

## "BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak that I could hardly go around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. I am certainly the best medicine for women's ailments I ever saw."—Mrs. SARAH SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this medicine a trial. Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years experience is at your service.

## Why?

A man at sixty years of age is either a failure or a success. BEECHAM'S PILLS have been made for sixty years and have the largest sale of any medicine in the world! Millions use

## BEECHAM'S PILLS

Sold everywhere. In boxes, 10c., 25c.

**Cuticura Promotes Hair Health**  
Cures itching scalp, dandruff, and keeps hair soft and healthy. Sold everywhere.

**Kill All Flies!** THEY SPREAD DISEASE. This is a powerful and effective fly and mosquito killer. It kills all flies, mosquitoes, and other insects. Sold everywhere.

**WHEN HE WAXED ELOQUENT**  
Phonograph Record of Just What Mr. Smith Said Might Have Been Interesting.

Speaking at a dinner, Representative Joseph J. Russell of Missouri referred to the glory of feminine fashion and fittingly relates a little story about that line.

Recently Smith and Jones met in a restaurant, and while idly chatting, Smith, the abbreviated bits, their talk turned to a comparison of domestic expenses. First it was beef, next it was butter, and finally nutmeg came in for a few slight remarks.

"You should have seen the peach of a hat my wife told home a few days ago," said Smith. "It was all kinds and other embellishing things. I had after telling me that it was stolen against my account at \$20 she sweetly asked me what I thought of it."

"It was," was the smiling response of Jones. "Of course you told her." "Oh, yes," answered Smith, with a grim expression. "I simply raved over that hat for an hour."—Philadelphia Evening Telegraph.

**Automatic Water Pan for Furnaces.** An extra large water pan, illustrated in Popular Mechanics Magazine, is now being installed in furnaces of a certain make, which is equipped to fill automatically when almost empty. The pan holds seven gallons and cost only makes a good job of the fire pot, so that evaporation is very rapid. Water is supplied through a pipe, the flow being governed by a float-controlled valve.

When a man is beside himself with rage he is foolish to place confidence in his companion.

Besides Saving Wheat Ma Says I'm Saving Cooking When I Eat

**POST TOASTIES**

**BEST CORN FLAKES EVER**

**Bobby**

## DAIRY



### USE A STRAINER FOR CREAM

Will Break Up Possible Lumps and Remove Curd Particles and Any Foreign Matter.

(Prepared by the United States Department of Agriculture.)  
When cream is ready for churning the churn should be prepared. It should be cleaned thoroughly, rinsed with scalding water, then thoroughly rinsed and chilled with cold water. The butter ladles, paddles, worker and printer should be treated in the same way, and all but the worker placed in a pail of cold water until needed. If that is not done, the butter will stick to them.

Cream should be poured into the churn through a strainer to break up possible lumps and to remove curd



Straining Cream Into Churn.

particles and any foreign matter that may be in it. In order to have the necessary consistency the churn should be only about one-third full. If too full, the churning process is prolonged and if the cream foams it won't fill the churn and prevents concretion. In that case it is usually necessary to remove some of the cream in order to obtain butter in a reasonable time.

Except late in the spring and early in the summer, when butter has a naturally high color, a small quantity of butter color is usually added. In winter the quantity required to produce a shade of yellow like the desirable June color varies from about 20 to 35 drops per gallon of cream.

The color having been added to the cream, the churn may be started at a speed to produce the greatest concretion, which may be determined largely by the sound. About 50 revolutions a minute is the usual speed for the common barrel type of churn. After a few revolutions the churn should be stopped, bottom up, and the cork removed to permit the escape of gas. This is repeated two or three times in the early stages of churning. At that period cream produces a very liquid sound and the glass in the churn is evenly covered with cream.

When churning is nearly completed there is a noticeable difference in the sound made by the cream, while on the glass in the churn a thick, mushy mass will appear, which occasionally breaks away, leaving the glass clear. At this point the butter granules are just forming and the cream is thick and finely granular. Like new corn meal mush, with buttermilk separating slightly from the tiny granules. The churn should be revolved several times, then stopped and the butter examined in order to prevent overchurning. When the granules are the size of grains of wheat the churning is completed. To continue the churning until the butter is in large masses is a bad practice, because it incorporates quantities of buttermilk which cannot be washed out. The bad effect of too much buttermilk in the butter has been discussed already.

### MILK IS LOST IN HANDLING

Simple Methods of Checking Bottles and Method of Accounting Are Recommended.

(Prepared by the United States Department of Agriculture.)  
Much milk is lost in the process of handling in milk plants, says the annual report of the bureau of animal industry, United States department of agriculture. Economies effected in that particular by one plant caused a yearly saving of \$2,538. Simple methods of checking milk losses, often an important item of loss, and a simplified system of accounting have been worked out and put into successful operation in a number of milk plants by the bureau's investigators of dairy plant management.

## KIDNEY TROUBLE NOT EASILY RECOGNIZED

Applicants for Insurance Often Rejected

An examining physician for one of the prominent life insurance companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

We find that Swamp-Root is strictly an herbal compound and we would advise our readers who feel in need of such a remedy to give it a trial. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

**Un-Kultured.**  
"Nero fiddled while Rome burned."

"Yes," replied the Count von Schrecklich. "But he was a very amateur incendiary. He made no special arrangements for demolishing cathedrals and hospitals."

**This Season's Objective.**  
"Where are you going this summer?"

"Don't know for sure," replied the young man. "France, I hope."

**Total Loss.**  
"What is the unluckiest stone?"  
"The diamond," replied young Cub-witz.  
"I've never heard the diamond called unlucky before."  
"It seems to be so in my case. I've bought engagement rings for three girls who married other fellows and forgot to return the rings."—Birmingham Age-Herald.

## FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othina—double strength—is guaranteed to remove these homely spots.  
Simply eat an ounce of Othina—double strength—from your dessert, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is advised that more than one ounce be used to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othina, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

**Letter from the Dead.**  
On the body of a British soldier recently killed at the front, was found the following letter addressed to his mother: "I am dead; I have lived my life, fought the good fight, and given my life willingly and happily for your sakes on the altar of duty. The fighting will be severe, the suffering great; but, mother darling, every child whom God receive! He accepteth. It is only part of the imitation of our blessed Lord's life—just a weak, unworthy imitation—but the best a poor, puny, sinful child can make. I plead with you not to worry. Put all your faith, your hope, your trust in the God of love."

The man who marries a widow usually finds out that he is the successor to her ideal husband.



## Veal Loaf with such flavor!

THIS delicately flavored Veal Loaf is made with such perfection by Libby's expert chefs in the immaculate Libby's kitchens—that you will always want these chefs to make it for you. You find it so appetizing, so nutritious a meat at such little cost and trouble.

Order Libby's Veal Loaf for lunch today. Serve either hot or cold, your family will delight in it.

Libby, McNeill & Libby, Chicago

**Guest—**How much did you ever get out of your car?  
**Owner—**Well, I think seven times in one mile is my record.

**His Record.**  
Merced, Cal., has 805 acres devoted to rice growing this year.

**So to Speak.**  
"I hear he spoke feathery."  
"You might call it feathery. He kept groping around for a word."

A self-closing door spring adds to the anger of a man who wants to slam the door.

## Are the Packers Profiteers?

### Plain Facts About the Meat Business

The Federal Trade Commission in its recent report on war profits, stated that the five large meat packers have been profiteering and that they have a monopoly of the market.

These conclusions, if fair and just, are matters of serious concern not only to those engaged in the meat packing business but to every other citizen of our country.

The figures given on profits are misleading and the statement that the packers have a monopoly is unsupported by the facts.

The packers mentioned in the report stand ready to prove their profits reasonable and necessary.

The meat business is one of the largest American industries. Any citizen who would familiarize himself with its details must be prepared for large totals.

The report states that the aggregate profits of four large packers were \$140,000,000 for the three war years.

This sum is compared with \$1,000 as the average annual profit for the three years of the war, making it appear that the war profit was \$12,000,000 greater than the pre-war profit.

This compares a three-year profit with a one-year profit—a manifestly unfair method of comparison. It is not only misleading, but the Federal Trade Commission apparently has made a mistake in the figures themselves.

The aggregate three-year profits of \$140,000,000 was earned on sales of over four and a half billion dollars. It means about three cents on each dollar of sales—or a mere fraction of a cent per pound of product.

Packers' profits are a negligible factor in prices of live stock and meats. No other large business is conducted upon such small margins of profit.

Furthermore—and this is very important—only a small portion of this profit has been paid in dividends. The balance has been put back into the businesses. It had to be, as you realize when you consider the problems the packers have had to solve—and solve quickly—during these war years.

To conduct this business in war times, with higher costs and the necessity of paying two or three times the former prices for live stock, has required the use of two or three times the ordinary amount of working capital. The addi-

tional profit makes only a fair return on this, and as has been stated, the large portion of the profits earned has been used to finance huge stocks of goods and to provide additions and improvements made necessary by the enormous demands of our army and navy and the allies.

If you are a business man you will appreciate the significance of these facts. If you are unacquainted with business, talk this matter over with some business acquaintance—with your banker, say—and ask him to compare profits of the packing industry with those of any other large industry at the present time.

No evidence is offered by the Federal Trade Commission in support of the statement that the large packers have a monopoly. The Commission's own report shows the large number and importance of other packers.

The packers mentioned in the statement stand ready to prove to any fair-minded person that they are in keen competition with each other, and that they have no power to manipulate prices.

If this were not true they would not dare to make this positive statement.

Furthermore, government figures show that the five large packers mentioned in the report account for only about one-third of the meat business of the country.

They wish it were possible to interest you in the details of their business. Of how, for instance, they can sell dressed beef for less than the cost of the live animal; owing to utilization of by-products, and of the wonderful story of the methods of distribution throughout this broad land, as well as in other countries.

The five packers mentioned feel justified in co-operating with each other to the extent of together presenting this public statement.

They have been able to do a big job for your government in its time of need; they have met all war time demands promptly and completely and they are willing to trust their case to the fair-mindedness of the American people with the facts before them.

**Armour & Company**  
**Cudahy Packing Co.**  
**Morris & Company**  
**Swift & Company**  
**Wilson & Company**