

## WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Summit, N. J.—"I have taken Lydia E. Pinkham's Vegetable Compound during Change of Life and I think it is a good remedy in such a condition. I could not digest my food and had much pain and burning in my stomach a ch after meals. I could not sleep, had backache, and worst of all were the hot flashes. I saw in the papers about Vegetable Compound so I tried it. Now I feel all right and can work better. You have my permission to publish this letter."

—VICTORIA KOPPL, 21 Oak Ridge Ave., Summit, N. J.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dizziness, impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Koppl.

## WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—



The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

## BREW THIS TEA FOR BILIOUSNESS

Costs next to nothing, yet keeps bowels in fine order and ends constipation.

The head of every family that values its health should always have in the house a package of Dr. Carter's K. and B. Tea.

Then when any member of the family feels something for a sluggish liver, sick headache, or to promptly regulate the bowels, simply brew a cup and drink it just before bedtime.

It's an old remedy, is Dr. Carter's K. and B. Tea, and has been used for years by thousands of families, who get such good results from its use that they have no desire to take anything else.

Give it to the children freely—they like it and it will do them good.

A. C. Wells & Co., Le Roy, N. Y.

## Thirty Running Sores

Remember, I stand back of every box. Every druggist guarantees to refund the purchase price (25 cents) if Peterson's Ointment doesn't do it all I claim. I guarantee it for eczema, itchy sores, running sores, salt rheum, ulcers, sore nipples, broken breasts, itching skin, skin diseases, blind, bleeding and itching piles, as well as for chafing, burns, scalds, cuts, bruises and sunburn.

"I had 30 running sores on my leg for 12 years, was in three different hospitals. Amputation was advised. Skin grafting was tried. I was cured by using Peterson's Ointment."—Mrs. F. E. Root, 251 Michigan street, Buffalo, N. Y. Mail orders filled by Peterson Ointment Co., Buffalo, N. Y.

## PILOCURA CURES PILES

The only INTERNAL Remedy Best by mail prepared, 50c and \$1.00 a box. Pilocura Company, Washington, D. C.

Easy to Accomplish. Bank Cashier—You will have to be identified, madam. Lady—My friend here will identify me. Cashier—But I don't know her. Lady—Oh, well, I'll introduce her. —St. Louis Globe-Democrat.

## RECIPE FOR GRAY HAIR

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Men who think money will do everything may be suspected of doing anything for money.

Garfield Tea, taken regularly, will counter both liver and kidney disorders.—Adv.

The more some men have the less they seem to think others entitled to.

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine. Softens, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago.

## OBTAIN MAXIMUM YIELD OF OATS

Light Frosts or Even Severe Freezes After Seed Is Sown Rarely Injure Plant.

### DATE OF SEEDING UNCERTAIN

Midseason-Maturing Varieties Usually Give Best Yields in Northern States—Preparation of Seed—bed Important.

(Prepared by the United States Department of Agriculture.) To obtain maximum yields sow oats as early as it is possible to get land in satisfactory condition. This crop grows best in cool weather, and frequently is injured considerably by a few hot days when approaching maturity, and light frosts or even severe freezes after the seed is sown rarely injure it.

The date of seeding naturally depends on the locality and season. In the corn belt the best date is usually from about March 25 to April 15. In the more northern states seeding during the latter half of April is advisable whenever conditions permit. In favorable seasons seeding before the middle of April frequently can be done



The Disk is the Implement Most Commonly Used in Preparing a Seedbed for Oats.

to advantage, while in unfavorable ones seeding may have to be delayed until early May.

Varieties of Oats to Sow. Throughout the northern states midseason-maturing varieties, such as Swedish Select, Silvermine, Banner and Victory usually outyield other varieties. In average yield the large, late (side oat) varieties rarely surpass the midseason type in this section. In unfavorable seasons, however, early varieties, such as Kherson and Sixty-day, frequently outyield the midseason varieties. In the corn belt early varieties as a rule produce the most satisfactory yields. For the northern portion of this section strains of the Kherson and Sixty-day type are to be recommended, while in the southern portion Red Rustproof, an early red oat, is the most dependable. For growing under irrigation at high elevations midseason varieties of the Swedish Select and Silvermine types are the most suitable.

Seedbed for Oats. Prepare a good seedbed for oats. The old idea that oats will produce well on a poor seedbed has persisted too long. This crop responds as well to thorough seedbed preparation as any other cereal. Do not plow land that was in a cultivated crop last year, but disk and harrow sufficiently to make a loose, friable surface seedbed two or three inches deep. As oats require a fairly firm seedbed below the two or three inches of top soil, spring plowing is not desirable, there not being sufficient time for the soil to settle before sowing. Disking also is less expensive than plowing. Of course if a heavy growth of weeds is present in the cultivated crop it will be necessary to plow the land, in which case the seedbed should be rolled or dragged and worked down as much as possible.

Seed and Sowing. Sow the best seed oats obtainable. Usually seed grown in the region where it is to be sown is better than that brought from some other section. Thoroughly fan and grade your seed, and then treat it for smut. The largest yields are obtained by use of a good grain drill. Drilling requires less seed, insures a more even distribution, a more uniform covering, and consequently quicker and more uniform germination. Under humid conditions the best amount of seed to use on a well-prepared seedbed is from eight to ten pecks to the acre. If it is necessary to sow broadcast on a poorly prepared seedbed use about twelve pecks. Under dry-land conditions these rates of seeding are usually reduced about one-half, from four to six pecks usually giving the best results.

### GIVE CORN IN COLD WEATHER

One of Best Winter Feeds for Poultry, but Must Not Be Depend on Entirely.

More corn should be given to poultry in cold weather than in warm weather; in fact, corn is one of the best cold-weather feeds, though of course it should not be depended on entirely, for it does not contain all of the things needed to promote health and egg production.

## PRACTICAL PLAN TO MEET HAY SHORTAGE

Utilization of Sugar Beet By-Products Is Recommended.

Tops Placed in Pit Silo Will Furnish Warm, Appetizing Feed Throughout Winter for Beef or Dairy Cattle and Sheep.

(Prepared by the United States Department of Agriculture.)

A very practical way of meeting the present hay shortage is through the use of beet-top silage, 30 pounds of which per day per steer will reduce the animal's hay requirements by one-half. That three pounds of beet-top silage per day per head of sheep will reduce the hay requirements fully one-half is the experience of many feeders who have tried out the newer way of utilizing sugar beet by-products.

On many fields as much as five tons per acre of silage can be had, when the tops are promptly gathered and put into piles, immediately after the beets are topped. This prevents scattering and waste. The farmer, after gathering the tops, should pile them in a pit silo, packing them down firmly, and sealing them over with fresh beet pulp or earth. A satisfactory silo may be made by scooping out a hole of suitable size and lining the sides and bottom with straw before filling. After 30 days, on opening the pit a fine quality of warm, succulent feed will be available. The silage has a value equal to about one-half the value of hay. The feed should be collected handy to the feeding yards. The silage comes out of the pit in warm, appetizing condition all through the winter feeding period. In fact, some growers have had to supplement the short-grass season when pastures are suffering for lack of moisture.

The silage is good for beef or dairy cattle and also for sheep. When fed in regulated amounts, excellent results are had. Much larger values are had from beet tops when silaged and fed as a blended ration than when grazed off the field in the usual way. Saving one-half of the hay crop is a big item this season where a hay shortage exists.

### IS YOUR ICE HOUSE FILLED?

Season Is Getting Late and Farmer Should Not Wait Any Longer for Summer Supply.

(Prepared by the United States Department of Agriculture.)

Next summer when the little heat waves are rising from the cornfield and everything is parched and dusty, you're going to be mighty sorry if there isn't any ice in the ice house. No ice cream, no cool drinks, and lots of sour milk returned to you. Well, it will be your own fault. You let the winter slip by without harvesting ice. Maybe you planned to do it when the next heavy freeze came. But it never came, and you lost your golden opportunity.

It's getting late now. Soon sap will be running and buds swelling. You can't afford to wait any longer. This



A Farm Ice House.

is nature's "last call" for ice. Cut it even if it isn't very thick. If it's spongy or soft, put up more than you would ordinarily to allow for greater waste. Get busy. You've heard about that place that's paved with good intentions! Ice next summer depends upon prompt action now—not next week.

### DETERMINE QUALITY OF EGGS

To Obtain Accurate Knowledge of Condition It Is Necessary to Rotate Before Candle.

It is necessary to rotate an egg before the candle if one is to obtain an accurate knowledge of its condition. By tilting at various angles, the location and size of the air space can be seen, and very often the position of the yolk. But the quality of the egg is very largely determined by the ease with which the yolk moves and the direction of its motion. The operator, therefore—

1. Grasps the pointed end of the egg with the tips of the fingers.
  2. Holding the blunt end uppermost, places the egg closely against the opening or spout of the candle.
  3. Gives the egg a quick turn to the right or left, watching the movement of the yolk.
- If the egg is perfectly fresh it may be difficult to find the yolk at first glance, but as the egg is turned a glimpse of it will be obtained.

## "TROPICAL SKOOTAMOTOR" WHICH MAY BE SOON SEEN AT SOUTHERN WINTER RESORTS



A "Tropical Skootamotor" exhibited at the recent motorcycle show at Olympia, England. It is shown in the photograph. Quite popular in the streets of London at present, this unique little device may invade our shores, and the model shown above, designed especially for tropical use, may become a fad at such winter resorts as Palm Beach, Miami, etc.

## SAFEST WAY FOR STARTING MOTOR

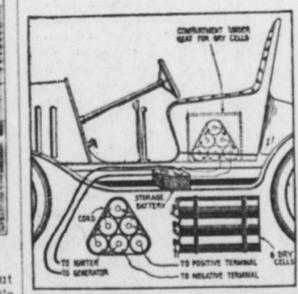
Ignition System Sometimes Gives Trouble, Even in Most Expensive Cars.

### EMERGENCY BATTERY USEFUL

Six Dry Cells, Securely Tied Together in Triangle Shape, May Be Stored in Compartment Under Seat and Out of Way.

At least 50 per cent of the modern automobiles use battery ignition. As this system sometimes gives trouble, even in the most expensive cars, I devised a method for producing an emergency current as shown in the illustration. This consists of six dry cells securely tied together in a triangle shape and wired in series with a four-foot length of well-insulated copper wire attached to each of the negative and positive terminals. These wires are used to make connections with the storage battery terminals for starting the motor; then they are disconnected.

Batteries Last Long. The batteries will last a long time for this emergency work. If the storage battery gives too much trouble, remove the filling caps and make sure



A Set of Dry Batteries Placed Under the Seat to Aid in Starting the Automobile Motor.

that the liquid is one-half inch above the top of the lead plates. Should the level be below this point, add enough distilled water to make up the deficiency. Keep all the battery and wire terminals bright by scraping them with a sharp knife about once a month, and make sure that there is no short circuit in the dashboard, switches and that no battery wire or other wire is chafing against any metal to produce a short circuit. In this way a battery may be kept at its highest efficiency.—P. P. Avery, in Popular Science Monthly.

### TROUBLE FOUND IN BATTERY

Fault Will Very Possibly Be Found in Corrosion of Terminals—Current Retarded.

If trouble develops in the battery which upon examination is found to be up to normal and yet is not delivering enough current to furnish lights nor spark enough to ignite the fuel, the basic fault will very possibly be found in corrosion of the terminals. When the terminals are covered with a hard green deposit no current can flow. Sometimes this deposit is so hard that it takes a chisel to remove it.

### ANTI-FREEZE FORMULAS

The mixtures given below are safe for stationary engines or motors, and are not expensive. Either denatured or wood alcohol may be used with commercial glycerin. The preparations given will make five gallons of solution, and it is advisable to keep a quantity on hand for instant use.

Will not freeze at 15 degrees above zero: Water, 4 gal.; alcohol, 1/2 gal.; glycerin, 1/2 pt.

Will not freeze at 8 degrees above zero: Water, 3 3/4 gal.; alcohol, 5 pts.; glycerin, 5 pts.

Will not freeze at 10 degrees below zero: Water, 3 gal., 1 pt.; alcohol, 1 gal., 1 pt.; glycerin, 2 qts., 1 pt.

Will not freeze at 20 degrees below zero: Water, 1 gal., 1 qt.; alcohol, 2 gal., 2 qts.; glycerin, 1 gal., 1 qt.

—Courtesy Motor Age.

### VALUE OF WEATHER REPORTS

New Service Proving of Much Benefit to Automobile Owners Where It Has Been Tried.

(Prepared by the United States Department of Agriculture.) The highway weather service, one of the new enterprises of the United States department of agriculture, operated through the organization of the weather bureau, is proving of benefit to automobile owners where it has been tried. The meteorologist in charge of the weather bureau office in Kansas City, Mo., recently reported:

"The demand for a road reporting service is quite general and insistent and it will continue so, increasingly, until dirt roads become an anachronism. This office established a road or highway reporting service April 1 of this year and, without exaggeration, it is equal to the most practical service which our office otherwise can perform. It amounts to the direction of public motor travel, and persons start or postpone trips as we advise."

The highway weather service was begun as a war measure in aid of motor transportation and was conducted with emergency money until the end of the war. Though congress made no appropriation for its continuance during the present fiscal year, the demand for it was such that the department is endeavoring to continue it without special funds to meet the expense.

## AUTOMOBILE GOSSIP

Owners of cars fitted with wire wheels should give these parts a weekly inspection for loose spokes.

The constant use of hard or dirty water for cooling purposes will result in the clogging of the radiator.

Car owners should get into the habit of using belt dressing for the clutch leather to swell it and act as a remedy for slippage.

When replacing tire tubes it is essential that talc or French chalk should be thoroughly distributed over the inside of the casing.

All japped bodies get dull in a painfully short time after they go into actual service, and this is true of some rather high-priced cars.

## GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, 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 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, 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 sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

In many cases the only difference between a 1919 and a 1920 New Year resolution is the date line.

Ability is measured by deeds rather than by intentions.

## Sure Relief



6 BELL-ANS Hot water Sure Relief FOR INDIGESTION

## Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N. Y.

## FOR WOMAN'S HEALTH

Thousands of women always have a box of DR. TUTT'S LIVER PILLS in the house. At the first sign of any irregularity a timely dose is taken. Those who use them recommend them. Hence, their success for over half a century. FOR CONSTIPATION THEY HAVE NO EQUAL.

## Dr. Tutt's Liver Pills

Pimples, Freckles and Blemishes REMOVED BY Shechter's European Facial Cream, Soap and Blood Purifier

which are proven remedies, also excellent skin food and complexion beautifiers. A trial will convince you. Satisfaction assured or money refunded.

We send Facial Cream and Soap for only \$1.00. All the three for \$2.50. Send your order today, direct to the manufacturers.

SHECHTER & CO. 125 Orchard St., Dept. C, New York

## Leggett & Myers KING PIN PLUG TOBACCO

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

## for COLDS take Dr. Stafford's Olive Tar

Inhale Olive Tar for colds, coughs, sore throat—all winter troubles. Soothes, Heals, Gratifies. Quick Relief. HALLBUCKEL, Inc., 215 Washington Street, N. Y.

DIXIE EMPLOYMENT BUREAU. Help Secured. Rates reasonable. Paying position guaranteed. 15. Nurses, male and female. 124-145 mo. board, rm. laundry. Ex-soldiers, guard duty, \$40-110. Write Shelby, N. C.

BABY CHICKS—GUARANTEED LIVE DELIVERY. Prepaid parcel post. All standard breeds. Send for price list. J. B. Beardmore, 1131 Ohio Ave., East Liverpool, Ohio.