

INFLAMMATION AND PAIN

Cured by Lydia E. Pinkham's Vegetable Compound.

Creston, Iowa.—"I was troubled for a long time with inflammation, pains in my side, sick headaches and nervousness. I had taken so many medicines that I was discouraged and thought I would never get well. A friend told me of Lydia E. Pinkham's Vegetable Compound and it restored me to health. I have no more pain, my nerves are stronger and I can do my own work. Lydia E. Pinkham's Vegetable Compound cured me after everything else had failed, and I recommend it to other suffering women."—Mrs. WM. SEALS 605 W. Howard St., Creston, Iowa.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs.

Women who suffer from those distressing ills should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Mrs. Pinkham, at Lynn, Mass. She will treat your letter as strictly confidential. For 20 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.

A DIFFERENCE.



Mrs. Jinks—My husband is making a collection of stens.
Mrs. Boozie A. Lott—My husband is making a collection of the contents of stens.

Character in the Eye.

Beware of the man who does not look you clearly in the eye. He has possibilities of evil in his nature. There are eyes which are luminous, others which seem to be veiled behind a curtain.

Men and women of the world are accustomed to judge human nature by the expression of the eye. Many people read character by the eyes, and can thus distinguish the false from the loyal, the frank from the deceitful, the hard from the tender, the energetic from the indolent, the sympathetic from the indifferent.

No Wonder.

"What's your husband so angry about?"
"He's been out of work six weeks."
"I should think that would suit him first rate."
"That's it! He's just got a job."

A Thirst for Information.

"Say, pa?"
"What is it?"
"Who made the after-dinner speeches at Melshazzar's feast?"

A Large Package Of Enjoyment—Post Toasties

Served with cream, milk or fruit—fresh or cooked.

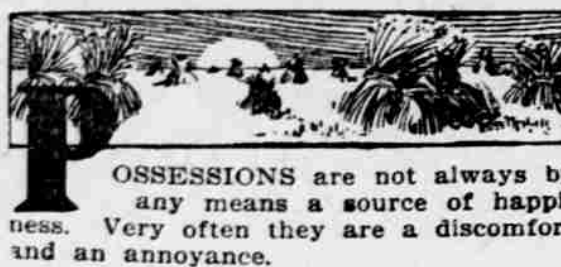
Crisp, golden-brown bits of white corn—delicious and wholesome—

A flavour that appeals to young and old.

"The Memory Lingers" Sold by Grocers

Postum Cereal Company, Ltd. Battle Creek, Mich.

The KITCHEN CABINET



OSSESSIONS are not always by any means a source of happiness. Very often they are a discomfort and an annoyance.

PLAN NOW FOR CHRISTMAS.

There are very few of us who are always remembered at holiday time with things that they really want. We all know the horror of "smiling and being a villain," trying to be pleased over some gift, from a dear friend, that is absolutely useless to us and often worse than that, a perfect annoyance.

Probably the people who need this advice will not read this, and the long-suffering ones will.

Would it not be wise to study this problem early and try to give to people whose tastes are not easily satisfied something edible, which they can at least dispose of without feeling like a criminal?

This is the season of canning and preserving; why not add a few extra glasses and jars to the store for Christmas gifts?

Such a gift may be made as dainty and attractive as one's taste and purse permits. The pretty little baskets to pack such gifts in are always welcome and they can be passed on with similar gifts.

One little woman makes many tiny glasses of jelly of different flavors, labeling and packing a half dozen for each invalid friend.

Tomato Soy.—Peel and chop a peck of ripe tomatoes, put over the fire with half a cup of whole cloves, half a cup of allspice, one cup of salt, one tablespoonful of pepper, three red peppers chopped, five onions also chopped. Cook for one hour; add a quart of vinegar and bottle.

Beet Relish.—Take a quart of cabbage chopped, a quart of boiled beets chopped fine, two cups of sugar, a tablespoonful of salt, a teaspoonful of pepper, half a teaspoon of red pepper, a cup of grated horseradish and vinegar enough to mix well and make of a smooth consistency. Can cold. Very nice for meats.

Gingered Pears.—Take ten ripe pears, six pounds of sugar, two lemons, a pound of ginger (candied) and water enough to cook. Slice the pears quite thin, and chop the ginger in small pieces; take the juice of two lemons and the rind of one. Cook slowly one hour. This is especially nice served with ice cream.



HOUGH expensive food be provided, if there be too much sameness, the stomach rebels, the system starves. Variety is the spice of life.

VARIETY IN MENUS.

The one great bugbear of menu making is sameness. The endeavor of the housewife to produce attractive meals with a certain allowance and have variety, means some thoughtful planning. She who has an unlimited pocketbook need have little worry, but to the majority of women the problem of making ends meet and serving attractive, appetizing and nourishing food is a daily question.

Everything is high this year, even the plebian potato is too exclusive for everyday use. We must learn to use rice and hominy instead. The old proverb which tells us that "there is no loss without some gain" is proven to us, as we learn to substitute many foods for those which we have always considered indispensable.

The great criticism made of Americans, and justly, is that we eat too much. Our meals should be simpler, better cooked and served. The idea that it is necessary to have from five to six vegetables at a meal is extravagant; two is plenty and three a luxury.

Emergency Biscuit.—Sift together four times two cups of flour and four teaspoonfuls of baking powder and a half a teaspoon of salt. Rub in four tablespoonfuls of butter or less, add three-fourths of a cup of cold milk and drop by teaspoonfuls on a buttered pan. Bake in a hot oven twelve to fifteen minutes.

Rice Pudding.—Boil a cup of rice in a pint of water until dry, then add a quart of milk and cook until thick. To the yolks of three eggs add six tablespoonfuls of sugar and the grated rind of a lemon; cook ten minutes with the rice, then cover with the beaten whites of the eggs, to which six tablespoonfuls of sugar has been added, with the juice of a lemon. Brown and serve when cold.

Nellie Maxwell.

The Editor's Drawer.

Mayor Speer of Denver was talking about a bill of which he disapproved.

"Why, a bill like that," he said, "would soon put the city in the condition of the Cinnamonin Scimitar."

"The foreman of the Scimitar's composing room said to the proprietor one day:

"We need a drawer, boss, to put these blocks in."

"We haven't got a drawer that's not in use," said the editor-proprietor. Then he paused and added, "Except the cash drawer. You might as well take that."

DANGERS OF DISKING

Expert Tells of Practices to Be Avoided.

Foundation of Dry Farming Is to Farm for the Future—Store Up Moisture in Soil for the Next Year.

We have been watching the effects of shallow plowing and disking for nearly thirty years, and still we can see no good in it. Every dry year the same thing happens. In 1908 we went over thousands of acres where the crops had been disked in on stubble. We saw oats burned out six and eight inches high; spring wheat completely fired just beginning to head; winter wheat that went only five bushels to the acre; and fields of corn on shallow-plowed sod that yielded nothing but a handful of fodder, writes E. R. Parsons, a dry farm expert, in an exchange.

The disking and shallow plowing habits come from the humid states, where it rains sometimes twice a week, and small crops can always be raised by simply cultivating enough to keep the weeds out.

Farmers will sometimes say, "We can raise more by disking than plowing." This is true, because a surface farmer seldom plows more than three inches, and he can do this equally well and more quickly with the disk. Or he may plow without harrowing, let the ground dry out as he goes, and plant in a poorly prepared seed bed.

An old friend of ours used to raise indifferent crops by plowing once in three years and disking in his seeds the two intervening years. The first year his oats would be about two to three feet high; the second year, 18 inches; and the third, about a foot; but if a dry year happened, there was nothing doing. He always would persist that he could raise good crops without plowing to carry his cattle through the winter. I happened to meet him in 1909. "Well," I said, "how did you come out last year?" "Oh," he said, "I sold my cattle."

Thousands of head of cattle were sold in the fall of 1908 for the same reason. This put the market down and the dry-farmers lost heavily.

Supposing we plant a crop of spring wheat or oats on corn stubble, what happens? Ninety per cent of the farmers put cattle on stubble during the winter. The ground becomes hard and overpacked; we disk this on the surface and plant the seed. For a while it does splendidly, and if the rains keep up will make a fair crop; but if dry weather comes and a crust forms on the surface or under the mulch, the crop is gone, for it is solid underneath. It has never been proved!

It is the surface farmers who are always wailing about this crust under the mulch, but those who belong to the deep-plowing school pay no attention to it, for they still have plenty of room for the roots of their crops down below, and if the mulch above the crust is in proper shape there is no more evaporation than there was before.

A man wrote to me once and asked what he should do for the crust under the mulch. I wrote back and said: "Next year plow deep." His answer was: "How did you find out that I didn't plow deep?"

The worst consequence of disking without plowing is the effect it has on next year's crop. The ground being hard, the water penetrates very little; the available moisture is used up by the crop, and the surplus evaporates or runs off. Nothing is saved for next year.

In dry-farming, if we work only for the present, we are living from hand to mouth. The very foundation of this branch of agriculture is to farm for the future. Store up moisture in the soil for next year and the year after, keep track of it with the pick and shovel or with a ground auger, and you will soon find out which style of farming pays the best.

BLUE GRASS PASTURES EXCEL

Extensive Investigations Carried on By Missouri Experiment Station With 263 Head of Cattle.

Cattle fattened on blue grass pastures will make double the gain on the same grain for the first three months of the pasture season as compared with the late months of the feeding period. This important factor as well as the influence of age, nitrogenous supplements and the margin of profit are discussed in Bulletin 90 of the Missouri experiment station. This bulletin was written by Dean F. B. Munford and records the results of five years' experiments in fattening cattle of various ages on blue grass pasture. This extensive investigation involved the feeding of 263 cattle, divided into 36 distinct experiments, and is the largest and most complete investigation of this subject which has ever been made in this country.

Delight in Fresh-Turned Soil. Through the summer, when rains are infrequent, all one needs to do is spade up fresh earth every few days and mash the clods. The hens and chicks delight to dust in fresh turned soil.

Interesting Movement. Dry farming is the most interesting and important movement in the world.

GROWING THE BARLEY CROP

Definite Rules Cannot Be Given Owing to Diversity of Conditions. Seed Bed Is Essential.

(By H. B. DERR, Bureau of Plant Industry, U. S. Department of Agriculture.) Barley is grown over such a wide area and under such a diversity of conditions that definite rules for its cultivation can hardly be given. The thorough preparation of the seed bed is essential under all conditions, as on this depends a large part of the success of the crop.

Plowing should be done the fall previous or a considerable time before seeding. This allows a complete settling of the soil and improves its water-holding capacity. Many failures have resulted from planting barley on newly plowed ground, especially when a dry season followed. The crop seldom does well on newly broken sod; but when sod land is to be planted best results will be obtained if it is broken shallow and laid flat rather than set on edge, as is commonly done. Breaking should be done while the grass is fresh and green, as decomposition then sets in rapidly and the vegetation and roots soon decay. Plowing under vegetation when the plants and roots are tough is injurious, as their slow decay renders the soil too open.

No soil should be plowed when very wet. The shearing action of the plow under the bottom of the furrow is likely to form an almost impervious layer or "plowpan" by compacting the soil particles. Unless the depth of plowing is varied from year to year this layer is likely to injure the growth of crops that follow. By gradually changing the depth of plowing each year new soil is brought to the top and mixed with the surface soil without injuring its yielding capacity.

In some portions of the United States the ground is seldom plowed for barley where it follows a cultivated crop, but is simply cross or double disked and harrowed. When the soil is in good physical condition good crops may be obtained by this method.

Where possible, barley should follow a cultivated crop. As soon as the previous crop is removed in the fall the ground should be deeply plowed and left rough. As early in the spring as possible the land should be double disked, either crossing or lapping half. If the soil is rough and cloddy a plank drag should be used to break the clods. In extreme cases a light roller should first be used. The disk harrow or plank drag should be followed by the smoothing harrow to make a fine seed bed. In a cold, backward spring this treatment will aid in warming up the soil.

If the land is not plowed until spring, the soil sometimes dries out so rapidly that it becomes hard before the plowing can be completed.

FEATHERS AS A FERTILIZER

Farmer Accidentally Makes Discovery Which Has Proven to Be of Great Value in His Garden.

A short time ago I happened to stop at the home of a huckster. I incidentally began to talk about the value of different kinds of manures. He said: "You can talk about hen manure and sheep manure, but I've got something that's got them all beaten." Of course I was anxious to find out what it was, and it developed that it was feathers, says a writer in an exchange.

He owns a small farm. In his business he kills a great deal of poultry. The feathers began to pile up to be quite a task to burn them, he hauled two loads out on the fields. The result was that he could tell to the very row where the feathers had run out. Now he's exceedingly careful about saving feathers. He spreads them out in the barnyard in order that they may become thoroughly mixed with the manure.

DAIRY NOTES.

Salt is valuable as a preservative of butter.

Separate milk as soon as possible after milking.

The milk vessels and utensils should be used for milk only.

Care and cleanliness in milking is necessary to good butter.

Whitewash the cow stable and keep it looking fresh and clean.

Milk must be removed at once from the barn to a clean place for cooling.

It is evident that healthful milk cannot be produced from a diseased cow.

The best separation is secured when milk is put in the machine at animal heat.

Ground oats and oil-meal make an excellent grain ration for freshening cows.

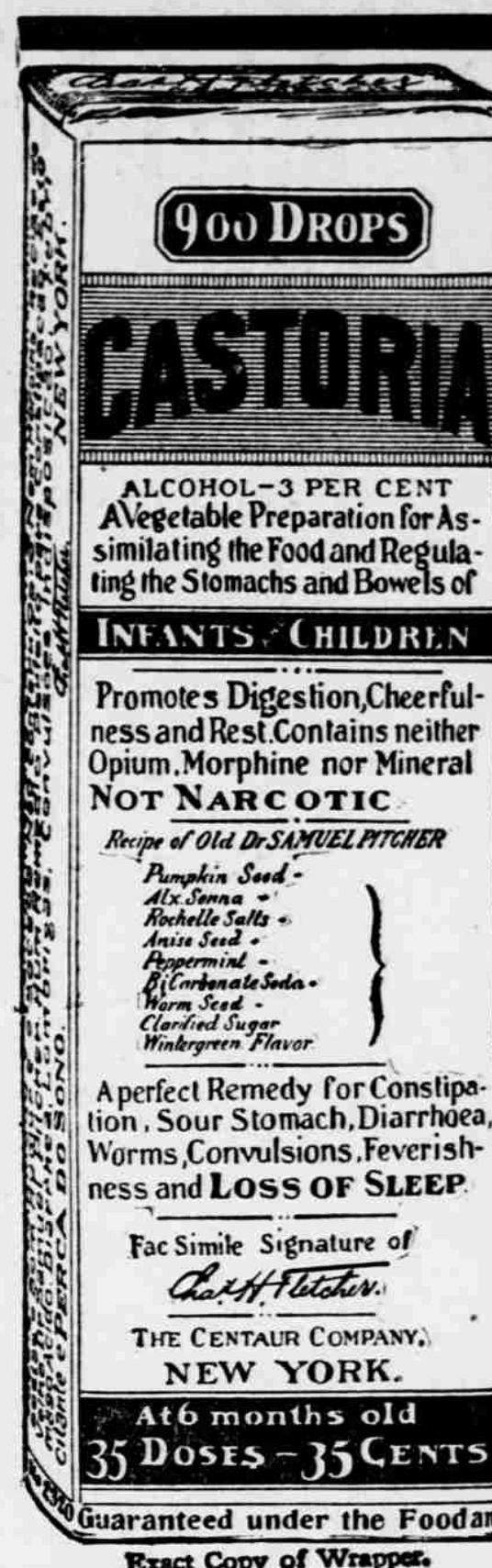
Rape is very good feed for milk cows but must be fed in connection with other feeds and not in excess.

The first and undoubtedly most important factor in the production of pure milk is to have a healthy herd. The cream separator, the silo and the manure spreader should find a place in the equipment of every dairy farm.

The milk pail should be made so as to reduce to a minimum the amount of dirt that can get into it during the operation of milking.

Suit the feed to the cow. Some cows will give more milk on one kind of feed than another. Find out which it the better, and give her that.

Salt which is too coarse cannot be evenly distributed throughout the butter. On the other hand, very fine salt favors the holding of too much water. The medium grade gives best results.



CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

of

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY

WAS IT ABSENT-MINDEDNESS?



Mrs. Nelson—My husband is awfully absent-minded.

Mrs. Bilson—In what way?

Mrs. Nelson—He went fishing yesterday. When he had finished he threw away the fish and brought home the bait.

Faces Included.

Howell—He has a weather-beaten face.

Powell—Well, the weather beats everything.

LADIES CAN WEAR SHOES

one size smaller after using Allen's Foot-Kase, the Antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Gives rest and comfort. Refuse substitutes. For FREE trial package, address Allen S. Olmsted, Lo Roy, N. Y.

Wifey Knew Him.

Benham—I can't remember dates.
Mrs. Benham—But you have a pretty good memory for peaches.

BEAUTIFUL POST CARDS FREE

Send 26 stamp for five samples of my very choice Gold Embossed Birthday, Flower and Motto Post Cards; beautiful colors and loveliest designs. Art Post Card Club, 731 Jackson St., Topeka, Kansas

What some lawyers don't know isn't worth lying about.

Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale-people lack good, rich, red blood. Their stomachs need invigorating for, after all, a man can be no stronger than his stomach. A remedy that makes the stomach strong and the liver active, makes rich red blood and overcomes and drives out disease-producing bacteria and cures a whole multitude of diseases.

Get rid of your Stomach Weakness and Liver Laziness by taking a course of Dr. Pierce's Golden Medical Discovery—the Great Stomach Restorative, Liver Invigorator and Blood Cleanser.

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovery," which is a medicine of known composition, having a complete list of ingredients in plain English on its bottle-wrapper, same being attested as correct under oath.

Dr. Pierce's Pleasant Pellets regulate and invigorate Stomach, Liver and Bowels.

W. L. DOUGLAS

\$2.50, \$3.00, \$3.50 & \$4.00 SHOES

WOMEN wear W.L. Douglas stylish, perfect fitting, easy walking boots, because they give long wear, same as W.L. Douglas Men's shoes.

THE STANDARD OF QUALITY FOR OVER 30 YEARS

The workmanship which has made W.L. Douglas shoes famous the world over is maintained in every pair.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they are warranted to hold their shape, fit better and wear longer than any other make for the price.

CAUTION The genuine have W. L. Douglas name and price stamped on bottom. If you cannot obtain W. L. Douglas shoes in your town, write for catalog. Shoes sent direct from factory to wearer, all charges prepaid. W. L. DOUGLAS, 145 Spark St., Brockton, Mass.



ONE PAIR of my BOYS' \$3, \$2.50 or \$2.00 SHOES will positively outwear TWO PAIRS of ordinary boys' shoes