"STRANGE HOW WOMEN SUFFER"

Says Tennessee Lady, and Will Just Go Suffering, She Says, When Cardui Is Right

at Hand.

Caryville, Tenn .- Hoping her experience may benefit others who suffer from disorders common among women, Mrs. Charles Rains, of this (Campbell) county, says: "I had womanly troubles till I couldn't rest, couldn't sleep, and was nervous and suffered a great deal of pain in my head, limbs and back. I would get to the place where I couldn't move without a great effort.

"For years I had known of Cardul, and it is strange how a woman will just go on suffering when the best remedy in the world is right at hand | thoroughly turn over a stiff quack--but we do!

"But finally the pain was worse, my suffering so great, I knew I must do something. A friend mentioned Cardui has been found that with this type of and we sent for it. One bottle helped

"I took a course of Cardui, regained my strength, built myself up and felt this treatment every ten days or two like a new woman.

"Can I recommend Cardui? Yes, and gladly, for it is a God-send to suffering women. I hope when they suffer with troubles common to women they don't wait, but get this sure remedy at once."

Any druggist can supply Cardui promptly. Call on yours today .-- Adv.

Wrong Again.

"Now, just listen to our new neighbor talking to her baby," said Mr. Dubwaite, who was sitting by an open window of his apartment. "That's what I call mother love,"

"You ought to see her 'baby'," replied Mrs. Dubwaite, with a sniff. "That 'ittsy, pittsy pecious' she's raving about runs around on four legs." -Birmingham Age-Herald.

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticurt 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.

"I see that, instead of being prosecuted, a bomb thrower will be sent to his native country at government expense."

Heavy Sarcasm.

"Is that so?" "Yes."

"We are getting drastic."-Louisville Courier-Journal.

Sure Relief BELLANS INDIGESTION 25 CENTS

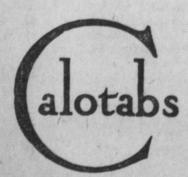
6 BELLANS Hot water Sure Relief FLL-ANS

WHY GO HUNGRY'

If your Stomach is weak and you suffer with Indigestion, — don't sacrifice your health and comfort. You may eat anything you like, and relish it, if you take one or two DR. TUTT'S LIVER PILLS when required. You will digest your food; nourish and build up your System eliminating all potsonous waste matter and strength en the stomach.

Liver Pills

The next time you buy calomel ask for



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

QUACK GRASS IS **EASILY KILLED**

Special Type of Plow Is Recommended for Purpose of Turning Over Sod.

DISK HARROW QUITE USEFUL

Exposure to Sun and Breaking Loose From Lower Soil Soon Kill Out Plants-Bury Mass of Roots in Spring by Plowing.

The process of killing quack grass on sod or pasture lands, beginning in midsummer, is a very simple one.

The first step is to plow the sod, cutting just under the turf, which is usually about three inches deep. To grass sod as shallow as three inches it is advisable to use a special type of plow (Scotch bottom) having a very long, gradually sloping moldboard. It plow the sod can be turned very shallow. The next step is to go in a week or ten days later with a disk harrow and thoroughly disk the sod. Repeat weeks until fall, when the quack grass will be completely killed out.

Too Hard to Plow. It sometimes happens that with certain kinds of soil during drier periods in the summer the ground becomes too hard to plow. With the type of plow suggested, however, it has been found that very hard and dry sods can be turned. . In case it is not possible to



Quack Grass.

turn the sod on account of dry weather, the treatment can be given with the disk harrow alone. We have been able to thoroughly kill the grass with either the disk or the combination of plow and disk treatment. Where plowing is possible, however, it is usually cheaper to kill the grass with plow and disk alone, according to specialists of the United States department of agriculture.

If the disk alone is to be used, it should be set practically straight, well weighted with bags of dirt, and the field gone over three or four times. The first two cuttings should be at right angles and the other cuttings diagonally across. The sod in this way is divided into small blocks. Then the disk is set an an angle, when it will be found that the first two or three inches of the sod, which contain practically all of the quack-grass roots, can be cut loose from the soil below. The exposure to, the sun and the breaking loose from the lower soil soon kill out the quack grass. This ground should be gone over at intervals of ten days or two weeks throughout the remainder of the senson.

Plow Again in Spring.

The following spring the infested land, on which the grass has been killed either by the disking method or by the combination of plowing and disking, should be plowed to a good depth in order to bury the mass of dead roots thoroughly. This will facilitate the cultivation of the spring crop. If the work has been carefully done the quack grass will not show up at all in the spring crop.

Both these methods have been thoroughly tested.

MAKE PROFIT WITH ALFALFA

Growers Who Are Most Successful Make Practice of Cultivating Once or Twice Yearly.

The men who are making a practice of growing alfalfa successfully over a long period of years are practicing cultivating the crop at least once or twice a year. The common disk harrow is used to some extent, although the spring-tooth cultivator usually gives better results, Some people cultivate the alfalfa field early in the spring, but the more common practice is to follow the second and third cuttings. The main purpose is to keep the blue grass out This is best accomplished during the dry portion of the summer. In a test carried on by the Iowa agricultural experiment station, the annual yield has been Icreased almost a ton per acre by cultivation.

CONCRETE FLOOR FOR FOWLS

First Cost Is Greater Than for Others, but in Few Years It Will Pay for Itself.

It pays to build a concrete floor in the poultry- house. The first cost is greater, but in two years the concrete floor will pay for Itself. Dirt floors should be replaced; they require more litter, more eggs are solled and extra labor is required. In two years these extra costs are enough to have built a concrete floor.

MILK PLANT IN CITY REQUIRES MUCH CARE

Efficiency Depends Largely on Equipment Used.

Arrangement of Various Rooms and Machinery Also Important-Specialists Point Out Ten Points to Be Remembered.

The construction of a city milk plant requires careful study and planning. The building represents a large investment, and it is important, therefore, that the plans be carefully laid. The efficiency of the plant depends to a large degree upon the type of equipment used and the arrangement of the various rooms and machinery. It is possible for a well-arranged plant to effect great economies in labor, while a poorly planned plant may become a continual source of expense because of the extra labor required. These points, secording to specialists of the United States department of agriculture, should be borne in mind in locating a rallk plant: 1. Ease of access from as many

sides as possible. 2. Value of property.

3. Cost of getting the milk to the 4. Proximity to distribution center.

5. Advertising possibilities. 6. Opportunity for retail counter cash trade. - 7. Nearness to city water supply and

electric power. 8. Avoidance of heavy traffic sur-

roundings. 9. Good drainage.

10. Pure air and clean surroundings. Anyone contemplating building a new plant will do well to visit various up-to-date plants in different cities to get the latest ideas on construction, layout of rooms, and equipment. If it is impossible to visit other plants, plans and specifications sometimes can be obtained and ideas gained from them. Also, he should write the. United States department of agriculture, Washington, D. C., for department Bulletin 849 on City Milk Plants; Construction and Arrangements

Consecutive Consec HELP PREVENT WOODS FIRES.

Be sure your match is out before throwing it away. Don't throw away burning to-

Choose a safe place and make your campfire small. Put out your fire with water

and then cover it with earth. Don't make large brush heaps. Choose a still day for burning and plow furrows to protect nearby woods.

HITCHING HORSES OR CATTLE

BE CAREFUL WITH FIRE.

Rope Attached to an Old Cart-Wheel Gives Animal Chance for Ranging Without Tangles.

The illustration shows a very good method of tying cattle or horses so



Bossy can't entangle her hitching rope If it is attached to a wheel which revolves as she moves about to graze.

that they may have free range without entangling their ropes.

Secure an old cart-wheel and its axle. Set the off end of the axle in the ground with the wheel uppermost, then tie the cow's rope to this wheel. -Popular Science Monthly.

PRODUCE ALL GARDEN SEEDS

No Special Work Required With Ma-Jority of Crops-Pick From the Beat Specimens.

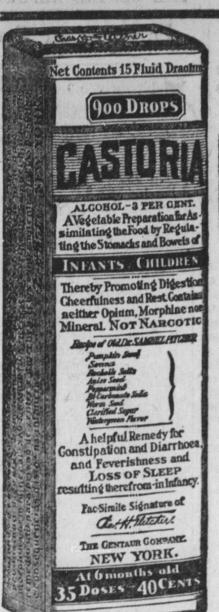
Produce the seed supply for next year in your own gardens. Cucumber, melon, squash, tomato and other crops require no special work. Simply mark the best and earliest fruits and when fully ripe, gather and remove the seed.

The beet, onion, turnip, carrot, parsnip, winter radish, rutabaga, kohlrabi, cabbage and others are biennial and it is necessary to set out roots in the spring, which will send up flowering stalks to produce seed in late summer.

GOOD QUALITIES OF CAPONS

Fowls Need No Fattening Rations Until Few Weeks Before Marketing -Fine for Table,

The old saying. "The proof of the pudding is the eating," is sarely true of capons. Once you have eaten capons you will make a wry face if an old rooster is put on your table. After being caponized the combs and wattles stop growing, the birds do not crow and are gentle and peaceful of disposition. They need no fattening rations until a few weeks before marketing.



Exact Copy of Wrapper.

Children Cry For Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. . Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with eyen greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children ? Don't be deceived.

Make a mental note of this:-It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

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

GENUINE CASTORIA ALWAYS Bears the Signature of



now under construction. I accredited by N. Y. State department.

Founded 1890. (Nonsectarian)

Founded 1890. (Nonsectarian)
offers young women a complete course in nursing and in addition
pays them \$25 monthly, plus keep.
Most modern facilities. Best nursing conveniences. Three shift system. Group method of treatment.
Every department in medicine covered, including Radium, Electro-Cardiograph, etc.
Applicants must have had one year high school instruction or its equivalent.
Under the new law a short course can be taken by those wishing to become TRAINED ATTENDANTS

Only a complete Grammar School ducation or its equivalent required. For further particulars address. newest and tailest hospital in the now under construction. Training accredited by N. Y. State Educa-SUPERINTENDENT Beth Israel Hospital, New York

SOMETHING LIKE A BUGLER! BLAME NOT ENTIRELY HERS

Player Who Could Produce an Effect New Maid's Attitude Not Inappropri-Like That Described Surely Was a Wonder.

Two darkies in a negro regiment boasting about their company

"G'long wit' you, boy," said one; 'you ain't got no booglers. We is got the boogler, and when 'at boy wraps his off lip around that horn and blows pay-call it sound jes' like that um Boston Symphony band playin' "The Rosary."

"Yeh, I hearn you," replied the other. "Talk up. boy; talk up. Yo' is wadin' deep into trouble."

"-An' when he sounds 'at tapoo the angile Gabri'ell hisself is lending' a ear, boy. A ear is what I says." "Well, if yo' likes musik they is all right, but if yo' is yearnin' fo' food yo' wants a booglar with an hypnotic note like we is got. Boy, when Ah hears ole Custard-Mouth Jones discharge his blast. Ah looks at mah beans and Ah says, 'Strawberries, behave yo'selves! Yo' is crowdin' the whip cream out o' mah dish."-Gold Chevron.

The Louvre Not So Much.

He was evidently an ex-soldier and an art lover. The first you could tell by the American Legion button he wore, the second by the artistic touch in his manner and theme of speech, Another youth was standing near him on the steps of the city library. He may or may not have sought art as Emerson paints it for us.

were in Paris?" asked the youth who may or may not have cared for art. . "Yah." replied the ex-soldier. "And, say, don't believe this stuff you hear about it bein' a fine gallery. I went

"Didja see the Louvre when you

all through it and it ain't nothin' but a big department store."

When the girls want to loaf around the dry goods stores they call for plaid sewing silk.

ately Compared With That of Some Politicians.

In a recent political gathering the ollowing story was told apropos of the coming national election: "Whichever side wins, I'm afraid will

act as did the new maid. "The new maid was entirely makeshift, and the mistress bore with her patiently at first. But on the third day she placed a very unclean dinner plate on the table, and patience broke

"'Really, Mary, you might at least

see that the plates are clean." " 'Well, mum.' Mary rejoined, 'I owns to them thumb marks, but that dried mustard was there afore I come."

Simple Truth.

The theater was crowded and the audience sat with bated breath as they watched the villain stride across the stage and grasp the trembling heroine roughly by the wrist.

"Ah, I know your father's secret!" he hissed in her ear. "At last you are in my power. Will you become my wife, or shall I make it known to the world? I have discovered that he has 10,000 stolen tins of condensed milk stored away in his strong roots. I am the only one who knows his secret."

"Have pity on me!" implored the "What if it should leak heroine. "If it should leak out," replied the

Getting Desperate.

villain, "it would be a mess."

There's no waste to

Grape:Nuts

and it saves sugar, for it

contains its own sweetening

No cooking is necessary

and the likable flavor of

this wheat and malted

barley food is equaled

only by its economy.

Grocers everywhere

sell Grape: Nuts.

"A delegation of suffragists to see "Tell 'em I'm out," said the harassed

"They said if you were out they would wait until you returned." "All right, let 'em wait. I'll sneak out the back door and go to Europe."-Birmingham Age-Herald.

Grape Nuts

Rade of Wheat and Barket

A FOOD

CHEWING TOBACCO Has that good licorice taste you've been looking for. Origin of Famous Quotations. The henpecked man had just ob-

Liggettallyers

KING PIN

tained a divorce from his first wife. He was heard to mutter, with the only fiendish glee that had been his since the orange blossom episode, "And the first shall be last."

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with nightly applications of Roman Eye Balsam.—Adv.

The Difference.

"I understand that young Smyth is Ned's alter ego." "He's nothing of the kind. He's his best pal."

Get Back Your Health!

Are you dragging around day after day with a dull backache? Are you day with a dull backache? Are you tired, and lame mornings—subject to headaches, dizzy speils 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 of sleep and exercise and use Doan's Kidney Pills. They have helped thousands. Ask your neighbor!

A Virginia Case



E. L. Blake, conductor C. & O. R. R., ductor C. & O. R. R., Til Graves St., Charlottesville, Va., says: "My back was sore and lame and I had terrible pains every time I stooped over. The kidney secretions passed very often at night and I couldn't get any rest. I used Doan's Kidney Pills and it wasn't long before the pains in my back eased up. I took Doan's, however, until cured."

DOAN'S RIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Cuticura Soap Clears the Skin and Keeps it Clear Soap 25c, Ointment 25 and 50c, Talcum 25c.

Someone to farm 280 Acres Southern Alabama. Pay the taxes, deposit \$100 that they will keep it 3 years. Someone to promote a modern household patent. Can make \$12,000.00 year. Five states sold. Canadian patent for sale, \$2,000.00 net. An opportunity seldom offered. C. F. CULLEN, MOBILE. ALA.

ELIXIR BABEK A GOOD TONIC
And Drives Malaria Out of the System.
"Your 'Babek' acts like magic; I have
given it to numerous people in my parish
who were suffering with chills, malaria
and fever, I recommend it to those who are
sufferers and in need of a good tonic."—
Rev. S. zsymanowski, St. Stephen's church
Perth Amboy, N. J. Elixir Babek, all
druggists or by Parcel Post, prepaid, from
Kloczewski & Co., Washington, D. C.

Have real foot comfort as hundreds of others have, after using SORVAN, which is the original vanishing foot cream. SORVAN gives absolute relief to sore, sching, burning, swollen and aweaty feet. Sent by mail on receipt of 50c. Agents wanted. Can earn from \$15 to \$50 a week.

SORVAN COMPANY, TYRONE, PENNA.

FRECKLES CONTINUES REMOVED by Dr. Borry

W. N. U., BALTIMORE, NO. 37-1920