PAINS NEARLY DOUBLED ME UP

Nothing Helped Me Until I Took Lydia E. Pinkham's Vegetable Compound.

Wyandotte, Mich.—"For the last four years I have doctored off and on without help. I have had pains every month so bad that I would nearly double up. Sometimes I could not sweep a room without stopping to rest, and everything I ate upset my stomach. Three years ago I lost a child and suffered so badly that I was out of my head at times. My bowels did not move for days and I could not eat without suffering. The doctor could not help me and one day I told my husband that I could not stand the pain any longer and sent him to the drug-store to get me a bottle of Lydia E. Pinkham's Vegetable Compound and threw the doctor's medicine away. After taking three bottles of Vegetable Compound and using two bottles of Lydia E. Pinkham's Sanative Wash I could do my own housework. If it had not been for your medicine I don't know where I would be today and I am never without a bottle of it in the house. You may publish this if you like that it may help some other woman."—MRS. MARY STENDER, 120 Orange St., Wyandotte, Mich.

Sometimes a man's past takes a short cut and heads off his future.

GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

The privileges desired are what the average woman calls rights.

Cuticura Soap for the Complexion. Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Toilet Trio.—Adv.

Truth and trouble play no favorites.

DEATH WAS NEAR

Florida Woman in Critical Condition From Dropsy, But Doan's Brought Recovery

"Dropsy brought me right down to the shadow of the grave," says Mrs. Ida B. Atwell, 904 William St., Key West, Fla. "For fifteen years I was a hopeless wreck, struggling between life and death. The pains were so severe in my back I screamed in agony. My head ached so severely I thought my skull was being crushed. Black specks floated before my eyes, and I had to grasp the bed to keep from falling.

Mrs. Atwell

"The kidney secretions burned and scalded and I could pass only a few drops at a time. My body bloated. The pressure of so much water on my chest almost smothered me. My feet also swelled and large sacs of water hung beneath my eyes. My skin had a shiny, white appearance and anywhere I pressed a dent would remain for hours. I became a nervous wreck.

"A friend told me about *Doan's Kidney Pills* and oh! I felt so happy when I found they were helping me. Continued use of *Doan's* completely cured me." *Sworn to before me.* *ARTHUR GOMEZ, Notary Public.*

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

DOAN'S KIDNEY PILLS

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

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

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed effective. Sold by dealers, or 5 by EXPRESS, prepaid, $1.25.

HAROLD SOMERS, 160 De Kalb Ave., Brooklyn, N. Y.

PLAN TO REDUCE CHICKEN LOSSES

Confining Mother Hen Will Afford Protection Required by Brood of Chicks.

WET GRASS VERY INJURIOUS

Weaklings Can Always Find Shelter and Warmth Necessary for Proper Development—Young Fowls Are Quite Defenseless.

(Prepared by the United States Department of Agriculture.)

Mrs. Biddy, after staying three weeks in one spot keeping a sitting of eggs warm, is likely to feel a strong desire to travel about as soon as the chicks are out of the shell. This longing, natural as it may be, should not be gratified until the chicks are weaned. A brood of small chicks is likely to suffer serious losses when the hen is allowed free range.

Loss From Exposure.

When hens are allowed free range and have to forage for feed for themselves and the chicks, they often take their young through wet grass where the chicks may become chilled and die. Most of the feed which the chicks secure in this manner goes to keep up the heat of the body, say poultry experts of the United States department of agriculture, whereas feed eaten by chicks that are with a confined hen produces more rapid growth, as the young birds do not have so much exercise.

Then, too, in most broods some chicks are weaker than the others and if the hen is allowed free range the weaker ones often fall behind and out of hearing of the mother's call. This frequently results in the death of these chicks due to their becoming chilled. If the hen is confined the weaklings can always find shelter and warmth under her, and after a few days may develop into strong sturdy chicks.

The loss in young chicks due to allowing the hen free range is large. Chickens frequently have to be caught

Chicks Lose Vitality Following Mother Hen on Range.

and put into their coops during sudden storms, otherwise they may huddle in some hole or cover, become chilled, or drown. When the hen is on free range it is difficult oftentimes to find her when a storm approaches and still harder to catch the chickens.

Keep Chicks Growing.

If the best results are to be obtained and a good profit made in poultry raising, the chicks must be kept growing constantly. Even a short exposure to cold or wet will check growth and no matter how short the check is, the chick will never entirely recover from it.

Young birds are absolutely defenseless and even when constitutionally strong, are physically frail in comparison with most of the creatures with which they come in contact. For this reason their range should be in a yard where they can be protected from cats, rats, and other enemies.

In localities where hawks and other preying wild birds trouble the poultry yard, devices which will protect the chicks can be used. These may range from the time-honored scarecrow to pieces of bright-colored cloth or bits of shiny tin strung around the coops. When the enemy birds are unusually daring, the chicken yard may require netting over the top to prevent large losses from these air raids.

HOW ANTHRACNOSE SPREADS

Various Ways in Which Watermelon Ailment May Be Distributed, Given by Specialists.

There are numerous ways in which the spread of watermelon anthracnose may be accomplished, say specialists of the United States department of agriculture. Spores may be spattered by rain drops to leaves nearby or washed to the ground, where they are carried along to other plants by drainage water. Laborers often disseminate the disease, particularly if culls are removed or melons harvested while the vines are wet with dew or rain. Under such circumstances, spores are likely to be carried on hands and clothing from diseased vines to healthy ones. If spores lodge on the melon itself, the characteristic anthracnose lesions form.

Make Sowing Frequently.

Make frequent sowings of peas, carrots, beets and spinach this year. The root crops are always more tender if grown rapidly.

Don't Belong in Garden.

"The hens do not belong in all the garden, nor all the garden in the hens," observes a man who has had experience in keeping 'em shooed out.

Ornamental and Useful.

Sunflowers are ornamental and the seeds make good hen food.

FARM HAND RECEIVES MANY LITTLE EXTRAS

Attention Is Called to Facts Often Overlooked.

Unless Contract Definitely Sets Forth Values of Various Items Laborer Will Fail to Give Them Just Consideration.

Many farmers engage their employees upon a basis somewhat similar to the example given below. The figures used are cited by the United States department of agriculture, not as average figures for the whole country, nor for any particular locality, but merely to call attention to facts often slighted by both farmer and farm employee and frequently overlooked entirely by other people.

The farmer engages a man who receives:

Monthly wages	$50.00
Use of small house, monthly renting value	10.00
Firewood, monthly value	5.00
Milk, 2 quarts daily, 6 cents a quart	3.60
Use of garden lot (1-4 acre) $24 per year, monthly rate	2.00
	70.60

Upon this scale of values, often more, and seldom less, it will be seen that the farm laborer is really receiving $70.60 per month instead of $50. Yet, unless some form of contract is provided which definitely sets forth the values of these "extras," the laborer will fail to give them just consideration. Ask him what he receives and he will name the cash allowance alone. The employer, too, though more apt to calculate the value of the extra items, is still in doubt as to the real compensation he pays his men.

Values differ at different seasons. The fuel consumed in winter months would be much more than in the hot weather; milk is worth more in one month than another, and a garden plat will yield more produce to one man than to another.

A contract such as is used in the West Prussia agricultural district should be adapted for like conditions in this country. Upon this contract appears every item at its precise acknowledged value. The farmer knows what his help costs him; the farm laborer realizes his true value, and the general public is relieved of much harmful confusion by this simple, common sense method.

RIGHT CULTIVATION OF CORN

Crop Should Be Treated Often Enough to Keep Down Weeds and Maintain Soil Mulch.

The best answer to the question of how frequently corn should be cultivated, say specialists of the United States department of agriculture, is that it should be cultivated often enough to keep down weeds and to maintain constantly a loose soil mulch till the corn has attained its growth. To this end a greater number of cultivations will be necessary when rains at intervals of about a week cause the surface soil to run together and crust. This crust must be broken and the soil mulch restored, or excessive run-off and evaporation will soon rob the soil of its moisture.

Promptness in restoring the soil mulch after a rain is important. With double cultivators widened and by driving astride each alternate row, the mulch is restored in half the time necessary to drive astride of every row.

EGG CIRCLE HELPS

The community egg circle—

Helps each member to dispose of his surplus eggs and to secure a more satisfactory price;

Helps the community to build up a reputation for a guaranteed product;

Helps the nation to reduce the total egg loss and conserve this source of its food supply.

The United States department of agriculture will be glad to tell you just how to organize one.

HAVE ASPARAGUS IN GARDEN

One of Earliest and Most Wholesome of Vegetables, Say Government Specialists.

Asparagus is one of the earliest and most wholesome vegetables and should be grown in every home garden where it can be produced successfully, say specialists of the United States department of agriculture.

POULTRY NOTES

Eggs stale rapidly when exposed to a warm atmosphere.

* * *

Every individual in the poultry flock should show vigor and strength.

* * *

Lawn clippings, particularly when they contain clover, make excellent poultry food.

* * *

The Leghorns respond readily to kind treatment, and are always happy if at all comfortable.

* * *

In order to build up a strain of prolific fowls it is necessary to breed only from the best known layers.

* * *

The most common fault in poultry work is failure to provide sufficient green food or vegetable matter.

* * *

Self-feeding hoppers save a lot of work in the poultry yard. Besides this they are good because the fowls will help themselves to food whenever they are hungry.

* * *

The flavor of the egg is governed by the quality of the food given. There is no foundation in the theory that the "sweet, rich flavor" belongs to eggs of any particular breed.

FARM POULTRY

CLUB GIRL'S HENS PAY WELL

Valerie Henning of Mississippi Is Paying Her Way Through College on Profits From Flock.

"I am a poultry club member, and my records show that this year the net profits from my chickens were $525.35." This is the report of Valerie Henning of Panola county, Mississippi, who at sixteen holds the championship of her state in poultry-club work. She, with six other Mississippi girls and two chaperons, recently visited Washington. The five-day trip was a prize offered by Mississippi bankers and business men to the girl in each district of the state who made the largest profit in her club work.

Miss Henning has been a member for two years of one of the poultry

Prize-Winners of Mississippi Girls' Clubs Witnessing Demonstration in Use of Egg Tester at Beltsville Government Farm.

clubs supervised by the United States department of agriculture and the state colleges.

To obtain her start in club work she borrowed $13.50 from a local bank. With this money a pen of Barred Plymouth Rocks, consisting of four hens and one cockerel, was bought. The profits from her chickens last year, her first in poultry work, were $374, and her flock for 1919 consisted of two cockerels and nineteen hens. By the use of trap nests and leg bands the record as a layer of each hen had been observed, and only the good egg producers were kept. From January 1 to October 16 the 19 biddies laid 2,840 eggs. Miss Henning sells nearly all the eggs for hatching purposes; but the birds she raises, aside from the culls, bring from $15 to $20 a pen.

The money this club girl has made through her poultry work is being used to pay her way through an agricultural high school.

DESIRABLE HENS TO RETAIN

On Most Farms Size of Flock Could Well Be Increased—Range Is Very Important.

The average farmer might find it desirable to increase the size of the flock of hens. While most farmers have little time to devote to poultry raising, yet their families may attend to the fowls and see that they are well cared for and protected.

The usual "advice" to poultry raisers to begin with a few hens is sound. But on most farms the women and girls have had the responsibility of the flock for years and most of them could well afford to increase the number of laying hens.

Range is very important for poultry. But range alone is not enough. The fowls must have feed and shelter when they need them.

When one is about to increase the number of hens it is well to see that those kept are worth keeping. Poor hens are not an asset; they are generally a liability.

POULTRY NOTES

Cull out weak or slow-growing chicks.

* * *

Eggs being taken to market should be protected from the sun's rays.

* * *

If the hen house is damp, it is safe to say fewer eggs will be laid.

* * *

Infertile eggs will withstand marketing conditions much better than fertile eggs.

* * *

Bran and charcoal are two valuable feeds for young chicks. They can be placed in hoppers before the chicks at all times.

* * *

Chicks should not be fed until they are 48 hours old as this gives them a chance to absorb all the yolk that is left from the egg. During this time they should be kept in a brooder or in the incubator.

* * *

The Anconas are heavy layers of large white eggs and are a most desirable fowl if one desires one of the so-called "egg breeds."

* * *

The average poultry raiser makes one big mistake in marketing before the birds are fattened.

* * *

A chicken can stand any amount of cold, but very little moisture, when housed.

* * *

Rapid growth and no bowel trouble are essential in developing profitable flocks of chicks.

* * *

Make hens take exercise by feeding their grain in litter, where they will have to scratch for it.

* * *

Begin marketing the cockerels as soon as they weigh 1½ pounds or attain a marketable weight.

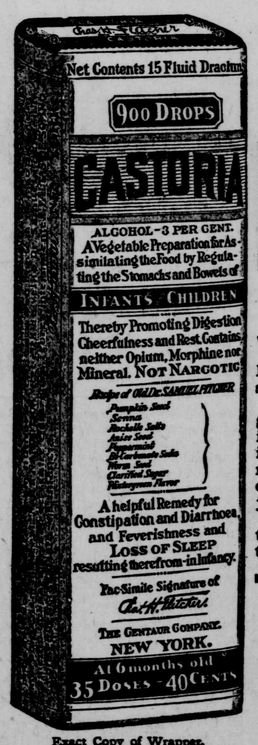
Are You Human?

A little baby. A little child. Don't they appeal to you? Doesn't your heart yearn to pick them up, to cuddle them close to you, to shield them from all harm? sure it does else you're not human. Being human you love them. Their very helplessness makes you reach out in all your strength to aid them. In health there's no flower so beautiful. In illness there's no night so black.

Save them then. Use every precaution. Take no chance.

When sickness comes, as sickness will, remember its just a baby, just a child and if the Physician isn't at hand don't try some remedy that you may have around the house for your own use.

Fletcher's Castoria was made especially for babies' ills and you can use it with perfect safety as any doctor will tell you. Keep it in the house.



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Do the People Know?

Do you know why you are asked to call for Fletcher's Castoria when you want a child's remedy: why you must insist on Fletcher's?

For years we have been explaining how the popularity of Fletcher's Castoria has brought out innumerable imitations, substitutes and counterfeits.

To protect the babies: to shield the homes and in defense of generations to come we appeal to the better judgment of parents to insist on having Fletcher's Castoria when in need of a child's medicine. And remember above all things that a child's medicine is made for children—a medicine prepared for grown-ups is not interchangeable. A baby's food for a baby. And a baby's medicine is just as essential for the baby.

The Castoria Recipe (it's on every wrapper) has been prepared by the same hands in the same manner for so many years that the signature of Chas. H. Fletcher and perfection in the product are synonymous.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

Proud of It.

"I like your nerve!" she exclaimed. "It is rather good, isn't it?" he replied unashamed.

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

WAITER ALLOWED FOR COBB

Booth Tarkington's Amusing Illustration of Student Life in Munich Before the War.

"Munich before the war," said Booth Tarkington, the famous novelist, "was an earthly paradise. For ten cents in a Munich beer garden you would get a quart mug of ambrosial beer and a brace of incomparable frankfurters—a meal which you would consume to the music of Wagner and Beethoven, played by a vast and magnificent orchestra.

"Of course, in Munich the art students—poor fools—sometimes drank too much. They tell a story there about a Missouri student.

"'Another large beer and two frankfurters for Student Cobb of Missouri,' a Munich waiter sang out one night.

"'Only give Student Cobb one frankfurter,' said the manager of the garden. Student Cobb sees everything double.'

"'I've already attended to that,' said the waiter, 'Cobb ordered four frankfurters.'"

Cause and Effect.

Two notices on a church bulletin board in Manchester, England, ran as follows:

"A potato supper will be held Saturday evening."

"Subject for Sunday morning: 'A Night of Agony.'"—Boston Transcript.

OLD SORES, PILES AND ECZEMA VANISH

Good, Old, Reliable Peterson's Ointment a Favorite Remedy.

"Had 51 ulcers on my legs. Doctors wanted to cut off leg. Peterson's Ointment cured me."—Wm. J. Nichos, 40 Wilder Street, Rochester, N. Y.

Get a large box for 35 cents at any druggist, says Peterson, of Buffalo, N. Y., and money back if it isn't the best you ever used. Always keep Peterson's Ointment in the house. Fine for burns, scalds, bruises, sunburn, and the surest remedy for itching eczema and piles the world has ever known.

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 65c. Dr. H. H. Berry Co., 295 Shiff Bldg., Cincinnati, O.

Miss Alcott's Elms.

Among the tres in historic Concord are the two old elms in front of the Louisa May Alcott house, and the little grove of pines and spruces just beyond it. Under the shade of the elms once lived the author of "Little Women" and among the whispering pines Hawthorne walked, thought and wrote, or conversed with his friend, Thoreau. The elm at the left of the door as the visitor approaches the old house is 13 feet in circumference, and the one at the right is 15. The trees have been nominated for a place in the Hall of Fame for Trees being compiled by the American Forestry association of Washington, D. C.

Nerve Wasn't What He Lost.

As Benson walked along the busy street he was stopped by a shabby individual. "Excuse me, sir," said he, "but I wonder if you could lend me a quarter?"

Benson was startled and demanded to know why the quarter was needed.

"Haven't you a job?" he demanded.

"No, sir," whined the shabby individual. "You see, I'm a slate roofer by trade. But I can't work at it, because I fell off a roof and lost my nerve."

"Oh, no, you didn't?" said Benson, as he walked on quickly. "Your nerve's all right."—Houston Post.

Restricted.

"How do you like your new flat?"

"We have no room to complain."—Kansas City Star.

Acid Stomach Makes the Body Sour

Nine Out of Ten People Suffer From It

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, its victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

Liggett & Myers

KING PIN PLUG TOBACCO

Known as "that good kind"

Try it—and you will know why

100% PROFIT

Agents Wanted — Ladies and Gents

French Knot Embroidery Needle

"Mascot" Hair Cutter

Send $1.50 for sample outfits and literature.

THE INLAID COMPANY

1058 Broad Street Providence, R. I.

ONE PRIZE $100,000. Free for everybody to win 5,000 prizes by selling new article, patent pending, for only $1. Write Atas Sample Co., 715 Baltimore Bldg., Chicago.

Agents—$50 to $75 week easily made; 500 men and women wanted to sell N. N. H. Laundry Tablets; enormous repeater; sell anywhere; washes clothes in 10 to 15 minutes snow white without rubbing on washboard and without use of blueing or bleach; can be used thousand other ways. Is one of nature's mightiest cleansers. Guaranteed to contain no lye, lime, potash, caustic, acid nor injurious chemicals. You can make more money with this than any other way. Free samples to boost sales. Big money. Balto. Mfg. & Nov. Co., 601 N. Eutaw, Baltimore, Md.

SHANNON'S PHOSPHORATED IRON is the master tonic of this universe. It's the old man's friend; it rejuvenates, it reduces his age so he can enjoy youth. It gives the young man strength, power, energy and endurance so he can compete against the older man who has saturated himself with Shannon's Phosphorated Iron. It makes an anemic girl healthy and fills her with ginger, pep, ambition and rich, red blood. It's the builder that every athlete requires to stand the endurance test. Postpaid, 75c. Shannon's Pharmacy, 10th & Locust, Philadelphia, Pa.

LOTS

In Reeves County (Texas) oil field for $50. I am arranging to drill 5 oil tests on my 160 acres. No commission, no agents, no company stock. Best location in field. I deed you the lot for $50 and use the money to drill. Write for details. Wire any bank in my town about me. C. R. Coulter, Stephenville, Texas.

MARYLAND FARMS FOR SALE—200 choice farms, mostly in Frederick and Montgomery counties. Richest agricultural county in U. S. Good schools and churches. Fine macadam roads 45 mi. Baltimore, Washington. Farms with large or small acreage. Special bargain: 319 acres, level, good improvements, fine dairy farm; 150 tons hay in one season; 1 mi. elevator, state road and R. R. Will sell stock, equipment. Immediate poss. $30,000. Timber tracts. Write your wants. Markwood B. Harp, Pythian Castle, Bldg., Frederick, Md.

Each Cup Of INSTANT POSTUM

contains the same uniform quality of goodness that makes this table beverage so popular.

Make it strong or mild as you prefer by varying the quantity used.

No wonder so many prefer it to coffee, not alone on account of taste but because of its abundant healthfulness. *Truly—*

"There's a Reason" for POSTUM

Made by Postum Cereal Co. Battle Creek, Michigan