Watch Your Kidneys!

That "bad back" is probably due to weak kidneys. It shows in a dull, throbbing backache, or sharp twinges when stooping. You have headaches, too, dizzy spells, a tired nervous feeling and irregular kidney action. Don't neglect it—there is danger of dropsy, gravel or Bright's disease! Use *Doan's Kidney Pills*. Thousands have saved themselves more serious ailments by the timely use of *Doan's*. *Ask Your Neighbor!*

A Maryland Case

G. W. Ellis, chief of police, Clark Ave., Pocomoke City, Md., says: "I was troubled with a severe case of backache and my kidneys were out of order. My back caused me a lot of pain and stabbed every time I stooped or straightened. The kidney secretions were scalding in passage and highly colored. The pain was severe, as I passed several gravel stones. I used Doan's Kidney Pills and one box cured me."

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

DOAN'S KIDNEY PILLS

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

Many a man may butcher his grammar and at the same time get his checks cashed at the bank.

The occasional use of Roman Eye Balsam at night upon retiring will prevent and relieve tired, watery eyes, and eye strain. Adv.

Yes, dear, a busybody is a person who wastes a lot of valuable time pointing out the duties of others.

Every Horse Owner who has ever tried **Yager's Liniment** will readily admit that it is by far the best and most economical liniment for general stable use.

For strained ligaments, spavin, harness galls, sweeny, wounds or old sores, cuts and any enlargements, it gives quick relief.

It contains twice as much as the usual 50 cent bottle of liniment. At all dealers. Price 35 cents.

YAGER'S LINIMENT

GILBERT BROS. & CO. Baltimore, Md.

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1696. Take regularly and keep in good health. In three sizes. All druggists. Guaranteed as represented.

Look for the name Gold Medal on every box and accept no imitation

Polk Miller's Liver Pills

The Good Old Fashioned Kind that have been doing Good Work for 50 years without change of formula. More popular than ever. Great in Malaria, Sick headaches. Constipation and Biliousness. At all druggists. Manufactured by Polk Miller Drug Co., Inc., Richmond, Va. 10c.

Rheumacide

GETS AT THE JOINTS FROM THE INSIDE

Have you **RHEUMATISM** Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system.

"RHEUMACIDE ON THE INSIDE PUTS RHEUMATISM ON THE OUTSIDE"

At All Druggists

Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

GOLD

Make money in Nevada's newest gold fields at 20c per share. Request information. Cahill Lode Mining Company, Austin, Nevada.

Rogers Baby Zodiascope Predicts Baby's Future. Mothers everywhere delighted. Few exclusive agencies open. Free card and offer. J. L. Rogers, 1011 Chestnut St., Philadelphia.

BUY A BARREL OF FAMOUS SOUTH GEORGIA SUGAR CANE SIRUP, $1.25 per gallon, 35 gallon barrels. Ten pound can $1.40, all f.o.b. cars. Lang & Co., Omega, Ga

MEN-WOMEN, white or colored, to make $5.00 to $10.00 a day. Write for particulars The Bullion Chemical Co., Memphis, Tenn.

SPROUTED OATS OR CHOPPED ALFALFA FOR CHICKENS SUPERIOR AS GRASS SUBSTITUTE

Sprouted Oats Make a Good "Pinch Hitter" for Grass.

(Prepared by the United States Department of Agriculture.)

Winter greens for the flock is one of the most profitable additions to the poultry bill of fare which the average flock owner can supply. When grass is available, the fowls get plenty of green feed from rustling about on the open range. With the coming of Jack Frost, the pasturage is exhausted and it becomes necessary for the poultryman to provide his hens with some juicy, succulent and nutritious substitute for grass.

The variety of green feeds available for winter use is enough to avoid monotony. For instance, sprouted oats may be used profitably, although the preparation of this material usually involves some extra care and exertion. Alfalfa meal, which now is available on the market, may be had at prices consistent with the ultimate value of the egg crop, while chopped alfalfa and clover hay also furnish nourishment and succulence at moderate cost. Cabbages are used by many hen owners as bulky and sappy feeds to satisfy appetites craving for green stuff, while mangel-wurzels—which usually have to be grown by the flock owner in his home garden, as it is difficult to secure these beets on the general market—also are keenly relished by the fowls and are well qualified for a place in the winter ration. As a rule cabbages are suspended in the poultry house with pieces of twine which are fastened to nails overhead. The mangel-wurzels are usually split and stuck on nails on the side walls of the pen about a foot above the floor, the plan being to provide the hens with just as much of this juicy feed as they will clean up with a relish and without waste.

Feeding Fowls Frozen Vegetables.

Vegetables which have been frozen can be thawed out and fed to the fowls, but as a rule such blemished materials must be used quickly, as they do not keep well after thawing. Clover and alfalfa may be fed as hay cut into one-quarter or one-half inch lengths, or they may be purchased and fed in the form of meal.

Oats for sprouting are soaked over night in warm water and then are spread out from one-half to one inch thick on specially arranged trays having perforated bottoms, the trays then being put into an oat sprouter. The oats should be watered thoroughly and the trays should be turned around once daily in order to assure even sprouting. During cold weather artificial heat should be supplied by the use of a kerosene lamp or some similar means. It is essential to use a good grade of oats and to allow daily a square inch of sprouted oat surface to a hen, feeding the sprouted oats on the floor of the poultry house or in the yard. At any time after the sprouts are well started—usually from five to seven days after the grain is placed in the sprouter—this green material is available for feeding to the flock. It is necessary to keep the oat sprouter clean and to spray it occasionally with a disinfectant to prevent the growth of molds.

Potatoes and turnips are also satisfactory as a winter feed for the hens, although it is essential to cook these root crops before they are suitable for flock use. Clover may also be cut into short lengths, from one-fourth to one-half an inch, and placed in a bucket. Then boiling water should be poured over the clover and the material should be allowed to stand for two or three hours or over night. When the poultryman is ready to feed this material to the flock he should first drain off the water and then mix the hay into the mash, allowing the hay to constitute about one-half the bulk of the feed. Although clover hay is best adapted for serving in this manner, almost any kind of hay is valuable. The feeder must be careful not to supply too much bulky feed to the hens, as these fowls have small crops and cannot handle a great amount of roughage as can cows and other animals which ruminate their feed.

Grit Furnishes False Teeth.

Grit is essential to the health of the fowls and to economy in feeding, as it takes the place of teeth in preparing the feed for further digestion, and it is required for the proper manipulation of the feed in the gizzard. A box of grit should be provided in every pen or yard, as this material is an essential part of the menu. It supplies the fowls with strong bone and bright plumage. Similarly, the accessibility to oyster shells or old mortar and fine gravel are also desirable, as these materials provide the hen with lime, from which egg shells are formed.

Plenty of fresh water should always be accessible to the hens. If supplied irregularly they are likely to drink too much at a time. The water should not be exposed to the sun's rays in summer, nor should it be allowed to freeze in winter. In very frosty weather it is often worth while to supply the hens with slightly warm water two or three times a day rather than to permit them to drink ice-cold water. A flock of 50 hens in good laying condition will drink 4 to 6 quarts of water a day.

When properly fed, milk makes an excellent winter feed for poultry. In feeding sour milk or buttermilk, however, the feeder must exercise care not to induce digestive disorders. Skim milk is an extremely economical feed. In skimming, the food constituents most valuable for egg production—the nitrogenous substances—are left in the skim milk. Not only does skim milk contain much nutritive material, but it also carrries it in a form which, as a rule, is easily digested. Skim milk may often be advantageously substituted in part for meat. Milk may be used in preparing soft feed, or it may be given to the fowls to drink in addition to their water.

SEEDING CLOVER IN SPRING

On Account of High Price of Seed, It Is Recommended That Care Be Taken With Seed Bed.

(Prepared by the United States Department of Agriculture.)

Broadcast clover seed on winter grain may be done at any time in early spring and where the soil is dry enough it may be seeded with a drill. With clover seed as high in price as it is this year, it will pay to be especially careful about the preparation of the seed bed. When the ground is still wet nothing can be done in the way of harrowing and preparing the seed bed, but wherever the ground gets dry enough to run a spike-tooth harrow across the rows of grain, the seed should be harrowed in. This will not hurt the grain, especially if the teeth of the harrow are slanted backward. Wherever possible it will be advisable to seed with a drill as from two to four pounds less seed per acre will be required. With seed costing not far from 50 cents a pound, a saving of this sort will be an important item; further than that, a better stand is usually assured when the seed is drilled, especially when care is taken to see that the seed is put down about one-half inch deep.

GIVE EXPLICIT INFORMATION

Shippers Often Neglect Details in Writing to Distributors Concerning Shipments.

(Prepared by the United States Department of Agriculture.)

Many shippers when writing to distributors fail to give sufficient information concerning their respective shipments. The dealers therefore cannot give fair quotations on the offered goods. Information cannot be too explicit or detailed.

NEAT APPEARANCE OF FARMS

Paint Will Help Considerably and Is Almost Invariably Index to Efficiency of Owner.

(Prepared by the United States Department of Agriculture.)

A coat of paint does not "make" farm buildings any more than "clothes make the man," nevertheless, the neat appearance of the farmhouse and barns is almost invariably an index of the efficiency of the owner. Appearances do count.

POULTRY NOTES

Mangels, cut clover, sprouted oats, cull vegetables and cull fruit are all good for the hens.

* * *

Mites and lice are two of the pests which probably do more damage than all others combined.

* * *

Ducks need damp mash at least once a day and many duck raisers feed mash most of the time.

* * *

The surest way to make poultry unprofitable is to neglect it, let lice torture it, and let it go without sufficient nourishing food.

* * *

Geese can be fed damp mash occasionally with advantage though they can get along nicely on hard grain after they are well grown.

* * *

Turkeys should have no damp mash at all after they are grown and should have a variety of grain, including some corn during cold weather.

* * *

All water fountains should be scalded, or otherwise disinfected, every two or three days to kill all germs that collect there before they do any damage.

LITTLE POTATOES FOR PIGS

Cheap Feed Can Be Made of Small Tubers for Young Porkers—Avoid Too Much Water.

Where plenty of small potatoes are to be had, a cheap pig feed can be made by cooking them thoroughly, taking care not to use too much water. Then mash them. A little buckwheat or corn should be added, if possible, while cooking.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Books.

Some books are edifices to stand as they are built; some are hewn stones ready to form a part of future edifices; some are quarries from which stones are to be split for shaping and after use.—Holmes.

ARMISTICE!

Constipation, Headache, Colds, Biliousness, Surrender to "Cascarets"

Bring back peace! Enjoy life! Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head dull and aching. Your meals are turning into poison gases and acids. You can not feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without griping or inconvenience. They never sicken you like Calomel, Salts, Oil or nasty, harsh Pills. They cost so little too—Cascarets work while you sleep.—Adv.

In Hopeless Mood.

"Is your family trying to economize on clothes?"

"Can't be done," declared Mr. Growcher. "The less material they put in gowns the more they appear to cost."

ASPIRIN FOR HEADACHE

Name "Bayer" is on Genuine Aspirin—say Bayer

Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

No "Garage" for Him.

Edwin had seen a cemetery where there were many mausoleums. One day he said to his mother: "When I die, I don't want to be buried in one of those garages in the cemetery."

"Cold In the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

All Druggists 75c. Testimonials free.

$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

Hint to Reformers.

Doubtless the world is wicked enough, but it will not be improved by the extension of a spirit which self-righteously sees more to reform outside of itself than in itself.—J. G. Holland.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

This much can be said for the dead: They attend to their own business mostly.

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

There are no flies on Father Time. He is always on the fly.

Never permit a costive tendency to develop into a habit; but if the habit exists have recourse at once to Garfield Tea.—Adv.

Ingratitude is the curse of republics and the immediate family.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping. Adv.

When the spider captures a fly he considers it a net gain.

POULTRY FACTS

PAINT AIDS POULTRY HOUSE

Adds Greatly to Appearance and Service of Buildings—Whitewash Is Cheapest.

(Prepared by the United States Department of Agriculture.)

Painting adds greatly to the appearance and service of all buildings and appliances. One may buy ready-mixed paints or may purchase paste pigments and oil and mix them. All surfaces should be clean and dry before they are painted. Use a priming coat made of equal parts of paint and linseed oil and cover with one or more coats of paint.

Whitewash is the cheapest of all paints, and may be used either for exterior or interior surfaces. It can be made by slaking about ten pounds of quicklime in a pail with two gallons of water, covering the pail with cloth or burlap and allowing it to slake for one hour. Water is then added to bring the whitewash to a consistency which may be applied readily. A weatherproof whitewash for exterior surfaces may be made as follows: (1) Slake 1 bushel of quicklime in 12 gallons of hot water; (2) dissolve 2 pounds of common salt and 1 pound of sulphate of zinc in 2 gallons of boiling water; pour (2) into (1), then add 2 gallons of skim milk and mix thoroughly. Whitewash is spread lightly over the surface with a broad brush.

FIND PERFECTLY FRESH EGG

Quality Is Largely Determined by Ease With Which Yolk Moves—Hints on Candling.

(Prepared by the United States Department of Agriculture.)

It is necessary to rotate an egg before the candle if one is to obtain an accurate knowledge of its condition. By tilting at various angles, the location and size of the air space can be seen, and very often the position of the yolk. But the quality of the egg is very largely determined by the ease

A Home-Made Egg Candling Outfit.

with which the yolk moves and the direction of its motion. The operator, therefore—

1. Grasps the pointed end of the egg with the tips of the fingers.
2. Holding the blunt end uppermost, places the egg closely against the opening, or spout of the candle.
3. Gives the egg a quick turn to the right or left, watching the movement of the yolk.

If the egg is perfectly fresh it may be difficult to find the yolk at first glance, but as the egg is turned a glimpse of it will be obtained.

MENU HINTS FOR HENS

(Prepared by the United States Department of Agriculture.)

Use home-grown grains and their by-products supplemented with meat and fish scraps, or milk. Mix these feeds to make a properly balanced ration.

Feed a scratch mixture of whole or cracked corn twice daily. Feed a mash, either dry or wet, made of ground grains and meat scrap.

Make the hens exercise for their feed.

Provide a light feed of corn in the morning, supplying only what the hens will clean up in a half-hour. Give a full feed in the afternoon, especially in cold weather.

FIND MARKET FOR BROILERS

Good Thing May Be Made of Plump Young Chicks Weighing Three-Quarters to a Pound.

If your farm is near a city of large hotels, restaurants and club houses, a good thing may be made of plump young chicks, termed squab broilers. At seven to eight weeks old when weighing three-quarters to a pound each they often bring as much as one dollar a pair.

DRY MASH HANDY FOR FOWLS

Mixture of Wheat, Bran, Cornmeal and Meat Scrap Should Be Available at All Times.

A dry mash composed of 100 pounds wheat middlings, 100 pounds wheat bran, 100 pounds corn meal, 50 pounds of meat scrap, mixed and fed in hoppers, should be where the fowls will have access to it at all times. All the skim milk should be given that they will clean up in connection with this.

SHE THOUGHT DRESS WOULD LOOK DYED

But "Diamond Dyes" Turned Her Faded, Old, Shabby Apparel Into New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings—everything!

The Direction Book with each package tells how to diamond dye over any color.

To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Industry is the mother of good luck

COLDS breed and Spread INFLUENZA

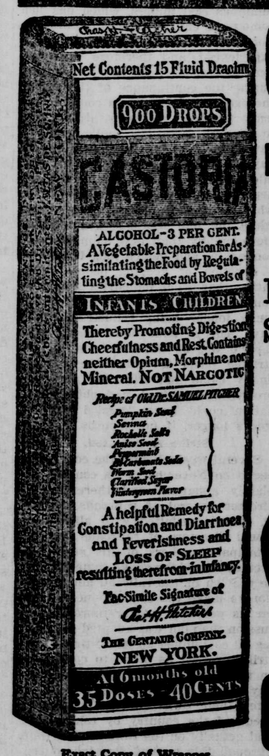
KILL THE COLD AT ONCE WITH

HILL'S CASCARA QUININE BROMIDE

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

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 65c. Free book. Dr. C. H. Berry Co., 2975 Michigan Avenue, Chicago.

W. N. U., BALTIMORE, NO. 2—1920.



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.

Even real estate men occasionally build castles in the air.

Chronic Constipation is as dangerous as disagreeable. Garfield Tea cures it.—Adv.

Wonder if there is any chance of the recording angels striking for a six-hour day?

Naturally.

"How do you pay for your apartment?"

"Oh, at flat rates."

Doing Well.

When mother and her brood started for town the weather was threatening, so she did not go unprepared. In due time they stepped off the crowded train at the South station.

"Have you got all the umbrellas, Johnny?" was her first question.

"I should say I had," said the boy. "I had three when I started, and now I've got five."—Boston Transcript.

A Resemblance.

"A certain Buddhist priest is said to have been eight years on his way from Peking to Lhasa, and confidently expects to complete his journey in about eight years more," related Professor Pate. "He travels in this wise: He lies at full length on the ground with his arms outstretched beyond his head, then gets up, walks to the mark he scratched with his fingers, prostrates himself as before, measures again, and so on. He—"

"Eh-yop!" interrupted old Dorsey Dudgeon. "He probably progresses with almost the lightning-like rapidity that does my brother-in-law when he is telling what he said to the feller in 1878 and what the feller said to him, and so forth."—Kansas City Star.

SHOWING THE BUDDING MIND

Unwitting Humor in Conclusions Drawn From Statements Made by Teachers and Others.

A group of fifth-grade pupils had been studying the uses of cottonseed oil in geography and their teacher had said that the cottonseed oil was used as a substitute for linseed oil in paints. In a written lesson one child wrote: "Cottonseed oil is used as a substitute for lining in pants."

The pupils of the third grade in an Indiana school were asked to write letters as a part of their language lesson. One little boy wrote the following:

"Dear Bobby—I am inviting you to my house for Thanksgiving dinner. We will play games and eat. We will have chicken and gravy and everything you can think of. If you can't come, you can invite me. I will come rain or shine. It may be raining hard who cares? Lovingly, BRICK."

Brings Out Her Talent.

"I asked that beautiful shop girl if she didn't hear the movies calling her."

"And what did she reply?"

"Being as sensible as she is beautiful, she said the only time her artistic temperament comes to the surface and makes her feel as if she could really act is when she is having a row with a floorwalker."

A woman of experience says it is impossible to keep children or static carpets in place without using the rod.

The maiden band of hope is a husband.

Coffee troubles Vanish

when the table drink is changed from coffee to

Postum Cereal

Its rich flavor makes it fully acceptable to those who like coffee but find coffee doesn't like them.

This healthful table beverage has not increased in price

At Grocers and General Stores

Two Sizes

Usually sold at 15¢ and 25¢

Made by Postum Cereal Co. Battle Creek, Mich.