# THE CHARM OF MOTHERHOOD

Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for her-self. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experi-ence with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with am-ple time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pink-ham's Vegetable Compound makes women normal, healthy and strong.



Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

## The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable -act surely and gently on the liver. Cure

ness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

TRY THE OLD RELIABLE WINTERSMITH'S CHILL TONIC

FOR MALARIA CHILLS & FEVER A FINE GENERAL STRENGTHENING TONIC

Chambermaids' Minimum Wage. The Washington industrial welfare commission has fixed nine dollar per week as the minimum wage for chambermaids and other help in that state.

Mainstay of the Business. stores would go out of business, for

#### SOFT WHITE HANDS

Under Most Conditions If You Use Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better or more effective at any price than these fragrant supercreamy emollients. A one-night treatment will test them in the severest forms of red. rough, chapped and sore hands.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.-Adv.

There is no capital punishment in Italy.

Danger in Delay The great danger of kidney troubles is that they so often get a firm hold before that they so often get a firm hold before the sufferer recognizes them. Health will be gradually undermined. Back-ache, headache, nervousness, lameness, soreness, lumbago, urinary troubles, dropsy, gravel and Bright's disease may follow as the kidneys get worse. Don't

follow as the kidneys get worse. Don't neglect your kidneys. Help the kidneys with Doan's Kidney Pills. It is the best recommended special kidney remedy.

A North Carolina Case Mrs. S. W. Beattle. Deny Pidure lelis a State No. C., says: "I was all run down and could hardly drag myself around. My head bothered me and I was so dizzy I could hardly keen from falling." so dizzy I could hardly keep from falling.
My kidneys we'r e
weak. I was nervous
and had but little control over the kidney
secretions, Soon after
using Doan's Kidney
Pills, I improved and
c o n ti nu e d use
strengthened my back
and put me in good health."

Get Donn's at Any Store, 50c a Box DOAN'S FIRME FOSTER-MILBURN CO., BUFFALO, N. Y.

SPECIAL PRICES on the Famous Warre Leghorma; the greatest egg laying strain in America Scientifically bred on ingrest and best equippe Ponity Farm South of Mason and Dixon line. "In Burain you will eventually buy "THE WARME FOULTRY FARM, T. M. Boot, owner, WISE, E. C.



PROPER CARE OF THE LAWN

Grass Plat Must Never Be Neglected If Home is to Have a Proper Appearance.

One of the most important duties a the home place during the summer is the care of the lawn. There is nothing about a place that makes so much for general attractiveness as a well cared for lawn.

Many people make the mistake of keeping the lawn cut too close. In that case the grass roots are exposed to hot sun and drying winds during the summer. Cut the lawn frequently, but do not set the machine too close To keep the lawn looking clean at all times have a grass-catcher attachment on the mower. A careful watch for weeds on the lawn should be kept. Cut them out well below the surface with an old knife as soon as they are large enough to be seen.

A roller on the lawn is advisable, but it should be used with care. Lawns that have been rolled for a long time are likely to become over-rolled; there is surface cohesion or closepacking of the top soil, which prevents the admission of air and healthy root development. The remedy is the use of the spiked tamper. A home-made one may be made by taking a piece of two-inch plank, some 12x12-inch timber and inserting four-inch spikes an inch and a half or two inches apart. Bore holes a little smaller than the spikes before driving them in, to prevent splitting the wood. Perforate the whole surface thoroughly with this, give a top dressing, lightly rake it in and water the whole thoroughly late in the afternoon.

#### HAVE TOP SASH SCREENED

May Be Considered Small Matter, But is Always Advisable—Advice for Prospective Builder.

Don't forget that you may at some ame want to open the top sash of the window, and that flies and mosquitoes are not particular as to through which sash they enter; therefore have the screen run from top to bottom of the window; to do this, side springs will be necessary in the screen frames, but they will cost little more than a screen which can be used only from the bottom sash and which is little better than no screen at all.

Don't forget that there will never be a better time to build than the present; materials of all kinds are cheaper than they have been for several years, and as soon as the European war is over there is sure to be a sharp advance in prices.

Don't say you can't build now because you have not enough money; if you have a little, the co-operative loan you the balance needed upon terms under which you can pay for the house in monthly installments which than you would or women? Nine-tenths of the dry goods dinarily be paying for rent.—Ex-

The City Beautiful,

A one-time mayor of New York, George B. McClellan, said: self-governing community, the ultimate object of the government is the happiness of the governed. Something more is needed to make the happy city than health and, Tealth and wisdom. The city healthy, the city wealthy, and the city wise, may excite satisfaction, complaisance and pride, but it is the city beautiful that compels and retains the love of people." When last the tree men of the South met at Riverside, in the music room of the famous Glenwood Mission inn, an illuminated sign stretched across the stage, which read: "Make your city beautiful and you will learn to love it."

Standards for Electric Service. A representative of the United States bureau of standards has been in conference with the public-service commissions and managers of publicservice corporations in various parts of the country. The information so obtained has been used in preparing the bureau's forthcoming circular on "Standards for Electric Service." Another representative of the bureau spent the entire month in the South, making measurements of street illumination and electric current in the street-lighting systems of a number of cities and towns. The results of the investigation will form the basis of a circular on street lighting.

Use Only Fire-Resisting Material. There has been established in Cleve land, O., a society whose object is to disseminate information on the safe sane and sanitary building of mod erate-priced houses. This society rec ommends only such building materials as will resist the action of the ele-ments, thus reducing to a minimum the fire hazard.

Shade Trees Improve Property. It has been estimated that within the cities of New York state there are 20,000 miles of streets capable of sustaining a growth of 5,000,000 shade trees, which can be made worth \$100,000,000 in increased property value.

### CONTAGIOUS ABORTION AMONG CATTLE



Beef Cattle Grazing in Virginia.

sheath, then disinfect the penis and

sheath with a solution of one-half per

cent of liquor cresolis compositus,

lysol or trikresol, or 1 per cent creo-

lin or carbolic acid, or 1 to 1,000 po-

tassium permanganate in warm water.

The only apparatus necessary is a soft

rubber tube with a large funnel at-

tached to one end, or an ordinary foun-

tain syringe and tube would serve the

purpose. The tube should be inserted

into the sheath and the foreskin held

with the hand to prevent the immedi-

ate escape of the fluid. Elevate the

funnel as high as possible, and pour

in the fluid until the preputial sack is

filled. In addition to this, the hair of

the belly and inner sides of the thigh

should be sponged with the antiseptic.

This disinfection should invariably

An aborting cow should receive im-

mediate attention, and the animal

should be removed to separate quar-

ters, where she can receive appropri-

ate treatment. The fetus, membranes

and discharges are particularly dan-

gerous and should be gathered up and

destroyed immediately by burning or

burial in some safe place, and this

the stall. The uterus should be irri-

gated daily with one of the antisep-

tics mentioned for the bull, using the

same apparatus, and irrigation should

be continued until discharge ceases.

in addition, the external genitals, root

of tail, escutcheon, etc., should be

sponged daily with a solution twice as

strong as that used for irrigation, and

this latter treatment should be given.

the nonaborters as well. Should the

preliminary symptoms of abortion be

detected, the animal should be re

moved from the herd and treated as

After abortion, breeding should not

again be attempted within two months,

or until the discharge shall have

ceased, as the uterus would not be

normal and the animal would either

not conceive or would abort again in

Great care should be used in pur

chasing cattle, and cows not known

to be free from the disease should be

kept in separate quarters until this

point is determined. If a herd bull

is not kept, then great care should be

exercised to know that the animal

used is free of disease and to see that

he is properly treated both before and

Whenever it becomes necessary to

separate diseased and healthy ani-

mals, it is especially important that

different attendants and utensils be

It is manifestly impossible to go

into details within the scope of a short

article, and it is therefore suggested

that a competent veterinarian be em-

ployed to supervise disinfection of

premises and advise as to the meth

CLEANLINESS IN THE DAIRY

Most Common Source of Fifth Is Cow

at Milking Time-Avoid Practice

of Wetting Hands.

milking. Some milkers follow the

practice of wetting their hands by

dipping them into the milk. This is

a filthy habit and introduces a great

many bacteria into the milk. These

bacteria have their effect, first, upon

the flavor of the milk and cream, and

The most common source of filth in

milk is the cow at milking time. If

she has a cake of manure on her side

it is almost impossible to milk her

without getting some of the manure in

the milk. With this filth is not only

introduced the bad flavor of the ma

nure itself, but also innumerable bac

teria which develop when they are in

the milk at a favorable temperature

very rapidly and bring about flavors

in the milk similar to the flavor of the

Care for Currant Bushes.

Makes Gardening Easier.

A good hand cultivator makes gar

dening easier. With proper attach

ments, furrows may be opened, see

should be practiced at all times.

later upon the butter.

No. 73.

The hands should never be wet when

provided for the two groups.

above.

a short time.

after service.

ods of treatment.

precede and follow every service.

(Prepared by the United States Depart-ment of Agriculture.)
In economic importance contagious

In the disinfect the penis and

abortion in cattle stands next in importance to tuberculosis; progress in stamping out the disease, however, has not been rapid nor great. The disease is caused by the Bacillus abortus, and abortions occur comparatively infrequently from outside injury such as blows, horn thrusts, falls, etc., or the eating of spoiled feed or certain herbs, as has been the quite common belief.

Efforts have been made to discover some medicinal agent which would cure the disease, and attempts have also been made to produce a serum, but this work is still in the experimenstage and no reliable curative agent has yet been discovered. Our main reliance must still be placed upon the careful and repeated disinfection of premises and of animals, together with the separation of healthy from diseased animals.

Disinfection of Premises.

The thorough disinfection of premises is essential. This may be satisfactorily accomplished by carrying out the following directions: 1. Sweep ceilings, side walls, stall

partitions, floors and other surfaces until free from cobwebs and dust. 2. Remove all accumulations of filth

by scraping, and if woodwork has become decayed, porous or absorbent, it should be removed, burned and replaced with new material.

3. If floor is of earth, remove four inches from the surface, and in places where it shows staining with urine a sufficient depth should be replaced to expose fresh earth. All earth removed should be replaced with earth from an uncontaminated source, or a new floor of concrete may be laid, which is very durable and easily cleaned.

4. All refuse and material from stable and barnyard should be removed to a place not accessible to cattle or hogs. The manure should be spread on fields and turned under while the wood should be burned.

5. The entire interior of the stable, especially the feeding troughs and drains, should be saturated by a disbanks and building associations will infectant, as liquor cresolis compositus (U. S. P.) or carbolic acid, six ounces to every gallon of water in each case. After this has dried, the and ceilings may ered with whitewash (lime wash), to each gallon of which should be added four ounces of chloride of lime.

The best method of applying the disinfectant and the lime wash is by "In a means of a strong spray pump, such as those used by orchardists.

This method is efficient in disinfection against most of the contagious and infectious diseases of animals and should be applied immediately following any outbreak, and, as a matter of precaution it may be used once or twice yearly.

6. It is important that agrangements be made to admit a plentiful supply of sunlight and fresh air by providing an ample number of windows, thereby eliminating dampness, stuffiness, bad odor and other insanitary conditions. Good drainage is also very necessary

If the use of liquor cresolis compositus, carbolic acid or other coal-tar products is inadmissible because of the readiness with which their odor is imparted to milk and other dairy products, bichloride of mercury may be used in proportion of one to 800, or one pound of bichloride to 100 gallons of water. However, all portions of the stable soiled with manure should first be thoroughly scraped and cleaned, as the albumin contained in manure would otherwise greatly diminish the disinfecting power of the bichloride. Disinfection with this material should be supervised by a veterinarian or other person trained in the handling of poisonous drugs and chemicals, as the bichloride of mercury is a powerful corrosive poison. The mangers and feed boxes, after drying following spraying with this material, should be washed out with hot water, as cattle are especially susceptible to mercurial poisoning. The bichloride solution should be applied by means of a spray pump, as recommended for the liquor cresolis compositus.

In addition, the yards should be cleaned by removing all litter and manure and disinfected by sprinkling liberally with a solution of copper sulphate, five ounces to a gallon of water. Milking stools and all other implements should also be thoroughly dis

Disinfection and Treatment of Ani-

To prevent the bull from carrying dening easier. With proments, furrows may be of the infection from a diseased cow to covered and weeds killed.

The Sheff Shortage. A. J. Drexel, praising the English volunteer army, said in New York the other day:

"Oxford and Cambridge undergraduates fight side by side with coal miners. Peers' sons and millionaires' sons hobnob with plumbers and blacksmiths in the ranks.

There are lots of 'nuts' (dudes) in the volunteer army—and the kalser finds them pretty hard to crack, toonotwithstanding their lack of shells."

If a man is a coward he tries to make others believe he is cautious.

The Imitative Hawk.

We do not suppose that the smus conceit of humanity was ever better illustrated than the other day when we were watching a hawk soar and our companion observed with surprise and approval that it flew just like an aeroplane of the very latest model. -Ohio State Journal.

Of 8,118 members of the British National Union Clerks 1,044 have joined the army.

A lucky man is always pointing with pride to his superior judgment.

## Save the Babies.

NFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven 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 a majority 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 complaints contain more or less opium or morphine. They are in considerable quantities. props, unctures and soothing syrups sold for children's complaints contain 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. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.

causes the blood to circulate properly, opens the pores of the skin and allays fever.

Genuine Castoria always bears the signature of Cast H. Ilitchira

Of Course.

"Suppose all the energy that is wasted in dancing were devoted to some useful purpose?"

"I never entertain a supposition like that.'

"Why not?"

"Because experience and obsevation have taught me that the energy devoted to dancing is foot power and not brain power."

#### ARE YOU DISFIGURED BY SKIN ERUPTION?

Pimples, rashes, ringworm, prickly heat and, worst of all, that red itching, scaly torment, eczema, vanish when you use resinol ointment and resinol soap. There is no doubt about Even though your skin is so unsightly with eruption that you shun your friends and your friends shun you, resinol usually makes it clear and healthy, quickly, easily and at triffing cost. When you are sick of wasting time and money on tedious, followed by thoroughly disinfecting expensive treatments, get resinol ointment and resinol soap from the nearest druggist and you will quickly see why physicians have prescribed them for twenty years for just such troubles as yours! Great for sunburn .- Adv.

Military Training.

So far as this war shows, the most useful military training for schoolboys would be a couple of earnest hours spent daily in digging ditches. -Springfield Republican.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a Gen-eral Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives on It acts on the Liver, Drives ou Malaria, Enriches the Blood and Builds

Spectacles were invented in the thir teenth century.

Swamped.

"I had the deuce of a time talking to Miss Gadders last evening." "Thought you were a conversationalist.

"I couldn't get in a wordt

Women Food Experts. Two women in the government service at Washington are food experts. One is a pomologist and another is a specialist in 'medicinal plants,



World by selling materials that last—at reasonable prices.

# Certain-teed

Roofing Our Certain-teed Roofing is giving excel-

ent service on all classes of buildings all ver the world in all kinds of climate over the world in all kinds of climate. It is the roofing with a guarantee of 5, 10 and 15 years for 1, 2 or 3 ply respectively, and it is backed by the responsibility of our big nills. Try it once-you'll buy it-again. Potale by dealers everywhere at reasonable prices. General Roofing Manufacturing Co.

World's largest manufacturers of Rocard Building Papers

ow York City Chicago Philadelphia St. Louk oston Cleveland Pittaburgh Detroit San Francisco incinnati Minneapolis Kansas City Seattle tlanta Houston London Hamburg Sydney



We Want an Agent in every locality to sell Bemedies. Big offer. NOAH REMEDY CO., Richmond, Va.



## Serve it—especially when you want everything nice

There are many varieties of coffee when they want everything particularly nice. Get a package of Arbuckles — either whole bean or ground—and Very few people are able to tell these varieties apart merely from appearance.

a million other women get good coffee every time they make it, by using Arbuckles' Coffee.

know why more of it is used than any other packaged coffee. There is a way, however, for you to be sure of the coffee you buy. Over

With Arbuckles', you too can get the sparkling color and fine, full flavor that make this the coffee over a million omen delight in serving, especially to Arbuckle Bros., 71-W4 Water St., N. Y.

Better than ever

Make your coffee earn lovely gifts Save the signature on every Arbuckles wrapper. Get beautiful, useful gifts—articles you have always wanted. Arbuckles' remiume are almost as famous as Arbuckles' Coffee. In one year we gave away over a million of one premium alone! Sand for our big Premium Catalog showing 150 of





