

There's a Time for Everything  
Now is the time to  
**Clean Up!**  
ECONOMY IN EVERY CAKE  
with **SAPOLIO**

**Hotel Rowland**  
One hundred and sixty-five Rooms, all Modern  
improvements. Free phone on every floor.  
Rates: 75c to \$1.50 per day; \$2.50 to  
\$5.00 per week.  
Opposite Courthouse, 2 blocks from Postoffice.  
Fire Proof. 2. P. and Ocean Electric pass door.

**The MAGIC MOP 98¢**  
WASHES AND POLISHES  
No waxing. No buffing. No  
oil. No dirt. No streaking. No  
dulling. No scratching. No  
damaging. No loss of shine.  
Full directions with each mop.  
H. C. FROST, Inc., Portland, Oregon

**White Leghorn Baby Chick**  
from heavy laying (Bogusized) stock. \$10.00  
per 100. We guarantee safe arrival.  
**THE PIONEER HATCHERY**  
415 Sixth Street. Petaluma, Cal.

**SHIP** Veal, Pork, Beef,  
Poultry, Butter, Eggs  
and Farm Produce,  
to the Old Reliable Everedging house with a  
record of 45 years of Superior Quality and  
be assured of TOP MARKET PRICES.  
F. M. CRONKHITE,  
45-47 Front Street, Portland, Oregon

**Absolutely Nothing  
Better than Cuticura  
for Baby's Tender Skin**  
Soap 25c. Ointment 25 and 50c.

**MURINE Granulated Eyelids,**  
FOR  
**YOUR EYES** No Stinging, Just Eye Comfort  
Murine Eye Remedy At Your Druggists or by  
mail, 10c per bottle. Murine  
Eye Saline, 10c. 25c. 50c. Per Bottle. Free  
Ask Murine Eye Remedy Co., Chicago

**Hides, Pelts, Wool & Mohair**  
We want all you have. Write for Prices and Shipping Tags.  
**THE H. F. NORTON COMPANY,**  
Portland, Ore., Seattle, Wn., Bellingham, Wn.

**ELECTRIC MOTORS**  
Bought, Sold, Rented and Repaired  
WALKER ELECTRIC WORKS  
Burnside, cor. 10th. Portland, Ore.

**MONEY FOR YOU.**  
Thousands of trained young people needed.  
Behrns-Walker Business College, Portland, places  
students in positions. Enroll now. Free  
Catalogue.

**No Opinions at Present.**  
"What are your opinions about the  
war?"  
"My friend," replied Senator Sorghum,  
"you are asking too much. I  
never knew a good fighter who would  
stop in the middle of a bout to theorize  
on the merits of the case."—Ex-  
change.

**Prospects.**  
The Egg Editor reports that the most  
notorious member of his flock of  
Plymouth Rocks, Betty Rose, has  
undertaken the contract of hatching  
out 17 eggs. Success in the experiment  
is looked for, owing to her unusual  
wheel base.—Detroit News.

**A Good Time.**  
"Our heavy push left us a trifle,"  
remarked the senior partner.  
"Quite so," remarked the manager.  
"So you might arrange for anybody  
who wants to take rest leave to do so  
now, and then we won't be hampered  
so much when we get crowded again."

**The Evils of Dress.**  
Tom Stevens is limping. While put-  
ting on his trousers and standing on  
one foot he lost his balance and in  
trying to save himself from a fall  
busted his toe against the sharp edge  
of a rocking chair.—Hawatha Demo-  
crat.

**Too Willing.**  
Dora—I wonder why Harry broke  
his engagement with Miss Peckem?  
Jack—According to my information,  
her father offered to lend him money  
enough to get married on.—Minne-  
apolis Tribune.

**A Consolation.**  
"My friend, the photographer, was  
firmly refused by the lady he asked  
to marry him."  
"Well, he had something to console  
him. At least, he secured a good nega-  
tive."—Exchange.

**"Money is the root of all evil."**  
"Yes, and it seems to grow best by  
the grafting process."—Exchange.

**BUY DIRECT**  
**Do Your Own Plumbing**  
By buying direct from us at wholesale prices  
and save the plumber's profit. Write us today  
and we will give you our  
"direct-to-you" prices. 1. a. h. roller  
head. We actually save you from 10 to 25 per  
cent. All goods guaranteed.  
Northwest headquarters for Leader Water  
Systems and Fuller & Johnson Fixtures.  
**STARK-DAVIS CO.**  
212 Third Street. Portland, Oregon

**Uncertainty.**  
"I'll give one of you boys sixpence  
to carry my bag to the station," said  
a cross-eyed man, pausing before three  
ragged little fellows.  
"Which one, mister?" piped the  
boys in chorus.  
"You," said the cross-eyed man.  
"You," said the cross-eyed man.  
"Which one?"  
"You."  
There was a pause. Finally one  
little fellow said: "Fair do, mister;  
close one eye and look at the kid you  
want, will you?"—Exchange.

**THE VERY BEST TIME** to take  
Doctor Pierce's Golden Medical Dis-  
covery is now, if you feel that your  
blood is out of order. Don't wait until  
you have to cure disease; it's easier  
and better to prevent it.  
With the first blotches or eruption,  
or the dullness, weariness, and de-  
pression that are some of the symp-  
toms, you need this medicine. It will  
rouse every organ into healthy action,  
thoroughly cleanse and repair your  
system, and build up needed flesh,  
health, and strength. It's the only  
reliable blood remedy. In the most  
stubborn Skin or Scalp affections; in  
the worst forms of Scrofula; in every  
disease caused by a torpid liver or  
impure blood—it never fails to benefit  
or cure.

The machinery of the body needs to  
be well oiled, kept in good condition  
just as the automobile, steam engine  
or bicycle. Most people neglect their-  
selves. To clean the system take a  
pleasant laxative, such as Dr. Pierce's  
Pleasant Pellets. For sale by drug-  
gists—25 cents a vial.—Adv.

**The Better Way.**  
"Some men take life hard, like At-  
las with the world on his shoulders."  
"Why?"  
"Others remind me of the deonair  
performer who stands on a globe and  
trundles it in any direction he likes."  
—Louisville Courier-Journal.

**Skilled in Both.**  
"That lady is very expert."  
"Huh?"  
"Keeps knitting and talking."  
"Well?"  
"And never drops a stitch or the  
thread of her conversation."—Chica-  
go Herald.

**No Chances.**  
"Do you believe in telepathy?"  
"No; we always have a homeopathic  
doctor."—Exchange.

**Up Against It.**  
"Professor, I can't work this prob-  
lem."  
"I provided a key."  
"But I can't seem to find the key."  
—Louisville Courier-Journal.

**We Simply Ask.**  
Those European correspondents are  
so vexing. What the most of us would  
like to know is what Emperor Chas.  
mother-in-law had to say about it.—  
Exchange.

**Food for Fighters.**  
"You will get a good price for your  
wheat."  
"The price isn't the consideration  
this season," rejoined Farmer Corn-  
tassel. "What we've got to think  
about is what we're liable to get if  
we don't have the wheat and plenty  
of it."—Exchange.

**Cuticura Beauty Doctor**  
For cleansing and beautifying the  
skin, hands and hair, Cuticura Soap  
and Ointment afford the most effective  
preparations. For free samples ad-  
dress, "Cuticura, Dept. X, Boston." At  
druggists and by mail. Soap 25c, Oint-  
ment 25 and 50c.—Adv.

**Sweet Innocence.**  
"Nerissa, I see it is considered ad-  
visable for the troops to screen their  
positions."  
"Well, fly time is a long way off,  
but I have some screens I can spare."  
—Louisville Courier-Journal.

**The Test.**  
It's easy enough to be pleasant when  
life goes along gay and pert,  
But the gay who's worth while is the  
one who can smile when he's  
wearing a flannel shirt.  
—Exchange.

**ALLEN'S FOOT-EASE DOES IT.**  
When your shoes pinch or your Corns and Bun-  
ions ache, get Allen's Foot-Ease, the antiseptic  
powder to be shaken into shoes and sprinkled in  
the foot daily. Gives instant relief to Tired, Ach-  
ing, Tender Feet. Sample FREE. Address: Allen  
S. Olmsted, LeRoy, New York.

**Well Matched.**  
"The pretty little bride over the  
way is like Juno; she's ox-eyed."  
"Then she's got her match in her  
husband, for he's bull-headed."—Ex-  
change.

**The Great Patience Tester.**  
"Job had wonderful patience."  
"Yes, but Job never had to listen  
to a lot of camouflaged German propa-  
gandists."—Exchange.

**IF HAIR IS TURNING  
GRAY, USE SAGE TEA**

**Here's Grandmother's Recipe to  
Darken and Beautify  
Faded Hair.**

That beautiful, even shade of dark,  
glossy hair can only be had by brew-  
ing a mixture of Sage Tea and Sul-  
phur. Your hair is your charm. It  
makes or mars the face. When it  
fades, turns gray or streaked, just an  
application or two of Sage and Sul-  
phur enhances its appearance a hun-  
dredfold.

Don't bother to prepare the mix-  
ture; you can get this famous old re-  
cipe improved by the addition of other  
ingredients for 50 cents a large bottle,  
all ready for use. It is called Wyeth's  
Sage and Sulphur Compound. This  
can always be depended upon to bring  
back the natural color and lustre of  
your hair.

Everybody uses "Wyeth's" Sage and  
Sulphur Compound now because it  
darkens so naturally and evenly that  
nobody can tell it has been applied.  
You simply dampen a sponge or soft  
brush with it and draw this through  
the hair, taking one small strand at  
a time; by morning the gray hair has  
disappeared, and after another applica-  
tion it becomes beautifully dark and  
appears glossy and lustrous. This  
ready-to-use preparation is a delight-  
ful toilet requisite for those who de-  
sire dark hair and a youthful appear-  
ance. It is not intended for the cure,  
mitigation or prevention of disease.—  
Adv.

**Orchard  
Information**

**HOW TO RAISE RASPBERRIES**  
Pruning and Training Varies Accord-  
ing to Different Types—Canes  
Are Biennial.

(From the United States Department  
of Agriculture.)  
The best system of training and  
pruning the different types of raspber-  
ries depends largely upon their man-  
ner of growth. All types send up  
shoots called "turlions" from the lead-  
er buds which usually are formed at  
the base of old canes. Sometimes only  
one such bud is produced on each  
cane, but usually at least two are  
formed, and sometimes three or more  
appear. Thus, if two canes grew the  
first year after planting and each pro-  
duced two buds, four canes would ap-  
pear the second year, eight canes  
would be formed the third year, and  
by the fourth year there would be 16  
canes. However, some of the buds  
do not start, and many of those that  
do start make weak canes, so that



Field of Cuthbert Raspberries Under  
Linear System of Culture—Two  
Wires, One on Each Side, Hold  
Canes Erect.

when plants are in bearing about the  
same number of strong canes are pro-  
duced the first year after the planta-  
tion comes into full bearing as during  
each of the following years.

The new shoots of all types of raspber-  
ries complete their development in  
size the first season. The second sea-  
son small side branches are sent out  
on which the fruit is borne. As soon  
as the berries ripen the canes die and  
is cut out. Thus the canes are biennial,  
that is, they live for part of two  
years; and the roots are perennial,  
living for many years. A few vari-  
eties of red raspberries, among which  
is the Ranere, bear fruit on the tips  
of the new canes in the summer and  
autumn of their first year of growth.  
Such tips die back, and the parts of  
the canes which have not fruited bear  
the following summer.

The system of training and pruning  
varies not only with the type of ras-  
pberry, but also with the vigor and  
nature of the variety, with climatic  
conditions, with the cost of materials,  
and with the preference of the grower.  
Thus, the Ranere red raspberry makes  
a dense growth of comparatively slender  
canes, while others, like the Mar-  
lboro and Ruby, make fewer canes,  
which are much stouter and more  
erect. The Ranere is not a tall-growing  
variety.

Under the hill system, the plants  
should be set about 5 feet apart each  
way. A stake 2 to 4 inches in diam-  
eter should be driven into the ground  
beside each plant when it is one year  
old, and the canes tied twice to each  
stake, once about half-way up and  
again at the top of the stake. Five to  
seven canes should be left to each  
plant, the others being cut out. Ordin-  
arily no pruning of the tips is need-  
ed. The canes of this variety grow  
fairly tall and the stakes in this case  
are about 4 feet above ground. Other  
varieties have shorter canes and  
the stakes should correspond to their  
height. Varieties like the Marlboro  
and Ruby and Perfection may be grown  
under this system easier than those  
which make rank growth of suckers,  
as does the Ranere.

Where the canes are stout and from  
3 to 5 feet tall, growers often allow  
a solid row or hedge 2 to 3 feet wide  
to form, as shown in figure 13. This  
system is very common over all the  
eastern United States and is adapted  
to such short-caned varieties as the  
King Marlboro, Herbert and Ruby. A  
modification of this system is used ex-  
tensively in New Jersey in growing  
the Ranere. The canes of the Ranere  
are comparatively slender, and in  
early spring growers cut the tops back  
with hedge shears so that they can  
support the crop in an erect position.  
The linear system, which differs  
from the hedge system in that no  
suckers are allowed to grow, seems to  
be becoming more popular and is to  
be preferred to any other in some  
sections. It is coming to be used very  
commonly in training raspberries in  
all parts of the United States where  
varieties are grown which have strong  
erect canes, and it is the only system  
used to any extent in the state of  
Washington. The simplest form of  
this system is that used where the  
canes are stout and short and will  
hold an erect position when bearing a  
full crop of fruit.

**Set Out Small Fruits.**  
This is a good year to set straw-  
berries, raspberries and currants in the  
home garden. They grow quickly and  
soon give returns. The labor of upkeep  
need not be a burden.

**Rabbits Can Serve Nation.**  
Anyway, cottontails can serve the  
nation better in rabbit pie than by  
gnawing fruit trees.

**Prune and Spray.**  
Prune and spray the orchard before  
rush work begins.

**BOY  
SCOUTS**

(Conducted by National Council of the Boy  
Scouts of America.)

**SEA SCOUTS TO BE FORMED**

The sea scout branch of the Boy  
Scouts of America has been placed un-  
der the direction of James A. Wilder.  
The lure of the sea is as strong to  
the boy as the lure of the wilds. For  
the first time he is to have a chance  
to smell the tar and oakum and feel  
the swaying deck beneath his feet,  
even though he may live in a sandy  
desert.

The chief sea scout has introduced  
a new note into scouting—the idea of  
giving every scout a definite job with  
definite duties. Under his system there  
is no general rush for the sea and  
neglect of the shore. Every scout does  
his part of the work and together they  
do it all—whether it is launching a  
boat or cooking a meal.

As in the navy, every scout in the  
boat will have a specialty and a rating  
based on that specialty. He will have  
certain gear in his charge and will re-  
ceive special instruction in the han-  
dling and the care of the same.

It is not absolutely necessary that  
there shall be water in or near a town  
where the sea scouts are to be organ-  
ized, though not to have at least a  
horse-pond will be a handicap. Jour-  
neys to navigable water must then be  
undertaken or crew and skipper will  
stick at the boat grade, and interesting  
but dry-land class of work and games.

It will be permissible to change a  
room into a "ship." In this case the  
stairways will become "gangways," the  
windows "ports" and "skylights," and  
everything will be kept shipshape.

The United States navy department  
has been interested in sea scouting for  
a number of years, and some troops of  
sea scouts have had the use of navy  
equipment, including boats. Instruc-  
tion has been given in some cases by  
instructors from navy yards and navy  
vessels.

**CAMPING CHIEF FOR SCOUTS.**

The national council of the Boy  
Scouts of America has recognized the  
importance of camping as fundamen-  
tal to the movement by providing for  
a new department of camping. L. L.  
McDonald, of Chicago, is the chief.

The camping director is responsible  
for the development of plans, programs  
and literature for the help of char-  
tered troops and local councils in giv-  
ing boys an opportunity to receive the

benefits of camp life under the most  
favorable conditions and in the most  
economical and efficient way.

He will define and maintain regula-  
tions for the conduct of camps for boy  
scouts and will be specifically charged  
with the supervision of all boy scout  
camps and enforcing the minimum re-  
quirements prescribed for leadership,  
facilities, program, sanitary arrange-  
ments and menu.

Doubtless the anticipation of camps  
and outings attracts to the movement  
for its indoor program more boys and  
leaders than all other features com-  
bined. The very origin of the scout  
movement was in response to the  
great need of an organized program  
which would take growing boys from  
the city out into the open air under  
wholesome influences, developing in  
them qualities inherent in the life of  
the pioneer, which the boys of today  
have little or no opportunity to ac-  
quire.

**SENATE PAGES ARE SCOUTS.**

In the Virginia senate the pages are  
organized as a troop of boy scouts.  
This is the first scout troop ever  
formed in a state legislature and was  
requested by Clerk Hanger because he  
had seen the results of scout work in  
his own home, Amherst, Va. He was  
determined that the best code for the  
pages in the Virginia senate would be  
the scout law and oath.

Sugar is extracted from 14 varieties  
of palms that grow in Ceylon.

**Economizing Time.**  
"We must all try to save some-  
thing."  
"Well," said Senator Sorghum, "I  
have done a little in that direction. I  
prepared five speeches and threw four  
and a half of them into the waste  
basket."

**A Talk With the Boss.**  
"Your son isn't much of a worker."  
"I think, however, he has much  
latent ability."  
"Maybe so. He's late about five  
mornings a week."

**POULTRY**

**ATTENTION TO SMALL CHICKS**  
Hens Often Are Restless After Part of  
Eggs Have Hatched—Guard  
Against Lice and Mites.

(Prepared by the United States Depart-  
ment of Agriculture.)  
When the chickens begin to hatch  
the sitting hen should not be disturbed  
unless she is restless and steps on or  
picks the chickens. In this case the  
chickens should be removed as soon as  
they are hatched and placed in a basket  
lined with flannel or some other warm  
material and the basket placed near a fire  
or in some warm place until all the eggs  
are hatched. Another plan is to remove  
the eggs from the restless hen and



Proud Mother Hen With Chicks.

place them under a more quiet one  
whose eggs are hatching at the same  
time.

When the eggs hatch unevenly, as  
frequently the case, those which are  
slow in hatching may be placed un-  
der another hen. Hens often are rest-  
less after a part of the chickens are  
out, which allows the remaining eggs  
to become cool at the very time when  
steady heat is necessary to successful  
and strong hatches. Remove the egg  
shells and any eggs which have not  
hatched as soon as hatching is over.

The mother hen should be fed as  
soon as possible after the eggs are  
hatched, as feeding tends to keep her  
quiet. Hens that are not so fed will  
sometimes leave their nests. In some  
cases it is best that the hen remain  
on the nest and brood the chickens for  
at least 24 hours after the hatching is  
over.

It is important at this stage of in-  
cubation to guard against lice and  
mites. Before the hen and her chicks  
are removed to a brooding coop she  
should be dusted with a good in-  
sect powder. This should be repeated  
every two weeks or as often as is nec-  
essary until the chickens are weaned.

If lice become thick on the chickens or  
if they are troubled with "head lice"  
a very little grease such as lard or  
vaseline may be applied with the fin-  
gers on the head, neck, under the  
wings and around the vent. Great care  
is necessary, however, not to get too  
much grease on the chickens as it will  
stop their growth and in some cases  
may prove fatal.

**BEST RESULTS FROM CHICKS**

Those Hatched Early Are Stronger and  
More Vigorous Than Those to  
Come Out Later.

(Prepared by the United States Depart-  
ment of Agriculture.)  
All things considered the early  
hatched chicks give far the best re-  
sults. As a rule they are stronger and  
more vigorous than those hatched later  
in the spring. They are produced from  
eggs laid while the hens are in their  
best breeding condition. After a long  
period of laying hens lose something  
of their vitality and their capacity to  
transmit vigor to their offspring, and  
so late-hatched chickens are, on the  
whole, decidedly inferior to early  
hatched in inherited vigor and consti-  
tution.

Because they are more thrifty and  
vigorous, early-hatched chickens make  
quicker, better and cheaper growth  
than late chickens. Thrifty chickens  
get more from a given quantity of feed  
than others. Weak and undersized  
chickens often consume as much feed  
as much larger and better-developed  
birds and still make no perceptible  
growth.

**INCREASE EGGS AND POULTRY**

United States Department of Agricul-  
ture Urges Every Farmer to  
Keep 100 Hens.

To increase the production of poultry  
and eggs in the measure necessary to  
meet the demands for them, the  
United States department of agricul-  
ture is urging every farmer to keep at  
least 100 hens, and to increase the egg  
production for each hen from the present  
average of about 70 to the more  
satisfactory average of 100 eggs to the  
hen.

**TURKEYS GIVEN FREE RANGE**

Cases of Blackhead Are Infrequent  
Where Birds Are Permitted to  
Forage for Feed.

Of the infectious diseases of tur-  
keys, blackhead is the most destruc-  
tive. It is notable that whenever the  
climate and range conditions are such  
as to permit of the turkeys foraging  
for most of their feed from the time  
they are hatched until they are mar-  
keted, cases of blackhead are infre-  
quent. Free range and care not to  
overfeed are important factors in rais-  
ing turkeys successfully.

**Eggs for Turkey Hens.**  
Turkey hens cover from 15 to 18  
eggs, and in some cases more, depend-  
ing on the size of the hen. Chicken  
hens of the general-purpose breeds  
cover from eight to ten.

**Raising Poult.**  
When, on account of rainy weather  
or unfavorable range conditions, it is  
advisable to raise the poult by the  
coop method, more care must be given  
to their feeding.

**WRIGLEY'S**

"Heavy, heavy hangs over  
your head."

"O, I know what it is, daddy!  
You held it too close and I  
smell it—it's WRIGLEY'S!"

"Righto, sonny—give your  
appetite and digestion a  
treat, while you tickle your  
sweet tooth."

After Every Meal  
**THE FLAVOR  
LASTS**



**YES! MAGICALLY!  
CORNS LIFT OUT  
WITH FINGERS**

You corn-pestered men and women  
need suffer no longer. Wear the shoes  
that nearly killed you before, says  
this Cincinnati authority, because a  
few drops of freestone applied directly  
on a tender, aching corn or callous  
stops soreness at once and soon the  
corn or hardened callous loosens so  
it can be lifted out, root and all, with-  
out pain.

A small bottle of freestone costs  
very little at any drug store, but will  
positively take off every hard or soft  
corn or callous. This should be tried  
as it is inexpensive and is said not  
to irritate the surrounding skin.  
If your druggist hasn't any freestone  
tell him to get a small bottle for you  
from his wholesale drug house. It is  
fine stuff and acts like a charm every  
time.—Adv.

**Ominous.**  
"Here's another threat about the  
high cost of living through the war."  
"What is it?"  
"The paper says they've got a won-  
derful gun which can shoot 50 miles  
and kill chickens. Of course that's go-  
ing to make eggs go up."—Exchange.

**Friendly Advice.**  
"Modern ladies don't seem to care  
for my book on etiquette. The chap-  
ter on how to enter a drawing room  
used to sell it."  
"Bring it down to date. Add a chap-  
ter on how to smoke a cigaret."—  
Louisville Courier-Journal.

**Sergeants Only.**  
Rookie—"There's a young lady wants  
to entertain a soldier from this camp  
every Tuesday night, sir. She says  
she will serve cake and hot chocolate,  
and will sing and all that. Shall I go?"  
Sergeant—No. What's her address?  
—Boston Transcript.

**Her Remedy.**  
"When I told Maria her new hat  
was unbecoming she said she would  
face the trouble and make it the sub-  
ject of serious reflection."  
"And did she?"  
"Sure. She went for the nearest  
looking glass."—Exchange.

**Sounded Like That.**  
The nurse in a well-to-do family  
overheard the little son of the house  
telling his sister how he had hid be-  
hind the portiere and spied on big  
sister and her beau.  
"Oh, tell me what they did!" cried  
little sister.  
"It was such fun," chuckled the boy.  
"The big chump flopped down on his  
knees and then he said: 'Answer me,  
Clara; I can bear this expense no  
longer.'"—Boston Transcript.

**Good Reason.**  
"Why," asked the city boarder on  
the farm to the farmer as he scattered  
grains in the barnyard, "don't you  
husband all that corn?"  
"I can't," replied the farmer; "it is  
heckpeddled."—Exchange.

**Another Kitchen Invention.**  
"I am afraid this high cost of living  
is going to introduce another innova-  
tion in the average kitchen."  
"What is that?"  
"The foodless cooker."—Baltimore  
American.

**Dangerous.**  
"The ice man's young man has such  
metting eyes, the cook says."  
"Then ask the ice man please to  
change him for one of freezing man-  
ners."—Baltimore American.

**WOMAN'S NERVES  
MADE STRONG**

By Lydia E. Pinkham's  
Vegetable Compound.

Winona, Minn.—"I suffered for more  
than a year from nervousness, and was  
so bad I could not  
rest at night—  
would be awake  
and get so nervous  
I would have to  
get up and walk  
around in the  
morning and be  
all tired out. I  
read about  
Lydia E. Pinkham's  
Vegetable Com-  
pound and thought  
I would try it. My  
nervousness soon  
left me. I sleep  
able to do my work.  
I gladly recom-  
mend Lydia E. Pinkham's  
Vegetable Compound to  
make weak nerves  
strong."—Mrs. ALBERT SULTZ, 603  
Olmstead St., Winona, Minn.



How often do we hear the expression  
among women, "I am so nervous, I can-  
not sleep," or "it seems as though I  
should fly." Such women should profit  
by Mrs. Sultz's experience and give  
this famous root and herb remedy,  
Lydia E. Pinkham's Vegetable Com-  
pound, a trial.  
For forty years it has been overcom-  
ing such serious conditions as displac-  
ements, inflammation, ulceration, irregu-  
larity, and nervous prostration of  
women, and is now considered the stand-  
ard remedy for such ailments.