

Get Ready for Hot Weather By Purifying the Blood

Many people simply melt in summer. They can't work or enjoy life. They lack vitality. Ten to one their blood is impoverished. Rich, wholesome blood is the basis of vitality. If you have it, you sturdily withstand summer temperatures. But if your blood is poor, loaded with poisons that should be cast out, you are limp and useless in "shirt-sleeve" weather. To avoid this, get from your druggist S.S.S., the famous vegetable blood tonic and alterative. It is just the thing for poor blooded people. After starting S.S.S., write us about your condition and we will send you expert medical advice free. Address Chief Medical Advisor, 889 Swift Laboratory, Atlanta, Georgia.



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Recommended For Both Children & Adults
In Capsules Absolutely Tasteless

MONEY BACK IN EVERY CASE WHERE ANTIPLASMA FAILS TO CURE

ANTIPLASMA Discovered During Boer War in Africa—through the wonderful research work of Drs. J. J. Rudolph and Kruger, the latter Chief Medical Officer of the Boer Army. Its employment resulted in not a single death in the Boer Army from Malarial infection as compared to a mortality rate among the English soldiers that greatly exceeded the number of killed and wounded. Contains No Alcohol, Narcotics, Quinine, Arsenic, Mercury, or Habit-Forming Drugs! Absolutely Tasteless.
If Your Druggist Doesn't Sell It, Mail—\$2.00 to the Viro Medical Co., 200 West Houston St., New York, N. Y., and one bottle containing complete seven day cure will be sent you immediately postpaid.
AntiPlasma is Malaria Insurance at a Cost of \$2.00 Per Year

IN YOUTH'S GAY SPRINGTIME

Incident of Innocent Pleasure That Excited the Admiration of Gap Johnson.

"It shore does a feller good to see the innocent pleasure children get out of the coming of spring!" said Gap Johnson of Rumpus Ridge. "The first right warm day most of my young 'uns swarmed, as you might say. Wife took and ripped 'em out of their under-clothes that she'd sewed 'em up in last fall, and they hit the path for the creek, scratching and cussing merrily. They found there seven or eight of Gabe Giggery's kids, three or four of Jim-Tom Tully's, a bunch of Zeke Yawkey's and several more that nobody could tell whose they were till they got their faces washed. Well, then there was a grand hooraw as they all shucked themselves and whirled in to tying each other's clothes up in hard knots, and fighting about it, and such as that. Round and round and over and under they went, till they all fell into the drink and kept right on lammung each other till they knocked all the water out of the creek."—Kansas City Star.

Pigeon Very Much Alive.
One day I found a poor, frozen pigeon, whom I thought to be dying. I took it to our office, without letting the boss know, and fed it and gave it water. Then I went out with a few bills, and imagine my embarrassment when I came back to find that the pigeon, I was positive could not live, flying around the office and the whole office force, excluding the boss, laughing.—Exchange.

Frank.
"Well, he's frank even if he isn't tactful."
"In what way?"
"He admits he wants all the money he can make; he says in most matters he thinks of himself and his own interest first and he doesn't claim that he was happier when he didn't have a dollar to his name."
Postponed.
"Then you don't care for this futuristic art."
"No, let the people of the future enjoy it."
The Sin in Cinema.
"Have you seen any of those color movies?"
"A few off-color ones."

One Hopeful Feature.
Christopher Morley reprints in the New York Evening Post the following "full-page sable-ruled advt." in a "garment weekly": "You will share our deep sorrow at the death of Mr. —. He was the founder and organizer of the company, which will continue to bear his name. Due to the discontinuance of business for a week, there has accumulated an enormous stock of suits and coats which we will dispose of at an unusually low price. This is an opportunity which you cannot afford to miss."
His Views.
"A 'zoo' is a place to reflect on the superiority of mankind," remarked the bumptious citizen.
"I don't agree with you," answered Mr. Grumpson. "I've never visited a 'zoo' but two or three times in my life, but the thoughts that struck me was that all the animals were attending strictly to their own business and if mankind had less curiosity and more consideration for dumb creatures none of them would have been there."
The Retort Feminine.
Miss Oldun—"Are those men following us?" Bute—"One of us."—New York Times.
Death from snakebites are numerous in Afghanistan.
Too much humility can be pride.

There's a Reason Why Grape-Nuts

makes a helpful breakfast and a profitable lunch for the worker who must be awake and alert during the day. Grape-Nuts is the perfected goodness of wheat and malted barley, and is exceptionally rich in nourishment. It feeds body and brain without tax upon the digestion.

"There's a Reason"

EARLY POTATOES VERY IMPORTANT

Some Essential Points in Growing That Average Gardener Is Apt to Overlook.

FOOD SUPPLY MUST BE READY

Good, Plump, Disease-Free Seed and Plenty of Fertilizer Are Essential—Keep Bugs Off by Dusting or Spraying.

(Prepared by the United States Department of Agriculture.)
Irish potatoes are grown in most home gardens, but there are just a few points in the potato-growing game that the home gardener is likely to overlook which are very important. First of all, potatoes grow quickly, and their food supply must be all ready and waiting for them in the soil. Second, they are heavy feeders and want plenty to draw upon. In other words, the soil for Irish potatoes must not only be rich but it must be rich in plant food of certain kinds. Land that was well manured the previous season, and which contains plenty of organic matter is best. The first step in preparing the soil will be to spade or plow it in to a depth of eight or nine inches, then break up the clods, if there be any, and pulverize the soil practically as deep as it is spaded or plowed.

How to Use Fertilizer.

Common fertilizers give good results for growing potatoes, especially if the fertilizer contains potash, as potatoes require more potash than is usually present in the soil. Fertilizer manufacturers mix special brands for potatoes, and these are generally rather rich in potash. How much fertilizer to use will depend upon the fertility of the soil, but as a rule eight pounds to each 100 feet of row will be about right. A good way to apply the fertilizer is to make the holes or burrows and drop the pieces of seed potato, cover them with an inch or two of soil, then scatter the fertilizer along the row so that it will become well mixed with the soil in completing the covering of the seed. Another method is to scatter the fertilizer in the furrow and mix it with the soil before dropping the pieces of seed potato.

Best Kind of Seed.

Small, shriveled potatoes, left in the bottom of the barrel at the end of winter, are not fit for seed. Only plump, disease-free potatoes, on which the sprouts are beginning to start, should be used for seed. Seed grown in Maine, New York, Michigan, Wisconsin, or some other special seed producing section will fit a rule give best results. Seedmen get the seed potatoes.



Potatoes Should Be Cut Into Chunky Pieces With at Least One Eye to a Piece.

shipped in by the carload and then sell them to gardeners in small quantities. It takes about ten bushels (900 pounds) of seed potatoes to plant an acre. One bushel of seed will plant one-tenth of an acre, which is a space 43 feet wide by 100 feet long. A peck of seed potatoes (10 pounds) should plant 300 feet of row, each potato being cut into chunky pieces having at least one good eye to a piece. Seed potatoes should not be cut until all ready to plant. Whenever seed potatoes are cut and allowed to stand, the cut surfaces dry out, turn black and the seed loses vitality very rapidly. Scabby or diseased seed potatoes should not be used for planting. The variety of potatoes to plant will depend largely upon locality. Irish Cobbler is one of the leading early varieties while Rural New Yorker, Early Ohio, Triumph, Green Mountain, and others are grown extensively. Plant the variety most commonly grown in the locality, but be sure that the seed is free from disease and is in good, sound condition. Do not plant potatoes too deep. Four inches is about the proper depth. Leave the surface almost level and see that there are no clods, stones, or pieces of sod directly over the hills, potatoes are one of the first garden crops to plant in the springtime, and it is safe to put the seed in the ground two or three weeks before the date of the last heavy frost. In case there is likely to be a freeze after the plants come up, cover them with an inch or two of loose earth to protect them. They may be uncovered as soon as the weather warms up or they come up through the soil themselves.

GARDEN VALUE AIDED BY PERENNIAL CROPS

Bush Fruits Should Be Grown Where Space Permits.

Asparagus Will Thrive Almost Everywhere in Good Soil—Rhubarb Can Be Planted Along Fence—Utilize All Space.

(Prepared by the United States Department of Agriculture.)

Plantings of perennial fruit and vegetables add to the interest and value of every home garden. In localities where they may be grown, some fruit trees and bush fruits should be planted wherever space permits. In addition to the small fruits there are a few permanent vegetables which should not be overlooked. One of these is asparagus, which will thrive almost anywhere, provided it is planted in good soil. A plot of ground 15 to 20 feet square in one corner of the garden will supply all of the asparagus needed by an average family.

A few hills of rhubarb in sections where it will grow can be planted along the garden fence and furnish the family supply. The same is true of horse radish and of a number of the herbs, including thyme, tarragon, sage.

Grapes of the type and variety suited to the locality should always be included in the home garden. These can be grown on an arbor over the



Crops Like These Can Be Raised in Almost Any Garden.

walk where they require no extra space. Four to six vines of the standard varieties, and one or two of the southern type in their proper locality, will be sufficient.

In planning the garden, plant the perennial things where they will not interfere with the preparation of the ground and the cultivation of the regular vegetable garden. Place them around the outbuildings, along the fences and in the corners where they will not be in the way. Bulletins telling how to cultivate the various small fruits can be obtained from the United States Department of Agriculture.

BUSH VELVET BEAN FAVORED

Particularly Useful With Corn as It Does Not Make Harvesting a Difficult Problem.

Reports from 400 cooperators of the United States Department of Agriculture who tested bush velvet bean in 1920 for the first time are highly commendatory. Three-fourths of those reporting consider the bean a market success, and over half of them believe it to be superior to any other variety, everything taken into consideration. Two uses of the bean meet with particularly enthusiastic praise. First, is its use in corn, where its non-twinning habit is very desirable, as it does not pull the corn down and make harvesting difficult as do the twining varieties. Second, it is found ideal as a cover and green manure crop in citrus orchards, being far superior for this purpose to any other legume yet found. Its use should considerably reduce the fertilizer bill for citrus orchards.

LATE CROP AFTER POTATOES

Corn Can Be Planted Between Rows About Two Weeks Before Tubers Are Harvested.

In most sections the early potatoes can be followed by a late crop of sweet corn planted between the rows of potatoes about two weeks before the potatoes are dug. Late cabbage plants can be set between the rows of potatoes, then the soil worked about the cabbage plants when the potatoes are dug. Turnips can be grown broadcast on the land after early potatoes. Late potatoes, planted about June 1 to 20 in the north and late in July in the south, occupy the ground until frost and produce the main supply for winter use.

BIG VIRTUE OF SANDY SOILS

Roots of Plants Pass Through It Readily, But It Dries Out Quickly—Clay Holds Water.

The chief virtue of sandy soil is that the roots of plants can pass through it readily; its chief fault is that it dries out too quickly. Clay soil holds water well, but it tends to pack and harden. Both types of soil need stable manure—it loosens up clay and helps sand to hold moisture.

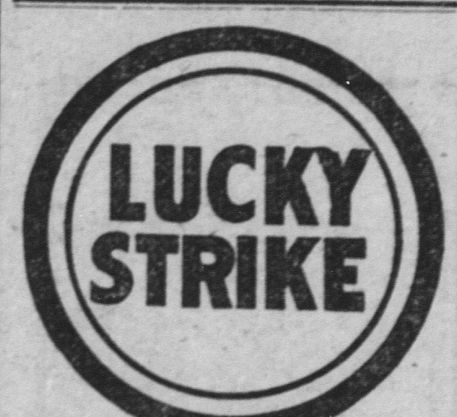
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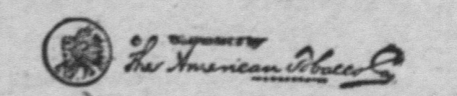
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To seal in the delicious Burley tobacco flavor.
It's Toasted



REALLY FLOWERS OF SPEECH

Sayings, Witty and Wise, That Are Worth Being Preserved in an Anthology.

Professor Sir Arthur Quiller-Couch, in the course of his lively lectures "On the Art of Reading," gives some examples of Irish peasants' sayings with the large simplicity, the cadence, and the accent of Scriptural speech. The best is the benediction bestowed upon one of the two authors of the incomparable "Irish R. M." by an old woman in Skibbereen: "Sure ye're always laughing! That ye may laugh in the sight of the Glory of Heaven!" The writer once thought of making an anthology of such wild flowers of way-side speech. He would have included in it some far-traveled sayings, such as that of the freighter in the alkaline districts of Alberta, who said, pointing with his whip to an intensely blue lake on the horizon, "Bitter as a dyin' man's sweat is that same water," and the perfect definition of a ghost implied in the words of a Newfoundland fisherman, "There I sees 'em warming themselves in the moon-light."

Got Inspiration From Music.

Curran's favorite mode of meditation was with his violin in his hand; for hours together he would forget himself, running voluntaries over the strings, while his imagination, collecting its tones, was opening all its faculties for the coming emergency at the bar.—Disraeli.

People who seldom attend church frequently register a protest when the pastor desires a vacation.

Decorative Splendors.

"Riches have wings."
"True," replied Miss Cayenne. "But the effect depends on the intelligence with which they are utilized. The most beautiful ostrich feather is likely to look a trifle shabby on the original bird."

Essentially the same fishes extend from Florida to Brazil.

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The guaranteed 'killer' for Rats, Mice, Cockroaches, Ants and Waterbugs—the greatest known carrier of disease. They destroy both food and property. Stearns' Electric Paste forces them to run from the building for water and fresh air. READY FOR USE—BETTER THAN TRAPS
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Earnestly Praises Eaton's
"My wife was a great sufferer from acid stomach for 10 years," writes H. D. Crippen, "but is a different woman since taking Eaton's."
Sufferers from acid stomach—let Eaton's help you also. It quickly takes up and carries out the excess acidity and gases and makes the stomach cool and comfortable. You digest easily, get the full strength from your food; feel well and strong, free from bloating, belching, food repeating, etc. Big box costs only a trifle with your druggist's guarantee.



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ROOM FOR YOUNGER CRITICS

They Have a Place in the World and a Duty That is Well Worth Performing.

The younger critics, says Heywood Brown, are the lineal descendants of that little child in Anderson's fairy tale who, when the emperor was being made a spectacle of and all the world was being fooled by the sharp tailor, refused to be quiet and cried out, "He hasn't got anything on." These young enthusiasts who have no positions to lose and no dignities to live up to go about pointing to all our literary emperors and calling attention to the scantiness of their attire of greatness, and refuse to be silenced by their scandalized or terrified elders. Good sense bids us welcome their honest gaze at even the sacrosanct persons. It can't hurt anything really fine, and it's about time we came out of some of our illusions. William Allen White sized it up about right when he said in praising "Main Street": "Of course, I'm on the other side of the street myself, but that's just the reason why I like this book. It gives us fellows something to answer."

Let the Children in, too!
It's no longer necessary to maintain a dividing line at the breakfast table—tea or coffee for grown-ups—no hot cup for the youngsters
Serve **INSTANT POSTUM**
to each member of the family, and all will be pleased and benefited by this pure, wholesome cereal drink.
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