TOO WEAK TO DO ANYTHING

A Serious Feminine Illness Remedied By Lydia E. Pinkham's Vegetable Compound.

Casco, Wis.—"After the birth of each of my children I had displacement and was so weak I couldn't do anything I found a book about Lydia E. Pinkham's Vegetable Compound so thought I would try it, and after taking it I soon felt better. That was fifteen years ago and I have felt well ever since except that I had a slight attack of the trouble some time ago and took some more of your Compound and was soon all right again. I always recommend your medicine and you may publish my testimonial for the benefit of other women."—MRS. JULES BERO, Jr., R. 1, Box 99, Casco, Wis.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Backache

The intense pain from a lame back is quickly alleviated by a prompt application of Yager's Liniment.

Sufferers from rheumatism, sciatica, neuralgia, sprains, etc. should always keep a bottle of "Yager's" handy as its penetrative qualities quickly bring relief from pain.

At all dealers. Price 35 cents.

The large bottle of Yager's Liniment contains twice as much as as the usual 50c bottle of liniment.

YAGER'S LINIMENT

RELIEVES PAIN

GILBERT BROS. & CO., Baltimore, Md.

SETTLED HIS RIVAL'S HASH

Man's Remark Could Only Be Classified as a Remarkable Inspiration of Genius.

Every man thinks all sorts of things about his rival, but not every man is genius enough to say exactly the right thing to lower his girl's opinion of the same rival. But recently a remark was overheard in a downtown restaurant which proved that one man possessed that ability. He and his best girl were eating when the other man entered the restaurant. Immediately he came to them, shook hands with the girl and, after being introduced to the first man, talked a few minutes.

Now, the girl had quoted this second man so much that his name to the first man was like the sight of a red flag. And she firmly expected a stormy session when the intruder left. But instead of that the escort calmly went on with his eating, offering only one comment: "There's one man I'll never be jealous of again."

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Props., Toledo, Ohio.

Then It Started Something.

Yank—This picture of my sweetheart saved my life one day in the battle of the Marne. I was wearing it over my heart and it stopped a bullet that would have killed me.

Crank—Gosh! That picture is enough to stop a mad bull.—Nebraska Awgwan.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with nightly applications of Roman Eye Balsam. Adv.

Paints that are said to be both fire and waterproof are made from the oil of a Manchurian bean.

Think three times before you speak, and then give the other fellow a chance to make a fool of himself.

Why That Backache?

Why be miserable with a bad back? You can't be happy if every day brings lameness; sharp, shooting pains and a dull, nagging ache. Likely the cause is weak kidneys. You may have headaches and dizzy spells, too, with a weak, tired feeling. Don't delay! Try *Doan's Kidney Pills*. They have done wonders in thousands of such cases. *Ask your neighbor!*

A Virginia Case

Alex Umberger, constable, Spiller St., Wytheville, Va., says: "I had a steady, dull ache across the small of my back. Hard work and heavy lifting, no doubt, brought on kidney trouble. The kidney secretions were highly colored and painful in passage. At times an ache in my back was so severe I could hardly straighten up. One box of Doan's Kidney Pills strengthened my back and regulated my kidneys."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Deep-Seated Coughs

develop serious complications if neglected. Use an old and time-tried remedy that has given satisfaction for more than fifty years

PISO'S

MANUFACTURE OF ICE BY NATURE

Freezing Is Done Just as Cheaply at Present Time as It Was Before War.

FARM FAMILY NEEDS SUPPLY

Thousands of People Neglect Opportunities to Provide Themselves With Abundance of It at No Cost of Making.

(Prepared by the United States Department of Agriculture.)

SQUARE FEET OF ICE SURFACE REQUIRED PER TON OF ICE.

Thickness of ice.	Number of cakes required per ton.	Cutting space required per ton.
Inches.		Square feet.
4	31.3	105.4
6	20.9	70.3
8	15.6	52.6
10	12.5	41.1
12	10.4	35.1
14	8.9	30.1
16	7.8	26.3
18	6.9	23.4
20	6.3	21.1
22	5.7	19.1

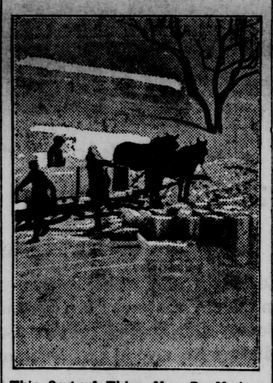
Is there any man who would not avail himself of any necessary commodity he could find that has not increased in cost?

Well, here is one thing that has not: Nature is freezing ice just as cheaply as it was before the war.

And yet, there are thousands of people—people who need ice—neglecting opportunities to provide themselves with an abundance of it at no cost of manufacture whatever. Where no extra labor is hired the cost of cutting and hauling is no more than it used to be, and the actual manufacturing cost is as it always has been—nothing.

Every farm family needs ice. With ice in the farm ice-house, a hundred comforts are possible all through hot weather. They could not be had if the ice-house were empty. And, with few exceptions, farmers who produce milk or butter for sale, as the United States department of agriculture has frequently pointed out, simply can not have a full measure of success without ice. The absence of ice generally means a big money loss, but it means more than that. Sour milk makes a bitter man. The dairy farmer who has to haul back home a lot of sour milk or cream every few days simply is not in a frame of mind to enjoy any of the good things of life.

A great many men honestly mean to harvest a crop of ice, but never do it. The pond freezes. They think, perhaps, that the ice is not quite thick enough. Or else they simply procrastinate, waiting, like Nicodemus, for a more convenient season. It does not always come. The pond does not always freeze a second time. Boreas may be the most rigorous of the gods, but he is also one of the most unreliable. It is not safe, therefore, to defer harvesting a house full of ice.



This Sort of Thing May Be Made a Picnic as Well as a Profits Promoter.

Many Kinds of Ice-Houses.

The house may be any one of many kinds. An ideal ice-house is one thing. A house that will keep ice is quite another thing. Farmers' Bulletin 623 of the United States department of agriculture gives full information concerning them.

The ice-harvesting season fortunately comes at a time when there is the least work on the farm for men and teams, and consequently the actual money cost is usually not very great.

The quantity of ice needed depends upon the location of the farm—whether in the North or in the South, the number of cows milked, and the method of handling the product. In the northern states it has been found that, with a moderately good ice-house, one-half of a ton of ice per cow is sufficient to cool cream and hold it at a low temperature for delivery two or three times a week. One and one-half or two tons per cow should be provided where milk is to be cooled.

Capacity of Ice-Houses.

A cubic foot of ice weighs about 57 pounds, so in storing ice it is customary to allow from 40 to 50 cubic feet per ton for the mass of ice. At least 12 inches must be left between the ice and the wall of the building for insulation, unless the ice-house has permanently insulated walls and an unusually large space for insulation beneath and above the ice. From these figures it is possible to calculate readily the quantity of ice that any given ice-house will hold.

Where a lake, pond, or stream of clear water is not available, some preliminary work in preparing the ice field will be required before freezing weather sets in. It is therefore advisable to make all plans for the work as soon as possible. Water for the ice supply should be entirely free from contamination or pollution. Ponds and sluggish streams usually have grass and weeds growing in them, so that the ice harvest is likely to contain decayed vegetable matter, which is always objectionable. They should therefore be thoroughly cleared of such growths before the ice has formed.

In some sections it is necessary to impound the water for producing ice. This may be done either by excavating and diverting a stream into the excavation, or by constructing dams across low areas. In localities where very low temperatures prevail for several weeks at a time and the supply of pure water is limited, blocks of ice may be frozen in metal cans or in special fiber containers.

Size of the Ice Field.

In harvesting ice it is desirable to have a field of sufficient size to fill the ice-house at a single cutting, as the thickness and quality of the ice will be more nearly uniform, and the necessary preparation for cutting and harvesting need be made but once. In many instances, however, the size of the pond or stream is such that it is necessary to wait for a second crop in order to fill the ice-house. The average farmer requires only a comparatively small quantity of ice, so that even a small harvesting surface will usually prove large enough, especially if ice is cut the second time. The square feet of surface required per ton is shown in the accompanying table. Size of cake, 22 by 22 inches.

Few Tools Required.

When a small quantity of ice is to be harvested, but few tools are required. The following list contains those actually needed for harvesting ice on a small scale: Two ice saws, one hand marker, one pulley and rope, two pairs of ice tongs, two ice hooks, one pointed bar and one straight edge. While these tools are all that are necessary, additional ones, such as the horse plow and marker, horse scraper and marker, and a calking bar, are convenient, and will help to expedite the work of ice harvesting.

Small Part of Expense.

The purchase price of trees is only a small part of the orchard cost. A few dollars extra spent for trees, if it will purchase the kind you want, will be well spent.

Raspberries and Grapes.

If raspberries or grapes have not been buried before the ground is frozen too hard, they may be laid on top of the ground and covered with stable manure.

LITTLE BUTTER IS EXPORTED

Product Manufactured in the United States Is Small Factor in International Trade.

Butter made in the United States is a very small factor in the international butter trade, according to compilations made by dairy experts of the United States department of agriculture. More than 99 per cent of our butter business has been entirely domestic, except in the last three years. Even small exports and imports, however, have a considerable effect on prices. That condition is especially true in countries where butter production and consumption are nearly equal. The United Kingdom and Germany were the principal butter-importing nations, and Europe in the last decade has been unable to supply its own butter needs. Shortly before the war Siberia, Australia and New Zealand supplied most of the butter which Europe imported.

GET PROFIT FROM POTATOES

Badly Cut, Mashed, Frosted and Damaged Tubers Not Wanted by Dealers or Consumers.

(Prepared by the United States Department of Agriculture.)

Shippers of potatoes will profit by heeding market demands and preferences. Dealers and consumers do not desire badly cut, mashed, frosted, and decayed potatoes or those damaged by sunburn, blight, dry rot, or an excess of scab or second growth. Markets frequently are overloaded, prices seriously affected, and unnecessary losses sustained by growers because of the shipment of such unsatisfactory stock.

GENERAL FARM NOTES

The farmer is the only man who can live at home and succeed at it.

* * *

Watch the squash and cabbage stored in the cellar. Both are apt to decay at this time of year.

* * *

Lots of land and big muscles will pay, but less land and plenty of active brains may pay better.

* * *

"Cut only dead and dying timber," is a good rule to go by in thinning the standing trees for fuel.

* * *

Burn all rubbish from the garden. Its value as compost will not offset the damage from the insects and disease found in this trash.

* * *

Farmers who keep cows, feed hogs and raise sheep usually save enough manure to keep up a portion of their land so large crops can be grown.

* * *

Pocket gophers may be poisoned by putting strychnine crystals in raw carrots or potatoes and putting the pieces in the pocket-gopher runs, preferably the branch runs.

* * *

Uniform new bags, tightly packed and neatly sewed, give the shipment of wool a good appearance that brings a better price.

* * *

Nebraska has a special copyright law for farm names and these names appear on the letterheads of hundreds of its stock raisers and farmers.

* * *

The low, flat land that fails to produce in wet seasons should be drained the water table lowered and the soil aerated so the roots of plants may find the right kind of conditions.

FISH PALATABLE AND NUTRITIOUS

More Economical Than Meat Because Less Labor Is Required to Produce It.

BE SURE THAT IT IS FRESH

Carefully Broil, Boil, Bake or Fry and Serve With Well-Seasoned Sauce for a Change—Some Well-Selected Recipes.

(Prepared by the United States Department of Agriculture.)

Fish is not used as a food to the extent it should be in this country nor to the extent that it is used in other countries. It is cheaper than meat because it requires less labor to produce and market it, and because fish consume in their growth very little material which is available or useful in human food. Like meat, it is a protein food, and if well cooked it makes a nutritious and palatable dish.

Even though purchased dressed, fish should be carefully cleaned in the home. After cleaning and washing wipe dry with a soft cloth and salt well before cooking. The addition of vinegar or lemon juice during the cooking is usually advisable when it is baked or boiled.

Because they contain less of the so-called extractives which give flavor to pork, beef, and mutton, fish are likely to be somewhat insipid. For this reason extra care should be used in the selection of the other food to be served with it. Have it either very highly flavored or so mild in flavor that the flavor of the fish will not be obscured. Sauces of various types are acceptable with fish, especially when it is boiled or baked.

A Disagreeable, But Essential Task in Preparing the Fish for Cooking.

The following sauces are recommended as desirable to serve with fish. The first two recipes were tested in the experimental kitchens of the department of agriculture. The others are selected from a bulletin published by the Indiana Agricultural college.

Egg Sauce.

1 cupful milk. 1 tablespoonful fat. ½ teaspoonful salt. 1¼ tablespoonfuls of cornstarch.

Moisten the cornstarch in a small amount of cold liquid and add to the heated milk. Cook together in a double boiler. Hard cooked egg, chopped fine, is added.

Tomato Sauce.

1 cupful strained tomato. 1 tablespoonful fat. 1 slice onion. Salt and pepper to taste. 1 tablespoonful cornstarch.

Put the tomato through a sieve. Moisten the cornstarch and add to the heated and seasoned tomato. Scald the onion in the sauce, removing it before the sauce is served.

Mustard Sauce.

¾ cupful vinegar. ¼ cupful water. 1½ tablespoonfuls of cornstarch. 1 teaspoonful ground mustard. 2 tablespoonfuls fat. ½ teaspoonful salt.

Two tablespoonfuls of finely chopped pickle may be added.

Maitre d'Hotel Sauce.

Cream together: 3 tablespoonfuls of butter. 1 tablespoonful lemon juice. ½ teaspoonful salt. 1 tablespoonful finely chopped parsley (if desired).

This sauce resembles soft butter and is to be spread on the hot fish so the fat will be melted.

Horseradish Sauce.

3 tablespoonfuls of horseradish. 1 tablespoonful vinegar. 4 tablespoonfuls of heavy cream beaten stiff. ¼ teaspoonful salt.

Mix the first three ingredients and then add the beaten cream.

STOCKINGS NEED GOOD CARE

Frequent Washing Prevents Rotting and Continued Strain on the Same Parts.

(Prepared by the United States Department of Agriculture.)

Wash stockings frequently. It prevents continued strain on the same part of the stocking and rotting and change of color from perspiration. Wash new stockings before wearing to remove the sizing; otherwise holes may appear at once.

Allay Furnace Dust.

The dust that flies through the house every time the furnace is shaken and which causes such annoyance to the neat housewife, can be allayed if you lay a cloth wrung out of water over the registers.

Avoid Moldy Bread.

Fresh bread is so moist that it makes a good growing place for mold. Therefore, scald the bread box at least once a week and do not shut it up air-tight in hot weather or when filled with fresh bread.

RIGHT KIND OF FOOD NOT GIVEN CHILDREN

Costs More in Some Instances, But Is Not Suitable.

Improperly Fed Child Is Under Handicap From Start to Finish—Result Given of Experiment Recently Made in Iowa.

(Prepared by the United States Department of Agriculture.)

The child fed improperly is not getting a square deal in this world, however much else may be done for him by his parents. From start to finish he is under a handicap, mentally and physically, when in competition with those who have been given the right kind of food.

Surprising as it may seem, statistics show that the proportion of undernourished children in the better homes is large, just as it is in the homes of smaller incomes. The food served in the former may cost more and be in greater abundance, but it is quite as apt to be unsuitable for a growing child.

Wapella county, Iowa, is a prosperous community where comfortable homes are the rule and not the exception. Recently the county nurse and the home demonstration agent, with the aid of ten volunteers, weighed and measured 2,189 children in the county. Of the children examined, 407 were below weight. Out of a group of 137 children in rural districts, who were weighed, measured and inspected, only five were found to be normal.

To illustrate what proper diet will do for a child, two nutrition classes were started in Ottumwa schools. In one were eight children, each from five to fourteen pounds underweight. They are being given one pint of milk daily for three months. One cupful is given in morning recess and one in the afternoon.

At the other school, a lunch is served at 10:15 each morning to the class selected. It consists of a large dish of well-cooked oatmeal, with sugar and whole milk, a glass of milk and graham crackers. The children are very eager for this plain wholesome food.

The records of gain are interesting. Every child has made at least a two-pound gain. One nine-year-old boy, six pounds underweight, has gained eight pounds, and one eleven-year-old boy 17 pounds underweight and in extremely poor physical condition, has gained nine pounds, and his general health is much improved.

FREQUENT SCALDING IS BEST

To Keep Household Water Vessels Clean and in Good Condition Much Care Is Needed.

(Prepared by the United States Department of Agriculture.)

The greatest care is required to keep household water vessels clean and in good condition. Water coolers should be of some material, such as porcelain or enameled ware, which is easily kept clean. They should be scalded at frequent intervals. The ice, if it comes in contact with the water, should be of known quality. Doubtful ice should be kept from contact with the water. Many families cool drinking water by putting it in the ice box in glass fruit jars or bottles.

Where it is believed or known that the water supply is not pure, a filter should be used. If a filter is used every precaution should be taken to keep it clean and in good condition, United States department of agriculture specialists suggest. An earthenware filter may be cleaned by thorough scrubbing with a brush. Then it should be placed in a pan or kettle of water and boiled. A small piece of wood should be placed under the jar to prevent direct contact with the heated bottom of the pan.

GOOD MEAT FROM CHEAP CUTS

Housekeeper Has Two Problems to Contend With in Attempting to Reduce Expenses.

(Prepared by the United States Department of Agriculture.)

When the housekeeper attempts to reduce her meat bill by using the less expensive cuts, she commonly has two difficulties to contend with—tough meat and lack of flavor. Prolonged cooking softens the connective tissues of the meat. Pounding the meat and chopping it are also employed with tough cuts to help break the muscle fibers. The flavor of meat, even in the least desirable cuts, may be developed by careful cooking, noticeably by browning the surface. Other flavors may be given by the addition of vegetables and by seasoning with condiments of various kinds.

Household Questions

Pineapple, bananas and nut meats are a good salad combination.

* * *

Raisins are said to be richer in mineral matter than any other dried fruit.

* * *

Lay rusty keys and lock in paraffin oil and leave them covered for a few days.

* * *

Egg stains on silver may be removed by rubbing with a little salt and damp cloth.

* * *

To make kid gloves look like new after they have been cleaned, rub over with white of egg.

* * *

Wash the turnips thoroughly so that when you peel them you can save the peelings for soups. They add a fine flavor.

* * *

Mix stove polish with equal parts of ammonia and turpentine and lamp black and apply a coat to your stove; rub off with a soft woolen cloth and the result will be a black range which will keep black.

SPOHN'S DISTEMPER COMPOUND

DISEASE AMONG HORSES—the answer is

SPOHN'S DISTEMPER COMPOUND

Wherever there is contagious disease among horses SPOHN'S is the solution of all trouble. SPOHN'S is invaluable in all cases of DISTEMPER, PINK EYE, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

Many Tyrants.

He was a high school pupil and was imbibing many bits of philosophy. At home he watched the women folk and the ways they devised for doing as they pleased and for getting every other person to do as they wished them to do. And from these he drew conclusions which he later voiced.

"Times have changed since my history was written," he told his father one night. "Then the tyrants were the men, who used to stamp around and kill and frighten people into submission. Today the tyrants have dropped those weapons and use much more subtle ones—tears. I think a woman who cries in order to get her own way is a bigger tyrant than ever those fellows of long ago were."

Anyway, it set father to work thinking.—Indianapolis News.

Silenced Passengers.

My slow speaking and patient friend was driving along in a country of dangerous curves. His sister and brother-in-law were in the back seat. "A car is back of you; blow your horn for this curve"; "Drive more carefully here, then pick up for the grade ahead," came continually from the passengers. Finally my friend stopped in front of a village hardware store. "What on earth are you stopping here for?" "To get a horn and steering wheel for the back seat," he slowly drawled.—Exchange.

Even if a woman doesn't get the right kind of husband she thinks it is better than being left.

Music is the food of love—which is more than can be said of the onion.

TO RESTORE THE HOLY LAND

Zionist Organization of America is Proceeding Along Comprehensive, Far-Reaching Plans.

The Zionist organization of America will prepare the Holy land in every way for immigration of Jews from Russia, Poland, Galicia, Roumania and "other pogrom ridden countries," it announced. Large tracts of land in Palestine will be bought, and the plans provide for conservation and development of water power, inauguration of sanitation and drainage in cities and towns, irrigation, a forest station, survey and development of natural resources, and establishment of technical laboratories for agricultural purposes.

Basing its project on its confidence that Great Britain will assume a mandate over Palestine for the specific purpose of establishing there a homeland for the Jewish people, the Zionist organization has gone into comprehensive detail in its Holy land arrangements, it stated. These provide for a school system from kindergartens to a university, financial loans to agricultural and industrial organizations, rehabilitation of devastated Jewish colonies, maintenance of hospitals and nurses' training schools, an anti-malaria campaign and improvement of housing conditions in Jerusalem, Jaffa and other cities.

It is better to give a Christmas box than to receive one from a pugilist.

If people mistrust you, pause a moment and think who's to blame.

No matter how long you have been a coffee drinker, you will find it easy to change to

INSTANT POSTUM

The flavor is similar.

The only difference is the certainty that no harmful after effects can possibly follow.

Sold by Grocers everywhere

Made by Postum Cereal Co. Battle Creek, Michigan