

# Too Many Operations

The Right Medicine in Many Cases Does Better than the Surgeon's Knife. Tribute to Lydia E. Pinkham's Vegetable Compound.

Doctor Said Operation or Death—But Medicine Cured.

Des Moines, Iowa.—"My husband says I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound. I suffered from a serious female trouble and the doctors said I could not live one year without an operation. My husband objected to the operation and had me try Lydia E. Pinkham's Vegetable Compound. I soon commenced to get better and am now well and able to do my own housework. I can recommend Lydia E. Pinkham's Vegetable Compound to any woman as a wonderful health restorer."—Mrs. BLANCH JEFFERSON, 708 Lyon St., Des Moines, Iowa.

Another Operation Avoided.

Richmond, Ind.—"For two years I was so sick and weak from female troubles that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, do all kinds of garden work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound."—Mrs. M. O. JOHNSON, Route D, Box 190, Richmond, Ind.

Of course there are many serious cases that only a surgical operation will relieve. We freely acknowledge this, but the above letters, and many others like them, amply prove that many operations are recommended when medicine in many cases is all that is needed.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

## Carter's Little Liver Pills

You Cannot be Constipated and Happy



A Remedy That Makes Life Worth Living

ABSENCE of iron in the Blood is the reason for many colorless faces but CARTER'S IRON PILLS will greatly help most pale-faced people

### AN ANCIENT JAPANESE ART

Embroidery Made in Flowery Kingdom for Centuries Before Country Was Opened to World.

Japanese embroidery, now so popular in this country, is one of the oldest arts of the mikado's people. For centuries before the country was opened to foreign intercourse, heavily embroidered silk kimonos, screens, and other articles were made by professional embroiderers—artists, principally in Kyoto. This same profession continues today, having been handed down from father to son for many generations. For this reason the center of the country's art-embroidery industry is at Kyoto, although cheaper embroideries, principally for export, are produced in large quantities in other parts of the Kobo district.

The majority of the workers in Kyoto are men, who produce the finer grades of embroidery. It is essentially a household industry, and is usually conducted in small shops, where from three to ten apprentices and skilled embroiderers are employed. The men received from 40 to 75 cents gold per day. The women, however, are able to earn from 15 to 50 cents gold per day, depending upon their ability and diligence.

The manufacture of hand-made lace is a comparatively new industry in Japan, as lace was not used by the Japanese before the advent of foreigners. The industry is still in its infancy, and the output is small.

### Why He Subscribed.

A collector of subscriptions for the brass band fund once came across a farmer who was noted for his meanness. To his surprise the farmer at once consented to subscribe fully as large a sum as any he had yet received.

"Mr. Hardist," he said, addressing the farmer, "you are surely very fond of music to give so much."

"Oh, yes," said the farmer, "they're grand for scaring the crows from my 'tates when they're practicin' an' I'm grateful."

A reflector concentrates the heat at the top of a new electric cook stove.

**21 THOUSANDS UPON THOUSANDS OF HEALTHY BOYS & GIRLS EAT Grape-Nuts AND CREAM EVERY MORNING BECAUSE WISE MOTHERS KNOW "There's a Reason"**

## Waste of Mothers' Lives and Health Altogether Unnecessary

Prepared by Children's Bureau, U. S. Department of Labor

More women fifteen to forty-five years of age die from conditions connected with childbirth than from any disease except tuberculosis. Some 15,000 mothers' lives are sacrificed yearly to ignorance and improper care. In connection with Baby Week, the Children's Bureau calls special attention to these facts, for three reasons:

1. The life and health of the mother are essential to the health and well-being of her children.

2. The majority of these mothers' lives could be saved.

3. The number of deaths among mothers is merely a rough index of unmeasured preventable illness and suffering.

Just how adequate care for mothers is to be assured depends, of course, on local conditions, but Dr. Grace L. Melges of the federal Children's Bureau, whose special report on Mat-

ernal Mortality was published recently, believes that the first essential everywhere is a better understanding of what mothers need.

Few women seem to realize, for example, that a mother needs special care before the baby comes. And yet the principles of personal hygiene which have been worked out by modern science are of the utmost importance in preventing complications for the mother and illness or weakness for her baby. Further, the expectant mother should be under the supervision of a physician, and she should have certain periodic examinations by which any symptoms of complications may be discovered and treated while they are still controllable.

And the mother needs skilled attendance when her baby is born. Doctor Melges emphasizes the fact that a difficult maternity case is one of the gravest surgical emergencies and re-



Baby's Bottles Ready to Go Put Away on Ice.

quires special skill and training. Many people do not seem to understand that in any case complications may arise which can be met safely by prompt and skillful scientific care, but which at the hands of an unskilled attendant will cost the life of mother or child or both.

Doctor Melges admits the difficulties of making accessible to every mother in the United States these essentials of maternity care, but she says: "When women and their husbands are convinced of the need of such care, and when women demand it, physicians will furnish it; medical colleges will provide better training for physicians; and communities, rural and urban, will see to it that mothers are properly protected."

The difficulties are perhaps greatest in rural districts. The Children's Bureau has had letters from mothers who are 15, 25, 30 and even 65 miles from a physician, and for whom any trained nursing has been utterly impossible. Other countries have been at work on this same problem, notably New Zealand and Canada. From their experience and from the experience of those American cities in which special maternity work is being developed, Doctor Melges has drawn up the following suggestions for a unit of service to meet the needs of mothers in rural districts:

The unit would provide a center for a rural nursing service with visiting nurses especially trained to recognize dangerous symptoms in expectant mothers. At such a center mothers would be able to obtain information as to the proper care of themselves and of their babies. If a suitable general hospital is too remote for use, the center hospital for difficult maternity cases and for the care of normal cases when it is convenient for the mother to leave her home for confinement. In general, skilled attendance should be obtainable by every woman in the county.

Little has been done as yet to show mothers that much of the waste of mothers' lives and health is unnecessary. Even less has been undertaken by communities to provide protection for motherhood. Many communities which have studied their typhoid and tuberculosis death rates and have undertaken costly measures to reduce them have been heedless of the death rates among mothers. It is not strange, therefore, that since 1900 the typhoid rate for the country as a whole has been cut in half, and the rate from tuberculosis has been markedly reduced, while the death rate from maternal causes has shown no demonstrable decrease. But maternal deaths are largely preventable, and Baby Week should mark the beginning of definite work for their prevention.

Doctor Melges' report on Maternal Mortality may be had free upon request, from the Children's Bureau, Washington, D. C.

## Proper Furniture for the Children

Prepared by Children's Bureau, U. S. Department of Labor

Too many homes, even those where there is no lack of means for the necessary margin of choice, are furnished without apparent regard for the needs or rights of children, and in these it is hardly possible for a child to find a place to play or use his own things without having to be continually warned against breaking or harming something. It is plainly not just to any child to surround him with furnishings designed entirely to accommodate grown-up people and ask him to respect them, unless there is somewhere a place in which he has equal rights, and where the grown-ups must pay equal respect to his possessions. For this reason there should always be some room, or at least a corner of the family living room, where the children may keep their own things and use them in equanimity.

The ideal rooms for children contain only such furniture as they need for comfort or convenience, and this will be simple and easily kept clean. Washable painted walls, large hardwood or painted floors, simple curtains and painted furniture are suitable. If wall paper is used it should be inexpensive, so that it can be frequently renewed. All the moldings, door panels, window and door screens should be made with plain painted surfaces so that they can be readily cleaned.

Only the lightest curtains should be used, and they should not cover the windows, save when necessary to shut out the hot sun. The chairs, tables, beds, shelves, bookcases and all other necessary articles of furniture should be small and low, so that the children may find them comfortable and convenient. The continual effort to use tables and chairs which are too high to get things that are out of reach, and to be under the necessity of trying to adapt the strength and skill of children to the furniture of grown persons results in no little irritation. The washbasin in the bathroom is usually too high for a child to use without getting his sleeves and the front of his clothing wet. A stool or hassock, or even a low box on which he may stand, will save much trouble. After the baby's high chair has been discarded the child should be provided with a dining chair which is high enough to bring his elbows about on a level with the top of the table, and he should have a stool or a footstool. An ordinary kitchen table or common sewing table with the legs sawed off about half way will afford untold comfort to the children at their work or play. It should be painted white and should rest firmly on the floor. Low chairs should also be provided. These may be pine kitchen chairs with the legs sawed off. Added to this, there should be some shelves with drawers where work and playthings can be kept within easy reach. Such an equipment, as this, in a sunny, cheerful room, with plenty of fresh air, and warmed in winter to 68 degrees, will provide an amount of happiness to the child quite out of all proportion to the cost.

Happy hearts and happy faces. Happy play in grassy places. That is how in ancient ages Children grow to knees and napes.

—Robert Louis Stevenson.

## Something Wrong with Child Who Does Not Come Up to Standard

Prepared by Children's Bureau, U. S. Department of Labor

The average weight of girl babies at birth is slightly more than 7 pounds and that of boys 7½ pounds. The average baby will weigh twice as much at the fifth or sixth month as at birth, and three times as much at the end of the first year. At eighteen months girls will weigh about 23 pounds and boys 24; at two years boys will weigh 27 pounds and girls 26 pounds. The increase in weight thereafter will be slower. The normal gain of a healthy child, according to Doctor Holt, is about 16 pounds during the second year, about 5 during the third, and about 4 the fourth, girls remaining about 1 pound lighter than boys all the way along.

A baby begins to laugh aloud at some time between the third and fifth months; he begins to reach for his toys from the fifth to the seventh month; and at the seventh or eighth month he is usually able to sit alone and hold up his body. At the end of the first year he will stand up by chairs, and by about the sixteenth month he can usually walk alone.

At the end of the first year the baby will be saying a number of words, and at the end of the second year the average child is putting them together in short sentences. If a child is making no attempt to talk at this time it may be that something is wrong.

One of the best of ailments for mothers is "Keep the Baby Well."

Has Old Bill Against Boston. A claim against the city of Boston for \$5,000, with compound interest at 6½ per cent from July 3, 1789, has been received by Mayor Curley of Boston from Thomas Dawes of Watford, England, who professed to hold a note for that amount issued by David Jeffries, town treasurer of Boston, to John Bradford, who contributed money to pay off a war loan.

Unique Church Society. Trinity Presbyterian church of Philadelphia is fostering a unique society which had its beginning five years ago and for some time failed to attract much notice, but is now attracting local popularity. It is composed of members and is called the Yearly Beneficial Society. It automatically dissolves every twelfth month and divides its funds among its members, except for a permanent fund from which sick and disability benefits are paid. Monthly dues are 50 cents, 5 cents going to the permanent fund.

### JAPAN VERY BADLY OVERWHELMED

Migration Not a Mere Convenience, as With European Nations, but an Immediate Necessity.

The area of the United States is nearly twenty-five times that of Japan, but the population of Japan is almost six-tenths that of the United States. Within an area smaller than California, Japan has a population of 22 times greater density. To every square mile of the Flowery Kingdom there is a population of 370 souls—almost five times that of China. And the inhabitants of Japan are increasing at the rate of 850,000 a year. Such are some of the facts, substantiated by works of reference as authoritative as the Encyclopedia Britannica.

Before the present war the problem of congested population in Europe found solution either in emigration or in colonization overseas; after the war the problem will be less acute. America opened its doors to Europe—and besides this outlet, all the great European powers had colonies in other hemispheres.

But whereas with European nations, emigration was a convenience, with Japan it is a growing and immediate necessity. In all Pan-America, with the exception of Mexico, Asia has opened its doors to Japanese emigration. In northern China there are large tracts of land not so thickly populated, but the European world holds jealous interests in this area.

### NATURE HAS STRANGE LAWS

Experiments With Tiny Animals and Insects Reveal Interesting Data on Color Inheritance.

Fruit flies, mice, guinea pigs, rats, chickens, pigeons, fish and other small animals now teach many facts about nature's laws to students of experimental breeding. Knowledge of heredity today is largely based on study of inheritance of color, and many interesting experiments with tiny animals and insects are being carried on at the University of Wisconsin.

Small animals are studied in this research to shorten the time of experiment. More generations of guinea pigs or mice can be studied in a year than could be studied in a decade if the subjects were cattle. If a pair of fruit flies are stopped in a bottle, 14 days later hundreds will be swarming inside. And, as some have white eyes and some have red, much may be learned from them about color inheritance.

The direct relation of color to inheritance is shown by the fact that if a red-eyed male fly and a white-eyed female be mated, the sons will have white eyes and the daughters will have red eyes. On the other hand, if a white-eyed male and a red-eyed female be mated, all offspring will have red eyes. This is the same principle on which color blindness is inherited in mankind. Similar experiments with mice of various colors teach other facts of color inheritance.

### World's Gold Production.

The world's production of gold, from 1492 to 1917, is estimated at \$16,000,000,000, while the production in the United States was \$3,025,000,000, or about 23 per cent of the world's production in that period, according to a compilation of the foreign trade department of the National City bank. The \$16,000,000,000 worth of gold is not to be taken as a measure of the quantity of gold now available for currency purposes. The world's consumption alone now exceeds \$175,000,000 a year, to say nothing of the loss by abrasion and the amount hoarded. As a result, the world's present stock of gold money is about \$2,500,000,000, or but little more than one-half of the actual value of gold known to have been produced since the discovery of America.

### Derivation of "Germany."

"German" and "Germany" come from the Latin Germanicus and Germania, which were the Roman names for the Germans and their country. The words are supposed to be from a Celtic root which some say meant "shooters" and others say meant "neighbors." The Germans call themselves "Deutsch," which is from the same root as "Dutch" and "Teuton." The root meant "of the people" or "belonging to the people," and may have been the result of an effort to put into barbarian tongue the Greek word ethnikos, meaning the same thing, "of the people" or "racial." The relation between "Deutsch" and "Teuton" is more easily seen when we consider that "Deutsch" used to be spelled "Teutsch."

### Troubles Were His Own.

One day after shoveling the snow from the sidewalk for two hours little Patsy, who lived right next door to Kerrigan, began to cry. "What's the trouble, my little man?" said Kerrigan. "A bad tramp come along and stole the snow shovel from the boy next door." "Well, my lad, it's a very nice thing to be sympathetic," said Kerrigan, "but you mustn't worry so over other people's affairs." "It isn't that," said the boy. "I'm crying because he didn't steal my shovel, too."

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**Mothers' Guide Always Bears the Signature of Doan's for Over Thirty Years CASTOR OIL**

**INFLUENZA**  
Get that Pink Eye, Stomach Ache, and all diseases of the throat, nose, and chest cured by using Spohn's Disinfectant Compound. It is a sure cure for all ailments caused by influenza. Most skillful scientific compound ever prepared by manufacturer. SPORN MEDICAL CO.

**BOSCHEE'S GERMAN SYRUP**  
The Man Hires Up.  
"Hello, hello, is this the fire department?"  
"No, madam," answered the manager of an employment agency, whose phone bell had been rung by mistake. "This is the hire department."

**One Too Many.**  
Mr. Bruce Barton, editor of "The Week," was describing the introduction of a friend of his who was making his first public speech.  
When he got up to speak the crowd seemed to him like the crowd he had seen at a trial on his own account. He came home early one morning to find a banquet where there had been a quantity of some unknown beverage.  
The wife, who found her husband being realized, placed two chairs on each other, sat down in the middle of the stare, took a look at the lazier one with a cold, and said: "I'll tell you all about it, but he hiccupped, but that woman and other chair looks so much like a can't tell which is which."

**Getting Old Too Fast?**  
Late in life the body shows signs of wear and often the kidneys are first to fail. The back is lame, head and neck ache, and the kidneys aching. Don't wait for a doctor's prescription. Use a mild kidney stimulant. Doan's Kidney Pills. Thousands of men and women have recovered their health from kidney ailments.

**An Illinois Case.**  
Mrs. Y. A. Boyd, 78 years old, writes:  
"I have had a very bad case of kidney trouble for many years. When I was 60 I was laid up with a kidney ailment and a doctor told me I was never to get up. I tried many doctors and medicines, but didn't get better until I used Doan's Kidney Pills. They removed the pain and made me feel like a new woman. My kidneys are normal now."

**Canada Offers 160 Acres Free to Farm Hands**  
Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give **ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD** and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. This special concession is the reduction of one year in the three complete duties. Two years' residence instead of three as heretofore, but only to men working on the farms for at least six months in the year. This appeal for farm help is in no way connected with military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages and time. Canadian Government will pay all fare over one mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

**Cancer**  
Of course it is absent-mindedness when you forget, but it's gross neglect when your wife forgets.

**After the Movie Is for Three Days.**  
The largest settlement in Greenland has a population of less than 800.  
Doan's Kidney Pills