

BEFORE AND AFTER CHILDBIRTH

Mrs. Williams Tells How Lydia E. Pinkham's Vegetable Compound Kept Her in Health

Overpeck, O.—"Lydia E. Pinkham's Vegetable Compound helped me both before and after my baby was born. I suffered with backache, headache, was generally run down and weak. I saw Lydia E. Pinkham's Vegetable Compound advertised in the newspapers and decided to try it. Now I feel fine, take care of my two boys and do my own work."

I recommend your medicine to anyone who is ailing. You may publish my testimonial if you think it will help others. —Mrs. CARRIE WILLIAMS, Overpeck, Ohio.

For more than forty years Lydia E. Pinkham's Vegetable Compound has been restoring women to health who suffered from irregularities, displacements, backaches, headaches, bearing-down pains, nervousness or "the blues." Today there is hardly a town or hamlet in the United States wherein some woman does not reside who has been made well by it. That is why Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for such ailments.

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 BARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1895. 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.

ITCH!

Money back without question if HUNT'S GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fail in the treatment of Itch, Eczema, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk. Sold by all reliable druggists. A. B. Richards Medicine Co., Sherman, Texas.

The Point of View.
His friends say: "What a breezy personality." His enemies say: "What an awful blow."—Wayside Tales.

A Surmise.
"Why isn't there more building?"
"Looks to me like the capitalists are on a strike."

Freshen a Heavy Skin
With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

A fat man finds that it takes a ratio of starvation of 1,000 to 1 to reduce—1,000 days to 1 inch.

Intoxication is the thief of time.

Sure Relief FOR INDIGESTION

BELL'S
INDIGESTION
25 CENTS
6 BELL'S
Hot water
Sure Relief
BELL'S
25¢ and 75¢ Packages, Everywhere

Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.
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PLUG TOBACCO**
Known as
"that good kind"
Try it—and you
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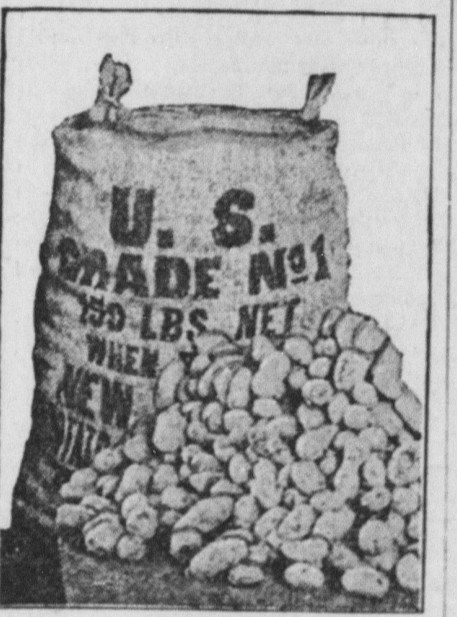
MISUSING GRADE NOT PROFITABLE

Misbranding Frequently Occurs Through Ignorance, Rather Than Intent to Cheat.

CAUSES OF IMPROPER GRADING

Specialists Point Out That Grower or Shipper Who Ships Inferior Farm Produce Soon Learns Error of His Way.

(Prepared by the United States Department of Agriculture.)
Sixty per cent of the commercial potato crop in the United States is now bought and sold upon the basis of United States potato grades, according to the bureau of markets and crop estimates, United States Department of Agriculture, and every producer contributing to that quality of graded stock is vitally concerned with the elimination of dishonest grading practices. Growers and shippers whose honesty cannot be relied upon soon find



This Sack, Labeled "U. S. Grade No. 1," Contained Run Stock Shown in the Foreground.

it difficult to market their crops anywhere, for the news that they are undependable travels quickly in marketing circles. But in its larger aspect as concerning the whole body of producers and shippers who conduct their business on a basis of co-operation with the dealer, the misuse of a grade is a really serious matter for it tends to jeopardize the mutual feeling of confidence which is the very essence of business dealings.

Flagrant Case of Misbranding.
Several instances of the misuse of United States potato grades have come to the attention of the department. In New Jersey a growers' organization was found placing in sacks labeled "U. S. Grade No. 1" potatoes that were actually field run of poor quality. Fully 25 per cent of the potatoes in each bag were culls and only a small percentage of the remaining 75 per cent would have graded No. 1.

A short time ago a jobber in a southern city ordered a car of U. S. Grade No. 1 Round Whites from a shipper in a northern state. Upon arrival, inspection showed that the two top layers of sacks contained stock that was sound and up to the grade requirements in every respect. But the potatoes in the bottom layers of sacks were badly smeared with dry rot from contact with decayed stock, these layers evidently being of stock that had been reconditioned at shipping points. The potatoes had to be resorted at the receiving point, and the shipper suffered a heavy monetary loss.

Blemished Stock Picked Out.

In a trip through the Minnesota potato district a representative of the department recently reported that in one house where a grading machine of the shaking screen type was used the screen was padded with burlap, leaving only about one and one-half feet of screen at one end uncovered. The manager stated that this was to prevent bruising the stock, and he seemed to be much surprised when it was pointed out that the burlap interfered with the proper sizing of the potatoes.

It was also reported that in some instances shippers were of the opinion that No. 1 stock was procured simply by running the potatoes through a sizing machine. In these cases it was necessary to call attention to the fact that blemished stock must be culled out by hand; also that when there is a heavy run of undersized stock, much of it may be carried over the grade if the potatoes are run through too rapidly.

Specifications of the federal grades can be had upon application to the bureau of markets and crop estimates, United States Department of Agriculture, Washington, D. C. The bureau will also be glad to advise growers and shippers with regard to detailed grading methods.

SOILS NEED STABLE MANURE

Fertilizer Loosens Up Clay and Assists Sand to Retain Moisture Needed by Plants.

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.

SUGAR BEET CULTURE HAS LARGE GROWTH

Farmers Received \$99,000,000 for Crop in 1920.

Any Fertile Soil Capable of Producing Good Yields of Other Crops Will, If Properly Handled, Prove Satisfactory.

(Prepared by the United States Department of Agriculture.)
The sugar-beet industry of the United States produced more than 1,000,000 tons of sugar and the 100 factories, 97 of which were in operation in 15 states, paid American farmers more than \$99,000,000 for their beets in 1920.

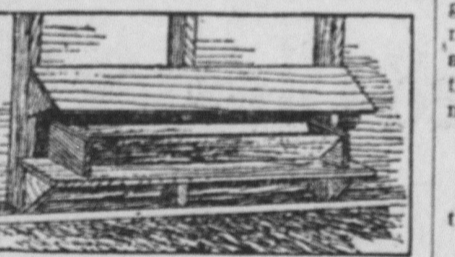
In a comprehensive new bulletin, No. 905, "The Sugar Beet Industry in the United States," the United States Department of Agriculture says that almost any fertile soil capable of producing good yields of other crops will, if properly handled, produce good sugar beets. This statement, however, is restricted by considerations of climate, moisture, and topography as related to the question of producing enough beets of the requisite sugar content within reasonable hauling distance to maintain a sugar-beet factory. The bulletin reviews the history of the sugar-beet industry from the first mill, built in 1870 at Alvarado, Cal.; analyzes soil, climatic and topographic requirements; and deals at length with the necessary equipment, best methods of planting and cultivation; the important relation of the sugar-beet to the live stock industry; the management of parallel and rotating crops; the labor problem; insect and disease enemies of sugar beets; and the business of selling beets to the sugar manufacturers. "The successful production of sugar beets on any farm depends to a great extent upon the temperament of the farmer and upon his attitude toward the production of this crop," says the bulletin, adding that the man who handles cows, especially dairy cows, is more inclined to take up the growing of such an intensive crop as sugar beets and is more apt to succeed in this line than the grain or forage crop man.

A list of more than fifty department publications on different phases of the beet-sugar industry is included in the bulletin, which may be had free upon application to the Department of Agriculture, Washington, D. C.

KEEP DRINKING WATER CLEAN

Overhanging Strip Prevents Fowls From Roosting on Edge or Getting into Trough.

To keep drinking water clean, provide a low shelf on the inside of the poultry house for the water trough and an overhanging strip, as shown in the sketch. The wood strip is fastened just far enough above the top of the trough to allow the chickens to drink easily, but prevents them from roosting there, or getting into the trough. Pans or basins can be used with the



Wooden Strip Keeps Fowls Out of Water.

same arrangement, although if a trough is made for the purpose, it will fit in better and, during the winter months, the ice will be forced upward and there will be no danger of breaking. This arrangement will be found excellent for feeding the flock hot mash and other feeds, also.—Dale R. Van Horn of Nebraska, in the Farm Journal.

CLEAN UP ALL GARDEN TRASH

Insects and Disease Spores Live Over Winter in Stalks, Vines and Other Rubbish.

Much of the success of next year's garden depends on cleaning up the trash left from this year's crop, says the United States Department of Agriculture. Insects and disease spores live over the winter in stalks, vines, and stubble. Weeds and vegetable debris should be raked into piles and burned or carried off as soon as it is convenient to do so. Pieces of cabbage, carrots, potatoes, and other vegetables which have been left on the ground in the harvest should be raked up and destroyed to avoid attracting insects and rabbits. The rabbits, tempted by these titbits, may remain to hark the fruit trees and damage bushes. Time given to this work at a period of year when other matters are not pressing will be well repaid in the spring and summer.

SODIUM FLUORID GETS LICE

Mixed With Road Dust It Has Been Found to Be an Excellent Remedy by Experts.

A combination of sodium fluorid and road dust, mixed one part of fluorid to four parts of dust, is an excellent remedy for body lice on fowls, according to investigations by poultry experts at the University of California. Sodium fluorid costs 40 cents a pound and that quantity is sufficient to treat 100 hens.

IS ANCIENT CITY

Haifa Has Figured Prominently in Biblical History.

Recently Made a "Free Port" the Place is Inseparably Associated With Holy Memories.

"A man who could hover about Broadway and Forty-second street in New York for a year and escape attention would be comparable to Haifa, comparatively obscure along a littoral flecked by Tyre and Sidon and Gaza and Jaffa, with Damascus and Jerusalem in the hinterland," says a bulletin of the National Geographic society concerning the city which, dispatches state, is to be a free port by agreement of British and French mandatories of Palestine and Syria, respectively.

"Haifa now bids fair to emerge upon history's page as one of the free ports of the world—a 'Who's Who' of cities ranging from Hamburg to Macao and from Marseilles to Trieste. The paradox of Haifa is that it is geographically associated with Mount Carmel and the great plain of Esdrælon, the Armageddon of Bible times; but historically it is linked closer to Berlin, Buffalo, N. Y., and the Crusades.

"One may stand upon the slopes of Mount Carmel where it almost achieves being a promontory at the Bay of Acre and look south toward Caesarea, built by Herod and named for Caesar, where Peter preached and Paul was jailed. Or he may turn north toward Tyre, proud port of Phoenicia. In the nearer foreground will be the ruins of Athlit, with the remains of a castle built by the Knights Templar, and the Yorktown of a two-century holy war.

"Carmel itself, he will recall, was Solomon's simile when he said of a bride, 'Thine head upon thee is like Carmel.' And upon Carmel Elijah mocked the prophets of Baal, built an altar upon which 'the fire of the Lord fell, and consumed the burnt sacrifice.'

"At his feet lies Haifa, which leaps forward to the Middle Ages, because it was taken by Tancred during the Crusades. Even medieval events are but memories there. The present town of about 10,000 souls is modern. It received an impetus when William, then emperor of Germany, visited the city in 1838, went the rounds of German schools and soap factories, ordered tablets to be erected to remember him by, and granted a subsidy on account of the flourishing German colony there.

"The German colony had its inception in the German Templars, a religious community formed at Wurtemberg, which founded its first colony at Haifa in 1838, and so flourished that later it acquired a section of the town which was selected and aided by a citizen of Buffalo, N. Y.

Originally the Templars had a vision of a kingdom of God on this earth, which must fructify in the Old Testament 'Land of Promise,' and regenerate Europe. Later other Germans than members of this sect were admitted, and after the Kaiser's visit the purpose became avowedly to promote German interests."

Grotesque Historic Relic.

In the different parts of the world, there are heads without owners.

The mummified head of Oliver Cromwell, for instance, which on the Restoration was torn from the exhumed body and stuck on a spike upon the roof of Westminster hall, is now in private ownership. It belongs to Mr. Horace Wilkinson, of Seal Chart, near Sevenoaks. He inherited it from his grandfather, who purchased it from the daughter of a showman. The showman in his turn had purchased the grotesque relic from some descendants of Cromwell, whose ancestors had bought it from a sentry who saw it blown down from the roof of Westminster hall one tempestuous night, and had secreted it. The iron spike which transfixed the skull and a portion of the wooden post are still attached to it.—London Mail.

Carl Busch Born in Denmark.

Carl Busch, Kansas City composer, was born in Bjerre, Denmark, March 19, 1862. He studied law at the University of Copenhagen, the violin under Tofte at the Copenhagen conservatory and composition with Hartmann and Niels Gade. He played in an orchestra in Paris and studied under Godard and Gounod. He came to the United States in 1889, settling at Kansas City. Here he established the Philharmonic orchestra. He has composed works for orchestra, symphonic rhapsody, symphony, violin music, the dramatic cantatas "League of the Alps" and "King Olaf," and many songs. In September, 1912, while Mr. Busch was traveling in Denmark, the title of Knight of Dannebrog was conferred upon him by the king.

Airplanes 500 B. C.

A stirring piece of literature, written about 500 B. C., tells how Rawun, king of Ceylon, flew over an enemy army and dropped bombs, causing many casualties. Eventually, he was slain, and his "flying carriage" fell into the hands of the Hindu chieftain Ramechander, who flew in it all the way from Ceylon to his capital at Ajudhia, in northern India.

In the Mahabharatta, one of the oldest of Brahman classics, mention is made of the gift of a flying machine by a king to a brother monarch, as a token of friendship.



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Handy tin boxes of 12 tablets—Bottles of 24 and 100—All druggists. Aspirin is the trade mark of Bayer Manufacture of Monaciacetic Acid of Bayerwerke.

Country's Timber Situation.

The original forests of the United States have been estimated to contain 822,000,000 acres, which has been reduced by cutting, cultivation and burning to 157,000,000 acres. Sixty per cent of the original timber is gone. The consumption is five times greater than the production. Our tremendous consumption of lumber has been a potent factor in elevating our standard of living and it is urged that we do not curtail our consumption, but rather increase our production.

Taking Him Down.

W. L. George, the English novelist, declared at a woman's club in Chicago during his lecture tour that women novelists were inferior to men.

"Men," he said, "with their larger outlook, can write about all sorts of things. Women, however, only write about love."

"Well," said a woman novelist who was present, "that is as it should be. The best way to stir your readers is with a spoon."

Use the Fireplace.

A fireplace that is really used to add to the comfort and good cheer of the family on cool evenings is a never-failing source of joy. One that fails to draw—a too common fault in latter day buildings—can often be enlarged or otherwise changed at small expense and made useful. The custom of having a house full of fireplaces which never have a fire in them is one that is as absurd as it is common.

What Money Cannot Buy.

The death of Sir Ernest Cassell, the famous English financier, recalls an interview he gave some years ago, shortly after the death of his daughter. He said: "There is nothing in the greatest financial success to equal the love of a devoted wife and the delight of a family of happy children."

Way of the transgressor is hard, but some transgressors think the excitement is a recompense.

Most men hate cleaning up their desks as much as women hate dish washing; but it has to be done.

Music has charm in the country where the houses are a mile apart.

Civilization will be at hand when every bedroom has a bathroom.

May Repair Liberty Bell.

Announcement was made in Tivoli, Dutchess county, that George Waelde has just repaired a bell that has not rung for 140 years, and that, inspired by this success, he is planning to go to Philadelphia and try to repair the cracked Liberty bell that announced the Declaration of Independence.

The old church bell just repaired was sounded for the first time in 140 years on Armistice day. The bell is to be replaced in the steeple of the Old Red Church in Tivoli. It was installed there when the church was erected 162 years ago. It was cracked by a sexton, who used a hammer to sound it when the bell rope broke. Waelde, who is a welder, tinkered with the bell until he finally closed the crack and restored its sound.—Philadelphia Ledger.

The Leather Medal Winner.

"Was there any excitement at the shore last summer?" asked Esther. "Yes," replied Dolly. "One day as I was sitting on the pier a man who couldn't swim fell off. I ran to where there was a coil of rope for just such purposes and threw it to him." "Perfectly great! And pulled him out?" "No, I didn't have anything to pull on. I threw him the whole coil."—American Legion Weekly.

Unsophisticated.

The proud escort of a pretty girl at the race meeting said to her as the horse cantered past to the gates: "That's Donoghue, the famous jockey, on the second horse."

"Oh, yes," said the girl, "he's quite one of the chief jockeys, isn't he?"—and certainly one of the drestiest. He seems to turn out in a differently colored suit in every race."—Tit-Bits.

The Garrulous Sex.

He—"Women always have to monopolize the conversation. A woman can't sit still and listen for one full minute." She—"Oh, indeed! Suppose the other party to the conversation were making a proposal of marriage?" He—"Not even then. She'd say 'yes' before he'd spoken a minute."

Don't wait for your happiness until others hand it to you on a silver platter.

Mt. Etna, Europe's greatest volcano, rises immediately in front of the sea.

Real Rest Depends Largely Upon the Depth of Your Sleep
A warning to "light" or "poor" sleepers

The deeper and sounder you sleep the better you feel. Five hours sound refreshing sleep does you more actual good than ten hours restless, disturbed sleep.

This is because the final conversion of food into vital tissue and nerve cells goes on more rapidly when the physical and mental forces are at rest.

You can't get sound, refreshing sleep if your nerves are agitated with tea or coffee. Both these drinks contain caffeine, which is sometimes very irritating to the brain and nervous system.

If you want to know the joy, vigor and stamina that comes to the person who gets sound, healthful sleep, why not stop taking tea or coffee for a while, and drink delicious, invigorating Postum instead.

Thousands of people everywhere have found that this was the only thing they needed in order to bring about these very happy results.

Order Postum from your grocer today. Drink this delightful cereal beverage of coffee-like flavor, for a week. Perhaps, like thousands of others, you'll never be willing to go back to tea or coffee.

Postum comes in two forms: Instant Postum (in tin) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"