HOW GIRLS MAY AVOID PERIODIC PAINS

The Experience of Two Girls Here Related For The Benefit of Others.

Rochester, N. Y.—"I have a daughter 13 years old who has always been very healthy until recently when she complained of dizziness and cramps every month, so bad that I would have to keep her home from school and put her to bed to get relief.

"After giving her only two bottles of Lydia E. Pinkham's Vegetable Compound she is now enjoying the best of health. I cannot praise your Compound too highly. I want every good mother to read what your medicine has done for my child."—Mrs. RICHARD N. DUNHAM, 311 Exchange St., Rochester, N.Y.

Stoutsville, Ohio.—"I suffered from headaches, backache and was very irregular. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and before I had taken the whole of two bottles I found relief. I am only sixteen years old, but I have better health than for two or three years. I cannot express my thanks for what Lydia E. Pinkham's Vegetable Compound has done for me. I had taken other medicines but did not find relief."—Miss CORA B. FOSNAUGH, Stoutsville, Ohio, R.F.D., No. 1.

Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for their daughters have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.

When a man boasts about what a miserable sinner he used to be, the devil laughs in his sleeve.

A large percentage of all sickness starts with unhealthy conditions of the digestive organs. Garfield Tea will set them right.

Eight Lives Shy.

"I have only one life to live."

"That proves that you are not a cat, after all."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Hundreds of people who would be horror-stricken at the suggestion of suicide by the rope-and-rafter method, are daily killing their best selves with the poison of self-pity.

Heard on the Waterfront.

Some ancient mariners were sitting in a seaport tavern relating their experiences of fogs.

"Ah!" said one old salt. "I've seen some pretty thick fogs in my time. Why, off the coast of Newfoundland the fog was sometimes so thick that we used to sit on the deck rail and lean against it! We were sitting one night as usual, with our backs to the fog, when suddenly the fog lifted, and we all went flop into the sea. A bit thick, wasn't it?"—San Francisco Chronicle.

Slow Travel.

Down in Oklahoma they have a railroad called the Midland Valley, which is noted for its slow trains. It is told that a young man of Tulsa asked the hand of a daughter from her parents and was refused on the ground that the daughter was too young.

"My daughter is going to Pawhuska tomorrow for a visit," said the father, who is a traveling man, "and if she doesn't remain more than a day or two she will be old enough when she gets back."

"But she may be an old maid by that time," protested the young man.—Kansas City Star.

WELL POSTED.

A California Doctor With Forty Years' Experience.

"In my forty years' experience as a teacher and practitioner along hygienic lines," says a Los Angeles physician, "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people.

"I have recommended Grape-Nuts for a number of years to patients with the greatest success and every year's experience makes me more enthusiastic regarding its use.

"I make it a rule to always recommend Grape-Nuts and Postum in place of coffee, when giving my patients instructions as to diet, for I know both Grape-Nuts and Postum can be digested by anyone.

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up gray matter and keep the brain in good working order.

"In addition to its wonderful effects as a brain and nerve food Grape-Nuts always keeps the digestive organs in perfect healthy tone. I carry it with me when I travel, otherwise I am almost certain to have trouble with my stomach." Name given by Postum Co., Battle Creek, Mich.

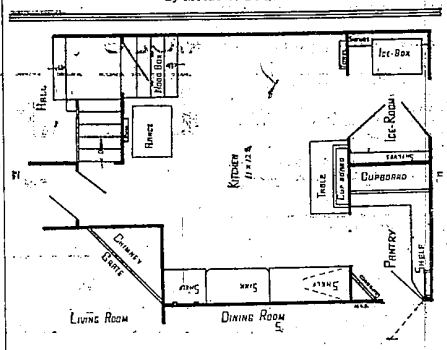
Strong endorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world. There's a reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

A Pleasant and Convenient Kitchen

By MYRA V. BOGUE



A pleasant and convenient kitchen is one in which the work may be done with the least possible loss of time and strength, and at the same time be so light, airy and cheery that the time spent there may be included in the sum of the day's pleasures.

A kitchen should be planned by or for the woman who uses it. I am speaking now of the housewife who does a large part of her own work. No two women would want the furnishings placed in exactly the same way. If could cannot build a new kitchen and have it just as you want it, you can at least study the possibilities of the one you have and make some changes that will better suit your convenience.

The drawing here shown is of a kitchen which was planned by a woman, lived in through imagination for a number of months before it was really built, and has now stood the test for six years without undergoing any changes in itself or losing favor with its mistress.

The sink, shelves, table and range are all set rather high, to suit a tall woman. The work table and two shelves are covered with zinc, which is durable, sanitary and easy to keep clean. In washing dishes, the work all proceeds naturally from right to left. The soiled dishes are neatly packed on the smaller shelf in the corner. Two dish pans are placed in the sink,—which affords hot and cold soft water and cold hard water,—the one at the right for washing and the one at the left for rinsing; a draining basket stands at the left on the edge of the long shelf which slants slightly toward the sink. The dishes are wiped, piled on the long shelf and then put away,—the china in the large or corner cupboard in the pantry, and the tinware and kettles in the cupboard underneath the long shelf. A small cupboard is built on the wall between the pantry and icerooms. This is just above the work table, the top being even with the top of the doors on either side. It has shelves narrow enough to allow of two rows of brass hooks on the inside of each door, on which are hung knives, spoons, etc. In this cupboard are kept spices in small glass cans, sugars in larger glass cans, tea, coffee, cocoa, postum, breakfast foods, bread crumbs, measuring cups, tea and coffee pots, a box of cards on which are written recipes in common use, and which can be taken out and hung in line with the eyes when needed. At the bottom of the cupboard is a deep drawer with two compartments for tea and hand towels. In the lower part of the table are receptables for flours and the table drawer affords space for small utensils which cannot be hung up. On the inside of one door of the tin cupboard referred to is a rack for kettle covers. On the side of the stair steps at the right of the range is hung the soapstone griddle, a piece of asbestos between it and the wood. Above the smaller shelf, flush with the face of the wall is a small cupboard, the bottom of which is cemented, in this are kept the flat irons, which can be put away while still hot, the stove shovel and corn popper. The room is well lighted with the two large windows on the north, a large glass in the door of the ice room, and the window at the east in the pantry, which windows give light from the left and from the back of the worker. There is no dark corner. The kitchen is finished in Georgia pine, natural color, with maple floor. The ceiling and sides are covered with a light canary colored enamel paint. The pantry is enameled white, ceiling, walls, shelves, cupboards inside and outside, thus doing away with unsanitary shelf coverings. There are hooks on the underside of the shelves of the small corner cupboard in the pantry for the best tea and sherbert cups. This cupboard has glass doors. The shelves in both cupboards have a narrow cleat about an inch from the back, making a safe place to stand platters, fancy plates, etc. The lower part of the large cupboard is used for storing dry groceries, bread and cookies. The wood box at the back of the stair steps is filled from the platform near the outside basement door, and the wood is taken from it by lifting the second step which is hinged. The shelves in the icerooms are used for the many unclassified articles, and a row of hooks opposite the ice box receive brooms, brushes, etc. While everything in the kitchen and pantry are convenient for immediate use, when not needed they shut in away from the dust. There is no door between the kitchen and pantry nor between the kitchen and passageway leading to the basement. The plumbing is cased up just back of the range, so as to be readily accessible.

A detailed description of the above kitchen is given, because one concrete example of a "tested-out" convenient kitchen will be worth more to you in making your own plans, than many theoretical suppositions that may look good on paper.

Plowing Under a Green Crop on Sandy Soils

By C. H. SPURWAY, Asst. Department of Soils, Michigan Agricultural College.

Sandy soils cover by far the largest area in Michigan. This fact makes the problem of building up and maintaining the fertility of this kind of soil important to most Michigan farmers. Some of these soils are lacking in fertility in their virgin state, and some have been run down by poor management. The most important thing to do to improve the fertility in either case is to add organic matter of some kind to these soils. The cheapest way to do this is undoubtedly that of plowing under a green crop.

The greatest benefits to be derived from plowing under a crop such as clover, are increased supply of nitrogen and a better physical condition of the soil. There are other benefits, but these two are the most important, and it is probable that the effect upon the physical condition of the soil is the one that produces the most good. If we plow under a crop of clover of two tons to the acre, we add about 80 pounds of nitrogen to the soil. Some of this nitrogen was taken from the soil by the clover plant and some was taken from the air through the medium of bacteria which grow on the roots of the clover. We can not determine how much nitrogen was taken from the soil and how much was taken from the air. That depends upon the conditions. We do know, however, that the air above an acre of soil contains many millions of dollars worth of nitrogen, and that this nitrogen is brought to the soil by the bacteria that grows on the roots of legumes and we get it into the soil for almost nothing. Why not let the bacteria do our nitrogen fertilizing?

The addition of organic matter to a soil puts it in a condition to hold more water. The great absorptive power of organic matter for water causes the water to be taken into the particles and held in the soil. The soil water is also held closer to the surface by having a supply of organic matter in the upper soil layers, and in this position the plant can get a better supply. The leachings, washing, and blowing of sandy soils are prevented to a considerable extent by plowing under a green crop. These are a few important benefits to the physical condition of sandy soils.

One mistake which the farmer is apt to make in plowing under a green crop is to let the crop grow too late in the spring. This robs the soil of water which will be needed for the succeeding crop at a critical period, and often the growth is too much to be plowed under at one time and at that season. The writer has seen fields which have been spoiled for the season in this way, although the danger is greater on heavy than on light soils. It is better to plow under small amounts and do it often, especially when done in the spring and when the season is apt to be dry.

The effects produced on sandy soils by plowing under a green crop are usually beneficial when done under the right conditions. Sandy farms in Michigan have been built up in this manner together with barnyard manure, and many successful farmers use this means to increase the fertility of their soils.

Garden Weeder.

A hand garden weeder can easily be made from a piece of wire cable containing five or more strands. Bend a handle on one end and untwist the other end about four inches. Spread the strands apart and bend a short hook on each wire. Tie with a small wire just back of the spread and you will have a handy little garden weeder or tool for loosening the dirt in flower boxes.

BIG FORTUNE WELL HANDLED

Millions Left by the Late Russell Sage Are Being Expended for the Welfare of Humanity.

While the late Russell Sage was in the flesh he was one of the most prudent, shrewd and persistent money-grubbers in Gotham. The astute financier never plunged nor risked any money in wild-cat schemes. He was a "sure-shot" operator in Wall street, and when he died he left in the hands of his lone widow a fortune of something like $75,000,000. Since becoming possessed of this enormous fortune she has worked as persistently and assiduously in scattering the money as her husband did in gathering it. The scriptures tell us that the miser is the man that "heaps up riches and cannot tell who shall gather them." Russell Sage knew better, and the good lady upon whose shoulders was imposed the burden of this enormous sum of money has worked hard in lightening the burden. Her philanthropies have been productive of as much wisdom as marked her husband's operations in the market. She is reported to be failing in health, and her task is only begun. Should she be taken from the world thousands will regret her departure, and it is very earnestly to be hoped that further care of the property will fall into good hands.

Easily Answered.

"These kids I teach aren't a bit slow," observed a school teacher yesterday. "In fact, I'm afraid they read the papers. The other day I proposed the following problem to my arithmetic class:

"'A rich man dies and leaves $1,000,000. One-fifth is to go to his wife, one-sixth to his son, one-seventh to his daughter, one-eighth to his brother and the rest to foreign missions. What does each get?'

"'A lawyer,' said the littlest boy in the class."—Case and Comment.

Her Excuse.

"These people have a plausible and self-righteous excuse for their misdeeds," said Senator Blankhead, apropos of certain hypocritical lawbreakers, in an address in Fayette.

"They remind me, in fact, of a certain parson's domineering wife. The parson said meekly one day:

"'My love, you told me before the wedding that you knew our marriage was made in heaven, yet you now order me about as if I were a slave.'

"'Order,' the woman calmly answered, 'is heaven's first law.'"

A Fine Distinction.

The friend of the city editor was being initiated into the mysteries of modern journalism.

"How large a staff have you?" he asked.

"Let me see," mused the city editor. "We have about fifty men, five women and three society reporters."—Judge.

She Wasn't.

"Come into the garden, Maud."

"What do you think I am—a farmer?"

A very successful remedy for pelvic catarrh is hot douches of Paxtine Antiseptic, at druggists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

A Hint.

Knicker—Did you explain baseball to your girl?

Bocker—Yes; she said she understood all about diamonds.

Red Cross Ball Blue will wash double as many clothes as any other blue. Don't put your money into any other.

No amount of culture will make a man stop snoring in his sleep.

Less and Less.

"This is a great age we are living in," said Brinkley. "We have smokeless gunpowder, horseless wagons, wireless telegraph—"

"Yes," interrupted Cynicus, "and we have moneyless foreigners coming here and contracting loveless marriages with heartless heiresses."—Judge.

Piecing Out.

"Writing a story?" the caller asked the busy author.

"Yes; in dialect."

"I didn't think you ever made use of dialect."

"I don't, as a rule, but I have to now. Several letters are broken on my typewriter."

The old friend is better than the new. Garfield Tea is not only old but tried and found true. Made of pure wholesome Herbs.

Is it possible for a man to be straight and make both ends meet?

Liver and kidney complaints will be greatly helped by taking Garfield Tea regularly.

The wages of arbitration should be paid as peace work.

A WONDERFUL DISCOVERY.

This is the age of research and experiment when all nature, so to speak, is ransacked by the scientists for the comfort and alleviation of mankind. Science has indeed made giant strides during the past century, and among the—by no means least important—discoveries in medicine comes that of Thera-pion, which has, we understand, been used with great success in the French Hospitals and that it is worthy the attention of those who suffer from kidney, bladder, and nervous diseases, chronic weaknesses, ulcers, blood eruptions, piles, etc., we think there is no doubt. In fact it seems evident from the big stir created amongst specialists, that THERAPION is destined to cast into oblivion all those questionable remedies that were formerly the sole reliance of medical men. It is of course impossible to tell sufferers all we should like to tell them in this short article, but those who are interested and would like to know more about this remedy that has effected so many—we might almost say—miraculous cures, have only to send addressed envelope for FREE book to Dr. In Chem Mod. Co., Haverstock Road, Hampstead, London, Eng., and decide for themselves whether the new French Remedy, "THERAPION," is what they require and which they may have been seeking in vain during a life of untold misery, suffering, ill health and unhappiness.

DR. J. D. KELLOGG'S ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE NORTHROP & LYMAN CO., Ltd., BUFFALO, N.Y.

Readers of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

W. N. U., DETROIT, NO. 24-1912.

Here's The Road to Comfort

A vanished thirst—a cool body and a refreshed one; the sure way—the *only* way is via a glass or bottle of

Coca-Cola

Ideally delicious—pure as purity—crisp and sparkling as frost.

Free Our new booklet, telling of Coca-Cola vindication at Chattanooga, for the asking.

Demand the Genuine as made by THE COCA-COLA CO., ATLANTA, GA.

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Whenever you see an Arrow think of Coca-Cola.

I Certainly Do Recommend HENKEL'S Bread Flour for it makes delicious bread and lots of it. Velvet Pastry Flour for cakes and pastry. Good every day. FLOUR

Carbolated Vaseline

The best dressing you can find for wounds, bites of insects, abrasions, etc.

The Carbolic Acid helps to prevent infection: the "Vaseline" cleanses and soothes.

Especially valuable where there are children.

For sale everywhere in handy glass bottles. Be sure you get "Vaseline."

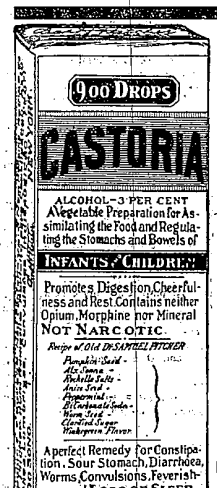
Our various "Vaseline" preparations make up a complete medicine chest that should be in every home. Write for free booklet telling all about them. Address Dept. E.

Chesebrough Manufacturing Company (Consolidated)
17 State Street New York

SPOHN'S SIO TEMPER CURE FOR PINK EYE DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the skin and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy 50 cents and $1.00 a bottle; $5.00 and $10.00 the dozen. Sold by all druggists and horse goods houses, or sent express paid, by the manufacturers.

SPOHN MEDICAL CO., Chemists, GOSHEN, INDIANA.



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Splendid Crops

In Saskatchewan (Western Canada)

800 Bushels from 20 acres of wheat was the thresher's return from a Lloydminster farm in the season of 1910. Many fields in that as well as other districts yielded from 25 to 35 bushels of wheat to the acre. Other grains in proportion.

LARGE PROFITS are thus derived from the FREE HOMESTEAD LANDS of Western Canada.

The excellent showing causes prices to advance. Land should double in two years' time. Grain growing and farming, cattle raising and dairying are all profitable. Free Homestead of 160 acres are to be had in the very best districts. 50 acre pre-emptions at $3.00 per acre within certain areas. Schools and churches in every settlement. Climate unexcelled, soil the richest; wood, water and building material plentiful.

For particulars as to location, low settlers' railway rates and descriptive illustrated pamphlet "Last Best West," and other information, write to Supt. of Immigration, Ottawa, Canada, or to Canadian Government Agent.

M. V. McInnes, 178 Jefferson Ave., Detroit
or C. A. Lawrier, Marquette, Michigan

Please write to the agent nearest you.

160 ACRE FARMS IN WESTERN CANADA FREE

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone or similar trouble and gets horse going sound. Does not blister or remove the hair, and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. Horse Book 9 E free.

ABSORBINE, JR., the antiseptic liniment for mankind. Removes Painful Swellings, Enlarged Glands, Goiter, Wens, Bruises, Varicosities, Varicose Veins, Varicocele, Old Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Manufactured only by W. F. YOUNG, P.D.F., 310 Temple St., Springfield, Mass.

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placed anywhere, attracts and kills all flies. Neat, clean, ornamental, convenient, cheap. Lasts all seasons. Made of metal, can't spill or upset, will not soil or injure anything. Guaranteed effective. Sold by dealers or 4 sent prepaid for $1. HAROLD SOMERS, 150 DeKalb Ave., Brooklyn, N. Y.