

# THE MAKING OF A FAMOUS MEDICINE

How Lydia E. Pinkham's  
Vegetable Compound  
is Prepared For  
Woman's Use.

A visit to the laboratory where this successful remedy is made impresses even the casual looker-on with the reliability, accuracy, skill and cleanliness which attends the making of this great medicine for woman's use.

Over 350,000 pounds of various herbs are used annually and all have been gathered at the season of the year when their natural juices and medicinal substances are at their best.

The most successful solvents are used to extract the medicinal properties from these herbs. Every utensil and tank that comes in contact with the medicine is sterilized and as a final precaution in cleanliness the medicine is pasteurized and sealed in sterile bottles.

It is the wonderful combination of roots and herbs, together with the skill and care used in its preparation which has made this famous medicine so successful in the treatment of female ills.

The letters from women who have been restored to health by the use of Lydia E. Pinkham's Vegetable Compound which we receive continually publishing attest to its virtue.

**Cuticura Heals  
Itching Burning  
Skin Troubles**

**PARKER'S  
HAIR GROOMING**  
A toilet preparation of merit.  
It is a hair dressing of merit.  
It is a hair dressing of merit.  
It is a hair dressing of merit.

HAD EXAMPLE BEFORE HIM

Long-Eared Youth Could Not Doubt  
That Some People Could Speak  
Fast Without Stuttering.

A venerable citizen of the Strafford Ridge neighborhood entered a luncheon in Folkeville, dragging after him a gaunt, scrawny, long-eared youth. "What kind of pie have you got yet?" he asked of the brisk waitress. "Peach, apple, mince, raisin, mince, apricot, mince, raisin and corn-custard!" she answered with considerable rapidity. "Put it—wait!" returned the old fellow. "The young lad over again, the list with still greater speed.

"Please say that over again, if you'd just as live," requested the ancient man.

"Say, looker here!" demanded the waitress. "Can't you understand anything?"

"Oh, yes!" I understand all right!" He turned to the long-eared youth. "There now, Emmett!" he triumphantly said. "You see, it's just as I told you; a person can talk as fast as he wishes without stuttering, if he'll only take care!"—Judge.

Not Frederick!

"You sign this deed of your own free will, do you, madam?" asked the lawyer.

"What do you mean by that?" demanded the large, florid-faced woman. "I mean there has been no compulsion on the part of your husband. Has there?"

"M-m!" she ejaculated, turning to look at the little meek man sitting behind her. "Frederick! I'd like to see him compromise me!"

A Good Catch.

"When I get a car, I want one which will suit me," cried my dear, you had better get a runabout."

**Solid  
Winter  
Nourishment**

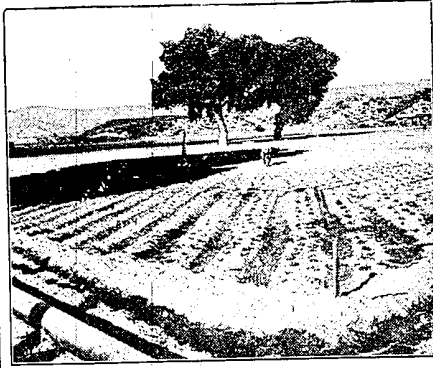
The real food elements of wheat and barley so made as to be rich in sugar, and ready to eat from package with milk or cream. That is Grape-Nuts

A Substantial Food and Economical

## Our Part in Feeding the Nation

(Special Information Service, United States Department of Agriculture.)

BIGGEST WAR GARDEN IS IN ARIZONA MOUNTAINS.



Gila County Gardener Planting His Crops. The Big Pipe Line in the Foreground Irrigates This and Other Sections of the Co-operative Plot.

## USE IRRIGATION TO RAISE FOOD

America's Largest War Garden  
Tucked Away in Mountain  
Regions of Arizona.

## DREAM OF A COUNTY AGENT

Employees of Large Mining Company,  
Formerly Dependent on Canned  
Goods, Now Have Fertile Gar-  
dens of Their Own.

Would you expect to find America's largest war garden tucked away in the mountains of Arizona, at an altitude of 3,300 feet? There it lies in fertile expanse dependent upon irrigation for every drop which waters its soil.

This garden is the realized dream of County Agent J. R. Sandage of Gila County, Ariz. As emergency agent, his part in the program of work was to stimulate food production in Gila County. He saw hundreds of employees of the Inspiration Consolidated Copper Company, in Miami, Ariz., dependent upon canned goods for food because they could not raise fresh vegetables in the arid soil of Miami.

He saw also a great tract of land which needed only irrigation to make it suitable for agriculture. Here was a chance to increase the nation's food supply, dependent upon canned goods for food. The result was 7,050 one-eighth-acre gardens, which supplied \$30,000 worth of vegetables last year and are expected nearly to double that figure in 1918.

The gardeners are miners, smelter men and millmen. They are a cosmopolitan group of many Americanized nationalities. Most of them have never gardened before where it was necessary to irrigate. In spite of this the crops from March 1 to December 1, 1918, promise to pass the \$50,000 mark in value. More than \$27,000 worth were accounted for by July 10.

How They Irrigate.

A gardener requires about 50 minutes to irrigate his garden, and he can easily do it before breakfast or when he returns from work in the evening. Gardens need irrigation once a week. Water is pumped from the wells and carried to the gardens in large pipe lines, from which it is distributed to the individual plots by means of head gates and check gates.

Preference is given to necessary vegetables, such as potatoes, beans, peas, sweet corn, cabbage and tomatoes, while space not occupied by these is given to melons, squashes, pumpkins, peppers, peanuts and other less essential crops.

The double crop system is used, so that there is something on the ground all the time. For example, melons are planted among the beans, so that when the beans are gathered the melons will be on the ground.

A flock of hens for the miner's back yard is encouraged to help utilize the waste from the gardens, such as tops of beets, radishes and cabbage leaves.

Gardens for Whole Families.

It is not unusual to see a whole family at work in the garden, the little children almost hidden in the luxuriant growth of vegetables. The county agent or an assistant visits the gardens frequently and shows the gardeners how to plant, irrigate, cultivate and spray their vegetables.

The management of the gardens is in the hands of the employees' committee of the copper company which issues bulletins of directions for the use of the gardeners. Ground, seed, water and spraying materials are furnished free by the company, as is also protection for the products. Marketing and canning and drying facilities are likewise free to all.

Through the county agent's efforts a war gardeners' market was built last year. In it all surplus products are

disposed of at no expense to the grower. This year the market has been enlarged and a canning and drying building added, so that gardeners can learn to can and dry their own products. Drying and canning work is under the direction of the county home demonstration agent of Gila County.

Other Gardens Started.

The success of the gardens has been assured from the outset. Since last year two other large copper companies in the vicinity have started gardens for their employees on the advice of the county agent. An estimate of what this work has meant to Gila County is \$70,000. This amount is exclusive of the small backyard gardens which have sprung up everywhere. The county agent estimates that these backyard gardens increase from 75 to 200 per cent in a district where regular war gardens have been started.

OKRA GOOD IN GARDENS

Okra, or grumbo, is a desirable addition to the vegetables grown in the home garden. It has been grown and used for years in the South, where it is found in almost every garden, and is increasing in popularity in the North.

In regions where the growing seasons are very short, okra plants may be started in a hot bed or greenhouse and transplanted to the open ground.

Okra is easily grown on any good soil, and a few plants will be sufficient for the average family.

The edible portion consists of the pods, which must be gathered and used while young and tender.

Okra is used mainly in soups, but may be served as a vegetable, boiled or baked, or as a salad. It may be kept for winter use by canning or drying.

The United States department of agriculture has recently republished Farmers' Bulletin 232, "Culture and Uses of Okra."

Sent on application.

Co-operative Stores.

While co-operative stores in the United States are relatively unsuccessful as compared with typical co-operative stores in European countries, the lack of success is not due to the failure of the underlying principles of such enterprises to hold good in America, but to the business methods generally followed in such undertakings in this country. This conclusion has been reached as a result of a survey of 50 co-operative stores made by the office of markets and rural organization of the United States department of agriculture. In many American co-operative stores which have failed, mismanagement, inadequate accounting and auditing, lack of co-operation, poor business methods, and lack of judgment are responsible.

The results of the survey indicate that the co-operative stores are tending to bring about lower prices, smaller margins of profit, more efficient business methods, and other practices beneficial to the farmer.

With the application of efficient business methods and the education of the farmer to a clear understanding of the functions of co-operative stores, they may be made successful. Instances are cited of unusual savings and large dividends to members of various associations. Such associations procure capable managers by paying adequate salaries; take advantage of large-scale purchasing and cash discounts; maintain proper accounts and records; and watch stock turnover.

The more general underlying conditions which investigations indicated should be present if a co-operative store is to be successful are: (1) good leadership among the members, (2) capable management, (3) favorable environment, with regard both to physical location and to social or occupational conditions.

## The KITCHEN CABINET

The men of the past overcame because they had convictions. We of the present frequently fail because we have nothing but opinions.

HOT SUPPER DISHES.

For those who have their heavy meal at noon, the hot dish, whether soup or escalloped, is an essential on these cool autumn nights. If the family is small, a few tablespoons of mashed potato, tomato, beans or other vegetable will be sufficient for the basis of a good cream soup.

Spanish Meat Dish.—This is a real good, tasty dish, and one which may be prepared with small amounts of meat. A half-cupful of finely minced meat will season a dish sufficient to serve four persons. Sliced, parboiled potatoes are placed in the bottom of a well-greased dish; then sprinkle over the meat and a thin layer of finely shredded Spanish onion; over this, a thick layer of tomato and bake for an hour or more in a moderate oven. The seasoning should be well done. Adding cayenne pepper and any gravy will also add to the flavor.

Hash From Boiled Dinner.—Chop fine the vegetables left from an old-fashioned boiled dinner with some of the covered beef; season and add some of the broth saved from the vegetables, and cook slowly in a frying pan for an hour on the back part of the stove. Serve with hot pickles and bread and butter.

Rice and Egg Omelet.—Put a quarter of a cupful of washed and drained rice in a frying pan, add two tablespoons of sweet fat and cook until the rice is slightly yellow, then add some stock, if at hand, or boiling water. Cook until the rice is tender, then add seasonings, and stir in two or three eggs and a half-cupful of milk. Turn out on a hot serving dish and serve with curled bacon.

Egg and Sausage Omelet.—Beat five eggs until light, add a finely chopped onion (a small green one), a spoonful of chopped green pepper and two tablespoons of lard or butter. Season with salt and pepper, and put into a hot omelet pan, turn out on a hot platter and garnish with parsley.

Oysters Fried in Batter.—Make a batter with two tablespoons of milk, two well-beaten eggs, a tablespoonful of flour and a dash of salt. Mix well, add oysters to the batter and fry in two tablespoons of hot fat.

Sweet potatoes cooked until tender, then buttered and sprinkled with sugar and set into the oven to brown is a pleasant way of serving them.

For woman is not undeveloped man, but diverse; Not like to like, but like in difference.—Tennyson.

TRUE HOSPITALITY.

"The ornaments of a house are the friends who frequent it." The happy hostess, one who entertains frequently and whose invitations are always welcome, is she who gives of her best to her friends. She who holds our bravest dust, and it is a proud and record of a new spirit.—John Buchan in Kansas City Star.

In these maddest days when a vast majority of our housewives are their own cooks, there would be little entertaining unless the meals prepared were largely such as may be all ready to serve with little additional work at the last minute. No gift enjoys repeated honors for the first course. We cannot forego the pleasure of having our friends around our tables frequently, so it is necessary that the entertainment be simple; and simple food well prepared and suitably served is usually in favor with the best people.

In these days of food substitutes we are looking for originality expressed in the manner we deal with them and in this short time we are already snowed under with new recipes which have been worked out by our efficient and loyal American housekeepers.

She who serves her friends with food and entertainment within her means is bound to be respected by those worth while and her friends do not count. To the average human being a good old-fashioned dinner table, where each is given a share in the serving is a positive joy to the dinner-giver who has been surfeited on eight-course dinners whose only recommendation is the employment they give our long-suffering physicians.

Let us then continue to entertain simply, within our means, going calmly on, envying nobody, setting a wholesome example which will be followed with gratitude by even the lavish and well-to-do.

One young housewife gave a plain old-fashioned boiled dinner to her friends and they were so full of joy that they passed back and forth over the sofa and she is wise who does not try experiments on her friends.

The only movable part of a new four-stirrer is a flat coil of heavy wire which passes back and forth over the wire mesh as the implement is shaken.

Neenie Maxwell

# WRIGLEYS

All Now in  
Pink Wrappers

To save tin foil for Uncle Sam,  
WRIGLEYS is now all wrapped  
in pink paper and hermetically  
sealed in wax:

1. The tangey  
flavor of mint
2. The luscious  
different flavor
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flavor of  
peppermint



All in pink-end packages and,  
all sealed air-tight. Be Sure  
to get WRIGLEYS because  
The Flavor Lasts!



Puts a ...  
Stop to all Distemper  
CURES THE SICK

And prevents others having the disease no matter how exposed to contagion and \$1.15 a bottle, \$2.50 and \$11.00 a dozen bottles. All good druggists and turf goods houses. Spohn Medical Co. Goshen, Ind., U.S.A.

Ypres.

In the salient of Ypres there are not less than one hundred thousands graves of allied soldiers, sometimes marked by plain wooden crosses, sometimes obliterated by the debris of ruined trenches, sometimes hidden in corners of fields. The ground is forever England; it is also forever France. When the war is over this triangle of meadow land, with a ruined city for its base, will be an enclave of Belgian soil consecrated as the holy land of two peoples. It will never be common ground. It will be for us the most hallowed spot on earth, for it holds our bravest dust, and it is a proud and record of a new spirit.—John Buchan in Kansas City Star.

PAPE'S DIAEPSIN  
FOR INDIGESTION

EAT ONE TABLET! NO GASES,  
ACIDITY, DYSPEPSIA OR ANY  
STOMACH MISERY.

Undigested food! Lumps of pain; belching gas, acids and sourness. When your stomach is not upset, here is instant relief—No waiting!

The moment you eat a tablet or two of Pape's Diaepsin all the indigestion pain and dyspepsia distress stops. Your disordered stomach will feel fine at once.

These pleasant, harmless tablets of Pape's Diaepsin never fail and cost very little at drug stores. Adv.

Cruel Treatment.

Yeast—The Germans in the internment camps in this country say we are treating them cruelly.

Crimes—How so?

"They claim were taking all the 'kick' out of the beer we let 'em have."

Soothe Itching Skins.

With Cuticura. Bathe with Cuticura Soap and hot water, dry and apply the Ointment. This usually affords relief and points to speedy healing. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Severe Injury.

Civilian—"How did you get that wound stripe?" Private—"The heart broke when we didn't march to Berlin."

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Try Murine Eye Remedy

No Stinging—Just Write for Free Book  
25 cents a bottle. Write for Free Book  
MURINE EYE REMEDY CO., CHICAGO

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CALVES DIE

from Scours or Calf Cholera

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