

# THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

## Old False Teeth Bought

Broken or in any condition. We pay up to \$2.00 a set, according to quality. Mail at once and get our offer. If unsatisfactory, will return teeth.

Domestic Supply Co., Binghamton, N. Y.

## The Same Trespass.

A farmer, going over his land, caught an Irishman with his dog trespassing in a field, and threatened him with prosecution.

Returning, however, through the same field an hour later he was surprised to meet the Irishman in another part of it, and exclaimed angrily:

"What! Trespassing again?"

"No, no," answered Pat, "it's still the same trespass. Fair play, sorr!"

## DANDRUFF AND ITCHING

Disappear With Use of Cuticura Soap and Ointment—Trial Free.

The first thing in restoring dry, falling hair is to get rid of dandruff and itching. Rub Cuticura Ointment into scalp, next morning shampoo with Cuticura Soap and hot water. Prevent skin and scalp troubles by making Cuticura your everyday toilet preparation.

Free sample each by mail with Book. Address postpaid, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

## The Rehearsal of a Babel.

That Parliament of Babel, the rehearsal, now staged in playing an obscure part in the Austro-Hungarian peace hunt, is permitted to express its emotions in eight official languages—symbolic of the age of tongues raging in the empire itself. In the great vocal chorus the Slavonian may be said to have struck the strident top note, for the very word he has coined for himself expresses the belief that no man is a talker except himself. "Slovak," in Old Slavonian, meant "to speak," and as the Slav understood no other speech, the others were naturally the dumb dogs.—London Daily Chronicle.

## War Spirit Contagious.

Sir Herbert Herbinson Tree was more than once placed in a perplexing position by the loss of members of his cast during his tour throughout Canada and the United States. No less than ten members enlisted, including two ladies for service in war hospitals. One humorous incident occurred after the engagement of a "deputy" in the United States. She was not very much interested in the war prior to her appointment, but the talk behind the scenes among the company here so frequently on the loss of relatives at the front that she felt one night impelled to volunteer as a nurse, was eventually accepted, and her place had to be filled.

Many a man who thinks he is ready money resembles a dollar minus 20 cents.

## The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

# Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

# Horticultural Points

## FIGHT WOOLLY APHIS PEST

Young Trees Are Particularly Susceptible to Injury—Kerosene Emulsion Is Best Remedy.

The woolly aphis is worse in some parts of the country than in others. It attacks both the branches and the roots, and either dwarfs or destroys the tree. Young trees in nursery or orchard are particularly susceptible to injury. Kerosene emulsion is the best remedy so far offered.

Take one-half pound of laundry soap, two gallons of kerosene and one gallon of water. Dissolve the soap in the full amount of water, and when this solution is boiling hot, remove from the fire and add the kerosene. Stir the mixture violently by driving it through a force pump back into the vessel until it becomes a creamy mass that will not separate. This requires from five to ten minutes.

This stock solution is diluted with nine parts of water for spraying. When the aphis attacks the roots, the earth should be scraped away to a depth of several inches around the tree, and kerosene emulsion used liberally diluted with 12 parts of water. Another excellent remedy for the root form is tobacco. Spread the stems thick over the roots and cover with earth.

## PICK FRUIT FROM TALL TREE

Illinois Man Uses Long Cutter-Pole With Set of Knife Blades Arranged Near Top.

Instead of wasting time in climbing trees to pick fruit, George J. Falkin of San Jose, Ill., gathers his fruit while standing on the ground. He simply uses a long cutter-pole having a metal cup mounted on its end. A set of knife blades are arranged near the top of the cup. The pole is brought up to the fruit in the tree until the fruit is



Fruit Picker.

well inside the cup. A string is then pulled. This causes the sharp cutting blades to sever the stem of the fruit. The fruit falls into the cup, the bottom of which opens out under the weight of the fruit and allows it to drop down a through an opening and into a long cloth sleeve. When the sleeve is filled up, the fruit is dumped into a pail or basket. By this method there is no danger of bursting choice fruit and thus decreasing its market value and keeping quality.—Popular Science Monthly.

## CLEAR WEATHER FOR FRUITS

If Conditions Are Right Bees Are Active and Cross-Pollination Proceeds Rapidly.

It is a well-known fact among the best fruit growers that the weather conditions during fruit bloom has much to do with the setting of the fruit. If the weather is clear and warm at blooming time the bees are active and cross-pollination proceeds rapidly, while if the weather conditions are wet, cloudy and cold the insects are not active and usually a poor set of fruit is secured. Strong cold winds may often prevent the bees from cross-pollinating one side of the apple trees and this may account for the set of fruit on only one side of the trees.

## BRACE IN CHERRY BRANCHES

Before Picking Set Ladders Straight as Possible and Place Gas Pipe for Rest.

Branches of old cherry trees are very brittle and break easily if a little extra load is put upon them. Before setting the picking ladders lash the larger branches together with ropes. Set the ladders as straight as possible and place a piece of gas pipe between two or more branches for the ladder to rest against.

## Year Is Wasted.

A year wasted in the life of a fruit tree is gone forever. No amount of later care can make up for neglect or delay in setting trees.

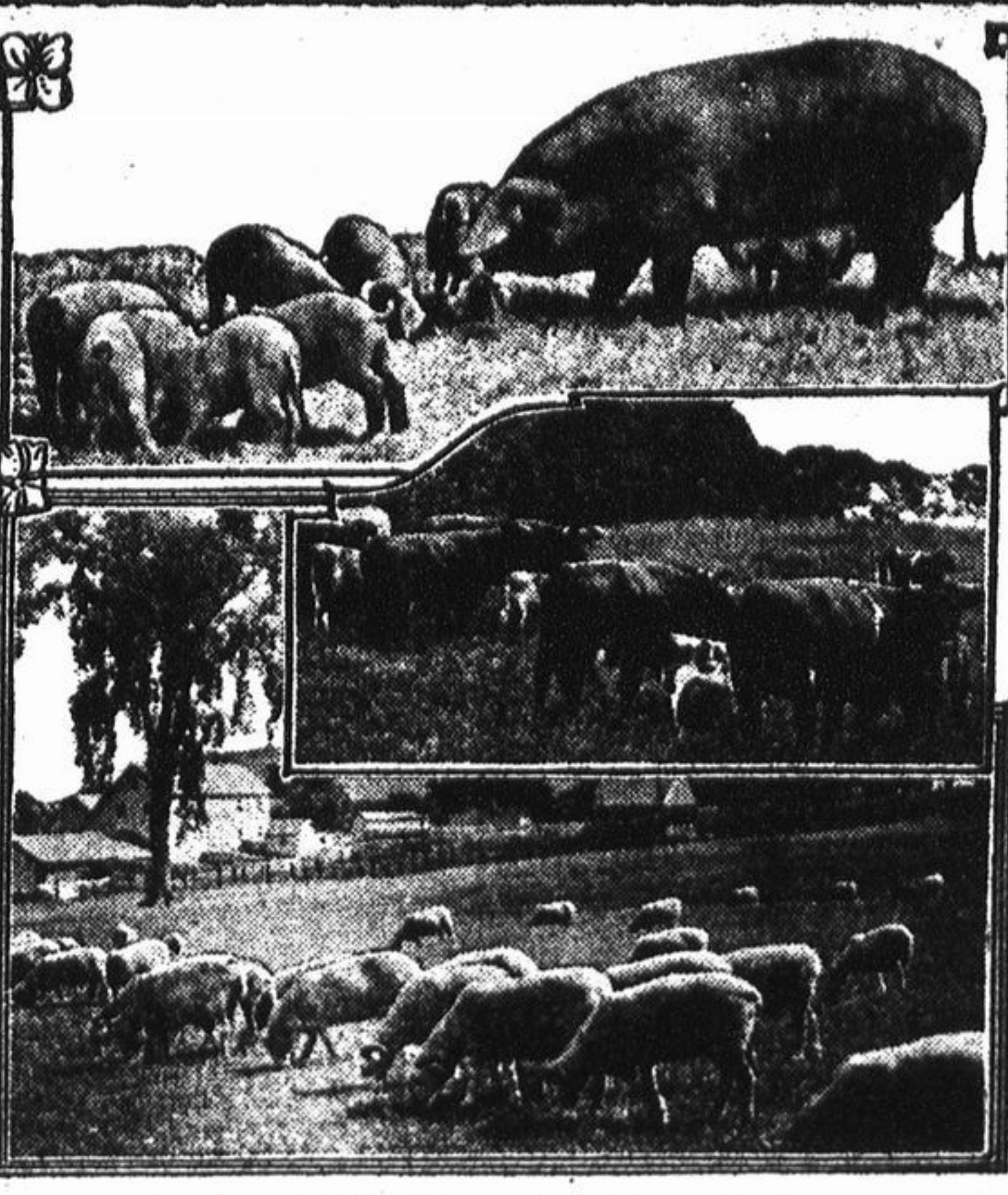
## Shrubs Worth Planting.

Shrubs that attract birds by their fruit are worth planting around the farm home.

## Take Out Dead Wood.

Go over the orchard and lawn trees and take out all dead wood and do other needed pruning.

# GUARD PROFITABLE BREEDING ANIMALS



## SEED FOR NATION'S LIVE STOCK INDUSTRY.

(From the United States Department of Agriculture.)

"Don't sell your breeding animals unless you can replace them immediately with better ones," is the message the United States department of agriculture is sending to farmers and stockmen everywhere. "Don't let the temptation of high prices now being offered for live stock, or undue fear of the prices asked for many popular feeds mislead you into selling a cow or sow that will drop the golden calf or litter. Such unsighted profit-taking or lack of courage, if widespread, would strike at the foundation of the country's live stock industry and cripple it for years to come. As there is a shortage of meat animals throughout the world, we cannot hope to import new breeding stock to replace those we foolishly have killed off. Our own breeding animals, therefore, must be regarded as the seed essential to the domestic meat supply of the nation.

"Feeds not available or needed for human consumption should be used as largely as possible in feeding the live stock. By feeding straw or corn stover, especially for wintering mature stockers and breeding animals, farmers will make the best possible use of these roughages. In this way a large proportion of the straw and stover ordinarily burned or wasted can be manufactured into meat and milk. Grain sorghums, wherever they are available, should be fed to release corn for human uses. Grain, where fed, should be used as economically as possible.

"Every animal should be a factory for turning into food material inedible for human beings. This will necessitate changes in many feeding formulas and stockmen are urged to apply at once to the United States department of agriculture or their state agricultural colleges for information as to the most effective and economical methods of feeding live stock under existing emergency conditions."

## GREEN ALFALFA IS CAUSE OF BLOATING

Always Wise to Give Live Stock Full Feed of Hay Before Turning Them on Pasture.

(By R. H. WILLIAMS, Animal Husbandman, University of Arizona.)

Cattle and sheep are very susceptible to injuries from bloat when pastured on alfalfa. Extra care is necessary to avoid deaths, and many times not a few animals will die in spite of the greatest care possible. It is always wise to give animals a full feed of alfalfa hay, corn fodder or other food before turning them out on alfalfa pasture. The alfalfa should be fairly well matured, and of a dark green color, for it is the light green alfalfa which causes bloat. Animals that have not been accustomed to alfalfa should follow those having grazed the field down, leaving nothing but the coarse woody stems and a small portion of green shoots. After being left on such a pasture for a while they may be graduated to other fields with more alfalfa. Supplying the animals with alfalfa hay or other dry feed along with the alfalfa will also have a good effect in checking the bloat.

Since the new shoots are the portions of the plant which cause bloat, it is wise to turn animals into an alfalfa field only a few minutes for the first time, ten minutes probably sufficient, and not more than twenty minutes at a time for the first week. After this time the period may be lengthened and the animals allowed to graze at will. It will then be necessary to turn the stock into the field two or three times a day, and they should be taken off before they begin to bloat. By allowing some of the animals to graze over a fresh area and secure a small amount of heads and turn them back onto the main stems little bloat will result. This is probably one of the best ways of preventing the trouble.

It has been found that moving animals around and compelling them to exercise relieves those somewhat that are suffering from bloat. A dose of formalin, consisting of 40 cc (or three tablespoonfuls), for a mature steer, or one-fourth of this amount for a calf, has a specific effect in relieving the formation of gas in the stomach. Some run a rubber hose down the throat into the paunch and the gas is liberated through it. A small teaspoonful of kerosene and one-half pint of sweet milk is also a good specific for this trouble. A small amount of turpentine in this mixture would also facilitate relief. When an animal is so far gone as to stagger and be almost ready to fall, it will be wise to use the trocar and cannula, by puncturing the rumen just below and in front of the hip bone.

## NO PLACE FOR GRAIN CROPS.

No grain crops should be grown in the orchard. It doesn't pay. Cultivated crops may do while the trees are young and their roots do not need all the space; but that time is soon over, and then the trees should reign supreme.

## Autumn-Bearing Berries.

Try a few autumn-bearing strawberries. Progressive is a good standard variety. Planted this spring and well cared for they will fruit in the autumn.

## Apples for Home Use.

Don't plant more than enough apples to supply home use, unless they can be well taken care of.

## Good for Fire Wood.

Cut out all dead trees about the place and make fire wood of them.

# DAIRY

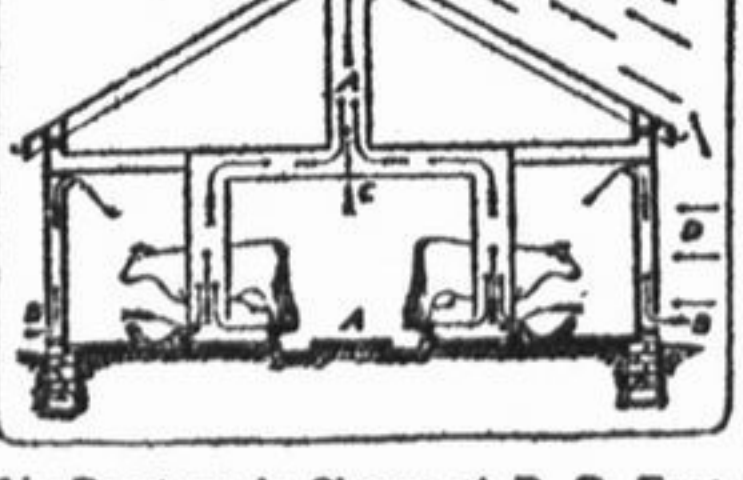
## VENTILATION OF DAIRY BARN

Better Health of Animals Is Assured by Supply of Fresh Air—King System Described.

More of us every year are building barns with ventilating flues or putting flues into stables already built. Fresh air means better health in herds. The system described by F. H. King, the Wisconsin authority on ventilation, never has been outclassed. It is the natural way.

In illustration, the movement of the air is shown by arrows. The pure air comes in above the animals and the foul air is taken out through the outtake shafts which have their openings down near the floor and extend up through the roof or to the cupola. Some builders run the shafts straight up through the roof, others run them up to the roof and then over to the cupola, and some join the lower shaft at the ceiling and then use but one main shaft to the roof at each end as shown here.

The valvanized metal shaft is preferred by most dairymen who have used this sort of ventilating system.



Air Pressure Is Shown at D. D. Forcing Air in at B. S. and Out by Suction at Top of Shaft A.

A general rule seems to be well tried out that thirty square inches of outtake and intake area are about right for each grown animal housed in the stable. This being true, there would be needed two shafts, each 10 by 15 for a herd of ten cows. The intake openings should be of the same area. A damper in the ceiling at C can be opened if the temperature of the stable grows too warm. There can be no regular circulation unless there are as many and as large intakes as outtakes. Also, the intakes should let the air in at the ceiling, or above the level of the lower openings in the outtakes or foul air shafts.

## HANDLING MILK IN SUMMER

Whether Intended for Table, Creamery or Market, It Must Be Sweet to Bring Best Price.

It is no trick at all to keep milk sweet in the cold weather. It may stay in the sun half a day in December without any damage, but in June and July it must be handled very carefully. Whether the milk or cream is intended for the table, the creamery, or the milk market, it must be sweet if it is to bring the best price.

To keep milk sweet just two simple things must be very carefully looked after: (1) it must be cooled as completely and quickly after milking as possible, and (2) absolute cleanliness of pails, pans, and cows must be secured. If this is done, thunderstorms will no longer sour the milk. The warm, damp weather which we have just before thunderstorms really does tend to cause milk to sour if it has not been properly cared for.

This souring takes place because the invisible plants called bacteria get into it in dirt or by lurking in the corners and seams of poorly cleaned pails and cans. The remedy is plain. Keep the bacteria out by using seamless pails and cans and seeing that absolutely no dirt or dust gets into the milk in the stable or anywhere else.

## DAIRY PRODUCTS IN DEMAND

Impossible to Buy First-Class Dairy Cows at \$80 Per Head—Breed Up the Common Stock.

The great demand for dairy products has caused the price of good dairy cows to be very high. Reports from associations of dairymen show that it is impossible to buy first-class dairy cows at even \$80 a head. With such a demand for cows in old dairy districts, there will be few good cows moved into new dairy territory. So, the only way new districts can be supplied must be by breeding up the common stock by the use of good dairy-bred bulls.

## ALFALFA FAVORED FOR COWS

Amount of Protein Necessary to Feed in Form of Expensive Concentrates Is Reduced.

(By PROF. J. C. KENDALL.)

Where alfalfa is available for dairy cows the amount of protein that is necessary to feed in the form of expensive concentrates is materially and profitably reduced. For cows that do not give large yields of milk, a balanced ration can be made by feeding alfalfa hay and ensilage. This makes a home-grown ration that can be produced cheaply, a very important factor in the economical production of dairy products.

## Everything Clean.

Everything about the calf should be scrupulously clean. Milk from infected cows or from a creamery should be pasteurized before it is fed.

## Cause of Calf Diseases.

Calf diseases are largely the result of filth and carelessness. Prevention is cheapest and best.

## Make Any Man Rich.

Alfalfa and good judgment in selecting cows will make any man rich in the dairy business.

"Not yet. I've finished on far as the office is concerned, but as soon as I get home and eat my supper I've got to go with my wife to some moving picture show."

In the Discard.

"You see a lot of mandolins and guitars in the pawnshop window."

"I s'pose it's different in Europe. They say over there the pawnshop windows are full of old scepters."

Irrelevant Similarity.

"Gooper is a writer who is well posted on 'street' corners."

"That's nothing; so are mail boxes."

A good neighbor is one who lacks interest in affairs that are none of his business.

## Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries twenty-five per cent, or nearly one-quarter, die before they reach one year; thirty per cent, or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations, Drops, tinctures and soothing syrups sold for children's consumption, more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

GENUINE CASTORIA always bears the signature of *Chas. H. Fletcher*

## Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher than Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make in wheat raised around \$2 a bushel and land so easy to get. Wheat yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is making farmers to pay increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The Government is making available, railway facilities, credit, good schools and churches convenient. Write for literature as to railroad, railway rates to Dept. of Immigration, Ottawa, Can. or C. J. Binghamton, Room 415, 112 W. Adams Street, Chicago, Ill., U. S. A. Binghamton, Ill., U. S. A. Canadian Government Agents.

## 160 ACRES FARMS IN WESTERN CANADA FREE

## Fulton Was a Great Man.

The class in history was studying the life of Robert Fulton. In connection with it they, of course, brought in the topic of the steamboat, which you know, made Fulton famous.

"What are many of the great uses of the steamboat?" asked the teacher.

"What things might not have happened if the steamboat had not been invented?" she hinted.

"Well," answered little Johnny, who had been called on, "well, um—uh, Columbus might not have discovered America."

## Twenty-Five Years' Experience With Kidney Remedy

Between twenty-five and thirty years ago I commenced selling Dr. Kilmer's Swamp-Root and during all that time I have never heard a single complaint from my customers; they are more inclined to praise it, and judging from their favorable remarks and the repeated sales I enjoy I am confident that Swamp-Root is a valuable medicine for the troubles for which it is intended.

Very truly yours,  
OTTO H. G. LIPPERT,  
Pharmacist,  
1801 Freeman, Cor. Liberty St., Cincinnati, Ohio, Sept. 19, 1914.

## Send Ten Cents to Dr. Kilmer & Co., Binghamton, N. Y., for sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

## Psychology and the War.

Prof. G. Stanley Hall of the Clark university, United States, places the subject of applied psychology on a high plane in relation to the war. He states:

"Whatever system has been employed, it is evident that applied psychology has produced results in this war which it was never possible to attain before. Men have endured more and have submitted to more punishment than in any previous war. No such slaughter would have been possible in former wars without provoking a panic. This has unquestionably been due to the system of psychological selection, not only for the various grades of service but for special activities within each grade. Our country may as well think of going to war without first-class military equipment as without a knowledge of applied psychology. The council of national defense seems to have recognized this; and the National Research council within that body will, I understand, contain representative psychologists."

## Mis Trouble.

Visitor—My poor man, when you get out of this place, do not yield too hastily to temptation. Take time to think; take time.

Convict—That's what I'm in fer. I took too many waches.

## Stacker Joke.

Friend (grateful for a favor)—I'll dance at your wedding.

Stacker—I wish you already had.

## Don't be dissatisfied with your lot.

Hang on to it and wait for a real estate boom.

Portions stolen on fire and lengths at many.

## Give all the Post Toasts

It is said that a lie will go farther than the truth, but in cases out of ten the sooner the lie is the freight.

"Give all the Post Toasts—They'll like it."