

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of gripple which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life." —Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

For Skin Troubles

such as eczema, rashes, sores, stings, piles, insect bites, etc.

CONSTANTINE'S PINE TAR SOAP

will be found a highly potent remedy. Do not experiment with inferior tar soaps — use Constantine's — will not cause irritation and proven.

A 40 Year Success Auto-Wash Cake SOAP FOR YOUR CAR

It cleans, brightens, is harmless to paint and varnish. Economical and efficient. One cake will wash your car twelve to fifteen times. Keep it looking new and clean. Used by some of the largest garages in New York City. Sent direct from our factory to you. Price 50 cents, postpaid. AT TO-WASH CO., 309 Pacific Street, Brooklyn, N. Y.

ASORBION NO SALVE
SUFFERING
TOP PILE REMEDY
SAM'S PILE REMEDY
SURE AND QUICK
STORES OR 100 BY MAIL
SAM E. RICHARDSON
DRUGGIST URBANNA, VA.

Those Happy Days.

"These are my salad days," remarked the green worm as it slowly approached the lettuce in the flourishing garden.

Important to Mothers
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of **Dr. J. C. Fletcher** In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Save From Scurvy.

If food threatens to sour in the muggy weather, it can sometimes be saved by reheating.

A torpid liver condition prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently and surely. Adv.

Debt makes cowards of us all—provided we are honest.

One today is worth two tomorrows.

HAD TO GIVE UP

Was Almost Frantic With the Pain and Suffering of Kidney Complaint. Doan's Made Her Well.

Mrs. Lydia Shuster, 1838 Margaret St., Frankford, Pa., says: "My back began to ache and got sore and lame. My joints and ankles became swollen and painful and it felt as if needles were sticking in to them. I finally had to give up and went from bad to worse."

"My kidneys didn't act right and the secretions were scanty and distressing. I had awful dizzy spells when everything before me turned black; one time I couldn't see for twenty minutes. Awful pains in my head set me almost frantic and I was so nervous, I couldn't stand the least noise. How I suffered! Often I didn't care whether I lived or died."

"I couldn't sleep on account of the terrible pains in my back and head. Nothing seemed to do me a bit of good until I began using Doan's Kidney Pills. I could soon see they were helping me; the backache stopped, my kidneys were regulated and I no longer had any dizzy spells or rheumatic pains. I still take Doan's occasionally and they keep my kidneys in good health."

Sworn to before me.
F. W. CARRIDY, JR., Notary Public.

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

Heal Itching Skins With Cuticura

PITCHING ARMS ARE LIABLE TO CRACK AT ANY TIME WITH LITTLE PROVOCATION



Pitchers With Deranged Hurling Apparatus.

Pitching arms are as fragile as Dresden china. More than one young flinger rearing the crest of his career has had to pop out of the pastime because he was unfortunate enough to derange his hurling apparatus.

A fresh case bringing this thought to mind has been the experience of Ferd Schupp, the brilliant New York southsider, who in 1917 pitched the Giants to a pennant by winning 24 games out of 28 starts and followed this feat by blanking the White Sox 5 to 0 in the fourth game of the world's series that fall.

Break Down of Schupp.

When the season of 1919 opened McGraw thought he had one of the best pitchers in the country, but something happened to Schupp's arm and the big winner of 1917 could only pitch 33 innings in the whole season of 1918 and was officially charged with one defeat and not credited with any wins.

It was thought that a long rest would restore the strength to Schupp's arm, but on the training trip it was soon evident that the trouble had not been removed, and while McGraw held on to the left-hander he finally traded him to St. Louis. This is rough on Schupp, who now is just twenty-seven years old, and had a big future and a fat pay envelope ahead of him.

Case of Chalmers.

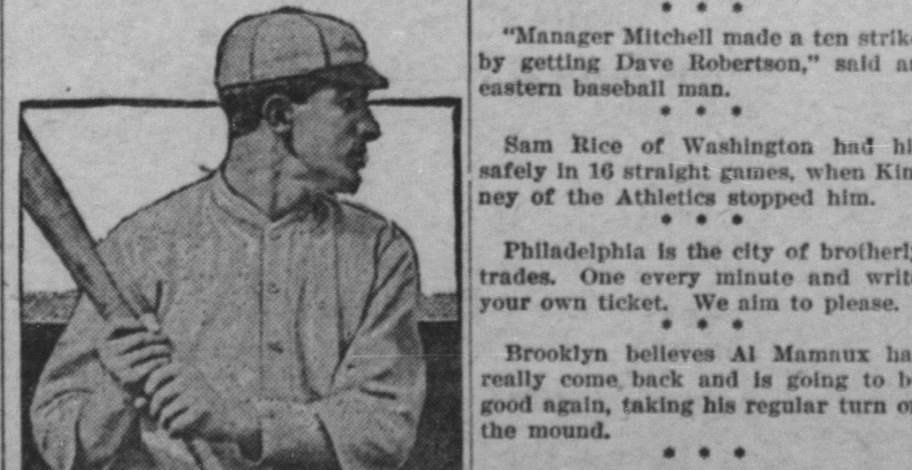
There never was a more pathetic case of a pitching career ruined by an injured arm than that of George Chalmers, the former Phil. Chalmers came to the Phils in the fall of 1910 and his debut was to blank the Giants. In 1911 he showed promise of developing into a star. But something happened in the fall of 1911.

After the close of the season Chalmers went on a playing jaunt to Cuba with a number of other Phils. On the way over while skylarking on the deck of the steamship Chalmers

ED KONEY'S RUN OF HITTING

Went Ten Straight Times to Bat Without a Miss—Pitchers Supposed to Know His Weakness.

The recent record made by First Baseman Ed Konetchy of the Brooklyn National league team—ten hits in ten straight times at bat—was all the more remarkable because Koney until recently had been in a batting slump. His revival was all against the dope, for Big Ed is supposed to have a "weakness" that wise pitchers are well



Ed Konetchy.

on to. Koney made his ten straight hits in three games, getting five in the first, three in the second and two in the third before he failed to drive

pne safe.

PREVENT LOSSES OF POTATO CROP

Avoid Cutting and Bruising of Tubers While in Field and in Shipping.

CAREFUL GRADING IS URGED

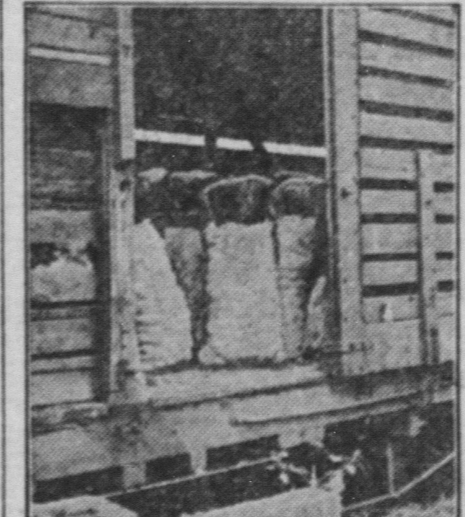
Cars Should Be Loaded With Aim for Ventilation and to Guard Against Shifting About and Breakage of Containers.

Potato growers can prevent much of the losses of the new crop in transit and in the markets by avoiding cutting and bruising the tubers in the field and by not allowing the potatoes to remain exposed to the sun after digging.

Keep Skin Whole.

The majority of fungous diseases that cause decay of potatoes and other vegetables can not develop when the skin is free from cuts and bruises. Careful handling is fundamental, therefore, for the prevention of deterioration and waste. In this respect probably no single factor is equal in importance to proper handling in the field and none is more generally ignored by the average grower or laborer.

As a result of extensive investigations conducted by the department of agriculture at the more important shipping points the investigators recommend the double-headed, ventilated barrel as the most satisfactory package for shipping new potatoes. If properly made this container is sufficiently strong to carry the weight of its contents and fully protect the potatoes. The investigations show that there is much less breakage in cars where the barrels are loaded on end than when loaded on the bilge. Records show that in practically every car loaded on the bilge without head liners



Partially Loaded Ventilating Potato Car.

from 3 to 50 or more barrels are crushed and broken upon arrival at the market. Cloth-top barrels do not protect their contents as effectively as those having double heads. Slat or veneer barrels are too flimsy. All barrels used in shipping potatoes should conform to the specifications of the United States standard barrel.

Sacks Often Fail.

Although sacks are used extensively for shipping storage potatoes, they do not sufficiently protect new potatoes from cuts and bruises, and make adequate ventilation difficult. However, sacks cost less than barrels and are frequently used. Sacks should not be of greater capacity than 120 pounds. In loading sacked potatoes, set them upright, one-half of the sacks leaning against one side of the car and the other half against the other side, thus leaving a V-shaped space in the center for ventilation. Two layers of sacks may be placed on top of these, being placed flat with the ends toward the side of the car.

Good types of ventilated box cars and stock cars are suitable for shipping new potatoes. When the tubers are sound and of good quality 30,000 pounds is a safe load. Double-deck stock cars are used in some sections and can be safely loaded by placing one solid layer of sacks or barrels standing upright on each deck. If stock cars are used, it is advisable to line the sides with heavy building paper to protect from sun and weather. The net weight or dry measure should be marked on all containers.

KEEP AWAY CHICKEN HAWKS

Much Assistance Rendered by Dogs, Guinea Fowls and Turkey Gobblers—Use Steel Traps.

Dogs, guinea fowl and turkey gobblers help to keep away chicken hawks. But for catching them it is recommended to set spring traps on the top of posts, poles or tree stumps where they may be seen to be in the habit of perching and where other birds or animals would not be likely to get caught. A good gun in the hands of a crack shot is a good exterminator.

FREQUENCY OF FEED FOR CHICKEN FLOCK

Fowls in Confinement Must Be Given Good Attention.

Idle Birds Often Contract Pernicious Habits, Such as Feather Pulling and Egg Eating—Get Out of Condition.

(Prepared by the United States Department of Agriculture.)
Some poultrymen feed their flocks twice a day, while others feed them three times a day. The best plan is to feed fowls in confinement three times a day and those having free range in summer twice a day. When there is a very long interval between feeds it is difficult to keep fowls busy which are kept in confinement. Idle fowls often contract bad habits, such as feather pulling and egg eating, besides going out of condition from lack of exercise.

In case it is not convenient to feed three times a day, the moistened mash may be fed in the morning, and at the same time the noon feed of grain may be scattered in the litter, which will keep the fowls busy a great part of the day.

For those who cannot conveniently feed their fowls early in the morning



Best Plan to Keep Confined Fowls Busy Scratching for Their Food.

A good plan is to scatter grain plentifully in the litter after the birds have gone to roost. This grain will furnish feed for the early morning.

Some poultry feeders can look after their fowls only once a day. If this is in the morning, moistened mash may be fed, followed by throwing grain in the litter to furnish feed for the remainder of the day. If it is in the evening, before dark, a moistened mash may be given, and either after the fowls go to roost or in the morning, before daylight, grain may be scattered in the litter for eating during the day.

PROPER PRUNING OF GRAPES

Best to Cut Away Old Fruiting Canes at or Near Where New Cane Has Started.

In pruning grapes one should keep in mind that the old wood that has borne fruit once never bears again, that the wood that is formed one season produces the next season, and that if all the new wood is left on the vines it will bear more clusters of fruit than can properly develop. Without regard to the system of training followed, it has been found best to cut away the old fruiting canes at or near the point where the new cane started and cut away the laterals on the new cane.

BUILD SHED FOR MACHINERY

Implements Are Going Up Rapidly in Price and Are Worth of Ample Protection.

Farm machinery costs from 50 to 100 per cent more than it did two years ago, and is still going up. How much of yours is standing out in the weather with only an apple tree for protection? Get it under shelter at once and watch out for our suggestions for overhauling and repairing it. Half a dozen posts, a few poles, a day's work for two men and a team, and a few loads of the straw you are burning or allowing to rot, will build as fine a machinery shed as anyone could ask.

CLEAN UP SOIL IN ORCHARDS

Hoe Away All Weeds and Rubbish Under Trees and Mound About Trunks—Scatter Poison.

In late fall hoe away all weeds and rubbish under trees. Leave the soil clean and well firmed from the trunk to slightly beyond the spread of the branches. Mound about the trunk slightly. Scatter poisoned baits in mouse runways, near entrances to burrows, mole runways, and in trash piles apt to harbor mice.

KEEP INSECT PESTS REDUCED

Fertilization, Thorough Cultivation and Attention to Pruning Are Important.

The great desirability of keeping insects reduced by modern orchard practice, as fertilization, thorough cultivation and attention to pruning and other operations, cannot be emphasized too strongly and is well appreciated by most progressive and successful growers.

Liggett & Myers KING PIN PLUG TOBACCO

Known as "that good kind"
Try it—and you will know why

Received \$39,000 for a \$50 Job

A New York lawyer did some legal work for an Arizona mining man. The fee was fifty dollars. Instead of taking cash he took shares in a mine whose stock was then selling for a few cents a share.

A few years later he sold the stock for \$39,000. Today it is worth \$50,000.

Read about this and others in our FREE booklet "HOW MILLIONS ARE MADE IN THE NEW YORK CURE MARKET WITHOUT RISK." It shows how to buy and sell listed securities, and points out some wonderful opportunities for big profits that fall in active securities. Every man with money to invest should send for a copy.

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Dept. M-51-53 Maiden Lane, New York

DRIVE MALARIA OUT OF THE SYSTEM

BABEK for That Tired Feeling

A GOOD TONIC AND APPETIZER

Honors Even.
"My boy was a first lieutenant in the army," remarked Mrs. Gadsper, with a slight air of superiority.
"Did he get to France?" asked Mrs. Clipping, while sparring for time.
"Er—no."
"Of course our son, Henry, was only a private, but he spent 18 months in France. Gold service stripes match the olive-green shade of army uniforms much better than silver stripes. Don't you really think so?"—Birmingham Age-Herald.

"BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and Pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

Explained.
Yeast—I see the pro rata share of the money in circulation in this country is \$54.00—nearly \$5 more than it was a year ago.
Crimsonbeak—Well, I can account for that extra five circulating. I think.
"Yes?"
"I had \$5 a year ago."

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be despondent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

Accomplished.
"I never saw such a writer. He can take any theme you give him. I believe he could write poetry about gas bills."
"It has been done. Didn't you ever hear of 'The Charge of the Light Brigade'?"

How's This?

We offer \$100.00 for any case of cataract 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 50¢. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.

Don't Be Discouraged.
The burning thoughts of tomorrow are often thrown into the waste basket of today.

MURINE Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy: If they're Smart, Itchy, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company—Chicago, U.S.A.