

## Stop That Backache!

Those agonizing twinges, that dull, throbbing backache, may be warning of serious kidney weakness—serious if neglected, for it might easily lead to gravel, dropsy or fatal Bright's disease. If you are suffering with a bad back look for other proof of kidney trouble. If there are dizzy spells, headaches, tired feeling and disordered kidney action, get after the cause. Use Doan's Kidney Pills, the remedy that has helped thousands. Satisfied users recommend Doan's. Ask your neighbor!

**A Virginia Case**  
Frank E. Roat, blacksmith, 107 S. Payne St., Alexandria, Va., says: "My back was weak and lame and I could hardly bend over or straighten up. I also had bad headaches. Nights I had to get up often, and when morning came I felt as if I had been run over. I used Doan's Kidney Pills and my kidneys acted regularly again and I got wonderful relief from the pains in my back."

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



**He Knew.**  
The professor was trying to demonstrate a simple experiment in the generation of steam.

"What have I in my hand?" he asked.

"A tin can," came the answer.

"Is the can an animate or an inanimate object?"

"Inanimate."

"Exactly. Now, can any little boy tell me how, with this tin can, it is possible to generate a surprising amount of speed and power almost being control?"

One little boy raised his hand.

"You may answer, Carter."

"Eie it to a dog's tail!"

**Difficult Task.**  
A soul was about to start for the earth.

"Just a minute," said the recording angel. "One word before you go. When you get down among the human race you can accomplish something no man has ever done before if you have the will."

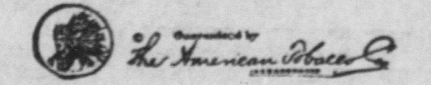
"What is that?"

"It doesn't sound like much to do, but it is. Be the one man among millions who has never complained about the weather."

It's often unwise for a man to be as funny as he can.



**LUCKY STRIKE**  
**Cigarette**  
To seal in the delicious Burley tobacco flavor.  
**It's Toasted**



**Cuticura Soap**  
**The Velvet Touch For the Skin**  
Soap 25c, Ointment 25 and 50c, Talcum 25c.

## Crimson Clover

For Winter and Spring Grazing  
—To Put Humus in the Soil

A crop of crimson clover plowed under is worth \$20 to \$30 in increased productivity. It adds humus without which the soil is like a little barrel and a leaky one at that. A field in which crimson clover is sown, absorbs moisture like a sponge, gives rains from below when there are none from above. It is an excellent winter and spring grazing crop—makes the best of early green feed and good hay. Get your supply now of

**WOOD'S SEEDS**  
Plant some of Wood's Hairy Vetch—a wonderful nitrogen gatherer and soil improver—thrives even upon poor lands—gives prodigious yields of hay and straw—re-seeds itself—stands cold winters—saves on the fertilizer bill—prevents leaching.

**Grain Pasture Mixture**  
Grows quick and provides winter and spring grazing—composed of best grazing varieties of wheat, winter rye, winter barley, turf oats, vetch, rape and Arctio grass. Nothing better for a quick-growing one season pasture.

Write for full catalog and Wood's Crop Special giving new prices on field seed.

**T. W. WOOD & SONS,**  
SEEDSMEN,  
RICHMOND, VIRGINIA

## IMPROVED CRATE IS URGENT NEED

Manufacturers Should Make a More Rigid Inspection of Materials Put into Boxes.

## NAILING IS BIGGEST FACTOR

Consideration Should Be Given to Methods of Construction Which Will Lessen Possibility of Loss in Shipping.

(Prepared by the United States Department of Agriculture.)  
Important factors affecting the successful use of crates in marketing fruits and vegetables were carefully studied by a specialist of the bureau of markets, United States Department of Agriculture, during a recent trip. The first of these is the need of manufacturers making a more rigid inspection of materials used.

While most manufacturers make an effort to have their stock inspected and to use only good material, in some cases this attempt is frustrated by the failure of the workman to understand and appreciate the ideal which is guiding his employer. Many crate-maker employees seem to cherish the old idea that because the crate is a gift package it should be made as cheaply as possible, using any sort of material so long as there is a chance of its holding together, thus reducing the cost to the grower and shipper.

**The Grower's Responsibility.**  
The crate manufacturer having done his part in providing materials free from defects, the grower or shipper should see to it that the crate is not spoiled in being made up in his packing house or field.

Growers and shippers should remember that the nailing together of the crate is one of the biggest factors in determining whether the container is to be strong and substantial or weak and productive of damage claims. Cement-coated nails, not less than four-penny in size, should always be used, and care should be taken to see that they are properly spaced and placed.

Greater care is perhaps necessary in making up crates for express shipments than for carlot freight shipments, due to the more frequent handling they must undergo. For either method of shipping consideration should be given to methods of construction which will lessen the possibility of loss.



Showing Results of Poorly Crated Lettuce.

An instance of this is the use of the "web" or cleated side for celery crates. The slats are stapled to the cleats in the factory, making but one piece to each side to handle in the field instead of three. It also insures even spacing of the slats and gives an extra thickness for holding the nails, thus counteracting any tendency of the slats to split and come away from the nails.

Some celery growers are experimenting with a patent crate which is reinforced with wire around the ends and the body of the crate. In actual use the end wires were twisted together to close the package, it being found impracticable, owing to the height of the celery, to twist the center wires together. There is no doubt of the strength of this type of crate.

### Need of Co-operation.

Whatever the type of crate used, it is the duty of the manufacturer to supply good material, accurately cut and properly put together. This much the purchaser of crates should demand and should expect to pay for. Having secured it, he should do his part by seeing that the crates are made up in a workmanlike manner, and, after packing, that they are properly closed and fastened for shipment. By such co-operation manufacturers and growers can feel better assured that the crate will measure up to the ideal of a fruit and vegetable package; that it shall carry the commodity intact from the grower through the wholesale market to the retailer.

## BANTAMS INTEREST CHILDREN

Few of Small Fowls Keep Young People Out of Mischief and Teach Them to Like Poultry.

Bantams are very interesting to children, and even if it does not pay in dollars and cents to keep a small flock of bantams yet many families have found a few of these small fowls useful to interest the children, keep them out of mischief and teach them to like poultry.

## USING GUINEA FOWLS AS GAME SUBSTITUTE

Birds Need Large Range for Most Profitable Results.

Pearl Is Most Popular of Three Domesticated Varieties—They Will Weigh From 1 to 1½ Pounds When About 2 Months Old.

(Prepared by the United States Department of Agriculture.)  
Guinea fowl are growing in favor as a substitute for game birds, with the result that guinea raising is becoming more profitable. Guinea fowls are raised, usually, in small flocks on general farms, and need a large range for best results.

Domesticated guinea fowl are of three varieties, Pearl, White and Lavender. The Pearl is by far the most popular, say specialists of the United States Department of Agriculture.

Guinea fowl have a tendency to mate in pairs, but one male may be



Pearl Guinea Fowl.

mated successfully with three or four females. The hens begin to lay, usually, in April or May, and will lay 20 to 30 eggs before becoming broody. If not allowed to set they will continue to lay throughout the summer, laying from 40 to 60 or more eggs. Eggs may be removed from the nest when the guinea hen is not setting, but two or more eggs should be left in the nest.

Ordinary hens are used commonly to hatch and rear guinea chicks, but guinea hens and turkey hens are used successfully, although they are more difficult to manage. Guineas are marketed late in the summer, when they weigh from one to one and one-half pounds, at about two and one-half months old, and also through the fall when the demand is for heavier birds.

## GRASS SEASON QUITE SHORT

Seldom Profitable to Pasture Stock Before May 1 and Pastures Are Dry by September.

Few of us realize how short the grass season really is north of the Mason and Dixon line. It is customary to consider it as six months. But this is stretching it pretty far. It is seldom if ever profitable to turn stock on pasture much before May 1, and almost always pastures are about dried up in September. So, actually, there are only about four months that pastures can be depended upon. This is worth keeping in mind when planning the size of the silo or silage field—figure on eight months of feeding. The man whose stock goes through the winter best is the one that doesn't allow them to become thin before frost.

## CHEAP NESTS FOR CHICKENS

Take an Orange Box, Removing Top and Fasten to Wall—Keep Straw Fresh and Clean.

An orange box makes a good nest. Remove the top, put the box on its side, and nail a strip about three inches wide along the bottom in front. It is preferable to fasten this box to the wall, as it takes too much room on the floor. Each box, the middle piece being left intact, makes two nests. There ought to be one nest for every four or five hens, say poultry specialists of the United States Department of Agriculture. Straw or other material used for nests should be kept clean and fresh. Be sure to keep enough straw in the box to prevent eggs striking the floor. If an egg breaks, the hen may learn to eat it, and this is a difficult habit to break.

## FARMING FOR LIVING URGED

If More Farmers Would Produce What They Need for Home Use Markets Would Be Better.

More farming for a living should be done and there will be less risk of poor markets. If most farmers would produce what they could for home use the markets would be required to take less and as a result there would be less strain on them. The way to have markets is to save and conserve what you have. Use your markets only when it is necessary to sell the surplus you cannot eat or feed.

## PAINTS INJURE WOOD SILOS

Use of Preservatives for Coating Not as Much in Favor as Formerly—They Do No Good.

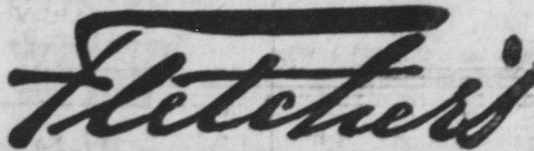
When wood silos were first being introduced great pains were taken in coating them with tar paint, or something of that sort to preserve the wood, but this practically has gone out of use. Experiments show that these paints do but little good, and again, they are somewhat injurious to the silage, says the Michigan Farmer. Without paint a wood silo will last for a great many years.

## Making History.

**INFANT MORTALITY** in past ages has been something frightful, something almost beyond belief, and even today it occupies the time and the mind of leading physicians in all countries. The death rate among infants is being gradually reduced through new methods of hygiene, new preventatives and new remedies for infants. This reduction in the death rate has NOT been accomplished by adapting the precautions taken and remedies used by adults. Rather has it been to keep clear of the old methods, and choose after long research the precautions and remedies specifically applicable to infants.

This being so, is it necessary for us to caution mothers against trying to give her baby relief with a remedy that she would use for herself? Will she remember that Fletcher's Castoria is strictly a remedy for infants and children?

## Children Cry For



# CASTORIA

Of Course You Love Your Baby.

You love it because of its very helplessness, because it can't tell you what is the matter when it feels bad. It can only cry and look to you for help. But the more you love baby, the more you want to help baby, the more you ought to realize what a wonderful remedy Fletcher's Castoria is. It has been used for babies' ailments for over thirty years.

An experienced doctor discovered Fletcher's Castoria especially for babies' use. It is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. Doctors who know what is safe and best for babies have only good to say of it.

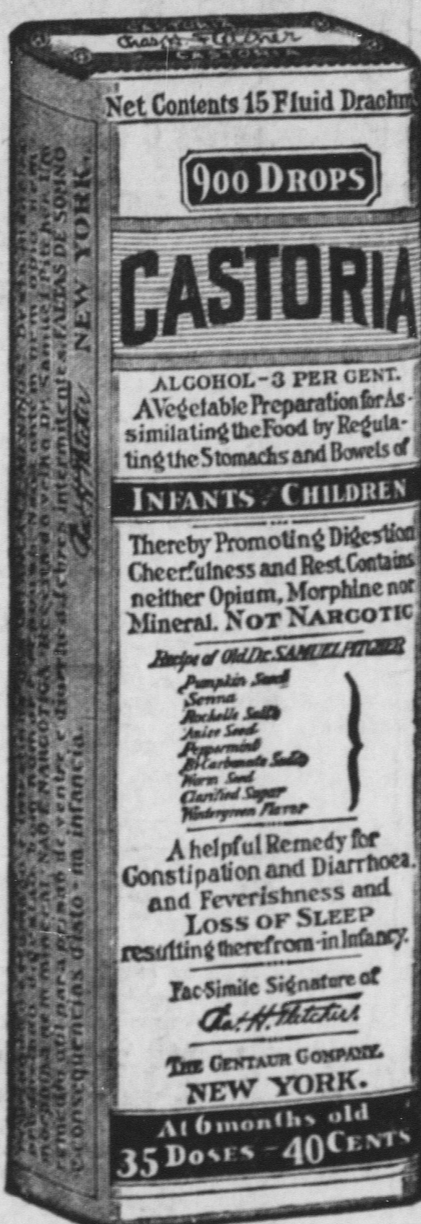
Don't neglect your baby. Get a bottle of Fletcher's Castoria and give baby a few doses of it. See how the little one smiles at you as if trying to thank you for helping it. Soon you will learn to depend on Fletcher's Castoria, made just for Infants and Children, and of course you would not think of using anything for them that was not prepared especially for Infants and Children. So keep it in the house.

GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK CITY.



Exact Copy of Wrapper.

## IF IT HADN'T BEEN SUNDAY

Cook Certainly Would Not Have Overlooked the Use of That Insulting Pronoun.

The ritual of society, as women make it, is very exacting the world over, even in almshouse, and in this relation there is told a story showing the serious difficulty that arose among a set of workhouse officials in a western town.

The infirmary nurses, three in number, had demanded a separate sitting room and the delight of Sunday dinner therein, and the matron had sought to humble them by sending the cook to enjoy her Sunday dinner in their company. The brawny cook described what occurred as follows:

"Well, Nurse Jones, she comes down and gets inside the door. 'Four plates?' she says. 'Four? Who's the fourth?' 'Me,' says I. 'You,' she says, and with that she tosses her head and walks away."

Here the cook drew a long breath, and then continued: "If it hadn't been Sunday, gentlemen, I should have let her have it for calling me 'you'!"  
—Exchange.

## Resist Thought of Illness.

Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which a man should resist on principle at the onset.—Lytton.

## One Good Result From War.

The war aided in stopping the progress and diffusion of yellow fever by preventing travelers from entering epidemic areas and carrying out the disease.

## IT WORKED THE OTHER WAY

Checker Player's Opponent Was the One to Get the Benefit (7) of Those Cigars.

A general storekeeper in an Indiana town, whose name was synonymous with all that is popular in the game of checkers, received a box of cigars from an enthusiastic drummer from Chicago during the course of the merchant's last battle with an ex-champion from Missouri.

"With those cigars," said the donor, "you can beat the world."

"Well," said the storekeeper, quietly and significantly, "I have to play Jones this afternoon."

"Never mind, old man; with those cigars you will play all right."

Later in the day they met again, and the storekeeper informed the drummer that he had won a game from Jones that afternoon.

"Fine! Those cigars were a help?"

"I hardly think so," said the storekeeper.

"Didn't you smoke them?"

"Me smoke them?" cried the storekeeper. "No! I don't smoke. But I gave one to Jones."—Philadelphia Ledger.

## Handicapped.

"A belhop has retired with \$40,000." "Only \$40,000?" "He stated to interviewers that his health was poor, and that for weeks at a time he was unable to hop."

Optimism is also trying to persuade others to feel the happiness that you don't feel yourself.

Money talks, but unlike men, it never gives itself away.

What this world needs is an additional supply of men and women who talk less and say more.

## Sure Relief



6 BELL-ANS Hot Water Sure Relief FOR INDIGESTION

## PESKY BED-BUGS

P. D. Q. Kills Bed Bugs, Roaches and Their Eggs As Well

A 5 cent package makes one quart, enough to kill a million, and contains a patent spirit free, to get them in the hard-to-get-at places. Your Druggist has it or can get it for you or mailed prepaid on receipt of price by the O.W. CHEMICAL WORKS, Terre Haute, Ind. Genuine P. D. Q. is never peddled.

LADIES, earn \$5 to \$25 weekly, spare time, addressing envelopes at home. Write for particulars Free. A. BALDWIN ECONOMIC CO., Box 48, Sta. 2, NEW YORK.

Do Remounting on Your Own Sewing Machine. Easy to learn. No attachments needed. We show you how. Particulars FREE. FURMAN MFG. CO., BUCHRUS, OHIO.

## Western Canada Offers Health and Wealth

and has brought contentment and happiness to thousands of home seekers and their families who have started on their FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms

**Fertile Land at \$15 to \$30 an Acre**—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthful climate, good neighbors, churches, schools, rural telephones, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for



Dairying, Mixed Farming and Stock Raising make a tremendous appeal to industrious settlers wishing to improve their circumstances. For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write

**F. A. HARRISON**  
210 North Third Street  
Harrisburg, Pa.  
150 ACR. FARM FREE

W. N. U., BALTIMORE, NO. 95-1925.

**This food builds strength**  
Maximum nourishment with no burden to the digestion is secured from that famous food—Grape-Nuts.

The nutriment of wheat and malted barley, from which Grape-Nuts is made, builds strength and vigor—and delights the taste.

**"There's a Reason" for Grape-Nuts**

Sold by all grocers