

FROM FORTY-FIVE TO SIXTY

A Word of Help to Women of Middle Age From Mrs. Raney.

Morse, Okla.—"When I was 45 years old Lydia E. Pinkham's Vegetable Compound carried me through the critical period of the Change of Life in safety. I am over 60 and have raised a family of eight children and am in fine health. My daughter and daughters-in-law recommend your Vegetable Compound and I still take it occasionally myself. You are at liberty to use my name if you wish."—Mrs. ALICE RANEY, Morse, Oklahoma.

Change of Life is one of the most critical periods of a woman's existence. This good old-fashioned root and herb remedy may be relied upon to overcome the distressing symptoms which accompany it and women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents per one dollar jar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J. D. KELLOGG'S REMEDY

Allot Land to Eskimos. It is announced from Ottawa that the Canadian government has decided to reserve for the remnant of the Eskimos a small part of the territory over which they formerly ranged it will in the varying pursuits of fishing and hunting. The reservation is to consist of Banks and Victoria islands, north of the vast region, wide as the continent, known as the Northwest territory, and far north of the arctic circle.

From this reservation, and apparently the waters immediately adjacent to it, the white hunters are to be excluded; and those who have begun operations on Banks island will be ousted. Thus the resources needed to sustain Eskimo life will be reserved for the Eskimo.

No Prohibitionist. "Don't you think James has a great deal of dry wit?" "Yes, but I would like more spirit in it."

The occasional use of Roman Eye Balm at night upon retiring will prevent and relieve tired, watery eyes, and eye strain.—Adv.

Naturally. "Does the patient snore in his sleep?" "I have never noticed him snoring any other time."

Get Back Your Health

Are you dragging around day after day with a dull headache? Are you tired, and lame mornings—subject to headaches, dizzy spells, and sharp, stabbing pains. Then there's surely something wrong. Probably it's kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get plenty sleep and exercise and use Doan's Kidney Pills. They have helped thousands. Ask your neighbor!

A Virginia Case
E. J. Hardon, broom mfg., 402 Jefferson St., Pulaski, Va., says: "When I was working at carpentry, my kidneys were in a bad fix. My back ached and the secretions from my kidneys passed irregularly and were highly colored and contained sediment. I felt sluggish and half sick until I started to take Doan's Kidney Pills. They strengthened my back and regulated my kidneys."

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

In the Bath

Before retiring, use with warm water and insure a restful night. It Refreshes

(All Druggists.)
Contains 20% Pure Sulphur.
Hill's Hair & Whisker Dye, Black or Brown, 50c

PARKER'S HAIR BALSAM

Removes Dandruff—Stops Hair Falling—Restores Color and Beauty to Gray and Faded Hair. 50c and \$1.00 at druggists. Hirschman Bros., Philadelphia, Pa.

HINDERCORNS

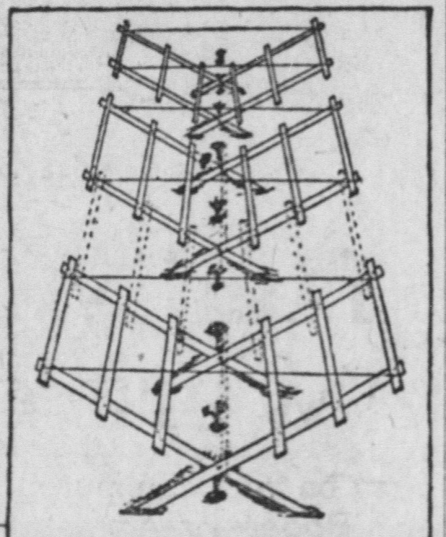
Removes Corns, Callouses, etc., stops all pain, restores comfort to the feet, makes walking easy. Sold by mail or by druggists. Hirschman Bros., Philadelphia, Pa.

TOMATO TRELLIS IS EASY TO CONSTRUCT

Features of One Shown Are Lightness and Durability.

Device May Be Put Together With Any Material at Hand—Fruit Will Hang Low, but Not Enough to Touch the Ground.

The features of this trellis are lightness, durability and easy method of construction. It may be made of any material at hand, although materials of the following dimensions are just about right for a trellis that may be taken up and put away for use for many years. The pieces that rest on the ground are 1 1/2x3 inches by 4 feet long. The strips nailed on these are 1x2 inches by 6 feet long. Where the pieces cross one nail is driven and clinched. As shown in the cut, the other pieces are nailed to hold the frame rigid. The wire running from one side to the other is to hold the frame in position.



A Good Tomato Trellis.

When the vines are dead and before bad weather in the fall the trellis may be cleaned and closed up and stored away for further use.

In setting the trellis in position along the row of tomatoes, they should be set five or six feet apart so that strips, as shown in the cut by dotted lines, may be put on, thus saving one-half the number of heavy pieces.

The strip shown by dotted lines lying in the fork of the trellis, is to tie the plant to first; then keep off all suckers but two on each side of the plant.

The fruit will hang low in great bunches; being shaded by the foliage and not touching the ground, it will be nice and clean.

CONCENTRATES MUST BE FED

Dairy Expert Advises Against Discontinuance of Grain Feed for Cows in Pasture.

L. V. Wilson of University farm agent in dairying for the United States department of agriculture, advises against the discontinuance of grain feed when the cows are turned out first to pasture. Some grain must still be fed, he says, if a consistent milk flow and the average weight of the cows are to be maintained. Changing from grain feeds to pastures can be overdone, he adds, for the reason that it is impossible for the cows to get the same amount of nourishment from a day's grazing that they may obtain from two or more regular feedings of concentrates. "We usually notice," he says, "an increase in milk production following the change from barn confinement to the freedom of the green pasture. However, we are running the danger of reducing the weight of our cows, consequently putting a greater strain upon their system. If we do not tide them over through the first few weeks with some amount of grain."

FRESH WATER FOR CHICKENS

Abundant Supply Should Always Be Handy for Hens—Keep Out of Sun's Rays.

Plenty of fresh water should always be accessible to the hens. If supplied irregularly they are likely to drink too much at a time. It should not be exposed to the sun's rays in summer nor be allowed to freeze in winter if this can be avoided.

In very frosty weather it is often worth while to give the flock slightly warmed water two or three times a day rather than permit them to drink water at the freezing point. A flock of 50 hens in good laying condition will require four to six quarts of water a day, say poultry specialists of the United States Department of Agriculture.

COAL ASHES ARE BENEFICIAL

Professor Voorhees Recommends Them for Lightening Heavy, Clay Soils.

Professor Voorhees, an authority on soil fertilization, says that the beneficial results of coal ashes when applied to some soils is evidently due to the physical effect on the soil. Professor Van Slyke in his work on fertilizers recommended coal ashes for lightening heavy, clay soils. The ashes should be carefully sifted and only the fine ashes applied to the garden or truck patch when sand is not available.

CUCUMBERS ARE EASILY INJURED

It Is Not Advisable to Plant Until All Danger of Frost Has Passed.

RICH SOIL IS RECOMMENDED

Frequent Shallow Cultivation Should Be Given Until Vines Fill Space Between Rows—Netting Keeps Away Harmful Bugs.

(Prepared by the United States Department of Agriculture.) The soil for cucumbers should be rich, and it is a good plan to apply well-rotted manure under the rows or hills. If planted in rows open the furrow and scatter the manure along the furrow, turning fresh soil over the manure before planting the seeds. If the seeds are planted in hills confine the application of manure to the area occupied by the hills.

Easily Injured by Cold. Cucumbers are easily injured by cold it is not advisable to plant until all danger of frost is over and the ground has begun to warm up. For very early cucumbers the seeds should be planted in a hotbed in old strawberry boxes, plant boxes, inverted sows, or directly in the soil of the bed. By starting the plants in hotbeds the cucumbers will be ready for the table two or three weeks earlier than if started in the open. For the main crop drill the seed in rows five feet apart, and after the plants reach a height of three or four inches thin them to stand twelve to eighteen inches apart in the row, or plant the seeds in hills four feet apart each way and thin to three or four plants to the hill.

Cucumbers should be given frequent shallow cultivation until the vines fill most of the space between the rows; after this very little attention will be needed, except to pull out weeds by hand. Do not allow any fruit to ripen on the vines until the end of the picking season, as new fruits will not form while the older ones are ripening.

Beetle Does Much Harm. Young cucumber plants are often destroyed by the cucumber beetle. It is possible to protect the plants by covering them with small wooden frames



Cucumbers.

over which mosquito netting has been stretched or a square of mosquito netting dropped over a peg set in the middle of the hill, the edges of the netting being covered with earth to prevent the netting from blowing off, may be used. Air-slaked lime sprinkled over the small plants is an added protection against the cucumber beetle. The varieties recommended are White Spine, Davis' Perfect and Emerald.

POULTRY EGGS VARY IN SIZE

Range From Small Ones Laid by Bantams to Those Laid by Such Breeds as Light Brahmas.

The eggs of different kinds of domestic poultry vary in size as well as appearance, and there is also a considerable range in the size of eggs of different breeds; thus, hens' eggs range from the small ones laid by bantams to the large ones laid by such breeds as Light Brahmas, according to the United States department of agriculture. On an average, hens' eggs are 2.27 inches in length and 1.72 inches in diameter, or width, at the broadest point, and weigh about two ounces each, or eight eggs to the pound (1.5 pounds per dozen). Generally speaking, the eggs of pullets are smaller than those of old birds, those of guinea fowls about two thirds the size of hens' eggs, those of ducks somewhat larger, while those of turkeys and geese are considerably larger.

BARNYARD MANURE IN FAVOR

Liberal Application Should Be Made in Garden—Broadcast Before Turning the Soil.

If barnyard manure is available give a liberal application to your garden. If you have only a small supply, it is best to put in the drill and thoroughly mix with the soil. If plentiful, apply broadcast before turning the soil.

VOID TOO MUCH BULKY FOOD

Hens Have Small Crops and Cannot Handle Great Amount of Roughage to Advantage.

The feeder must be careful not to supply too much bulky feed to the hens, as these fowls have small crops and cannot handle a great amount of roughage as can cows and other animals which ruminate their feed.

PRICED BY SERVICE MEN.

"War Service Record" Meets Needs of Thousands Who Did Their Bit to Save the World.

No single article has given ex-service men so much pleasure as the book entitled "Our Family Service Record in the Great World War," issued by the War Service Record Bureau, Inc., of 185 Devonshire street, Boston, Mass., and selling at \$3.00 the copy. The popularity of this book has spread rapidly following its endorsement by Legion posts everywhere, coupled with purchases by 25 cities and towns in Massachusetts alone, and further takings by large industrial plants for use as souvenirs to their workers who went into the service, or women who were identified with hospital, social or relief work.

The book consists of 120 pages, some beautifully illustrated for the purpose of holding the family pictures and records, and for the owner's discharge papers. The other pages have been carefully compiled by a staff of military experts, and cover in chronological order every move of the service man from the time he was called until his discharge, there being plenty of room for the entering of any dates, the whole going to make up a complete history of the war by the one man concerned. Maps and official data are provided for reference purposes. The object of the book is purely patriotic, it being intended that the service man or any others identified with the war shall leave for the coming generations a personal record that no historian can compile. Mr. Hamilton W. Baker of Boston is president of the publishing company.—Adv.

Well Fitted. "The boat you want me to take out is nothing but an old tub." "Then isn't it all the better fitted for the wash of the sea?"

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping.—Adv.

A man can make or lose a fortune while two women are saying goodbye to each other.

ASPIRIN

Introduced by "Bayer" to Physicians in 1900

You want genuine Aspirin—the Aspirin prescribed by physicians for nineteen years. The name "Bayer" means the true, world-famous Aspirin, proved safe by millions of people.

Each unbroken package of "Bayer Tablets of Aspirin" contains proper directions for Colds, Headache, Toothache, Earache.

Aspirin is trade mark of Bayer Manufacture Monocrocidester of Salicylic Acid

No Poetry Then. "Stone walls do not a prison make nor iron bars a cage," said the sympathetic visitor to the convict. "That's fine poetry, ma'am," replied the prisoner, "but just let 'em lock you up inside stone walls and behind iron bars and see if you can get out."

Usually one or two long visits convert one to short visits for the rest of his life.

An Unaccommodating Parent. Mrs. Billups—Why is Willie crying so? Billups—He lost part of his engine and now he's yelling because I won't let him have my false teeth for a cowcatcher.—Boston Transcript.

Practical Man. She (sweetly)—"What would life be without thee, dearest?" He—"Much less expensive."—Boston Transcript.

The Right Way

in all cases of DISTEMPER, PINKEYE INFLUENZA, COLDS, ETC. of all horses, brood mares, colts and stallions is to "SPOHN THEM" on the tongue or in the feed with SPOHN'S DISTEMPER COMPOUND

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers, 50 cents and \$1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

Roll Your Own

THERE HE STANDS!

GRAND old "Bull" Durham. He belongs in this country's Hall of Fame. Can you think of a more familiar figure? For over half a century Bull has been part of the landscape; the tobacco he represents has made millions and millions of friends.

You can roll fifty-thirty cigarettes from one bag.

GENUINE "BULL" DURHAM TOBACCO

10c

Guaranteed by The American Tobacco Co.

With RIZLA paper you can roll the best "Bull" Durham cigarettes.

50

RIZLA