A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.



down and got so weak I could hardly stand, and had headaches every day. tried everything could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vege-

table Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Com-

and ever since and give you my per-ssion to publish this letter."—Miss PLO KELLY, 476 So. 14th St., Newark, The reason this famous root and herb

remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Didn't Get the Point.

One morning, while teaching school I noticed that Willie was wearing his rubbers while the lessons were ir progress. I remonstrated with him telling him to take off his rubbers or they would injure his eyes."

"But they are new!" exclaimed Willie. I patiently explained why that was all the more reason why they would hurt his eyes.

"But, please," said Willie, in a pleading voice, "I won't look at them." -Exchange.

Not Always Appropriate.

During the fifth Liberty loan campaign all country newspapers were asked to insert between their articles some such quotation as "Help Finish the Job," instead of the customary dash. The quotations were put in regardless of the substance of the article. Sometimes embarrassing results followed as when an article was headed. "Esteemed Woman of the City Is Dead," and below the obituary was "Help Finish the Job."

Cuticura for Sore Hands. Boak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cu-Beura Ointment. Remove surplus Dintment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes .- Adv.

When Aloft. "I was just reading that an English elergyman has become an aviator." "A high churchman, eh?"

Dr. Peery's "Dead Shot" is powerful but pars. One dose is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Experience and real estate booms are great teachers.

Hard cash is not hard to get rid of.

Don't Go From Bad to Worse

Are you always weak, miserable and half-sick? Then it's time you found out what is wrong. Kidney weakness causes much suffering from backache, lameness, stiffness and rheumatic of serious troubles—dropsy, gravel and Bright's disease. Don't delay. Use Don's Kidney Pills. They have helped thousands and should help you. Ask your neighbor!

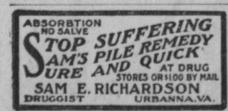
A Maryland Case



Mrs. V. Hodson, 29
Holland St., Annapolis,
Md., says: "I had terrible pains in the small of my back and the attacks were so severe that I was confined to my bed for a month, hardly able to move. My feet were badly swollen and my sight was biurred. My kidneys didn't act right at all and I was more tired in the morning than when I went to bed at night. I used Doan's Kidney Pills and they brought quick relief and two boxes cured me."

Get Doan's et Any Store, 60c a Box

Get Doan's at Any Store, 60c a Box DOAN'S HIDNEY POSTER-MILBURN CO., BUFFALO, N. Y.





IN USE FOR 35 YEARS

AN NEW ELL MA

The Quick and Sure Cure for ALARIA, CHILLS, FEVER AND LA GRIPPI It Is a Powerful Tonic and Appetizes Will core that fired feeling, pains in back made and head. Contains no quinine arsenic or habit-forming ingredient

W. N. U., BALTIMORE, NO. 34-1919

TERRACES WILL * AVERT EROSION

Most Effective Method Can Be Employed to Prevent Washing of Soil.

BENCH TERRACE IS ANCIENT

By Ridge Plan It Is Possible to Elim-Inate Steep, Uncultivated Strips That Interfere With Farming Operations.

ment of Agriculture.) Terracing is the most effective method of preventing erosion. There are are simply ridges of earth thrown up across the slopes of hillsides.

Of the two types the bench terrace the last 25 years. Bench terraces for carries the germs of infection. agricultural purposes were used by the ancients of Europe, Asia and South



Method of Carrying Terrace Water Under'a Roadway by Means of a Cul-

reversed. A ridge of earth is kept at pen or yard a box of grit should be the outer edge of the bench to prevent the surface water from running from one bench to the next bench below. Bench terraces should be level; that is, they should have no fall along the direction of their length. Before the bench between the terrace embankments is made level by plowing the soll down the slope the surface water is held above the shoulder at the outer side of the bench. Part of the water may move off slowly to the ends of the terrace and the rest will elther sink into the soil or evaporate. A heavy sod should be kept on the shoulder and embankment to prevent erosion should the shoulder be over- Chickens as a Side Line Are Profitable

topped due to heavy rain. When a bench terrace is first startone foot high and three feet wide at the base. These dimensions can be reduced some as the leveling down of the bench proceeds. When the bench has become level it is only necessary to maintain a small shoulder about onehalf foot high at the outer side of the bench. This will prevent possible damage to the terrace due to an exces-

sively heavy rain. The distance between the terraces is governed by the vertical distance or drop and not by the distance along the surface of the ground. The distance along the surface of the ground will be different for different slopes of the land where the same vertical distance

between the terraces is used. The proper drop or vertical distance between bench terraces depends largeembankment, and it is much more difficult to maintain a high than a low embankment. The best practice indiraces should never be less than three feet nor more than six feet, although a drop of eight feet has been used cal dealer. successfully on steep slopes where the terraces are carefully maintained.

SALT OF GREAT IMPORTANCE

Little Chore That Is Often Neglected During the Summer Season-Regulates Digestion.

portance in summer and one that is to your cows. They will not only pay often neglected, is that of salting the for their feed in the summer, but will stock that is on pasture. Cattle, sheep be in much better condition in the winand horses on pasture will consume ter months, to do better work. Do not more salt if they have a chance to do fail to have some sort of shade in the so than they will when receiving dry pastures if you wish your cows to do base. One break was at the ankle feed. Salt acts as a regulator of the well in the hot summer months. A digestive system and is necessary for cow that has to fight flies in the sun formerly with the Evansville Central proper growth and development, espe- all day will not give large returns in League club.

IMPORTANT FACTORS IN LOCATING WELLS

Carefully Avoid Close Proximity to Source of Pollution.

Water Carrying Germs of Infection Is Cause of Typhoid Fever, Tuberculosis and Other Allments-Some Safeguards.

(Prepared by the United States Department of Agriculture.)

Convenience, and first cost-not sanitary safety-have been the deciding factors in locating thousands of farm wells. On the average three out of four wells are within 75 feet of the (Prepared by the United States Depart- back door of the house and in the direction of the barn.

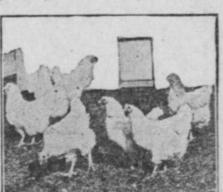
Close proximity to barnyards, pigpens, sink drains, out buildings, and two distinct types of terraces-the other sources of pollution seriously imbench terrace and the ridge terrace. pairs the water supply, makes it un-A field of bench terraces resembles a safe and destructive to health. Tyseries of benches or a flight of steps. phoid fever, tuberculosis, hookworm Ridge terraces, as the name implies, disease, cholera, dysentery, and diarrhea are among the allments caused or influenced by contaminated water, and maladies such as hog cholera, anthrax is much the older. The ridge terrace and foot-and-mouth disease of live has come into general use only during stock have been traced to water which

Wells cannot be located in all cases so that there may not be some pollu-America. The ancient Peruvians in tion, but the great safeguards are clean South America terraced the steep ground and as wide separation as posslopes of mountains, the walls of the sible from the probable channels of terrace embankments being built of any impure drainage. It is not enough that a well or spring be 50, 100 or 150 feet from a source of filth or merely The bench terrace is essentially a upon higher ground, although even steep-land terrace. Ridge terraces are moderate remoteness and elevation of much superior for lands of moderate the source of supply are desirable. slopes, as with them it is possible to Given porous or gravelly ground, seamy ledge, or long-continued pollution of one plat of land, the zone of contamination is likely to extend long distances, particularly in downhill directions, and at such times as water supplies are lowered by drought or heavy pumping. Only when the surface of the water in a well or spring is actually at a higher level at all times than any near-by source of filth is there positive assurance of safety.

GRIT OF GREAT IMPORTANCE

Takes Place of Teeth in Preparing Feed for Further Digestion -Keep It Handy.

(Prepared by the United States Depart-ment of Agriculture.) Grit is essential to the health of fowls and to economy in feeding. Grit eliminate the steep, uncultivated takes the place of teeth in preparing strips that interfere with farming op- the feed for further digestion and is erations and often are seed beds for required for the proper preparation of feed in the gizzard. When the feed is The bench terrace is usually built not properly taken care of in this orwith the reversible hillside plow by gan an undue strain is thrown on the which the soil is always thrown down fowl's system, often resulting in disthe hill. This is dene for a number ease, and also allowing much of the of years until the bench becomes level | nutriment to pass through the bird's or the slope of the bench is slightly body without being absorbed. In every



on Any Farm.

ed, the shoulder should be built about Recent investigators have asserted that grit is a part of the necessary feed, giving the fowls smong bones and a bright plumage.

EXHIBIT OF SMOKED MEATS

Methods of Curing Meats in Different

Ways to Be Explained at Iowa Swine Show.

(Prepared by the United States Department of Agriculture.) The national swine show for 1919 will be held at Des Moines, Iowa, September 29 to October 4. This annual event is without doubt the most important one connected with the swine industry. At the 1918 show held at Cedar Rapids, Iowa, the United States department of agriculture made an exly on how much care and attention is hibit of smoked meats. It is the ingiven to the terraces, the greater the tention of the department this year drop the more care required. The to make a much larger exhibit than it greater the drop the higher will be the did in 1918. In addition to the showing of smoked meats, the methods of curing meats in different ways will be explained. The home curing of pork cates that the drop between bench ter- is one being studied by many farmers who have heretofore been in the habit of purchasing their meats from the lo-

FEEDING ENSILAGE TO COWS

Animals Not Only Pay for Feed in Summer, but Will Be in Good Condition for Winter.

Do not wait too long when flies are bad and the weather is warm to open A little chore that is of great im- your silo and begin feeding ensilage

UMPIRES MAKE GAME SOUR AND LISTLESS

Frown on Enlivening "Stunts" by Contestants.

Arbiters Allow Absolutely No Talking Among Opposing Players and Take Much Aggressive Spirit Out of Men.

Funeral-like baseball obviously is what the umpires in the National league are trying to force on the fans, judging from the way they curb the players in their efforts to put a little excitement in the games. . They allow absolutely no talking among the opposing players to liven hostilities and by enforcing this rule to the letter take much of the aggressive spirit out of the men. Some ball clubs and managers can get away with almost anything on the field, but the Cubs dare not open their mouths, says a writer in Chicago News. As soon as they do off the field they go with the umpires making all sorts of threats to fine and suspend them.

In the second game of a recent doubleheader, which the Cubs won from the Pirates 7 to 0 and 2 to 1, the last game going 12 innings, Umpire Klem displayed his animus toward President Mitchell and the Chicago club. He gave an inkling of it in St. Louis by listening to the remarks made and finally chasing Merkle, Paskert and McCabe from the bench. In the Pirate game he hopped on Mitchell and sent him to the bench for protesting on a ball that struck fair, but was called foul by Klem. Then he ordered Cooper to pitch while Mann was out of the box and not in the argument. Mann jumped on the plate and Cooper deliberately threw at him. A fight was expected to ensue and had it taken place Klem alone would have been responsible for it.

Officiousness among the umpires in the league is hurting the game. Fans do not like to see it. They are full of red blood and like to see a lot of activity on the field. Of course they do not go to the parks to see the men come to blows or use their spikes, but they do like to see them in conversational battles and bump one another round on the bases. When the umpires check this they take the spice out of the competition and most players perform with more perfection and spirit when they are allowed to give vent to their aggressive feelings. But the teams, especially the Cubs, do not get away with anything of this kind. because umpires like Klem and Byron run them out of the park almost before they start.

HORNSBY STARS IN ST. LOUIS

According to One of His Ardent Admirers He is Fully 50 Per Cent of Team.

Rogers Hornsby is 50 per cent of the St. Louis ball club, according to one of his ardent admirers. Hornsby certainly looked as valuable as that in the



Rogers Hornsby.

second game of the series between the Giants and Cardinals at the Polo grounds Wednesday, when he led his club on attack with four resounding blows, including a double and a triple, and played a sensational game at third base. Hornsby will continue to hold down third the remainder of the season. That is his natural position, the post he prefers most to play. Johnny Levan has been going so well as shortstop with the Cards that Hornsby will be kepf at third, where he is a tower of strength.

FIELDER KIBBLE BREAKS LEG

Bloomington Outfielder Comes to Grief in Sliding Into Base-Spikes Caught in Dirt.

Jack Kibble, left fielder for Bloomington (Ill.), the league leaders in the Three-I league, broke his right leg in two places in a recent Terre Haute-Bloomington game. Kibble, after getting a clean hit, attempted to advance to second on a high foul ball caught by the catcher and caught his spikes in dirt as he slid safe into second and the other just above. Klbble was

THE PERFECT GUM LASTS INT LEAF FLAVOR

Look for

the name:

Helps appetite and digestion. Three flavors.

All in sealed

T'S not enough to make WRIGLEYS good, we must KEEP it good until you get it.

Hence the sealed package -impurity-proof - guarding. preserving the delicious contents—the beneficial goody.

The Flavor Lasts

SEALED TIGHT



KEPT RIGHT

STIRRED IRE OF BOY SCOUT

Youngster Properly Rebuked Womah Who Threw Sacred Flag Into a Rubbish Receptacle.

Here is a pretty boy scout story. H. S. Hera of Germantown told it to Edward Bok, who passes it on to me, "One thing I have always admired bout the scouts," said Mr. Hera, "is that they are eager to teach the eti-

quette of the American flag. "Some time ago I heard a woman storekeeper say that she had thoughtlessly thrown away a small American flag, and it somehow found its way ing some rubbish about to be collect-

ed by the street cleaners. "But only a short time after a box with waste, containing that soiled flag, had been put out on the curb, a wee little scout came into her store, saluted

in grand military style and said: "'Madam, I found this flag out there in your rubbish. Don't you know that you should not insult the American flag that way? Then he handed the woman the flag and told her please not to let that occur again."-Philadelphia Ledger.

Wrong Train of Thought. She lived down near the Ann Arbor railroad yards. The window was open and the soft night air bathed his brow with all the ecstatic coolness of Maytime night. He looked down into her tenderly entrancing face and mur-

mured softly: "There's Egypt in your dreamy eyes."

A passing switch engine snorted and puffed. The girl answered softly: "Quit yer kidding, Archie. It's only another of them darned cinders."-Michigan

Gargoyle.

One of the Symptoms. "Is Professor Diggs a scientist?" "Yes. He knows more about Mars than any other living man."

"A savant, eh?" "I guess you would call him that. He's so detached from mundane matters that he sometimes forgets the name of the street he lives on."-Birmingham Age-Herald.

Strained Relations, Mrs. Wiggs-Ain't you speaking to Mrs. Oldcat now?

Mrs. Biggs-I'm speaking to her all right, but not in a nice manner.--London Tit-Bits.

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative by stimusiation and not by irritation. Adv.

A sensick man is almost as inter-

Some folks take an awful risk when

Heals—Keep your Eyes
Strong and Healthy, If
they Tire, Smart, Itch, or
Burn, if Sore, Irritated,
use Murine often. Safe for Infant or Adult.
At all Druggists. Write for Free Eye Book.

they act patural.

esting as one who is lovesick. IRINE Resis, Refreshes, Soothes,

Unappreciated Attention. "Gwendolyn must be very fond of

"What makes you think so?" said Miss Cayenne, coldly. "Every year she gets up a birthday

party for you." "Merely a delicate method of calling attention to my age."

No Worms in a Healthy Child

All children troubled with worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance. Grove's tasteless chill tonic given regularly for two or three weeks will enrich the blood, improve the direction, and act as a General Strengthening Tonic to the whole system. Nature will then throw off or dispel the worms, and the Child will be in perfect health. Pleasant to take. 60c per bottle.

The silken thread of temptation, yielded to, is pretty sure to become the Iron chain of habit.

We know a man who thinks his wife never made a mistake in her life. He's been married a week.

DILOCURA **CURES PILES**

THE ONLY INTERNAL REMEDY Sent by mail prepaid, 50c and \$1.00 a box. Pilocura Co., Washington, D.C.

LetCuticuraBe Your Beauty Doctor

AVE ON TAMPA CIGARS 40% Hand Made Real Havana



Caused by