THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

Old False Teeth Bought

Broken or in any condition. We pay up to $5.00 a set, according to value. Mail at once and get our offer. If unsatisfactory, will return teeth.

Domestic Supply Co., Binghamton, N. Y.

The Same Trespass.

A farmer, going over his land, caught an Irishman with his dog trespassing in a field, and threatened him with prosecution.

Returning, however, through the same field an hour later he was surprised to meet the Irishman in another part of it, and exclaimed angrily:

"What! Trespassing again?"

"No, no," answered Pat, "it's still the same trespass. Fair play, sorr!"

DANDRUFF AND ITCHING

Disappear With Use of Cuticura Soap and Ointment—Trial Free.

The first thing in restoring dry, falling hair is to get rid of dandruff and itching. Rub Cuticura Ointment into scalp, next morning shampoo with Cuticura Soap and hot water. Prevent skin and scalp troubles by making Cuticura your everyday toilet preparation.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

The Reichsrath a Babel.

That parliament of Babel, the reichsrath, now engaged in playing an obscure part in the Austro-Hungarian peace hunt, is permitted to express its emotions in eight official languages—symbolic of the war of tongues raging in the empire itself. In the great vocal chorus the Slavonian may be said to have struck the strident top note, for the very word he has coined for himself expresses the belief that no man is a talker except himself. "Slowan," in Old Slavonian, meant "to speak," and as the Slav understood no other speech, the others were naturally the dumb dogs.—London Daily Chronicle.

War Spirit Contagious.

Sir Herbert Beerbohm Tree was more than once placed in a perplexing position by the loss of members of his cast during his tour throughout Canada and the United States. No less than ten members enlisted, including two ladies for service in war hospitals. One humorous incident occurred after the engagement of a "deputy" in the United States. She was not very much interested in the war prior to her appointment, but the talk behind the scenes among the company bore so frequently on the loss of relatives at the front that she felt one night impelled to volunteer as a nurse, was eventually accepted, and her place had to be filled.

Many a man who thinks he is ready money resembles a dollar minus 70 cents.

The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

Horticultural Points

FIGHT WOOLLY APHIS PEST

Young Trees Are Particularly Susceptible to Injury—Kerosene Emulsion Is Best Remedy.

The woolly aphis is worse in some parts of the country than in others. It attacks both the branches and the roots, and either dwarfs or destroys the tree. Young trees in nursery or orchard are particularly susceptible to injury. Kerosene emulsion is the best remedy so far offered.

Take one-half pound of laundry soap, two gallons of kerosene and one gallon of water. Dissolve the soap in the full amount of water, and when this solution is boiling hot, remove from the fire and add the kerosene. Stir the mixture violently by driving it through a force pump back into the vessel until it becomes a creamy mass that will not separate. This requires from five to ten minutes.

This stock solution is diluted with nine parts of water for spraying. When the aphis attacks the roots, the earth should be scraped away to a depth of several inches around the tree, and kerosene emulsion used liberally diluted with 12 parts of water. Another excellent remedy for the root form is tobacco. Spread the stems thick over the roots and cover with earth.

PICK FRUIT FROM TALL TREE

Illinois Man Uses Long Cutter-Pole With Set of Knife Blades Arranged Near Top.

Instead of wasting time in climbing trees to pick fruit, George J. Failkin of San Jose, Ill., gathers his fruit while standing on the ground. He simply uses a long cutter-pole having a metal cup mounted on its end. A set of knife blades are arranged near the top of the cup. The pole is brought up to the fruit in the tree until the fruit is

Fruit Picker.

well inside the cup. A string is then pulled. This causes the sharp cutting blades to sever the stem of the fruit. The fruit falls into the cup, the bottom of which opens out under the weight of the fruit and allows it to drop down through an opening and into a long cloth sleeve. When the sleeve is filled up, the fruit is dumped into a pail or basket. By this method there is no danger of bursting choice fruit and thus decreasing its market value and keeping quality.—Popular Science Monthly.

CLEAR WEATHER FOR FRUITS

If Conditions Are Right Bees Are Active and Cross-Pollination Proceeds Rapidly.

It is a well-known fact among the best fruit growers that the weather conditions during fruit bloom has much to do with the setting of the fruit. If the weather is clear and warm at blooming time the bees are active and cross-pollination proceeds rapidly, while if the weather conditions are wet, cloudy and cold the insects are not active and usually a poor set of fruit is secured. Strong cold winds may often prevent the bees from cross-pollinating one side of the apple trees and this may account for the set of fruit on only one side of the trees.

BRACE IN CHERRY BRANCHES

Before Picking Set Ladders Straight as Possible and Place Gas Pipe for Rest.

Branches of old cherry trees are very brittle and break easily if a little extra load is put upon them. Before setting the picking ladders lash the larger branches together with ropes. Set the ladders as straight as possible and place a piece of gas pipe between two or more branches for the ladder to rest against.

Year Is Wasted.

A year wasted in the life of a fruit tree is gone forever. No amount of later care can make up for neglect or delay in setting trees.

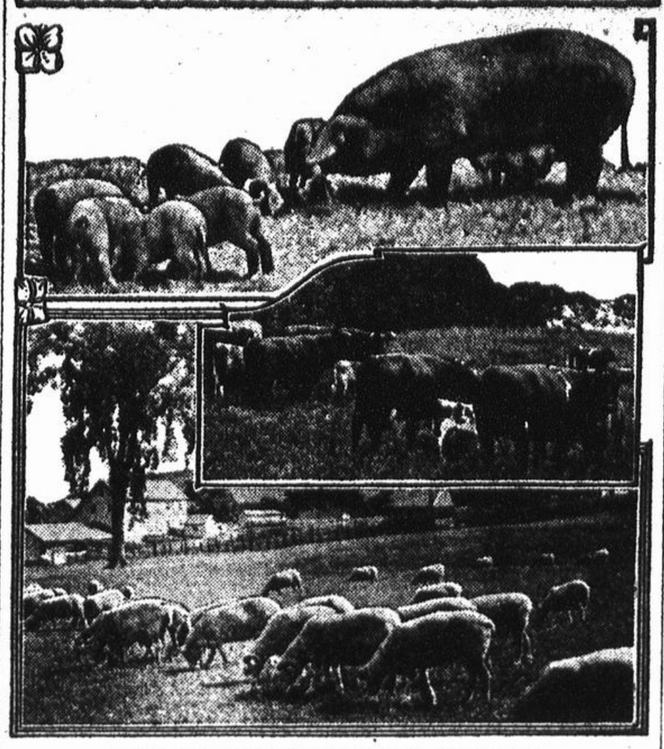
Shrubs Worth Planting.

Shrubs that attract birds by their fruit are worth planting around the farm home.

Take Out Dead Wood.

Go over the orchard and lawn trees and take out all dead wood and do other needed pruning.

GUARD PROFITABLE BREEDING ANIMALS



SEED FOR NATION'S LIVE STOCK INDUSTRY.

(From the United States Department of Agriculture.)

"Don't sell your breeding animals unless you can replace them immediately with better ones," is the message the United States department of agriculture is sending to farmers and stockmen everywhere. "Don't let the temptation of high prices now being offered for live stock, or undue fear of the prices asked for many popular feeds mislead you into selling a cow or sow that will drop the golden calf or litters. Such nearsighted profit-taking or lack of courage, if widespread, would strike at the foundation of the country's live stock industry and cripple it for years to come. As there is a shortage of meat animals throughout the world, we cannot hope to import new breeding stock to replace those we foolishly have killed off. Our own breeding animals, therefore, must be regarded as the seed essential to the domestic meat supply of the nation.

"Feeds not available or needed for human consumption should be used as largely as possible in feeding the live stock. By feeding straw or corn stover, especially for wintering mature stockers and breeding animals, farmers will make the best possible use of these roughages. In this way a large proportion of the straw and stover ordinarily burned or wasted can be manufactured into meat and milk. Grain sorghums, wherever they are available, should be fed to release corn for human uses. Grain, where fed, should be used as economically as possible.

"Every animal should be a factory for turning into food material inedible for human beings. This will necessitate changes in many feeding formulas and stockmen are urged to apply at once to the United States department of agriculture or their state agricultural colleges for information as to the most effective and economical methods of feeding live stock under existing emergency conditions."

GREEN ALFALFA IS CAUSE OF BLOATING

Always Wise to Give Live Stock Full Feed of Hay Before Turning Them on Pasture.

(By R. H. WILLIAMS, Animal Husbandman, University of Arizona.)

Cattle and sheep are very susceptible to injuries from bloat when pastured on alfalfa. Extra care is necessary to avoid deaths, and many times not a few animals will die in spite of the greatest care possible. It is always wise to give animals a full feed of alfalfa hay, corn fodder or other food before turning them out on alfalfa pasture. The alfalfa should be fairly well matured, and of a dark green color, for it is the light green alfalfa which causes bloat. Animals that have not been accustomed to alfalfa should follow those having grazed the field down, leaving nothing but the coarse woody stems and a small portion of green shoots. After being left on such a pasture for a while they may be graduated to other fields with more alfalfa. Supplying the animals with alfalfa hay or other dry feed along with the alfalfa will also have a good effect in checking the bloat.

Since the new shoots are the portions of the plant which cause bloating, it is wise to turn animals into an alfalfa field only a few minutes for the first time, ten minutes is probably sufficient, and not more than twenty minutes at a time for the first week. After this time the period may be lengthened and the animals allowed to graze at will. It will thus be necessary to turn the stock into the field two or three times a day, and they should be taken off before they begin to bloat. By allowing some of the animals to graze over a fresh area and secure a small amount of heads and turn them back onto the main stems little bloat will result. This is probably one of the best ways of preventing the trouble.

It has been found that moving animals around and compelling them to exercise relieves those somewhat that are suffering from bloat. A dose of formaline, consisting of 40 cc (or three tablespoonfuls), for a mature steer, or one-fourth of this amount for a calf, has a specific effect in relieving the formation of gas in the stomach. Some run a rubber hose down the throat into the paunch and the gas is liberated through it. A small teacupful of kerosene and one-half pint of sweet milk is also a good specific for this trouble. A small amount of turpentine in this mixture would also facilitate relief. When an animal is so far gone as to stagger and be almost ready to fall, it will be wise to use the trocar and canula, by puncturing the rumen just below and in front of the hip bone.

FEEDING LAMBS ON CORN AND LEGUMES

Expert of Ohio Station Gives Results Secured in Feeding Various Roughages.

"When the same grain ration was fed, no matter whether the grain consisted of corn alone or of corn and linseed meal, the lambs fed clover or alfalfa made larger gains, required less feed per pound of gain and produced gains at a lower cost for feed than did those given either oat straw or corn stover," said J. W. Hammond of the Ohio experiment station in discussing the results secured in his lamb-feeding tests with various roughages.

"The value of leguminous roughages is generally appreciated by lamb feeders; and most of them know that so far as efficiency is concerned clover and alfalfa hay are unsurpassed for finishing lambs. On most farms, however, there are always such roughages as oat straw or corn stover that it is desirable to utilize in the feeding operations. There are years when legumes are a partial or total failure, or not enough legumes may be raised to feed as many lambs as desired. In such cases timothy hay, oat straw or corn stover are fed.

"These non-leguminous feeds, however, did not prove satisfactory as sole roughages for fattening lambs in the feeding tests conducted at the experiment station. They may be used in the earlier part of a long feeding period, provided the lambs are finished on a more efficient roughage like clover or alfalfa, or they may be used as a part of the roughage.

"Such feeds as timothy hay, oat straw and corn stover are low in protein, and should be supplemented with a high-protein feed like linseed meal. In the feeding trials mentioned above the addition of linseed meal to corn and either oat straw or corn stover resulted in larger and cheaper gains and higher finish on the lambs. Still, the gains made by these lambs were more costly than those produced by clover or alfalfa."

ORCHARDS RESPOND TO CARE

Fact Demonstrated Repeatedly, Yet Farmers Expect to Get Fruit Without Any Attention.

That orchards respond to care has been demonstrated repeatedly. In spite of this fact, however, many farmers expect their trees to bear fruit without any attention whatever. It is just as important to care for trees as it is for animals. A highly productive tree is no more capable of shifting for itself and competing with its enemies than an animal, yet farmers will take better care of their live stock than they do of their trees, simply because they can more readily see the effect of neglect on an animal than on a tree.

No Place for Grain Crops.

No grain crops should be grown in the orchard. It doesn't pay. Cultivated crops may do while the trees are young and their roots do not need all the space; but that time is soon over, and then the trees should reign supreme.

Garden Double-Cropping.

Double-cropping may be followed to advantage in a small garden. Beans, corn, cucumbers, tomatoes and late celery follow the early crops very nicely.

Autumn-Bearing Berries.

Try a few autumn-bearing strawberries. Progressive is a good standard variety. Planted this spring and well cared for they will fruit in the autumn.

Apples for Home Use.

Don't plant more than enough apples to supply home use, unless they can be well taken care of.

Good for Fire Wood.

Cut out all dead trees about the place and make fire wood of them.

DAIRY

VENTILATION OF DAIRY BARN

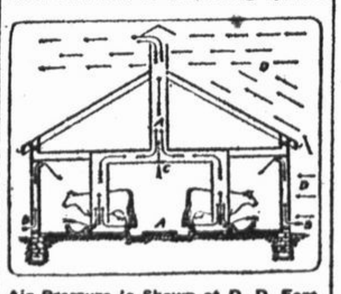
Better Health of Animals Is Assured by Supply of Fresh Air—King System Described.

More of us every year are building barns with ventilating flues or putting flues into stables already built. Fresh air means better health in herds.

The system described by F. H. King, the Wisconsin authority on ventilation, never has been outclassed. It is the natural way.

In illustration, the movement of the air is shown by arrows. The pure air comes in above the animals and the foul air is taken out through the outtake shafts which have their openings down near the floor and extend up through the roof or to the cupola. Some builders run the shafts straight up through the roof, others run them up to the roof and then over to the cupola, and some join the lower shafts at the ceiling and then use but one main shaft to the roof at each end as shown here.

The galvanized metal shaft is preferred by most dairymen who have used this sort of ventilating system.



Air Pressure Is Shown at D. D. Forcing Air in at B. B., and Out by Suction at Top of Shaft A.

A general rule seems to be well tried out that thirty square inches of outtake and intake area are about right for each grown animal housed in the stable. This being true, there would be needed two shafts, each 10 by 15 for a herd of ten cows. The intake openings should be of the same area.

A damper in the ceiling at C can be opened if the temperature of the stable grows too warm. There can be no regular circulation unless there are as many and as large intakes as outtakes. Also, the intakes should let the air in at the ceiling, or above the level of the lower openings in the outtakes or foul air shafts.

HANDLING MILK IN SUMMER

Whether Intended for Table, Creamery or Market, It Must Be Sweet to Bring Best Price.

It is no trick at all to keep milk sweet in cold weather. It may stay in the sun half a day in December without any damage, but in June and July it must be handled very carefully. Whether the milk or cream is intended for the table, the creamery, or the milk market, it must be sweet if it is to bring the best price.

To keep milk sweet just two simple things must be very carefully looked after: (1) it must be cooled as completely and quickly after milking as possible, and (2) absolute cleanliness of pails, pans, and cows must be secured. If this is done, thunderstorms will no longer sour the milk. The warm, damp weather which we have just before thunderstorms really does tend to cause milk to sour if it has not been properly cared for.

This souring takes place because little invisible plants called bacteria get into it in dirt or by lurking in the corners and seams of poorly cleaned pails and cans. The remedy is plain. Keep the bacteria out by using seamless pails and cans and seeing that absolutely no dirt or dust gets into the milk in the stable or anywhere else.

DAIRY PRODUCTS IN DEMAND

Impossible to Buy First-Class Dairy Cows at $80 Per Head—Breed Up the Common Stock.

The great demand for dairy products has caused the price of good dairy cows to be very high. Reports from associations of dairymen show that it is impossible to buy first-class dairy cows at even $80 a head. With such a demand for cows in old dairy districts, there will be few good cows moved into new dairy territory. So, the only way new districts can be supplied must be by breeding up the common stock by the use of good dairy-bred bulls.

ALFALFA FAVORED FOR COWS

Amount of Protein Necessary to Feed in Form of Expensive Concentrates Is Reduced.

(By PROF. J. C. KENDALL)

Where alfalfa is available for dairy cows the amount of protein that is necessary to feed in the form of expensive concentrates is materially and profitably reduced. For cows that do not give large yields of milk, a balanced ration can be made by feeding alfalfa hay and ensilage. This makes a home-grown ration that can be produced cheaply, a very important factor in the economical production of dairy products.

Everything Clean.

Everything about the calf should be scrupulously clean. Milk from infected cows or from a creamery should be pasteurized before it is fed.

Cause of Calf Diseases.

Calf diseases are largely the result of filth and carelessness. Prevention is cheapest and best.

Make Any Man Rich.

Alfalfa and good judgment in selecting cows will make any man rich in the dairy business.

get home and eat my supper I've got to go with my wife to some moving picture show."

In the Discard.

"You see a lot of mandolins and guitars in the pawnshop window."

"I s'pose it's different in Europe. They say over there the pawnshop windows are full of old scepters."

Irrelevant Similarity.

"Gooper is a writer who is well posted on 'street' corners."

"That's nothing; so are mail boxes."

A good neighbor is one who lacks interest in affairs that are none of his business.

[illegible] Jack in Two.

[illegible] "Not yet. [illegible] as far as the office is concerned, but as soon as I get home and eat my supper I've got to go with my wife to some moving picture show."

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[illegible] clares, offering [illegible] guest. "[illegible] wife."

Gently, but none the less firmly every man present swore that [illegible] would expand his heart to [illegible] portions, or else that he had [illegible] the weed for the duration. [illegible] don Ideas.

When they had all gone the host [illegible] tracted a card from under the [illegible] layer of cigars: "From Uncle [illegible]

"That little speech saved the [illegible] box," he mused. "Jolly smart [illegible]"

It isn't necessary to be a trained nurse in order to nurse a grievance.

Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of Chas. H. Fletcher

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher than Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around $2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a good demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to settlement, railway rates to Supt. of Immigration, Ottawa, Ont., or to

C. J. Broughton, Room 412, 112 W. Adams Street, Chicago, Ill.; M. V. MacInnes, 178 Jefferson Avenue, Detroit, Mich.
Canadian Government Agents.

Fulton Was a Great Man.

The class in history was studying the life of Robert Fulton. In connection with it they, of course, brought in the topic of the steamboat, which you know, made Fulton famous.

"What are many of the great uses of the steamboat?" asked the teacher. "What things might not have happened if the steamboat had not been invented?" she hinted.

"Well," answered little Johnny, who had been called on," well, um-m-a, Columbus might not have discovered America.

Twenty-Five Years' Experience With Kidney Remedy

Between twenty-five and thirty years ago I commenced selling Dr. Kilmer's Swamp-Root and during all that time I have never heard a single complaint from my customers; they are more inclined to praise it; and judging from their favorable remarks and the repeated sales I enjoy I am confident that Swamp-Root is a valuable medicine for the troubles for which it is intended.

Very truly yours,
OTTO H. G. LIPPERT,
Pharmacist.
1601 Freeman, Cor. Liberty Sts.
Sept. 19, 1916. Cincinnati, Ohio.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Psychology and the War.

Prof. G. Stanley Hall of the Clark university, United States, places the subject of applied psychology on a high plane in relation to the war. He states:

"Whatever system has been employed, it is evident that applied psychology has produced results in this war which it was never possible to attain before. Men have endured more, they have shown more heroism and daring and have submitted to more punishment than in any previous war. No such slaughter would have been possible in former wars without provoking a panic. This has unquestionably been due to the system of psychological selection, not only for the various grades of service but for special activities within each grade. Our country may as well think of going to war without first-class military equipment as without a knowledge of applied psychology. The council of national defense seems to have recognized this; and the National Research council within that body will, I understand, contain representative psychologists."

His Trouble.

Visitor—My poor man, when you get out of this place, do not yield too hastily to temptation. Take time to think; take time.

Convict—That's wot I'm in for. I took too many watches.

Slacker Joke.

Friend (grateful for a favor)—I'll dance at your wedding.

Slacker—I wish you already had.

Don't be dissatisfied with your lot. Hang on to it and wait for a real estate boom.

Fortune smiles on few and laughs at many.

BREAD AS ECONOMICAL FOOD

Would Be Used More Extensively If Home-Baked Variety Was Always Good, Say Government Experts.

If home-baked bread were uniformly well made, it would be used more extensively than at present instead of more expensive foods, say experts in the United States department of agriculture, and this would be a direct economy. From the standpoint of nutrition it makes very little difference whether breadstuffs are served in the form of bread or in the form of breakfast cereals, side dishes with meat, or desserts.

A man engaged in moderate muscular work can profitably consume about three-fourths of a pound of breadstuffs in any one of these forms. This quantity is the equivalent of a pound of baked bread. As a matter of fact, however, it is not probable that in the average family this quantity is consumed and the deficiency made up by the use of more expensive substances. Of course bread alone is not sufficient for the maintenance of health, but from both an economical and a hygienic point of view bread should be used more extensively than it usually is, declare the experts.

Catching On.

"What is the meaning of 'alter ego?' asked the teacher of the beginners' class in Latin.

"It means the 'other I,'" responded a pupil.

"Give me a sentence containing the phrase."

"He winked his alter ego."—Boston Transcript.

An Abandoned Industry.

Henry—I see it be ordained as farmers should grow pigs there. Have you any coming along, Jarge?

George—No, 'Enery; I 'aven't had no interest in pigs much since the missus died.—London Tattler.

Expectations Realized.

"Look'ee, George, didn' I tell ye my boy would make th' folks sit up an' open their mouths when 'e got to London?"

"Zo you did, an has 'e done it?"

"Aye. 'E've started business as a dentist!"—Passing Show.

A Slight Mistake.

"Thus punch—hic—spoke a man weak."

"Go slow, old man. You're going into the goldfish globe."

Choosing His Words.

Wife—"Why are you speaking so sharply?" Hubby—"Because I want to get a word in edgeways."

It is said that a lie will go round farther than the truth, but in nine cases out of ten the sender has to pay the freight.

"Give all the kids Post Toasties —They like them Both"