Mastin's Yeast Vitamon Tablets - To Clear The Skin and Put On **Firm Flesh**

Why Men Take

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?

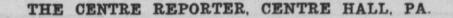
If you want to quickly clear your skin and complexion, put some firm, healthy flesh on your bones, increase your nerve force and power and look and feel far better, simply try taking two of MASTIN'S tiny yeast VITA-MON TABLETS with each meal and watch the simulty

atch the results. MASTIN'S VITAMON TABLETS MASTIN'S VIT AMON TABLETS contain not only the purest form of concentrated yeast vitamines, but all three vitamines scientifically com-bined with specially prepared organic iron for your blood, the necessary lime salts and other true vitalizing brain, bone and tissue making ele-ments which Nature provides to pro-duce 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 imita-tions and cheap substitutes INSIST upon MASTIN'S to get 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





SELECTING TOMATOES TO PREVENT DISEASE

Norduke Is Highly Resistant to

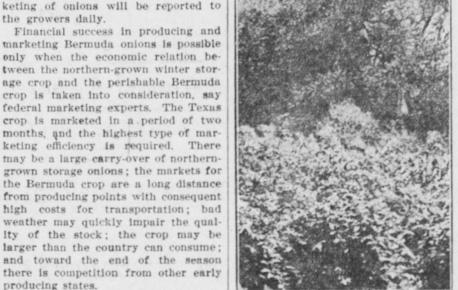
Wilt Ailments.

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 Agri- other parts of the premises. A home culture has developed a variety called Norduke, similar to Stone, but highly resistant to wilt. Four other wiltresistant varieties have already been produced, known as the Marvel, which setting out and caring for the trees is is a medium early tomato selected from Merveille des Marches, bearing a heavy crop of smooth red fruit; the Norton, selected from Stone, producing ple simply know that a plum is a plum a heavy yield of large, smooth, solid red fruit, which ripens slowly, and therefore ships well; and Columbia is. 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 Columbla, like the Arlington, which has been temporarily withdrawn for purifica-



Field of Staked Tomatoes.

The results of years of study of the scientific production and marketing of tion, because of mixtures found in the onions is available to the growers, and seed in 1920, is better for canning than producers and shippers are unanimous for the table, because of its somewhat in stating that the department's servflat shape, which does not permit slic-Ice has been of great value to them. ing as successfully as some of the Federal market reporters located in rounded tomatoes. The Norton and large consuming markets, such as St. the newer variety, the Norduke, are Louis, Cincinnati, Kansas City, Chilate tomatoes, excellent for canning. cago, Pittsburgh, Philadelphia, New for home gardening, and late truck-York, and Boston, report daily to the ing. The Norduke shows the highest Laredo office local market conditions, tance to wilt of any tomato, at TOR

Horticultural Facts **BIG VALUE OF HOME ORCHARD**

No Excuse for Country Home Not Hav ing 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 with lots of nice trees around it looks much more inviting.

The educational value of a home orchard is worth consideration. The instructional and, again, learning the variety characteristics of the different kinds of fruits is valuable. Many peo and a peach is a peach and do not have the least idea of what the variety

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

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

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.

home not having a year-around supply

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 mides 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. Pink-ham'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. After taking several bottles I felt it was helping me and now I am able to do my own work. If my testimonial willhelp 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.

When disturting ailments first ap-pear, take Lydia E. Pinkham's Veg-etable Compound to relieve the pres-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 ous troubles. Many letters have been received from women who have been started taking your medicine and I could not work. I saw your advertiserestored to health by Lydia E. Pink-ham's Vegetable Compound after opment in a little book and that is how I came to take Lydia E. Pinkham's medicines. I have been taking the Vegetable Compound and Lydia E. ing 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.

One of the Old-Timers.

Pinkham's Blood Medicine, also Lydia E. Pinkham's Liver Pills and used Lydia E. Pinkham's Sanative

Wash and the capsules and prescrip-

tion 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. MARYMARK, 37 HamiltonAve., White Plains, N. Y.

Some female troubles may through neglect reach a stage when an opera-tion is necessary. But most of the commoner ailments are not the sur-

gical ones; they are not caused by

serious displacements, tumors, or growths, although the symptoms

ent distress and prevent more seri-

erations have been advised by attend-

may appear the same.

The marine, serving at Pearl Harbor My brother, who was popular with in the Hawalian islands, wrote to his the fair sex, had quite a collection of sweetheart that he would soon be photographs,

home, and that he would be glad to "Oh," I said to a girl I was showbring her a souvenir if she would only ing them to, "you would not be intertell him what she wanted. Shortly ested in those. They are only some afterward he received this reply: old-timers."

"Dear George: Don't go to any expense. I was speechless when the second Just bring me a nice string of pearls one I turned up was her own .- Exfrom Pearl Harbor, and I'll be more change. than satisfied."

The Allegheny river is navigable for 150 miles above Pittsburgh.

"How did the wedding go off? Any Might may make right, but it doesn't

"No, nor hootch."

Ury.

hitch?"

always make good.

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

There is no excuse for a country

October. of home orchards.



The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1696; corrects disorders; stimulates vital organs. All druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitatio



eet, makes walking easy. 15a, by mail or at Drug-fists. Hiscor Chemical Works, Patchogue, N. Y.

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.

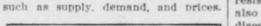
Sympathy never approaches with the idea that your troubles "should teach you a lesson."



center for approximately one-third of the onlons 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







Cleaning and Grading Onions.

The department also has co-operative

arrangements with the various rail-

roads whereby the shippers are in-

formed of daily carlot shipments of

onions everywhere in the United

For marketing purposes the Texas

onion-producing section is divided into

three districts: The Laredo district,

counties, comprising Dimmit, Frio, La

Salle, and Zavalla counties; and the

Gulf Coast district, embracing the ter-

ritory contiguous to the St. Louis,

Brownsville & Mexico and the San An-

Shipments are made to every state

in the Union east of the Rocky moun-

tains, 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 salpping

planted by drill between August 15

and September 20, and the plants re-

main in the seed bed 60 to 70 days

five to ten days lator.

tonio & Arkansas Pass railroads;

consisting of Webb county, the upper

States.

Service of Great Value.

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

(Prepared by the United States Department of Agriculture.)

There is great activity in the Texas

union fields these days in preparation

for the rapidly approaching market-

ing season. The commercial acreage

planted to Bermuda onions is esti-

mated by the United States Departs

ment of Agriculture at 12,117 acres,

and it is forecast that 11,522 acres will

be harvested. This compares with

As heretofore the Department of

Agriculture will maintain a field sta-

tion at Laredo to keep the growers

and shippers informed of market con-

ditions generally throughout the coun-

try. Carlot shipments, available sup-

plies, prices, weather conditions, and

the many factors that affect the mar-

the growers daily.

producing states.

10,503 acres harvested in 1921.

Great Value.

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.



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 chemfatry, United States Department of Agricalture. 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 torato-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-beri-beri vitamine.

RAPE GOOD SUMMER PASTURE

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

before transplanting to the field. Great care is exercised in transplanting. The Among the crops which can be ground is plowed, thoroughly disked grown for succulent pasture for hogs and harrowed, the roots and tops of or sheep during the summer and fall the plants are carefully trimmed, and months, rape takes high rank. It only well-rooted plants are selected. furnishes abundant food which is In caring for the crop it is essential to greatly relished by those animals; it is easily grown and can be sown most keep the soll moist, and to avoid, by frequent shallow cultivations, crackany time in the spring or early summer ing or baking. Harvesting begins after there is no further danger of severe frost. It will endure severe around April 1 in Webb county and frost in the fall and can be pastured about the same distance each way. continues to about May 15. The harlate provided stock is kept off when vest season in the upper counties is it is frozen.



Sweet-Cherry Tree of the Windson 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 wellkept 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.

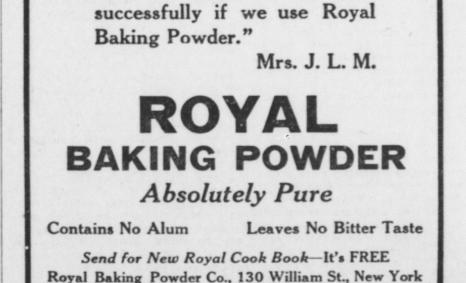
Fruit growers who apply lead arsenate or other arsenical sprays to trees in full bloom are accused by beekeepers of causing a tremendous death rate of bees from poisoning. Francis Jager, chief of the division of bee culture, University Farm, tells of a thorough practical test made by W. A. Price, Purdue 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 Currants can be a little closer in the rov-



He Knew the Kind. Two men were having a talk at din-

Cat and Kitten. Kitty-That man over there is star-

ner time one day and the health of ing right at my nose. Kat-Maybe he's a reporter. a fellow workman's daughter was the

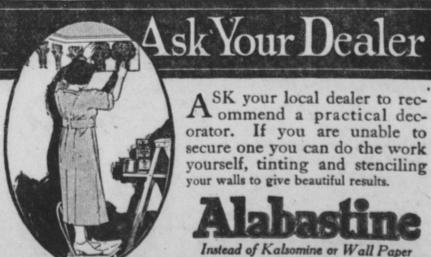
Kitty-But why should a reporter subject of the conversation. "Well," said Jack, "if Tom would stare at my nose?

Kat-Well, they're supposed to keep send his lass up to the hospital on the their eyes on everything that turns up, hill she would be cured in a month." aren't they?" "Ah, but," says Bob, "is that a con-

valescent hospital?" "Oh, no," replied Jack; "it's a cor-

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

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



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

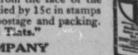
tints. Cross and circle printed in red on each package. SPECIAL STENCIL OFFER

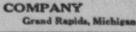
We will supply cut stencils to any user of Alabastine-one stencil for each room requiring not less than two packages, if you will send the large words ALABASTINE cut from the face of the packages over the cross and circle, accompanied by 15c in stamps or silver for each stencil desired, covering postage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

THE ALABASTINE COMPANY 1648 Grandville Avenue









rugated iron one." Possibly men are no longer slaves to drink; and they never were slaves

to fashion.

debt."