

### DO ALL MY HOUSEWORK

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly stand, says Mrs. Kwarcinski.

Chicago, Ill.—"I suffered with displacement and irregularities and I did not know what to do. My mother advised me to take Lydia E. Pinkham's Vegetable Compound and use the Sanative Wash so I took her advice and used these remedies and cured myself. I feel fine and do all my housework which I could not do before, as I could hardly stand up and I have three healthy children. You can use this letter if you wish, for your remedy is certainly wonderful for sick, run down women."

Mrs. A. KWARCINSKI, 3027 W. Oakdale Ave., Chicago, Ill.

For forty years Lydia E. Pinkham's Vegetable Compound has been making women strong and well, relieving backache, nervousness, ulceration, and inflammation, weakness, displacement, irregularities and periodic pains. It has also proved invaluable in preparing for childbirth and the Change of Life.

Women who suffer are invited to write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.

Thousands of Happy Housewives in Western Canada are helping their husbands to prosper—

Fertile Land at \$15 to \$30 an Acre

Farm Gardens—Poultry—Dairying

SAYS PILES ALL GONE AND NO MORE ECZEMA

Important to Mothers

DELICIOUS CHRISTMAS SALAD

WOMEN MADE YOUNG

GOLD MEDAL HARLEM OIL CAPSULES

FILMS DEVELOPED

GOOD KIND OF ADVERTISING

SKIN TROUBLES SOOTHED WITH CUTICURA

### CATERPILLAR IS CABBAGE ENEMY

Imported Butterfly Is Most Destructive of Many Insects and Other Pests.

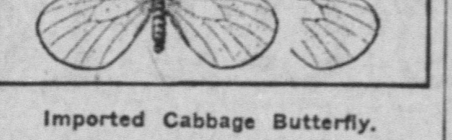
IS WELL KNOWN TO FARMERS

Frequently Secretes Itself in Immature Heads Where It is Difficult to Reach With Insecticides— Sometimes Attacks Heart.

The most destructive of the many insects and other enemies of the cabbage family, is the caterpillar of the imported cabbage butterfly, sometimes called the white butterfly, a familiar object to nearly everyone. This is the imported cabbage worm, and is well known to farmers throughout this country and Europe as well, and the butterfly is generally recognized as the parent of the worms.

Bane of Growers.

This cabbage worm has been rightly termed the bane of the cabbage grower and the dread of every careful cook and housewife. It begins



Imported Cabbage Butterfly.

work early in the season; the principal damage is therefore to young plants, and accrues through the necessity of replanting, with attendant increase in cost of production, due to additional labor, cost of stock, and delay in getting the early or better prices in the market. After ridding the outer leaves, which remain afterwards attached to the stalk, the caterpillar attacks the tender inner leaves as they form, frequently secreting itself in the immature heads, where it is difficult to reach it with insecticides, and rendering the cabbage unfit for food because of the abundant dark green excrement which it deposits. As a result, cabbages being sent to market must be examined carefully and the damaged leaves removed.

Look for Concealed Worms.

Before cooking it is frequently necessary to tear the heads apart to insure that no disgusting worms are concealed within, and even after the vegetable is prepared for the table there is danger of an admixture of animal matter with the vegetable food. In cool weather the caterpillar often feeds freely exposed on the surface of the leaves in the sunshine.

Frequently the caterpillar bores into the center of the cabbage, attacking what is commonly known as the "heart," and there the entire head is worthless for market.

ESTIMATE PLACED ON BEANS

Acres of 800,000 Expected to Yield 8,250,000 Bushels—Below That of Last Year.

The bean crop of the United States last year was about 12,000,000 bushels. While only about three-fifths as large as the crop grown on the exceptionally large acreage of 1918 and 1917, the 1919 crop was almost equal to the crops of 1914 to 1916, which averaged between 12,000,000 and 13,900,000 bushels. The planting is now indicated—about 800,000 acres—with a yield equal to the average of the last five years would produce a crop of 8,250,000 bushels.

DELICIOUS CHRISTMAS SALAD

Endive is Hardy and Can Stand Right Smart Freeze—Bitter Taste Removed by Bleaching.

Endive is quite hardy and can stand a smart freeze. As winter comes on more covering can be added and the family will be supplied with the most delicious salad until Christmas or later if it is carefully hilled and covered so as to turn the rain. This bleaching process not only insures tenderness, but takes out that bitter taste which is so objectionable to many.

PROPER STORAGE OF ONIONS

Diseases Can Be Controlled by Practice of Sanitary Measures and Right Packing.

In general, storage diseases of onions are to be controlled by the practice of sanitary measures, the sorting out of diseased bulbs at harvest, protection from rain after harvest, thorough curing and storage in a dry, well-ventilated warehouse at 52 to 55 degrees F.

GOOD KIND OF ADVERTISING

Neatly Worded Letterhead is Favored by Progressive Farmer—Farm Name Important.

A neat well-worded letterhead is a good kind of advertising for the progressive farmer. The name of the farm is the big feature of the well-planned letterhead, the chief product second, and the farmers' name third in importance.

### ACREAGE OF ALFALFA LARGEST OF LEGUMES

Greater Than That of Any Other Plant Cut for Hay.

Significant Fact That More Than One-Half of Tame Hay Area Now Devoted to Nutritive and Soil-Improving Crops.

Alfalfa now has an acreage greater than that of any other legume or grass cut for hay, not growing in combination with another. Of the total tame hay acreage in 1919, alfalfa occupied 21.1 per cent, timothy and clover mixed 18.2 per cent, timothy 15.9 per cent, clover 12.3 per cent, pea 8.7 per cent, grain cut green, 7.7 per cent, and all others 16.1 per cent. If the acreage of the timothy and clover mixture is equally divided between those two plants, the timothy acreage becomes 25 per cent of the total of tame hay acreage, and clover 21.4 per cent, so that timothy is still the leading hay plant and the clovers have second place, a little above alfalfa.

The leguminous plants, alfalfa, clover, one-half of clover and timothy, and pea are 51.2 per cent of the tame hay area, and it is a significant fact that more than one-half of the tame hay acreage is now devoted to plants of the nutritive and soil improving properties of the legumes, whereas, ten years ago, as the census testifies, hardly one-third of the tame hay area was leguminous. This comparison has been established by the bureau of crop estimates.

KILL OUT CANADA THISTLES

Small Patches of Noxious Plant May Be Destroyed by Cutting Them Off During Summer.

Small patches of Canada thistles may be killed by cutting them off with a hoe or spade several times during the summer or by covering the patch with tar paper or building paper and leaving it in place several weeks. To handle larger fields without losing a crop it is necessary to grow some early maturing crop, like clover, winter rye or barley.

As soon as the crop is harvested, plow the land very thoroughly and



Canada Thistle.

then for the balance of the season keep the land so well disked and cultivated that the thistles never have a chance to show their leaves above ground. This is the only way in which the roots can be starved out. The cultivation may be continued the following season until about corn planting time, and the land planted to corn or other cultivated crop so that any plants that may have survived can be killed or dug out.

ADVANTAGE OF CATCH CROPS

Too Late for Planting Good Yielding Variety of Corn—Sudan Grass Meets Emergency.

It is now too late to plant a good yielding variety of corn, and resort must be made to such catch crops as Sudan grass, sorghum and millet. Of these three, sorghum will give the greatest yield, but Sudan grass yields a finer quality of hay and can be stored to better advantage in the stack or barn.

EXCELLENT CROPS FOR HOGS

Alfalfa and Clover Are Favored as Valuable Pasture for All Corn-Fed Live Stock.

Alfalfa and clover are both rich in protein, an element likely to be lacking in most of our farm feeds. It is for this reason both are so valuable as pasture for corn-fed animals, especially hogs. Another good hog pasture plant, which is not used nearly so much as it should be, is rape.

KEEP ALL GARDENS WORKING

Do Not Stop at Producing Spring and Summer Vegetables, But Get Supply for Winter.

Real gardeners will not stop at producing a crop of spring and summer vegetables, but will follow up the good work with a fresh supply for fall use. To make the garden more nearly efficient, do not permit good land to stand idle, so that fresh vegetables have to be bought from market the latter part of the season.

### IN ODD MISHAPS

Many and Varied Accidents Be-fall Humanity.

Files of Insurance Companies Are Full of Cases Where Injuries Have Been the Result of Most Trivial Happenings.

Accident insurance, or insurance which pays benefits in case of temporary disability, is carried by a great many people. The claim agent whose business it is to investigate reported injuries often meets with amusing incidents. The following were furnished by an agent of a large insurance company:

"Some captive rattlesnakes in a restaurant escaped from a box in which they were confined and so frightened one of the patrons that in his haste to get out he fell in front of me, and in getting up, came up underneath me, cossing me over his head."

"I was in bed and dreamed that a burglar was bending over me. I struck at him so hard that I was thrown on the floor with arm extended and broke my collarbone."

"Assisting a lady who had an umbrella under her arm, to board a car, the point of the umbrella was thrust into my left eye."

"I placed an electric fan beside my bed on a hot night. While asleep I struck my foot in it."

"In a playful mood I kicked at my wife while barefooted and accidentally struck her on the knee, thereby spraining the big toe of my left foot."

"My arm encircled the neck of a young lady. I suddenly withdrew it and the thumb of my left hand came in contact with a brooch, penetrating the thumb almost to the bone."

"My wife was curling her hair. I ran against her and the hair curler struck my eye."

"I was embraced by a friend who playfully said that he could make me cry—fractured my rib."

"On a private yacht, I had just had a highball, got up, the boat gave a lurch and I sat down on the glass."

"Looking for a leak in a natural gas pipe with a lighted match—explosion followed."

"I missed my train and while walking on the country road I fell over a cow lying in the road. As I fell the cow got up, striking me and also stepping on my foot."

"Sitting in a chair in a barber shop and billiard parlor, a ball from a pool table nearby struck me on the nose, breaking nose and injuring one eye."

"I had been talking with another man, and as I started to walk along didn't notice a woman had pushed a baby carriage directly in front of me—fell over it."

"I was going down the walk in front of my house when an automobile wheel which had come off two blocks away rolled down the hill and struck me, fracturing both bones of the right leg."

"I was riding in an automobile when it struck a hole in the road, causing my teeth to come together with such force that the lower jaw was fractured."

"I was looking for burglars, and was accidentally mistaken by one of my neighbors for the man we were looking for, and he shot me in the arm."

Another "Dickens Original."

One by one the little band of remaining "Dickens originals" are being gathered to their fathers. The London Morning Post chronicles the death in St. George's Hospital of Mrs. Regden, the Betty Hilden of "Our Mutual Friend." She was one of the lesser characters of the great novelist's creation, but as Gilbert Chesterton so truly says: "Dickens not only conquered the world; he conquered it with minor characters. They appear only for a fragment of time, but they belong to eternity. We have them only for an instant (like the young man with the lumpy forehead, who only says 'Esker' to Mr. Podsnap's foreign gentleman), but they have us forever." How great Dickens really was is seen from the fact that not more than one or two men have been found capable of creating even a single character in their books of equal vitality and individuality. Perhaps the two most outstanding instances are Sherlock Holmes and Captain Kettle. But where Conan Doyle and Cutcliffe Hyne created one famous character of that disciple Dickens created fifty.

Irish Police Hunt Illegal Stills.

Enormously increased prices of spirits in Ireland, due to the heavy taxation on them, have led to the widespread manufacture of potene, a very strong home-made product that dodges the exciseman. The police hunt for illegal stills, like all other normal police activities, has been hampered by the fact that the chief job of the Irish police has been to protect themselves from attack. So the Sinn Feiners who have taken over the task of punishing thieves have added to their function the capture of illegal stills.

Dust Rolled Out of the Carpet.

For cleaning carpets, very satisfactory results have been obtained from a big open-work drum of wood which is turned by a gasoline engine. The carpets to be treated are placed inside and the drum turned and after about 30 minutes of this the carpets are thoroughly cleaned and are none the worse for treatment. The beating process is sometimes disastrous to carpets which are well worn, but this rolling process does them no injury.

### OIL REFINING PROFITS

Recent advances in prices of gasoline, kerosene and other refined products have increased the profits in the oil refining business enormously, especially to companies having their own production, refineries, tank cars and filling stations.

Would you like to get some of these profits? Of course you would. We believe there is no industry in the country in which the margin of risk is so small and the average returns from invested capital so great as in the Oil Refining Business.

Let us tell you more about the Oil Refining Business and how you can participate in its enormous profits. Fill in your name and address and mail attached blank, and we will send you without charge or obligation a booklet regarding this industry.

RUSSELL SECURITIES CORPORATION

116 Nassau St. New York, N. Y.

### HOT WEATHER Hits the Stomach Hardest

Chicago, Ill.—Hot weather upsets the strongest stomach and causes serious trouble for the weak ones, so word is now going out to thousands of eatonic users that they should, during this hot weather, be on the safe side and take one eatonic tablet about half an hour before meals, as well as after eating. Do this and keep the excess acids and poisonous gases from forming in stomach and bowels. Eatonic acts quickly; it will help the appetite and take away the hot-weather, feverish, thirsty feeling from mouth and stomach, because it takes up the excess acids, poisons and gases and carries them out of the body and, of course, when the cause of the trouble is removed, there can be no bad feeling. Eatonic is like a bit of candy, and is recommended to all as a safe, sure remedy these hot days for stomach and bodily troubles, caused from overeating and drinking cold things. Adv.

Every new farm increases the amount of food, but every new grocery store doesn't.

To Have a Clear Sweet Skin.

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

Women have few friendships; love is more to their liking.

Why buy many bottles of other Verrol-faces when one bottle of Dr. Fessenden's "Dead Shot" will act surely and promptly?—Adv.

BOUND TO DELIVER SPEECH

Guest at Banquet Must Have Something Astonished the Rest of the Gathering.

There was to be a banquet at an Indianapolis church and one of the parishioners felt sure that he would be called on for a speech. Realizing how poor he was at impromptu speeches he accordingly made ready for this occasion by writing one and then memorizing it.

The night of the banquet came and after rehearsing his speech to his proud wife the parishioner went to church, elated over his forethought. The crowd assembled and gathered around the table. And then—the minister called on the parishioner to say "grace."

For a minute he was appalled—also his wife. But bravely he rallied and began to compose a grace. He gave one sentence, hesitated and then to his wife's horror plunged into the middle of his speech. He finished it, too. Of course every one was amazed, his wife most of all, for you see he even used his practiced gestures.

No Cents.

"You seem very much impressed by all these explanations I have been giving you about banking and currency."

"Yes, Charlie, dear," replied Mrs. Torkins. "It seems perfectly wonderful that anybody could know as much as you do about money without having any."

Too Proud to Count.

The Pup (irritably)—Suffering doubt! What's the idea of the prolonged crowing this lovely morning?

The Rooster—Just had an addition to my family, old top.

The Pup—How many?

The Rooster—Why, e-r-r, to tell the truth, Towser, I forgot to take the census.—Buffalo Express.

### Good Judgment leads thousands of housewives to serve Grape-Nuts

in place of foods that require hours of drudgery in a hot kitchen. Needs No Sugar Comes ready to eat from the package. "There's a Reason" for Grape-Nuts

### The next time you buy calomel ask for Calotabs

The purified and refined calomel tablets that are nauseless, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

### Loggett's Kings KING PIN CHEWING TOBACCO

Has that good licorice taste you've been looking for.

### FRECKLES WAS ALSO A VEGETARIAN

At Any Rate, George Bernard Shaw's Guest Showed Little Denial for Meat Dishes.

### George Bernard Shaw has been a vegetarian for 36 years,

"Shaw told me a vegetarian story the last time I visited him in London. "He said he was walking in the Strand one day when a beggar held him up and asked for a little money to buy food, claiming he had eaten nothing for 48 hours. Shaw gave him a note to Frascati's for a full meal, and stopped in there the next day to pay the bill. "I sent a poor beggar here yesterday," he said. "What do I owe you?" "Seventeen and six, Mr. Shaw," said the manager with a smile. "Seventeen and six, eh? And what were the items?" "Eight beers," said the manager, "three whiskeys, a pint of port, four cigars and a package of Virginia cigarettes. A true vegetarian like yourself, sir."—London Tit-Bits.

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