PAINS NEARLY DOUBLED ME UP

Nothing Helped Me Until I Took Lydia E. Pinkham's Vegetable Compound.

Wyandotte, Mich.—"For the last four years I have doctored off and on without help. I have had pains every month so bad that I would nearly double up. Sometimes I could not sweep a room without stopping to rest, and everything I ate upset my stomach. Three years ago I lost a child and suffered so badly that I was out of my head at times. My bowels did not move for days and I could not eat without suffering. The doctor could not help me and one day I told my husband that I could not stand the pain any longer and sent him to the drug-store to get me a bottle of Lydia E. Pinkham's Vegetable Compound and threw the doctor's medicine away. After taking three bottles of Vegetable Compound and using two bottles of Lydia E. Pinkham's Sanative Wash I could do my own housework. If it had not been for your medicine I don't know where I would be today and I am never without a bottle of it in the house. You may publish this if you like that it may help some other woman."—Mrs. MARY STENDER, 120 Orange St., Wyandotte, Mich.

Ouch!

Young Lady—It seems to me that you have a very keen sense of the comical.

The Snob (visibly flattered)—Yes, I cannot deny the fact. How have you discovered it?

Young Lady—I saw you smiling at your image in the mirror.

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 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, 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.)

Age Rapidly.

"Is that a genuine antique?"

"Yes," replied the dealer.

"Why, here's a mark which indicates it was made only twenty years ago."

"We are living in a very rapid age. It doesn't take nearly so long to make an antique as it used to."

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation

OLD SORES, PILES AND ECZEMA VANISH

Good, Old, Reliable Peterson's Ointment a Favorite Remedy.

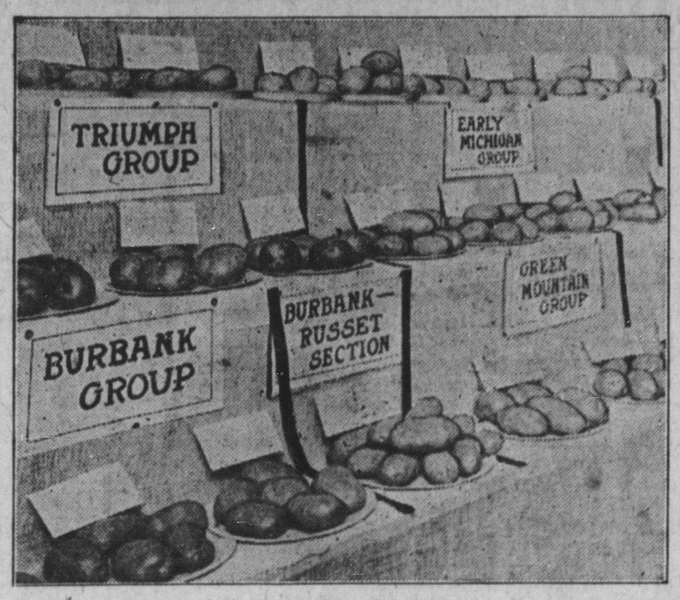
"Had 51 ulcers on my legs. Doctors wanted to cut off leg. Peterson's Ointment cured me."—Wm. J. Nichos, 40 Wilder Street, Rochester, N. Y.

Get a large box for 35 cents at any druggist, says Peterson, of Buffalo, N. Y., and money back if it isn't the best you ever used. Always keep Peterson's Ointment in the house. Fine for burns, scalds, bruises, sunburn, and the surest remedy for itching eczema and piles the world has ever known.

Cuticura Soap
—The Healthy—
Shaving Soap
Cuticura Soap shaves without mug. Everywhere 25c.

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 50c. Free book. Dr. C. N. Berry Co., 2379 Michigan Avenue, Chicago.

COMPETITIVE EXHIBITS ARE HELPFUL IN CREATING ADDED INTEREST IN GARDENING



Exhibits of Fruit and Vegetables Stimulate Interest in Gardening and Foster Community Spirit.

An organized competition among neighbors helps create added interest in vegetable, fruit, and flower growing in a community. To aid those who desire to have a horticultural show or a garden competition, but who do not know exactly how to conduct one, is the purpose of a circular recently issued by the department of agriculture. The methods given in it are those which experience has proved to be easiest and best. Among the subjects treated are classification of entries, the arrangement of the hall and of the exhibits, the points observed in judging various horticultural exhibits, and the prizes offered.

Scope of the Exhibits.

An organization already in existence, such as a county or state fair, a farmers' club, a grange, a garden or horticultural club, or a boys' and girls' club, may gather a horticultural exhibit or a group may be brought together especially for the purpose. Once organized, this circular suggests, the first step is to outline the scope of the exhibit. Competitions to be interesting must be fair and equitable. In order to make them so, competitors with similar opportunities should be matched against one another. The exhibits should be divided into as small units as possible, so that the person with only a few square feet of ground may show such products as he may grow, in even competition with like products produced by larger gardens.

A large number of small exhibits instead of a few large ones favor a successful show. An important point is to have the premium list made up early, preferably before seeds are ordered. Exhibits should be attractively staged, the entries for a class being kept together. Both classes and individual entries should be plainly and appropriately labeled.

Helpful Competition.

Vegetable, fruit, and flower gardens or the home grounds of a community may be fairly classed and judged. These make most helpful community competitions.

Token prizes instead of those of intrinsic value are all that is necessary for successful competitions.

When the time of the show approaches the exct date must be fixed, and this should not be changed. If it is done it may provoke a feeling of unfairness.

Where competitions of any of the types discussed in the department's Circular 62 have been held, they have been found not only to stimulate interest in gardening and home adornment, but even more to get neighbors acquainted with one another and develop community spirit.

An exhibition requires considerable effort, but it is usually felt to be well worth while, even by those upon whom the heaviest burden falls.

PLANS OF WORK FOR CONTROL OF BEETLE

Quarantine Against Insect Will Be Rigidly Enforced.

Poisoning With Sodium Cyanid in Water Will Be Practiced on Soils Badly Infested With Larvae or Grubs—Nets to Be Used.

At a recent conference of officials of the United States department of agriculture and the New Jersey department of agriculture, held at Riverton, plans of work for the control and suppression of the Japanese beetle were thoroughly gone into. Provision has been made thoroughly to inspect and certify products found free from the insect, including greenhouse and nursery stocks, fruits, vegetables and farm crops. While the quarantine will be rigidly enforced, it is believed that no serious interruption will result to the movement of most farm and other products from the infested territory. In control of the beetle, several methods of attack will be followed. Poisoning with sodium cyanid in water of such soils as are badly infested with the larvae or grubs will be practiced. Several million beetles, it is believed, can be captured by sweeping infested plants with nets. A band of vegetation from one-half to one mile wide surrounding the infested area will be kept thoroughly poisoned with insecticides sprayed or dusted on the plants. To prevent accidental carriage of the beetles on automobiles and other vehicles and on pedestrians, the roadways have been cleared, by grubbing and burning of food plants of the beetle. The weed food plants will be kept down by the use of large quantities of weed-killing chemicals. Attention is being given to the introduction of parasites of the beetle from Japan. An agent of the bureau of entomology is already in Japan, engaged upon the work.

The officials connected with this project believe that the operations of 1920 will pretty definitely indicate what can be expected from large-scale operations in suppression of the beetle.

PROTECT TREES FROM SWINE

Damage Can Be Reduced by Providing Rubbing Posts for Hogs Infected With Lice.

Very young trees can be protected from damage by hogs by providing rubbing posts and keeping the hogs free from lice. The animals will not rub against the trees so as to injure them if they are free from vermin. A good hog oiler is a great help in this case.

MARKET STATIONS OF VALUE

Branches Reach Out in Every Direction and Constantly Circulate News of Importance.

Market stations maintained by the bureau of markets, United States department of agriculture, in several of the leading cities, are well termed "branches." They reach out in every direction from the central office. Connected by wire and mail service, there is constant circulation of vital news, out and returning, between them and the office in Washington. The raw materials, so to speak, are gathered and worked over to make the market reports, reviews, and press articles which are distributed for the benefit of the public. The market station man works from the early stir of activity in the market section until the day's stint is finished. Usually he is a man with considerable technical training and experience in production or marketing.

TIMOTHY IS LOW IN PROTEIN

One of the Poorest Live Stock Feeds Farmer Can Grow—Cannot Be Compared With Alfalfa.

More timothy hay is grown in the United States than all other hays combined and yet timothy is one of the poorest live-stock feeds that the farmer can raise. Its value for feeding purposes cannot be compared with clover or alfalfa. It is low in protein, the nutrient upon which farmers and more especially dairymen must to a large extent rely for the best returns from their herds; it is not very palatable to live stock, except, perhaps, to horses, and it has an undesirable constipating effect upon all classes of animals. Furthermore, it yields less than clover or alfalfa, and it is a fertility destroyer instead of a soil builder. All things considered, it has very little to commend it.

SAVE OLD FARM MACHINERY

Carefully Inspect Discarded Implements and Lay Apart Useful Gears, Braces, Etc.

Farm machinery, when discarded, should be carefully gone over with a view of saving the parts which have not been worn and which may be available for future use on other machines, or for other purposes. There are always many braces, gear wheels, bolts and nuts that can be used again.

When the machine is discarded instead of hauling it to an obscure place to rust away, why not take it apart and place the usable pieces or parts in the machine shed, or work shop? It takes only a little time to take the machinery apart before it becomes rusty and many pieces thus secured will come in handy.

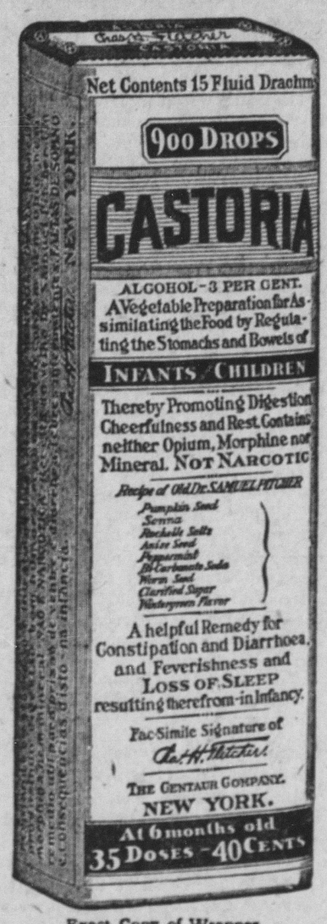
Are You Human?

A little baby. A little child. Don't they appeal to you? Doesn't your heart yearn to pick them up, to cuddle them close to you, to shield them from all harm? sure it does else you're not human. Being human you love them. Their very helplessness makes you reach out in all your strength to aid them. In health there's no flower so beautiful. In illness there's no night so black.

Save them then. Use every precaution. Take no chance.

When sickness comes, as sickness will, remember its just a baby, just a child and if the Physician isn't at hand don't try some remedy that you may have around the house for your own use.

Fletcher's Castoria was made especially for babies' ills and you can use it with perfect safety as any doctor will tell you. Keep it in the house.



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Do the People Know?

Do you know why you are asked to call for Fletcher's Castoria when you want a child's remedy: why you must insist on Fletcher's?

For years we have been explaining how the popularity of Fletcher's Castoria has brought out innumerable imitations, substitutes and counterfeits.

To protect the babies: to shield the homes and in defense of generations to come we appeal to the better judgment of parents to insist on having Fletcher's Castoria when in need of a child's medicine. And remember above all things that a child's medicine is made for children—a medicine prepared for grown-ups is not interchangeable. A baby's food for a baby. And a baby's medicine is just as essential for the baby.

The Castoria Recipe (it's on every wrapper) has been prepared by the same hands in the same manner for so many years that the signature of Chas. H. Fletcher and perfection in the product are synonymous.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher.
THE CENTAUR COMPANY, NEW YORK CITY.

Indignant.

In the corner of a drug store which bears the sign, "C. W. Pugh & Company," the circulating library of a small town is kept.

One day Fred, aged nine, came home very indignant, after returning a borrowed book, and said he would never go to the library again because the man laughed at him.

His mother said: "Oh, no, the man didn't laugh at you. What did you say?"

And Fred replied, "I didn't say nothin.' I just said 'Mr. Pugh, I brought your book back.'"

Leap Year Stuff.

Miss Manchaser—Don't you think you could learn to love me?

Mr. Skirtshy—I love my work.

Miss Manchaser—Fine! Marry me and you'll have to work twice as much.

Heard in the Library.

Chief Muffler—Why don't you stop talking when I look at you?

Ever-Cheerful—Lady, I ain't no clock.

Gentlemen, Be Seated.

Perkins—"Why is the city tax rate like a good man, Ross?" Graves—"It's hard to keep it down."

A Base Insinuation.

"What large and prominent ears the man before us has." "Of course. He is a professional critic."

Natural Suggestion.

"I had a touching case occur to me today." "How much were you touched for?"

Emerald Rarest Gem.

Owing to world shortage, emeralds have become the rarest and most expensive of precious stones, says the Straits Times, Singapore. Prices during the past four years have been bounding up until the emerald is now four times its pre-war price.

The reason for the scarcity of the stones is the poor output from the Colombian mines, which are government owned and produce 95 per cent of the world's supply. These have not been working for seven or eight years.

A five-carat stone, sold at London recently, fetched $3,500 a carat.

At Anakie, Queensland, Australia, some very beautiful velvety green sapphires of great brilliance are mined, and the miners are trying to persuade jewelers to accept them as substitutes for emeralds.

Not Likely.

"Why are you crying so bitterly?" sympathetically asked the presiding elder. "I hope you two little fellows haven't been fighting?"

"You bet yer life we hain't!" replied young Bearcat Johnson of Rumpus Ridge. "If we had there wouldn't be but one of us crying."—Kansas City Star.

Take It or Leave It.

Motorist (on country road)—Pardon me, friend, but have you the correct time?

Farmer (producing watch)—Don't keep any artificial time, mister. It's jest 3:37 p. m., and if you're a city chap you kin do your own addin', subtractin', multiplyin' or dividin', as the case may be.

Acid Stomach
Makes the Body Sour

Nine Out of Ten People Suffer From It

It sends its harmful acids and gases all over the body, instead of health and strength. Day and night this ceaseless damage goes on. No matter how strong, the victim cannot long withstand the health-destroying effects of an acid stomach.

Good news for millions of sufferers. Chemists have found a sure remedy—one that takes the acid up and carries it out of the body; of course, when the cause is removed, the sufferer gets well.

Bloating, indigestion, sour, acid, gassy stomach miseries all removed. This is proven by over half a million ailing folks who have taken EATONIC with wonderful benefits. It can be obtained from any druggist, who will cheerfully refund its trifling cost if not entirely satisfactory. Everyone should enjoy its benefits. Frequently the first tablet gives relief.

Liggett & Myers KING PIN PLUG TOBACCO
Known as "that good kind"
Try it—and you will know why

Each Cup Of INSTANT POSTUM

contains the same uniform quality of goodness that makes this table beverage so popular.
Make it strong or mild as you prefer by varying the quantity used.
No wonder so many prefer it to coffee, not alone on account of taste but because of its abundant healthfulness. *Truly—*

"There's a Reason" for POSTUM

Made by Postum Cereal Co.
Battle Creek, Michigan

100% PROFIT
Agents Wanted — Ladies and Gents
French Knot Embroidery Needle
"Mascot" Hair Cutter
Send $1.50 for sample outfits and literature.
THE INLAID COMPANY
1058 Broad Street Providence, R. I.

ONE PRIZE $100,000. Free for everybody to win 5,000 prizes by selling new article, patent pending, for only $1. Write Aims Sample Co., 713 Baltimore Bldg., Chicago.

Agents—$50 to $75 week easily made; 500 men and women wanted to sell N. M. K. Laundry Tablets; enormous repeater; sell anywhere; washes clothes in 10 to 15 minutes snow white without rubbing on washboard and without use of blueing or bleach; can be used thousand other ways. Is one of nature's mightiest cleansers. Guaranteed to contain no lye, lime, potash, caustic, acid nor injurious chemicals. You can make more money with this than any other way. Free samples to boost sales. Big money. Balta. Mfg. & Nov. Co., 601 N. Eutaw, Baltimore, Md.

SHANNON'S PHOSPHORATED IRON is the master tonic of this universe. It's the old-man's friend; it rejuvenates, it reduces his age so he can enjoy youth. It gives the young man strength, power, energy and endurance so he can compete against the older man who has saturated himself with Shannon's Phosphorated Iron. It makes an anemic girl healthy and fills her with ginger, pep, ambition and rich, red blood. It's the builder that every athlete requires to stand the endurance test. Postpaid, 75c. Shannon's Pharmacy, 10th & Locust, Philadelphia, Pa.