

## ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."

—Mrs. MARY RIDGWAY, Durand, Wis.  
A Massachusetts Woman Writes: Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. PIERRE COURNOYER, Box 239, Blackstone, Mass.  
Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

### Take LUNG-VITA for

"I have been taking Lung-Vita for about six months and it has certainly helped me," says Miss Sophie Taggart, 146 Southern Ave., Memphis, Tenn. "I have taken most all kinds of medicine, but none of it seemed to help me until I began taking your Lung-Vita. I firmly believe that Lung-Vita will completely restore me to health, and heartily recommend it to all suffering with lung trouble."

### CONSUMPTION

If Lung-Vita will do this for Miss Taggart, why will it not do the same for YOU? Don't neglect this aid. Go to your dealer today and get a bottle or if he hasn't it order direct. Fifteen-day treatment \$1.50, thirty-day treatment \$3.00. Booklet upon request. NASHVILLE MEDICINE CO., Dept. B, Nashville, Tenn.

### BRONCHIAL ASTHMA

#### What She Had Forgotten.

The check which the comely young German woman handed in at the window of a savings bank the other day was made payable to Gretchen H. Schmidt and she had indorse it simply "Gretchen Schmidt." The man at the receiving teller's window called her back to rectify the mistake just as she was turning away.

"You don't deposit this quite this way," he explained. "See, you have forgotten the H."

"The young woman looked at her check and then blushed a rosy red. 'Ach, so I haf,' she murmured, and wrote hurriedly: 'Age twenty-three.'"

#### Courteous Agreement.

He—You may brag of your father's farming, but what did he know about live stock? Now, there wasn't anything that my father didn't know, especially about raising mules.

She—Nobody would doubt that who ever met you.

#### Thorough.

"Did the grasshoppers do much damage to your farm last year?"  
"I should say they did. They devoured everything clear down to the first mortgage."

#### Protest.

"Could you gimme sumtin' to eat?"  
Inquired Plodding Pete.  
"Well, you can cut the grass and—"  
"But, lady, I ain't no vegetarian."



### Two Fellows

are trying to get ahead.

It's easy to see who'll win.

If you have any doubt about coffee holding some people back—in fact many—leave the hesitating class, stop coffee ten days, and use

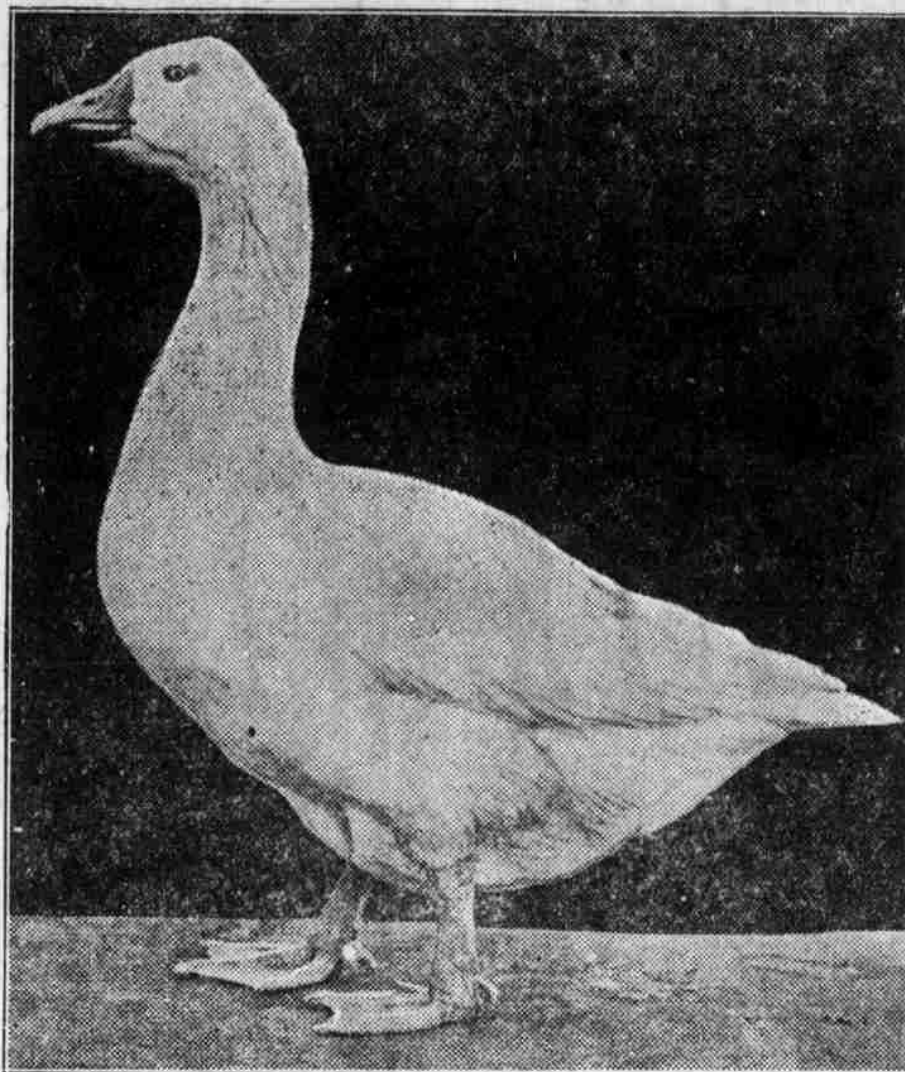
## POSTUM

This delicious pure food-drink, made of wheat, roasted with a bit of wholesome molasses, has a delightful, snappy flavor. It is free from the drugs in coffee and all harmful ingredients.

Postum is good for old and young, and makes for health and efficiency.

"There's a Reason"

## FEEDING AND PREPARING MARKET GEES



EMDEN GANDER SHOWN AT HAGERSTOWN FAIR.

The following were among the replies received by the United States Department of Agriculture to the question, "What is your method of feeding and preparing geese for market?"

Vincent M. Couch, Moravia, N. Y.: To fatten goslings, confine, and after five to six weeks make cornmeal the principal feed; add some beef scraps, and allow them to have some grass. Of the large breeds, they should weigh from 10 to 20 pounds at ten weeks old; and market at this age. Reserve the smaller breeds until holidays.

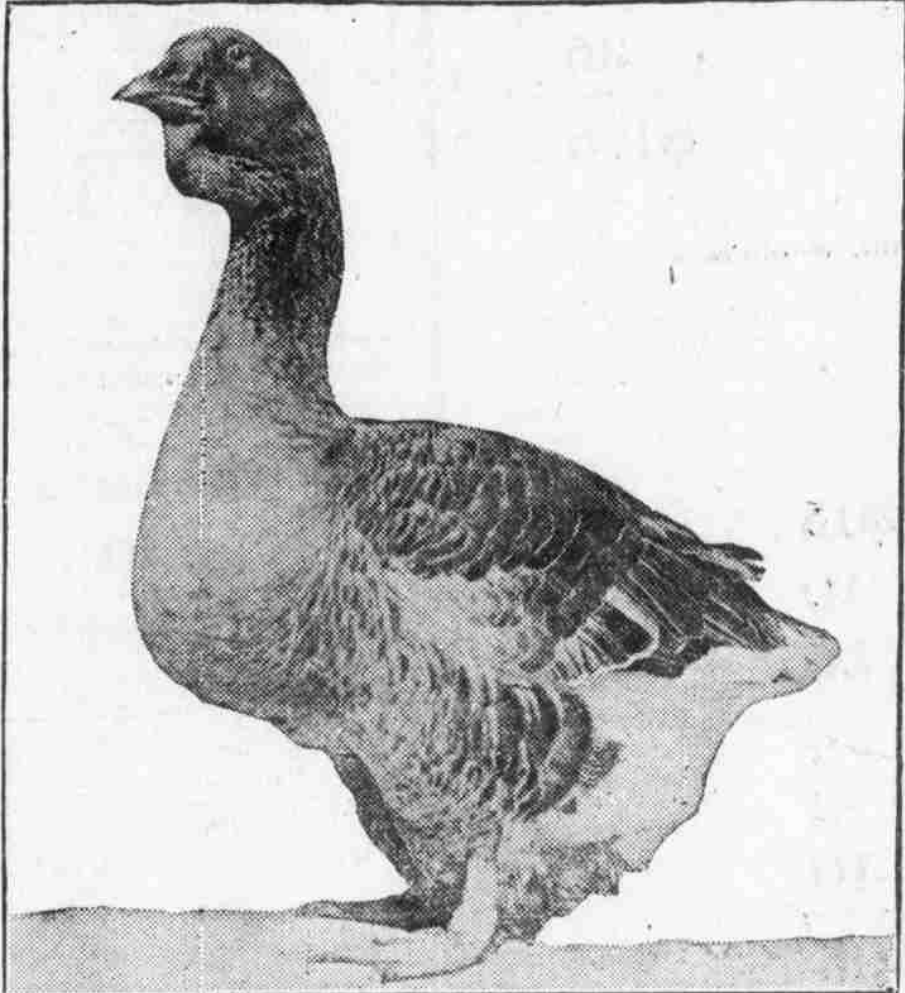
F. D. Fowler, Carlisle, Ill.: Market geese are kept closely confined and fed three times a day by measure: Bran 2 parts, shorts 1 part, oilmeal and beef scraps 1 part, cornmeal 1 part, dampened with water so it will crumble. Whole corn is sometimes given. Green food, grit, and water are always before them.

B. F. Hislop, Milford, Ill.: To prepare for market, as soon as weather becomes cool, confine in small lots. Commence to feed gradually mash composed largely of cornmeal, mixed with milk if convenient, otherwise water, giving enough forage or vegetables

to keep in health, increasing grain until they have all they will eat, twice a day, never forgetting plenty of water and a box of grit. By the time the goose market is on, say from Thanksgiving to New Year's, the birds will be in prime condition and bring top market price. To dress them, kill same as other poultry. Commence to pick the coarser feathers and most of the down off as soon as the fatal stab to brain is given and bleeding commences. Then sprinkle and rub well with powdered rosin, scald and rub down off quickly, plunge body in hot water then cold, wipe, and hang up or lay on table to cool before packing.

Mrs. M. Swartsley, Columbus, Neb.: To give size and flesh, I feed half cornmeal, one-fourth ground oats, the balance barley meal and wheat middlings, all mixed together with scalding water or milk, and feed as much as they will eat four or five times daily, at all times providing plenty of water.

M. B. Caldwell, Broughton, Kan.: As soon as our goslings are grown up we turn them in the hog pasture—ten acres of alfalfa—and they feed on alfalfa and eat after the hogs, and get very fat and heavy.



MALE TOULOUSE GOOSE.

### CONTROL OF CHICKEN MITES

Unsatisfactory Growth in Summer May Be Caused by Vermin—Destructive Work at Night.

When well fed and otherwise properly managed, chickens do not always make satisfactory growth in summer. There is a cause for this which may be wholly unsuspected. It is likely to be due to the presence of chicken mites.

This pest is a blood-sucking parasite. It harbors under the perches, in cracks, and in other places. Its destructive work is done at night. When the chickens are at roost the mites crawl from their hiding places on to the birds. They gorge themselves with blood much the same as a mosquito does, and then crawl back to their hiding places.

If this pest is not discovered it multiplies into millions in a few weeks of hot weather.

If the mites become numerous, they will suck more blood from a chicken in a single night than the chicken can produce the next day from the digestion and assimilation of the most nourishing food. And since the blood carries the assimilated food for the growth of the different parts of the

body, there can be little or no growth so long as such a condition continues. The time and the labor of the poultryman, as well as the feed consumed, are thus practically wasted in the presence of chicken mites.

During the summer every precaution should be taken to keep the pens and roosting places free from mites. This is not a difficult matter. The mite is a very small parasite, barely perceptible with the unaided eye.

When not gorged with chicken blood it is light-colored. It becomes red when it has gorged itself with chicken blood. For this reason it is sometimes called the "red" mite. But this pest is so delicately constructed that it can be easily destroyed by spraying with kerosene or whitewash.

### VENTILATION IN THE SUMMER

Brooding and Roosting Coops Must Be Open to Permit Free Circulation of Air.

During the summer the brood coops and roosting coops must be very open so that plenty of air can circulate through them; otherwise the chicks will overheat at night, which will check their growth and reduce their vitality, making them less profitable.

### ROLE WAS FORCED ON DADDY

Really Had No Desire to Act as Father to the Girl, but He Had Been Forestalled.

The dowagers and chaperons whispored their surprise that so young and so pretty a girl should have devoted herself the whole evening to a man so much her senior. True he danced well enough and was known as a man of many millions. Still they had never thought Meta mercenary.

Half way through the evening the couple disappeared onto a balcony. The girl sat down and the man stood gazing down at her. Without the slightest warning he asked her to be his wife. He was a widower, as she knew.

"I wanted to please you," she said, "but did not expect this."

"It is the unexpected that happens," he said with a smile.

"I'm sorry," she said, "and I'm glad at the same time. I have been trying to make you like me."

"Why?"

"I like you so much, as a father—"

"Thanks," he interrupted; "I'm not decrepit yet."

"Of course not. But I came here solely to meet and be introduced to you. Why? Because last night I married your son."

Dr. Peery's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults or children. One dose is sufficient and no supplemental purge necessary.—Adv.

#### Charity.

"Please, kind lady," said the wayfarer, "I ain't had a bite to eat in 24 hours."

"You are just the man I'm looking for," replied the lady of the house. "My husband gathered a mess of mushrooms this morning, and I want to make sure they are not toadstools. Just wait a moment and I'll bring you a dish of them."

### Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless 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.

#### A Wreck.

"Don't bother me. I need rest and quiet. I'm a nervous wreck."

"What's the matter, pa? Anything gone very wrong at the office today?"

"I should say so. I had to call two people on the telephone today."—Detroit Free Press.

### FOR HAIR AND SKIN HEALTH

Cuticura Soap and Cuticura Ointment Are Supreme. Trial Free.

These fragrant, super-creamy emollients keep the skin fresh and clear, the scalp free from dandruff, crusts and scales and the hands soft and white. They are splendid for nursery and toilet purposes and are most economical because most effective.

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

#### Sure-Thing Seekers.

"Some people consult fortune tellers about investments."

"Yes," replied Mr. Dustin Stax. "But I can't see any sense to the system. A fortune teller who could give reliable advice would quit work and get rich playing her own information."

#### No Compliment.

"I call the little girl I'm sweet on my Dotty Dimples."

"Well, if she's sweet on you, she's the dotty part, all right."

## W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE" \$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas President W. L. Douglas Shoe Co., Brockton, Mass.



### Part of the Fun.

"There are few people in this world who can resist the temptation to give unsolicited advice."

"But, why, my friend, should one resist a temptation of that sort?" asked the ardent fan.

"I don't understand you, sir."

"Nine out of ten people would never attend a baseball game if they couldn't give the players and the umpire unsolicited advice."

#### Appropriate Returns.

"Did they realize anything from the ice carnival?"

"Certainly; plenty of cold cash."

#### Swindled.

"My uncle from Kansas was in town last week."

"How did he enjoy his visit?"

"He didn't. When he found out that the Eden Musee was closed he was so mad he threatened to sue the railroad company if they didn't refund the price of his ticket."

#### One Exception.

"Like produces like."

"Oh, I don't know. I've seen cold cash produce some hot times."

Montreal bakers must stamp their initials on each loaf.



## A million other women have found the same solution these six have

Almost every woman at some time has had a coffee problem. Over a million American women have settled theirs the same way! Read what these six say—

"I recommend Arbuckles' Coffee to my friends. I buy it all the time because it is better coffee."—Miss Ball, Mercer, Ky.

"I use Arbuckles' because it is stronger than 35c coffee and Arbuckles' packages are full 16 oz."—Mrs. Vonachen, Coldwater, Kan.

"I have been using Arbuckles' for years, and have always found it the best I ever used."—Mrs. Johnathan Biggins, Coshocton, Ohio.

"I have used Arbuckles' for years and think there is no coffee to equal it."—Mrs. J. L. Walper, Shepherdstown, W. Va.

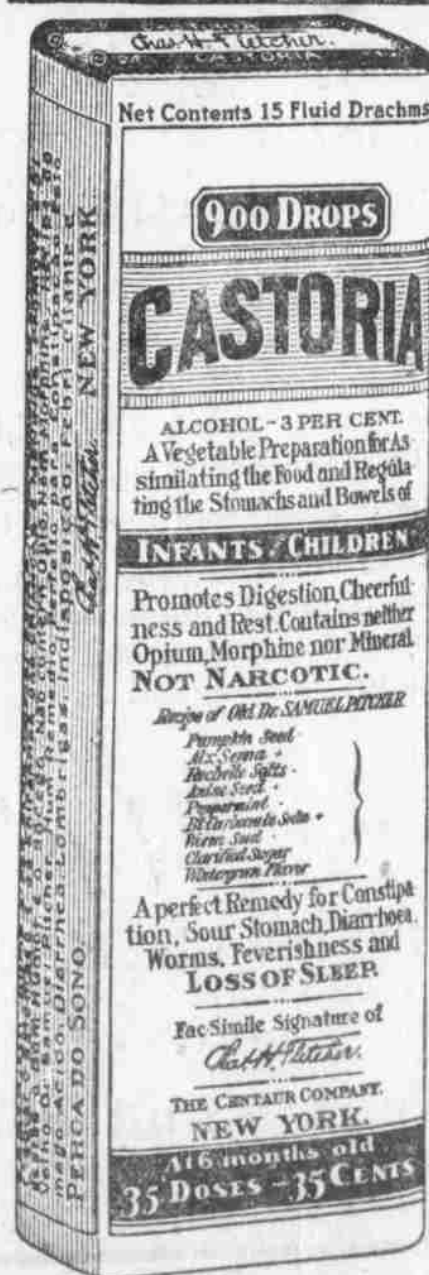
"I have been using Arbuckles' Coffee for years. I think it is the only coffee fit to drink."—Mrs. A. G. Walkman, Lay, Colorado.

"We have used Arbuckles' Coffee for ten years and have not yet found its superior or equal."—Virgie Hada-way, Bessemer, Ala.

Arbuckles' is the biggest selling, most popular coffee in the United States. Have you tasted it? Get it at your grocer's—either bean or already ground—and serve it in your home. Know why a million other women say that Arbuckles' is the finest coffee they ever tasted!

Make your coffee earn lovely gifts. Save the signature on every Arbuckle wrapper. Arbuckles' premiums are as famous as Arbuckles' Coffee. Write for special premium catalog. Arbuckle Bros., 714 Water St., New York.

## ARBUCKLES' COFFEE



## Children Cry For

# Fletcher's CASTORIA

### 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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

### GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.