

### Had to Give Up Work

Mr. McMurray Was in a Bad Way Until He Used Doan's—They Brought a Quick Cure.

R. K. McMurray, 48 W. Hickory St., Chicago Heights, Ill., says: "I was always a strong man until I was taken with kidney trouble. I worked many years as a blacksmith and this work brought me a great deal of trouble. I was stooped over there was a grinding pain in my back and I couldn't straighten up for four or five minutes. Sometimes it took me half an hour to get on my feet. I got so bad I had to lay off work for days at a time. Often I would have to get up a dozen times at night to pass the kidney secretions, and they burned like fire. My feet swelled, and at times they burned so that it seemed I was standing on a hot stove. I had spells of gasping for breath and I felt as if I was suffocating. My health failed rapidly. I was told that my working days were over, but Doan's Kidney Pills were brought to my attention and before I had used one box, I began to feel relieved. I kept on and by the time I had used ten boxes, I was absolutely cured. All pains left my back and other symptoms of kidney trouble disappeared and I felt as well and strong as ever."



Subscribed and sworn to before me this 5th day of July 1917.  
DAVID H. SHAPIRO,  
Notary Public.

Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

### Childlike Complaint.

Small Girl (sobbing)—Oh, mamma, I want some more pie and I'm so full that I can't crowd down another mouthful.

### UPSET STOMACH

FAPE'S DIAPESPIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't sit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn or headache you can get instant relief.



No waiting! Fape's Diapospin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

A lot of people live and die and never know what the inside of a courtroom looks like.

Grove's Tasteless Chili Tonic restores vitality and energy by purifying and enriching the blood. For sunken cheeks, its strength-giving, invigorating effect. BOTTLED AT THE MANUFACTURER'S.

Dr. Frederick Strickman of Johns Hopkins University announces discovery of a specific for rheumatism.

Granulated Eyelids, Sties, Inflamed Eyes relieved overnight by Roman Eye Balsam. Obsolete! Prove its merit. Adv.

California dehydrated vegetable plants are increasing.

### HOW TO FIGHT SPANISH INFLUENZA

By DR. L. W. HOWERS.

Avoid crowds, coughs and sneezes, but fear neither germs nor Germans! Keep the system in good order, take plenty of exercise in the fresh air and practice cleanliness. Remember a clean mouth, a clean skin, and clean towels are a protecting armor against disease. To keep the liver and bowels regular and to carry away the poisons within, it is best to take a vegetable pill every other day, made up of May-apple, Aloe, Jalap, and sugar-coated, to be had at most drug stores, known as Dr. Pierce's Pleasant Pellets. If there is a sudden onset of what appears like a head cold, one should go to bed, wrap warm, take a hot mustard foot-bath and drink copiously of hot lemonade. If pain develops in head or back, ask the druggist for Anuric (anti-rheo) tablets. These will flush the bladder and kidneys and carry off poisonous germs. To control the pains and aches take one Anuric tablet every two hours, with frequent drinks of lemonade. The pneumonitis appears in a most treacherous way, when the influenza victim is apparently recovering and anxious to leave his bed. In recovering from a bad attack of influenza or pneumonitis the system should be built up with a good herbal tonic, such as Dr. Pierce's Golden Medical Discovery, made without alcohol from the roots and barks of American forest trees, or the Iron Tonic (Iron Tonic) tablets, which can be obtained at most drug stores, or send 10c. to Dr. Pierce's Knickerbocker Hotel, Buffalo, N. Y., for trial package.

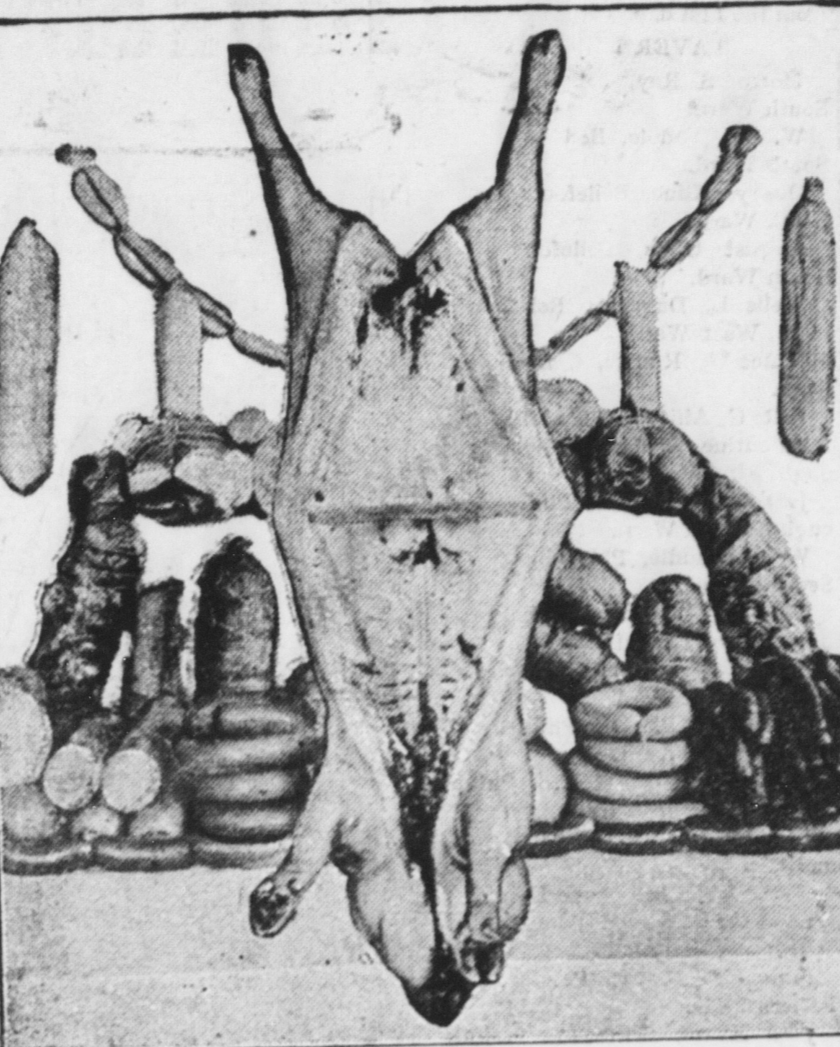
Immediate Shipments  
New South Corn Mill  
Write us for full description  
and price of this standard,  
durable apra mill—produces  
fine, wholesome meal. Or  
order shipped promptly. Write  
today.  
AMERICAN CORN MILL CO., Box 27, Wheaton, N. C.

### THE MARKETS

BALTIMORE.—Wheat—Sample lots of nearby wheat, as to quality and condition sold at \$2.15 and \$2.26 per bu. Car lot sales included No. 1 red winter, \$2.38 1/4; No. 1 red winter, garlicky, \$2.36 1/4; same grade, Locust Point, \$2.37; same grade, Port Covington, \$2.37 1/4; No. 2 red winter, \$2.35 1/4; No. 2 red winter, garlicky, \$2.33 1/4.  
—Corn—Sales of several hundred bushels of old white corn, delivered, at \$1.56 per bu. Track yellow corn, old, for domestic delivery, is quotable at \$1.50 per bu for car lots on spot.  
—Cob corn is fairly firm on prime new yellow on a basis of \$6.25 @ 6.50 per bbl for car lots, nearby delivery. Offerings light.  
—Oats—Standard white, 80c asked; No. 3 white, 79 @ 79 1/2.  
—Rye—No. 2 Western, export spot, \$1.67 1/4; bag lots nearby rye, as to quality, \$1.50 @ 1.70.  
—Hay—No. 1 timothy, \$36 @ 36.50; standard, do, \$35.50; No. 2 do, \$35; No. 3 do, \$32 @ 34; No. 1 light clover mixed, \$35 @ 35.50; No. 2 do, \$33 @ 34; No. 1 clover mixed, \$34 @ 35; No. 2 do, \$31 @ 33; No. 1 clover, \$32 @ 32.50.  
—Straw—No. 1 straight rye, \$24.50 @ 25; No. 2 do, \$24 @ 24.50; No. 1 tangled rye, \$19 @ 20; No. 2 do, \$18 @ 19; No. 1 wheat, \$15 @ 16; No. 2 do, \$14 @ 15; No. 1 oat, \$16 @ 17; No. 2 do, \$15 @ 16.  
—Butter—Creamery, fancy, 64 @ 63 1/2; creamery, choice, 60 @ 61; creamery, good, 58 @ 60; creamery, prints, 62 @ 64; creamery, blacks, 63 @ 63; ladies, 40 @ 42; Maryland and Pennsylvania rolls, 40 @ 42; Ohio rolls, 38 @ 39; West Virginia rolls, 38 @ 39; storebaked, 38; Md., Va. and Pa. dairy prints, 40 @ 42.  
—Eggs—Maryland, Pennsylvania and nearby, 43c; Western, 42 @ 43; West Virginia, 42; Southern, 41.  
—Poultry—Chickens—Old hens, 4 lbs and over, 27c; do, do, small to medium, 26c; do, do, White Leghorns, 26c; do, old roosters, 20 @ 21; do, springers, smooth, by boat, 27c; do, do, by express, 26c; do, do, White Leghorns, 26c; do, do, rough and poor, 24c. Ducks—Young Pekings, 3 lbs and over, 30c; do, puddle, do, 29c; do, muscovy, 40c; do, smaller, 40c; do, 26c. Pigeons—Young, per pair, 25c; do, old, 40 @ 45. Guinea Fowl—Young, 1 1/2 lbs and over, each, 60c; do, do, 1 1/2 lbs, do, 50c; do, smaller, do, 35 @ 40. Turkeys—Young, 7 lbs and over, per lb, 36 @ 37; do, old, do, 34 @ 35.  
—Dressed Hogs—Choice light weights, 23c; do, medium weights, 22c.  
—Calves—Calves, veal, choice, by express, per lb, 19 1/2 @ 20c; do, by boat, do, 19 1/4 @ 20c; do, light, ordinary, 18c; good veals, 19 @ 19 1/2; heavy fat veals, 19 @ 19 1/2; calves, rough and heavy, per head, \$12 @ 28.  
—Lambs and Sheep—Sheep—No. 1, per lb, 8 @ 9c; do, old bucks, as to quality, do, 7 @ 8c; do, common, 5 @ 6c. Lambs—Spring, 40 lbs and over, 15 1/2 @ 16c; do, ordinary, 14c.  
—Live pigs, as to size, per head, \$2 @ 6c; shoats, as to size, do, \$5 @ 9c.  
—Beef cattle, first quality, per lb, 10 @ 11c; do, medium, do, 8 @ 9c; do, lambs, as to quality, 6 @ 8c; Shimmeers and cows, do, 5 @ 6c; oxen, as to quality, per lb, 6 @ 7c; milk cows, choice, do, fancy, per head, \$60 @ 80; do, common, as to fact, do, \$30 @ 50.  
NEW YORK.—Wheat—Spot, steady; No. 2 red, \$2.33 1/2; elevator export, \$2.33 1/2; No. 2 yellow, \$2.31 1/2; No. 3 yellow, \$2.26 1/2; spot and freight, New York.  
—Oats—Spot, firmer; standard, 83 @ 84c.  
—Butter—Creamery higher than extras, 63 1/2 @ 64c; creamery, extras (52 score), 58c; firsts, 58 1/2 @ 59 1/2; packing stock, current make, No. 2, 57 @ 57 1/2.  
—Eggs—Fresh, gathered, extras, 70c; fresh gathered, regular packed, extra firsts, 67 @ 69 1/2; do, firsts, 64 @ 66; State, Pennsylvania and nearby Western hennery, whites, fine to fancy, 52 @ 56; State, Pennsylvania and nearby hennery, browns, 70 @ 75; do, gathered, browns and mixed colors, 60 @ 70.  
—Cheese—State, fresh, specials, 33 @ 33 1/2c; do, average run, 32 @ 32 1/2c.  
—Dressed Poultry—Broilers, 28 @ 45c; chickens, 28 @ 29; fowls, 30 @ 36 1/2; old roosters, 26 @ 27; turkeys, average best, 42 @ 44.  
—Live Poultry—Chickens, 24 @ 25c; fowls, 25 @ 28; old roosters, 20; turkeys, not quoted.

### Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)  
PLENTY OF MEAT FROM THE PORK BARREL.



Farm-Killed Hogs Are Valuable Sources of Country Meat Supply.

### USUAL METHODS OF BUTCHERING

Better Results Obtained From Home Work Where Suggestions Given Are Followed.

### ELIMINATE POSSIBLE WASTE

Use Fat Trimmings for Lard and Lean for Sausage—In Trimming for Bacon, Keep Sides as Square as Possible.

The usual farm method of cutting up a hog is to sever the ribs on each side of the backbone, take out the backbone, and split the carcass down the middle. The ribs are taken out before the sides are "blocked." Another method is to split with a saw or cleaver as near the mid line as possible. Then divide each half into four parts—head, shoulder, middle and hams, as shown in accompanying illustration. Remove the leaf if this was not done before. Peel the leaf backward with the fingers, starting at the front end. The kidneys are in this fat.

The head is generally removed before the carcass is split into halves. Cut about an inch back of the ears, making a complete circle around the head. If the cut does not happen to strike the atlas joint, twist the head and it will yield. The fattest part of the head can be used for lard and the more fleshy parts may be used for sausage or headcheese. The jaw is sometimes used for cooking with sauerkraut or baked beans and in the spring with turnip greens.

Cutting Up Carcass. One-half the carcass should be placed on a cutting table and cut up. Cut off the front foot about 1 inch above the knee and the hind foot the same distance above the hock. The feet can be used to make pickled pigs' feet or pigs' feet jelly. The shoulder cut in sunde between the fourth and fifth ribs. Remove the ribs from the shoulders, also the piece of backbone which may be attached. Cut close to the ribs in removing them, so as to leave as much meat on the shoulder as possible. These are "spare ribs" and make an excellent dish when fried or baked. If only a small amount of cured meat is desired, the top of the shoulder may be cut off about one-third the distance from the top and parallel to it. The fat of the shoulder top may be used for lard and the lean meat for steak or roasts. It should be trimmed up smoothly. The fat trimmings should be used for lard and the lean trimmings for sausage.

Removing the Ham. The ham is removed from the middle by cutting just back of the rise in the backbone. Cut from the flank toward the root of the tail to an angle of about 45 degrees. Loin meat is thus saved which would otherwise be trimmed off the ham and used for sausage. Remove the ribs from the side, cutting as close to the ribs as possible. The loin and fatback are cut off in one piece; cut parallel with the back just below the tenderloin muscle on the rear part of the middle. Remove the fat on the top of the loin, but do not cut into the loin meat. The lean meat is used for chops or roasts and the fatback for lard. The remainder of the middle should then be trimmed for

### WHY WOMEN DREAD OLD AGE

Don't worry about old age. Don't worry about being in other people's way when you are getting on in years. Keep your body in good condition and you can be as hale and hearty in your old days as you were when a kid, and every one will be glad to see you.

The kidneys and bladder are the causes of senile afflictions. Keep them clean and in proper working condition. Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Haslem Oil Capsules periodical. You will find that the system will always be in perfect working order. Your spirits will be enlivened, your muscles made strong, and your face will have once more the look of youth and health. New life, fresh strength and health will come as you continue this treatment. When your first vigor has been restored continue for awhile taking a capsule or two each day. They will keep you in condition and prevent a return of your troubles. There is only one guaranteed brand of Haslem Oil Capsules, GOLD MEDAL. There are many fakes on the market. Be sure you get the Original GOLD MEDAL Imported Haslem Oil Capsules. They are the only reliable. For sale by all first-class druggists.—Adv.

Familiar. The hoary-headed examiner glanced over the top of his spectacles. "Are you sure," he inquired, "that this is a purely original composition you have handed in?" "Yes, sir," came the answer. "But you may possibly, sir, have come across one or two of the words in the dictionary."

Days of Lavishness. "When I was a boy we used to cut up pumpkins to make Jack-o'-lanterns." "Yes. You wouldn't dare treat a perfectly edible pumpkin in that way now."

With the Grid Fans. Boss—He has lumbago. Bob—How bad? Full-back, half-back or quarter-back? The mistake some young fellows make is in thinking the wild boys have more fun than the decent ones.

### Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days—Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

They Don't Feel Friendly. "The idea of those Germans seems to be to kill as many advancing Americans as they can and then shoot 'Kamerad.'"

"Does the plan work?" "Not always. After one or two experiences of that sort is it any wonder that the Americans seem to be afflicted with incurable deafness?"—Birmingham Age-Herald.

Debts to Uncle Sam. "Do you realize what you owe your country?" "Yes. And I'm thankful that some of it is for Liberty bonds."

When Baby Is Teething. GROVER'S BABY BOWEL MEDICINE will correct the Stomach and Bowel troubles. Perfectly harmless. See directions on the bottle.

In noble hearts the feeling of gratitude has all the ardor of a passion.—Poincelot.

### ASTHMADOR

GUARANTEED TO RELIEVE ASTHMA OR MONEY REFUNDED—ASK ANY DRUGGIST

W. N. U., BALTIMORE, NO. 47-1918.

### Acid-Stomach Victims Sickly, Weak, Unfit, Depressed

Maybe you have an acid stomach—and don't know it! There are millions of such people—weak, ailing, tired, worn out and "all in" before the day is half over. They are restless and nervous, melancholy, mentally depressed; who suffer from rheumatism, indigestion or sciatica. Yes, even many of those who have catarrh, ulcer or cancer of the stomach, if the trouble is traced to its source, it will often be found to be just acid-stomach. For these are only some of the ailments that are caused by what the doctors call superacidity, which is another name for sour or acid stomach. Thousands upon thousands of people who are subject to attacks of indigestion and biliousness, who are nervous, melancholy, mentally depressed; who suffer from rheumatism, indigestion or sciatica. Yes, even many of those who have catarrh, ulcer or cancer of the stomach, if the trouble is traced to its source, it will often be found to be just acid-stomach. For these are only some of the ailments that are caused by what the doctors call superacidity, which is another name for sour or acid stomach. What you want to know above all else is how to quickly rid yourself of excess acid. A wonderful modern remedy called EATONIC literally wipes it out. It does the work easily, speedily and naturally. It makes the stomach pure, sweet, cool and comfortable. It helps you get full strength out of every mouthful of good you eat; and unless you do get full strength from your food you cannot enjoy robust, vigorous health.

### As Age Advances the Liver Requires occasional slight stimulation.

CARTER'S LITTLE LIVER PILLS correct CONSTIPATION

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

### Scenes of Prosperity

Are Common in Western Canada

The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains. Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada. In the provinces of Manitoba, Saskatchewan or Alberta you can get a HOMESTEAD OF 160 ACRES FREE and other land at very low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax. Mixed Farming is as profitable an industry as grain raising. Good schools, churches, markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can. or to J. P. JAFFRAY, Cor. Walnut and Broad Sts., Philadelphia, Pa. Canadian Government Agent.

### Persistent Coughs

PISO'S

### OIL WORLD FREE

Read the OIL WORLD. Write at once for three months' free subscription. Gives important and valuable up-to-the-minute information regarding the RESTOCKY and TERNISBERG OIL FIELDS. Don't delay! Get posted on wonderful recent developments in OIL. It may mean fortune to you. The stock boom is here and OILS lead.