

Why Men Take Mastin's Yeast Vitamon

Tablets—To Clear The Skin and Put On Firm Flesh

Easy and Economical Results Quick



Of what use are fine features with an ugly, mottled skin, flabby flesh, sunken cheeks, pouches under the eyes, or a careworn, sickly-looking face?

If you want to quickly clear your skin and complexion, put some firm, healthy flesh on your bones, increase your nerve force and power and look and feel far better, simply try taking two of MASTIN'S tiny yeast VITAMON TABLETS with each meal and watch the results.

MASTIN'S VITAMON TABLETS contain not only the purest form of concentrated yeast vitamins, but all three vitamins scientifically combined with specially prepared organic iron for your blood, the necessary lime salts and other true vitalizing brain, bone and tissue making elements which Nature provides to produce real "stay-there" flesh, clear skin and increase energy.

Under their purifying influence, many embarrassing skin eruptions seem to vanish as if by magic, leaving the skin and complexion fresh, clear and glowing with ruddy health.

To protect yourself against imitations and cheap substitutes INSIST upon MASTIN'S, the original and genuine VITAMON TABLETS, recommended by physicians and used by millions. At all good druggists.

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.



PARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair
Solely Chemical Works, Paterson, N. J.

HINDERCORNS Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet. Makes walking easy. 15c by mail or at Druggists. H. W. Chemical Works, Paterson, N. J.

Before or After?

The nurses and students at a certain London hospital were rehearsing a Greek play—in English. They were to perform it at a concert in aid of their exchequer.

There was an elderly woman at the rehearsal. She seemed a little mystified.

Eventually she turned to the girl beside her and said in a puzzled voice: "Let me see, dear—Euripides—was he before Venizelos?"

Keeping Him Satisfied.

"There's a man from the tailor's, sir."
"Tell him I can't pay his bill, but I'll be around tomorrow to order another suit."—Life.

Sympathy never approaches with the idea that your troubles "should teach you a lesson."

Sure Relief FOR INDIGESTION



BELLANS
6 BELLANS Hot Water Sure Relief
25¢ and 75¢ Packages, Everywhere

Keep Your Skin-Pores Active and Healthy With Cuticura Soap
Soap 25c, Ointment 25 and 50c, Talcum 25c.

TIME TO MARKET BERMUDA ONIONS

Much Activity in Texas Fields in Making Preparation as Season Approaches.

INCREASE SHOWN IN ACREAGE

Growers and Shippers Enthusiastic in Stating That Department of Agriculture's Service is of Great Value.

(Prepared by the United States Department of Agriculture.)

There is great activity in the Texas onion fields these days in preparation for the rapidly approaching marketing season. The commercial acreage planted to Bermuda onions is estimated by the United States Department of Agriculture at 12,117 acres, and it is forecast that 11,522 acres will be harvested. This compares with 10,503 acres harvested in 1921.

As heretofore the Department of Agriculture will maintain a field station at Laredo to keep the growers and shippers informed of market conditions generally throughout the country. Carlot shipments, available supplies, prices, weather conditions, and the many factors that affect the marketing of onions will be reported to the growers daily.

Financial success in producing and marketing Bermuda onions is possible only when the economic relation between the northern-grown winter storage crop and the perishable Bermuda crop is taken into consideration, say federal marketing experts. The Texas crop is marketed in a period of two months, and the highest type of marketing efficiency is required. There may be a large carry-over of northern-grown storage onions; the markets for the Bermuda crop are a long distance from producing points with consequent high costs for transportation; bad weather may quickly impair the quality of the stock; the crop may be larger than the country can consume; and toward the end of the season there is competition from other early producing states.

Service of Great Value.

The results of years of study of the scientific production and marketing of onions is available to the growers, and producers and shippers are unanimous in stating that the department's service has been of great value to them. Federal market reporters located in large consuming markets, such as St. Louis, Cincinnati, Kansas City, Chicago, Pittsburgh, Philadelphia, New York, and Boston, report daily to the Laredo office local market conditions, such as supply, demand, and prices.



Cleaning and Grading Onions.

The department also has co-operative arrangements with the various railroads whereby the shippers are informed of daily carlot shipments of onions everywhere in the United States.

For marketing purposes the Texas onion-producing section is divided into three districts: The Laredo district, consisting of Webb county, the upper counties, comprising Dimmit, Frio, La Salle, and Zavalla counties; and the Gulf Coast district, embracing the territory contiguous to the St. Louis, Brownsville & Mexico and the San Antonio & Arkansas Pass railroads. Shipments are made to every state in the Union east of the Rocky mountains, the principal markets being New York, Pennsylvania, Illinois, Missouri, Ohio, and Massachusetts. New York alone has taken in the past as much as 20 per cent of the entire carlot movement. Laredo is the shipping center for approximately one-third of the onions from the entire section, and headquarters of practically all buyers and operators are there located.

Seed From Canary Islands. The majority of the growers obtain their seed from the Canary Islands; large quantities of seed are also obtained from California. The seed is planted by drill between August 15 and September 20, and the plants remain in the seed bed 60 to 70 days before transplanting to the field. Great care is exercised in transplanting, the ground is plowed, thoroughly disked and harrowed, the roots and tops of the plants are carefully trimmed, and only well-rooted plants are selected. In caring for the crop it is essential to keep the soil moist, and to avoid, by frequent shallow cultivations, cracking or baking. Harvesting begins around April 1 in Webb county and continues to about May 15. The harvest season in the upper counties is five to ten days later.

SELECTING TOMATOES TO PREVENT DISEASE

Norduke Is Highly Resistant to Wilt Ailments.

Four Other Varieties, Marvel, Norton, Columbia and Arlington, Are Also Recommended—Big Annual Loss is Avoided.

(Prepared by the United States Department of Agriculture.)

In the course of work on the selection of tomatoes that will resist the wilt disease, which causes a large annual loss in the tomato-canning states, the United States Department of Agriculture has developed a variety called Norduke, similar to Stone, but highly resistant to wilt. Four other wilt-resistant varieties have already been produced, known as the Marvel, which is a medium early tomato selected from Merville des Marches, bearing a heavy crop of smooth red fruit; the Norton, selected from Stone, producing a heavy yield of large, smooth, solid red fruit, which ripens slowly, and therefore ships well; and Columbia and Arlington, medium late varieties, selected from Greater Baltimore.

The Marvel is an excellent variety for forcing, for medium early trucking, and for home gardening. The Columbia, like the Arlington, which has been temporarily withdrawn for purification,



Field of Staked Tomatoes.

tion, because of mixtures found in the seed in 1920, is better for canning than for the table, because of its somewhat flat shape, which does not permit slicing as successfully as some of the rounded tomatoes. The Norton and the newer variety, the Norduke, are late tomatoes, excellent for canning, for home gardening, and late trucking. The Norduke shows the highest resistance to wilt of any tomato, and also some resistance to the leaf-spot disease.

Wilt-resistance strains of tomatoes are developed by selecting from a variety which possesses moderate resistance. Individuals which show higher resistance. This resistance can be combined with other desirable qualities in other varieties by crossing. Seeds from resistant strains have been distributed through state experiment stations to canners and others for testing, and some of the varieties are now being carried in the catalogue lists of seed houses.

TOMATO-SEED CAKE AS FEED

Value as Source of Protein for Live Stock Has Been Demonstrated By Experiments.

The value of tomato-seed press cake as a source of protein feed for live stock has been demonstrated by a series of experiments recently conducted in the protein investigation laboratory of the bureau of chemistry, United States Department of Agriculture. It has been previously estimated by the department that over 2,000 tons of tomato seeds are largely wasted annually as a by-product in the manufacture of catsup and other products by the tomato pulping plants in the United States. Tomato seeds contain approximately 22 per cent of a valuable oil. The press cake which remains after expelling the oil contains about 37 per cent of protein, which chemical and nutritional experiments have shown to be of high food value. Young albino rats were fed on a diet in which tomato-seed press cake furnished the only source of protein, the diet having been made adequate in other respects by the addition of the other essential dietary factors. On this diet the rats were enabled to grow at the normal rate, showing that the proteins of the tomato seed contain all of the amino acids essential to the growth of animals. It was also found that the press cake contains sufficient amount of the water soluble, or anti-beriberi, vitamins.

RAPE GOOD SUMMER PASTURE

Takes High Rank for Furnishing Succulent Feed for Hogs or Sheep—Easily Grown.

Among the crops which can be grown for succulent pasture for hogs or sheep during the summer and fall months, rape takes high rank. It furnishes abundant food which is greatly relished by those animals; it is easily grown and can be sown most any time in the spring or early summer after there is no further danger of severe frost. It will endure severe frost in the fall and can be pastured late provided stock is kept off when it is frozen.

Horticultural Facts

BIG VALUE OF HOME ORCHARD

No Excuse for Country Home Not Having Supply of Fresh or Canned Fruit All Year.

The value of a properly cared-for home orchard can hardly be overestimated. Frequently the only value attached to a home orchard is the fruit harvested. No doubt this is very important but would not be the only factor to be considered.

In the chicken lot, fruit trees will make good shade, as well as around other parts of the premises. A home with lots of nice trees around it looks much more inviting.

The educational value of a home orchard is worth consideration. The setting out and caring for the trees is instructive and, again, learning the variety characteristics of the different kinds of fruits is valuable. Many people simply know that a plum is a plum and a peach is a peach and do not have the least idea of what the variety is.

It is a recognized fact that fruit is healthful. In case of the more perishable fruits, a much fresher supply can be obtained from the home orchard. Where the fruit is raised at home it will be eaten more often and in greater quantities. A properly selected list of varieties of peaches as regards available space and favorable season, would furnish you with peaches from June to October.

The scarcity and high prices of fruit should certainly stimulate the planting of home orchards.

The surplus fruit can be dried, canned and sold. Good fruit usually commands a good price. Frequently in towns where the trees are more or less protected by the houses, these trees will bear more fruit, where the commercial orchards fail. This is when the fruit is appreciated and when the surplus sells for a good price.

There is no excuse for a country home not having a year-around supply



A Sweet-Cherry Tree of the Windsor Variety in Its Second Season's Growth From Planting—It is Not Well Headed In.

of fresh or canned fruit, especially in a fruit year.

Some of our town friends who are garden enthusiasts may think they have not sufficient room for trees. A mistake that many of us frequently make is to try to garden too large an area. A small well-planned and well-kept garden will give better results and be much more sightly than a large poorly kept garden.

Fruit trees may be planted around the sides of the home and even in a portion of the garden. The same cultivation given the garden will answer for the cultivation of the trees. Vegetables and many small fruits may be grown in between the trees for several years.

TREMENDOUS DEATH OF BEES

Preventable Loss of Honey Gatherers Caused by Spraying Trees White Blooming.

Fruit growers who apply lead arsenate or other arsenical sprays to trees in full bloom are accused by beekeepers of causing a tremendous death rate of bees from poisoning. Francis Jager, chief of the division of bee culture, University Farm, tells of a thorough practical test made by W. A. Price, Purdue university, and reported in a bulletin in which Mr. Price said: "Bees work freely on sprayed trees in the open, even where there are unsprayed trees about. The mortality was 69 per cent in the lime with sulphur and arsenate of lead and 40 per cent in sulphur and arsenate of lead dusted on dry."

Limbs of Peach Trees. Some growers want the main limbs of peach trees to branch out a foot or less from the ground, but it is really better to have them about eighteen inches high, as then it is easier to fight tree pests.

Setting Gooseberry Bushes. Gooseberries should be set about five feet apart in the row, and if several rows are to be planted they should be about the same distance each way. Currants can be a little closer in the row.

HOW TWO WOMEN ESCAPED OPERATIONS

Doctor Advised Use of Lydia E. Pinkham's Vegetable Compound

Happy Results in Both Cases

St. Joseph, Missouri.—"Both of my sides swelled and hurt me so that I could not move or do any of my work. There was heavy pressure and pains through my lower organs and the doctor told me to try Lydia E. Pinkham's Vegetable Compound for these troubles. He said I had this one chance, and if the Vegetable Compound did not help me nothing but an operation would do. After taking several bottles I felt it was helping me and now I am able to do my own work. If my testimonial will help others I shall be glad for them to read it and hope your Vegetable Compound will do them as much good as it did me."—Mrs. Wm. LOCKMAN, 513 N. 4th St., St. Joseph, Mo.

White Plains, N. Y.—"I had such a pain that I could hardly walk and the doctor said that I needed an operation. I was sick for a year before I started taking your medicine and I could not work. I saw your advertisement in a little book and that is how I came to take Lydia E. Pinkham's medicine. I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine, also Lydia E. Pinkham's Liver Pills and used Lydia E. Pinkham's Sanative Wash and the capsules and prescription recommended. I am doing all my work and have gained twenty pounds. I am taking the medicines still, but I feel fine. You have my permission to use this letter for the good of others."—Mrs. MARY MARE, 37 Hamilton Ave., White Plains, N. Y.

Some female troubles may through neglect reach a stage when an operation is necessary. But most of the common ailments are not the surgical ones; they are not caused by serious displacements, tumors, or growths, although the symptoms may appear the same.

When disturbing ailments first appear, take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. Many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

She Didn't Want Much. The marine, serving at Pearl Harbor in the Hawaiian islands, wrote his sweetheart that he would soon be home, and that he would be glad to bring her a souvenir if she would only tell him what she wanted. Shortly afterward he received this reply: "Dear George: Don't go to any expense. Just bring me a nice string of pearls from Pearl Harbor, and I'll be more than satisfied."

One of the Old-Timers. My brother, who was popular with the fair sex, had quite a collection of photographs. "Oh," I said to a girl I was showing them to, "you would not be interested in those. They are only some old-timers." I was speechless when the second one I turned up was her own.—Exchange.

The Allegheny river is navigable for 150 miles above Pittsburgh.

Might make right, but it doesn't always make good.

How did the wedding go off? Any hitch?

"No, nor hooch."

From a Bride:

"As a young housewife of only two and one-half years' experience I am glad to find that even we amateurs can cook successfully if we use Royal Baking Powder."

Mrs. J. L. M.

ROYAL BAKING POWDER

Absolutely Pure

Contains No Alum Leaves No Bitter Taste

Send for New Royal Cook Book—It's FREE

Royal Baking Powder Co., 130 William St., New York

He Knew the Kind. Two men were having a talk at dining time one day and the health of a fellow workman's daughter was the subject of the conversation. "Well," said Jack, "if Tom would send his lass up to the hospital on the hill she would be cured in a month." "Ah, but," says Bob, "is that a convalescent hospital?" "Oh, no," replied Jack; "it's a corrugated iron one."

Possibly men are no longer slaves to drink; and they never were slaves to fashion.

Cat and Kitten. Kitty—That man over there is staring right at my nose. Kat—Maybe he's a reporter. Kitty—But why should a reporter stare at my nose? Kat—Well, they're supposed to keep their eyes on everything that turns up, aren't they?

It's a fine morning, but, as Sandy said: "Eh, mon, think o' the national debt."

Fortunately for the average man, brains are not on exhibition.

Ask Your Dealer

ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

Alabastine

Instead of Kalsomine or Wall Paper

Alabastine is a dry powder; mixes with cold water; directions on each package. Used on plaster, wall board and all wall surfaces. White and artistic, durable tints. Cross and circle printed in red on each package.

SPECIAL STENCIL OFFER

We will supply cut stencils to any user of Alabastine—one stencil for each room requiring not less than two packages, if you will send the large words ALABASTINE cut from the face of the packages over the cross and circle, accompanied by 15c in stamps or silver for each stencil desired, covering postage and packing. Write for free booklet, "Nature's Beautiful Tints."

THE ALABASTINE COMPANY
1648 Grandville Avenue Grand Rapids, Michigan