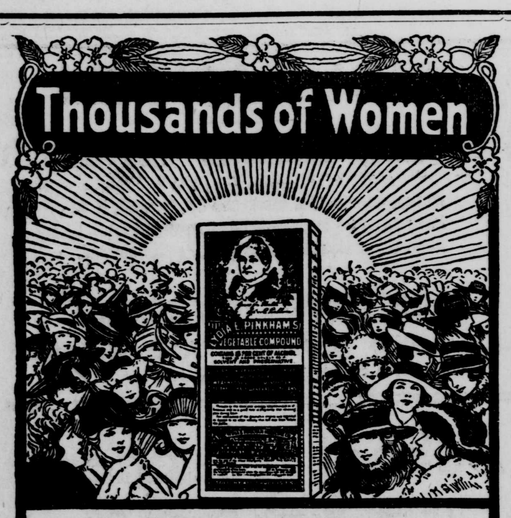

Owe Their Health To

Lydia E. Pinkham's Vegetable Compound — overshadowing indeed is the success of this great medicine. Compared with it, all other medicines for women's ills seem to be experiments.

Why is it so successful? Simply because of its sterling worth. For over forty years it has had no equal. Women for two generations have depended upon it with confidence.

Thousands of Their Letters are on our files, which prove these statements to be facts, not mere boasting.

Here Are Two Sample Letters:

Mother and Daughter Helped.

Middleburg, Pa. — "I am glad to state that Lydia E. Pinkham's Vegetable Compound did me much good when I was 35 years old. I was run down with female trouble and was not able to do anything, could not walk for a year and could not work. I had treatment from a physician but did not gain. I read in the papers and books about Lydia E. Pinkham's Vegetable Compound and decided to try it. The first few bottles gave me relief and I kept on using it until I got better and was able to do my work. The Vegetable Compound also regulated my daughter when she was 15 years old. I can recommend Vegetable Compound as the best medicine I have ever used."—Mrs. W. Yerger, R. 3, Box 21, Middleburg, Pa.

Fall River, Mass. — "Three years ago I gave birth to a little girl and after she was born I did not pick up well. I doctored for two months and my condition remained the same. One day one of your little books was left at my door and my husband suggested that I try a bottle of Lydia E. Pinkham's Vegetable Compound. I started it immediately and I felt better and could eat better after the first bottle, and I continued taking it for some time. Last year I gave birth to a baby boy and had a much easier time as I took the Vegetable Compound for four months before baby came. On getting up I had no pains like I had before, and no dizziness, and in two weeks felt about as well as ever."—Mrs. Thomas Wilkinson, 363 Columbia Street, Fall River, Mass.

Wise Is the Woman Who Insists Upon Having

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

A woman forgets all her troubles when she is wearing her new spring hat for the first time.

THAT FADED FROCK WILL DYE LIKE NEW

"Diamond Dyes" Freshen Up Old, Discarded Garments.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers—everything!

Direction Book in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Guarding His Own.

The Patient—Ten dollars for extracting that tooth? Lucky I didn't take gas.

The Dentist—Why?

The Patient—'Cause I have another $10 bill in my vest that you might have found.

Cause and Because.

"Doctor," said a beldam of a rural village, "can you tell me how it is that some folks be born dumb?"

"Why — hem — why, certainly, madam," replied the doctor. "It is because they come into the world without the power of speech.

"Dear me!" remarked the old lady, "just to see what it is to have a physical edication. I be right glad I axed you. I've axed my old man a hundred times that there same question, and all he would say was: 'Cause they 're.'"—Boston Transcript.

Penguin Cult in Paris.

The cult of the penguin has come to Paris, writes a correspondent. In many houses and in more shop windows you will now find quaint, contemplative penguins as ornaments, or in pottery and china. The penguin porcelain coffee set is the latest design. Father penguin in delicate, deftly-shaped white china makes the coffee pot, and the coffee, nicely hot in his plump body, pours out through his long, sturdy beak. Penguin junior, a little slimmer, is the milk jug, and the coffee cup, in the shape of a penguin's egg, is little penguin "thought of" but not yet born.

Plain Diagnosis.

"Here is the case of a physician arrested because he prescribed whisky for a patient without inquiring what the patient wanted the whisky for."

"Any dub could tell that without asking. The patient wanted a drink."

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

Ouch!

"You seem to hate that fellow Smith," said Brown. "What is the trouble between you and him?"

"I introduced him to my wife the other day," replied Jones, "and the gabby boob had to say: 'Why, I thought that the lady you were with in New York was your wife.'"—Cincinnati Enquirer.

His Interpretation.

Mortland Jones, the five-year-old son of Rev. Rhys Price Jones, pastor of the First Presbyterian church in Franklin, refused to sing "America," with the rest of the members of the primary class in Sunday school. When questioned he gave as his reason the line of the song, "Land where my fathers died." "My father didn't die," he said, "and I won't sing it."—Indianapolis News.

Mystery of Influenza Bacilli.

There is more or less mystery about the bacilli of influenza, but there is a probable explanation in the theory that the bacilli is sometimes in the form of a fungus. The perplexity of the scientists has probably arisen because hitherto this has been studied only as a bacillus. While there seems a great probability that this bacillus is responsible for influenza, no one has yet been able to ascertain how it works, for it has not been possible to filter out any virus. Perhaps the bacillus in its bacillus form does not give out a virus, but in its fungus form it may.

One Trial of Grape-Nuts

will do more than many words to convince you of the goodness of this wheat and barley food.

But it's worth saying that Grape-Nuts contains all the nutriment of the grains, is ready to eat, requires no sugar and there's no waste.

Grape-Nuts is a Builder

YOUNG CHICKENS NEED ATTENTION

Death and Stunted Growth Result When Fowls Become Infested With Parasites.

SCHEME TO AVOID DISEASES

Ground Recently Used for Poultry Should Be Given Coat of Lime and Then Plowed—Premises Must Be Cleaned Often.

(Prepared by the United States Department of Agriculture.)

If disease and parasites could be eliminated from the poultry flock the work of the owner would be much simplified and his profits much larger. As this cannot be done the next best thing is to keep under control as rigorously as possible the enemies of the chicken world.

The best way to accomplish this is to get eggs from a flock which has shown no indications of contagious disease for at least a year; avoid putting these eggs in any such packing as chaff, oats or cut straw, which may be musty or moldy, and hatch in a new or thoroughly cleaned incubator. The young chicks should be free from parasites and injurious germs of all kinds. To keep them in this condition they should be put into new or clean brooders and permitted to run only upon ground where poultry has not previously been kept or which has not been used for poultry for several years.

Healthy Chicks Have Best Chance in This World.

Cleaning Up Used Ground.

Sometimes these directions cannot be followed in all respects. If all the available ground has been recently used for poultry, the fowls should be removed from the part which is to be used for the new flock, a good coating of freshly slaked lime should be applied to the entire surface of the ground, and a few days later it should be plowed. It may now be cultivated three or four times with intervals of a week, and finally sowed with oats, rye or other grain. In a few months the greater part of the germs will be destroyed; but it is best to leave the ground unoccupied by fowls until a winter has passed, as the freezing and thawing of fall and spring are more effective than either continued cold or warm weather.

If the eggs must be hatched under hens instead of in the incubator, the problem of starting a clean flock is much more difficult. Hens are liable to harbor parasite worms in their intestines and to scatter the eggs of these worms wherever they go. They generally have lice and mites hidden in their feathers, which pass to the young chicks immediately after the latter are hatched; and they may be the carriers of disease germs even when they appear perfectly healthy.

For these reasons hens used for hatching should be selected from a flock known to have been free from other diseases than those caused by accidents for at least a year, and the individual birds of which are lively, vigorous, free from lice and mites, and are producing a large number of eggs.

Clean Hens and Nests.

The hens selected for hatching should be dusted with a good lice powder before they are given a setting of eggs; their nests should be perfectly clean, made with fresh, soft hay or straw; and there should be a box of road dust, or sifted hard coal ashes, or similar substances, under cover, where they can dust themselves whenever they come from the nest.

When the young chicks are taken from the nest they should be carefully examined for lice. These parasites usually accumulate under the throat and upon the top and back of the head. If any are found rub a little sweet oil, pure lard or vaseline with the finger over the parts where the lice are. This kills the lice by obstructing their breathing pores and does no harm to the chicks.

By beginning in this manner a flock may be obtained which is practically free from disease germs and parasites, but in order to keep it in this condition the premises must be frequently cleaned and occasionally disinfected.

SHADOW TURKEY HEN TO HER STOLEN NEST

It Is Often Long and Tedious Task to Find Places.

Easy and Quick Method Is to Confine Fowls Until Late in Afternoon When They Will Head Straight for Secluded Retreat.

Given free range, turkey hens usually secrete their nests in obscure places, such as patches of weeds, tall grass, or bushy thickets, and often wander a half-mile or more from home before they find places that suit them. To find these "stolen" nests is often a long and tedious task, the usual method being to follow each turkey hen as she separates from the flock and starts toward her nest, taking care that she does not know she is observed. A much easier and quicker method than this is to confine the hens early some morning soon after they have come down from roost and let them out late in the afternoon. Those that are laying will then head straight for their nests in order to lay the eggs they have been holding.

If attractive nesting places are prepared about the barnyard, turkey hens sometimes lay in them. In the North, where the laying season often begins while there is still snow on the ground, they are more likely to select their nests near home than is the case in the South, as they do not range far during cold weather.

Nests are easily made from boxes or barrels, or by scooping out a little earth in the shape of a shallow bowl and piling brush around it to satisfy the hen's desire for seclusion. Of all nests, however, the one most preferred by turkey hens is a barrel laid on its side and a nest shaped in it with straw or hay, according to United States department of agriculture poultry specialists. When only a few turkeys are kept it is the usual custom to allow them free range throughout the breeding and laying season. If many turkeys are kept, however, it is usually found most convenient to use breeding pens or inclosures, in which the turkeys are kept until they have laid their eggs for the day, letting them out late on each afternoon. When confined to a breeding pen several turkey hens often lay in the same nest, but on free range each hen usually makes her own nest.

Crops for Steep Slopes.

Steep slopes in a field should be cropped in grass or hay instead of cultivated crops. The grass furnishes a protection to the surface of the ground, while the roots bind the soil particles together and hold them in place.

Green Feed Saves Grain.

Green crops for poultry save very expensive feed and they should be provided when the grazing is not available from natural sources.

Artificial Nest Eggs.

Sometimes a few artificial nest eggs seem to help induce pullets to lay in the nests instead of in the litter on the floor.

Provide Feed for Eggs.

Hens cannot lay without nutritious food to produce eggs and shells.

COAT OF WHITEWASH AID TO SANITATION

Cheapest of All Paints for Use on Poultry House.

May Be Used on Exterior as Well as Interior if So Desired—Government Formula for Preparation of Liquid Composition.

Early in the spring, when everything else around the farm is being cleaned and put in shape for the summer, a coat of whitewash will add greatly to the appearance and sanitation of the interior of the poultry house. It is the cheapest of all paints and may be used on the exterior of the building, too, if so desired.

Whitewash is made by slaking about ten pounds of quicklime in a pail with two gallons of water, covering the pail with cloth or burlap and allowing it to slake for one hour. Water is then added to bring the whitewash to a consistency which may be applied readily.

A weatherproof whitewash for exterior surfaces recommended by the United States department of agriculture may be made as follows: (1) Slake one bushel of quicklime in 12 gallons of hot water; (2) dissolve 2 pounds of common salt and one pound of sulphate of zinc in two gallons of boiling water; pour (2) into (1), then add two gallons of skim milk and mix thoroughly. Whitewash is spread lightly over the surface with a broad brush.

POULTRY NOTES

Never send a fowl to market that has a full crop.

* * *

Dry-picked poultry will stand longer shipments than those that are scalded.

* * *

Insure yourself a better egg yield by increasing your selective powers in picking good males.

* * *

Careful breeding, proper feeding and the right kind of care will produce heavy laying in any breed.

* * *

Where 300 or more chicks are hatched each year it is almost necessary that an incubator be used.

* * *

Start the youngsters off on dry food, and they will not suffer later while you try to starve them into eating it.

* * *

Only those eggs should be used for hatching which weigh two ounces or more. This makes 1½ pounds to the dozen which is the standard weight for eggs.

* * *

Test your brooder or hover and have it in good running condition before you place your chicks in it or under it.

* * *

Have temperature in brooder a little high rather than too low. Chicks will get away from excessive heat while too little results in crowding.

* * *

As a rule the use of pepper and other condiments in poultry food is a detriment and while they may excite the organs to greater activity for a while, the final results are bad.

Another Royal Suggestion

DOUGHNUTS and CRULLERS

From the New Royal Cook Book

DOUGHNUTS made the doughboy happy during the war and no wonder. There is nothing more wholesome and delightful than doughnuts or crullers rightly made. Their rich, golden color and appetizing aroma will create an appetite quicker than anything else in the world.

Here are the famous doughnut and cruller recipes from the New Royal Cook Book.

Doughnuts

3 tablespoons shortening
½ cup sugar
1 egg
½ cup milk
1 teaspoon nutmeg
1 teaspoon salt
3 cups flour
4 teaspoons Royal Baking Powder

Cream shortening; add sugar and well-beaten egg; stir in milk; add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to about ⅓ inch thick; cut out. Fry in deep fat hot enough to brown a piece of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

Afternoon Tea Doughnuts

2 eggs
6 tablespoons sugar
¾ teaspoon salt
¼ teaspoon grated nutmeg
2 tablespoons shortening
6 tablespoons milk
3 cups flour
3 teaspoons Royal Baking Powder

Beat eggs until very light; add sugar, salt, nutmeg and melted shortening; add milk, and flour and baking powder which have been sifted together; mix well. Drop by teaspoons into deep hot fat and fry until brown. Drain well on unglazed paper and sprinkle lightly with powdered sugar.

Crullers

4 tablespoons shortening
1 cup sugar
2 eggs
3 cups flour
1 teaspoon cinnamon
½ teaspoon salt
3 teaspoons Royal Baking Powder
⅔ cup milk

Cream shortening; add sugar gradually and beaten eggs; sift together flour, cinnamon, salt and baking powder; add one-half and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about ⅓ inch thick and cut into strips about 4 inches long and ½ inch wide; roll in hands and twist each strip and bring ends together. Fry in deep hot fat. Drain and roll in powdered sugar.

ROYAL BAKING POWDER

Absolutely Pure

FREE

New Royal Cook Book containing these and scores of other delightful recipes. Write for it TODAY.
ROYAL BAKING POWDER CO.
115 Fulton Street
New York City

"Bake with Royal and be Sure"

MARTHA JANE A DIPLOMAT

Even Stern Mamma Couldn't Deny She Had Obeyed the Strict Letter of the Law.

Martha Jane's sweet tooth had been indulged so much that her mother had issued the decree, "No more candy," and the remainder of the box had been relegated to the top shelf. A few days ago it was brought down and judiciously apportioned to Martha Jane, for whom a taste spelled more, and even a second taste did not satisfy. When her mother saw her about to take a third helping she remarked, emphatically:

"Now, don't let me see you take another piece."

Presently Mrs. S—— was called from the room, and when she returned she found her four-year-old daughter in the farthest corner of the couch, hastily making way with a nice, plump chocolate cream.

"Martha Jane," said her mother, in her sternest tones, "didn't I tell you not to let me see you take another piece of candy?"

"I know you did, mother," said the little diplomat, "but I took this one while you were gone."

Total Eclipse.

"After conferring with a few class friends Senator Snortsworthy has decided not to sacrifice himself on the altar of his party."

"As a presidential candidate?"

"Yes."

"But the senator doesn't seem to be happy over his decision."

"No. According to his point of view, it is better to be a sacrificial lamb and get a great deal of publicity than it is to be quietly ignored."—Birmingham Age-Herald.

Easy.

"I wish I knew how to make a barrel of money?" sighed the little man.

"That's easy," replied the big man. "Spend a half barrel of money in advertising and you'll soon have a barrel of money."—Cincinnati Enquirer.

Eight Dull Years.

A French writer says that a girl is a person we stop kissing when she is twelve and begin to kiss again after she is twenty.—Boston Transcript.

Music as a curative power was employed by the Romans in case of gout and sciatica.

One of the things that go without saying is speechless amazement.

LITTLE CHANGE IN PHYSIQUE

Report That Average Stature of American Men Was Affected by War Declared Untrue.

The wholesale clothing manufacturers assert that there has not been any change in the size of their garments since the war. They are manufacturing more garments, but the proportion of larger sizes is no greater now than it was three years ago. In short, their size patterns have not changed. Yet changes would be necessary if the stature of American men had been affected in any appreciable way by the year and a half or two years of military training.

Manufacturers of ready-to-wear shirts and undergarments agree with the clothing manufacturers that there has been no change in their size patterns despite the reports of numerous individuals who take "a size larger" today than they did before the war. As one manufacturer put it, the proportion of soldiers who need larger sizes in shirts or suits today than they did two years ago is so small that it has no effect on wholesalers. Salesmen naturally remember certain individual cases of increased chest development, but, taking the country by and large, there has been no appreciable change in the physique of the male portion of the population, at least as far as their clothing is concerned.

Has Winning Way.

"It's wonderful how much feeling can be expressed in the tones of the human voice," said the studious person.

"The same thought occurred to me only yesterday," said Mr. Gadspur, "while I was listening to a candidate's harangue."

"What was he talking about?"

"He was pleading with the voters to call him 'Bill.'"—Birmingham Age-Herald.

Off the List.

"Don't you subscribe to Blank's magazine any more?"

"No; when I was in France I received a notice from it asking me to notify it one month in advance if I changed my address."—Home Sector.

Insight.

"I am sure that man is a gunman."

"How can you tell?"

"I guess it by his bullet head."

A woman isn't necessarily an artist's model when she poses as a heroine.

The Lord Helps Those, Etc.

Mrs. Johnson—How does yo' feel dis mawnin', Joe?

Mr. Johnson—I feels bad—mighty bad! I wish dat Providence would have mussy on me an' take me.

Mrs. Johnson—How can you expect it to ef you don't take de doctor's medicine?

Cuticura Soothes Itching Scalp

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

The Idea.

Wife—How did you come to propose to me, John?

Hub—I wanted to be different from other men, I suppose.—Boston Transcript.

If your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them.—Adv.

No regret is vain that inspires us to do better.

He that falls in love with himself will have no rivals.—Franklin.

ALLEN'S FOOT-EASE

Gives ease and comfort to feet that are tender and sore.

If shoes pinch or corns and bunions ache this Antiseptic, Healing Powder will give quick relief.

Shake it in your Shoes. Sprinkle it in the Foot-bath. Sold everywhere.

FOR WOMEN

Constipation is women's worst enemy. DR. TUTT'S LIVER PILLS regulate and cleanse. The great remedy for women's special ills.

Dr. Tutt's Liver Pills

Acid Stomach

Makes the Body Sour

Nine Out of Ten People Suffer From It

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, its victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

Health and Economy Rule Your Table Cup

when you make your meal-time beverage

Instant Postum

Its rich coffee-like flavor satisfies and its freedom from any harmful ingredient, such as the coffee drug caffeine, makes it a better drink for young and old.

There has been no raise in price and the high quality of Postum is always maintained.

"There's a Reason"

Made by POSTUM CEREAL COMPANY
Battle Creek, Mich.

Famous Frederick County Lime

A Mine of Wealth to the Farmer

M. J. GROVE LIME COMPANY
Lime Kiln, Frederick County, Maryland

DAISY-FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed effective. Sold by dealers, or 5 by EXPRESS, prepaid, $1.25.

HAROLD SOMERS, 160 De Kalb Ave., Brooklyn, N. Y.