

FREE ADVICE TO WOMEN

Women suffering from any form of illness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women. A woman can freely talk of her private illness to a woman; thus has been established this confidence between Mrs. Pinkham and the women of America which has never been broken.

Out of the vast volume of experience which Mrs. Pinkham has to draw from, it is more than possible that she has gained the very knowledge needed in your case. She asks nothing in return except your good will, and her advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Mrs. Pinkham, care of Lydia E. Pinkham's Medicine Co., Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

Splendid Crops

In Saskatchewan (Western Canada)

800 Bushels from 20 acres of wheat was the thrasher's return from a Lloydminster farm in the season of 1910. Many other districts yielded from 25 to 35 bushels of wheat to the acre. Other grains in proportion.

LARGE PROFITS from the FREE HOMESTEAD LANDS of Western Canada. This excellent showing causes prices to advance. Land values should double in two years' time. Kinship, health, and training, and the raising and dairying are all profitable. Every homestead of 160 acres is to be had in the very best districts. 160 acres pre-emption at \$2.00 per acre in full payment. No back taxes and no other charges in every settlement. The richest wood, water and soil in the West. The best of the West. Write for the information, write to Dept. of Immigration, Ottawa, Canada, or to Canadian Government Agent.

W. V. BENNETT, Ottawa, Ont. Please write to the agent nearest you.

Couldn't See the Resemblance. They have been joking Assistant Treasurer James A. Matthews of the Guardian bank, on his resemblance to President Taft, and Mr. Matthews has steadily refused to be amused thereby. So the jokers subsided and the joke died a natural death.

Until the other night, when Mr. and Mrs. Matthews dined together with Mr. and Mrs. Frank Harmon and their little daughter, when the Taft resemblance was revived. Turning to young Miss Harmon, Mr. Matthews asked whether she, too, thought he looked like the president.

Dorothy studied long and earnestly. Then she answered: "Not in the face, Uncle Jim,"—Cleveland Leader.

Libby's

Vienna Style Sausage

A good dish for a Luncheon or Supper.

Brown the contents of a tin of Libby's Vienna Sausages in the frying pan and serve with baked potatoes.

Easy to serve—fine to eat

Look for the Libby label which means quality.

Libby, McNeill & Libby

NOTES FROM MEADOWBROOK FARM

By William Pitt



Spray potato plants for bugs.

Use barnyard manure for fertilizing.

Study the comforts of the cows and young things.

No kind of young stock grows so fast as a draft foal.

Raspberries are propagated by seeds, sucker plants and tip plants.

The currant must not be cultivated deeply, for it is a shallow-rooted plant.

Twenty acres of good corn put in the site will feed 30 cows for a whole year.

The raspberry and blackberry, like the strawberry, will succeed on any good corn soil.

Water the horses before feeding. When fed first there is often more danger of colic.

Care should be taken that the cow does not have to wade through filth in the barnyard.

Very few farmers take enough time in fitting the field for planting either corn or potatoes.

Watch sweet clover. It begins to look as if it had a very valuable place among our farm crops.

Horses that are clipped dry off fast at night. This is better than having them stand around in a heavy wet coat.

A teaspoonful of coal tar to a peck of corn, moistened with a little water, is said to be a protection against gophers.

To be on the safe side cabbage plants should be started in soil which has not been previously used for cabbage culture.

The production of pure milk means obtaining the milk under scrupulously clean conditions and handling it in a cleanly manner.

Farmers make more clear money from a flock of hens than from any other livestock, but they are more careless with them.

Much may be done to increase the value of a woodlot by cutting out the unsound or unlikely trees which are crowding more valuable ones.

When buying a sprayer, get one that throws a mist spray, as no other will get the solution uniformly distributed over all parts of the plant.

Where orchard trees have been heavily pruned early in the season, many water sprouts or "suckers" will be apt to grow in the center of the trees.

The chief value of alfalfa meal over alfalfa is that it is all fed up, and thus saves the waste impossible to prevent in woody or coarse alfalfa.

The horses and oxen should be kept in good, thrifty condition, not too fat nor too thin, and this can only be had by regular grain feeding throughout the year.

Barnyard manure is the best general fertilizer to use about young fruit trees; care should be taken, however, not to pile it up about the tree trunk as it is liable to burn the bark.

In order that the hen may be able to manufacture eggs she must be given material that will not only build up the wasting tissues, but will also furnish the right ingredients to make the eggs.

The biggest acreage of fodder crops that ever was put into the ground is going in this spring in the northwest, because the farmers who had poor crops last year are tired, they say; of paying high prices for hay and corn and other commodities, and they are going to raise plenty of stock food this year.

Potatoes should not be manured in the drill. Plant on clover sod ground, and apply 800 pounds of high-grade animal bone and potash compound to the acre. This will be at the rate of one large handful to every three feet of row. For tomatoes and cabbage use both manure and phosphate. Mix with the earth; make a low, flat hill.

It is important that the eggs for hatching receive consideration from the first. Every male that is not active and full of life should be sacrificed for one that is better. Be careful in feeding the hens, as eggs from very fat hens seldom hatch and if they produce chicks at all the chicks will be weak and puny. Much time can be saved in selecting only strong and healthy hens for producing eggs for hatching.

Keep on cultivating the corn. The foolish man sells his best cow. Electricity is coming to be a farm possibility. Carelessness is the greatest cause of failure in farming. The teeth and the feet of the horse should receive special attention. Protein, starch, fat, sugar and fiber are the nutrients that make up foods. A rest just after foaling is worth more to the brood mare than just before.

In building a dairy barn one of the main points is to see that it is light enough.

A good tomato plant should yield 30 pounds or one-half bushel, at a low estimate.

The feet of the horse should be cleaned every morning before he leaves the stable.

Government whitewash will preserve the wood of old buildings more cheaply than paint.

Corn grown to rid land of weeds should be checked rowed. On clean land drilling is satisfactory.

A fully ripe tomato taken from the vine will weigh 20 per cent. more than one pulled and ripened indoors.

The new born colt must have milk during the first half hour of its life, or the chances are that it will die.

Apple trees should be sprayed immediately to kill the eggs and the hatching young of the apple aphid.

The west has probably reached its limit in sheep production. Now the native lamb will get better attention.

The churn should be thoroughly scalded and cooled with clean, cold water before the cream is put into it.

It is said that 20 acres of corn put into the silo is worth more in feeding a dairy herd than 30 acres in the crib.

The best dairy cow is the one that will convert the forage raised on the farm into the greatest amount of butter fat.

White pine is one of the most profitable trees to raise, and can be planted to advantage on cutover land or worn-out pastures.

Brush the mud off the cow's udder and flank, then wipe off with damp cloth. You can't strain mud out of milk. Keep it out.

No man or woman to whom the chickens are mere machines to swallow corn and shell out eggs can ever hope to get best results.

There are some excellent dry chick feeds on the market at the present time, ones that are both cheap and possess a good feeding value.

The white grub, or larva of the June beetle, is found in sod land; hence the best preventive is not to plant strawberries on freshly-broken sod.

For black loams, clay and limestone lands, the sod should be deeply plowed in the fall or early part of winter to the depth of six to eight inches.

Tender chickens for table use are a rarity in the cities at practically all seasons in the year, and it seems that this particular demand will never be satisfied.

About 8,000 Dutch farmers are coming to America to settle upon farm lands in Iowa, Illinois and Wisconsin. About 350 have already arrived and all have large families.

For the thrift and product of the hen—to keep her in a good, healthful condition and produce many eggs—both carbonaceous and nitrogenous foods must be used with proper balance.

If chickens are confined in the hen-house until late in the morning they are sure to fly off the roost as soon as it is light and scratch around in the filth, thereby laying the foundation for disease.

A blanched ration, in poultry diet, means a sufficient amount of carbonaceous material in a mixture to counteract any bad results that might arise where an entirely nitrogenous ration is given, and vice versa.

Groom the horses in the morning and rub down at night; bathe the shoulders with cold water both morning and evening; the horse collar should be scraped clean before putting on in the morning.

Every step taken to make the surroundings of the homestead more attractive is one step further toward keeping the boy or girl at home, instead of wandering to the city, and toward the attainment of rural improvement. If this step be both ornamental and useful, it is the more worthy.

Weeds in many cases have been blessings in disguise. They have taught us how to cultivate the soil and they never allow us to forget the lesson—"Solomon went by the field of the slothful and by the vineyard of the man void of understanding, and lo, it was all grown over with thorns and nettles had covered the face thereof."

Following is an approved formula for commercial fertilizer for sweet potato: Nitrate of soda, 100 pounds; bone meal, 100 pounds; acid phosphate, 550 pounds; muriate of potash, 250 pounds. Composition: Nitrogen, 1.8 per cent.; phosphoric acid (available), 8.5 per cent.; potash, 12.5 per cent. Application at the rate of 600 to 1,200 pounds per acre.

LIVE STOCK

GOOD DIPPING VAT FOR SHEEP

Every Farmer With Flock of Twenty-five Animals Should Possess One—Concrete is Cheap.

A farmer owning as many as twenty-five sheep should have a good dipping vat. These may be made of wood, metal or concrete. For a smaller number of sheep than twenty-five, the barrel used to scald the pigs will do if the farmer feels that he cannot afford to purchase or build a vat.

A good galvanized vat ten feet long and four feet deep made purposely for dipping can be purchased for about \$12. There are smaller sizes than this that can be purchased for less money. Concrete vats can be built at a normal cost. Three or four farmers can club together and purchase one of the galvanized tanks and haul it to their respective farms as it is wanted. A dipping vat for sheep should be narrow enough to prevent the sheep turning around in it, and deep enough to swim large sheep. The length of the vat should depend upon the number of sheep a man keeps on his place, as the longer the vat the greater the number of sheep which can be dipped in a day. There is considerable variation as to the

width of vats found on different farms and as a usual thing they are wider than necessary. Then, too, the narrower the vat the less dip required to fill it. A vat 20 inches wide at the top and 8 inches wide at the bottom is a fair average as regards width, although some very practical sheep men construct their vats as narrow as 16 inches at the top and 6 inches at the bottom when the vat is 4 feet deep. The size of sheep kept on a farm must, of course, be taken into consideration.

The dipping vat illustrated is located in the driveway of the hog house, and can be used for the dipping of sheep and young pigs. It is built entirely of concrete, the walls of which are 6 inches in width with the exception of the partition between the vat and dry chamber, which has a thickness of 9 inches. The end of the vat into which the hogs and sheep are plunged is perpendicular while the opposite end is provided with an incline which is quite deeply creased to that the animal can walk out. The floor around the end of the vat from which the sheep emerge is so graded that all drippings return to the vat. There are sewer connections with this outfit, the valve of which is located in the dry chamber. The end of the sewer pipe in the vat is provided with a grate and trap so as to catch bits of wool and droppings which would otherwise clog the pipe.

MAKING A HOG-TIGHT FENCE

Brick or Stone Sunk in Ground With Piece of Wire Attached Will Prove Effective.

I have had no little amount of trouble fencing against hogs, for stretch the fence as tightly as I could, some old sow or pig would eventually press the wire up between the posts and let the whole bunch out, says a writer in the Farm and Home. A year ago I tried the following device for keeping my hogs from lifting the fence:

Take a brick or small stone for a weight and a piece of No. 9 wire long enough to fasten around the weight with three feet extending, and sink the weight two and a half feet in the

ground directly under the bottom wire and half way between the posts. Tamp the earth firmly over the weight and then bring the bottom wire of the fence down closely to the ground and fasten it to the wire that is on the weight. This holds the fence down firmly to the ground and there is no hog that can raise it up.

Improving Sheep.

A sheep farmer near San Angelo, Tex., has during the past two or three years brought over several carloads of the French Merino sheep. He is using them to raise the standard of his own flock and to improve the breeds in his part of the state.

Selecting a Ram.

In selecting a ram always pick out one that stands square on his legs shows courage and masculinity. A slow, pokey animal will prove a disappointment.

French Horse Breeders.

Every year France spends \$4,840,000 to encourage horse breeders to main- tain the quality of their horses

Incident That Struck Householder as Being Along Slightly Humorous Lines.

"Many funny things happen in a flat during the course of a few months," said a Milwaukee flat dweller, "but one of the best things I ever saw happened yesterday.

"I was suddenly roused from my slumber by three loud knocks on the door. Jumping to my feet and into a bathrobe, I hastened to see what was wanted. I opened the door in time to see a young fellow half way up the flight to the next floor.

"Hello, there!" I yelled at him.

"He turned around, hastened back and handed out a small envelope, pointing to the inscription. I glanced at it. It was an appeal for aid because the applicant was deaf and dumb.

"Say, I was mad enough to kick him down stairs. Then the joke struck me and I slammed the door in his face and went back to bed laughing."

EXTENUATING.

Parson—Boys, don't you know that you shouldn't play ball on Sunday? Jimmy—Oh! that's all right, Parson. We ain't playing; we're practicing for tomorrow's game.

He Got the Pass.

"I want a pass."

"Pass? You're not entitled to a pass. You are not an employe. Sorry."

"No; but here the antipass law says free transportation can be granted to necessary caretakers of live stock, poultry and fruit." Well, I'm going on this trip with an aunt that's a hen—there's your poultry; a girl that's a peach—there's your fruit; and a nephew that's a mule—there's your live stock. Gimme a pass.—The Way-Bill.

Historic Event Celebrated.

Australia recently commemorated the one hundred and forty-first anniversary of Captain Cook's first landing. It was in 1770 that H. M. S. Endeavor, a barque of 370 tons, entered the inlet first called Sting Rays Harbor, but afterwards Botany Bay, from the beauty and variety of the plants growing about its shore. The vessel remained eight days, and before she left the British flag was hoisted. As is the custom on each recurring anniversary, the flag was again unfurled upon the spot where it was first displayed, and was saluted by the guns of the warships in the harbor.

The Worth of the Voice.

How wonderful is the human voice! It is indeed the organ of the soul! The intellect of man sits enthroned visibly upon his forehead and in his eye, and the heart of man is written upon his countenance. But the soul reveals itself in the voice only; as God revealed himself to the prophet of old in the still, small voice, and in the voice from the burning bush. The soul of man is audible, not visible. A sound alone betrays the fowling of the eternal fountain, invisible to man.—Longfellow: Hyperion.

HAD BEEN SILENT SUFFERER

Subordinate Officer the Recipient of Hints Intended for His Superior.

A sea captain's wife tells this story of a maiden woman, sister of one of the owners of the ship on which she once made a long voyage. She had very decided opinions on most matters, and she and the captain had many spirited arguments at the dinner table.

The captain's wife, a meek, submissive little soul, fearing that in the heat of argument her husband might say something to offend their august passenger, was in the habit of kicking him on the shins to hint at moderation. Nevertheless, all these reminders passed unheeded.

One day she administered a more vigorous kick than usual, and noticed an expression of pain flash across the face of the mate, who sat opposite her.

"Oh, Mr. Brown, was that your shin?" she asked.

"Yes, Mrs. Blaikie," said the mate, meekly, "hit's been my shin all the voyage, ma'am."—Youth's Companion.

SUFFERED FOURTEEN YEARS.

A Terrible Case of Dropsy and How It Was Cured.

Mrs. W. R. Cody, 603 Tenth St., Lewiston, Idaho, says: "Fourteen years I suffered from kidney trouble. I was so lame and sore I could hardly move. Headaches were frequent and my whole body bloated. I had chills and hot flashes and my ankles were so swollen I could scarcely wear my shoes. The kidney secretions bothered me and my nerves were unstrung. I began taking Doan's Kidney Pills and soon the swelling diminished. The backache and other troubles quickly disappeared and I was completely cured."

Remember the name—Doan's. For sale by druggists and general storekeepers everywhere. Price 50c. Foster-Milburn Co., Buffalo, N. Y.

Willing to Support Proxy.

Albert Tiedemann, a freshman of the University of Pennsylvania, was called upon to vote for officers in a recent gathering. Not being well acquainted with the nominees, he thoughtfully hesitated before filling out his ballot.

One of the company left the room with the explanation that he would "vote by proxy."

"So will I," said Albert, and with his pencil poised above his paper, leaned over to a companion on his right and asked:

"Say, what's Proxy's first name?"

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For Your Enjoyment.

Here's an individual among drinks—a beverage that fairly maps with delicious goodness and refreshing wholesomeness.

Coca-Cola

has more to it than mere witness or sweetness—it's vigorous, full of life. You'll enjoy it from the first sip to the last drop and afterwards.

DELICIOUS—REFRESHING—THIRST-QUENCHING.

THE COCA-COLA CO., Atlanta, Ga.

Wherever you see an Arrow Brand of Coca-Cola

For DISTEMPER Pink Eye, Epistaxis, Stomach Fever & Catarrhal Fever

Spohn Medical Co., Chicago, Ill., U. S. A.

Friendship is one soul in two bodies.

The Exception.

Post—There are as good fish in the sea as ever were caught.

Parker—Hm! I guess you haven't heard Thompson's latest fish story.—Harper's Bazar.

The Herb laxative, Garfield Tea, overcomes constipation, giving freedom from sick-headache and bilious attacks.

Tea Time in Chile.

Either tea or yerba mate is served in Chile at 4:00 p. m., not only in the homes but at clubs, restaurants and hotels, and many business houses. A cut of tea and a roll or small cake in the club or hotel cost from eight to twelve cents United States gold, while the business houses serve it free rather than have the clerks leave their work or go out for it.

Fatherly Advice.

"Now that you are married, my son, listen to me."

"What is it, dad?"

"Try to be a husband, not merely an ex-husband."

intricate Letter.

"When Bilkins was away from home on a long business trip, he got a letter from his wife that still puzzles him, it ended thus:—

"Baby is well and lots brighter than she used to be. Hoping you are the same, I remain, your loving wife.—Everybody's."

A self-made man? Yes, and worships his creator.—Henry Clapp.

Dress.

If a man prefers the kind of clothes he can jump into and wears another only under compulsion;

While a woman prefers such clothes as she cannot put on without toil and trouble and the expenditures of time, and will unless under compulsion, wear nothing else;

Then what of permanent equality is it going to avail for the law to call the sexes back to the tape and start them all over again?—Puck.

The Old Gag.

Miss Lillian B. Rowe, in an advertisement writers' dinner in Denver, said of the harem skirt:

"It will soon be so widely worn that the old gag, perpetrated in the '40s on men, may probably be revived for women victims.

"Some sharper, you know, will revive the gag by advertising in the Ladies' Own—

"Send \$1 and learn how to keep your harem skirt from becoming fringed at the bottom."

"Thousands of dollars will pour in, and to each victim the sharper will reply:

"Wear knickers."

Some Day Ask Your Physician

To tell you the curious story of how the mind affects the digestion of food.

I refer to the condition the mind is in, just before, at the time, or just following the taking of food.

If he has been properly educated (the majority have) he will help you understand the curious machinery of digestion.

To start you thinking on this interesting subject, I will try to lay out the plan in general way and you can then follow into more minute details.

Pawlow (pronounce Pavloff) a famous Russian Physician and Chemist, experimenting on some dogs, cut into the tube leading from the throat to the stomach. They were first put under chloroform or some other anesthetic and the operation was painless. They were kept for months in very good condition.

When quite hungry some unappetizing food was placed before them and, although hunger forced them to eat, it was shown by analysis of the contents of the stomach that little if any of the digestive juices were found.

Then, in contrast, some raw meat was put where they couldn't reach it at once, and a little time allowed for the minds of the dogs to "anticipate" and create an appetite. When the food was, finally given them, they devoured it ravenously and with every evidence of satisfaction. The food was passed out into a dish through the opening before it reached the stomach. It was found to be mixed with "Ptyalin" the alkaline juice of the mouth, which is important for the first step in digestion. Then an analysis was made of the contents of the stomach, into which no food had entered. It was shown that the digestive fluids of stomach were flowing freely, exactly as if the desirable food had entered.

This proved that it was not the presence of food which caused the digestive juices to flow, but the flow was caused entirely and alone as a result of the action of the mind, from "anticipation."

One dog continued to eat the food he liked for over an hour believing he was getting it into his stomach, whereas, not an ounce went there; every particle went out through the opening and yet all this time the digestive juices flowed to the stomach, prepared to quickly digest food, in response to the curious orders of the mind.

Do you pick up the lesson?

Unappetizing food, that which fails to create mental anticipation, does not cause the necessary digestive juices to flow, whereas, food that is pleasing to the sight, and hence to the mind, will cause the complicated machinery of the body to prepare in a wonderful way for its digestion.

How natural, then, to reason that one should sit down to a meal in a peaceful, happy state of mind and start off the breakfast, say with some ripe delicious fruit, then follow with a bowl of crisp, lightly browned, thin bits of corn like Post Toasties, add a sprinkle of sugar and some good yellow cream and the attractive, appetizing picture cannot escape your eye and will produce the condition of mind which causes the digestive juices nature has hidden in mouth and stomach, to come forth and do their work.

These digestive juices can be driven back by a mind oppressed with worry, hate, anger or dislike of the disagreeable appearance of food placed before one.

Solid facts that are worthy the attention of anyone who esteems prime health and human happiness as a valuable asset in the game of life.

"There's a Reason" for saying "The Memory Lingers" when breakfast is started with POST TOASTIES.