

## TO ALL WOMEN WHO ARE ILL

**This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.**

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

## BILIOUSNESS Caused by Acid-Stomach

If people who are bilious are treated according to local symptoms they seldom get very much better. Biliousness is usually a temporary condition. Trace biliousness to its source and remove the cause and the chances are that the patient will remain strong and healthy.

Doctors say that more than 70 per cent of all diseases can be traced to an acid stomach. Biliousness is one of them. Indigestion, heartburn, belching, sour stomach, blood and gas are other signs of acid stomach. EATONIC, the marvelous modern stomach remedy, brings quick relief from these stomach ailments which lead to a long train of ailments that make life miserable if not corrected.

EATONIC literally absorbs and carries away the excess acid. Makes the stomach strong, cool and comfortable. Helps digestion, improves the appetite and you then get full strength from your food. Thousands say that EATONIC is the most effective stomach remedy in the world. It is the help YOU need. Try it on our money-back-if-not-satisfied guarantee. At all drugists. Only 50 cents a box.

**EATONIC (FOR YOUR ACID-STOMACH)**



**DAISY FLY KILLER** PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neck, clean, ornamental, convenient. Lasts all season. Made of metal, can't spoil or tip over; will not soil. Guaranteed effective. Sold by express, or by mail, 50c. per box. HAROLD BOMBER, 105 Duane Ave., Brooklyn, N. Y.

**Skeptical Jury.** An Idaho lawyer tells of a case tried in that state some years ago, on which occasion the judge, an Easterner who desired to display his learning, instructed the jury very fully, laying down the law with the utmost authority. But the jurors, after deliberating some hours, found themselves unable to agree. Finally the foreman asked for additional instructions.

"Judge, here's the trouble," said he. "The jury wants to know if what you told us was really the law or only just your notion."—Harper's.

## Friends Gave Her Up

**Mrs. Hoffman's Recovery From Dropsy a Surprise. She Used Doan's.**

"I was in dreadful shape," says Mrs. W. B. Hoffman, 889 Oakley Ave., Hammond, Ill. "There was a sickening pain across the small of my back and when I stooped over, knife-like twinges nearly drove me wild. I had large puffs under my eyes and my body bloated badly all over. My feet were swollen to twice their natural size and the skin looked shiny. When I pressed it down, it left a dent there and I knew I was bad off with dropsy."

"My friends didn't think I would live very long. I doctored with three different physicians and they didn't help me and I was discouraged. Nobody knows the torture I went through."

"I decided to try Doan's Kidney Pills. I used three boxes and I was cured. I felt fine. As the swelling went down, my appetite picked up and I was soon perfectly healthy. My color came back and people said I looked as well as ever. Doan's Kidney Pills saved my life."

Get Doan's at Any Store, 40c a Box. **DOAN'S KIDNEY PILLS** FOSTER-McLEARN CO., BUFFALO, N. Y.

## POULTRY

### KEEP RATS AWAY FROM HENS

Rodents Destroy Feed, Eggs and Fowls and Are Inevitable Enemies to All Poultry.

(Prepared by the United States Department of Agriculture.)

Every poultryman should be on guard continually against rats. They destroy feed, eggs and fowls, and are inveterate enemies to all kinds of poultry, from chicks, squabs, ducklings and young turkeys just out of the shell to tough old birds awaiting the hatchet at the close of a long and noisy career. Although most of their depredations are confined to eggs and young birds, when driven by hunger rats kill full-grown fowls at roost, biting them through the head or neck.

Complaints about rats have come to the United States biological survey, department of agriculture, from many



Dead Rat Can't Get Chickens—Use a Trap.

quarters. For example, a farmer in Virginia reported 26 turkeys killed by these pests in a night. Another, in Kansas, lost between 200 and 300 chickens and many eggs by rats during the course of one summer. His neighbors had similar experiences. From New Jersey has come a report of rats killing young ducks. An Ohioan has complained that the animals burrow beneath his coops and take chicks from under the hen. In certain neighborhoods of Massachusetts half a season's hatch of chickens and ducklings have been killed by rats.

Rats multiply rapidly when left undisturbed, where there is plenty to eat. One pair may increase to more than 2,000 in a single year. Whoever allows his property to become overrun by them invites vexation and loss.

### MIXTURE FOR LITTLE CHICKS

Give Equal Parts of Hard-Boiled Eggs and Rolled Oats or Stale Bread Soaked in Milk.

(Prepared by the United States Department of Agriculture.)

For the first three days chicks may be fed a mixture of equal parts of hard-boiled eggs and rolled oats or stale bread, or stale bread soaked in milk. When bread and milk are used care should be taken to squeeze all the milk out of the bread. From the third or fourth day commercial chick feed may be fed until the chicks are old enough to eat wheat screenings or cracked corn.

### PLAN FOR MARKETING EGGS

Brown and White Shells Should Be Placed in Separate Packages—Keep All Culls.

(Prepared by the United States Department of Agriculture.)

Market white-shelled and brown-shelled eggs in separate packages. Eggs irregular in shape, those which are unusually long or thin-shelled, or which have shells otherwise defective, should be kept by the producer for home use, so that breakage in transit may be reduced as much as possible.

## POULTRY NOTES

All males except those needed for breeding purposes, should be got rid of as soon as possible.

One of the best inside linings for poultry houses is tar paper, tacked on smoothly. Mites do not bother it.

It is said that farmers lose millions of dollars annually on account of poor methods of producing and handling eggs.

Be a crank about cleanliness, mites, lice and disease in your poultry yard and see if it doesn't pay a big dividend.

Diseases of poultry are frequently transmitted through the drinking water; the drinking fountain should be cleaned daily.

Chicks on good range get practically all they need in the way of mineral salts through the fresh vegetables, but ranges are often overrated.

Help save eggs by keeping the nests clean and free from lice. Gather eggs twice daily, keep them in a cool, dry room or cellar, and market twice a week.

Little chickens are often bothered with the large gray-head lice. These may be destroyed by greasing the head and throat with lard or sweet oil and using a louse powder elsewhere.

## THE KITCHEN CABINET

Whatever channel the mind sets itself in, the life will follow; for it is invariably true that life always follows the thought.—Trine.

### HELPFUL HINTS.

To the average cook with little imagination and less ingenuity a bowl of chicken broth, a half-dozen cold boiled potatoes, a cupful of tomato, a wedge of cheese will appear like "the primrose upon the river's brim, a simple primrose it was to him, and it was nothing more." It is neither possible nor is it wise to carry a large number of recipes or proportions of ingredients in one's mind, but the efficient woman will have a card index, a notebook or a chart on which she notes the possibilities of various small amounts of materials which in other homes are thrown out, left to spoil or are used carelessly in foods so that their charm of flavor is lost.

The pleasant thing about this system is that it is always growing, new dishes will occur to one and the list will grow. Then when going to the ice chest and finding a bowl of chicken broth, visions of all the savory dishes which may be seasoned with that savory food will be realized in some good dish, as it takes but a moment to turn to the recipe.

Another helpful convenience of the card catalogue idea is to have the system carried out in other ways in the household. Under linens put cards labeled "bed linen," on the card numbers of sheets, pillowslips, size and where they are. This is not only a convenience when absent to pass on, but in case of fire loss to give a correct inventory.

Attached to the medicine closet should be a card always where it can be found at once, especially where there are many little people, giving first aids in case of accident and antidotes for common poisons. The older children should be taught how to use this knowledge, as often lives are lost because nobody knew what to do quickly. It is a frequently noted fact that the people who know what to do or where to go to find out, rarely take time to go into hysterics in an emergency; they are too busy doing things. Start a card catalogue house and see what a pleasure it is to be methodical. It is not necessary to have an expensive filing cabinet.

We invite what we fear, the same as by different attitude of mind we invite and attract the influences and conditions we desire.—R. W. Trine.

### SUMMER SALAD WITH DRESSINGS

We all enjoy something different in salads and the ingenious cook is ever combining new materials to make appetizing dishes.

**Virginia Salad.**—Cut cold cooked potato in cubes, using one and a half cupfuls, add one cooked cauliflower flower cut in flowerettes and three tomatoes cut in quarters. Marinate each of these vegetables separately in French dressing, using four tablespoonfuls of olive oil and two of tarragon vinegar, three-fourths of a teaspoonful of pepper sauce and half a teaspoonful of salt. Cut one and one-half cupfuls of chicken in cubes, three hard-cooked eggs cut in small pieces and mix with the marinated potato, with mayonnaise seasoned with catsup. Place the chicken mixture in the center of the dish, cover with tomato mayonnaise and garnish with cauliflower and lettuce with one tomato arranged alternately. Decorate with one hard-cooked egg, cut in eighths, and nasturtium seeds.

**Tomato Jelly Salad.**—Take two cupfuls of tomato juice, either fresh or canned; to it add one-fourth cupful of mild vinegar, two tablespoonfuls of gelatin, a tablespoonful of sugar, bit of bayleaf, leaves from two stalks of celery, two slices of onion and one and one-half tablespoonfuls of lemon juice. Stir and cook over heat until the gelatin is dissolved, then strain. Set jelly in crushed ice and when it begins to stiffen, add fresh raw dandelion leaves cut in bits. Mold the jelly; when firm turn out on a platter and garnish with cooked egg, green pepper and scalions which have been cut in pieces and fringed at each end, then put into ice water to curl. Cabbage may be used instead of dandelion leaves.

**Joe's Dressing.**—Take one teaspoonful each of salt and mustard, two teaspoonfuls of sugar, a dash of cayenne, a whole egg, one and one-half tablespoonfuls of flour, two tablespoonfuls of corn oil, half a cupful of evaporated milk, one-fourth cupful each of vinegar and water. Mix the dry ingredients and then cook all together in a double boiler.

**Hot Salmon With Egg Sauce.**—Set the can of salmon in a saucepan of boiling water and cook for half an hour. Cut the can close; drain off the liquid and turn out the fish in a solid piece on a hot dish. Surround with well seasoned buttered peas, and serve with an egg sauce. This is a rich white sauce, using some of the liquid from the can and milk, then add one hard-cooked egg mashed, and put through a sieve. Garnish with parsley.

*Nellie Maxwell*

To Purify and Enrich the Blood Take GROVE'S TABLETS CHL. TONIC which is simply IRON and QUININE suspended in Syrup. So Pleasant Even Children Like It. You can soon feel its strengthening, invigorating effect. Price 60c.

### Sartorial Expedient.

Sam—Man, is you all plumb crazy? What for you got you-all's pants on hindside foremos'?

Rastus—Sh! Don't talk so loud. You see, I's invited to a party tonight an' I's gettin' de bulge out'n de knees.—Boston Transcript.

**Shave With Cuticura Soap.** And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

### Not That Kind.

Lester—My brother's in the navy. Stock—Is he?

Lester—No, Ikey.—Over Here.

## "BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

### Willing to Test It.

Ivy—Someone has said that kisses are love's language.

Frank—That so? Let's talk.

## AMERICANS MAKING GOOD AT SIXTY-FIVE

Don't worry about old age. A sound man is good at any age. Keep your body in good condition and you can be as hale and hearty and able to "do your bit" as when you were a young fellow.

Affections of the kidneys and bladder are among the leading causes of early or helpless age. Keep them clean and the other organs in working condition, and you will have nothing to fear.

Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Haaren Oil Capsules periodically and you will find that you are as good as the next fellow. Your spirits will be rejuvenated, your muscles strong and your mind keen enough for any task.

**GOLD MEDAL Haaren Oil Capsules** will do the work. But be sure to get the original imported GOLD MEDAL Haaren Oil Capsules. They are reliable and should help you, or your money will be refunded. For sale by most druggists. In sealed packages three sizes.—Adv.

### Still Holding Out.

"I see that trade with Germany has been resumed."

"Not as far as I am concerned."



## Grow Wheat in Western Canada One Crop Often Pays for the Land

Western Canada offers the greatest advantage to home seekers. Large profits are assured. You can buy on easy payment terms. **Fertile Land at \$15 to \$30 per Acre**—land similar to that which through many years has averaged from 20 to 45 bushels of wheat to the acre. Hundreds of cases are on record where in Western Canada a single crop has paid the cost of land and production. The Government of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want the farmer to prosper, and extend every possible encouragement and help to **Grain Growing and Stock Raising.** Though Western Canada offers land at such low figures, the high prices of grain, cattle, sheep and hogs will remain. Loans for the purchase of stock may be had at low interest; there are good shipping facilities; best of markets; free schools; churches; splendid climate; low taxation (none on improvements). For particulars as to location of lands for sale, maps, illustrated literature, reduced railway rates, etc., apply to Sup't. of Immigration, Ottawa, Can., or **J. M. MacLachlan, 215 Traction-Terminal Bldg., Indianapolis, Ind.** Canadian Government Agent.

**A Critical Moment.** "Why are you sitting on the fence with one leg on each side of the rail?" asked the stranger in the village.

"I'm waiting to see which way I'm going," answered the barefoot boy. "Father's gone into the woods to cut a branch. If it's a fishin' rod I'm going to run to meet him, but if it's a switch I'll jump for the road."

The war has made table linen very valuable. The use of Red Cross Ball Blue will add to its wearing qualities. Use it and see. All grocers, 5c.

### Reason Enough.

"Why does she consider him such a fool?" "He takes her at her word."—Buffalo Express.

W. N. U., Indianapolis, No. 33-1919.



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