

BROKEN DOWN IN HEALTH

Woman Tells How \$5 Worth of Pinkham's Compound Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."

—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

The Spirit That's Needed. G. Bernard Shaw, the Irish playwright, said recently in London that nobody but an idiot could imagine that the pacifists and socialists would be allowed to have any say in the peace negotiations which will end the world war.

"If Shaw is right," said a labor leader, "it's a bad thing for the world, and so I hope he's wrong."

"I hope the peace negotiations will create among the nations the spirit embodied in a saying which an old grandmother used to quote in my childhood, namely—

"If you want a neighbor, be one."

—Exchange.

GREAT PRAISE FOR GOOD MEDICINE

Eight years ago we commenced selling Dr. Kilmor's Swamp-Root, and during this time it has found many friends among our customers who speak in the highest terms regarding the benefits obtained from the use of Swamp-Root. We have never heard a single criticism.

Very truly yours,
MEIGS DRUG STORE,
June 15, 1918.
Centerville, Mo.

Letter to Dr. Kilmor & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmor & 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. Large and medium size bottles for sale at all drug stores.—Adv.

A Boy With a Future. Ellis Perrot Hester, the fly-fishing expert, said at a banquet:

"The prime virtue of a good angler is patience. No man or boy ever developed into a successful fisherman who hadn't at least twice the patience of Job."

"There's a boy in Shawnee who is going to make a champion one of these days. I saw him fishing the other afternoon on the bank of a creek, and I said to him:

"What are you fishing for, son?"

"Snigs," said he.

"What are snigs?" said I.

"I dunno," said the boy. "I ain't never caught none yet."

Where He Put Last Employer. Bilton (engaging new chauffeur)—And have you any references from your last employer?

Applicant—No, sir; but I can get some in about a week.

Bilton—Why the delay?

Applicant—He's in the hospital, sir.

Oh, My! Edith—I hear that you have lost your valuable little dog, Mr. Soght.

Mr. Soght—Yes; in a railway accident. I was saved but the dog was killed.

Edith—What a pity.

Quite Sufficient. The Amateur Gardener—What do you consider is best for cabbage worms?

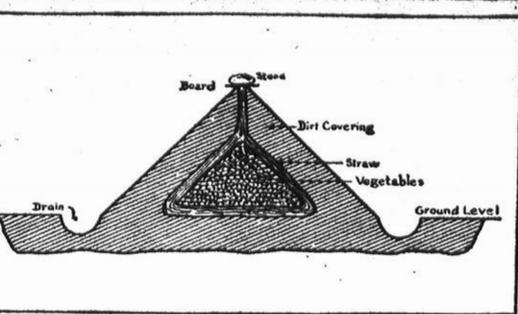
The Market Gardener—I never studied their diet closely, but mine seem to thrive on cabbages.

Better be hanged for a lamb than for a sheep when it's the fluffy, pink-ribbed kind.

People eat Grape-Nuts because they like it and they know it's good for them



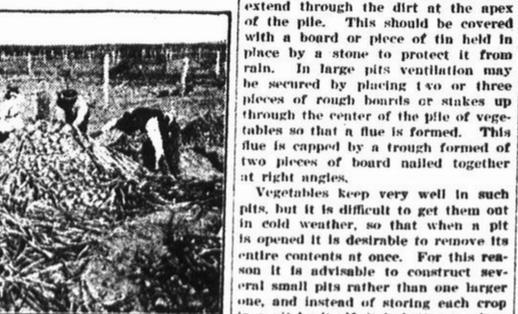
STORING VEGETABLES IN BANKS OR PITS



STORAGE PIT CONTAINING IRISH POTATOES.

(Prepared by the United States Department of Agriculture.)

Outdoor banks or pits are used very generally for keeping vegetables. The conical pit is used commonly for such vegetables as potatoes, carrots, beets, turnips, salsify, parsnips, and heads of cabbage and is constructed as follows: A well-drained location should be chosen and the product piled on the surface of the ground; or a shallow excavation may be made of suitable



Pit Containing Sweet Potatoes.

size and six or eight inches deep, which may be lined with straw, leaves, or similar material and the vegetables placed on the litter in a conical pile. The vegetables should then be covered with straw or similar material and finally with earth to a depth of two or three inches. As winter approaches, the dirt covering should be increased until it is several

SWARM CONTROL BIG FACTOR INCREASE IN GRAIN YIELDS

Swarming is Not Desired by Beekeeper Who is Keeping Bees for Production of Honey.

Swarm control is an important factor in beekeeping, asserts Dr. J. H. Merrill, assistant professor of entomology in the Kansas State Agricultural college.

"The standard of successful beekeeping was formerly set by the number of swarms that issued during the year," said Doctor Merrill. "Now, however, it is known that one colony will produce more honey than will a colony which by swarming has been separated into two, or possibly more. Thus, while swarming may be the natural way for increasing the number of bees, it is not desired by the beekeeper who is keeping bees to produce honey."

"The exact cause for swarming is not known, although there are several conditions which are known to stimulate it. If these conditions are remedied, a large proportion of swarming will be controlled."

VARIETIES OF SWEET CLOVER

White is Considered to Have Greatest Value for Hay and Pasture—Plant is More Leafy.

(North Dakota Agricultural College Bulletin.)

Two kinds of sweet clover are commonly grown, the white and the yellow. The white is considered to have the greatest value both for hay and pasture. It grows larger than the yellow and is more leafy. The seed of the white sweet clover is of a bright olive green color and about the same size as alfalfa seed. The seed of the yellow sweet clover is much the same size, shape and color, except that under the microscope it has a mottled appearance not unlike a turkey egg.

CHANGE OF FEED NECESSARY

Give More Growing Material and More Mash Feeds, With Less Whole Grain or Scratch Feed.

As the latter days of the laying period come a change of feed will stimulate laying.

Give more growing materials and more mash feeds.

If a hen is up and beat wheat feed, half and half, is kept before them at this time more eggs will result.

WHEN VEGETABLES ARE HIGH

Surplus Truck in Home Gardens Comes in Handy Later on if Canned and Preserved.

Surplus fruits, beans, tomatoes and other vegetables produced in home gardens are allowed to spoil on the vines or rot on the ground. A morning's work would can and preserve such surplusage for use when fruits and vegetables are scarce and high in price.

PROFITS IN SHEEP KEEPING

No Other Animal Can Thrive on Such Short Pasturage—Manure is Most Valuable on Farm.

Sheep keeping should be encouraged. No other animal can thrive on such short pasturage as the sheep. Sheep manure is the most valuable of all. On almost every farm there is a bushy field on which sheep could browse eight months of the year.

DAIRY

GOOD BUTTER-MAKING RULES

Best Churning Temperature is 58 Degrees on Ordinary Thermometer—Care for Cream.

(Clemson College Bulletin.)

Cream is made up of little fat globules floating in milk. In making butter the fat globules are brought together into a mass and the milk is removed as buttermilk. These fat globules will stick better when they are just the right temperature than they will if either too warm or too cold. A good temperature for churning is 58 degrees on an ordinary thermometer. When the cream is the right sourness it churns better than when sweet or too sour. The cream should be kept at 50 degrees or lower till the day before churning. Then warm it up to 70 degrees, or room heat, which will bring about the souring by the next day.

When the barrel churn is used, allow gas to escape every few minutes at first. When the butter begins to come keep a close watch and stop churning when the butter granules are the size of wheat kernels. Draw off the buttermilk and wash in the churn repeatedly with cold water till the buttermilk is all removed. Then remove the butter from churn and work it with a paddle. Add an ounce of salt per pound of butter.

MANNER OF HANDLING SILAGE

When Time for Feeding Top Layer, Which Has Molded, Should Be Removed—Heap Top Level.

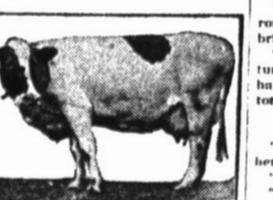
(Clemson College Bulletin.)

When the time comes for feeding silage the top layer, which will be found to be molded, should be removed. The molded part usually extends for several inches below the surface. At least two inches of silage should be fed each day in order to prevent the formation of the mold. The top of the silage should be kept level so as to expose the smallest surface possible to the air. Only enough silage for one feeding should be put out, as it soon dries out if not fed at once.

ROUGHAGE OF HIGH QUALITY

Average New York Cow Credited With \$68.09 Yearly Income—Scrub Cows Responsible.

Success in dairying is based on the production of high quality roughage. The truth of this basic principle of dairy farm management finds support in estimates recently made by the New York State college of that state. The average New York cow is credited with only \$68.09 total income yearly. The cost of maintaining her is estimated at \$61.85, not including the cost of labor. The difference amounting to only \$4.25 a cow, would give to the man who



Splendid Type for Milk.

cared for 20 cows a yearly wage of \$85 which is less than the lowest wage paid to ordinary farm labor. Scrub cows are largely responsible, it is said, for this poor showing in New York and the college advises that they be weeded out if dairy herds are to be profitable to the farmer. These herds may be improved greatly by better breeding methods and by eliminating the culs. Behind the cows lies the farm on which they are kept. If the farm is not properly managed, the cows are laboring under a severe handicap.

FIRST FEED FOR YOUNG CALF

Skim Milk is Given Soon as Practicable and Continued Until Animal is Six Months Old.

At first the calf is fed whole milk, the quantity being gradually increased. Skim milk is substituted as soon as practicable and, if cheap, is continued until the calf is six months old. Ordinarily the maximum quantity of skim milk that can be fed economically is 20 pounds a day. When the calf is two weeks old, grain and bright, clean hay should be offered; the quantity fed should be increased as the calf's appetite demands.

COMMON CAUSES OF SCOURS

Overfeeding, Milk That is Cold or Sour, Dirty Pails, Troughs or Stalls Are Blamed.

Indigestion is the cause of common scours. This generally occurs when the calf is from two weeks to a month old. Prevention is the best remedy. The common causes of indigestion are overfeeding, feeding milk that is cold or sour, feeding sweet milk one meal and sour the next, dirty pails, troughs or stalls.

ERADICATE ALL LATE WEEDS

Few Cockleburrs or Other Noxious Plants Left at Last Will Cause Trouble Next Year.

Weeds that are left in the corn are the ones that do the damage. A few cockleburrs or other weeds left at the last will grow up and, by going to seed, scatter over the whole field. This will make matters next year just as bad as before. Every effort to get out the late weeds from the corn ought to be made, even if it is necessary to use the hoe on the worst spots in the field.

MUCH MILK SPOILS QUICKLY

Reason is That It is Kept Uncovered in Warm Kitchens—Keep Covered in Cool Place.

HERMIT SCULPTOR'S BUST

Spends Time Modeling Little Masterpieces Which He Promptly Destroys Upon Completion.

There has been discovered at Cape Scott, one of the most solitary points in Vancouver Island, by the chief engineer of the public works department of British Columbia, a sculptor who spends his time in modeling little masterpieces from lumps of clay and then destroying them, relates an exchange. He is A. F. Whittier, and he calls himself a "prospector." Living entirely alone, he has for the past two years been carrying out lonely investigations of mineral claims in his neighborhood. His sculptor's tools are of the simplest kind, and it is his habit to work with the same piece of clay, which weighs scarcely five pounds, but with that he has modeled scores of objects.

The government engineer found him just as he had completed a bust of the martyred British nurse, Edith Cavell. Mr. Whittier was about to destroy the work in order that he might use the clay for a miniature statue of his son, who was recently killed. He was, however, persuaded to part with the bust, which is to be auctioned in aid of the Red Cross funds.

Help to Save Nation's Food Supply

In this time of high cost of living, everybody should use all possible means to prevent waste and to help save food. No one means can be more effective than a vigorous campaign to exterminate rats which destroy over two hundred million dollars worth of foodstuffs annually. Keep garbage in rat-proof cans, stop up their holes, and above all exterminate them with "Stearns' Paste," which can be bought for a few cents at any store. A two ounce box will usually rid a house or barn of every rat. It destroys mice, cockroaches and waterbugs as well. Adv.

Some Satisfaction.

At a ball given by Lord Derby in Canada, writes Douglas Sladen, I watched his A. D. C. taking an important politician, whom he should have known perfectly well, to introduce him to his (the politician's) own wife, a young and pretty woman, who considered herself one of the lions of Canadian society.

"The situation struck me as a promising one, so I listened to hear what he would say:

"Mrs. I'm," he said, "may I introduce Mr. Um-um to you?"

"She looked up at him with an amused smile, and he continued quite blissfully:

"He's a stupid old duffer, but I'll get him away from you as soon as I can."

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years. Price 75c. Testimonials free.

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

A Big Plumber's Bill.

The party of tourists were watching Professor X as he examined the wrapped body of an ancient Egyptian. "Judging from the utensils about him," remarked the professor, "this mummy must have been an Egyptian plumber."

"Wouldn't it be interesting," said a romantic young lady "if we could bring him to life?"

"Interesting but a bit risky," returned Professor X. "Somebody might have to pay him for his time."—Boston Transcript.

Dangerous Performances.

"Rather a bad automobile accident here."

"So it is."

"How did it happen?"

"In the usual way. A young chap in a high-powered roadster was trying to drive with one hand and press his suit with the other."

Friendly Advice.

The fellow who tells you how to run your business never offers to finance the shop.

A woman is interested in a man as long as he knows something she wants to find out.

ALCOHOL—6 PER CENT. Vegetable Preparation for Assimilating the Food by Regulating the Stomach and Bowels of INFANTS & CHILDREN.

Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

A helpful Remedy for Constipation and Diarrhoea and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.

The Sincere Signature of Dr. J. C. Williams.

THE CENTRAL PHARMACEUTICAL CO. NEW YORK. At 600 BROADWAY. 35 Doses 35 CENTS.

Exact Copy of Wrapper.

For Mothers Always Bears the Signature of Dr. J. C. Williams For Over Thirty Years CASTOR OIL

As Age Advances the Liver Requires occasional slight stimulation. CARTER'S LITTLE LIVER PILL corrects CONSTIPATION.

Small Pill, Small Dose, Small Price But Great in its Good Work.

Colorless or Pale Faces usually indicate the absence of iron in the blood, a condition which will be greatly helped by Carter's Iron Pills.

Canada's Liberal Offer Wheat Land to Settlers is open to you—every farmer or farmer's son who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is much higher but her fertile farm land just as cheap as in the provinces of Manitoba, Saskatchewan and Alberta.

100 Acre Homesteads Are Actually Free to Settlers and 500 Acre Land Sold at \$10 in 1918 per Acre. The great demand for Canadian Wheat will keep up the price. Where a farmer can keep 100 or 500 acres of land for 10 or 20 dollars to the acre he is bound to produce a profit. What you can expect in Western Canada. Wheat yields 40 bushels of grain. Better and more profitable in an industry as grain raising.

The excellent grasses, full of nutrition, and the fully equipped stock raising facilities, make the land a most desirable place to live. Write for literature and particulars as to reduced rates and conditions to the Canadian Government Agents, Ottawa, Can., or to C. J. Brockton, Room 409, 112 W. Adams Street, St. Louis, Mo., or to the Canadian Government Agents.

60 ACRES IN WESTERN CANADA FREE

In Uniform, All Right. Lady of House—You say you stand in the army. Then why are you dressed as a soldier? Ragged Rogers—it's do army unemployed, lady, as she is in tattered uniform.

A woman would appear to be better than herself.

In Doubt. "I wish you could find out how I stand with your father." "Why do you want to know?" "He gave me a tip on the stock market today."

Divorcees are so common now that they are no longer considered good theatrical advertisements.

A Letter From Washington

The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

ROYAL BAKING POWDER

CORN BREAD

1 1/2 cups corn meal
1/2 cup sugar
1 level teaspoon Royal Baking Powder
1 tablespoon sugar
1 teaspoon salt
1 1/2 cups milk
2 tablespoons shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

RYE ROLLS

3 cups rye flour
1/2 teaspoon salt
1 level teaspoon Royal Baking Powder
1/2 cup milk
1/2 tablespoon shortening

Mix dry ingredients together; add milk and melted shortening. Knead on floured board; shape into rolls; place on greased pan and allow to stand in warm place 20 to 25 minutes. Bake in moderate oven 15 to 20 minutes.

Over red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. W, 135 William Street, New York.

Hastening His Departure. "Is young Boreson making much progress with Miss Gadder?" "Not in the sense of winning her affections." "No?" "It is currently reported that when he turns his back to put a new record on the phonograph she moves up the hands on the clock anywhere from fifteen minutes to half an hour."

Plenty of Room. "Why don't more women write their autobiographies?" "I have often wondered. My wife could thoroughly enjoy herself if some publisher would turn her loose to tell the story of her life in about twelve volumes."

Cohens Are Numerous. New York City has more Cohens than Smiths listed in its city directory.

Right Ring in Prayer. To display enthusiasm when praying for the success of the other chap is the real proof of religion.

Dairying in Denmark. By carefully testing and weeding out the poor cows, the people of Denmark have in five years succeeded in raising the average production of each cow by more than 40 pounds of butterfat per year.

Thermometer for the Dairy. A thermometer for the dairy is just as essential as a toothbrush for the toilet. Success in handling dairy products is due largely to maintaining definite temperatures, and such is not possible by guess.