

WHO SHE WAS

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert



Lydia E. Pinkham

and investigating mind, an earnest seeker after knowledge, and above all, possessed of a wonderfully sympathetic nature.

In 1843 she married Isaac Pinkham, a builder and real estate operator, and their early married life was marked by prosperity and happiness. They had four children, three sons and a daughter.

In those good old fashioned days it was common for mothers to make their own home medicines from roots and herbs, nature's own remedies—calling in a physician only in specially urgent cases.

Mrs. Pinkham took a great interest in the study of roots and herbs, their characteristics and power over disease. She maintained that just as nature so bountifully provides in the harvest-fields and orchards vegetable foods of all kinds; so, if we but take the pains to find them in the roots and herbs of the field there are remedies expressly designed to cure the various ills and weaknesses of the body, and it was her pleasure to search these out, and prepare simple and effective medicines for her own family and friends.

Chief of these was a rare combination of the choicest medicinal roots and herbs found best adapted for the cure of the ills and weaknesses peculiar to the female sex, and Lydia E. Pinkham's friends and neighbors learned that her compound relieved and cured and it became quite popular among them.

All this so far was done freely, without money and without price as a labor of love.

But in 1873 the financial crisis struck Lynn. Its long and severity were too much for the large real estate interests in the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with

their mother, combined forces to restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkhams sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until to-day Lydia E. Pinkham and her Vegetable Compound have become household names everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.

During her long and eventful experience she was ever methodical in her work and she was always careful to preserve a record of every case that came to her attention. The case of every sick woman who applied to her for advice—careful study and the details, including symptoms, treatment and results were recorded for future reference, and to-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collaboration of information regarding the treatment of woman's ills, which for authenticity and accuracy can hardly be equalled in any library in the world.

With Lydia E. Pinkham worked her daughter-in-law, the present Mrs. Pinkham. She was carefully instructed in all her hard-earned knowledge, and for the assistance her in her vast correspondence.

To her hands naturally fell the direction of the work when its originator passed away. For nearly twenty-five years she has continued it, and nothing in the work shows when the first Lydia E. Pinkham dropped her pen, and the present Mrs. Pinkham, now the mother of a large family, took it up. With women assistants, some as capable as herself, the present Mrs. Pinkham continues this great work, and probably from the office of no other person have so many women been advised how to regain health. Sick women, this advice is "Yours for Health" freely given if you only write to ask for it.

Such is the history of Lydia E. Pinkham's Vegetable Compound: made from simple roots and herbs; the one great medicine for women's ailments, and the fitting monument to the noble woman whose name it bears.

County Correspondence

FENELON FALLS

Mrs. Geo. Rutherford, of Rosseau, Muskoka, is visiting friends in town.

Messrs R. A. Robinson, and Jos. McFarland went to Toronto last Thursday on the Board of Trade excursion from Lindsay.

Mrs. F. Hare and two children of Quincy Ill., is visiting her parents, Dr. and Mrs. A. Wilson. She came to the Falls from Whitby where she had been the guest of her father-in-law, Dr. Hare, principal of the O. L. College.

Mr. W. Bishop returned to the Falls last week from Manitoba and has resumed his old position in the B. N. A. bank.

Mr. W. H. Morden of the B. N. A. bank staff left on Monday for his vacation.

Miss Cain of Haliburton has been the guest of Mrs. J. L. Arnold for the past two weeks.

Miss F. C. Brandon took part in the Presbyterian concert at Glenora on Monday evening.

Mr. Bert Townley went north on a business trip on Monday.

Mr. Wm. McKendry was visiting friends in Sunderland last week.

Miss Pearl Knox returned home last week from attending the millinery openings in Toronto.

Miss F. Bellingham left for Kinmount last Wednesday.

Miss E. Washburn is attending the millinery openings in Toronto.

town visiting his parents last week.

W. H. Stevens, B.A., school Inspector, paid his semi-annual visit to the public schools here last week.

Mrs. A. Montzambert, Miss H. Ross and Mr. Johnston, of Linoway, came up last Friday to attend the piano recital in Dickson's Hall. They with the five ladies taking part in the program were guests at "Hotel Kawartha" during their stay.

The annual meeting of the Liberal Conservative Association of East Victoria was held in Dickson's Hall last Friday afternoon, when there was a good attendance of the true and faithful.

The regular prayer meeting of St. Andrew's church (Thursday) evening, will be in charge of the Young People's Society. The topic, "What are we living?" is a particularly interesting one and a full attendance is requested.

Mr. Sam McKendry spent a few days at the Falls last week on his return from Cobalt. On the home trip he spent a week with his brothers Arch, and Ed. in Toronto, whom he reports well and is doing splendidly. He thinks the Cobalt is "all right" and may go out there later, but in the meantime he has resumed his position in Mr. L. Campbell's grocery, Lindsay.

A hockey team from this village composed of a few of the good players and the balance taken from the juniors went to Lindsay last Friday and were defeated with a score of 11-2. The result is decidedly lamentable, but not surprising, as the boys who supplied for the seniors were not in practice, and could work no combination, while the "Midgets" are in good form and are a live team. The return game is being played here this week, but the result could not be obtained in time for publication.

Mr. Alf. Northey has sold his bakery and grocery business to Mr. W.

A. Feir, who will take possession in the near future. Mr. Feir is well known in the village and should make a success of the venture. Mr. Northey is also well known and it is to be hoped that he will not, as is reported, go to Cobalt.

The piano recital, given in Dickson's Hall last Friday evening was one of the best musical entertainments ever held in this village, and was a treat rarely enjoyed in a place of this size. Each of the seven performers was an artist, and each of the eighteen numbers composing the program, was most artistically rendered. Mr. H. C. Hamilton, of Lindsay, gave six instrumental numbers in perfect style. Mr. Hamilton is a finished musician and his touch is perhaps one of his greatest charms, though his technique and general execution are also very good. His playing was well received, being a favorite with the audience from his first appearance. Miss Hall of Deseronto, gave four eulogatory selections which were also well received. She is a graduate of the Whitty O.L.C. and possesses a clear, flexible voice which she uses to good advantage. Her selections were good and pleasing but she scored her greatest success in her third number, "The Defeat of the Highland Brigade," when the audience demanded an encore. Mrs. (Dr.) Walters gave two vocal selections in fine voice. She possesses a high, carefully-trained soprano voice and a good command of the piano, and was well received. Miss Sylvester also gave two vocal numbers in soprano, which were very pleasing to her audience. Her voice is particularly sweet and her enunciation very distinct. Miss Ross was well received in her beautifully rendered instrumental, as was likewise Mrs. Croga, who presented the most brilliant performer. Mr. W. H. Morden, the Fenelon Falls favorite, gave two vocal solos in his usual manner and in the opinion of many he never sang better. This might have been in a degree owing to the beautiful rendering of the accompaniments by Mr. Hamilton, but for whatever cause he certainly showed his magnificent voice to splendid advantage, and as usual the audience were most enthusiastic. The recital was in every respect first-class, and to much credit cannot be given to Mr. Morden, who got it up, for bringing this class of entertainment to the village and giving the public such a treat for a small admittance fee. That his efforts were appreciated was shown by the fact that the hall was crowded, and that despite the large expense to which he went he cleared \$30 for the organ fund. Another proof of the appreciation of his efforts was the vote of the banks tendered to him for their splendid entertainment. This vote was given by Mr. Jas. Dickson, and seconded by Mr. Findly McDougall and carried with one accord and loud clapping, three cheers, and most rousing cheers, led by Mr. Dickson were then given Mr. Morden and they were well deserved, as he spared neither time or trouble to give the public a treat and the organ fund some assistance.

The ladies assisting in the piano recital last Friday evening were: Mrs. R. A. Robinson and by Mr. Morden in his rooms over the bank at the close of the recital.

On Thursday morning March 1st, about forty of the friends and neighbors of Mr. and Mrs. Peter McNevean, met at his home to give them an old-fashioned surprise party. An address was read by Mr. A. Hore after which Mrs. McNevean presented with a Rattler, rocker and Mr. McNevean with a Morris chair. The presentations were made by Mrs. James McNevean and Mr. Jas. Pearn. Mr. McNevean made a short but effective reply after which all joined in singing "He's a jolly good fellow," to the accompaniment of several violins. The evening was a most pleasant one and Mr. McNevean leaves on March 6th with a car load of farm equipments for Saskatchewan where he intends to commence farming, having purchased a farm in that district. Mrs. McNevean leaves some days later.

Remember the bazaar and concert Feb. 9 under the auspices of the Ladies' Orange Benevolent Association and the Royal Orange Lodge No. 11. A good program is being prepared.

Miss L. Irwin, of Tory Hill, spent Saturday in town the guest of Mrs. Robinson.

Rev. Mr. Fulcher returned Saturday to resume his work here.

Miss Lizzie Johnston, of Essonville and Miss G. Blakley, of Tory Hill spent Wednesday and Thursday the guests of Mrs. Harry Reid.

Miss A. Dixon, of Bancroft is visiting at Mrs. Hunter's.

What's the matter with the Post correspondent. Can't they let him alone. Never mind, Harry. They will get tired after a while.

We hear that one of our worthy merchants is thinking of taking a partner into business. Every success Bob.

Mr. Cook, representing W. J. Crothers & Co., Kingston called on our merchants here on Saturday and Monday.

Mr. Thos. Robinson has returned from his trip to Peterboro.

Mr. Robt. Hancock, of Irontdale called on friends in town Monday.

KINNOENT

Alma, aged 2 years, daughter of Geo. Detman, died on Friday last after a painful illness of about a week. She had been ill with scarlet fever and died of complications and an abscess formed in the head. Much sympathy is felt for Mr. and Mrs. Detman in their loss. The funeral took place on Saturday evening.

Mr. J. Mortimer, reeve of Anson, was here Thursday night last en route to the Conservative meeting at Fenelon Falls on Friday. Amongst those from the north your correspondent noticed J. H. Delamere, Geo. Hewitt, J. R. Erskine, Geo. Beausier, P. R. Ivers, J. M. Pickens, W. P. Robinson and R. H. Baker.

Mr. V. Soward and his sisters, Mrs. Geo. Lancaster and Mrs. H. Hopkins took in the Board of Trade excursion to Toronto on Thursday last, returning on Friday.

Mr. A. Burns has returned from the Temiscaming district. Mr. Robt. Burns is able to be around again after his recent illness with diptheria.

MOUNT HOREB

Mrs. W. J. Skuce who has been ill for some time is improving slowly. She was moved to her home in Peterboro last week.

Mrs. Wm. Lytle of Roland, Man., is spending the winter with her mother.

Mrs. Wm. Jackson has been ill for a couple of weeks but is getting better.

Miss Emily Falls of Cadmus spent a few days with her aunt, Mrs. Jackson.

Mr. R. J. Walter, of Peterboro paid a flying visit to Horeb friends.

Mr. and Mrs. Melville Coulter, of Head Lake, visited Horeb friends last week.

Misses Vida and Rilla Coptler spent a week with Peterboro friends.

Joy has entered the home of Mr. W. H. Skuce. A young son.

EAST OAKWOOD

On Wednesday evening last about 35 guests and friends spent an enjoyable evening at the home of Mr. J. Copeland, East Oakwood, in honor of their guest, Mrs. James Ringland and little daughter Hazel, of Killarney, Man., and all went home quite pleased, in the early hours of the morning.

LINDEN VALLEY

On Wednesday evening, Feb. 26th, about seventy guests assembled at the home of Mr. Wm. Cruess. The occasion was in honor of Mr. and Mrs. Lapp, who are about taking their departure for the northwest. After spending some time in social amusements and partaking of a generous luncheon provided by the ladies the guests assembled in the spacious hall where a well-filled purse was presented to Mr. and Mrs. Lapp by Mr. R. N. Dale, while Mr. E. Rogers read an address which expressed general regret at the departure of Mr. and Mrs. Lapp and wishing them good fortune in their new sphere. The responses were ably given by Mr. Lapp, who after expressions of thanks said their loss was greater than that of the friends whom they were leaving. A few short speeches followed after which the guests dispersed to their various homes, but long will they remember with gratitude the hospitality of the kind host and hostess.

OAKWOOD

On Thursday morning, Feb. 28th, fire broke out in the residence of E. Woods, harnessmaker. His house and shop were burned to the ground. Through the efforts of men women and children and the valuable assistance rendered by the use of the Oakwood fire engine, the adjacent houses were saved. Mr. Wood is a heavy loser as the insurance is a mere pittance compared with the value of the property, and in ashes. We have some young men here who would make a good fire brigade.

A series of several meetings are being held in the churches just now. Is it in the best interests of public morals that dances should be held at the doors of the churches? If so, it is a good opportunity for those who care to take advantage of it to attend both in the same evening, without unnecessary travelling.

OMEMEE

Mr. McIvor has purchased a fine farm of 150 acres within four miles of Peterboro, on which there is a large, solid brick house, and excellent out-buildings—second to none in the township of Smith.

Mr. McIvor and family moved to their new home on Feb. 28th. They will be greatly missed by their many friends in this community. A few evenings before their departure a merry crowd of about 75 assembled to bid them farewell. A very enjoyable evening was spent in amusements of various kinds, followed by a sumptuous repast. Mr. and Mrs. McIvor were on their way to Peterboro when an address was read by Councillor S. Coulter, in which general regret was expressed at the removal of the family, and the presentation of a parlor suite was made.

Mr. McIvor, though greatly surprised, made a very feeling and suitable reply, expressing his regret at leaving his many kind neighbors and associates in Ops, but hoped as the distance was not great they would find their way down to their new home where they would always be made welcome by himself and family. After "good-byes" were said the party dispersed, all having had a pleasant time.

HALIBURTON

Mr. Wm. Laking sustained a serious loss Saturday of last week by the drowning of his best team in Mud Lake. His teams were drawing tank bark to the village and all had got safely over except the last team when it was within a rod of landing when the ice gave way and the horses fell in the lake, and the weight of the sleighs under the ice. Mr. John Laking who heard the shouting of the teamster imagined something was wrong and sent one of the other teams back, but it was too late as the horses were dead. A number of men with teams were called to the place on Sunday and managed to get the horses over a 1000 ft. one being a fine heavy stallion and a splendid horse for drawing, and the other a brood mare in foal.

HOGAN'S ISLAND

Mr. Fred McKay has purchased a farm from Geo. O'Neil, of Emily. Mr. John Jackson is home from Toronto General Hospital much improved in health.

Last Monday evening a few of the neighbors gathered at the home of Mr. and Mrs. Thomas Henry and presented them with two "phoistered" arm chairs, accompanied by an address expressing regret at their departure and wishing them every success in their new home. The reply, although taken completely by surprise made a neat reply in which he thanked them for their kindness. Cards and dancing then took up the time until 12 o'clock, when an elegant oyster supper was served, after which all left for home, singing "For He's a jolly good fellow."

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. Get W. D. BROWN'S signature is on each box, 25c.—5-52.



FEEDING FOR EGGS

The above article at this season is of double value and interest. First, because a liberal supply of eggs for the incubator from strong, healthy stock is essential to best results. Second, how to get eggs of this kind during January, February and March is an interesting and timely subject.

Feeding for eggs in the winter is a somewhat difficult task in order to be successful. In the first place you must start right. If you want the eggs for market or for table use, keep the early hatched pullets. If they are hatched early in the spring and have good range with good feed through the summer, they will enter the winter in first-class condition which is half the battle. If they have matured and get started to laying in the fall and then fed right, they will continue to lay most of the winter. The breed has something to do with it, of course; some kinds mature much earlier and commence to lay much sooner than others. It is by no means a fact that Leghorns are the best winter layers. Some have the best success with one kind and some another. It is probably as much in the man as in the fowl.

Be sure to have good vigorous stock. Much of the thoroughbred or fancy stock is so much inbred, in order to produce certain markings or shapes, that they have lost their vigor and vitality. When you get stock to raise or market poultry, get strong, healthy, vigorous birds, and if the markings are a little off it will not make much difference. When you commence to house your laying hens in the fall, see to it that there are blast will strike your fowls when on the roost. One of the most successful men in this line I ever knew made a practice of dividing his roosts into small compartments holding about two dozen fowls; he had a heavy curtain which he could let down around each lot after they had gone to roost. This kept them warm all night no matter how cold it was. He got eggs all winter and never had a bit of heat of any kind in his hen house. Frosted combs and eggs do not come together.

Allow the hens to have plenty of exercise room. Whenever the weather permits let them have free range, and when the weather is bad see that they have to work and scratch for a part of their food, an exercise room with plenty of chaff on the floor is a grand good thing. If grain is scattered in this they will work all day. A lazy hen never was a good layer.

Provide a good dust bath. One of the best I know of is made of road dust, perfectly dry, fill a box partly full of this and place in the hen house, so it will be in the sun about noon; sprinkle a little sulphur and add a whole box of some good lice powder to it; the hens will appreciate it, and will keep themselves free from lice to a great extent.

Keep grit at hand. Oyster shells so they can get what they want at any time, give fresh water, and if the weather is very cold it will pay to warm it; nothing is too good for a flock of hens that is making you money. Now as to feed, a hen lays best in the spring and summer part, best in the fall and winter part, best because she can get what she wants to eat. If you can supply the food and exercise in the winter that the hen gets in the spring and summer you will have the problem mostly solved. In feeding for eggs no fast or set rules can be given. Some men have success in feeding one way and some have success in feeding by an entirely different plan. But as I said before the main object is to supply what they need, that is, food produce and grow eggs and keep up the strength and vitality of the hen. My favorite breeding method is about as follows: A good bran and shorts mash cooked with potatoes, carrots, turnips, beets or vegetables of some kind, scatter small grain in the litter for them to scratch after; noon feed oats, millet, etc., scattered in the litter; night feed I give corn and wheat, and give about all they will eat up clean. Each day about noon I give about one ounce to each hen of green cut table scraps, etc. I vary this with bone or fresh meat. And sometimes cook a large fresh soup bone and stir this in the morning mash; mix in enough of feed sloppy food; stir in enough bran or shorts to make it crumbly, vary the diet, give plenty of food of green food, give plenty of fresh some kind, keep shell so they can get water, grit and warm house with no draft or air on the roosts, and if your hens don't lay it is some fault besides the feeding. It is not necessary to have a male with the hens to get market eggs.

The right time to begin plans for a flock of winter layers is before they are hatched. Someone has said they are truly that "the time to beget the education of a child is 50 years before it is born." The same thing can be said in this case. Get table scraps, etc. I vary this with bone or fresh meat. And sometimes cook a large fresh soup bone and stir this in the morning mash; mix in enough of feed sloppy food; stir in enough bran or shorts to make it crumbly, vary the diet, give plenty of food of green food, give plenty of fresh some kind, keep shell so they can get water, grit and warm house with no draft or air on the roosts, and if your hens don't lay it is some fault besides the feeding. It is not necessary to have a male with the hens to get market eggs.

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