THREE YEAR OLD WASHED ASHORE

Mrs. Dingman Tells of Adventure of Childhood When Father's Ship Was Wrecked.

RELATES LATER EXPERIENCE

Declares That the Way Tanlac Restored Her Health Is More Remarkable Than Anything She Has Ever Had Happen to Her.

"I've had some remarkable experiences in my life, but none more wonderful than the way Tanlac overcame my troubles and made me gain twenty pounds," was the statement of Mrs. Christina K. Dingman, 1216 Alice St., Oakland, Calif. One of the experiences to which Mrs. Dingman refers is well known to her friends. When a child of three years, accompanying her father, a noted sea captain, on an ocean trip, the vessel was wrecked, but she was almost miraculously saved, the small box into which she was put being washed ashore. According to her statement, Mrs. Dingman enjoyed the best of health until three years ago when she began to suffer from a bad form of stomach trouble and later from rheumatism. How she was completely restored to health is best told in her own words:

"Nobody knows how I suffered for the past three years. No matter how carefully I ate I would endure agonies afterwards from smothering and sinking spells. Sometimes they were so severe I would fall to the floor and would have to be carried to bed. I went for days at a time without eating, as I dreaded the misery I knew would follow, no matter what I ate. Then rheumatism set in and my shoulders and arms hurt me so I couldn't comb my hair. My back felt like it was breaking in two.

"I was almost in the depths of despair when I began on Tanlac, but this grand medicine has made me a well and happy woman. I'm not even troubled with constipation now, thanks to the Laxative Tablets, which are far superior to anything of the kind I ever tried. It seems almost too good to be true, but here I am in the best of health and spirits after I had given up hope, and I'll always praise Tanlac for it."

Tanlac is sold by leading druggists everywhere.—Advertisement.

Canada's loans to war veterans total $80,000,000.

Catarrh

Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the System, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.
All Druggists. Circulars free.
F. J. Cheney & Co., Toledo, Ohio.

When one is young, one attends mostly weddings; when old, mostly funerals.

Sure Relief

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

NEURALGIA?

Go to your druggist or dealer and ask for a package of

WHITE CAPS

and get relief, with no bad after effects. You can depend upon White Caps. *They contain no narcotic or prohibitive drugs.*

Trial Size 10 cts. — Regular Size 25 cts.

GILBERT BROS. & CO., Baltimore, Md.

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

Cuticura Talcum

Fascinatingly Fragrant

Always Healthful

Soap 25c, Ointment 25 and 50c, Talcum 25c.

SUGGESTIONS ON RAISING CABBAGE

Plant Contains Large Quantities of Mineral Salts So Essential in Diet.

GIVE ATTENTION TO VARIETY

Select Richest Portion of Garden and Work Into Soil as Much Rotted Manure as Can Be Spared—Prevent Work of Cutworms.

(Prepared by the United States Department of Agriculture.)

Most people have a fondness of cabbage, served in one way or another, as it contains large quantities of the mineral salts so essential in the diet. Early cabbage is especially desirable, as it furnishes green food at a time when it is needed.

In giving suggestions on growing cabbage, garden specialists of the United States Department of Agriculture say the proper variety must be planted. Some kinds require a longer period for their growth than others. Jersey Wakefield and Charleston Wakefield are most universally planted for the early crop, Jersey Wakefield being considered earliest of all. The variety known as All Seasons has a round, flattened head and is a good intermediate sort. Copenhagen Market is a large, round-headed early cabbage that is very much in favor among market gardeners. Late Flat Dutch and Danish Ballhead are considered the leading late varieties.

Start Plants Indoors.

Plants must be started indoors, in a hotbed, or be shipped from some point farther South where the season is advanced, if extra early cabbage is to be grown. One or two cigar boxes filled with fine soil and placed in a south window will form a seedbed for starting 100 to 200 cabbage plants. The little seedlings must be transplanted to larger boxes or to a cold frame when they begin to crowd each other in the seed boxes. Cabbage plants are quite hardy, and along the South Atlantic coast are grown in the open by the acre.

Plant early cabbage in the richest part of the garden, having previously worked into the soil all the rotted manure that can be spared and then added high-grade commercial fertilizer at the rate of ten pounds to every 100

Good Solid Head of Cabbage.

feet of row. The fertilizer should be well mixed with the top 4 inches of soil over a space the full width of the row, which is generally 3 feet.

Do not plant cabbage on land where it was grown last year, especially if any of the heads were diseased or showed any kind of trouble. It is always a good plan to rotate crops, even in the small home garden. Cabbage is subject to several diseases, but fortunately these do not do much harm in small gardens. Insects, however, play havoc with the crop from the time it is planted. Cutworms are generally waiting in the soil during early spring to cut off the stems of the cabbage plants just at the surface of the ground.

Protect Plants From Cutworms.

The best remedy, or rather preventive, is to place bands or tubes of stiff paper around the stems of the plants as they are being set in the garden. Thin cardboard makes ideal plant protectors. By cutting the cardboard into strips about 3 inches wide, sections can be cut off and rolled around a lead pencil to form a tube. The protectors should extend an inch below the surface and at least 2 inches above. After the stems of the cabbage plants have become toughened and begin to grow rapidly the protectors can be taken off.

Cabbage worms, the eggs for which are laid by the light-yellow butterflies that are often seen flying about the cabbage plants, do a great amount of damage. Dusting the foliage and the heads with air-slaked lime, to which a little paris green has been added, or spraying them with arsenate of lead, one ounce to a gallon of water, are both effective. There is no danger as the heads grow from the inside and the outer leaves, to which the poison is applied, are all removed.

PASTURE LAND ON HILLSIDES

If Properly Taken Care Of Steep Inclines Can Be Made to Return Good Grass Yields.

Many of our pasture lands are so hilly that they cannot be used for cropping purposes, but if properly taken care of they can be made to return substantially profitable grass yields.

VEGETABLES ENTIRE YEAR FROM GARDENS

Accomplishment of Women in One New Mexico County.

Everything Tried in Dry-Land Section and Given Proper Attention Brought Good Results—Much Fruit Was Canned.

(Prepared by the United States Department of Agriculture.)

Women in Union county, New Mexico, are working to have on every farm a garden large enough to supply the family with vegetables the entire year, with a sufficient surplus for each housewife to can or dry enough vegetables for winter use.

The United States Department of Agriculture reports that the following is a part of what was accomplished last year in this county under the supervision of the home demonstration agent: A great many vegetables new

Products of Garden in New Mexico.

to the community were tried out, such as Swiss chard, Chinese cabbage, asparagus and celery, and fruits like ever-bearing strawberries, rhubarb, garden lemons, and other varieties not previously raised. These were grown successfully. Grapes, peaches, plums, apples and apricots have been planted by many people who had not thought these fruits would grow in their county. This is a dry-land section where practically no attention has been given to the home garden.

Everything tried, and given proper attention, brought good results. Some failures were reported, due to lack of moisture and lack of care. Reports also showed that, besides all that was used fresh on the table, from 25,000 to 50,000 quarts of vegetables and fruits were canned in this county last year.

AVOID DODDER INFESTATION

Farmer Should Use Plants Known to Be Immune to Attacks of Pestiferous Weed.

The necessity of selecting plants immune to dodder infestation when cultivating newly cleared land was emphasized by a report which recently reached the United States Department of Agriculture concerning the destruction of an entire field of eggplant on a newly cleared field in Pennsylvania. So bad was the infestation that not a single fruit was formed on the parasitized plants and the entire field was destroyed. The dodder was determined as hazel dodder, a species not uncommon on hazel and other wild shrubs and on tick trefoil and other wild herbs, but never previously reported on cultivated plants. The department recommends that on land known to contain the seeds of dodder, farmers should use plants which are immune to attacks of the pest. The following plants are not susceptible to injury by dodder; corn, soy beans, velvet beans, cowpeas, and small grains such as oats, wheat, and rye. Potatoes and buckwheat, crops commonly used on newly cleared land, are not very likely to be injured by dodder, but truck crops should not be planted on land known to contain dodder seeds.

GOOD COLLAR IS ESSENTIAL

Every Farmer Should Plan to Prevent Sore Necks and Shoulders of Work Horses.

Now that the busy season is here, every farmer should make a careful examination of the supply of horse collars on hand and see to it that he has a good fitting collar for every horse he purposes to put to work. Sore shoulders and sore necks on farm horses are generally caused either by collars that do not fit or by hames that are not properly adjusted.

CAREFULLY SAVE DROPPINGS

Either Use for Fertilizer or Dispose of to Persons Who Can Make Good Use of Them.

No matter how small the flock the droppings should be carefully saved, stored, and either used as fertilizer for plants or disposed of to persons who can so use them to increase the fertility of the soil.

Highway Improvement

REDUCING DAMAGE TO ROADS

Repair Bills Would Be Greatly Lessened by Placing More of Loads Over Front Axle.

Prepared by the United States Department of Agriculture)

Repair bills for damaged roads would be much reduced, engineers in the bureau of public roads report, after extensive experimental work, if motor trucks were designed to carry more of the loads put on them over the front axle and less over the rear wheels, as at present. In the average heavy truck of today the body is nearly balanced on the rear axle. When the truck strikes an obstacle or an irregularity in the highway, the damage done to the road surface by the rear wheels is much greater than it would be if the load were distributed on both axles.

Given a perfectly smooth road surface, traveled by a truck with perfectly smooth circular tires, there would

Motortrucks Properly Loaded Will Reduce Damage of Roads.

be no impact, regardless of the speed or weight of load. Since such an ideal condition is practically impossible, road engineers recognize that all factors which increase or reduce the impact of a load are of the utmost importance in planning highway construction and regulation.

The placing of the larger part of the load on the rear axle is only one of several factors which lead to high impact forces. In general, the increased speed of the truck will increase the impact, hence the necessity for keeping the operating speed within reasonable limits. Roads kept as smooth as possible by careful maintenance will reduce the possibility of trucks exerting impact and pressure forces upon the highway surface. Cushion or pneumatic tires also reduce impact and cause less damage to the highways than those of hard rubber, especially if the latter are not kept in good repair.

DRIVERS CAN IMPROVE ROADS

Wear to Surface Can Be Prevented by Driving Over Middle and Other Less Used Parts.

Drivers can prevent wear to the surfaces of the roads and even improve their condition if instead of driving in one track or on the edge of the road they will drive over the middle and other less used parts of the road when traffic permits. The one thing that is fatal above all things to road surfaces, whether dirt or paved, is driving in tracks, which subjects one small part of the road surface to all the traffic and damage that the whole road accomodates. Traffic should be evenly distributed over the entire surface of the road, and a little thoughtfulness and care in this respect on the part of drivers will do much to add to the permanence and excellence of our roadways.

GOVERNMENT AID FOR ROADS

Up to November 1, $72,744,000 Had Been Expended, and $121,322,198 More Allotted.

Discussing progress in road construction since enactment of the federal aid legislation four years ago Thomas H. McDonald, chief of the bureau of public roads, reported that up to November 1, 3,190 miles of "first class" highway had been completed. As its share of the cost the federal government had expended $72,744,000 and allotted $121,322,198 more. Other results of national legislation, Mr. McDonald said, had been the establishment of state highway departments in five states and the reorganization of such departments in 20 other states.

Road Work in France.

Road construction cost in France during pre-war years, $13,685 per mile, but has since then increased 250 to 300 per cent.

Badly-Worn Tires Prohibited.

In Connecticut, the use of badly worn or partially-destroyed tires on the highways is strictly forbidden.

Total Highway Mileage.

Highway mileage in the United States now totals 2,478,552 miles, or ten times the mileage of the railroads

Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Adv.

Seeking Freedom.

Poet—My thoughts often take flight.

Actor—I suppose they escape from your brain cells.

ASPIRIN

Name "Bayer" on Genuine

say BAYER

Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Overstocked.

"Why is it that pessimists seem to have so much trouble?"

"Opitimists never borrow any."

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or 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.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be despondent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

There are 3,300 coal mines in the British Isles.

50 good cigarettes for 10c from one sack of GENUINE "BULL" DURHAM TOBACCO

The American Tobacco Co.

Watch Your Kidneys!

That "bad back" is probably due to weak kidneys. It shows in a dull, throbbing backache or sharp twinges when stooping. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it—there is danger of dropsy, gravel or Bright's disease! Use *Doan's Kidney Pills*. Thousands have saved themselves more serious ailments by the timely use of *Doan's. Ask your neighbor!*

A Virginia Case

"Every Picture Tells a Story"

L. W. Musick, Rodefer St., Abingdon, Va., says: "There was a dull ache across my back and loins. This came as a result of disordered kidneys and for several days at a time I was too weak and ill to do my work. A friend advised me to try Doan's Kidney Pills. Since using them I have enjoyed excellent health."

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

DOAN'S KIDNEY PILLS

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

ALLEN'S FOOT-EASE

The Antiseptic Powder to Shake Into Your Shoes

And sprinkle in the Foot-Bath. It takes the sting out of Corns, Bunions, Blisters and Callouses, and gives rest and comfort to hot, tired, smarting, swollen feet.

More than 1,500,000 pounds of Powder for the Feet were used by our Army and Navy during the war.

Allen's Foot-Ease, the powder for the feet, takes the friction from the shoe, freshens the feet and gives new vigor.

Nothing relieves the pain of tight or new shoes so quickly. Sold everywhere.

Ask for ALLEN'S FOOT-EASE

Renew your health by purifying your system with

alotabs

Quick and delightful relief for biliousness, colds, constipation, headaches, and stomach, liver and blood troubles.

The genuine are sold only in 35c packages. Avoid imitations.

80 Years Old —Was Sick

Now Feels Young After Taking Eatonic for Sour Stomach

"I had sour stomach ever since I had the grip and it bothered me badly. Have taken Eatonic only a week and am much better. Am 80 years old," says Mrs. John Hill.

Eatonic quickly relieves sour stomach, indigestion, heartburn, bloating and distress after eating because it takes up and carries out the excess acidity and gases which cause most stomach ailments. If you have "tried everything" and still suffer, do not give up hope. Eatonic has brought relief to tens of thousands like you. A big box costs but a trifle with your druggist's guarantee.

FRECKLES POSITIVELY REMOVED by Dr. Berry's Freckle Ointment—Your druggist or by mail, 65c. Free book. Dr. C. H. Berry Co., 2975 Michigan Avenue, Chicago

W. N. U., BALTIMORE, NO. 21—1921.

Stop Suffering! Take This Seven-Day

MALARIAL CURE!

Guaranteed Money Back if It Fails to Cure

DR. J. J. RUDOLPH'S ANTIPLASMA MALARIAL CURE

BUY IT MONDAY CURED ON SUNDAY

A Positive Specific for Adults and Children

TASTELESS! NO HABIT-FORMING DRUGS

Antiplasma contains no alcohol, narcotics, mercury quinine or arsenic. Made from balsams and gums. Our records show that every physician who has once tried Antiplasma orders in bulk

Remarkable tests and public demonstrations made in Southern States last summer show no malaria cases we could not cure

If your druggist doesn't sell it, mail $2.00 to the Vino Medical Co., 200 West Houston St., New York, N.Y., and one bottle containing complete seven-day cure will be immediately sent you postpaid.

Antiplasma is Malaria Insurance at a cost of $2 per year