BACKACHE NOT A DISEASE

But a Symptom, a Danger Signal Which Every Woman Should Heed.

Backache is a symptom of organic weakness or derangement. If you have backache don't neglect it. To get permanent relief you must reach the root of the trouble. Read about Mrs. Woodall's experience.

Morton's Gap, Kentucky.—"I suffered two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and am enjoying good health. It is now more than two years and I have not had an ache or pain since. I do all my own work, washing and everything, and never have backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Some people waste a lot of time trying to save it.

Dyspeptics, despair not! While there's Garfield Tea, there's hope.

Assuming That.

Brown—What reason have you for hating Blank?

Smith—Well, you see, he's a relative of mine, and—

Brown—Yes, yes, I know, but what other reason?—Harper's Bazar.

An Exception to the Rule.

"Jinks is a man who has his hammer out on all occasions."

"I bet there is one occasion where he hasn't."

"What's that?"

"When it's time to put down the carpet."

What Every Woman Knows.

A Cleveland school teacher writes that she asked her class what was the difference between the expression, "a while" and "a time." Nobody seemed to have any ideas on the subject. Finally the light of intelligence was seen to shine in the eyes of one little boy, and the preacher called upon him to save the intellectual honor of the class.

"I know, teacher!" he cried eagerly. "When papa says he's going out for a while, mamma says she knows he's going out for a time!"

That's one way of looking at it.—Cleveland Plain Dealer.

Knew Something About It.

The small boy of the household was not notably proficient in sacred lore, but when his sister asked him, "Where was Solomon's temple?" he indignantly resented the supposed impeachment of his stock of information, and retorted:

"Don't you think I know anything?"

She assured him that she did not doubt that he knew, but urged him to state for her benefit.

Though not crediting her sincerity, he finally exclaimed, curtly:

"On the side of his head, of course, where other folk's are! D'you s'pose I'm a fool?"

What's the Use of Cooking When you don't have to?

Post Toasties

are skilfully and fully cooked at the factory—ready to serve direct from package with cream and sugar if you like.

These thin bits of toasted corn (sold by grocers) are crisp, delicious, satisfying and convenient.

"The Memory Lingers"

Made by [illegible]

NOTES From MEADOWBROOK FARM

By William Pitt

Screen alfalfa seed.

Destroy the little weeds.

Good dairymen keep no dogs.

Horses can be pastured on alfalfa.

The right kind of seed is half the crop.

Kill the small weeds and there will be no big ones.

Chicks raised in brooders are not bothered with lice.

Grass was never more welcome to cows than this spring.

Broiler prices are somewhat better than they were last month.

It is well to assume when chickens are dying that the disease is contagious.

Put a slatted frame over the drinking trough and the water will be kept cleaner.

The early spring chicken catches the good price. Raise early spring chickens.

Plant good seeds. Poor seeds are dear, no difference what price you pay for them.

Get the incubator at work on the broiler crop as early as possible. Delay means loss.

No incubator can make good hatches from poor eggs, that is, those lacking in fertility.

More incubator hatches are spoiled by the anxiety of the operator than from any other one cause.

Lard, vaseline and enough sulphur to make a paste makes a good remedy for sorehead in chicks.

Vegetables delight in having a warm, deep, rich and mellow soil, and will pay generously for the privilege.

Lice feed on the young chickens—that is one great reason that they fail to make the growth they should.

Carefulness in dressing poultry pays for the extra pains taken. The pin feathers must all be removed.

There is genuine satisfaction in owning thoroughbred stock and they cost no more to feed. Go in for the best.

Worry along without a trap nest, but keep your eyes open for the best layers, and set their eggs next spring.

A little ground charcoal mixed with the chicks' feed now and then will help keep away digestive troubles.

Three rules for success in gardening are: Freedom from weeds, thinning out, and keeping the ground mellow.

With reasonably good seed and a fairly well prepared seed bed, about 20 pounds of alfalfa seed is required per acre.

It is claimed by some onion growers that carbolic acid emulsion gives satisfactory results in fighting the onion maggot.

Nitrate of soda is the most quickly available source of nitrogen for plants, but buyers should steer clear of low grade nitrate.

Crimson clover makes fairly good ensilage, but, like all plants rich in protein, it develops a strong and rather objectionable odor.

Government reports state that more up-to-date agricultural machinery has been sold the last ten years than during any previous ten years.

It is not safe to pasture either cattle or sheep on alfalfa, as they are liable to bloat when it is fed green. Feed them the hay or practice soiling.

As the price of land increases the condition of the manner of farming must change, provided, of course, one has to make interest on the money value of the land.

The young chicks which are to make our winter layers should be hatched from the middle of March to the middle of May, depending on the breed.

When a man does not mind the bleat of a sheep that wants more feed, salt or water he has not the true spirit of the shepherd. Neither is he worthy of the name of shepherd if he does not do at once those things which should be attended to, but says he will do them tomorrow or some other day.

Alfalfa is a perennial.

A pure bred bull is best.

Mongrel fowls are expensive.

Light in the barn is essential.

Horses with tender feet need much attention.

The wheel hoe saves a lot of backbreaking hoeing.

Good roads increase values because they make values.

Good pasture is invaluable in growing pigs successfully.

Cut straw is the best for bedding, if you save the manure.

If zinc is burned with the coal it will clear the chimney of soot.

Are the plow-lays sharp, and all the tools in first-class shape?

Two litters of pigs a year is about what the best sows will do.

He that abuseth his colts may expect to be kicked by his horses.

Sifted coal ashes are better than plaster for the striped squash bug.

Jerking the bit and yelling confuse a horse and advertise a blockhead.

Out-buildings, unpainted fences and rubbish heaps may be hidden behind vines.

Equal parts of corn and oats are hard to excel as a grain feed for sheep.

Provide plenty of pure water, sunshine, range and green forage crops for sheep.

A flock that gets bone meal and oyster shell will have few cases of leg weakness.

Look out for the yearling colts. Don't let them get a setback as spring approaches.

Sore mouth will sometimes attack sheep in pens and run through the entire flock.

During an extra cold spell of weather add a little corn to the sow's grain ration.

Small seeds and finely cracked grain are a better feed for the small chick than wet mashes.

Never breed a nervous, high-strung sow that is ready to jump and run at the drop of a hat.

The fewer sows kept together during the breeding season and until farrowing time, the better.

Of all fowls ducks are the easiest to raise. The eggs are more fertile than those of any other fowl.

Cold weather is not much of a detriment to chickens, providing it is dry cold and the atmosphere pure.

The geese should be laying at their best now, and this is, also, the month in which turkeys begin to lay.

For the majority of vegetables, soil of a sandy nature is best, provided there is a good sub-soil for drainage.

If all the implements were cleaned and painted last fall, a great deal of time will be saved when you must "get busy."

A good way to disinfect a brooder is to open it wide, take out the hover and let the sun get at the inside through the day.

Making the drinking water slightly red with permanganate of potash has often been found to prevent the spreading of roup.

Poultry manure should be partially dried before storing in order to prevent fermentation setting in, thus avoiding the escape of the ammonia.

There is no better or cheaper way of growing hogs than to pasture them on alfalfa. One acre will furnish pasturage for from ten to twenty hogs per season.

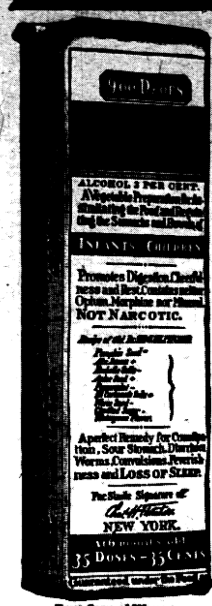
An old horseman says that the chief cause of colic in horses, or the cause of the largest per cent of these cases, is brought through long abstinence from water.

Men of moderate means should start the improvement of their cattle through the purchase of a pure bred bull and gradually grow into the breeding of pure bred animals.

No one can afford to raise pigs that refuse to fatten or that are frequently off feed. In this case the correction may often be made before the pigs are farrowed. It is very apt to lie with the handling of the brood sow.

To make alfalfa hay cut in the forenoon and let it wilt; then rake into windrows. It should be cured in windrows and cocks, and stacked and put in barns with as little handling as possible before the valuable leaves become too dry and brittle.

The garden with a row of trees or some shrubbery along the north will be some days earlier in the spring but in dry countries this earliness may be paid for later. Trees along the edge of a garden are apt to sap the moisture for a long distance on either side.



Exact Copy of Wrapper.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY.

UP TO HIM.

Mr. Shyboy—Have you—have you ever been kissed?

Miss Wise—Gracious! Do I look as homely as that?

DOES YOUR BACK ACHE?

Aches and Twinges Point to Hidden Kidney Trouble.

Have you a lame back, aching day and night? Do you feel a sharp pain after bending over? When the kidneys seem sore and the action irregular, use Doan's Kidney Pills, which have cured thousands.

J. W. Priest, Third St., Marysville, Ohio, says: "I was in awful condition from kidney trouble, having run down in weight from 220 to 150 pounds. The pains across my back and loins were constantly growing worse and kidney secretions caused untold annoyance. Doan's Kidney Pills cured me after doctors failed and I have had no trouble since."

"When your Back is Lame, Remember the Name—DOAN'S." 50c all stores. Foster-Milburn Co., Buffalo, N. Y.

John's Logic.

John returned home at a very questionable hour, and among other souvenirs of a special evening he carried a considerable gash on his forehead. His wife demanded an explanation of the wound.

"Nothin' be 'larmed 'bout, m' dear. Jes' bit m'self."

"John Brown! How could you bite yourself on the forehead?" exclaimed his irritated helpmate.

This had presented no difficulties to the versatile John, if it had taxed the credulity of his spouse.

"I stood on chair, y'knaw," he exclaimed glibly.

To remove nicotine from the teeth, disinfect the mouth and purify the breath after smoking, Paxtine is a boon to all. At druggists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

No Blight There.

First Editor—I see that there is a chestnut tree blight.

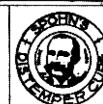
Second Editor—Don't worry; we are getting chestnuts by every mail.

Kill the Flies Now and Prevent disease. A DAISY FLY KILLER will do it. Kills thousands. Lasts all season. 15 cents each at dealers or six sent prepaid for $1.00. H. SOMERS, 150 De Kalb Av., Brooklyn, N.Y.

If a woman's judgment is bad she trusts her intuition.

Don't make shipwreck of your health when a course of Garfield Tea can save you of indigestion.

Don't kick till you know just where the shoe pinches.



HORSE SALE DISTEMPER

You know what you sell or buy through the sales has about one chance in fifty to escape SALE STABLE DISTEMPER. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive no matter how they are "exposed." 50 cents and $1 a bottle; $5 and $10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturers.

SPOHN MEDICAL CO., Chemists and Bacteriologists, GOSHEN, IND., U. S. A.

Having Fun.

The brilliant wit of the Bar looked at the moon-faced farm laborer and winked at his friends and whispered: "Now we'll have some fun."

"Have you been married?" he began.

"Ye-e-es," stammered the laborer, "once."

"Whom did you marry?"

"A w-w-woman, sir."

"Come, my good man, of course it was a woman. Did you ever hear of any one marrying a man?"

"Ye-e-es, sir; my sister did."

Her Chief Characteristic.

Miss Green, who was giving the class a lesson in mythology, turned suddenly to one untidy little fellow and said:

"Brownman, tell me for what virtues Diana was especially celebrated."

"For takin' baths," replied Brownman promptly.

A Quarter Century

Before the public. Over Five Million Free Samples given away each year. The constant and increasing sales from samples proves the genuine merit of Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes for Tired, Aching, Swollen Tender feet. Sample free. Address, Allen S. Olmsted, Le Roy, N. Y.

If woman did not turn man out of paradise, she has done her best ever since to make it up to him.—Frederick Sheldon.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Most men have yearned to fly or to be a little fly from the first.

A pure, mild and potent laxative, Garfield Tea! All druggists.

But the foundation of the average man's self-conceit is past finding out.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable — act surely but gently on the liver. Stop after dinner distress—cure indigestion, improve the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

Readers of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

PARKER'S HAIR BALSAM [illegible]

LEWIS' SINGLE BINDER [illegible] ALWAYS RELIABLE

IF YOU WANT TO BEGIN OR EXPAND business write the Board of Trade, Weyburn, Saskatchewan. We want industries, retailers and wholesalers. Electric power, water, fuel cheap. Builders with capital needed. Population doubled this year.

PATENTS Watson E. Coleman, Washington, D.C. Books free. High-est references. Best results.

W. N. U., CHICAGO, NO. 19–1912.

FOR THE WOMAN WHO THINKS AND FEELS.

Some women complain that they periodically suffer from dull and heavy feelings, or dizziness in the head, nervousness, pain and bearing-down feelings which should not occur to the normal healthy woman. But most every woman is subject to these pains at some time in her life, due to abnormal conditions in life, such as corsets, over-taxed strength, bad air, poor or improper food, wet feet, sluggish liver, etc. A regulator and female tonic made from native medicinal roots with pure glycerin, and without the use of alcohol, called

DR. PIERCE'S FAVORITE PRESCRIPTION,

has proven its value in thousands of cases, like the following:

Mrs. Massie.

Mrs. Dora M. Massie, of Auburn, Nebr., Route 1, Box 34, says: [illegible]

Dr. Pierce's Great Family Doctor Book, The People's Common Sense Medical Adviser, newly revised up-to-date edition—of 1008 pages, answers hosts of delicate questions which every woman, single or married, ought to know. Sent free in cloth binding to any address on receipt of [illegible] one-cent stamps, to cover cost of wrapping and mailing only.

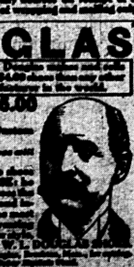
W. L. DOUGLAS SHOES

W. L. Douglas makes and sells more $4.00 shoes than any other manufacturer in the world.

$2.50 $3.00 $3.50 $4.00 $4.50 & $5.00

FOR MEN, WOMEN AND BOYS

W. L. Douglas $4.00, $4.50 & $5.00 shoes equal Custom Bench Work costing $6.00 to $8.00



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Why does W. L. Douglas make and sell more fine shoes than any other manufacturer in the world? BECAUSE: he [illegible] BECAUSE: [illegible] BECAUSE: [illegible] DON'T TAKE A SUBSTITUTE FOR W. L. DOUGLAS SHOES. [illegible]