

DOESN'T NEED ANY LAXATIVES NOW

Mr. Becker says life is a joy, without constipation or stomach trouble.

"I had catarrh of the stomach and bowels for three years. My stomach was so bad that every time I ate anything except such as fruit or pastry, the burning hot water would run out of my mouth."

"Since taking Mills Emulsion my bowels move regularly. I have now taken five bottles and have gained 100 pounds. All my friends remark how fine I am looking, and it seems a pleasure to live again, without stomach trouble."—Bert Becker, Miami, Ohio.

"Physicians usually make slaves out of their users, and weaken the bowels by means of correcting them. Stomach trouble in many cases is directly due to constipation."

"Mills Emulsion is a pleasant, nutritive food and a corrective medicine. It restores healthy, natural bowel action, doing away with all need of pills and physic. It promotes appetite and quickly puts the digestive organs in shape to assimilate food. As a builder of flesh and strength Mills Emulsion is strongly recommended to those whom sickness has weakened, and is a powerful aid in restoring and repairing the effects of wasting diseases. Chronic stomach trouble and constipation are promptly relieved—usually in one day."

"This is the only solid emulsion made that is so palatable that it is eaten with a spoon like ice cream. Truly wonderful for weak, sickly children."

"No matter how severe your case, you are urged to try Mills Emulsion under this guarantee—Take six bottles home with you, use it according to directions, and if not satisfied with the results your money will be promptly refunded. Price, \$1.25 per bottle. The Mills Emulsion Co., Terre Haute, Ind. Sold by drug stores everywhere.—Adv.

"I don't approve of some of these popular songs," remarked the severe person.

"You don't have to pay any attention to those you disapprove."

"Oh, yes, I do. That's the worst of it. They are the very ones that keep running through my head."

LIFT OFF CORNS!

Drop Frezzone on a touchy corn, then lift that corn off with fingers



Doesn't hurt a bit! Drop a little Frezzone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic! No hump! A tiny bottle of Frezzone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Frezzone is the sensational discovery of a Cincinnati genius. It is wonderful.—Adv.

Spilling the Beans.
"Now that you have your divorce, I suppose you have no further use for Bono?"

"On the contrary," said the beautiful actress. "I love Bono and propose to make my permanent home here." And then her mother had to bawl down the staircase: "Dante, when does the next train leave?"—Louisville Courier-Journal.

DEWS OF EVE

No More Gentle Than "Cascarets" for the Liver, Bowels

It is just as needless as it is dangerous to take violent or nasty cathartics. Nature provides no shock absorbers for your liver and bowels against colic, constipation, headache, dizziness, harsh pills, sickening oil and salts. Cascarets give quick relief without injury from constipation, biliousness, indigestion, gases and sick headaches. Cascarets work while you sleep, removing the toxins, poisons and sour, indigestible waste without griping or inconvenience. Cascarets regulate by strengthening the bowels muscles. They cost so little too.—Adv.

The Real Term.
"I wrote up those athletic achievements from some magazine footnotes."

"I should call them feat notes."

To Have a Clear Sweet Skin.
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

The wire man may be likened to a tree that bends but never changes its base.



A Well-Planned Garden—By Providing Supports for Certain Crops Almost Twice the Number of Plants Can Be Grown on a Given Area.

VALUABLE HINTS HELP IN GARDEN

Labor Saving Facilities May Be Provided Without Much Additional Expense.

SUPPORTS HELP SOME CROPS

Certain Plants Do Better and Give Larger Yield if Furnished Something to Climb Upon—Some May Be Trained to Fence.

(Prepared by the United States Department of Agriculture.)

Where the garden is handled in an intensive manner, there are a number of facilities that may be provided without much extra cost, but which reduce the work of caring for the crops.

For instance, by providing supports for certain crops about double the number of plants can be grown on a given area. It is pointed out by specialists of the United States department of agriculture.

Certain varieties of early peas do not necessarily have to be provided with trellis or any other support to climb upon, but they will do better and yield more if given support. With the later peas of the telephone or tall-growing variety, it is essential that they be given something to climb upon. Bush, it may be procured for this purpose, should be on hand and ready for use when the peas are planted.

Substitutes for Bush.
As a rule, bush cannot be secured in town, so it will be necessary to use some other form of support. Wire poultry netting 18 to 24 inches in width probably is the most desirable form that can be procured, but it is expensive, and a very satisfactory support can be made of cheap twine and a few stakes to string it on. In the case of one of the boys' club gardens, the boys did not have the money to buy twine, so they went to a place where refuse from the city was dumped and secured a number of broom handles and enough discarded wire to make a trellis of the necessary trellis upon which the peas were trained.

Tomatoes trained to a single stem and tied to stakes not only ripen their fruit earlier than those left upon the ground, but the fruit themselves are of better flavor; and, because they are held off the ground, they are cleaner and more convenient for gathering. By pruning and tying to stakes a much larger number of plants can be placed on a given area. Also plants, such as lettuce, early cabbage, radishes and beets, can be grown in the spaces between the tomato plants.

Many people prefer the bush type of Lima beans to the pole varieties, because no poles are required for the bush kinds. It has been found, however, that under most circumstances the pole Lima beans are preferable, because they can be trained on strings or wires attached to a fence, or, in case the fence is of wire, the beans can be trained on the fence itself. By the use of poles or a trellis of strings or wire the beans are carried up off the ground and occupy less space than do those of the bush varieties. The same is true of a number of garden crops.

Vine Crops on Fences.
If the garden is small and there is not room to grow the vine crops on the ground, they may be trained to the south side of a fence or even upon the side of a building, so that they really occupy very little of the actual garden space. Where it is desired to have some kind of a screen or shade over the back porch, there is nothing better than pole Lima beans, as they form a pole screen that will last throughout the summer and at the same time give a supply of fresh beans for the table. A little study of the habits of the various crops will enable one to so arrange the garden as to get the maximum production without sacrificing quality or convenience in its cultivation.

By proper arrangement of rows and so grouping together of crops of similar nature, the work of caring for

the garden is greatly reduced. For instance, all such crops as carrots, parsnips, celery, onions, beets and turnips that require very little space between the rows should be given an other place and those that cast considerable shade should be placed at the north side of the garden, where they will not shade the small crops.

Making Watering Easy.

Another special facility for the garden consists of a line of perforated pipe that may be attached to the hose and used to irrigate the crops. Where the land is not very level, watering can be done very conveniently by discharging the hose into small furrows along side rows and irrigating the crops by the flooding or furrow system. Where the hose is steep or uneven, the line of perforated pipe will distribute the water to better advantage. This can be used where a water supply is available, and it is doubtful if it would pay where special pumping arrangements are necessary in order to provide the water. In sections where irrigation must be depended upon entirely for growing crops, special arrangements for getting water upon the garden must be made. Last year a great many farmers of the irrigated sections provided special facilities for watering their gardens.

SELL DIRECT TO CONSUMERS

Good Possibilities Offered to Farmers Having Farm Produce to Dispose Of.

Making a personal canvass among city persons and solicitors their trade offers good possibilities for one having farm produce to sell to obtain regular customers. Success will depend largely on the personality of the person making the canvass, according to the United States Department of Agriculture. It may be necessary, also, to solicit a large number of families in order to obtain a few customers. Various other methods of obtaining customers have been tried. Whatever the method used, it usually requires painstaking work and considerable effort to get a number of reliable customers.

Consumers often have difficulty in getting in touch with reliable producers. As many farmers will not market direct, it is necessary to seek producers in localities without a good market for farm produce.

RATION FOR LITTLE CALVES

Three Parts Oats, One Part Corn and One of Oil Meal Is Excellent for Youngsters.

An excellent grain ration for little calves is three parts of oats, one part of corn and one part of oil meal. Keep the grain fresh. Do not spill milk in it and have a sour manger. Let the calves have free access to fresh and clean water, and also to salt. The common idea that calves will drink too much water is a mistake. During the first four months calves should not, however, eat too much grain.

FOOTNOTES

Cleanliness is an enemy of disease.

Feed fowls well but better have them a little hungry than overfed.

Charred corn occasionally makes a good feed, especially in cold weather.

The hen that cackles loudest and longest doesn't always lay the most eggs.

Poultry soon become accustomed to regular hours of feeding. Don't disappoint them.

Pullets and cockerets should be at least six months old before they are used for breeding purposes.

One objection to using very much sloppy food is that it often leads to flth and unsanitary conditions.

While ducks require plenty of water in the daytime, they should be provided with dry quarters at night. Neither fowls are more quickly injured by dampness.

COOKIES and SMALL CAKES

From the NEW ROYAL COOK BOOK

WHEN the children romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

Cookies
1 cup shortening
1 cup sugar
1 cup milk
1 egg
1 teaspoon grated nutmeg
1/2 cup vanilla
1/2 cup lemon
1/2 cup flour
1/2 cup Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough. Roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

Cocoa Drop Cakes
1/2 cup shortening
1/2 cup sugar
1/2 cup milk
1/2 cup flour
1/2 cup Royal Baking Powder
1/2 cup vanilla extract

"Bake with Royal and be Sure"

Another Royal Suggestion

COOKIES and SMALL CAKES

From the NEW ROYAL COOK BOOK

ROYAL BAKING POWDER

Absolutely Pure

Cream shortening; add sugar and well-beaten eggs; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth and vanilla. Put one tablespoon of batter onto each greased muffin tin and bake in moderate oven about 20 minutes. Cover with boiling cream.

Orange Cakes
1/2 cup shortening
1/2 cup sugar
1/2 cup milk
1 egg
1/2 cup flour
1/2 cup Royal Baking Powder
1/2 cup vanilla extract
1/2 cup orange extract
1/2 cup grated rind of 1 orange

Cream shortening; add sugar slowly, beating well; add milk, a little at a time; then add well-beaten eggs; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When cool cover with orange icing.

COOK BOOK FREE

Just fill the space and fill in your name and address. This new Royal Cook Book containing 60 delightful recipes will be sent to you free if you will send your name and address to: ROYAL BAKING POWDER CO., 115 Fulton Street, New York City

NEEDED TO TALK OUT LOUD

Doughboy, Might Have Had Right Idea, but Surely He Had Never Driven Mules.

Returning soldiers tell a good story of a mule driver in France. He was driving a four-mule team hitched to a ration wagon and, as he told the story, he lost his way in the night and mist and drove right through the American trench line, which was not continuous at that point, and started rumbling along an old road which led across No Man's Land. He had gone a few rods when a doughboy jumped out of a listening post and began to signal to him with both hands.

"What's the matter?" shouted the driver.

"Hush!" said the doughboy in a low and agonized whisper. "Don't head straight toward the German lines. For God's sake turn around and don't speak above a whisper."

"Whisper, I—?" boomed the driver. "I've got to turn four miles around."

Further Information Desired.
"Thomas Carlyle once said," remarked Professor Feto, "that the motto marked upon our foreheads, written on our doorposts, channeled in the earth and written upon the waves is and must be, Labor is honorable and idleness dishonorable."

"Well, what is the rest of it?" snapped old Festus Fester. "Didn't he add—for the other fellow—or something of the kind?"—Kansas City Star.

European Army Illiteracy

Examination of recruits for the army and navy for the leading European countries showed the following percentages of illiteracy: Germany, 0.11; France, 4.90; England, 5.90; Austria, 23.80; Hungary, 28.10; Italy, 58.90; Russia, 61.70. The percentage of illiteracy in the United States army was 7.5.

COUNTRY OF BEE KEEPERS

In Lithuania the Production of Honey Has Become an Important National Industry.

Almost everyone in Lithuania has at least one bee hive. Sometimes they have swarms of thousands. But it is common even in the cities to have a man serve you mules that is made from the honey gathered in his garden hive. Apis, the national drink of Lithuania, is made from fermented honey.

Star-Spangled British Product.

It came recently to the attention of the American chamber of commerce in London that a British firm was using the American flag and words and phrases indicating American origin for the advertising, container and bottle labels of a wholly British preparation. Communication of this fact to the British board of trade saw all the traditions of departmental red tape shattered when the board of trade rang up by telephone instead of following the usual formal tortuous channels of communication. After obtaining further particulars the firm concerned was called to account and has agreed to refrain from the objectionable practice in future.—The Nation's Business.

Grasshopper Bait.

A year ago the grasshopper ate up nearly \$100,000,000 worth of winter wheat. Science at once set about devising some scheme to control this pest. They mixed a concoction, on an enormous scale, known as "grasshopper bait," making 4,500 tons of it, or enough to fill 185 large railroad cars. To mix this bait they used 600,000 lemons, eighty-three tons of white arsenic and other ingredients in similar proportion. The bait was then scattered over a great area in Kansas. The grasshoppers ate it freely, with the expected result. This year there are no grasshoppers in Kansas—Bugs' Life.

Its Condition.

"Why do they allude to a baseball as a sphere?" "I suppose because it is the whirled."

MOST PROLIFIC HYMN WRITER

Fanny Crosby Credited With the Composition of More Than 6,000 Popular Religious Lyrics.

Fanny Crosby, the blind writer of more than 6,000 hymns and an interesting life of unusual career, according to a recent sketch in "Along Broadway," mistaken magazine. She lost her eyesight when only six years old and 12 years later, at the New York Institute for the Blind, she met and fell in love with the blind musician Alexander Van Alstyne. They were married and lived happily. Mrs. Van Alstyne afterward becoming a teacher at the institute.

Many of Fanny Crosby's best known hymns are to be found in the popular Moody and Sankey gospel hymn books. The simple earnestness and true religious spirit of her hymns make them as popular as ever. Some of the best, including "Jesus Is Calling," "Only a Sinner to Jesus," "O Come, Great Deliverer" and others have been sung by great artists and recorded for the phonograph.

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Prosperity brings with it an intoxication which inferior natures never resist.—Balzac.

25 Cents

will buy

a big package of

POSTUM CEREAL

weighing over a pound, net.

What are you paying for coffee?