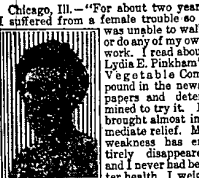


WOMAN SICK TWO YEARS

Could Do No Work. Now Strong as a Man.



Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspaper and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I am now strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound. —Mrs. J. O. BRYAN, 1765 Newport Ave., Chicago, Ill.

Nature Says
"I can remedy most ills, and help you to escape many ailments, if you give me timely aid." Naturally, Nature prefers

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

BREATHES FREELY. Any Nerve or Blood Disorder. Beecham's Pills. For Constipation, Indigestion, Headache, Nervousness, etc. Beecham's Pills. For Constipation, Indigestion, Headache, Nervousness, etc.

DR. L. B. BEECHAM'S PILLS. A Good Medicine for the Bowels. Beecham's Pills. For Constipation, Indigestion, Headache, Nervousness, etc.

Not Even a Pulverizer Case. Into the Jeweller's shop came a simple-looking old chap, with a quaint old-fashioned kitchen clock under one arm, says the Philadelphia Ledger.

"I want you to look at it," he said, as he laid the timepiece on the counter, "and tell me what's wrong."

The Jeweller removed the dial of the clock, stared at the intricate gears, and poked about in the clock's interior.

"Nothing wrong with it now," he announced, presently. "Its sufferings are over."

"Well, what do I owe you?" asked the customer, thinking he had repaired the clock.

"Nothing," replied the shopman. "You've mistaken. This isn't a professional treatment. It's a cure of the insect."

Salliers Need More Air. The broad ocean is supposed to be about the likeliest place on earth to find fresh air, yet Dr. R. C. Holcomb, a naval surgeon who has been investigating conditions on transports, says that because more men per cubic foot of habitable air space are to be found in the navy than in almost any other occupation, there is insufficient air in the sleeping quarters, especially in the case of the transports, and that to extremes of temperature, and irregular sleeping hours, which condition, with the possibility of accidents during storms, may lead to an undue prevalence of injuries, diseases of the respiratory organs and other maladies.

Watercress is found in so many springs that it is not widely used. As a spring tonic, it has no equal in the vegetable line, served with French dressing or eaten with a little lemon juice, it is an ideal salad and garnish.

Curry of Chicken.—Mix two table-spoonsful of butter, add one teaspoonful of finely chopped onion and half a cup of milk. Fry them together, then add a tablespoonful of grated coconut, one quarter of a spoonful of English mustard, one tablespoonful each of curry powder and salt, and cook two minutes. Stir in a cupful of chicken stock. When boiling add the meat or half a fowl torn in shreds and let simmer for ten minutes, add three table-spoonsful of cream and season with salt and pepper. Serve with fresh hot rice.

Crispette.—Beat two eggs and stir into them a cupful of white and brown sugar mixed, add four table-spoonsful of flour, a pinch of salt and one teaspoonful of vanilla. Beat thoroughly, add a cupful of walnut chopped fine. Drop the dough by table-spoons into buttered pans, allowing three inches for the cakes, pour water and cook for dessert or with afternoon tea. They should be baked until crisp and brown.

Ginger Mousse.—Dissolve one table-spoonful of gelatin in a cupful of water, add a pinch of salt and three-fourths of a cupful of granulated sugar. Stir into this a pint of whipped cream flavored with two table-spoonsful of the ginger, and one table-spoonful of lemon juice. Add one cupful of Capton ginger (chopped) just before freezing.

Wilmington, Del., will spend \$100,000 to increase public school facilities.

Several London (England) papers may be compelled to suspend owing to paper shortage.

Next Maxwell

THE KITCHEN CABINET

People seldom improve when they have no other model but themselves to copy after.—Goldsmith.

SEASONABLE DISHES.

Variety is the aim of most cooks, together with economy and palatability; we have three very important points to consider. The following dishes may prove suggestive:

Flaked Fish and Vegetable Hash.—Take equal parts of cold boiled potatoes, beets, carrots and turnips finely chopped. Season with paprika, celery salt and a quarter of a cupful of cream, season with a teaspoonful of Worcestershire sauce and turn into a heated frying pan which has been greased with a table-spoonful of bacon fat. Stir and hash rapidly until well browned and let brown, turn on to a hot platter as an omelet.

Eggs Scrambled With Dried Beef.—Cover six slices of dried beef with boiling water, let stand ten minutes, and drain in a colander. Chop the beef into small pieces. Beat two eggs slightly, add three table-spoonsful of milk, and the beef. Melt two table-spoonsful of butter in a saucepan, add the egg mixture and stir until of a creamy consistency.

Baked Rice With Cheese.—Put a cupful of rice into a quart of boiling water with 1½ table-spoonsful of salt, cook for an hour or until soft. Melt three table-spoonsful of butter, add three of flour, and when smooth add two cupfuls of hot milk; cook until smooth and thick; then add one cupful of finely cut cheese and mix lightly with the rice. Put into a buttered baking dish and cover with buttered crumbs. Brown and serve piping hot.

Pear Salad.—Place halves of canned pears on head lettuce served with the following: Two table-spoonsful of olive oil, one teaspoonful of vinegar, salt, pepper and if bits of French mustard is taste. Roquefort cheese may be added, a table-spoonful or two mixed with the dressing, and the pears may be cut in strips and served on crisp watercress.

Venusian Eggs.—Toilet boxes of the Venusian type are not too thick. Butter them after flaming in squares. Heat high on each the stiffly beaten white of an egg and slip an unbroken yolk into the depression. Put into a hot oven, and cook the egg 1½ sec. Garnish with parsley and serve.

Nut Sauce.—Melt one table-spoonful of butter, add one table-spoonful of browned flour, and one table-spoonful of milk, and when smooth add one table-spoonful of lemon juice, then add a fourth of a cupful of finely-crushed nut meats.

An ounce of prevention is worth a pound of cure. It is just as well to be provided with both.

GOOD THINGS FOR THE TABLE.

Watercress is found in so many springs that it is not widely used. As a spring tonic, it has no equal in the vegetable line, served with French dressing or eaten with a little lemon juice, it is an ideal salad and garnish.

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Next Maxwell

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without giving

them cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and indigestible food passes out of the bowels, and you have a little, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic, headache, a good "fruit laxative" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful often saves a sick child tomorrow. Ask at the store for a 50¢ bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Process of Elimination. The pretty man with the appetite to match, surveyed with astonishment the tray of dishes the waiter had brought.

"George," he said, "how could you remember all these things I ordered?"

"That was easy, sah. I done told ef dere was a man outside wantin' everything 'on de bill 'cep de olives."

RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, and great kidney, liver and bladder remedy.

It is a physician's prescription. Swamp-Root is a strengthening medicine. Kidneys are for years in his private practice. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merits and it will help you. (No other remedy can successfully take its place.)

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Probably Needed It. "I say, miss, where's the bar?"

"What kind of a bar?" queried the waitress in return, and as he lay as he lay.

"Why, a liquor bar, of course," he drawled. "What sort of a bar did you suppose I meant?"

"Well," she replied, "her eyebrows arched slightly, 'I didn't know, but I thought you might mean a bar of soap.'"

GREEN'S AUGUST FLOWER

Used All Over the Civilized World for More Than 50 Years.

Stomach troubles seem to be almost universal the last few years; I mean indigestion in many forms, internal nervousness, caused by incomplete food fermentation, coming up of food, sour stomach, headache, apparent palpitation of the heart, habitual constipation, intestinal indigestion, caused by a torpid liver, and a general breaking down with low spirits and depression.

Green's August Flower was introduced in this and foreign countries fifty years ago with wonderful success in relieving the above complaints. Sold by dealers everywhere at 50¢ trial bottles or 75¢ family size. Sole manufacturer, G. G. Green, Woodbury, N. J., U. S. A., Australia and Toronto, Canada.—Adv.

Caution. "You are not making as many speeches as usual."

"I'm not feeling oratorical at present," replied Senator Sorbusum. "The folks out here are differing on several questions so violently that I don't know which side to agree with."

FRECKLES

Now Is the Time to Get Rid of These. There's no longer the slightest need of those little spots on your cheeks. The new Freckle Remover is a double strength—its action is so rapid that it removes these little spots in a single day. It is a sure cure for those spots that are so annoying to the face. It is a sure cure for those spots that are so annoying to the face. It is a sure cure for those spots that are so annoying to the face.

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DAIRY FACTS

CRATES FOR SHIPPING COWS

If Animal Comes Within 1,000-Pound Limit Make Device Strong and Light as Possible.

In answer to a query as to the best way of crating a cow for shipment by express J. Grant Morse, in Rural New Yorker, makes the following reply:

If one is thinking of shipping a cow by express the first thing necessary is to weigh the cow. The express companies have made a ruling that no express package (including live stock) will be accepted that weighs over 1,000 pounds.

But, if your cow comes within the limit, it is necessary to make your crate as light as possible and insure its holding her. Measure your cow as to length from the middle of her neck back to her tail. (Allow a little extra for the cow's movement.) Then get the width of her through the widest part. Next get the height. Cut three pieces of 2-by-4, or other lumber, for the sides of the crate. Then cut the floor boards

from inch hard pine or spruce, the length of your cow. Nail these to the three sides and then turn your floor over so that the slats will be on the inside. This gives a smooth bottom to the crate, and is very essential in moving it with the cow inside.

Next cut two 2-by-4's the height of the cow for the hind posts of the crate, and two more, six inches longer, for the foreposts. The foreposts are longer for the cross pieces of the crate to be nailed to. Nail the corner posts to the bottom. Now place a stanchion in front, which should be of good strong material, as this alone keeps the cow from escaping. Also send a cross bar, which may be hoarded up after the cow is in position.

If the cow is going far, send along a food supply, which may be chopped hay and grain mixed. Also send a small quantity of water, and the milk can be used to feed her from also.

ROUGHAGE FOR DAIRY FEEDS

Dairymen Cannot Hope for Success Unless They Pay More Attention to Home-Grown Crops.

(Clemson College Bulletin.) The past year has demonstrated one thing to the satisfaction of every man in the state who is engaged in dairy farming, and that is that he cannot hope for success unless he produces at home all of the roughage needed and most of the grain feeds.

In every instance where farmers have become discouraged with the business the underlying cause has been the lack of sufficient home-grown feeds. To meet this requirement the following feed requirements for one cow has been worked out by the extension division for the information of farmers during the coming year.

One ton, legume hay.

Four tons mangel or silage.

One-half acre velvet beans and corn.

One-half acre rye for winter pasture.

One, acre permanent Bermuda pasture.

The above ration will furnish sufficient feed for one cow for one year, with the exception of 200 pounds of cottonseed meal or soy bean meal which should be added to the grain mixture.

The one-half acre of velvet beans should furnish at least two months of winter grazing, besides 700 pounds of corn and most of the grain feeds.

The velvet bean meal and cottonseed or soy bean meal for the grain mixture.

FLIES CARRY DISEASE GERMS

Most Practical Plan to Keep Pests Out of Barn and Milk Room—Don't Let Manure Accumulate.

Keep flies out of the barn and milk room. One fly may carry as many as 150,000 germs to the milk. They may be disease germs.

Manure should not be allowed to accumulate in the barn—it is a breeding place for flies.

Correspondence with apple growers and inspection of orchards by the United States Department of Agriculture indicate that blight is still a widespread and most important apple enemy. Apple scab and blight are readily controlled by proper spraying. Attention if it is to be held in control.

Owners of infected orchards should write to the experiment stations of their states for further information as to the best methods of control.

FEED GRAIN TO YOUNG CALF

No More Should Be Given Than Will Be Eaten Up in One Day.

About Half-Pound.

After a calf begins to eat considerable grain should not be kept before it. No more than half a pound will be eaten up in one day, which will not be over one-half pound daily for the first two months.

ORCHARD CLEANINGS

PROTECT YOUNG TREES

Mice and rabbits like tree bark as well as children like candy, and it requires watchfulness to save young trees from being gnawed by these little pests.

The rodents are kept away by wrapping trees with wire netting, or even tared building paper; but paper is not so sure protection from mice. A six-inch mound of earth well packed around the base of the tree will help to turn away mice, and if the snow also is expended down around the trees the mice will not be so likely to get at them, because they work under the surface as a rule.

PRUNE AND SPRAY ORCHARDS

Neglected Fruit Trees About Most Unprofitable Things on Farm, or Most Test at Missouri College.

Does orchard pruning and spraying pay? It answers is found in the results of co-operative experiments conducted by the College of Agriculture in 40 Missouri orchards. These experiments extended over a period of three years. They show first, that a neglected orchard is about the most unprofitable thing on the farm; second, that the best managed orchards in Missouri are producing more profit per acre than any other farm crop.

The average return per acre of these 40 orchards during the last three years has been as follows: Properly pruned and sprayed areas, total received, \$170 per acre; net profit, \$143 per acre. Untreated areas, total received, \$18 per acre; net profit, nothing.

In order to obtain records of the results of each orchard was allowed to remain in its previous condition—pruned and sprayed.

Experts in view of the results obtained, show conclusively the advantages of renovation.

WAY TO KILL CODLING MOTH

Effective Method of Eradication is to Scrape Larvae From Branches During Winter.

All fruit growers that have watched the codling moth at all know that in the fall, full-grown worms, or larvae, comes from the wormy apple, seeks a protected place under the rough bark or in the crotches of the trees, spins a cocoon about itself in which it remains all winter.

During the winter the entire winter, writes George M. List, Colorado Agricultural college. With the coming of the warm days a change begins to take place, and shortly after the blossoms have fallen and the apples begin to form, the adult

Codling Moth—A Wormy Apple; b, Entrance at Crotch; c, Pupa; d, Worm; g, Moth; h, Head of Worm.

moth emerges from the cocoon to begin laying its eggs about the little fruit.

Each female lays on the average from 40 to 50 eggs, so if only a few of these chrysalises or hibernating larvae are destroyed the number of eggs to be deposited will be greatly reduced. A large per cent of the wintering larvae can be destroyed by scraping all round bark from the trees, especially in and about the crotches of the trees. If the scraping is done during the winter the larvae not killed in the process will be destroyed by the exposure and the birds.

The sooner fruit growers come to realize that this method of fighting this pest is almost as important as thorough spraying, the sooner will they begin to grow a larger per cent of worm-free fruit.

TO RESTRAIN APPLE CANKER

Most Important Orchard Enemy Still a Widespread Orchard Continues to Demand Attention.

Correspondence with apple growers and inspection of orchards by the United States Department of Agriculture indicate that blight is still a widespread and most important apple enemy. Apple scab and blight are readily controlled by proper spraying. Attention if it is to be held in control.

Owners of infected orchards should write to the experiment stations of their states for further information as to the best methods of control.

"CASCARETS" ACT ON LIVER, BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box. Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passage every few days? Such Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will make you feel great by morning. They work while you sleep—never gripe, sick or cause any inconvenience, and cost only 10 cents a box from your store.

Millions of men and women take Cascarets now and then and never have Headache, Biliousness, Costive Bowels, Indigestion, Sour Stomach or Constipation. Adv.

White Elephant No Jinx. W. H. Boyd of Cleveland, O., received a letter from a friend in India saying he had sent him a white elephant as a gift, and to make preparations to receive it.

"My worry lest I have an elephant on my hands was relieved only when the gift came," says Boyd. It was an ivory carving made to wear as a watch chain.

THE 3 D'S IN DODD'S

Mr. Robert W. Ferguson, Hingham, Mass., writes: "I suffered from kidney disorder for years. Had lumbago, backache and trouble. Nearly died from it at one time while in Vancouver, but overcame it by using Dodd's Kidney Pills. Finally I was completely cured. I occasionally use the remedy now in order to keep the kidneys regulated. I have the highest