INFLAM-MATION 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.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

MISUNDERSTOOD HER.

Mrs. Reeder (making a call)—And does your husband interest himself in books?

Mrs. Neuriche—No. Hiram keeps three bookkeepers.

Good Vacation Advice.

Bishop Scalding, on a hot summer morning, gave one of the congregations of Portland, Ore., a timely piece of advice.

"Don't," he said, "when you go off on your vacation, leave all your religion behind and take all your collection away with you."

Of Short Duration.

"Plimply is afraid to ask old Mr Plunker for his daughter's hand."

"Why, Plimply told me yesterday he stood in with the old gentleman."

"Oh, that was only for a few minutes in the vestibule of an office building during a shower."

Why, Willie!

Sunday School Teacher—Yes, Willie, the Lord loves every living creature.

Willie—I'll bet he was never stung by a wasp!—Puck.

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

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.

NOTES from MEADOWBROOK FARM

By William Pitt

Weeds can be kept under by frequent cultivation.

Clip off the tops of early celery plants in the seed bed.

The best chemical to use for killing Canada thistles is coarse salt.

Irregular feeding is sure to injure the calf and check its development.

The idle curry comb and the fat horse seldom live in the same barn.

Orchards in full bearing may be seeded to grass and pastured with sheep.

The dairy cow is worth more than the beef steer whatever way you look at her.

Cows do not enjoy being milked by one whose finger nails are long and sharp.

Whenever you discover a sheep limping along, catch him and examine his feet for rot.

The old spring houses that are found on many farms tell of the early experiences in dairying.

Cantaloupes, watermelons and citron can only be profitably grown in a deep mellow loam soil.

By sowing a pinch of lettuce seed every ten days there will always be tender salad on the table.

The winter dairyman is the coming man, but he cannot afford to milk in a cold, dirty stable or barn.

Train the colt before he is six months old and you can control his disposition when he is older.

Breeding ewes should not be too fat; see that they are in a strong, healthy and vigorous condition.

Pick out the breed you like best and stick to it; study up everything you can about that particular breed.

One of the difficult problems for the poultryman to solve is how to easily provide pure, fresh water for his fowls.

Few dairymen realize the tremendous significance of the cream trade that has been developed during the past few years

If you want to raise a good crop of mice and insects that will damage the orchard trees, let the weeds and grass lie thick on the ground.

Watch weak places in the fences. Makes one feel mean and it is provoking besides to have cows break into the field of a neighbor.

The cows should be milked in the barn during the summer, but the barn should be kept just as clean as it is in the winter time.

Keep the cultivator busy. Don't let the weeds get ahead of you. Remember that they use the plant food that should go into your crops.

Be sure that you furnish proper quarters for the farrowing sow. You can't afford to lose a single one of the little "squealers" this season.

Never give drugs to a horse any more than you would to a baby unless he is downright sick. Shutting off his feed will cure all minor ills.

No cow can do her best or even keep up a normal flow of milk when compelled to stand out in the hot midday sun of August and fight the flies.

One of the most important things in running a dairy successfully is brains. Brains must be applied by every branch of work if the best profit is to follow.

The weak and wabbly fence is an invitation to the cattle to try the other side and it always works a hardship, especially so during the busy season of the year.

No farm should be without some sheep; they clean up the weeds, make fine fertilizers and wool, and produce lambs, all of which may be turned into a good profit.

Diversified farming is adapted to the man who does intensified thinking. The intensive thinker is always a success as a farmer or any other occupation where talents lead him.

The pig that has been supplied with an abundance of pasture and a small grain ration during the summer should weigh from 150 to 175 pounds by the latter part of September.

Afton farm, at Yardly, Pa., markets about 20,000 green ducks annually. The ducks are dressed, dry picked and shipped to market in barrels at ten weeks old. The chicken plant is larger than the duck farm.

Early maturing pullets should be extra well fed; they are making growth as well as eggs, so don't stint them, and if they don't lay quite as soon as you think they should, remember that the food eaten is making flesh and bone, and that they will be better size than if they are to be precocious.

In grading up the chickens cull all but the most vigorous.

Mutton breed lambs should receive grain as early as possible.

Women are better fitted by nature than men for poultry keeping.

Not enough attention has been given to the character of seed corn.

The best fertilizer for asparagus is rotted manure from grain-fed horses.

The farm is the ideal place for growing all kinds of poultry for meat and eggs.

Feed your fowls a sufficient amount of animal food, plenty of vegetables and bulky foods.

Young trees must be carefully cultivated, kept clear of weeds and the soil loose and mellow.

To dispose of a crop at satisfactory prices is often a more difficult problem than to produce it.

A horse that is too straight in his posture jars himself and gets all the concussions of the road.

The thermometer must be used as regularly in the dairy during the summer as during the winter.

It weakens the horses to keep them shut up in a close stable during the hot nights. Turn them out.

If a soil lacks water some form of fertilizers are a positive detriment if they are present in abundance.

It is common sense that a mature sow will produce larger and more perfect pigs than a very young one.

Butter made in a sanitary dairy is always easier to keep than that which is made under poor conditions.

Don't let the buck run with the does when his breeding season is over, but confine him in a pen by himself.

Dairy-bred stock is scarce, and it will take many years to apply the rapidly increasing demand for dairy-bred cattle.

Beans can be turned into cash the quickest of any farm crop, as it is possible to sell them in ninety days from planting.

Hogs will not thrive on sour and decomposed food any more than men will. See that they get fresh, clean water to drink.

Cabbage is one of the easiest vegetables to start from seed and to transplant and to be made to grow in the garden or field.

An incubator will not run itself any more than an automobile will. A human brain must stand back of the best machine invented.

Women as a rule are more progressive and quicker to seize a new idea and put it into practice in the poultry yard than the sterner sex.

Plenty of coal ashes where the fowls can roll and scratch in them will settle the lice question, without the use of powder or liquid lice exterminaters.

The fall fresh cow is the preferable cow and if you have not come to realize this, just try it this year and see if you will not be readily converted.

Sunshine is necessary in the milk house in the winter time, but just now all the shade that can be found will be acceptable. Trees and vines help.

The condition and the appearance of the creamery should be the very best for this will have an influence on getting favorable market for the butter.

Spring is the natural time for young animals to be born and they do better, all other things being equal, when they are ushered into this world at that time of year.

It pays to supply the fowls, especially growing ones, with charcoal, ground bone, either fresh or dry; oyster and clam shells, and a continual supply of best grit.

A good way to avoid the credit system is to grow the living at home. It is usually possible to grow the most expensive, yet the most necessary, articles of food on the farm.

At our present rate of deforestation fuel and fencing materials will be very scarce within a few years. Plant waste lands in forest trees to supply the timber required on the farm.

Arrange to save seed of the best varieties of potatoes, pumpkins, squashes and other garden products for next season's planting. Then you will be sure of plenty of good seed.

Many fail with sheep because they fail to keep the breeds that are best adapted to their farms and do not raise the kind that the market demands and is ready to pay the highest price for.

Save the droppings from the poultry house. Fertilizer of equal value, if bought on the market, will cost you $30 or more a ton. For the easier gathering and handling of this fertilizer, a platform of boards should be placed under the roosts. This platform should be scraped clean at least twice a week.

Young calves need whole milk for the first few days. The calf should always have the first or colostrum milk of the cow and be allowed to nurse the cow until the eighth or ninth milking, when the milk is suitable for human food. Feed often, with small amounts, to avoid overfeeding. Teach the calf to drink and feed whole milk for at least three weeks, changing to a skim-milk diet gradually.

AGRICULTURE AND LIVE STOCK ARE MAINSTAYS OF HUMANITY

England, Home and Birthplace of Greatest Breeders and Farmers World Has Ever Known, Owes Honored Position to Aristocracy Who Acquired Ways of Improving Soil and Animals.

A Bunch of Fat Steers.

(By CAPT. A. H. WADDELL.)

The most useful citizen the country can produce is the man who looks upon the soil of the earth and says, "What can I grow from it or produce upon it?"

Agriculture and live stock are the main stays of humanity, and it is to the husbandman and breeder that kings and princes as well as the humble peasant must turn with thankfulness and gratitude not only for the blessings of life, but for existence itself.

Great Britain, the home and the birthplace of the greatest breeders and farmers the world has ever known, owes this honored position to the aristocracy of that country. It was these people who of their means and abundance sought for and acquired the ways of enriching and improving the soil and the animals that grazed upon it.

Let an example by the highest in the land, the country squire, the gentleman farmer, and eventually the tenant farmer himself, each to a greater or lesser extent, strive to copy the teachings of the lords of the manor until a keen rivalry of the most friendly nature sprang up between landlord and tenant, in a contest for supremac, in the productions of the farm and the live stock that were bred thereon.

Agricultural shows sprang up in the various counties at which were to be seen the great draft horses, cattle, sheep and swine of the large landed proprietors, standing side by side, though in lesser numbers, with those of the tenant farmer and even the humble cottager. Looking on and keenly observant, could be seen the noble lord with his wife and children as well as the tenant farmer and the cottager with all the members of their households and waiting for the verdict of the judges who in those early days stamped themselves as the master breeders, and whose names are written down upon the role of honor of England's great breeders and agriculturists.

Today, not only do the titled people, country gentlemen and farmers of that land continue in their breeding and its still further improvement, but the professional and business men of the towns and cities have taken it up to such an extent and with such interest and consummate skill, that it is difficult to find a man of wealth who has a taste for breeding and farming who is not occupying his leisure moments in this way.

It is this splendid state of affairs that has made breeding and farming what it is in Great Britain today, and while that glorious old country can learn much from the great, young, robust and healthy United States, it is gratifying to see American gentlemen of wealth taking a lesson from the mother's book and going in for legitimate methods of pedigreed stock-breeding and advanced modern farming.

The example that these gentlemen are setting in this country will be followed by the same wholesome and beneficial results in regard to farming and pedigreed stock-breeding as was achieved by the pioneers in England years ago, until we shall eventually find all the sections of this country best fitted by nature for the highest class of farming and breeding, occupied by gentlemen who are now leading the way and setting this splendid and useful example.

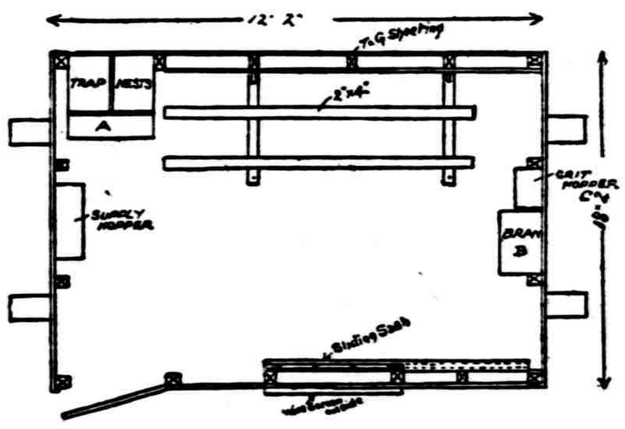
Work of Bees.

Three hundred billion bees, according to one expert apiarian, made enough honey last year to fill a train of cars long enough to reach from New York to Buffalo. At the low wholesale rate of 10 cents a pound it was worth $25,000,000, and if the 700,000 bee keepers of the country had worked as industriously and skilfully as did the bees, the weight of the output would have been three times as great and the value $75,000,000 Not only did the little workers contribute that vast supply of pure and delicious food product to the nation but as they made it they treated it antiseptically with formic acid, thus preventing impurities or decay.

Dutch Good Potato Raisers.

The potato crop of Holland is increasing rapidly both in the amount of land cultivated and yield per acre. The expansion of the potato industry is credited to the use of drained peat land for the crop and the application of farm manure. The crop is generally sprayed for potato blight, but the potato insects do not seem to give the Dutch growers much trouble.

INTERIOR OF COLONY HOUSE



The illustration shows the interior arrangement of the colony houses used at the Macdonald (Canada) college. It is comparatively simple as is shown.

BAD SHOEING INJURES FEET

Other Troubles Cause Horses to Step Gingerly When Extended—Good Remedy Is Recommended

(By J. BAILEY BRUCE.)

Owing to bad shoeing and also many other causes many horses suffer with contracted feet.

The heels are narrowed and the horse steps gingerly with a desire to extend himself when forced to trot or gallop.

The writer is now using a horse 21 years old and when he drove him for the first time in December last saw that he experienced great difficulty in extending himself and especially on rough or stony roads.

He was shod with heel calks on the front as well as the hind feet and it was very perceptible that the heels of his front feet were too narrow.

After three unsuccessful trials with regular blacksmiths the horse was examined by a competent veterinary surgeon who pronounced his trouble to be contracted heels.

He had them shod perfectly level in front, springs were placed in between the back of his shoes to keep tht heels spread and a piece of sole leather was tacked across the hllows of the hoof below the hoof and the shoes to protect the sole of the foot and break the jar of traveling on rough and stony places.

About once of twice a week a hoof ointment consisting of one pint of Neat's foot oil with two tablespoonfuls of oil of tar was applied on the outside of the front feet with a soft rag and then, raising the edge of the leather, a little is poured over the sole of the foot and a few drops in the heel cleft.

Since the last shoeing and following the treatment above described the horse has improved wonderfully in his road work and rarely flinches, even going at a 12-mile-an-hour slip.

Range Sheep.

It is estimated that about 5,000,000 range sheep are fattened in the corn belt each season.

A Thirst for Information.

"Say, pa."

"What is it?"

"Who made the after-dinner speeches at Belshazzar's feast?"

Lewis' Single Binder cigar is never doped—only tobacco in its natural state.

A man may like a girl all the more because she seems to like him less.

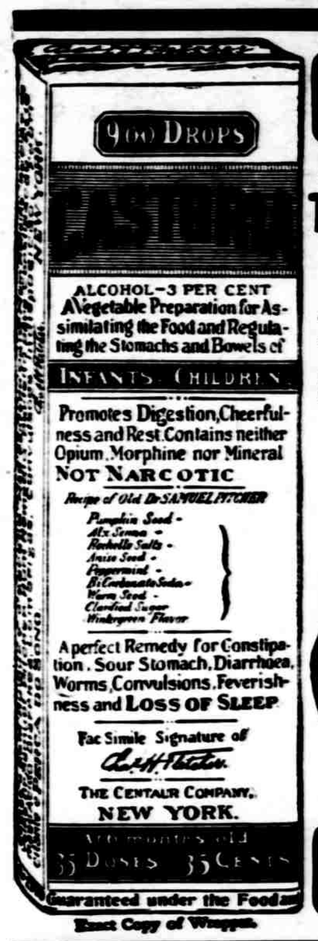
TYPEWRITERS ALL MAKES

Largest stock, lowest prices. Remingtons $15. Smiths Premiers $15. Chicago $8. Underwood $15. L. C. Smith $20. Monarch $20. Remington 10s. Fox $15. Full Guarantee. Send for Catalog A.

B. F. SWANSON CO., 1316 Farnam St., Omaha, Neb.

CARY ACT land and water rights. Open to entry on Big Wood River Project in Southern Idaho. $64.50 an acre in 12 annual installments. Ample water supply guaranteed. IDAHO IRRIGATION CO., Richfield, Idaho.

W. N. U., OMAHA, NO. 34-1911.



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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

Good Housekeepers

always insist on using the very best materials for all kinds of housework and this is largely responsible for the reputation they enjoy among their neighbors. Good work and good results are impossible with poor materials. This applies particularly to laundry work. To get that fresh, crisp, dainty, snow-white effect on clothes so much desired by all women, go to your grocer, ask for and insist on getting a large 16 ounce package for 10 cents and

Use Defiance Starch

Prosperity Follows The Telephone

Prosperous farmers have a telephone in their homes. It helps them in emergencies—increases their profits in business transactions—puts their friends in talking distance.

You should have one in your home.

Be Sure Your Telephone is a

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Rural Telephone

and you can be certain of the best service. Thousands of farmers are saving time and money by using these always-ready, reliable telephones.

See your local Telephone Company or write

Western Electric Co.

OMAHA, NEBRASKA

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$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, 165 Spark St., Brockton, Mass.

ONE PAIR of my BOYS' $2, $2.50 or $3.00 SHOES will positively outwear TWO PAIRS of ordinary boys' shoes

"Miss Lily White will please stand up!"
But Phoebe upward wriggled:
"I'm Lily White—with Faultless Starch."
And all the Pupils giggled.

FAULTLESS STARCH

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