## NERVES GAVE OUT Serious Kidney Trouble Had Made Life Miserable, But Doan's Removed All the Trouble.

Hasn't Suffered Since. "I had such severe pains in my back," says Mrs. Albert Akroyd, 304 W. Indiana Avenue, Philadelphia, Pa., "that they almost doubled me up. Many a day I could not do my housework and at every move

it seemed as if my back would break in two. My feet and ankles swelled until I had to wear large-sized slippers and sometimes I couldn't stand up. "I had dizzy spells

and dreadful head-aches and fiery flashes passed be- Mrs. Akroyd fore my eyes. Had a heavy weight been resting on my head, the pain could not have been more distress-ing. The least noise startled me. I was so nervous. I couldn't control the kidney secretions and the pain

in passage was awful. "It began to look as though my case was beyond the reach of medicine until I used Doan's Kidney Pills. The first box benefited me and four boxes cured all the troubles. bles. I have had no further cause

Sworn to before me, Thos. H. Walters, Notary Public. Get Doan's at Any Store, 60c a Box

DOAN'S HIDNEY

FOSTER-MILBURN CO., BUFFALO, N.Y.

## **GURES WHILE YOU SLEEP** NO PAIN. NO TROUBLE.

IN USE OVER 30 YEARS

- KOHLER-ONE NIGHT

TAKE NO SUBSTITUTE PRICE 15 CENTS EVERYWHERE AT DRUG STORES AND GENERAL STORES

Kohler Mfg. Co., Baltimore, Md. IN USE FOR 35 YEARS

## The Quick and Sure Cure for MALARIA, CHILLS, FEVER AND LA GRIPPE

BARRES

It Is a Powerful Tonic and Appetizer Will cure that tired feeling, pains in back, imbs and head. Contains no quinine, arsenic or habit-forming ingredient.

CURES PILES THE ONLY INTERNAL REMEDY Large trial box sent free on receipt of 25c.
AGENTS WANTED

Pilocura Co., Washington, D.C. W. N. U., BALTIMORE, NO. 43-1919. sometimes colored a bright red.

# FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nausealess Calomel Tablets, that are Dolightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, water—that's all. No saits, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger. Calotabs are sold only in original scaled packages, price thirty-five cents.
Every druggist is authorized to refund
your money if you are not perfectly
delighted with Calotabs.—(Adv.)

As a strengthening tonic for love that has become weak there is nothing better than a little indifference.

### BOSCHEE'S SYRUP.

In these days of unsettled weather look out for colds. Take every precaution against the dreaded influenza and at the first sneeze remember that Boschee's Syrup has been used for fifty-three years in all parts of the United States for coughs, bronchitis and colds, throat irritation and especially for lung troubles, giving the patient a good night's rest, free from coughing, with easy expectoration inthe morning. Made in America and kept as a household panacea in the homes of thousands of families all over the civilized world. Try one bottle and accept no substitutes .- Adv.

Kissing either wife or child was a punishable offense in England in the seventeenth century.

The Strong Withstand the Heat of Summer Better Than the Weak
Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking Grove's tasteless chill tonic. It purifies and enriches the blood and builds up the whole system. You can soon feel its Strengthening, Invigorating Effect. 60c.

Bagdad is famous for its breed of white asses. Their ears and tails are

Oc. always do the work. Same formula for 50 years. Unequalled for Biliousness,

The Good Old Kind that

In 1916, a year of normal conditions,

each person in the United States paid

\$25 for railroad freight, a bill of \$125

annually for the average family

Therefore each increase of 25 per cent

in freight rates above the 1916 level

means an increased per capita tax of

\$6.25, or an increased tax for each

American family of \$31.25. Freight

directly, of course. These figures are

worth studying before we again dip

Coming Events.

"The extraordinary things of yes-

terday will be the ordinary things of

tomorrow," remarked Justice Darling

"Already I can picture little Tommy

"'Mother, I hear something on the

"'Go to sleep, it's only you: father

taking off his shoes to sneak through

the skylight. He's just come home from

The Home of the Bean.

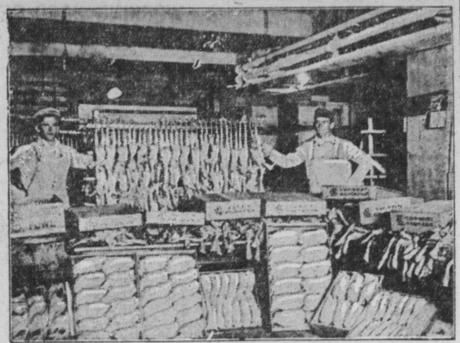
Knicker-Boston was once a state

Bocker-Now it is a state of won't

waking up in the night and crying:

roof!' and hearing mother answer:

## EXTREME CARE IS MOST ESSENTIAL FOR PRESERVATION OF POULTRY IN TRANSIT



Be Sure to Use Only Suitably Equipped Cars for Shipping Dressed Poultry.

Scrupulous care in pre-cooling a refrigerator car for shipping dressed poultry, always a matter of importance, is doubly so now, in the opinion of food-research experts. The greater necessity for care comes, in the first place, of the fact that there is a nation-wide ice shortage. The second important element is that, following the stress of war-time transportation,

the refrigerator equipment of the country is in a run-down condition. The car should be carefully examined, the experts say, to see that it admits not even a pin point of light. Then it should be tested and, if it fall short of temperature is right for loading, a man tion about rejecting a and calling on the railroad agent for a car that will ing one side of one dor, which should sults are to be attained:

Select Car Day Before Loading. "When the refrigerator car is set for dressed poultry or any other commod. try properly. ity requiring ice and salt refrigeration.

open and in good working order. be loaded. Its bunkers should then 11/2 inch spaces between. These crossof this amount of ice scatter 150 for cleaning."

(Prepared by the United States Depart- pounds of coarse gray rock salt. Mix ment of Agriculture.) this salt very lightly with the top ice and directly on top of it place more crushed ice until the bunker is full. Then add the remainder of the calculated amount of salt, which, in this case, would be 450 pounds. Mix it very lightly with the fine ice so that the salt does not penetrate into the mass of ice more than 4 or 5 inches; level the surface and quickly close the

Right Temperature Is 34 Degrees. "With both bunkers so iced and salted, the car should stand for 24 hours. Then, in order to make sure that the standard, there should be no hesita- provided with a thermometer should enter as quickly as possible by openmeet the requirements. Extreme care, be tightly closed immediately. The the experts believe, is essential just man should stand midway between the now for the preservation of poultry in doors holding the thermometer about transit, and the chief of the depart- 4 feet from the floor until the mercury ment's food research laboratory has has responded to the car temperature, just issued the following definite in- which ordinarily is accomplished in formation as to how satisfactory re- from three to five minutes, depending on the quality of the thermometer. The temperature of the car at this point should not be above 34 degrees F. icing, enter it and with doors and If it is more than 38 degrees at this hatches tightly closed look carefully point, it is dangerous to load the car for any crack or point of daylight, for a haul requiring intensive refriger-The car should be absolutely black ation. Unless the shipper is willing with not a pin point of light anywhere, to take chances on the condition in If there are distinct cracks around the which his load will arrive at the mardoors or hatches, the car will not main. ket, he should communicate with the tain sufficiently low temperature and railroad agent and request a car which should not be iced for the hauling of is able to refrigerate the dressed poul-

"All refrigerator cars should be pro-Be sure also that the drain pipes are vided with a floor rack 4 inches in the clear, built of lengthwise stringers "The selected car should be set for made from 2 by 4 lumber and crosswise icing at least 24 hours before it is to slats made from 1 by 3 lumber, with be filled three-quarters full with finely wise slats are nailed to the lengthwise broken ice; that is, no piece should be stringers. They do not interfere with larger than a man's fist. When the trucking the load into the car. They bunkers are three-quarters full, tamp should extend across the doorway. the ice down well so that all cracks since it is this part of the car which and crannies are filled. Then add one is hardest to refrigerate and where quarter of the calculated amount of air circulation is most needed. All salt on the 12 per cent basis. For in- railroad owned refrigerators as rapidstance, if the bunker holds 5,000 by as possible are being equipped with pounds of ice, when three-quarters full racks which are fastened to the side it will contain 3.750 pounds. On top walls so that they can be turned back

### gether with the damage caused by the borer.

The commissioners of agriculture on a large scale.

## TREES GROW BEST ON SLOPES

Roughest Areas on Farm Present Most Favorable Localities for Successful Growth.

(By W. J. MORRILL, Colorado Agricul-tural College, Fort Collins, Colo.) Trees, especially cone bearing trees, seem to prefer newly eroded soil. Steep slopes are exposed to comparatively rapid erosion and here trees do the best. Level ground indicates old soil, old in the sense that if was derived from rock, as a rule, longer ngo than soil found on steep slopes. Old soil probably contains an excess

In the mountains one sees the steep slopes clothed with trees, while the occasional flat spot is likely to be bare of trees. The roughest areas on the farm present the most favorable localities for successful tree growing.

## KEEP VEGETABLES IN WINTER

Temperature Slightly Above Freezing Point Is Preferred for Beets, Turnips and Carrots.

(By A. F. YEAGER, North Dakota Agricultural College.) Turnips, beets, and carrots will keep best at a temperature slightly above freezing. Cabbage will stand consid-

ASPIRIN FOR HEADACLE

Name "Bayer" is on Genuino Aspirin-say Bayer



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Headache, Colds, Pain, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin toxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

London gets a shower of soot to the extent of four and a half pounds an acre every day.

PHYSICALLY FIT

AT ANY ACF.

## AT ANY AGE

It isn't age, it's careless living that puts men "down and out." Keep your internal organs in good condition and you will always be physically fit.

The kidneys are the most overworked organs in the human body. When they break down under the strain and the deadly uric acid accumulates and crystallizes look out! These sharp crystals tear and scratch the delicate urinary channels causing excruciating pain and set up irrita-

excruciating pain and set up 'rrita-tions which may cause premature de-generation and often do turn into deadly Bright's Disease.

One of the first warnings of slug-gish kidney action is pain or stiffness in the small of the back, loss of appe-tite indirection or rheumatism.

in the small of the back, loss of appetite, indigestion or rheumatism.

Do not wait until the danger is upon you. At the first indication of trouble go after the cause at once. Get a trial box of GOLD MEDAL Haarlem Oil Capsules, imported direct from the laboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money will be refunded. But be sure to get GOLD MEDAL. None other is genuice. In scaled boxes, three sizes.—Adv. sealed boxes, three sizes .- Adv.

The pope's daily average of letters is 22,000, and these are dealt with by twenty-five secretaries.

You never can know how superior to other preparations Dr. Peery's "Dead Shot" is until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

## RUSSIANS HIT BY FAMINES

Shortages of Food Date From 1600-8,000,000 Persons Reduced to Starvation in Famine of 1911.

Next to the proletariat of India and pinch of poverty and hunger more keenly and more frequently than any other, says the National Geographic Society. One of the earliest Russian famines on record was that of 1600, there." with a death toll of 500,000 peasants Cats, dogs and rats were eaten, and even the strong overcame the weak. | young man. Human flesh was sold in the markets.

Three Russian famines of recent date were among the most severe in history-in 1891, 1906 and 1911, During the ten years following the first of my art as disclosed in the imperthese, the government allotted nearly \$125,000.000 for relief, but the sums were not always judiciously expended. In 1906 the government gave 40 pounds of flour a month to all persons under eighteen years old and over fifty-nine. Those between these ages received no allowance, and the older and younger shaved their pittance

with the others. the chief diet.

Denials make little faults great.

Liggett allyers CHEWING

> The tastiest tobacco you ever tasted.

ABSORBTION
SALVE SUFFERING
STOP SUFFERING
AM'S PILE QUICK
AM'S PILE QUICK
AND AT DRUG
STORES OR HOD BY MAR.
SAM E. RICHARDSON
DRUGGIST URBANNA. WA.

INVEST IN OIL—The Richest company of its age Driling just started. Now 1976 above per. Farticulars free. Write Central Gas and Oil Co., Moran, Texas.

Uncomplimentary.

At one of the famous Lamb's Club gambols, a young and aspiring actor appeared on the program is an imitation of Nat Goodwin.

Goodwin himself was present at the performance. After the gambol was over the young actor, much to his dething, the Russian pensant feels the light, succeeded in getting himself introduced to Nat.

"Were you present at the preformnnce tonight, Mr. Goodwin?' he asked. "Yes," was the answer. "I was

"And did you see my imitation of you. Mr. Goodwin?" continued the

"Yes, I saw it," came the restr "And," persisted the aspiring youth, "may I ask you to give me your verdict on the excellence and fidelity

sonation of yourself?" "Well," said Mr. Goodwin, "one of us is rotten."-Everybody's Magazine.

Clay Output Falls Off.

The quality and value of the clay mined in the United States in 1918 showed a considerable decrease in output but an increase in value compared The famine of 1911 extended over | with 1917. The total quantity of clay one-third the area of Europe and af- mined and marketed as such is estifected 30,000,000 persons, while 8. mated at 2,840,000 short tons, valued 000,000 were reduced to starvation. at \$9,207,000, or \$3.28 a ten. This is Weeds, the bark of trees and bitter a decrease of about 304,000 tons, or 10 bread made of acorns, constituted per cent, in quantity, but an increase of about \$1,165,000 or 14 per cent in value. The imports decreased in both quantity and value.

## A Saver to pocket book and health, and a delight to the palate.

Do as your neighbor is doing and cut the high cost of living by drink-

## INSTANT POSTUM

Instead of coffee.

No Raise In Price 50-Cup Tins 304-100-Cup Tins 50\$

Made by POSTUM CEREAL COMPANY Battle Creek, Mich.

Sold by Grocers and General Stores

## Polk Miller's. Liver Pills TRACTOR WON'T JUMP FENCES

Sick Headache, Constipation and Malaria. At all druggists. Manufac-tured by Polk Miller Drug Co., Inc., Richmond, Va. What the Railroads Collect.

stall all night and keep the tired farm- bill for the average family is now

Some of the Arguments in Favor of Its More General Use-Will Not Bite, Balk, or Run Away.

Some of the many arguments in favor of the tractor are given as follows in Farm Life: It will not bite, balk or run away. rates have increased more than 50 per It will not shy at a loose scrap of paper in the road. It will not kick the cent since 1916, therefore the freight

er and his wife awake. It will not crib around \$200, all of which is paid inthe manger. It will not break out of the barn at night, jump the fence and eat your into our pockets to help railroad neighbor's cabbages.

It will not lie down in a particularly

moist spot in the barnyard, roll over on its back and elevate its four feet into the nir. It does not have to be curried, sponged off or treated with horse lini- recently.

ment. It is not addicted to colic, cough, heaves, spavin or wind-gall. It will not snort in your ear or whisk

its tail in your face. It will not "haw" when you tell it to "gee" or vice-versa.

his club in his airship."-Pearson's You do not have to pull on the lines and holler your head off when you want it to stop. It does not "up and die" just as the

spring work is coming on.

he expects pay for it.

When a doctor gives a patient hope

Build Up With Grape=Nuts

of mind.

mind.

Popular for it's delightful flavor and because it furnishes ceriain food values necessary for building the best in body and brain

Users know by test "There's a Reason"

## URGE UNITED FIGHT ON EUROPEAN BORER

Insect Is Serious Menace to American Agriculture.

Has Become Well Established in Both Massachusetts and New York,-Most Energetic Measures Favored for Eradication.

(Prepared by the United States Department of Agriculture.)

The European corn borer undoubtedly is a serious menace to American agriculture. The United States department of agriculture has for some time called attention to the extreme danger from this pest, which has become well established in both Massachusetts and New York. Now comes this reinforcement of that judgment:

"We, the National Association of Commissioners of Agriculture, with official entomologists from many states and representatives of the United States department of agriculture, together with representatives of the Canadian government, present as experts in conference upon the situation, express ourselves, after examining the infested area, as thoroughly convinced that this pest is one of the most dangerous insects which has become established in America, and we hereby place ourselves on record in favor of most energetic efforts or the part of federal and state agencies to control and, if possible, to exterminate this insect, including in the program vigorous quarantines

to prevent its distribution." rulture and the state agencies, to direct contact with the soil.

returned to their states convinced of the reality of the peril and of the necessity of unifying all efforts to protect the farmers of the country from a destructive insect that may quickly spread over very large areas unless most energetic control work is done

of soluble salts, too much for best

tree growth.

That is a part of the resolutions erable freezing, and salsify and parsadopted by the European Corn-borer | nips may be left in the soil over winter conference, begun at Albany, N. Y., if desired. Squashes and pumpkins on August 28 and concluded at Bos- will keep best in a warm dry place. ton, Mass., an August 29. The state A warm attic where it does not freeze commissioners of agriculture, state is good. Potatoes require a cool place entomologists and others went over not too dry. Cabbage and nearly all the corn fields around Schenectady, root crops may be stored in the ground. N. Y., and Boston, Mass., and saw the They must be put deep enough to be methods of destruction practiced by below the frost line and should be surthe United States department of agri- rounded with straw to keep them from