

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.

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.

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. Pinkham's Vegetable Compound makes women normal, healthy and strong.

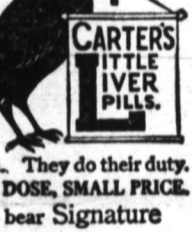


If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, 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.

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.

Danger in Delay

The great danger of kidney troubles is that they so often get a firm hold before the sufferer recognizes them. Health will be gradually undermined. Backache, headache, nervousness, lameness, soreness, lumbago, urinary troubles, dropsy, gravel and Bright's disease may follow as the kidneys get worse.

Advertisement for Doan's Kidney Pills, including a testimonial and product information.

HOMETOWN HELPS

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 in 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.

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 close-packing of the top soil, which prevents the admission of air and healthy root development.

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 time 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 say you can't build now because you have not enough money; if you have a little, the co-operative banks and building associations will loan you the balance needed upon terms under which you can pay for the house in monthly installments which would be no more than you would ordinarily be paying for rent.—Exchange.

The City Beautiful. A one-time mayor of New York, George B. McClellan, said: "In a self-governing community, the ultimate object of the government is the happiness of the governed."

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 public-service corporations in various parts of the country.

Use Only Fire-Resisting Material. There has been established in Cleveland, O., a society whose object is to disseminate information on the safe, sane and sanitary building of moderate-priced houses.

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.

(Prepared by the United States Department of Agriculture.)

In economic importance contagious 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 experimental stage and no reliable curative agent has yet been discovered.

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.

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 a short time.

CLEANLINESS IN THE DAIRY

Most Common Source of Filth is Cow at Milking Time—Avoid Practice of Wetting Hands.

The hands should never be wet when 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.

Care for Currant Bushes. Currant bushes should be dusted with white hellebore or paris green, or sprayed with a decoction of hellebore at the first appearance of the currant worms.

Makes Gardening Easier. A good hand cultivator makes gardening easier. With proper attachments, furrows may be opened, seed covered and weeds killed.

The Shell 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 Kaiser finds them pretty hard to crack, too—notwithstanding 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 smug 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.

INFANT 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, 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.

Genuine Castoria always bears the signature of Chas. H. Fletcher

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

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 word." 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.

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 it. 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 trifling cost.

Military Training. So far as this war shows, the most useful military training for school-boys 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 General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.—Adv.

Spectacles were invented in the thirteenth century.

Advertisement for Certain-teed Roofing, featuring a portrait of a man and text about building materials.

Advertisement for Kodaks & Supplies, listing various products and locations.



Serve it—especially when you want everything nice

There are many varieties of coffee and just as many varieties of flavor. Very few people are able to tell these varieties apart merely from appearance.

There is a way, however, for you to be sure of the coffee you buy. Over a million other women get good coffee every time they make it, by using Arbuckle's Coffee.



Advertisement for Moon Shine Chewing Tobacco, featuring the Moon Shine logo and text.