

SYMPTOMS WOMEN DREAD

Mrs. Wilson's Letter Should Be Read by All Women

Clearfield, Pa.—“After my last child was born last September I was unable to do all of my own work. I had severe pains in my left side every month and had fever and sick dizzy spells and such pains during my periods, which lasted two weeks. I heard of Lydia E. Pinkham's Vegetable Compound doing others so much good and thought I would give it a trial. I have been very glad that I did, for now I feel much stronger and do all of my work. I tell my friends when they ask me what helped me, and they think it must be a grand medicine. And it is. You can use this letter for a testimonial if you wish.—Mrs. HARRY A. WILSON, R. F. D. 5, Clearfield, Pa.

The experience and testimony of such women as Mrs. Wilson prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound will correct such troubles by removing the cause and restoring the system to a healthy normal condition. When such symptoms develop as backaches, bearing-down pains, displacements, nervousness and “the blues” a woman cannot act too promptly in trying Lydia E. Pinkham's Vegetable Compound if she values her future comfort and happiness.

Liggett & Myers
KING PIN PLUG TOBACCO
Known as “that good kind”
Try it—and you will know why

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking **GOLD MEDAL HAARLEM OIL CAPSULES**. The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the same Gold Medal on every box and accept no imitation.

Awful Sick With Gas

“I have been awful sick with gas,” writes Mrs. W. H. Person, “and Eaton's is all I can get to give me relief.”

Acidity and gas on the stomach quickly taken up and carried out by Eaton's, then appetite and strength come back. And many other bodily miseries disappear when the stomach is right. Don't let sourness, belching, bloating, indigestion and other stomach ills go on. Take Eaton's tablets after you eat—see how much better you feel. Big box costs only a trifle with your druggist's guarantee.

Take Sulphur Baths at home for **RHEUMATISM**

Gout, Eczema, Hives, etc. Right in your own home and at trifling cost, you can enjoy the benefit of healing sulphur baths.

HANCOCK SULPHUR COMPOUND

nature's own blood purifying and skin healing remedy—SULPHUR—prepared in a way to make its use most efficacious. Use it in the bath; use it as a lotion applying to affected parts; and take it internally.

60c and \$1.20 the bottle

at your druggist's. If he can't supply you, send his name and the price in stamps and we will send you a bottle direct.

HANCOCK LIQUID SULPHUR COMPANY
Baltimore, Md.

Manufactured by Hancock Sulphur Compound Co.
P.O. Box 25 and 55—For use with the Liquid Compound

AUTO ACCESSORIES SPECIAL REDUCED PRICES

Write for FREE Weekly Bulletin and learn how you may save 1-1/2. E. Drosky, Baltimore, Md.

Zan-Thur-Line Brings Joy to Eczema Sufferers. The only ones it won't help are those who won't try it. Results amazing the most skeptical. One ounce jar sent postpaid for \$2.00. The Zan-Thur-Line Co., Vancouver, Ind.

“HI-LIFT” makes gasoline 30% cheaper, mileage 30% greater. Prevents carbon, saves 1-1/2; treats 100 gallons. 100,000 users since Jan. Fry Mfg. Co., Box 114, Portland, Ore.

Bearing Orchards: Improved and unimproved lands; opportunities. O. H. India & Co., W. Sumnerland, Okanagan Valley, B.C. Can.

COWPEAS CHOICE FEED FOR STOCK

Crop Is of Great Importance for Soiling, Hay, Silage and Pasturage.

USEFUL TO INCREASE HUMUS

Farmers' Bulletin Points Out Different Methods of Growing and Harvesting It for Each of Its Various Uses.

(Prepared by the United States Department of Agriculture.)

Few crops can be utilized in as great a variety of ways as cowpeas. For centuries they have been grown for human food in Asia, Africa and in the Mediterranean region of Europe. In this country, particularly in the southern states, the crop is commonly used for this purpose, but its most important use by far is in the feeding of live stock, being utilized for soiling, hay, silage and pasture. It is also of great value as a green-manure crop to increase the humus and nitrogen content of the soil upon which it is grown. These are points brought out in Farmers' Bulletin 1133, “Cowpeas: Utilization,” recently published by the United States Department of Agriculture, which discusses not only the utilization of the crop, but the methods of growing and harvesting it for each of its various uses.

Have High Food Value.

Cowpeas are not grown for seed more generally because of the uncertainty of the crop, the expense of harvesting and the comparatively low yield obtained. In localities well suited to production it will be found highly profitable to grow cowpea seed on a large scale, especially if the best machinery for handling the crop is used. The seed has a high feeding value, but is rarely cheap enough to be used as feed. It can be stored for a considerable length of time without much danger of loss of vitality. As it is subject to attacks from insects, especially the cowpea weevil, the seed produced in southern states should be placed in cold storage, the bulletin recommends.

Cowpea hay is an excellent forage for all kinds of stock. Even the straw obtained from threshing the peas for seed is a valuable stock feed. As a rule cowpeas should not be cut for hay before the pods begin to turn yellow. The best quality is produced and the hay cures most readily if the vines are cut when most of the pods are still green and a considerable part of them immature. If cut before this stage the vines are watery and difficult to cure, while if left too late before cutting there will be an unnecessary loss of leaves in handling and the stems will be tough and woody. The hay is somewhat difficult to cure, but with



Cowpeas Grown With Sorghum Makes Good Stock Feed.

attention to the stage of growth and to weather conditions little more trouble will be experienced in obtaining well-cured cowpea hay than clover or alfalfa hay.

The bulletin recommends that cowpea hay be substituted in the southern states for much of the hay now being purchased from the North and West.

Cowpeas alone have not given good results as a silage crop. In addition to the high protein content, the green vines contain a large proportion of water, producing a watery silage that keeps poorly and is not well relished by stock. The best silage is obtained when this crop is grown with corn or sorghum.

Serve Best for Hogs.

Although pasturing cowpeas is not thought the best farm practice, under certain conditions it is advisable and quite profitable. Any kind of live stock may be pastured on cowpeas, but hogs are generally used. The best time for turning the stock on cowpeas is when the crop has reached the stage of maturity thought best for hay.

As a soiling crop, the cowpea can be used advantageously to supplement crops with less protein, such as corn, sorghum and millet. It is used more as a soil builder than any other legume, because it is so easily grown, has such a marked effect upon succeeding crops, and thrives under a great diversity of conditions.

COMMUNITY CLUB IS ORGANIZED IN IOWA

Boys and Girls Carry Out Interesting Program of Work.

Club Has Advantage of Encouraging Young People in Local Problems and Probably Will Be Means of Holding Them on Farms.

(Prepared by the United States Department of Agriculture.)

A team of club boys from Cass county, Iowa, won the pig club demonstration at the state fair last fall. Later the United States Department of Agriculture asked this team to demonstrate daily in its exhibit at the National Swine show at Des Moines. Immediately thereafter the members of this demonstration team, with other enthusiastic boys and girls of their home community, organized the “Progressive Club of Washington Township,” with their own officers and program of work.

Regular monthly meetings of the club are held. Part of the time is given over to songs and yells and a game hour. The business program includes discussions of subjects related to the farm or home. Reports



Members of Pib Club Exhibiting Their Prize Animals.

from members who are engaged in various club activities, telling their experiences and results, also form a part of the program.

The boys decided to enroll in a pig club this year and the girls to take up sewing club work. A committee has been appointed for each group to secure new members. It is planned to put on a demonstration by each section of the club at the state fair next autumn.

The local leader of the club is a rural teacher and the work is done under the direction of the county agent, who has already received requests from other communities nearby asking how they could form similar clubs. Such a club has the advantage of interesting the boys and girls of a community in local problems and will probably be the means of encouraging them to remain in farm work.

CONTROL GRAPEVINE LOOPER

Green Worm Is Sometimes Destructive to Garden and Arbor Grapes—Kill By Spraying.

The grapevine looper, a green worm about an inch and a half long, sometimes destructive to garden and arbor grapes and to Virginia creeper, has been found by United States Department of Agriculture observers doing some damage to vineyards in the Chautauque belt along Lake Erie. The worm ordinarily feeds from early in June until the middle of July.

It may be killed by spraying. A solution of 1 1/2 pounds of powdered arsenate of lead to 50 gallons of liquid has been found effective. The poison may be used in water or may be combined with Bordeaux mixture used to control fungous disease. A spray application directed primarily against the grapevine rootworm and the grape-berry moth, incidentally controls the grapevine looper.

SMALL FRUITS IN ORCHARDS

Blackberries, Dewberries, Strawberries and Grapes Generally Give Good Returns.

Small fruits should have a place in every orchard. For the home fruit supply, blackberries, dewberries, strawberries, grapes and other small fruits generally give a good account of themselves, when planted on good soil and given the proper attention. A small area of land, set to small fruits, will often bring in more revenue than the rest of the farm, provided, of course, there is a market for the surplus fruits.

BUGS CARRY WILT BACTERIA

Green Beetles Transmit Disease From One Plant to Another by Means of Jaws.

Striped green beetles which infest cucumbers have been found to carry wilt bacteria in their jaws not only from one plant to another, but they often keep these bacteria alive over a winter in their intestinal tract and infect the plants in the spring, according to plant pathologists of the United States Department of Agriculture.

A BERRY SURPLUS

By ADDIE GRAVES.

“You do beat the band picking blueberries, Dorothy. You've been gone only two hours, and there are 16 quarts, if not more in those pails—they look as big as the swamp berries, though; it must be dandy picking. I shall have all my jars filled with blueberries, if you keep on, and have to buy more—and they are awfully dear this year.”

Dorothy's heart was thumping like the big drum in the band—ragtime, at that. She had turned her back to hide her confusion and was searching the pantry for pans for picking over the berries. When she returned, her mother continued:

“I heard today—Jane Butterfield told me—that Jim Bamforth is home. She said he is in the insurance business in Boston—is superintendent of some office of the Plymouth Rock company. She said he is doing fine, and was dressed up to kill when he arrived. I suppose he hates farming worse than ever.”

Dorothy made no reply to her mother's remarks and changed the subject by demanding some fruit jars. Jim and she had been sweethearts, but her father had sent Jim away because he refused to stay with his father on the farm, insisting on going to the city to work.

If Dorothy's mother had followed her on her blueberry trips, she would have discovered the cause of the full pails that reached the kitchen each day. It was old Rex who was the instigator of the whole thing. He was with his master who was picking blueberries in the edge of the swamp which bordered Dorothy's father's blueberry pasture. That he was there with premeditated intentions of finding Dorothy was the result of almost a year's endeavors and hope.

But old Rex discovered her first. His nose was sharper than his master's eyes, for didn't he love Dorothy? Maybe she surprised the nearness of Jim.

With questioning eyes they searched each other's faces.

The year's space of absence was spanned by a few seconds. At last, after the flooded greeting subsided, Jim invited Dorothy into the swamp, where the berries were bigger and hung in great bunches from tall trees in the shade of young pines. The blueberry bushes were so high Jim had to jump to catch hold of the lower limbs. He had to hold them down while they both rapidly scooped off the berries, quickly filling the pails.

If Dorothy had gone home at once, her mother would have been more mystified than she was when her daughter did arrive. But the couple sat down on a fallen log, entirely forgetting the berries. Rex was glad to see Dorothy in his master's arms—to know they were both happy. He could tell when things were all right.

Dorothy was very silent about her daily work. Her mother watched her with anxious heart. She remembered the time when she and Pa picked blueberries together in a gill dipper—he in knee overalls—she in “a long-sleeved tye”—both with bare feet.

A few years later came the husking bee, when she found the red ear, and they dared the bashful eighteen-year-old boy to kiss her. Then the shy courting, broken by the horrible verdict of Grandfather Downing, forbidding the marriage.

Pa was too slow and stupid to amount to anything. “Lazy,” grandfather said. How, after two years of misery, they accidentally met in another town and returned man and wife. And now Pa had \$20,000 in the bank.

She sighed and studied Dorothy. But Dorothy did not sigh. If wretched she kept up a “brave front,” and her mother made no comment. When Dorothy asked her to go blueberrying with her one morning Pa was surprised.

“We don't need any more blueberries, Dorothy,” she insisted. But Dorothy, with an inscrutable smile, got the pails and coaxed her mother to go.

Mrs. Meredith resisted Dorothy's appeals to enter the swamp, but finally yielded when she perceived there was a reason for the request. When they came to the log they found it occupied by three people—Jim, his brother and a stranger. Jim rose and at once introduced a man.

“Mrs. Meredith, this is my friend, Rev. Henry Flanders. Dorothy has consented to marry me without her father's permission. As he set an example for us she does not think he can have much of a case against us. But she wished very much to have her mother present at her wedding.

“Old Rex brought us together down here. We found our happiness on this old log, and, as a clergyman was stopping at my home, we thought if a nice place to be married, without any fuss or bother.”

Mrs. Meredith was too confounded to speak, and no one else ventured to make remarks so the minister proceeded with the marriage service. Rex, with ears erect, sat like a sentinel, watching with great anxiety. After it was over he was assured all was well. They all noticed their names, with the date of the wedding, on a nearby young oak which will probably never be felled.

Mrs. Meredith divided the jars of blueberries. One jar was labeled “To be opened on our golden wedding day.” And it was.

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, 839 Swift Laboratory, Atlanta, Georgia.

USED 50 YEARS
S.S.S.
AS A TONIC
AT ALL DRUGGISTS

Good Bye!--Malaria!

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

GUARANTEED 7-DAY CURE OR MONEY BACK

Recommended for Adults and Children Because It Does Not Contain Alcohol, Arsenic, Narcotics, Quinine, Mercury or Habit-Forming Drugs In Capsules Absolutely Tasteless

Although Antiplasma is a 7-day guaranteed cure, the majority of malaria sufferers taking this treatment, which is in capsule form—hence tasteless—report relief and seemingly normal condition at the end of the third and fourth day!

If your druggist doesn't sell it, mail \$2.00 to the Vinyo 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

Earning money is one thing and acquiring it is another.

How easy it is to suggest a remedy for other people's ills.

Cuticura Soothes Itching Scalp
On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.

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

EMPRESS LOST HER ITCHES
Eugenie's Struggles With Unfamiliar English Must Have Been Amusing to Her Hearers.

GIVE ILLUSION OF WINDOW
Chicago Man's Ingenious Idea for Improving Appearance of Room Without Open-Air Outlets.

Dr. Ethel Smyth, the well-known composer, who was for 30 years an intimate friend of the late Empress Eugenie, tells the following amusing story concerning their first meeting:

“The occasion I am speaking of, when I first came into personal contact with her, was a meet of the barbers, which took place, at her special request, at Farnborough hall. She came out onto the gravel sweep in front of the house, and her manner was more gracious and winning than any manner I had previously seen, as she bowed right and left to the awe-struck field, saying repeatedly: “Put on your ‘ats; I pray you, put on your ‘ats.”

“The master then was presented, and she really and truly did remark to him—as, if you come to think of it, she naturally would—I ‘ope the ‘ounds will find the ‘are near the ‘ouse.”—Chicago American.

He Didn't Rate Much.
He—“It's my principle never to kiss a girl.”
She—“You can't expect any interest from me, then.”—Williams Purple Cow.

Sign of Wealth.
“Is he very rich?”
“He must be. He just can't bear to lose a golf ball.”

Thousands show you the way

Increasing numbers of people who could not or should not drink coffee and who were on the lookout for something to take its place have found complete satisfaction in

INSTANT POSTUM

Postum has a smooth, rich flavor that meets every requirement of a meal-time beverage, and it is free from any harmful element.

Economical—Made Quickly

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