

## HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I have had headaches during the change of life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and hot flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2512 E. O Street, Richmond, Va.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

**Position of Immunity.**  
"You people all seem to take a great deal of loose talk from that man in a truck cut."

"Yes," replied Bronco Bob. "He sort of puts it over on us, because he knows he kin. He's the only undertaker in Crimmon Gulch. No matter what kind of trouble comes up there's necessarily an undertaker that he's to be a survivor."

**Immediate Problem.**  
"Where are the snows of yesterday?" inquired the man who quotes poetry.  
"Never mind about that," rejoined his wife. "The important question is, 'Where is the ice that was to arrive this morning?'"

**Lives Up to His Name.**  
"For the first year of his married life Boulder came to dinner in evening clothes."

"What does he do now?"  
"Now he comes to breakfast in them."—Boston Evening Transcript.

**What Bait?**  
"Are you inviting that queer fish, Mr. Jimson?"  
"Yes, I'm dropping him a line."—Boston Evening Transcript.

**Men and Women**  
Women as well as men are made miserable by kidney and bladder trouble. Dr. Kilmor's Swamp-Root, the great kidney remedy, is highly recommended by those who have used it.

Swamp-Root stands the highest for the reason that so many people have proved to be just the remedy needed in instances of even the most distressing cases.

At drug stores in 50c and \$1.00 sizes. You may receive a sample size bottle of Swamp-Root by Parcel Post, also a pamphlet telling you about it. Address Dr. Kilmor & Co., Birmingham, N. Y., and enclose ten cents. Also mention this paper.

**For Good Looks**  
a woman must have good health. She can do her part by helping nature to keep the blood pure, the liver active and the bowels regular, with the aid of the mild, vegetable remedy—

**BEECHAM'S PILLS**

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

**ASTHMA**

DR. J. D. KELLOGG'S ASTHMA REMEDY  
For the prompt relief of Asthma, Hay Fever, Cough, Sore Throat, and all the troubles of the throat and lungs. 25c per bottle. Write to Dr. J. D. Kellogg, 25 North Broadway, New York, N. Y.

**Dr. J. D. KELLOGG'S ASTHMA REMEDY**

**Every Woman Wants**

**Partine**

**ANTISEPTIC POWDER**

Disinfects water for drinking, stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Sample free. 50c. All druggists, or mailed by Dr. J. D. Kellogg, 25 North Broadway, New York, N. Y.

**PARKER'S HAIR BALM**

Keeps the hair from falling out. It is the best hair dressing in the world. It is the only hair dressing that is pure and safe. It is the only hair dressing that is made in America. It is the only hair dressing that is sold in every country. It is the only hair dressing that is used by every one. It is the only hair dressing that is recommended by every one. It is the only hair dressing that is the best in the world.

**W. N. W., DETROIT, NO. 29-1915.**

## THE HOME BEAUTIFUL

Flowers and Shrubbery  
Their Care and Cultivation



White House Orchids—This Building Is Devoted to Prize Orchids for the President and Family.

### TOO MUCH WATER KILLS PLANTS

By LIMA R. ROSE.

More plants in the window garden are killed every year by overwatering than in any other way. Some persons labor under the delusion that water must be applied daily, and the consequence is their plants are literally drowned out, unless they happen to have the best drainage.

Others go on the "little-and-often" plan—that is, they apply water in small quantities whenever they happen to think of it.

The result is the surface of the soil is kept moist and from this the owner takes it for granted that the soil beneath must be properly damp.

Nine times out of ten examination will show that an inch or two below the surface the soil is dry. Of course the roots of the plants cannot do their work under such conditions. The plant soon sickens and eventually dies and the owner wonders what caused the trouble.

Now, in watering plants several things have to be considered. First, the nature of the plant. Some like a good deal of water, others only a moderate amount.

Second, the soil. A close, loamy soil dries out slowly, therefore it will not require as frequent or as large applications as a light porous soil from which moisture evaporates rapidly.

Third, location and exposure must be taken into consideration. Plants in the sun or a very warm place, will need a good deal more water than those in full or partial shade or a low temperature.

Fourth, the size of the pot must be reckoned with. The soil in a large pot will not dry out for two or three days, but the soil in a small pot will become quite dry every day.

Fifth, a dormant plant requires but little water. It is not in a condition to make use of much water and an overpouring of it will surely result in harm. When the plant begins to grow then increase the quantity and proportion this to the development made.

All these things must receive due consideration by the amateur who would know how to care for his or her plants intelligently.

Study them. Experiment with them. In this way you soon become familiar with the individuality of each one and you will be able to give to each the care it needs.

We are often asked for some rules for watering plants. It is impossible to make any rule that can be followed strictly.

The only rule I have ever been able to give is this: When the surface of the soil looks dry, water. Use enough to thoroughly saturate all the soil in the pot.

You can tell about this by the ex-

cape of some at the bottom of the pot. Then wait until the dry look appears on the surface again and apply water as before.

But, as I have said, one will have to modify this rule to fit the conditions. It is a general rule, subject to such change as may appear necessary to the intelligent plant grower, who does not believe in treating all the plants exactly alike.

Give fertilizers to growing plants only. A plant standing still needs none and will be injured by the applications of the food it is not in condition to make use of.

### WORK ON THE LAWN

How are the lawn and home grounds in general? Are they all that should make summer home life enjoyable and a pleasing sight to the passerby?

If the lawn is patchy and bare in spots, keep on seeding it the whole summer through; the seed will finally catch and fill up the bare places.

White clover is a fine lawn plant, but many find that it dies out after a few years. White clover, as all the clovers, is a biennial, completely dying after the second year. If the lawn is kept closely clipped, white clover seed should be sown each fall or spring to insure a permanent stand.

The same result may be secured by not mowing in the fall, allowing the plants to blossom and seed.

### PLAN FOR BEAUTY

Plan for beauty, then work unceasingly for the plan.

Let your light shine in the back yard, that there shall be nothing hidden.

Have grass and shrubbery in the back, rather than rubbish. Some of the prettiest things in the way of plants, vines and shrubs should be in sight of the kitchen window.

Hardy azaleas are among our most brilliant, hardy shrubs.

All the spiraea, herbaceous or shrub, are beautiful and hardy.

Let your kitchen window be a picture frame. Let the picture frame be green things growing.

Let the green things be something beside burdock, jimson weed or corky burs.

Plant to screen the ugly views from the back door. Vines will do it.

Get a root of the trumpet-creeper from the woods and plant it in the back yard.

Set a strong stake beside it, and keep the vine cut back until the "shrub" habit is formed. It is beautiful.

The trumpet-creeper will not spread unless you cut its roots. When you do you won't have to import any more.

der, tree-branch, or other support. Much time is thus saved over the older method of holding a pall or basket with one hand and dropping picked fruit into with the other.—Popular Mechanics Magazine.

**WALNUT IS QUITE VALUABLE**

Old Tree, Blown Down and Buried in Alluvial Sands, Is Dug Up and Sold for \$1,500.

A good idea of the increase in value of the wood products of our farm wood lots is shown in the fact that an old walnut tree that had been blown down and buried in the alluvial sands along one of the western rivers brought over \$1,500 on the market, though it had to be hauled a considerable distance to the nearest railroad after being sawed into logs.

Applying a Spray.  
The spray should be applied by a sweeping or striking motion of the rod beginning at the ends of the limbs and following down toward the trunk with the spray directed in and down. This will insure the trunk and center of the tree being well covered by the time the outside and top are finished.

Vital Point in Grafting.  
One vital point in grafting should be mind before a single cut is made, and that is, that the grafts should be set in the parts of the trees where they will grow most vigorously.

## ORCHARD CLEANINGS

MULCH SMOTHERS OUT WEEDS

Frequently Means Difference Between Plenty of Berries and None at All From Raspberry.

Often times a good mulch means the difference between plenty of berries and none at all from the raspberries and blackberries. It pays to mulch both for the sake of conserving moisture and the destruction of weeds. The berries should be well mulched during the spring and summer up till the fruit matures. After that the mulch may be removed, since we desire a well-ripened lot of canes for the next season's crop. The mulch, if of straw, it should be raked out and hauled away. If the dust mulch has been used cultivation should cease as soon as the new shoots have reached the proper height.

It is practically impossible of late years to produce marketable fruit without some good mulch, either of dust or straw. The straw smothered out the weeds and grass, thus giving the berries a chance.

The dust mulch is the more practical of the two systems. The dust mulch can be quickly prepared after each shower. It allows the evaporation of all surplus moisture in times of two much rainfall. It can be the more easily done away with at the end of the growing season, and gives the better chance to apply fertilizers in the shape of compost or commercial brands. The fertilizer is easily worked into the soil, and is thus the more easily assimilated by the plant. The straw mulch once applied must be kept up since it forces the feeding roots to the surface. When removed, as it should be each fall, they are left exposed to the sun.

### CONTROL OF CURRANT WORMS

Usual Trouble Is That Insects Are Not Discovered Until They Are Nearly Full Grown.

The usual difficulty in controlling currant worms is that they are not discovered until they have been working for some time and have attained nearly full size, when they are hard to kill. The method of control recommended by the New York State School of Agriculture, at Alfred, N. Y., is to spray the bushes thoroughly with arsenate of lead and water during the first heavy rains in May, being careful to see that all the lower branches are covered with the poison, as this is where the young worms begin to work. Repeat the spray in about two weeks and again in a week if necessary. If spraying has been neglected and the worms appear about picking time, dust the leaves thoroughly with fresh white hellebore. This will kill the insects after a few hours' exposure to the air and will not poison those who eat the fruit.

**SLEEVE CHUTE FOR PICKING**

Fruit Grasped by Hand Slides Down Cloth Tube Into Bag Much Time Saved by Picking.

Attached to the wrist of the operator is a sleeve. Fruit grasped by the hand slides down the cloth tube and into the bag. The fruit-picker's other hand is thus left free to grasp a lad-

der, tree-branch, or other support. Much time is thus saved over the older method of holding a pall or basket with one hand and dropping picked fruit into with the other.—Popular Mechanics Magazine.

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## It's a Picnic Getting Ready for a Picnic.

If you choose:  
Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf  
Chicken Loaf Fruit Preserves Jellies Apple Bakes  
Luncheon Meats Pork and Beans

**Libby's** Ready to Serve Food Products

Insist on Libby's at your grocer's

**Libby, McNeill & Libby**  
Chicago



**His Only Fear.**  
Demodoc saw the sword suspended by a hair.  
"Quite safe," he declared, "now show me a sword suspended by bull-dog."

**The Saving Syllable.**  
"You must take care not to let your position seem pathetic."  
"Never fear," replied the man whose hat had been picked out of the ring. "I'll make it sufficiently pathetic to prevent it from seeming merely pathetic."

**Important to Mothers.**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of **Dr. J. C. F. Fletcher** in Use for Over 30 Years.  
Children Cry for Fletcher's Castoria

**Breaking It Gently.**  
After the dynamite fatality, Casey ran to break the news to Mrs. Murphy.  
"Have you got Pat's life insured?" he asked.

"Indeed I have, and for a long while," was the reply.  
"Well, then," blurted out the tactful messenger, "I hope ye won't have the trouble collecting it that the boys will in collecting Pat."

**Exaggeration.**  
Jeremiah C. Woodford, a textile expert, was talking about the giant chemical trust just formed in Germany.  
"Trusts don't do the harm," he said, "that they are popularly supposed to do. There's a lot of ridiculous exaggeration in this trust octopus talk. It reminds me of the girl on the sea voyage who wrote:

"That day a frightful tempest burst upon us, but I resolved to stay on deck, even though the wind increased to such a terrible hurricane that it was only with the greatest difficulty I could keep my parasol."

**Job for Photographer.**  
"I want yer to take a picture of our Joe here," said the old parent to the country photographer.  
Joseph was requested to stand in a certain attitude and look towards the photographer. That gentleman's specialty was quick developing, and in a short space of time a negative was placed in the mother's hand. She looked at it very uneasily for some time, and then remarked:  
"I seen a notice in the window there to say you can do photos to customers' desire, so I'd be obliged to yer if you could put another face on Joe. You see, it's to be sent with an advertisement which said 'they wanted a boy, smart-looking and honest.'"

**Seals Can Drown.**  
It is a curious fact that the fur seal was once a land animal. The baby seals are actually afraid of water; they would drown if thrown into it, and have to learn to swim by repeated efforts. When once they have been taught to swim, however, they soon forget to walk.

There are in existence only two important herds of fur seals, one of which has its breeding ground in the Commander Islands, belonging to Russia, the other in the Pribilof Islands, belonging to the United States. Of these the latter is much the larger. The Pribilof Islands are government property, and thus it happens that the United States government finds itself the owner of by far the most valuable herd of fur seals in the world.

**The Whole Truth.**  
"Do I understand you to say," said the lawyer, looking hard at the principal witness, "that upon hearing a noise in the hall you rose quickly, lit a candle and went to the head of the stairs, that a burglar was at the foot of the stairs, and you did not see him?"  
"Yes, you heard?"  
"Must I tell the truth?" stammered the witness, blushing to the roots of his hair.

"The whole truth," was the stern reply.  
"Well," replied the witness, brushing aside his damp, clinging locks and wiping the perspiration from his clammy brow, "my wife was in front of me."

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