

ELDERBERRY SEASON SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 40 and had the weakest and most nervous of health, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies.

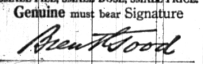
—Mrs. MARY KIRKWAY, Durand, Wis. A Massachusetts Woman Writes: "I have been suffering from a nervous condition for many years, and I feel awfully sick for three years. I had hot flashes and frequently suffered from pain. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. FRENCH COGNIGNON, Box 233, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backache, dizziness, nervousness, irritability, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure
CARTER'S LITTLE LIVER PILLS
LIVER PILLS never fail. Purely vegetable—act surely and gently on the liver. Stop your dinner. Stop your work. Stop your worry. Stop your indigestion. Improve your complexion, brighten the eyes. SMALL PILLS. SMALL DOSE. SMALL PRICE.



Genuine must bear Signature
PARKER'S HAZEL NUTS
A healthful preparation of hazel nuts for restoring color and bringing back the hair to its natural condition.

In School. "What are the principal fruits of history?" "I know, teacher; they're dates."

SWAMP-ROOT SAVES KIDNEY SUFFERERS

You naturally feel secure when you know that Dr. Kilmor's Swamp-Root, the great kidney, liver and bladder remedy, is absolutely pure and contains no harmful or habit producing drugs.

The same standard of purity, strength and excellence, prescribed by Kilmor many years ago, is maintained in every bottle of Swamp-Root.

Swamp-Root is essentially composed of vegetable herbs. It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything according to verified testimony it is a sure cure for all ailments affecting the kidney, liver and bladder. Swamp-Root.

If you suffer, don't delay another day. Go to your nearest druggist now and get a bottle. All drug stores sell it in two sizes—fifty cents and one dollar.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmor & Co., Birmingham, N. Y., for a sample bottle. When writing be sure and mention this paper—Adv.

Ask any man to describe his ideal and it's doughnuts to fudge that he will paint a word picture of himself.

This Will Interest Mothers.
Mother Gray's Sweet Powders for Children for Freckles, Headache, Bad Croup, Teething Disorders, sore and redness of the throat and destroy worms. They break up Olden in hours. They are pleasant to take and the best of all. All Druggists. See Sample FREE. Address: Mother Gray Co., Le Roy, N. Y.

A woman hasn't time to pretend when she is senile.

Stop That Ache!

Don't worry about a bad back. Get rid of it! Probably your kidneys are out of order. Reassuringly, reliable habits and help the kidneys. Then, kidney backache will go. Also the dizzy spells, lumbago, nervousness, tired feelings, nervousness, rheumatic pains and bladder troubles. Use Don's Kidney Pills. Thousands recommend them.

A Michigan Case

Mrs. Chas. Harter, 139 Mackinac Street, Michigan, writes: "I had pain in my back and legs, and I was unable to get on my feet. I bought a bottle of your medicine and it cured me. I feel like a new man now."

Goat Soap's Best Soap, 20c a Box.
DOAN'S KIDNEY PILLS
FOTHEIMERSON CO., BUFFALO, N. Y.

YOU NEED

to all nature occasionally when your liver is sluggish, your stomach disordered or your bowels inactive. Let this safe, mild, and effective medicine regulate these organs and put them in a sound and healthy condition.

BEECHAM'S PILLS

Let all of us have this in the World. Add everywhere. In boxes, 25c, 50c.

THE HOME BEAUTY

Flowers and Shrubbery
Their Care and Cultivation



Japanese Anemone or Wind Flower.

APRIL IN BIRDLAND

By L. M. BENNINGTON.
This month the birds mate, and many new ones come from the South. This month the boys and girls wander all over the woods and fields looking for the bluebirds, the violets, hepaticas and spring beauties.

This spring I hope they will not pick too many of our wild flowers, because it is feared that in time there will not be many of our beautiful native blossoms to gather.

They have been ruthlessly plucked and trampled under for so many years by thoughtless children that a great many of the most beautiful and valuable species have run out of existence.

In their walks in the woods this spring it would be very interesting to the boys and girls to take up the study of wild flowers and the study

GARDEN FOR BUSY WOMAN

By E. VAN BENTHUYSEN.
Every woman ought to have a garden. The change that takes a woman out of doors away from the routine of housework is a good one. It affords health, happiness and a positive relief to the overworked muscles and tired nerves of the woman who spends most of her day indoors. There is health for both body and brain in working in a garden.

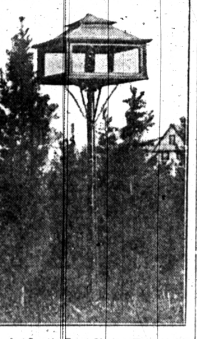
There are a great many flowers that require very little care and give wonderful returns for the little time expended. My advice to the woman who has not much time to give to her garden is to plant only the flowers that will give the best result for her limited care.

No lover of flowers can afford to be without a corner for sweet peas. They bloom in wonderful profusion and their beauty and fragrance are too well known to need comment. Plant as early in the season as possible, and sow the seeds about an inch apart. Cover with about two inches of soil and tamp the soil down. When the roots well covered as they grow, as shallow planted sweet peas often fail in hot weather. Provide some brush for them to grow on, water profusely and enjoy their beauty.

Allow a corner for poppies. Also space for a few china asters, like our grandmothers grew. Nothing is easier to grow, nothing blooms more profusely. Few plants are richer in color or bloom later in the season.

Phlox is a profuse bloomer and rich and varied in coloring. It is most effective when massed and the colors kept separate.

The gladiolus is a fragrant old-timer worthy of our attention. This is a late bloomer, like the aster. Plant



An Automatic Food Shelter That Holds Four Quarts of Chick Feed and Supplies It as Required to the Birds of birds, and they would learn to love the woodland beauties quite as well as their own stems and plants, and too well to pick them and let them die in a few hours' feeding and wool.

This spring the kingfisher comes back to his favorite haunts, and we hear him as from a limb overlooking the river, with the narrow land cry he drops down and sees the yellow belly on which he has had his eye so long; awaiting the opportunity to secure a good dinner in this way.

The phoebe, which we all know and love to hear in the early springtime, commences to build the last of this month. Their nests are found under the eaves, bridges or old barns, and are made of grass, fine moss and hair plastered together with mud and lined with hair.

The phoebe's call is "Phoe-be! Phoe-be!"

When robins are mated, they build the middle of April to the first of May, near their dwelling houses, in the apple orchard, in the pear trees, and on grape arbors, and in the vines of the piazza. The nests are not too numerous.

Robins are very domestic, often rearing three broods in a season.

During this month they have the brown thrush, whose song is a rest from the weary. He begins to sing early in the morning, and his voice can be heard above all others, ringing out like a silver bell.

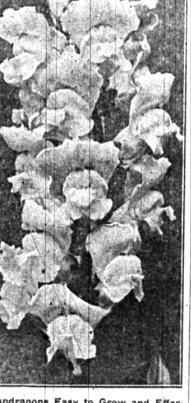
Again he is the last bird that sings at sunset. When all the others have put their heads under their wings and "gone to nod" the thrush's sweet song is heard from the woodland.

very conservatively. The models sent over by French tailors depend upon cleverness of cut, correctness of lines, and perfection of workmanship for distinction. Perfect fit and finish contribute to their fine effect. They ignore formlessness.

American women are very partial to navy blue—the "gentlewoman's color," as the French term it. Therefore a large proportion of model gowns are made up in this becoming and serviceable shade. The majority are dark in color, but many of them are brightened by veils of broadcloth or plaid silks.

A model that is interesting from several standpoints is shown in the picture. The fulness of the skirt, a concession of the season's mode, is appropriately disposed in plaits. The coat is cleverly cut and easy fitting, with peplum pointed at the sides and back, and laid in plaits to give it fullness.

The sleeves are plain, with deep, slightly flaring cuffs. A girde extends



TO SOW SEEDS

Remember in sowing seeds, to cover them their own depth. Fine, dustlike seed should be scattered along the line and pressed into the soil. Sprinkle sand over the surface and again press the surface of the soil. Place a thin piece of muslin over the soil and water carefully. The muslin prevents the seed joints from drying. When the seed breaks the soil, remove the muslin.

HINT TO AMATEURS

Learn to this ruthlessly. Plants that grow too close together never do well. Pick off all suckers from fruit and ornamental shrubs. Don't let weeds get a foot high and then pull them. Go to run to ground, especially when they start so early in the season.

Cuttings of house plants may be made as late as April, and far north spring the first of May. Fill a soap suds, or other shallow dish, with clean sand, and plant the cuttings in it. Be sure to keep the sand wet, and the dish in a sunny window.

In Woman's Realm

Tailored Costumes Continue to Be Conservatively Cut and in the Simplest Styles—One of the Best of the Prevailing Models Pictured—Alluring Handkerchief Novelties Offered for the Approval of Femininity.

By JULIA BOTTOMLEY.
While in other departments of dress extremes of style and more or less eccentric fashions present themselves, the tailored costume is conservative. The tailor in his work is fastidious, and he is a student of the middle-of-the-road career. He takes cognizance of the latest ideas as to form and outline, but refuses to be beguiled by the extravagance of extreme effects and a tendency to overtrimming.

The cleverest tailors are showing in two and three-piece suits that are pretty novelties in handkerchiefs to be worn in the pocket of the tailored coat. After glimpsing them in the quickly passing throngs on the streets one is apt to run them down for a better view. In the shops their beauty is flaunted in the eyes of appreciative workmanlike.

There are small handkerchiefs of colored linen lawn, with narrow bands in contrasting color, to be worn with the new colored checks. They are plain and chic. Next in the favor of admirers are white handkerchiefs with colored embroidery, in a design that suggests



NOVELTIES PRESENTED BY THE TAILOR.

the springtime in one corner of each handkerchief. Butterflies and bees and blossoms are reproduced in unusual colorings and with beautiful workmanship. Similar designs show conventional flowers in one or two colors with white.

Four of these new ideas are shown here.

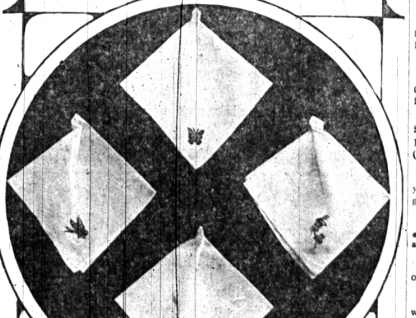
A springtime fairy appears in the clover blossom in pink with stem and leaf in greenish blue outlined with black. The bee has a black body with orange stripes and his route wings are merely outlined with the thinnest of stitches.

A butterfly with outspread wings is a marvel for its fineness to nature. It is in tan, black, white, and orange, and everyone has seen the same beautiful insect flying about. Another butterfly pattern shows gold wings spotted with blue and white. The body is white and it and the wings are outlined with black.

A conventional case is shown in matter blue, tan, and white, outlined in

novelty in handkerchiefs. The work on all these is exquisitely fine.

Portieres From Leather Scraps. Very pretty portieres can be made from leather scraps, known as "binders' scraps." The scraps of leather are cut in strips one-half inch wide and tied in knots, as carpet rats are tied. The work knots the more effective the portieres. A beautiful shade of green leather can be purchased at a bookbinder's for ten cents or so per pound. Six pounds will be sufficient to make a good-sized portiere.



NOVELTIES IN HANKERCHIEFS.

Painted Designs. Little soft felt hats for children, in white and pastel shades, have, by way of trimming, birds painted around the crown. On the white hats birds are dyed; on the tan hats bird redrests are painted; other hats have carrier pigeons, orioles and a number of other brilliantly colored birds. There are sprigged crowns and rolling orioles.

Bows and Bands of Straw. Colored as well as black straw is used for bows and bands instead of ribbon. In fact, this idea is already so overworked that it is probable that we shall be tired of it before spring comes. All these novelties are quick to run to ground, especially when they start so early in the season.

Collar Sets of Leather. With the new vogue for leather trimmings and accessories of all kinds there is now being offered sets of leather articles which consist of stock collar, gloves and tie to match.

SKINNER'S

Macaroni or Spaghetti
The Quality Food—the tastiest, most healthful and most economical food that can grace your table.

At All Good Grocers
Save the signature of Paul F. Skinner on each package and obtain a set of **Oneida Community Par Plate Utensils free**.

Write us for full particulars—no obligation—We will send you also a beautiful 36-page book of recipes—all free. Write today.

SKINNER MFG CO.
OMAHA, NEBR.
The Largest Macaroni Plant in America

Patents
W. N. U. DETROIT, MO. 15-1916.

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salt to Clean Kidneys if Bladder Suffers. Meats Form Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority. The uric acid which excites the kidneys, they become overworked, and slough; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatism, twinges, severe backache, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary troubles.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of salt water in any good pharmacy. Take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then get busy. The uric acid is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys; also to stimulate and normalize the bladder muscles.

It makes a delightful after-dinner drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease. Adv.

NEW TREATMENT FOR ASTHMA

Relief in Every Hour
To quickly cure the struggle for breath, stop the wheezing and prevent relapse, ask your druggist for a small bottle of Dr. Pierce's Asthma Cure. It will relieve you in ten minutes and keep you free from the disease for good. It is a new and powerful remedy, and is the only one that cures the disease. It is a new and powerful remedy, and is the only one that cures the disease. It is a new and powerful remedy, and is the only one that cures the disease.

Sudden Death After Grip Then—Spring Fever?

Caused by Disease of the Kidneys
The close connection between the heart and the kidneys is well known nowadays. When kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uric acid poisoning occurs and the patient dies. It is a disease in itself, and is heart disease, or disease of brain or lungs.

It is a good insurance against such a fatal result to cents for a large trial package of "Auric" the latest discovery of Dr. Pierce. When you suffer from backache, frequent scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, get a box of the drug at once. It is 37 times more potent than lithia, dissolves uric acid as hot water does sugar.

WE PAY CASH FOR

MEDICINAL ROOTS, HERBS, LEAVES, BARKS, ETC.
We buy over two hundred different kinds of Medicinal Roots, Herbs, Leaves, Barks, Seeds, etc., for which we pay the highest prices. We make a specialty of Ginseng, Golden Seal, Snake Root, Star Root, Star Grass Root, Sassafras, Etc. We pay top prices for all these. If you have any of these, or any other medicinal plants, or any other medicinal products, write us for our price list, shipping tags, and full particulars.

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