ALTH TALK

Spanish Influenza or Grip

BY DR. LEE H. SMITH.

An old enemy is with us again, and whether we fight a German or a germ, we must put up a good fight, and not be afraid. The influenza runs a very brief course when the patient is careful, and if we keep the system in good condition and throw off the poisons which tend to accumulate within our bodies, we can escape the disease. Remember these three C's—a clean mouth, a clean skin, and clean bowels. To carry off poisons from the system and keep the bowels loose, daily doses of a pleasant laxative should be taken. Such a one is made of May-apple, leaves of aloe, root of jalap, and called Dr. Pierce's Pleasant Pellets. Hot lemonade should be used freely if attacked by a cold, and the patient should be put to bed after a hot mustard foot-bath.

To prevent the attack of bronchitis or pneumonia and to control the pain, Anuric tablets should be obtained at the drug store, and one given every two hours, with lemonade. The Anuric tablets were first discovered by Dr. Pierce, and, as they flush the bladder and cleanse the kidneys, they carry away much of the poisons and the uric acid.

It is important that broths, milk, buttermilk, ice-cream and simple diet be given regularly to strengthen the system and increase the vital resistance. The fever is diminished by the use of the Anuric tablets, but in addition, the forehead, arms and hands may be bathed with water (tepid) in which a tablespoonful of salaratus has been dissolved in a quart. After an attack of grip or pneumonia to build up and strengthen the system, obtain at the drug store a good iron tonic, called "Irontic" Tablets, or that well known herbal tonic, Dr. Pierce's Golden Medical Discovery.

Look out for Spanish Influenza.

At the first sign of a cold take

HILL'S CASCARA BROMIDE QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

Modest Joyrider.

"You might let me have your car for the afternoon, uncle."

"All right, my boy, you can take it."

"And, say, uncle, can you let me have the price of a couple of fines, or so?"—Boston Transcript.

Cuticura Heals Eczema

And rashes that itch and burn. If there is a tendency to pimples, etc., prevent their return by making Cuticura your daily toilet preparation. For free samples address, "Cuticura, Dept X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Woman's hand in connection with her slipper has played a very important part in the work of civilization.

If you want a thing done well ask the waiter to bring it rare.

Feel Lame and Achy?

Colds and grip leave thousands with weak kidneys and aching backs. The kidneys have to do most of the work of fighting off any germ disease. They weaken—slow up, and you feel dull, irritable, or nervous—have headaches, dizziness, backache, sore joints and irregular kidney action. Then the kidneys need prompt help. Use Doan's Kidney Pills. Thousands praise Doan's for quick, satisfactory results.

A Maryland Case



"Every Picture Tells a Story"

C. F. Richardson, mayor, Somerset Ave., Crisfield, Md., says: "I had a bad case of kidney trouble that bothered me off and on for years. The frequent passages of the kidney secretions annoyed me and my back was often lame, weak and painful. I used Doan's Kidney Pills and they made a cure. I have had no return of kidney trouble since. I certainly hold a high opinion of this medicine."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

TURNING FURS INTO DOLLARS



—that is the trapper's business.

When you market your catch, dollars alone count.

High-quoting, promising price lists do not lead you to best results.

We have practiced fairness in fur buying For 58 Years

Our price-list is based entirely on "fair play," which begins by sending shippers price lists that quote all that can be paid on a square, honest assortment—and that ends by sending check promptly for the full amount due.

Let us send you our lists.

Send your name and address to Dept. K.

LEWIS BAER & CO. Inc. BALTIMORE, Md. Estab'd 1866



Immediate Shipments New South Corn Mill

Write us for full description and price of this standard, durable corn mill—produces fine, wholesome meal. Orders filled promptly. Write today.

AMERICAN CORN MILL CO., Box 37, Winston-Salem, N. C.



PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and $1.00 at Druggists.

HELP SUPPLY OF MEAT AND SUGAR

Live Stock and Sugar Beets Make Most Profitable Combination for Farmer.

INCREASE GROWERS' PROFITS

Animals Utilize Tops and Pulp to Best Advantage—Manure Can Be Used to Enrich Soil—Other Feeds Are Necessary.

(Prepared by the United States Department of Agriculture.)

Sugar-beet growers should utilize more live stock. The stock utilizes by-products of sugar-beet growing—the tops and pulp—and increases the growers' profits, but there is another reason—the nation needs more meat as well as sugar. The combination of stock raising and sugar-beet growing, while beneficial to farmers will also benefit the nation. Live stock on the sugar-beet farm constitutes an important factor in success of beet growing from two standpoints: (1) The utilization of beet tops and pulp to the best advantage, and (2) the production of stable or barnyard manure, which can be used to enrich the soil. The feeding operations should be located on the farms where the best tops are produced. When practicable, the pulp should be handled with frame and fed. There should be available labor for handling the stock, and other feeding stuffs used in combination with the pulp and tops should be obtainable.

Good Feed for Stock.

Sugar-beet tops and pulp are good feed for many kinds of live stock including chickens, hogs, sheep, cattle, and, to some extent, horses. Generally, the tops and pulp are fed to sheep and cattle. They may be pastured off, a process which consists in turning the live stock into the beet field after the beets have been harvested and the roots removed. The tops are left scattered over the ground, and this method of feeding results in the ground being more or less trampled. Sheep especially are inclined to travel more generally in paths, thereby trampling the ground unevenly. In no case should the pasturing of the tops be permitted when the ground is wet, since the ground itself would be seriously injured by trampling in that condition and many of the tops would be wasted by being trampled into the ground. While live stock thrives on beet tops and pulp, other feed must be used in finishing the animals for the market. Beet tops, especially the crowns, contain considerable mineral matter, which is beneficial to live stock, but it should not be fed in too large quantities.

Aside from pasturing the tops, they are sometimes allowed to cure partly and are then gathered into piles, hauled to the feed yard and fed in racks. This is a much more economical method than pasturing, but it involves the additional expense of gathering and hauling. The tops may also be used as ensilage. When chopped with straw, cornstalks or other roughage excellent silage is produced. Both the tops and the pulp are excellent for



Simple But Satisfactory Feeding Trough.

dairy cows, since they act as a tonic upon the animals as well as a food, and increase the flow of milk. Pulp is either used fresh or dried. It is dried artificially, either by itself or in combination with molasses. The object in drying the pulp is to make it easier to handle. About 80 per cent of the weight is lost in drying. The dried pulp should be soaked for several hours before it is fed to stock.

Helps Milk Flow.

Animals cannot be finished for the market on the beet by-products alone, and unless other feed is available it will not be advisable to purchase animals for feeding purposes with a view to turning them on the market later. If the farmer is provided with dairy cows, it is advisable to furnish them with one or two feeds of tops or pulp each day. The tops, when cured or pitted, will keep for several months; the pulp, when left in a large pile, will not spoil for feeding purposes, except a thin layer on the surface. If the tops or the pulp are fed heavily to dairy cows, a distinct increase in the flow of milk marks the top and pulp-feeding period, and there will generally be a distinct falling off in the flow of milk when this feed is discontinued. If the supply of tops and pulp is limited, it is better to continue the feeding over a longer period, giving a smaller amount to each of the animals daily.

Next Year Looms Up.

The work of this season is about over and the problems of how to produce the most food and save it next year are the things to be considered now.

Feed Cattle for Quick Gains.

Stockmen who feed beef cattle this season will find the greatest profit in starting feeders at 880 to 1,000 pounds and marketing them at 1,150 to 1,250 pounds.

IMPROVED MACHINES AID LABOR PROBLEM

Increased Power Enables Owners to Cultivate More Land.

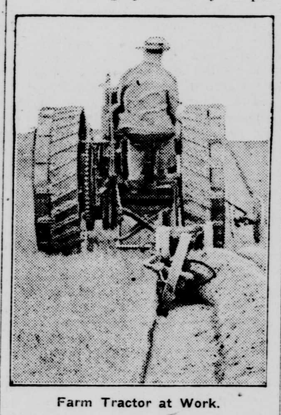
Of Particular Advantage in Permitting One Man to Do Considerable More Work in Given Time in Raising Crops.

(Prepared by the United States Department of Agriculture.)

The advantage of the tractor, like that of most other improved farm machinery, lies not so much in the reduction of the cost of performing a unit of work as in the fact that it permits one man to do considerably more work in a given time.

This has been true of practically all improved farm machines. Even the grain binder, generally considered as one of the greatest agricultural inventions of the century, which has increased about eight-fold the acreage one man could handle, has not resulted in decreasing materially the cost of producing grain.

Men who hope to reduce greatly the cost of farming operations by the pur-



Farm Tractor at Work.

chase of a tractor should bear these facts in mind. Judging by the experience of tractor users, it is not safe to expect any material reduction in the cost of farm operations per acre through the use of the tractor, but it is safe to expect to be able to increase the crop acreage to a very considerable extent, and, at the same time, the amount of crops which one man can raise.

Furthermore, it should be remembered that the cost of doing the work with a tractor in most cases cannot be directly compared with the cost of doing it with horses, since on farms where tractors are used a number of horses generally are retained, and any comparison, therefore, must be made between the cost of operating the farm with horses alone and the cost of operating with the tractor and a certain number of horses. Not infrequently horses stand idle while the tractor is being used for field work, because there is not sufficient help available to use them at the same time, and in such cases part of the cost of their maintenance must be considered when figuring the cost of farm operations, since they are as much a part of the farm power plant as is the tractor.

Not only should the relative expense of operation with the two methods be considered, but also the relative results. The increased crop acreage and consequent increase in incomes which the purchase of the tractor will often make possible may much more than offset a slight increase in the operating expenses of the farm.

PROPER CARE GIVEN MANURE

Too Often Fertilizer Is Pitched Out on Barns and Exposed to the Winter Rains.

(Prepared by the United States Department of Agriculture.)

The time is approaching when much of the stock will be kept in barns and sheds more or less of the time. Preparations should be made to take care of all manure that accumulates during the housing season. Too often manure is pitched out of the barns and exposed to the winter rains. Where manure is leached in this way the most valuable part of the fertilizer constituents is carried away to the streams and lost to the farm. When the manure is removed from the stalls it should be placed in a covered shed or pit and packed down so as to prevent leaching and fire-fanging, or it should be spread upon the fields where it can be plowed in immediately or applied as a top dressing for grasses.

PREVENT FOREST FIRES

(Prepared by the United States Department of Agriculture.)

Forest fires are unnecessary and preventable.

They destroy existing forests.

They destroy the possibility of future forests.

They destroy an important market for labor.

They destroy the beauty of a region.

They destroy property.

They destroy homes.

They destroy lives.

They destroy prosperity.

They destroy foodstuffs.

Cover the Machinery.

Put the machinery under cover if possible, but if you cannot do that be sure that bearings are covered with oil so that they cannot rust during the winter.

Reduce Fire Probability.

Lightning rods properly installed reduce the probability of a barn being destroyed by lightning by about 99 per cent and of a house by as much as 80 or 90 per cent.

Of Charmeuse and Chiffon



An afternoon gown, which is destined to do duty as an evening gown as well, makes claim to this versatility because of its originality. It is a complete success in this dual role. To assure this success its designer decided upon navy blue charmeuse for its foundation, and fashion simply can't get too much of navy blue. There is something about this color that fits in with the times and it appears morning, noon and night in frocks for all the waking hours of fashionables.

With the charmeuse satin the creator of this gown of exceptional distinction chose to use navy blue chiffon stenciled in lilac and gray. The pattern suggests the virile designs which appear on the new importations of silks from Japan and China and possibly suggested the short coat that certainly radiates a far east flavor. The colors—gray and lilac—are very fine with the navy background and are redeemed from tameness by the bold pattern of the stenciled pattern.

However apparent its oriental inspiration may be in the short straight coat, with its fastening to one side and its high collar with turnovers in gray, there is no trace of it in the skirt. This is long and rather narrow with a binding at the botton instead of a hem. The overskirt of the stenciled chiffon is finished with a braid fringe which brings the dress up to the minute, since fringe is the preferred trimming in the new suits and dress. It harmonizes with the design and places this season's style stamp on it. The short coatee, which somehow brings visions of small Chinese ladies of leisure into our busy occidental minds, is provided with a fashionable high collar with a turnover of gray satin. This costume is very unusual as well as beautiful; it will not be outclassed by any more formal evening dress—its wearer will have the assurance of being well enough dressed anywhere.

Christmas Brings in the Matched Set



Some of useful gifts that have always appealed to the sensible-minded, find themselves this year occupying the front rank among things desirable as Christmas presents. This is because the number of sensible-minded has been much increased by the war.

Among the gifts for women which relatives and close friends exchange, there are the pretty matched sets of hat and bag, hat and scarf, scarf and muff or hat, scarf and muff to match that each Christmastime brings in. Some of these are simple enough to be made at home, others require the work of the professional milliner in making the hat. Usually the neckpieces and muffs are easily managed, especially since the ready-made and ready-lined beds for muffs are carried by dry goods stores. The simplest turbans and hats are often successfully made at home. One of these simple sets, shown in the group above, offers few difficulties to the clever unprofessional who does her own sewing. It is the turban and ruff of velvet, trimmed with fur. The neckpiece is a ruffle of velvet with a narrow upstanding frill. It is lined with satin and has a narrow band of fur sewed over the gathering. It fastens at the back into two snap fasteners. The turban frame is covered with a drapery of velvet. A coronet-shaped piece of fur is cut and lined with satin and then tacked on at the front of the shape.

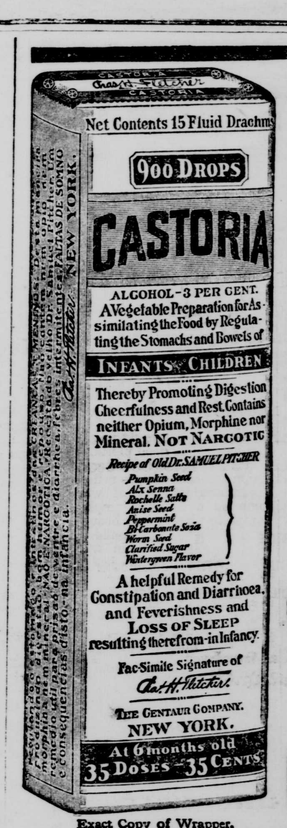
The hat, in the set of hat and bag to match, is more difficult to handle. It has a checker-board crown made with folds of silk and velvet ribbon woven over and under to form the squares of contrasting color. The bag is cut from silk and plaited at the top, in box plaits. These are slashed underneath to allow the velvet ribbon to slip through, forming a checker-board pattern, matching the hat crown. A celluloid frame is used for mounting the bag and it is suspended by a strap of the silk, machine stitched in rows.

The remaining set in three pieces, is an affair to place in the hands of a professional, unless the home dressmaker has sufficient talent. It is of a smooth, heavy cloth in that lovely color called African rose, which looks so well with beaver or other fur, or with Hudson seal. Covering the round crown of the hat is no easy matter, but the wide collar and soft muff are not so hard to manage. The shape of the hat is odd, with its upturned visor and the very long tassel is in keeping with its pronounced, unusual style. African rose is much like the henna shade—a very fascinating color which brings to mind some of the radiant colors of the nasturtium.

Julia Bottomley

Batik Lingeries and Negligees.

One of the reasons why batik lingerie and negligees especially commended themselves to women whose dress allowance was ample, and who liked the interesting and novel, was because it was of necessity, at first, hand wrought. It was produced by a slow and laborious process necessitating the use of a film of wax placed over the fabric before the dyeing process took place. There was an urgent demand for persons who could do this batik work; it was the work of artists, and there were few enough artists who had skill in this line of handicraft. Now, however, someone has devised a way of making printed batik that can be turned out yards a minute by machinery. The original design from which it is copied is a genuine hand-wrought batik so the reproduced result ought to be of similar artistic merit. At any rate the price is very much more reasonable and almost anyone who wants it now can glory in a batik negligee of barbaric coloring.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Chas. H. Fletcher. In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Poor Mules!

A mule skinner from Alabama was brought into a dressing station. His munition wagon had been blown up by a German shell and he had three grave wounds.

"How do you feel?" the doctor asked.

"Mighty bad," said the mule skinner. Then he aded, sadly:

"But not because of my wounds, doc. You get me wrong. You see, I was goin' on up front with my four old mules and a wagonload of death for those damned Huns when a big 'un plumped right in front of us—and it killed all my mules; I feel mighty bad about them animals gettin' bumped off so quick!"

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Props., Toledo, O.

Bores All Three.

Ma Mosquito (in the stilly night)—I'll just bet that man is one of them newspaper squibsmiths.

Pa Mosquito—How can you tell, dear?

Ma Mosquito—By the bum humor in his blood.

A Regular Cutup.

Smythe—Say, I hear that new minister you have is a comical fellow.

Smith—Well, I should say he is. He has hung a sign on the church reading "Fire Escape."

Wanted Information.

Professor—The first man was found in India.

Professor—Who found him?

When Baby is Teething

GROVE'S BABY BOWEL MEDICINE will correct the Stomach and Bowel troubles. Perfectly harmless. See directions on the bottle.

Bill Hohenzollern fell down when he undertook to fool all the people all the time.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with nightly applications of Roman Eye Balsam. Adv.

The girl who is the most popular with men in general is the most apt to make one man miserable for life.

His Sole Reliance.

"No matter what the emergency, Brother Johnson," began the presiding elder, "if we trust in the Lord—"

"That's about all I can do, just at present, Parson," replied Gap Johnson of Rumpus Ridge. "My fourteen children have got thus yur influenzy, and when they sneeze in unicorn the house bulges. I hain't got no insurance on it, and I'm just setting back and trusting in the Lord that the house will hold together till the children get well."—Kansas City Star.

STOMACH ACIDITY, INDIGESTION, GAS

QUICK! EAT JUST ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.

When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of distress in stomach, pain, flatulence, heartburn or headache, Here is instant relief—No waiting!

Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin never fail to make sick, upset stomachs feel fine at once, and they cost so little at drug stores. Adv

Some Exceptions.

"Women are not given to abstract reflections." "Aren't they always stealing glances at a mirror?"

ASTHMADOR

GUARANTEED TO INSTANTLY RELIEVE

ASTHMA

OR MONEY REFUNDED—ASK ANY DRUGGIST

DRIVE MALARIA OUT OF THE SYSTEM

BABER for That Tired Feeling

A GOOD TONIC AND APPETIZER

SAFE, GENTLE REMEDY CLEANSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous germs. New life, fresh strength and health will come as you continue the treatment. When completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

WHAT CONSTIPATION MEANS

It means a miserable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders—CONSTIPATION is a crime against nature. Take DR. TUTT'S LIVER PILLS and have your liver and bowels resume their health-giving natural functions. At all druggists.

Dr. Tutt's Liver Pills

BLACKMANS MEDICATED SALT BRICK

STOCK LICK IT for HORSES, CATTLE, SHEEP & HOGS

STOCK LIKE IT DROP BRICK IN FEED BOX

CONTAINS COPPERAS FOR WORMS, SULPHUR FOR THE BLOOD, SALTPETER FOR THE KIDNEYS, NUX VOMICA, A TONIC AND PURE SALT USED BY VETERINARIANS 12 YEARS. NO DOSING. ASK YOUR DEALER OR BLACKMAN'S OR WRITE

BLACKMAN STOCK REMEDY COMPANY Chattanooga, Tenn.

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