THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Muskegon, Mich.—"For six years I was so weak in my back at times that I could hardly walk. Lydia E. Pinkham's Vegetable Compound was recommended to me and it made me good and strong again so that I am able to do all my work. I highly recommend your medicine and tell everyone I meet what it did for me."—Mrs. G. SCHOONFIELD, 240 Wood Ave, Muskegon, Mich.

Woman's Precious Gift

The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation

Keep a Bottle Handy

Pain whether it comes from rheumatism, neuralgia, sciatica, backache or sprain is usually most acute at night.

If you have a bottle of Yager's Liniment handy and use it you get quick relief. Price 35c.

The large bottle contains twice as much as the usual 50c bottle of liniment and lasts the average family for months. At all dealers.

YAGER'S LINIMENT RELIEVES PAIN

GILBERT BROS. & CO., Baltimore, Md.

HOME MADE TEA FOR CONSTIPATION

Is used by entire families because it is purely vegetable, does the work and costs very little.

Why pay high prices for Liver and Bowel remedies when none are better than Dr. Carter's K. and B. tea, which is purely vegetable, can be brewed at home, and a small package will last a long time.

Thousands of old people will tell you they have been drinking it for years, and after the liver and bowels have been put in fine condition in a few days by a before bedtime cup, that only an occasional cup is afterwards necessary to keep one feeling fit and fine.

People who drink a cup of Dr. Carter's K. and B. Tea once in a while, seldom, if ever, have any bilious attacks, sick headache or sallow skin. It's good for boys and girls, especially those who are peevish and fretful. Druggists have been selling it for many years.

S. C. Wells & Co., Le Roy, N. Y.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

DR. J. D. KELLOGG'S ASTHMA REMEDY

SAYS PILES ALL GONE AND NO MORE ECZEMA

"I had eczema for many years on my head and could not get anything to stop the agony. I saw your ad and got one box of Peterson's Ointment and I owe you many thanks for the good it has done me. There isn't a blotch on my head now and I couldn't help but thank Peterson, for the cure is great." Miss Mary Hill, 420 Third avenue, Pittsburgh, Pa.

"I have had itching piles for 15 years and Peterson's is the only ointment that relieves me, besides the piles seem to have gone." A. B. Ruger, 1127 Washington avenue, Racine, Wis.

Use Peterson's Ointment for old sores, salt rheum, chafing and all skin diseases. 35 cents. Druggists recommend it. Mail orders filled by Peterson Ointment Co., Buffalo, N. Y.

Skin Tortured Babies Sleep Mothers Rest After Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

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.

Children's Coughs may be checked and more serious conditions of the throat often will be avoided by promptly giving the child a dose of safe

PISO'S

AMERICAN GOLFERS MAY INVADE ENGLAND

BOBBY JONES DAVE HERRON CHICK EVANS

It is possible that some of the leading young golfers of this country will be seen on courses across the sea in the near future, among them Dave Herron and Bobby Jones. A leading English paper says of the proposed American invasion:

Youngsters to Compete.

"The extreme youth of the two players who fought out the final match of the American amateur championship has not escaped notice in the press. The winner has just come of age, the runner-up is no more than seventeen. It is highly probable that in the near future one or both of these youngsters will compete for championships over here and we must be prepared to find other golfers, such as Charles Evans and Francis Ouimet, who are still in the fullness of youth and vigor, joining with them in the endeavor to take trophies and titles across the Atlantic. Experiences may suffice to keep them at bay for a time, but youth is bound to tell in the long run, even at the old man's game.

"No doubt the world would continue to go round even if American golfers were to win our amateur championship year after year for a decade or two, but we should not be best pleased by this incident in its progress round the sun."

KICKS 46 GOALS IN ROW

What is believed to be a new football record was made in a game between Georgetown college and Center college when Weaver, center of the Center team, kicked seven straight goals after touchdowns, running his record for consecutive goal kicks up to 46.

IS AGAIN WITH PITTSBURGH

Glenn Warner, Who Has Had Much Success With Smoky City Eleven, Is Re-engaged.

Glenn Warner, familiarly known to gridiron followers as "Pop," and considered by many the greatest football mentor in the country, has signed a four-year contract to coach the University of Pittsburgh football team. He remained at an increase in salary. It has been reported that his previous salary was $9,000 per annum.

Glenn Warner.

Warner has coached Pittsburgh for the last six years with wonderful success.

SUGGESTION TO HELP RACING

Lot of Trouble Would Be Avoided if Second Money Horses Were Given Records.

An advocate of light harness racing says racing officials would be saved a lot of trouble if records were given to all horses that win second money or better by winning heats. Classes would fill better and racing improve, he claims.

OHIO TO HAVE BIG STADIUM

Contract Let for Concrete Structure With an Estimated Seating Capacity of 50,000.

Ohio State university has let a contract for a new concrete stadium at Columbus with an estimated seating capacity of 50,000. It will embrace the best features of the Harvard Stadium and the Yale bowl.

Oldring Again Retires.

Rube Oldring, who has twice retired from baseball to follow agricultural pursuits, announces that he is now through with the national pastime forever.

Wingate Andover Captain.

Roy Wingate of Arlington, N. J., has been elected captain of the Phillips-Andover academy football team for next season.

Hawking a Persian Sport.

"Hawking" is still a favorite sport in Persia, where every person of importance keeps falcons.

FOOTBALL STAR PLAYS GOLF

"Snake" Ames, One of the Slipperiest of Grid Players, Now Topnotcher at Onwentsia.

Old-timers remember "Snake" Ames, who was one of the slipperiest football players of his day. When he was playing with Princeton he was a terror. Today he is golfing and quite a bug. At Onwentsia he is one of the top-notchers. He was the winner of the annual powwow tournament on those links.

GOETZ IS MICHIGAN CAPTAIN

Sault Ste. Marie Athlete Elected to Lead Maize and Blue Squad—"M's" Are Awarded.

Angus Goetz of Sault Ste. Marie, captain of the Michigan football eleven this season, was elected to lead the Maize and Blue squad next year. The athletic authorities awarded "M's" to twenty-two men for their work in varsity football.

NOTES of SPORTDOM

Philadelphia will stage Grand Circuit races at Belmont next year.

* * *

The Phillies asked waivers on Catcher "Nig" Clarke and the Pirates have claimed him.

* * *

Memphis of the Southern association wants a manager. John Evers and Lee Fohl have been mentioned for the job.

* * *

C. P. Larkin, Jr., '21, tackle on last fall's Swarthmore college football eleven, has been elected captain for next year.

* * *

William von Bermuth, former football player and wrestler at Yale university, has been appointed wrestling coach at Purdue.

* * *

Students of the Ohio State university are eager to stage a football game between the university eleven next year and Princeton.

* * *

Jack Manning, who has been an assistant in developing Harvard University crews for 17 years, has resigned and will take charge of the Norton B. C. rowing candidates.

* * *

"Bull" Rodgers, star fullback of the West Virginia eleven, is being sought by several major league clubs, but thus far has refused to turn to professional baseball.

* * *

Boston's new ice pavilion does not include space for devotees of curling.

* * *

Thirteen states have passed a law making physical education compulsory and twelve others have the subject under consideration.

* * *

The University of Illinois football eleven has been invited to play the Harvard varsity in the Stadium at Boston, October 23, 1920.

* * *

Why "Babe" Ruth isn't going to be a movable picture star comes out. He wanted $10,000 advance before acting and the movie people passed.

* * *

Joe Dugan, Athletics' shortstop, declares he will not play with Connie Mack's club next season. Says he can't get along with the lean leader.

* * *

Akron, O., which recently obtained a franchise in the international league, is getting ambitious. It has made an offer to Hans Wagner to become manager.

ALL LARRYSLUG

Larry Kopf's fulame is William Lawrence Ka and when he signed his Cinnati contract Manager Chay Mathewson was present.

Matty scanned e name on the contract and th asked:

"What are you ded?"

"Bill," was Kopf answer.

"Well, I'm goingo call you 'Larry,'" said Mat, "because all the Larrys I kn swipe that old ball." So "Lar" supplanted "Bill."

TY COBB IS SOWING UP, SAYS JENNINGS

Georgia Peach Is Nt as Fast on Bases as Fmerly.

Last Season a Perfect Peg by Opposing Backstop Had Ty by Safe Margin—Still Knows How to Slug the Bal Hard.

And now comes an admission from Hugh Jennings that Ty Cobb, champion batsman of the American league, is "slowing up." Her is what the Detroit manager saysin a Scranton dispatch:

"I noticed last yea for the first time that Cobb is slowing up on the bases," said Jennings "On infield hits that he usually bet out or made the play at first unusally close Ty was being nailed by a step last season.

"I also noticed that in base stealing he didn't have his old speed. When at his best it equired a perfect throw to get Cob stealing second, and even then t was often a give-and-take proposition with the umpire when it came to making the decision. Yet last sason a perfect peg by the opposing catcher usually had Ty by a safe margin.

Ty Cobb.

"It is only natural that Cobb would begin to slow up. Any player will after going through such a long and active career as Cobb has enjoyed.

"However, he still knows how to hit the ball and has few superiors in the outfield, and even with his decreased speed he is faster than a majority of players. That is why I still consider him the most valuable player in the game."

AL SHRUBB PICKS ATHLETES

Little Britisher Thinks Oxford Is Particularly Strong in Long-Distance Runners.

Al Shrubb believes England stands a fine chance to win the Antwerp Olympic games in 1920. Shrubb is now in England coaching the University of Oxford athletes. He says that never was England so well off in athletic material.

According to the little Britisher, Oxford is particularly strong in middle and long distance runners, while throughout England the recent sports meetings have shown that in the other events Johnny Bull is likewise pretty well intrenched. From the foregoing it will be seen that the Olympic games next year are not going to be any open-and-shut affair for the Americans.

SELECT OLYMPIC COMMITTEE

Members Representing New Zealand, Chile, France and Finland Have Been Elected.

The international Olympic committee has elected as members for New Zealand, Arthur Marryatt; for Chile, Silva Vildosola; for France, Count Clary, president of the French Olympic Games committee, and for Finland Ernst Krogius.

DAYS OF GLORY HAVE PASSED

Owen Moran, Great Little Fighter Ten Years Ago, Is Doing as Best He Can.

Owen Moran, who was a great little fighter ten years ago, and who is remembered by hosts of boxing enthusiasts, is now doing the best he can on the British race courses. He is one of the few of the modern school of boxing who did not put his winnings away for a rainy day.

Masters Is Elected.

C. E. Masters, '21 of Newton Centre, Mass., has been elected captain of the Harvard varsity soccer team for next year.

Pittston Forfeits Franchise.

Slim attendance at the games played at home last season resulted in Pittston forfeiting its franchise in the Intercounty Basketball league.

Fortunately the tragedies of the football season were few and far between.

POULTRY

WATER SUPPLY WON'T FREEZE

Heat Deflected From Lantern Top Around Pails, Keeping Temperature Above Freezing.

To make a non-freezable drinking fountain for the hen house the following material will be needed: One soap or cracker box; a lantern; two galvanized iron pails, about two-quart capacity; and enough heavy asbestos paper to line box with a double thickness to keep in the heat generated by the lantern and for fire prevention.

The box must be large enough to hold the lantern and two pails. Two holes are cut in the top of box, one at each end, allowing the pails to sink into the box with only about 3 inches protruding; inside the box, between the pails, the lantern should be placed. The heat will be deflected by the lantern top and the box around the water pails, thus keeping the water a few degrees above freezing even in coldest weather.

The box is placed on a platform. This, in addition to being a support for perches on which the fowls stand while drinking, is also the bottom of the heat box upon which the lantern rests. When filling or cleaning the lantern, the box and pails are lifted from the platform, and when filling the pails, they are simply removed from the holes.—Popular Science Monthly.

The Deflected Heat From the Lantern Keeps Fountain From Freezing.

ORIGIN OF MUSCOVY DUCKS

Breed Comes From South America and Is Very Active—They Are Useful for Crossing.

The Muscovy breed of ducks originated in South America. It is very active. The drake weighs from 11 to 12 pounds; the female only six to seven pounds. The period of incubation is from 34 to 35 days. The standard admits two varieties—white and colored Muscovy. They are used for crossing to some extent, and, unlike most ducks, are rather quarrelsome with one another, and the drakes with other poultry. They are cared for just as other ducks. The ducklings are fed largely on ground food with plenty of green stuff, which may be put in the mash. Water should be before all ducks constantly in such a form that they cannot get into it with their feet. Sand or coarse gravel should be put in the feed once a day. All ducks must have a dry place to sleep.

STUDY OF MARKET DEMANDS

Mixed Flocks Will Not Produce Uniform Eggs or Meat, Most Desirable for Consumer.

Every poultry raiser should make a study of the market demands. A uniform color of eggs and flesh in poultry is desirable. A mixed flock will not produce uniform eggs or meat, and eggs from such a flock are not desirable for hatching.

POULTRY NOTES

Be sure chicks do not become crowded.

* * *

It is necessary to save some of the old hens for breeders.

* * *

Ducks and geese can usually be raised very economically on most farms.

* * *

The wild breeds of turkeys are known as the North American, Mexican and the Honduras.

* * *

There are many farmers not now raising ducks and geese, but who could find raising them profitable.

* * *

Young hens will pay well for care and feed, but if they do not get good treatment they will not produce much profit.

* * *

Dampness is always more dangerous than cold, and that's why it is so important to have the hen house tight and dry.

* * *

Grit is used by the hens to help in grinding in their gizzards the hard grains which they eat.

* * *

The breeder who adopts close culling will add to his reputation, get repeat orders, and extend his business continually.

* * *

Always catch and carry ducks by their necks, never by their wings or legs, which are not strong enough for this purpose.

* * *

Turkeys must have liberty even while fattening, but if given regularly two meals a day they will not be inclined to roam.

ESSENTIALS FOR HEN HOUSE

Keep Flock Comfortable by Furnishing Good Ventilation, Fresh Air and Sunshine.

House the flock comfortably; keep houses dry and well ventilated, allowing plenty of fresh air and sunshine.

Remodel the old house—stop cracks and eliminate drafts.

Give hens a good straw litter to scratch in during the winter months.

How Competition Helps You

The competition that exists among the hundreds of meat distributors, large and small, means

Rivalry in Prices
Rivalry in Service
Rivalry in Economy
Rivalry in Quality

Swift & Company sells meat at the lowest possible price, consistent with quality and service. Our profit of only a fraction of a cent a pound on all products is evidence of keen competition.

Swift & Company must provide the best service to your dealer or he will buy from our competitors. This means a supply of fine fresh meat always on hand for you at your dealer's.

Swift & Company must keep down manufacturing and selling costs, and use all by-products to avoid waste, or else lose money meeting the prices of competitors who do.

Swift & Company must make its products of the highest quality, or see you turn to others. This means better meat for you and a greater variety of appetizing, wholesome food.

We are as glad for this competition as you should be. It helps to keep us on our mettle.

Swift & Company, U.S.A

SWIFT & COMPANY U.S.A.

HOW IS YOUR EXPRESSION?

Well to Remember Sometimes That a Man Is Apt to Be Judged by His Looks.

What kind of expression do you wear habitually? Is it sour, morose, repellent? Is it a mean, stingy, contemptible, uncharitable, intolerant expression? Do you wear the expression of a bulldog, a grasping, greedy, hungry expression, which indicates an avaricious nature? Do you go about among the members of your family with a thunder-cloud expression, with a melancholy, despondent, hopeless look on your face? Do you wear the sunshine expression which radiates good cheer and hope, which indicates a feeling of good will and of helpfulness? These questions are asked by a keen student of nature, writing in a recent publication.

Do people smile and look happier when you approach them, or do they shrink from you and feel a chilly, gooseflesh sensation come over them as they see you approach? It makes all the difference in the world to you and to those whom you influence, what kind of expression you wear.—The Continent.

Eager to Recite.

One day in school my teacher asked who was the backbone of the American revolution. I was eager to recite and replied: "The backbone is the spinal cord." At this exclamation the class laughed to my embarrassment.—Exchange.

None Available.

"Have you any soft drinks here?"

"None but hard water."—Baltimore American.

The drummer should not try to beat the drum to beat the band.

GOT HOMES AT SMALL COST

Fortunate Purchasers Profited by the Dismantling of Government-Built Munition Plants.

To select a dwelling from a large stock of samples, buy it "over the counter" at a bargain price, and then pack it on a motor truck to be sent home, is a novel solution of the house hunting problem, says Popular Mechanics Magazine. That is literally what has been happening recently, however, in a number of communities where munition-plant housing facilities are being dismantled by the government. All the purchaser needs is a vacant lot, of course, and a foundation for his new home.

Near Cincinnati more than 200 four-room houses were sold in two days at the remarkable price of $200 each, their original cost to the government having been over $1,500. Purchasers of these houses have been able to get concrete block foundations built for an average price of $223, and to secure truck and trailer delivery within five miles for $120, making a total cost of $553 for a well-built home.

Serbia to Build Long Canal.

According to a news item in the Athens Progress the Serbian government has decided to construct a canal from the Danube to Saloniki. The canal is to begin at the confluence of the Danube and the Morava, follow the course of the Morava in Serbia, then join the valley of the Vardar, following the river to the vicinity of Saloniki. The total length of the canal will be 600 kilometers (373 miles).

Spoken in Bitterness.

"I saw you coming out of a cafeteria." "You named it wrong. It's a profiteria."—Washington Star.

Grape-Nuts

supplies what many breakfast cereals lack

—solid nourishment including the vital mineral salts so necessary to encourage normal growth in children.

A body-building food that tastes real good

"There's a Reason"