

HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering and two doctors decided that I would have to go through an operation before I could get well."

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. I followed her from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."

Mrs. MARY BOYD, 1421 5th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary. Every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years' experience is at your service.

HEAVY IN HORMONES CAN BE RELIEVED

Don't worry about heavy periods while they are coming with Lydia E. Pinkham's Vegetable Compound. It will make your periods go on with regularity and without pain. Write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years' experience is at your service.

How to Bring Them Up.

Mrs. Domestic Tabby—"People don't know how to raise children nowadays. They let them have their own way far too much."

Mrs. Brood Hen—"That's very true. Now, look at my chickens. They wouldn't have amounted to doing it if they hadn't been set on—people's home journal."

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach—Adv.

He Sidelapped.

"Just why did you leave college?" "The dean didn't go into details."—Jack O'Lantern.

WAS DISCOURAGED

Lost 65 Pounds in Weight and Had to Give Up Work. Has Been Well Since Using Doan's.

"Being exposed to extreme heat when working as an engineer, and then going outdoors to cool off, caused my kidney trouble," says Karl Gutierrez, 314 N. Oakway St., Philadelphia, Pa. "In cold weather, when I went to bed, my joints and muscles would swell and ache and often my limbs were so badly affected it was only with great misery I was able to get around. For a week I was laid up in bed, unable to move hand or foot."

"Another trouble was from irregular and scanty menses, and the kidney secretions. I became dull and weak and had to give up my work. Headaches and dizzy spells nearly blinded me and I went from 205 to 130 in weight. Nothing helped me and I felt was doomed to suffer."

"At last I had the good fortune to hear of Doan's Kidney Pills and began taking them. I soon got back my strength and weight and all the crumby pains and other troubles left. I have remained cured. Secure to future health."

Get Doan's at Any Store, 60c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

Painful Sensations

in the muscles, "neuralgia", soreness, aching back, pimples, boils, rashes and other eruptions, usually result from self-poisoning by products of imperfectly digested or non-eliminated food.

BEECHAM'S PILLS

help to restore activity of liver, bowels, kidneys, and skin, and so counteract cause and relieve symptoms.

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

PATENTS Watson, E. Coleman, 1111 E. Adams St., Chicago, Ill. Solely responsible for the success of Beecham's Pills.

FIND BACTERIA AID LEGUMES' GROWTH

Use of Cultures on Alfalfa, Clover, Vetch and Peas Recommended by M. A. C.

COLLEGE MAKES A SUPPLY

Offers Them to Farmers at Cost to Encourage Production—Inoculation of Soy Beans Worth Trying.

From Department of Bacteriology, Michigan Agricultural College, East Lansing, Mich.—This is a time when it behooves the farmer to use every possible means at his disposal for the keeping up of production. With some crops good results can be obtained by the sowing of improved, high-yielding varieties; with others measures that will check the growth of plant diseases are helpful, and with a third class of crops the legumes, inoculation of the seed before it is planted, or inoculation of the soil in which the seed is to be planted is valuable in assisting the plants to attain a maximum growth. As every farmer knows, the legume crops are clover, alfalfa, sweetclover, peas, beans, cowpeas, soy beans and vetch.

For some years this department has been making inquiries to ascertain the effectiveness of inoculation in encouraging development of legume crops and while the information obtained has not been as comprehensive as anticipated, as might be wished for, the facts accumulated are nevertheless of much value. Our inquiries of course, have been conducted among the farmers of Michigan.

From answers made in response to these inquiries it is recognized that in inoculation for alfalfa is essential, and with other crops, the indications are that inoculation should be practiced for clovers, vetch and peas, unless the farmer knows he can secure abundant nodules in his soil without artificial inoculation. We must accordingly continue to advise inoculation for clovers, vetch and peas, and certainly beyond all reasonable doubt that there is no need for it, or that no good can be derived from the practice.

"How about inoculation for soy beans?" many have asked. The opinion of some of our field men should be mentioned on this point. "This culture," says Jason Wood, man, agricultural agent for Kalamazoo, "raises a good many soy beans. When we first started growing them we used the cultures from the colleges for inoculation. Where these cultures were used, the plants developed, but somewhat sparsely. However, they served to give us a start in inoculation."

"Inoculated soy beans, as a rule, produce no nodules on the roots. My grow was better later for two or three years in succession on the same land and develop an inoculating plant by thick seeding. From these inoculating plants we take the dirt and apply it to the beans by the dirt method. We obtain much better results than we do by use of the cultures themselves. Inasmuch as we have plenty of inoculated dirt in our county, there has been no call for cultures in the last two years. If, however, dirt is not obtainable, cultures should be used if they can be had."

Others who have expressed opinions upon this subject are T. A. Rand and J. M. Wendt. "I know of farmers," declares Mr. Farrington, "who would not sow soy beans or cowpeas in fields where these crops have been raised before without inoculating the seed."

"I do not believe cultures are necessary at all for cowpeas," Mr. Wendt says, "but all our farmers seem to have much confidence in the value of culture for soy beans."

Among farmers a question frequently asked is: "Why are cultures necessary for any crops?"

As every farmer is aware, his crops obtain their food from the soil. This food consists of a number of different elements, one of which is nitrogen, and unless this is kept up by frequent replenishing the soil soon becomes exhausted. What the culture does is help the plant to maintain this nitrogen supply. These cultures consist of millions of bacteria, or "bugs," as some people call them, which possess the power of taking the nitrogen out of the air which circulates through the soil and making it available to the crop. By mixing these cultures up with the seed of legumes before it is planted, colonies of the bacteria form colonies on the roots of the developing plants. A different strain of these bacteria is necessary for all of the legumes—clover, alfalfa, sweet clover, peas, beans, cowpeas, soy beans and vetch.

Cultures can be obtained either from commercial concerns or from the department of bacteriology of the college and should be used according to instructions included with them. It is most advisable, perhaps, to secure your supply, if you need any, from M. A. C., which will furnish the cultures to you at cost, since the enterprise is supported by the state in encouraging production. One culture, or enough to inoculate a bushel of seed, can be obtained for 25 cents, either by writing in yourself, or by having your company sent write for you.

The number of organisms in the

cultures decrease rapidly if they are kept very long, so it is best to order about a week before using. It is strongly recommended that they be not over 20 days old when used.

Another point which it is also essential to bear in mind is that inoculation is only one of the things necessary for a successful raising of legume crops. Before attempting to try inoculating, therefore, every farmer who desires to use cultures should first become thoroughly familiar with the crop upon which he proposes to use them.

EARLY PRUNING IS HELPFUL

Trees Much Benefited by This Treatment After Severe Winter.

From Department of Horticulture, Michigan Agricultural College, East Lansing, Mich.—In the light of the fact that the winter just passed was one of more intense weather than orchardists have been called upon to contend with in years, the matter of pruning is one of increased importance this season.

Under normal conditions, peach trees should be pruned early in the spring, after severe freezing weather is over, and before growth starts. Severe pruning should be helpful this spring, especially where there has been bad "freezing back" injury, but in cutting back in such cases the older branch upon which the cut is made the loss the likelihood that it will make a new growth.

This is to say, it is much safer to cut back in two or three year old wood than it is in four-year-old wood.

After winter injuries, thorough cultivation is of more than general benefit, and should be used in connection with heavy pruning, when such injuries have been suffered by the tree.

BURN DEAD TREES AND LIMBS

Wood-Boring Insects Are Attracted to Them and May Become Abundant—How to Saw.

(From the United States Department of Agriculture.)

All dead trees and limbs should be promptly removed and burned; as wood-boring insects are attracted to them and may become abundant and attack and injure healthy trees. In removing limbs of trees they should be sawed as closely to the trunk as possible to insure rapid and complete healing over. Stubs of limbs should not be left, as these decay, later resulting in a cavity which permanently injures the tree and will afford a hiding place for wood-boring insects. In cutting large limbs special care should be taken to prevent splitting of the bark from the trunk. A large limb is best removed by first sawing the limb from the trunk at a distance of six or eight inches from the trunk until the saw is pitched, by which time the cut should have reached from one-fourth to one-half through the limb. The second cut should be made on the opposite side of the limb six feet or two inches from the first one, sawing being continued until the limb falls. It is then easy to saw off the limb close to the tree trunk and in line with its own surface. Training care, however, to support the stub until completely severed.

Give Teachers Military Training.

A course in military training for teachers will be held at M. A. C. during the coming summer as a new feature of the summer school. This work, which will be in charge of Maj. J. C. Wrightson, professor of military training, and commandant of the school of the college regiment, is planned to enable teachers to meet the demands for giving military training in the high schools. The course of study and training will include instruction in every phase of military subjects for high school scholars. The summer session will run from June 23 and will last until August 2.

Feeding Ducklings.

"For the first week after they have been hatched, ducklings should be fed every two hours," declares a press bulletin from the department of poultry husbandry of the Michigan Agricultural College. "After this period they should be fed four times a day. A good ration is one consisting of eight pounds of cornmeal, three pounds of middlings, two pounds of barley, six pounds of meat scrap, three pounds of young clover or alfalfa, and one pound of sharp sand."

New Garden Leader.

A new leader, who will assist the boys and girls' clubs of the state with their garden projects during the coming year, has been appointed by M. A. C. Under the emergency fund provided for this purpose by the Federal government, Emil C. Voz, a graduate of Cornell University and a garden director of several years' experience, is the man to whom the garden leadership has been assigned. He will work under the direction of B. C. Lindquist, state leader of boys' and girls' clubs.

Greatest Production.

Corn makes her greatest production in the early summer. The intelligent feeder, therefore, will strive to maintain similar conditions as nearly as possible throughout the year.

Hens Don't Mind Cold.

When hens are busy scratching for grain in a deep litter they will not suffer from quite low temperatures and during such times the hens should be thrown open and well aired.

Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales
\$875,000,000.
Profits
\$34,650,000.

This is equivalent to a \$3.465 profit on a business of \$87.500.

If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.



Swift & Company, U. S. A.

One Man Who Drinks Alone.

Wherever there is oil, Jake Mutter is known as the man who drinks crude oil and really enjoys it. He has come so expert in the taste of crude oil, it is said, that he can actually tell the state or oil field from which it was produced by simply tasting it. So far as is known, Mr. Mutter has not yet found any one who was anxious to join him in a "Mutter cocktail," and when Colonel Jake drinks crude, he drinks alone.

THE RED CROSS NURSES OF EUROPE ARE GIVING TOASTED CIGARETTES TO THE BOYS

To anyone who doesn't know of the wonderful advances that have been made in the preparation of smoking tobaccos in the last few years it may sound strange to speak of toasted cigarettes.

Strictly speaking, we should say cigarettes made of toasted tobacco. The smokers of this country will recognize it more readily by its trade name, "LUCKY STRIKE"—the toasted cigarette.

The American Tobacco Company are producing millions of these toasted cigarettes and these are being bought in enormous quantities through the various tobacco funds conducted by the newspapers of the country and forwarded through the Red Cross Society to the boys in France.

This new process of treating tobacco not only improves the flavor of the tobacco but it seals in this flavor and makes the cigarettes keep better.

The Red Cross nurse is always glad to have a cigarette for the wounded soldier, as, in most instances, that is the first thing asked for.—Adv.

Some men think that the proper way to begin the day is to find fault with wife at the breakfast table. Cruelty and cowardice camp under the same roof.

160 ACRE FARMERS' WESTERN WHEAT

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$30 per acre and raise from 20 to 45 bushels of \$2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads Free to Settlers

and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is also as profitable an industry as grain raising. Good schools, markets, convenient climate, excellent. Write for literature and particulars as to reduced railway rates to Supl. Immigration, Ottawa, Canada, or to

M. V. MacINNIS
175 Jefferson Ave., Detroit, Mich.
Canadian Government Agent

Tartars.

Singular piece of news, that, of a Tartar army threatening Constantinople. It's a long while since Tartars have cut much of a figure in war. Once they were the greatest fighting race in the world and overran a large share of Europe and Asia.—Buffalo Times.

She Meant All Right.

"I'm hurrying to tell you this," hastens N. W. C.: "A woman came into our Red Cross branch, looked at the surgical dressings and asked, 'Is all this gauze cauterized?'"

RECIPE FOR GRAY HAIR.

To halt pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Canada had handled \$1,000,000,000 in bullion for the Bank of England since the war began.

1,716,000,000 Pounds of Flour Saved

if each of our 22,000,000 families use this recipe instead of white bread.

One loaf saves 11,000,000 pounds; three loaves a week for a year means 1,716,000,000 pounds saved!

Enough to Feed the Entire Allied Army

Corn Bread with Rye Flour

1 cup corn meal	1 teaspoon salt
1 cup rye flour	1 cup milk
2 tablespoons sugar	1 egg
5 teaspoons Royal Baking Powder	2 tablespoons shortening

Barley flour or oat flour may be used instead of rye flour with equally good results. Stir dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR