

FEELING BLUE ALL THE TIME

Before Taking Cardui, This Georgia Lady Suffered Until She Would Have to Sit Down to Do Housework.—Was Dizzy and Weak.

Dalton, Ga.—Mrs. V. A. Burnett, of Route 6, says: "I got down with my back and sides, not able to do my work. I suffered a great deal. I had a depressed, blue feeling all the time. I couldn't rest at night. I was nervous. I would be dizzy and just no-account at all."

"I would have to sit down while trying to do the housework. It seemed I couldn't get my breath. I was afraid I would get past going altogether."

"I heard of Cardui and began using it. I could see after a half bottle it was helping me, so I kept it up . . . and soon I was like a new person."

"I knew Cardui did the work, for no other medicine I took ever helped me as it did. I certainly can recommend . . . Cardui."

This well-known medicine, which Mrs. Burnett says helped her, is a mild, medicinal, purely vegetable tonic, for over 40 years used by thousands of women, with similar results to those which this Georgia lady obtained.

Cardui should help you, too. Try it.—Adv.

Musical Criticism.

"How do you like the new singer, Jones?"
"Oh, very well, except when she's singing."—Boston Transcript.

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. Fitcher*.

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Their Status.

"What do you think of direct nominations?"
"They strike me as primary facts."

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Itchy Eyes, all healed promptly with night applications of Kaman Eye Balsam.—Adv.

Its Kind.

"I have been much interested lately in autohypnosis."
"What kind of a make is that?"

SHOES WEAR LONGER

When you walk in comfort, so do stockings. A package of Allen's Foot-Ease, the anti-static powder to shake into the shoes and sprinkle in the foot-bath, gives you that "old shoe" comfort and saves wear. Allen's Foot-Ease makes tight or new shoes feel easy. Ladies can wear shoes one size smaller by shaking some Allen's Foot-Ease in each shoe in the morning. Sold everywhere.—Adv.

KEEPS FLY PAPER IN PLACE

Device That Will Be Appreciated by Any One Who Has Sat on the Abomination.

A New Jersey man has invented a device to keep fly-paper in one position and from being blown by the wind on to father's favorite chair or mother's most treasured lace curtains. It consists of a frame having grooves at each end to permit the insertion of the sheet of fly-paper. A narrow strip of wood is forced down into the groove over the paper to hold it taut. At the lower end of the frame three grooves are located for taking care of any variations in the lengths of the fly-paper.

When the fly-paper is in its frame, it may be placed up in any convenient place, and will be so conspicuous as to be readily seen before being sat upon. In addition to being useful as a holder for fly-paper, the device can be used as an embroidery-frame or as a stretcher for cloth or paper.—Popular Science Monthly.

An Observant Victim.

"You say you were held up by a footpad with a revolver this morning. At what time?"
"Five minutes to one."

"How can you fix the time so precisely?"
"Because I could see the church clock and I noticed the hands were in the same position as mine."—London Tit-Bits.

That Unusual Flavor
Wholesome, Rich, Delightful
that comes from blending malted barley with whole wheat is distinctive of

Grape-Nuts

This food is ready cooked, economical, easily digested and very nourishing.

Sold by grocers

LIFT OFF CORNS!

Doesn't hurt a bit! Sore corns lift right off with fingers.



Costs few cents! Drop a little Freezone on that touchy corn, instantly that corn stops hurting, then you lift it right off with the fingers.

Why wait? Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without soreness or irritation. Freezone is the much talked of discovery of the Cincinnati genius.—Adv.

Powerful Subs.

The submarines of the English "K" class are said to be the fastest and most powerful submersible craft in the world. They are propelled on the surface by steam turbines at a speed of 24 knots, which is about eight knots faster than the speed of ordinary submarines. They are 840 feet long, and displace 2,570 tons. These boats have unusually long periscopes, measuring 30 feet from top to bottom. Their funnels are made to hinge back before the boat dives.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and 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.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

WOULD MAKE AN EXCEPTION

Captured German Captain Decided That on This Occasion He Would Forget About Honor.

Among the letters from France that have been printed in the Atlantic Monthly there is to be found this entertaining episode:

The code of the German officers is, never to surrender; but of course they cannot live up to it. In a recent raid a sergeant I know made a prisoner of a German captain who, as they walked to the rear, cursed his luck in fluent French, saying that he was caught unawares that an officer never surrendered, but fought to the end.

"Stop here, my captain, and let us consider this," said the sergeant seriously. "There are several articles of your equipment to which my fancy runs. That watch, for example, those leather puttees, and that fat purse I saw you change to your hip pocket. Perhaps I can oblige you and gratify my whim. Suppose you were suddenly to run—a quick shot would save your honor, and me the trouble of escorting you to the rear. And I am an excellent shot, I assure you."

But the German was not interested.

Precision.

"How much is this pair of shoes worth?" inquired the cautious trader. "I am unable to inform you as to its intrinsic value," replied the haughty salesman. "All I can tell you is the price."

AIM AND VALUE OF FARM CLUBS

One of Important Features of Extension Work Conducted by Relation Service.

INSTRUCT GIRLS AND BOYS

Larger Yields Have Been Obtained, Better Pigs Have Been Raised, and Finer Cattle, Dairy and Beef Have Been Raised.

(By E. T. MEREDITH, Secretary of Agriculture.)

Boys' and Girls' club work is one of the important features of the agricultural extension work conducted by the state relation service, United States department of agriculture, in co-operation with the state agricultural colleges and local agencies for the purpose of improving agricultural conditions and practices throughout the country. These clubs are organized to improve farm and home practices by instructing the boys in correct agricultural methods and the girls in home-making; to assist them in demonstrating these methods for the improve-



A Pig Club Girl.

ment of the farm and home; to aid in the development of co-operation in the family and in the community; to create a more favorable attitude toward the business of farming and home making by encouraging property ownership and the feeling of partnership; and to make rural life more attractive by providing organization which tends to diminish isolation and develop leadership.

Benefits Derived.

These objects are in process of attainment. Wherever club work has been pushed by our agents, larger yields have been obtained, better pigs have been raised and finer cattle, both dairy and beef, have been grown. The motto of the clubs is "To Make the Best Better." Registered animals are now common where only a few years ago they were unknown, and there is a systematic effort to cull out scrub live stock and poultry. Large yields of crops have been made by club members on lands which were considered worthless, and little girls are vying with the best packers in canning and preserving fruits and vegetables, and are becoming a potent factor in helping to make the farm home more attractive and enjoyable.

The average yield per acre made by club members in the growing of field crops is two to three times as large as the average yields made in the states in which the members are located. Many people, seeing a boy or girl here and there engaged in club work, do not realize the value of the products produced by these young folk in the aggregate. In 1918, while under the stress of war and responding to an appeal made to club members in the furrows "over here" to help feed the boys in the trenches "over there," the records in the office show that these young people produced food and feed to the value of more than \$20,000,000.

Helps Boys and Girls.

The money value of the products of club members is only a small part of the value of club work. Many boys and girls have had their vision of life enlarged by club membership. Many have taken and are taking college training. The agricultural colleges of the country especially have profited in enrollment from the clubs. Many boys and girls have made their own money to defray their college expenses in club activities. Many after graduation have returned to the farms or have engaged in extension work as county agents. Rural life has been greatly enriched in recent years by the trained leadership obtained from agricultural clubs. The results obtained in this work justify many times the expenditures made in securing them and appeal strongly for a larger development of this useful work.

NEED WINDBREAK IN SUMMER

Protection Given to Garden and Fruit Plantation From Hot South-west Winds.

A farm needs a windbreak in summer as much as in winter. Did you ever notice the difference in the garden and fruit plantation on two farms, one sheltered from the hot southwest wind and the other exposed to it? The windbreak pays in dollars and cents.

INFERIOR SALT WILL RUIN COUNTRY HIDES

Hair Is So Set That It Cannot Be Removed Properly.

Incident Illustrates Importance of Attention to Details in Handling and Curing—Alum Is Especially Objectionable.

(Prepared by the United States Department of Agriculture.)

Hides should be salted only with clean, pure salt free from alum, according to a recent statement of the bureau of chemistry. This bureau is making a study of the best methods for skinning farm animals and curing hides in order to produce a high-grade leather. Salt containing alum partly tans the hide and sets the hair so that it cannot be removed. Hides which cannot be unhaird properly bring a loss to the tanner and prejudice him in future purchases against hides from the same source.

Tanners recently submitted to the bureau of chemistry green salted hides which could not be unhaird after liming in the usual way, in order to find out the cause. An examination showed that on the basis of the dry hide unhaird spots contained 0.8 per cent of alumina and the portions where the hair was not loosened contained 1.25 per cent of alumina. The portions of the hide which contained 0.8 per cent alumina unhaird with difficulty, while the portions containing 1.25 per cent could not be unhaird even on the beam. An inferior salt containing alum had been used in salting the hides and had set the hair.

This incident illustrates the importance of attention to details in the handling and curing of hides and skins. Farmers, country butchers and dealers are advised by the department to use only clean, pure salt in salting hides. The presence of alum in salt is especially objectionable and as little as five per cent in the salt can be detected usually by its bitter taste.

Farmers' bulletin No. 1055, which gives detailed directions for skinning, curing and marketing country hides and skins, may be obtained upon application to the United States department of agriculture, Washington, D. C.

VEGETABLES ARE IMPORTANT

Most Intensively Worked Field on Farm Is Garden—Irish Potatoes Are Leaders.

(Prepared by the United States Department of Agriculture.)

The most intensively worked field on the farm is the garden.

For convenience it is usually located close to the dwelling. Many farmers have, in addition, truck patches in



Garden Should Be Located Conveniently to Dwelling.

fields where inter-tilled crops, such as corn, are grown. These patches are conveniently plowed, prepared, and cultivated at the same time the garden is worked for the regular crop. In the truck patch potatoes, sweet corn, cabbage, tomatoes, squash and cucumbers are usually raised.

Vegetables constitute only about 11 per cent (in value) of all food consumed by farmers, and about 80 per cent of the vegetables are furnished by the farm. In general, Irish potatoes are easily the most important vegetable raised, constituting nearly one-half of the value of vegetables consumed. In the South, however, about twice as many sweet potatoes as Irish potatoes are used.

SILO WILL PRESERVE CROPS

Alfalfa, Cane, Kafir, Corn and Other Forage, May Be Saved by Storing in Huge Pit.

Rainy weather at the time clover or alfalfa should be cut will often make it impossible to cure the forage and produce hay of much value. Prolonged rain in the fall will prevent the curing of such forage as cane, kafir, corn, millet, and a late cutting of alfalfa. A silo will save all this feed and preserve it in excellent shape.

GIVE TEAM SOME ATTENTION

During Exceedingly Warm Weather Horses or Mules Are Liable to Get Overheated.

Those who cultivate crops when the weather is exceedingly warm should notice the team. It would be a very unfortunate matter to allow the horses or mules to become too warm. This might injure the animals permanently.

ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is a trade mark Bayer Manufacture Monaceticacidester of Salicylicacid.—Adv.

The New Slogan.

"Your motto used to be, 'Don't knock, boost.'"

"Yes, But I've become interested in socialism. My motto now is, 'Don't boost, knock.'"

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

Could She Carry Them?

While I was putting my hat and coat on my little boy asked me where I was going and I told him that I was going to get seats for the circus. He said, "Mamma, can you carry them?"—Exchange.

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

PROOF THAT STONE GROWS

Rock on California Farm Has Increased in Weight Within the Memory of Settlers.

On the farm of Mr. James Champion, known as the old home place of his father, John Champion, boys used to meet years ago with the elder Champion, and often tossed a round stone, ball fashion, one to another. The same stone now lies in the yard, at the old place, and men now in their eighties often speak of this rock and identify it as the stone they used to toss about to each other.

Today it will weigh about 300 pound and lies near the spot where it has lain for nearly a century. Some of the most substantial old men of Mercer county who are now living, will vouch that this rock has grown from a small stone to its present size since their babyhood days.—Wilmore (Calif.) Enterprise.

Some Joys of the Metropolis.

Hunting for a home in New York is more thrilling than any tale ever related by Gabriel, more improbable than the adventures of Baron Munchausen, more daring than exploits of Arsene Lupin, as sordid as the novels of Emile Zola and as mysterious as the dramas of Wilkie Collins. Just now there is not an apartment to be found in the whole of Manhattan. Up in the Bronx they are renting cellars. A skylight room in a ramshackle building up a dingy street draws \$70 a month. Some people have got to move out of New York or the darn thing is going to bust.—Exchange.

Impossible.

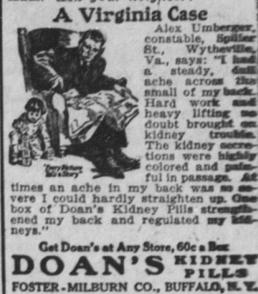
"The doctor advised me to take something every day to whet my appetite."
"How did he expect you to do that without a prescription?"

Shrewd Advice.

"He told me that he loved me."
"Has he told anyone else?"
"No."
"Then get him to do so."—Boston Transcript.

Backache Slowing You Up?

Are you dragging along with a dull, throbbing backache? Feel lame mornings, tired all day; suffer torturing twinges at every move? Often the kidneys are to blame. A cold, strain or overwork congests the kidneys; poisons accumulate and mysterious aches and pains result. You may have headaches and dizzy spells, too, with perhaps bladder irregularity. Use Doan's Kidney Pills. They have helped thousands. Ask your neighbor!



Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

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

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.

TOBACCO—Real Home-made Hand Pressed Twist or Smoking. 10c. 2 lbs. 12.75; 6 lbs. 49.95. Randolph Tob. Co., Paducah, Ky.

FOR FARMS, HOMES, ORCHARDS, Gardens. Thousands of business chances in Famous Shandalee Valley, write Dan Holmes, Lacey, Va.

STORIES WANTED—Send manuscript or write for particulars. Myers Writers' Bureau, 725 Montrose St., Vineland, N. J.

POSITIVELY REMOVED by Dr. Joseph E. Wright's Ointment—Very effective. Sample, 25c. Free book, Dr. E. H. Wilson, 257 1/2 Michigan Avenue, Chicago.

Representative: Earn \$5,000 to \$12,000 per year. Best non-investment contract; instant attention; permanent; liberal commission. Albert Wilcox, 351 Munsey Bldg., Washington, D. C.

WHY SUFFER FROM RHEUMATISM when you will cure your Money back if it fails. Price 2.50. BOSTON, 143 Broadway, New York.

ONE PRIZE \$100,000. Free for everybody to win \$500 prizes by selling new outside patent pending, for only \$1. Write Adams Sample Co., 715 Baltimore Bldg., Chicago.

KHAKI AS VIEWED BY YOUTH

Army Called Place Where Collectors Cease From Troubling and Calouses Leave the Feet.

Ideas about army life that persuasive recruiting sergeants never heard of in all their various "hitches" in the service, were brought out by the public schools of the country under the auspices of the army and recruiting service.

Freedom from annoyance while in khaki is the theme of a little girl in Ohio, who writes: "One of the benefits of an enlistment is that you ain't all the time bothered by bill collectors."
"You get respect for law in the army," a Montana boy is convinced, because, "the Constitution says America is a country of free and un-governable rights."

Another boy in Illinois wishes "teacher was a man so she could be a soldier." Filled with the enthusiasm of a patent medicine prospectus, an Indiana school girl has this to say: "An enlistment is good for the mind, the liver, the lungs and the kidneys. It akes the callouses of the feet and puts them on the hands."

A Coffee-like Beverage
in flavor and appearance

Instant Postum

but Postum is different because it contains no health-disturbing drug. A saver in many ways.

"There's a Reason"
Made by Postum Cereal Co.,
Battle Creek, Mich.