BRACE UP!

The man or woman with weak kidneys is half crippled. A lame, stiff back, with its constant, dull ache and sharp, shooting twinges, makes the simplest task a burden. Headaches, dizzy spells, urinary disorders and an "all worn out" feeling are daily sources of distress. Don't neglect kidney weakness and risk gravel, dropsy or Bright's disease. Get a box of *Doan's Kidney Pills* today. They have helped people the world over.

A Maryland Case

Mrs. M. J. Nickol, 3501 E. Baltimore St., Baltimore, Md., says: "I suffered from lame back and other symptoms of kidney trouble. The pains were severe in the region of my kidneys and were worse when stooping or lifting. I also felt tired out, had dizzy spells and headaches. As another in the family had used Doan's Kidney Pills with good results, I bought some and three boxes fixed me up in good shape."

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

DOAN'S KIDNEY PILLS

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

Pretense Called For.

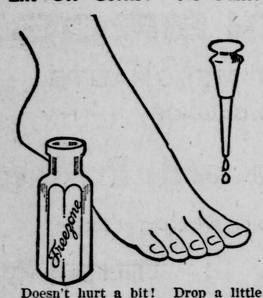
Edward had come to spend the time with Betty while his mother went to the club. She stayed so long they were tired of playthings and of each other. So finally in despair Betty said, "Well, Edward, let's just play we are having a good time."

SAY "DIAMOND DYES"

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

"FREEZONE"

Lift Off Corns! No Pain!



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Even More Serious.

"Did you say that campaign manager used money?" inquired the horrified constituent.

"He did worse than that," replied Senator Sorghum. "He wasted it."

INVENTIVE GENIUS ROBS CALOMEL OF NAUSEA AND DANGER

Doctors' Favorite Medicine Now Purified and Refined from All Objectionable Effects. "Calotabs"—the New Name.

What will human ingenuity do next? Smokeless powder, wireless telegraphy, horseless carriages, colorless iodine, tasteless quinine,—now comes nauseless calomel. The new improvement called "Calotabs" is now on sale at drugstores.

For biliousness, constipation and indigestion the new calomel tablet is a practically perfect remedy, as evidenced by the fact that the manufacturers have authorized all druggists to refund the price if the customer is not "perfectly delighted" with Calotabs. One tablet at bedtime with a swallow of water—that's all. No taste, no nausea, no griping, no salts. By morning your liver is thoroughly cleansed and you are feeling fine, with a hearty appetite. Eat what you please—no danger—go about your business.

Calotabs are not sold in bulk. Get an original package, sealed. Price, thirty-five cents.—(adv.)

Some Look as if They Had.

Wonderful how a girl who wears a georgette blouse, a veil, a hair net and perforated hose keeps from getting all tangled up in the meshes?—Toledo Blade.

ASPIRIN

Name "Bayer" on Genuine

"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monoaceticacidester of Salicylicacid.—Adv.

Many Advantages.

"What about this bathing suit?" "It is well made, pretty and stylish." "Anything else?" "You can also bathe in it if you wish to."

Use **MURINE** Night and Morning

Keep Your Eyes Clean - Clear and Healthy

Write for Free Eye Care Book Murine Co. Chicago, U.S.A.

CAUSE OF MUCH WASTE OF FOOD

Large Losses of Farm Products Due to Improper Handling After Maturity.

PHOTOGRAPHS GIVE REASONS

Problem of Proper Care of Perishable Fruits and Vegetables Appears Complex and Confusing Because of Details.

In the photographic files of the bureau of markets, United States department of agriculture, are many sets of pictures which tell a story of blasted hopes—a story of unnumbered growers of fruits and vegetables who have toiled early and late through the rains of the spring and the heat of the summer, only to meet with disappointment at the end of their labors, because, after doing all else well, they failed in one great essential—the method of handling their product after it matured. The photographs in those files, taken at numerous railway terminals, show quantities of celery, onions, potatoes, lettuce, apples, peaches, egg plant, and many other perishable products, mutilated or decayed because somebody failed to do his job of picking, packing, loading, or refrigerating properly.

The lesson is all very plain when one looks at these photographs and it is not difficult to picture the disappointment and loss of the growers and shippers represented. But it is by no means a simple lesson. Until one becomes familiar with his own special line the problem of proper handling of perishable fruits and vegetables appears very complex and confusing, so many are the details to be learned. Nowadays much of the grower's produce is shipped long distances, and if a full reward for the season's work is to be reaped he must learn the special requirements for his particular product on the particular journey that it is to take. Each item in the whole list of products has its peculiarities which must be reckoned with when it comes to marketing. The manner of picking, the size and shape of the crate or other container to be used, the fullness of the pack, the amount of pre-cooling, if any, the kind of freight car to be used, how many tiers can be loaded in the car—these and numerous other items have to be determined.

Useless Sacrifices of Food.

The bureau of market's photographs and the reports from the bureau food inspectors at various important terminals indicate that a large number of shippers who have been "in the game" for years persist in practices that are costing them dearly. A few seasons ago careless loading of western apples caused an average breakage of 50 boxes per car in shipments to New York city, and experienced commission men in northern cities estimated that 10 per cent of the oranges shipped from Florida decayed before reaching the consumer. In 1918 the annual production of cantaloupes in the southwestern states was estimated at 4,000,000 standard crates of 45 melons each, and investigations showed that more than one-tenth of these melons reached the consumers so green as to be practically valueless for food.

Profits of Summer's Work Lost Because of Careless Loading.

The mistakes which western cantaloupe growers and shippers made illustrate the problems with which the producers have to deal. Many did not realize that to insure desirable eating and keeping quality, the cantaloupes destined for long-distance shipment should be picked just about the time at which they will slip cleanly from the stem, or slightly before this stage is reached. It was found, also, that the common practices in handling the fruit were unnecessarily rough and that instead of allowing considerable time to elapse between picking and loading into iced refrigerator cars, they should have been loaded as soon as possible. It was demonstrated that the wrapping of cantaloupes was undesirable because the wrappers retarded the cooling and often caused the cantaloupes to become moldy after they were removed from the refrigerator cars.

Why Strawberries Decay.

Strawberries may be cited as another example. The most successful shippers, including some in the Ozarks who send their product several hundred miles, have learned from experience and through investigations carried on by the federal bureau of markets experts and others, that quick cooling after harvesting is an essential in the proper shipment of this fruit. The chief strawberry decay is one that develops very rapidly under favorable temperatures, and the fungus which causes it gains a foothold in bruised fruit. Therefore poorly handled berries, even if shipped in properly refrigerated cars, will soon decay after being removed from the iced car. This is a point of much importance to the shipper, for a large number of small dealers have no facilities for keeping their stocks of fruit cool.

Problems for Celery Shippers.

There are problems also for shippers of lettuce and celery. It has been found, for example, that head lettuce cut so as to eliminate the lower two or three leaves and deprived of all diseased leaves, develops far less decay in transit than that handled in the manner followed by many shippers. Celery is often injured because it is loaded too high in the car to permit proper circulation of air.

The United States department of agriculture has given much time to the study of right and wrong methods of picking, packing and loading fruits and vegetables, and if a shipper is in doubt, or finds that his produce is not reaching its destination in good condition, he should write for information, stating his case clearly. Inquiries should be addressed to the Bureau of Markets, United States Department of Agriculture, Washington, D. C.

Manner of Picking Has Much to Do With Fruit Reaching Its Destination in Good Condition.

Labor-Saving Machinery.

Where much alfalfa is grown it is almost necessary to employ all the labor-saving machinery possible, such as hay loaders, slings or forks and stackers.

Three C's in Milk Care.

Keep it clean, keep it cold and keep it covered.

Best Emergency Hay Crop.

Rape is the best emergency crop of any.

BIG VALUE OF SUDAN GRASS FOR PASTURES

Results of Experiments Conducted at Kansas Station.

Six Holstein Cows Pastured on a 5.4 Acre Upland Field Were Unable to Keep Crop Eaten Down—Profit $47 Per Acre.

Additional evidence of the high summer pasture value of Sudan grass, as claimed by the United States department of agriculture, is seen in the results of experiments recently completed by the Kansas agricultural experiment station. It is declared that the grass will prove very important as a summer pasture grass, especially in the central West.

In a test carried out on the experiment farm at Manhattan, Kan., six Holstein cows were pastured on a 5.4 acre upland field of Sudan grass from July 10 to October 11. The grass was seeded June 6, and during the early part of the season cows were unable to keep the grass eaten down. This made it necessary to mow the grass in the latter part of July; and 7.33 tons of field-cut hay were obtained in addition to the pasturage.

Estimating the value of butter fat at 60 cents a pound and the skim milk at 50 cents per hundred, the six cows produced $183.09 worth of butter fat and skim milk above the cost of the grain fed in supplementing the pasturage. Crediting the field in addition with the 7.33 tons of hay at $10 a ton, gives it a total credit of $256.39, or $47.47 an acre. If the milk had been sold at 30 cents a gallon the credit for the pasture would have amounted to $73.55 above the cost of the grain.

The results of this definite experiment added to a large number of unsolicited testimonials of farmers, it is said, make the value of Sudan grass as a summer-pasture grass in favorable seasons seem beyond dispute.

GENERAL FARM NOTES

The main objects of cream ripening are to increase the churnability of cream and to develop desirable flavors

* * *

It is impossible to produce clean milk and cream unless the cows, stable, milk utensils and separator are clean.

* * *

Remember that plants root shallow and that the roots run deep. Deep plowing and shallow cultivating suit the plant.

* * *

It takes considerable food to feed the 30,000,000 dogs in the United States. Some of them are worth their keep; the sheep-killing dog is not among them.

* * *

This country is using its lumber three times as fast as it is growing it. The farm woodlot kept productive will store up money.

* * *

If the instruction book which accompanied your binder is lost, better get another. It may save a lot of time later in the season.

POULTRY

KEEP POULTRY HOUSE CLEAN

Excrement Harbors Parasites, Contaminates Air and Breeds Contagion of Many Kinds.

Everything about a poultry house should be kept reasonably clean. As a rule droppings should be removed daily, for the accumulation of excrement harbors parasites, contaminates the air, and breeds contagion. After the dropping boards have been cleaned they should be sprinkled with road dust, coal ashes, or land plaster, to absorb the liquid excrement, the poultry division of the United States department of agriculture suggests. Nests in which straw or other similar material is used should be cleaned every three or four weeks, or oftener if it becomes damp or dirty.

Handy for Spraying Interior of Hen House.

The quarters should be thoroughly whitewashed at least once a year, late in summer or early in the fall. The whitewash can be made by slaking lime in boiling water and then thinning to the proper consistency for applying. The addition of four ounces of carbolic acid to each gallon of whitewash will increase its disinfecting power. The runs should be plowed occasionally in order to bury the accumulated droppings and also to turn up fresh soil.

INTRODUCTION OF NEW BLOOD

Female Is Used by Most of Successful Poultrymen—Not True That Male Gives Color.

Most of the successful poultrymen keep their line of males unbroken. Any new blood needed is always introduced through the female side. That the male gives color, and the female gives shape to the offspring, is not borne out by facts. It is true that there are cases where this is so, but the contradictory cases are so numerous that it is next to impossible to form a conclusion either way.

CULLING POOR LAYERS

Cull all hens that show:

1. Well along in the molt with combs and wattles dried up.
2. All that have lay bones less than two fingers apart and small capacity.
3. Abdomen and vent dry and puckered.
4. Yellow shank and beak.
5. Apply all the test; don't apply just a part of it—do it right.

DRY MASH FEED FOR CHICKS

Animal Food in Some Form, Preferably Buttermilk, Should Be Kept Before Fowls.

A dry mash feed should be kept before the chicks continuously—a mash feed containing animal protein in some form, preferably buttermilk, meat scraps or fish scraps. These elements of animal protein in prepared mash feeds are scientifically dried, and do not easily decompose.

MITE IS ENEMY OF CHICKEN

Insect Does Not Bother Other Fowls to Any Extent—Carried About in Empty Crates.

Chicken mites do not feed to any great extent upon other hosts when chickens are at hand. They are carried about chiefly by the interchange of poultry and in crates and boxes in which fowls are shipped.

KILL DEVITALIZING INSECTS

Paint Roosts With Kerosene Oil to Get Rid of Mites—Use Blue Ointment for Lice.

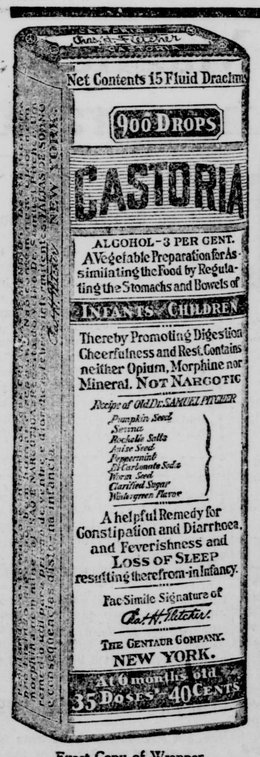
The protection from mites means simply to paint the roosts about once each week with kerosene oil and the lice can be killed off for the summer by giving each bird the blue ointment treatment at the beginning of hot weather. This has been told many times by poultrymen and probably there is no poultry fact that needs more frequent repetition than the best method of killing these devitalizing pests.

Non-Producing Hens.

Experts affirm that approximately one hen in each hundred is an absolute non-producer of eggs, due to malformation or disease of the ovaries and oviducts.

Benefits of Whitewash.

A good coat of whitewash will cover crevices and other hiding places of mites.



Exact Copy of Wrapper.

Children Cry For

Fletcher's

CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your *ailing* child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

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.

LIME-MARL

Is the best form of agricultural lime the farmer can use. Guaranteed analysis 90% Carbonate of Lime; practically 100% soluble in soil water; in nice condition for drilling or spreading. LIME-MARL gives quick results but is not caustic. Write for prices, literature and the freight rate to your depot. *Order early before the rush season.*

Marlbrook Lime Co., Roanoke, Va.
Works, Marlbrook, Va.

Natural Lime-Marl Co., Roanoke, Va.
Works, Charles Town, W. Va.

SIMPLY COULDN'T LOCATE IT

At That, Marine Showed Praiseworthy Willingness to Obey Orders Captain Had Given Him.

Army water carts differ from one another about the same as, say, one egg differs from another egg—namely, in size. The number of gallons which each car can contain is, therefore, stenciled on the top of it.

The captain of a marine supply company in France was inventorying his carts and totaling the figures.

"Wilkins," he called to an idle private who hadn't had the sense to get out of the way, "get me the capacity of this cart."

The captain ran his pencil down the column of figures for several seconds, keeping one ear open for the result of Wilkins' research.

But no reply came from Wilkins. The captain glanced up to find all of Wilkins except the head protruding from the hole in top of the water cart. A desperate struggle with some unseen monster seemed to be going on inside the cart. Finally Wilkins' baffled head emerged.

"I felt all around the blamed thing, captain," he explained, "and I'll be hanged if I can locate that capacity anywhere."—Home Sector.

Hard to Believe.

A workman in a factory on the West side received a bad cut on the face. Before they could get him to the doctor's office he fainted. The first thing the doctor did was to pour a large drink of bottled-in-bond down him. The doctor then dressed his wound and the man went his way. But in about a half hour the man was back at the office with his wife, and as he came in he said:

"She won't believe me."

"Won't believe what?" exclaimed the doctor.

With that the wife cried out: "I've lived with this man too long not to know when he's drunk and been fightin'."—Indianapolis News.

Foreign and Domestic Complications.

"Did you try any of these 'home brew' experiments?"

"Once," admitted Uncle Bill Bottletop. "The result was unsatisfactory. It turned out to be one of those near-yeast problems."

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

Things Apart.

My little niece was studying her geography and asked me to bound the state of Nevada. Her grandmother looked up and said: "I am surprised that a little girl that has traveled as much as you have must ask any one to help them with their lessons." Caroline said: "Grandma, when I travel, I travel for joy and not 'jography.'"—Exchange.

Cuticura Soothes Itching Scalp

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

TRULY AN AWFUL THOUGHT

Small Girl Feared She Had Somewhat Overdone Matter of Praying for Baby Brother.

The little girl came home to her mamma very much disturbed because little Susie, her neighbor, had a new baby brother to play with, while she, herself, was very lonely. Her mother comforted her and told her to ask God to send her a little brother, too. So the child began to pray for a little brother, and occasionally got impatient; but her mother told her to keep on praying and perhaps her prayer would be answered some day.

One day she was called into the mother's room, and her delight knew no bounds when the nurse took a wee thing up from the mother's side and laid it in her arms. But a moment later, when the nurse picked up another bit of humanity, the child almost dropped the one she was holding, and a startled expression came into her face as she said:

"Oh, mama! is God going to answer all those prayers that I prayed?"

Exceptionally Qualified.

Mrs. Gazippe—I'm rather hard to please. Have you had much experience as a maid?

The Applicant—I worked for the Scrapleigh Stiles for six months before they separated.

Mrs. Gazippe—I'll engage you. Now tell me all about it.

The Spell of Melody.

"Give me the man who sings at his work!" said the idealist.

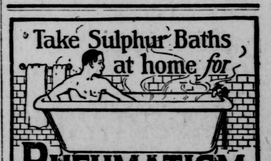
"Yes," replied Farmer Corntossel. "It's all right for a man to sing at his work, unless he insists on singing himself to sleep."

Ugly Cut.

Customer—I see that the barber across the street has slashed his prices.

Barber—Yea, and if he'd only confine his slashing to prices his customers wouldn't holler.

Take Sulphur Baths at home for



RHEUMATISM

Gout, Eczema, Hives, etc. Right in your own home and at trifling cost, you can enjoy the benefit of healing sulphur baths.

HANCOCK SULPHUR COMPOUND

nature's own blood purifying and skin healing remedy—SULPHUR—prepared in a way to make its use most efficacious. Use it in the bath; use it as a lotion applying to affected parts; and take it internally.

60c and $1.20 the bottle

at your druggist's. If he can't supply you, send his name and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY
Baltimore, Md.

Hancock Sulphur Compound Ointment—25c and 50c—for use with the Liquid Compound

Dr. 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.

When You Need a Good Tonic

Take BABEK

THE QUICK AND SURE CURE FOR

Malaria, Chills, Fever and Grippe

CONTAINS NO QUININE

All druggists, or by parcel post, prepaid, from Kloczewski & Co., Washington, D.C.

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.

Boil It Thoroughly

—fifteen minutes or more after boiling begins—

Long boiling brings out the full, rich flavor of

Postum Cereal

And while you enjoy your cup of this attractive table drink, remember that it contains no caffeine or other harmful substance.

"There's a Reason"

Made by Postum Cereal Company, Inc.
Battle Creek, Michigan

PARKER'S HAIR BALSAM

Removes Dandruff-Stops Hair Falling
Restores Color and Beauty to Gray and Faded Hair
50c. and $1.00 at druggists.
Hiscox Chem. Wks, Patchogue, N.Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiscox Chemical Works, Patchogue, N. Y.

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.

One Acre Texas Oil Lease, Pecos Dist., $5. Wells being drilled all sides. Assignment, abst., map furnished. Send cash today. Worth $. Ray, 416 Slaughter Bldg., Dallas, Texas.