

THIS WEEK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.



Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt always the worst of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me from getting any rest at the time—and he said if I could not get well, I could not get well. I heard of Lydia E. Pinkham's Vegetable Compound and my husband wanted me to try it. I took it for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. Worthine, 252 North Taylor St., Philadelphia, Pa.

The majority of mothers nowadays covet their own health as so many demands are made upon it. It is invariably a weakened, run-down, nervous condition with headaches, backache, irritability and depression and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthine.

Some Practitioner.
"I had a brown, with an overcast eye, two hours on his arm, was back in town."
"The old man, haven't you seen you?"
"No, I haven't seen you for a long time. Where have you been?"
"I'm an old acquaintance."

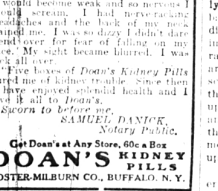
United States of America.
"Veterinary? I guess you mean veterinarians, don't you, Sam?"
"No, all reckons Ah means just what Ah says—veterinary. Ah just naturally been a veterinary—'twas the German dogs pumpover for their dispenser."

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of **Dr. J. C. Fitcher**.
In Use for Over 30 Years.
Children Cry for Fitcher's Castoria

Otherwise Peaceful.
"Was it a military officer?"
"Just a suggestion of the military. We pulled the nuts."

Polity is often the unexpected wages of the test.

Weak From Pain
Mrs. Gilbert was in misery, but Doan's Brought Her Splendid Health.

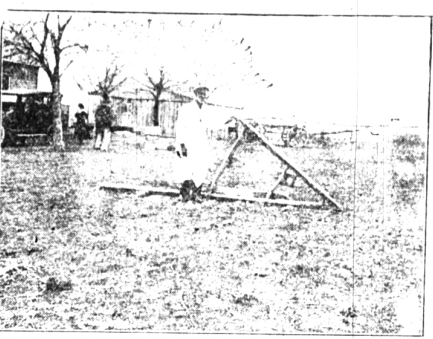


"About 15 years ago my kidneys were in bad condition. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery."

Doan's Backache Kidney Pills
"I was in such misery. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery."

Granulated Eyelids
I have cured my granulated eyelids. I was in pain all the time. I tried many remedies but nothing helped. I was in misery. I was told by a doctor that I had a kidney ailment. I was in pain all the time. I tried many remedies but nothing helped. I was in misery."

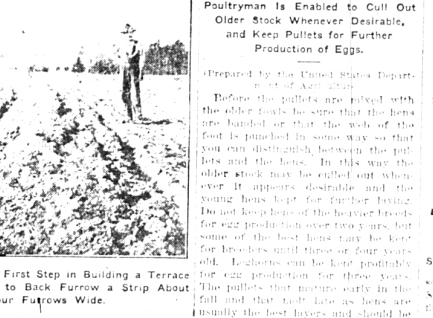
BEST RESULTS OBTAINED IN TERRACING BY EMPLOYING PLOW AND V-SHAPED DRAG



View of Home-made Wooden V Drag Used for Throwing Up Terraces.

(Prepared by the United States Department of Agriculture.)
In terracing a field, the upper terrace should always be built first. If a lower terrace is built first and there is not time to build the upper before a rain comes, then the lower will be badly washed and broken by the large volume of water running off from the land above. In building the terraces a bank furrow strip about four furrows wide is first thrown up. The soil is then turned over by a V drag. The sharp wing of the V drag is sometimes hand led so that the distance the dirt is moved can be varied as the terrace grows wider. For the best results the width of two men is required on the drag. They can shift their weight so as to raise or lower the end of the short wing as desired. The process of plowing and dragging is continued until the terrace is 15 to 20 feet wide. If the terrace is not high enough after it has settled, as found by testing the height in a number of places with a level, the plowing and dragging should be repeated.

Use of Plow Alone.
Terraces are sometimes built with a plow alone. Several plowings are required to throw up the terrace to the desired height. A large tractor, plow with an extra large wing attached to the moldboard is used very successfully for throwing up high terrace embankments. The disk plow and the ordinary row plow are very effective implements for use in building terraces. Graded terraces on steep slopes are often built with a plow and slip scraper. A strip is backfurrowed with the slip scraper, the sheet earth on the upper half of the strip is scraped up and dumped on the lower half. By this method the terrace is built up from the soil moved down from the upper side.



The First Step in Building a Terrace Is to Back Furrow a Strip About Four Feet Wide.

In order to finish up terraces properly, some work with the slip scraper is generally required. The top of the terrace should be tested with the level and found to conform to the proper grade. Any low places detected should be filled with a shovel or scraper. All large embankments across draws and gullies should be built with the slip scraper, and it is necessary to build such embankments considerably higher than the rest of the terrace to allow for settling of the loose earth. Most breaks in terrace systems occur at crossings of draws or draws, and it is therefore very important that a high, broad, substantial embankment be built across these places. In order to prevent any sheet earth from coming down the terrace embankment across draws or gullies, a pole drain can be laid under the terrace down the middle of the gully. Such a drain is made by simply laying three poles together in the shape of a triangle. It will serve the purpose until the depression above the terrace is filled with silt and a drain is no longer required. This drain may be removed at any time by simply laying three poles together with systems of graded terraces.

Remove All Obstructions.
Any obstructions, such as rocks, stones and stumps, that lie along the line of the terrace, should be removed, since their presence might permit seepage and result in the failure of the terrace. In some parts of Texas the fields contain numerous large earth mounds, generally known as "skunk mounds." These mounds cause considerable difficulty in terracing fields.

THINK DOCTOR IS MISTREATING BOY

Physician, on Errand of Mercy, Is Beaten by Angry Italian Women.

MOTHER GRABS CLUB

Beats Doctor Who Is Trying to Give Sick Lad Pills—Neighbors Take Hand in the Proceedings—Rescued by Auto.

Chicago, Wis., on a street at the corner of the Belmont street, Dr. James T. Smalley, a well known north side physician and volunteer Red Cross worker, was called into an emergency case by a crowd of excited women, who believed he was mistreating his patient, a little boy.

The physician, in recovering from a scalp wound at his residence, under the care of his wife, a graduate nurse. He is 69 years old, but of powerful physique.

After being rebuffed for the army Dr. Smalley offered his services to the local Red Cross organization. For months he has given his time to charity cases, often being called from his hospital to the street.

One Day Emergency Call.
One day recently he received an emergency call to 1212 Vine street, where Tony, the little son of Mrs. Mary Conlan, was ill. It looked like a simple case.

The doctor took the boy on his knee and pinched his cheek. Then he tried to slip some pills into the lad's mouth, but his patient became rebellious. "I refuse now, be a good boy," urged the doctor. "They'll nurse you feel better."

Then the physician resorted to the customary expedient of holding the boy's nose, thus forcing him to open his mouth and swallow the pellets.

Mother Goads Doctor.
The mother who had been friendly, suddenly became infuriated. She

struck Doctor Smalley on the head with a heavy club. He fell to the floor stunned.

Again and again the heavy club descended. Her neighbors brought saw and water to the doctor, but they took a hand at the clubbing. Then they locked him in the house and left, promising to seek some of the male neighbors to break further vengeance.

The physician, bleeding profusely from the nose and from deep scalp lacerations, finally broke a window and hid in a passing cab, who he had to limp out and back home.

"The women, however, didn't understand that was all," said Dr. Smalley. "She thought I was trying to hurt the boy."

BUY DOGS TO CHASE CONVICTS
Police Hounds Are to Be Used on Sing Sing Farm to Run Down Escaping Prisoners.

New York. For the purpose of chasing convicts who escape from Sing Sing farm at Waukegan, Capt. J. A. Warner of the state constabulary has selected a number of police dogs in the Broward municipality station.

St. Charles Broadhead in charge of the state troopers, there believes the dogs will be able to scent the trail of escaping prisoners who escape from the farm, overtake and capture them. Warden Meyer has lost seven prisoners from Waukegan in the last two years.

"CALLUS CORNS" LIFT RIGHT OFF

Apply a few drops of "Freezone"—No Pain!



Don't suffer! A few bottles of Freezone contain a few cents at any drug store. Apply Freezone on the corns, calluses and hard skin on the bottom of foot, then lift them off.

When Freezone removes corns from the toes or soles from the bottom of feet, the skin beneath is left soft and healthy and never sore, tender or irritated.

British in German Graves.
Viscount Amuloh in the house of commons, was asked if the secretary for war would give an assurance that he would permit the remains of British soldiers buried in Germany to be returned to their homes for burial, should the war be terminated.

Physically Fit at Any Age
It isn't age, it's carelessness in living that puts men down and out. Keep your internal organs in good condition and you will always be physically fit.

The kidneys are the most overworked organs in the human body. When they break down under the strain and the deadly uric acid accumulates and crystallizes back into the delicate urinary channels causing inflammation and set up irritations which may cause premature degeneration and often do turn into Gandy Ben's disease.

One of the first warnings of sluggish kidney action is pain or stiffness in the small of the back, loss of appetite, indigestion or rheumatism.

"Your kidneys are getting up a fuss about the punch bowl," says Dr. Williams' Pink Pills. "At the first indication of trouble get a box of GOLD MEDAL Hamlin Oil Capsules, imported direct from the laboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money will be refunded. But be sure to get GOLD MEDAL. No other is genuine. It costs about three cents a box."

The Situation.
"Your forehead is getting up a fuss about the punch bowl," says Dr. Williams' Pink Pills. "At the first indication of trouble get a box of GOLD MEDAL Hamlin Oil Capsules, imported direct from the laboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money will be refunded. But be sure to get GOLD MEDAL. No other is genuine. It costs about three cents a box."

Unprotected.
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Why to Tell.
Young Husband, Berrie is this afternoon on my plate a chicken croquet or a croquet.

His Favorite.
She, Mrs. J. C. Fitcher, of Buffalo, N. Y. She, Mrs. J. C. Fitcher, of Buffalo, N. Y. She, Mrs. J. C. Fitcher, of Buffalo, N. Y.

"FAKE" ASPIRIN WAS TALCIUM

Therefore Insist Upon Genuine "Bayer Tablets of Aspirin"



Millions of fraudulent Aspirin Tablets were sold by a Brooklyn manufacturer which later proved to be composed entirely of Talcum Powder.

Aspirin is the trade mark of Bayer Manufacturers of Monacosteinthal, Germany.

Powder in Shoes as Well as Guns
Foot-Ease to be Added to Equipment of Hospital Corps at Fort Wayne.

Under the above heading the Detroit Free Press, among other things says: "The theory is that soldiers whose feet are in good condition can walk further and faster than soldiers who have corns and bunions festered in their shoes."

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THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy-Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless prescriptions for Bitro-Phosphate which are continually being prescribed, it is evident that this phosphate is the best source of phosphorus for the body. It is the best source of phosphorus for the body. It is the best source of phosphorus for the body.

Thinness and weakness are often due to a deficiency of phosphorus in the blood. Phosphorus is contained in modern diets, but it is often deficient. It is the best source of phosphorus for the body.

CAUTION.—Although bitro-phosphate is a natural product of nature, it is not a substitute for a balanced diet. It is the best source of phosphorus for the body.

Biliousness Caused by Acid-Stomach
If people who are bilious are treated with this medicine, they will find relief. It is the best source of phosphorus for the body.

Powder in Shoes as Well as Guns
Foot-Ease to be Added to Equipment of Hospital Corps at Fort Wayne.

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"Yes, I tried it, but I went back to Royal"

This is the experience of most women who have been tempted to try so-called cheaper baking powders which almost always contain alum and often leave a bitter taste.

Royal Baking Powder

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—Leaves No Bitter Taste