

DRESSMAKER MADE WELL

Followed a Neighbor's Advice and Took Lydia E. Pinkham's Vegetable Compound

Vernon, Tex.—"For three years I suffered untold agony each month with pains in my sides. I found only temporary relief in doctor's medicine or anything else I took until my husband saw an advertisement of Lydia E. Pinkham's Vegetable Compound. I mentioned it to a neighbor and she told me she had taken it with good results and advised me to try it. I was then in bed part of the time and my doctor said I would have to be operated on, but we decided to try the Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am a dressmaker and am now able to go about my work and do my household duties. You are welcome to use this letter as a testimonial as I am always glad to speak of your medicine."—Mrs. W. M. STEPHENS, 1103 N. Commerce St., Vernon, Texas.

Dressmakers when overworked are prone to such ailments and should profit by Mrs. Stephens' experience. Write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., about your health. Your letter will be opened, read and answered by a woman and held in strict confidence.

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 HARLEM 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.

WHITE CAPS FOR HEADACHE

Have You Tried Them? Ask Your Druggist or Dealer. Trial Size 10 cts. — Regular Size 25 cts. GILBERT BROS. & CO., Baltimore, Md.



GENUINE
"BULL"
DURHAM
tobacco makes 50 good cigarettes for 10c

Skin Troubles Soothed With Cuticura

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

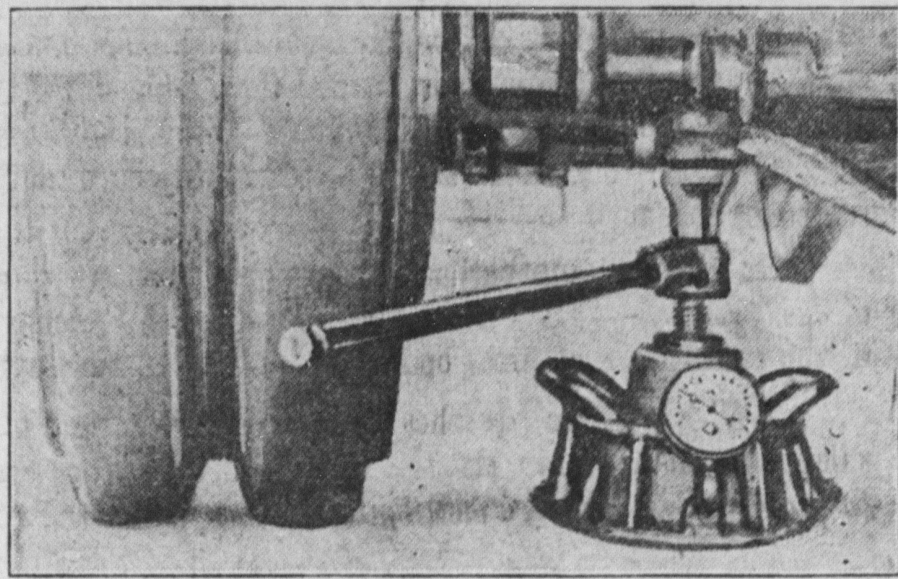
PUPIL NURSES

The Sheppard and Enoch Pratt Hospital Training School for Nurses offers a three-year course, one and one-half years of this time being in an affiliated general hospital. During this period of training, pupil nurses will receive full maintenance, room, board, laundry—in addition to salary. For further information, address Superintendent of Nurses SHEPPARD and ENOCH PRATT HOSPITAL TOWSON, BALTIMORE, MD.

AUTO ACCESSORIES SPECIAL REDUCED PRICES

Write for FREE Weekly Bulletin and learn how you may save 1-3. Tipton, E. Brooklyn, Baltimore, Md.

DETERMINING WEIGHT OF AUTO



The photograph shows a "loadmeter," a new device for determining the weight of an automobile and at the same time acting as a jack when an emergency arrives.

BLOW-OUT PATCH FOR USE IN EMERGENCIES

Using Temporary Repair Too Long Is Big Mistake.

It Should Be Removed and New Section Built in Tire to Enable it to Give Balance of Mileage of Which it is Capable.

Using a blow-out patch too long is a costly one to motorists. This patch is a car owner's first and best remedy for a blow-out on the road, but it is a temporary and not a permanent repair.

A blow-out patch is only to assist in the roadside emergency. After the emergency is past, it should be removed and a permanent section built in the tire to enable it to give the balance of the mileage of which it is capable.

When the patch is made to answer the purpose of a permanent repair, the warping of the tire incident to contact with the road causes the patch to seriously chafe the inside of the carcass. The result is that where a small and inexpensive repair would have been sufficient if taken in hand at once, an expensive repair is now needed. And often the damage is beyond cure.

The fact that a blow-out patch is

not built into the carcass, but is separate from it, increases its tendency to chew the fabric, creating friction if a permanent repair is too long neglected. The blow-out caused by a tread cut is usually a clean-cut hole. If it is ragged looking, a severe bruise is probably the cause. If the fabric is badly raveled and torn apart, fabric separation is often the result.

The motorist who would escape this form of tire trouble should avoid running over broken glass; should guard against driving into curbs, along the road, and against rocks, and, above all, should have his tires regularly inspected by a competent tire surgeon.

YOU AUTO KNOW

The tread of an automobile is the same as the standard wagon tread.

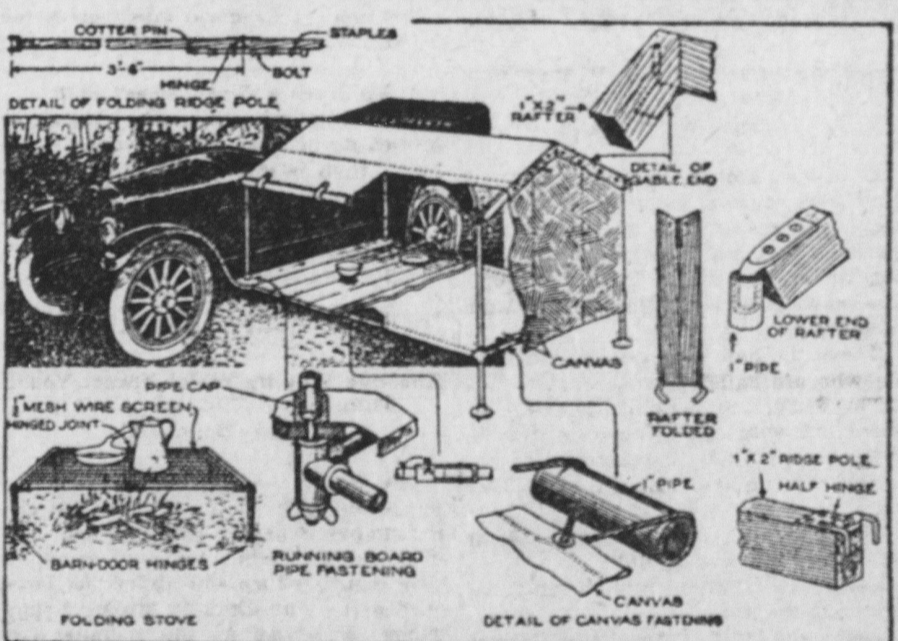
The improper adjustment of valves or irregular ignition will cause jerky running of a car.

Front wheels are "under rather" or narrower at the bottom than at the top, to permit easier steering.

To prevent trouble when driving screws into hard wood apply beeswax to the screw, thereby relieving the friction.

Some of the most important parts of a car and the parts most susceptible to wear if not properly watched are the bearings.

CAMP BY AUTOMOBILE TO AVOID HOT AND UNCOMFORTABLE HOTEL



Automobile Camping is Made Possible by the Portable Bed, Table and Grate, Which Can Be Packed on the Running Board of the Car.

To automobile owners who wish to avoid the uncomfortable hotel with its hot, stuffy rooms, the camping outfit illustrated makes its strongest appeal. It requires only a few minutes to set up camp, and the outdoor meal and sleep may be enjoyed even better than in the usual cramped, inconvenient, permanent camp.

Make Full-Size Bed. A full-sized, substantial bed is made by fitting lengths of 1-inch pipe together with side-outlet tees, to form a frame 5 by 6 1/2 feet. The pipe need not be screwed tightly into the tees, and can thus be taken apart easily. The two legs at the outer end are screwed into the tees and into floor flanges, which rest on the floor. The height of the legs depend on the height of the running board, to which the other end of the bed is attached by a bolt, as shown in the detail. The awning support is also in 1-inch pipe, with side-outlet tees at the corners. It is supported by short lengths of pipe, which screw into the pipe caps on the running board of the car, and into tees at the outer edge, or foot, of the bed. Sixteen-ounce canvas is used for the mattress, in which wide hems are sewed with very strong seams. The pipes at the side are slipped into the hems. At the ends the mattress is held by stout cords, laced through eyes in the canvas, so that it can be tightened and loosened as required. The awning is 8 or 10-ounce canvas, made like a tent to fit easily over the pipe frame. The sides should be made to roll up and fasten with straps.

Pleasures of Camp Fire. Cooking over a camp fire is one of the pleasures of camping, and a good grate will diminish the danger of food

falling into the fire. The grate shown in the sketch has a substantial 18 by 24-inch frame of 3/16 by 1 1/4-inch strap iron, bolted together at the corners. The legs are 12 by 4-inch strap hinges, bolted to the frame. Heavy 1/2-inch mesh wire screen is riveted to roll up and fasten with straps. It is only the work of a few seconds to set up the grate over a fire.

At meal times, the bed is quickly converted into a table. It is only necessary to provide five 3/4-inch boards 5 feet 2 inches long, and 12 inches wide. These are laid across the bed frame; grooves should be cut in the boards where they will rest on the pipes, to keep them from being pushed endways. The awning flaps roll up out of the way, and the food is protected by the awning above.

Store in Small Space. Since all parts of the outfit can be taken down and the pieces stored in very little space it is possible to fit beds to both sides of the car, and thus provide for a party of four persons. The pipes and boards pack onto the running board, where they are held by stout straps. If the 6 1/2-foot pipes for the side of the bed are found to be too long to be carried easily, it is not difficult to cut them in two and telescope the ends into a piece of larger pipe at the joint in the middle, as shown in the detail. This method is much to be preferred to using an ordinary threaded coupling, which makes but a weak joint for such a purpose.

Practically no family which possesses a car need forego all the pleasures of camping, when the outfit can be so cheaply and easily made. It will pay for itself many times in added health and the pleasure derived.—P. P. Avery, in Popular Mechanics Magazine.

IMPORTANT NEED FOR MORE TREES

Three-Fifths of Primeval Forests Have Been Cut Away, Says Forester Greeley.

SUPPLY OF WOOD NECESSARY

Despite Fact That Many Substitutes Have Been Devised Demand for Timber Continues to Grow—Much Land is Idle.

(Prepared by the United States Department of Agriculture.) Timber depletion has now reached a point in this country where three-fifths of the primeval forests are gone and where 61 per cent of the timber that is left is west of the Great Plains, Col. W. B. Greeley, chief forester, forest service of the Department of Agriculture of the United States, recently told the members of the Chicago Association of Commerce.

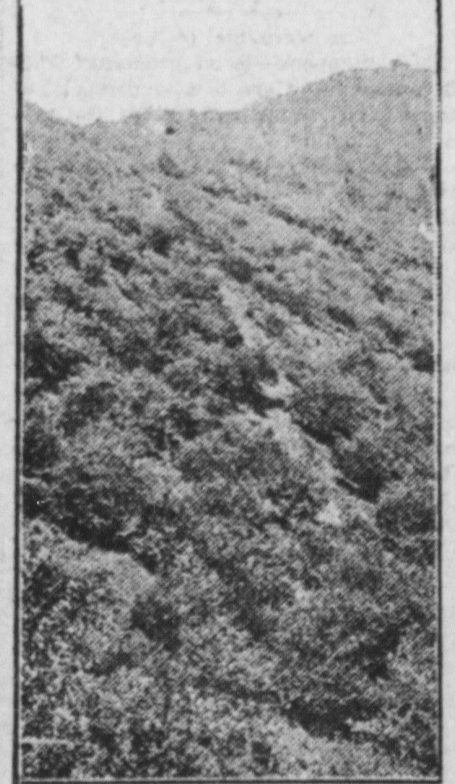
Liberal use of American forests was a necessary part of the commercial growth of this nation, Colonel Greeley believes, but reforestation should have been practiced, if not from the start, at least in late years. There is an abundant area of forest land in this country to support all industries, and a liberal supply of wood is most necessary to the people of this country. It was thought that, like the European countries, we would use, when our civilization was older, but one-third or one-half as much wood per capita as we did in the early days. But this rule does not affect the American people. The older the states and communities in this country grow the more timber they seem to require in one form or another.

Demand Continues to Grow. Many substitutes have been devised for wood, and yet the great demand of the country for timber continues to grow. More wood is used in construction today than before the discovery of concrete, and more wood is used in building railway cars than before the steel or part-steel car was developed. This is apparently true in nearly every industry.

Abundant and widely distributed forests have meant to the United States homes for the masses of the people beyond the standards of any other nation. They have placed newspapers and magazines on the average family table. They have contributed largely to social and industrial conditions which promote democracy and constructive energy rather than discontent and destructive social forces bred by hard and comfortless conditions of life.

The idleness of 81,000,000 acres of forest land, an area increased by 8,000,000 to 10,000,000 acres annually, destructive logging, and still more destructive forest fires are the factors at work to increase the timber shortage. Land Enough if Kept Growing Trees.

The exhaustion of American timber



Hill Land Orchard Near Lynchburg, Va.

has not come about because the forests have been used so freely but because of the failure to use forest-growing land. In a nutshell, the problem is that the United States is cutting wood out of its forests three or four times as fast as it is being grown. Much of the land on which timber stands or has been cut off will always be forest land. It is ample to grow all the wood needed for the use of the people of this country and for export trade in lumber and products manufactured from lumber, if the land can be kept at work growing trees. Timber for the future is simply a matter of putting idle land to work.

Every reasonable encouragement should be given to the landowner to grow timber on his own account in the ways best suited to his own purposes, but by some means or other the public must see to it that forest lands not needed for agriculture do not lie idle. The regulations imposed must be reasonable and equitable. Obviously the owner of the land cannot do it all. The public must aid him in overcoming the hazard of forest fires and must recognize that the present methods of taxing forests in many regions are equivalent to taxing a farm crop twice a week during the growing season.

DIFFERENT WAYS FOR GIRL TO MAKE MONEY

Poultry, Dairy or Garden Are Good Suggestions.

Parents Should Encourage Young Woman to Establish Herself as Semi-Independent Member of the Farm Family.

(Prepared by the United States Department of Agriculture.) When a city girl feels the need of money—her own money, to pay for the things girls imagine they must have these days—she goes to work in an office, a store, or a factory, according to her education and opportunity. In the country a girl, with much the same longings for nice things and "good times," looks to the poultry yard, the milk house, or the garden for her spending money. If her parents are the right kind, if they are intelligent



Preparing Vegetables for City Market.

enough to help her and encourage her in her work, she will soon establish herself as a semi-independent member of the family. If, as often happens, the parents are not disposed to have such goings-on, and there is no home-demonstration agent, no girls' club, no extension work of any kind in the community, the country girl goes to the city and the farming regions have lost one more potential home and family.

No doubt exists in the minds of men and women of large experience in the extension work carried on by the United States Department of Agriculture in co-operation with state agricultural colleges that the economic appeal is the entering influence needed in getting their clubs or bureaus started in rural regions. Once the young people have learned a way to earn money the desire for the things it will buy asserts itself, and home betterments and improved living conditions follow naturally.

Down in Arkansas a girls' canning club started a contest to determine which of the members could produce the most tomatoes at the least expense, and with the lowest percentage of waste. Annet Sargo, on the Mount Valley route, near Hot Springs, grew 3,140 pounds of tomatoes on one-tenth of an acre, at a cost of \$31.40 and net returns of \$100. With the same expense her sister, Fannie, grew 3,020 pounds and had a net return of \$107.89. Ada Rosamond grew 2,803 pounds, costing \$27.42, with a net return of \$76.60, and Ruby Waddell, at Bonnaville, had 3,070 pounds, costing \$29.91, with net returns of \$68.

HENS IN GOOSEBERRY PATCH

Fowls Will Do Much Toward Clearing Out Fruit-Worm From Under Traah in Garden.

One gooseberry insect we have with us that isn't easy to control is the fruit worm. It doesn't often become a serious pest but occasionally it has been known to take a whole crop. The worm eats into the partly grown berry and feeds on the pulp. Hand-picking is still the method used to hold this worm in check. Poultry ought to be turned into the gooseberry patch after the fruit is picked, as the hens will do a lot toward clearing the worms from under the trash. Poultry and fruit are a good combination when run right.

LIVE STOCK FLY REPELLENT

Care Should Be Exercised to Prevent Getting Mixture Too Strong, Causing Hair Shedding.

When mixing a repellent to put on the live stock to keep the flies away, care should be taken to prevent getting too strong a mixture. It may cause shedding of the hair. The following mixture has been found by the United States Department of Agriculture to give good results for a short time where applied lightly but thoroughly: One gallon of fish oil, two ounces of oil of pine tar, two ounces of oil of pennyroyal and one-half pint of kerosene. The horses and milk cows will appreciate some preparation.

RAISING FOWLS ON INSECTS

Good Plan for Farmers in Grasshopper Infested Regions to Use Turkeys and Guinea.

Turkeys and guinea fowl are voracious insect eaters. Would it not be a good plan for farmers in the grasshopper infested areas of the West to buy, rent or import the birds of these breeds they possibly can, instead of poisoning the bugs?

Get Back Your Health

Are you dragging around day after day with a dull headache? Are you tired and lame mornings—subject to headaches, dizzy spells 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

T. R. McCracken, steam engineer, Abingdon, Va., says: "I was a troubled man with heavy dragging pains through my back and hips. The kidney secretions were so frequent in passage that I could hardly rest comfortably at night. I heard Doan's Kidney Pills were good and one box cured me in a short time. I have had no return of my former trouble."

Get Doan's at Any Store, 60c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

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KING PIN
PLUG TOBACCO
Known as "that good kind"
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New Shoes Old Shoes Tight Shoes
all feel the same if you shake into them some
ALLEN'S FOOT-EASE
The Antiseptic, Healing Powder for the Feet
Takes the friction from the shoe, freshens the feet and gives new vigor. At night, when your feet are tired, sore and swollen from walking and dancing, sprinkle ALLEN'S FOOT-EASE in the foot-bath and enjoy the bliss of feet without an ache.
Over 1,000,000 pounds of Powder for the Feet were used by our Army and Navy during the war.
Ask for ALLEN'S FOOT-EASE.

ASPIRIN

Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monachheim in Germany.

A great blower-cools friendship.

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root. It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles. A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.

Gossip uncovers a multitude of sins

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