of the population, has produced an amount of wealth within ten years equal to one-half of the entire national wealth produced in three centuries.

## A Portable Stock Fence.

The frame of this portable fence is made 12 feet by 3.5 feet, of 1 by 6 inch lumber, that will not twist or warp. The pieces are securely nailed at the corners. Wire fencing is stretched over the frame and well stapled. The hurdle is made of three pieces of



PORTABLE STOCK FENCE.

the same material as is used in the frame. Nail them together as illustrated and cut a notch in the crosspiece at the bottom to receive one of the tongues on the fence frame; the other tongue rests in the crotch formed by the two upright pieces.—Farmers' Bulletin.

## Potato Eyes Mailed.

Many of the seedsmen mail potato eyes put up in plaster, so that they will reach planters in good shape. The eyes are taken out of the tubers with a knife made expressly for that purpose, which carries a pretty good-sized piece of the potato. They are quite sure to grow and make a fair crop regardless of the small beginning. This is a cheap means of getting started in new varieties or of obtaining pure stock from some of the standard varieties.

One hundred eyes, assorted to include a half dozen sorts, may be ordered packed in one box. These will cost about \$1, with charge prepaid. The cost is hardly worth mentioning when compared to the advantage of having some pure stock of known varieties. They are not mailed until danger of freezing is past.

## Curing Hams.

Hog raising has declined so much in some sections that farmers are reduced to the purchase of the coarse and chemically treated hams sold in the markets. These are far inferior to farm raised, corn and milk fed hogs of the smaller breeds with the hams cured in the old-fashioned manner. A plan still practised is to hang the hams in a barrel which connects by a conduit with a great hole in which are burned large quantities of cobs. The cobs make a very clean, wholesome smoke and there is no danger of fire, as in the use of the ordinary smokehouse.

## Care of Stock.

The care of stock takes precedence of other kinds of work at this season. The animals are now in their winter quarters and wholly dependent on the owner or caretaker. Their present condition and future usefulness will largely correspond with the carefulness and good judgment exercised in their favor during the coming few months. Comfortable stables, judicious feeding and kindly treatment are things that will pay right along.—American Cultivator.

## Farm Notes.

To pour drops from a bottle moisten the edge.

A good way to destroy a bad habit or practice is to get something better to take its place.

It is not best to let any dealer select the best lambs from the flock and leave the culls behind.

There is an old notion that a cow will fall in her milk when fed on pumpkins; but there is no truth in the theory.

# SAVED FROM CATARRH OF LUNGS SO COMMON IN WINTER BY TAKING PE-RU-NA.

## Sore Throat Develops into Bronchitis.

Mrs. Addie Harding, 121 W. Brighton Ave., Syracuse, N. Y., writes: "I have been a user of Peruna for the past twelve years. With me it is a sure preventive of colds and many other ills."



Mrs. Addie Harding.

"Two or three times a year I am troubled with my throat, a kind of raw feeling, turning to bronchitis. I have had the services of my physician in each case. Two years ago when I felt a spell coming I tried Peruna to check it, and to my delight was not troubled with the smothered and choking feeling and never have been since. I can check it every time with Peruna."



Mrs. Virginia Cavanaugh. Chronic Catarrh of Throat and Lungs.

Mrs. Virginia Cavanaugh, room 32, Cambridge Block, Portland, Ore., writes: "I was a sufferer with catarrh of the throat and lungs for a long time before Peruna was recommended to me. I gave it a trial, although I thought at the time it would be just like other medicines and do me no good. I was pleased to find that my improvement began in less than two weeks and continued until I was entirely well. I gained nearly 15 pounds, have a splendid appetite and am grateful for what your medicine has done for me."

## Well—

"You say that Miss Strucyole's father will make her a wedding present of his most valuable gusher?"

"Yes."

"And do you love her very much?"

"Indeed, I love her well!"—Cleveland Leader.

## You Can Get Allen's Foot-Ease FREE.

Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Druggists and Shoe stores sell it. 25c.

## At the Stores.

Customer (who has fallen downstairs)—Help! I've broken my leg. Shopwalker—Yes, sir, you'll find crutches, bandages, etc., on the fourth floor, front.—Birmingham (England) Post.

The Archaeological Society in Constantinople has recently obtained the Sultan's permission to begin excavations at Ephesus.

## In the Alarm-Clock Belt.

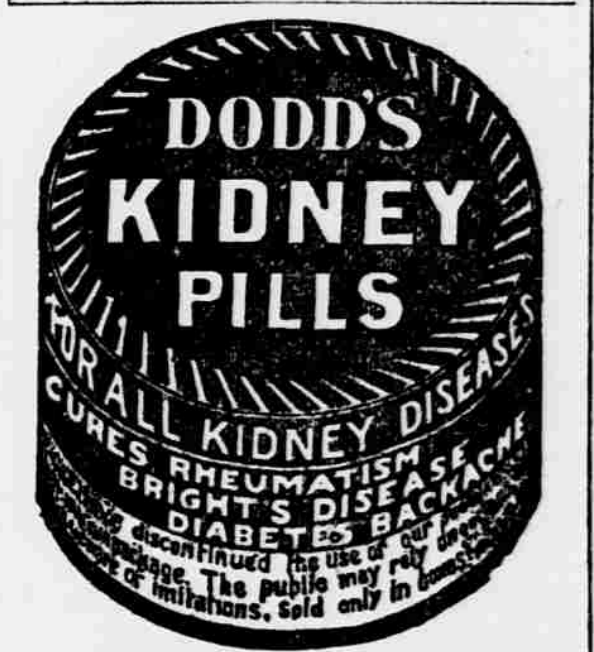
"Oh!" exclaimed the possible boarder, in disappointment, "so this is an alarm clock neighborhood! What a pity. The room is pretty. I like it, but I could never stand all those clocks."

"Oh, but there isn't an alarm clock in the house," the landlady protested. "All our people are late risers. They don't need to be called."

"But those people in the flats that back up against this house do," said the boarder. "I know the conditions as well as if I had lived here. I've been in many other places just like it. I like your room, but an alarm clock block is too hard on my nerves."

The landlady sighed as the prospective boarder picked his way down the dark stairs.

"What a crank," she said. "I didn't dare tell him the last boarder left on account of those clocks."



## THE BEST COUGH CURE

In buying a cough medicine, remember the best cough cure,

## Kemp's Balsam

costs no more than any other kind. Remember, too, the kind that cures is the only kind worth anything.

Every year thousands are saved from a consumptive's grave by taking Kemp's Balsam in time. Is it worth while to experiment with anything else? Sold by all dealers at 25c. and 50c.

## \$16.00 AN ACRE

OF Western Canada is the amount that many farmers will realize from their wheat crop this year.

## 25 BUSHELS TO THE ACRE

will be the average yield of wheat

The land that this was grown on cost many of the farmers absolutely nothing, while those who wished to add to the 160 acres the Government grants, can buy land adjoining at FROM \$6 TO \$10 AN ACRE. Climate splendid, schools convenient, railways close at hand, taxes low. For "20th Century Canada" pamphlet and full particulars regarding rates, etc. Apply for information to S. P. Inland, at Immigration, O. Jaws, Canada, or to E. T. Holmes, 518 Jackson St., St. Paul, Minn., and J. M. McLaughlin, Box 114, Watertown, So. Dakota, Authorized Government Agents. Please say where you saw this advertisement.

## That Delightful Aid to Health

# Paxtine

## Toilet Antiseptic

Whitens the teeth—purifies mouth and breath—cures nasal catarrh, sore throat, sore eyes, and by direct application cures all inflamed, ulcerated and catarrhal conditions caused by feminine ills.

Paxtine possesses extraordinary cleansing, healing and germicidal qualities unlike anything else. At all druggists, 50 cents. LARGE TRIAL PACKAGE FREE.

The R. Paxton Co., Boston, Mass.

## MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Flatulency, Diarrhea, and Drowsy Worms. They Break up Colic in 15 to 30 minutes. At all Druggists, 50 cents. Sample mailed FREE. Address: Mother Gray, New York City, A. S. OLMSTED, Le Roy, N. Y.

## GOUT & RHEUMATISM

Use the Great English Remedy BLAIR'S PILLS. Safe, Sure, Effective. 50c. & \$1. DRUGGISTS, or 21 Henry St., Brooklyn, N. Y.

If afflicted with Thompson's Eye Water sore Eyes, use

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