

**Important to all Women
Readers of this Paper**

Thousands upon thousands of women have kidney or bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition. Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions. Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Safety first—a conspiracy to rob the doctor, hospital and undertaker.—Hoover.

To Have a Clear Sweet Skin
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Too many people do not even think they are thinking.

**A NURSE TELLS
HER EXPERIENCE**

This Advice is for You. It's Vital.
Richwood, W. Va.—"Before the use of Dr. Pierce's medicines I could hardly walk across the house. I suffered for fourteen years. But after taking Dr. Pierce's Favorite Prescription and his Golden Medical Discovery, together with the Pleasant Pellets, I can work all day and never get tired. I have been nursing for two months."—Mrs. Maggie Perkins, 122 Riverside Drive, Obtain Dr. Pierce's Family Medicines from your druggist in tablets or liquid. Write Dr. Pierce, Pres. Invalids' Hotel, in Buffalo, N. Y., for free medical advice.

Lloyd Loom Products
Baby Carriages & Furniture
Ask Your Local Dealer
Write Now For 32-Page Illustrated Booklet



The Lloyd Manufacturing Company
(Hayswood-Wakefield Co.)
Dept. E
Menominee, Michigan (17)

Get a Copy of the Beautiful Song
"Meet Me at Twilight"
Waltz Ballad
With Violin and Cello Obligato
Words and Music by Sydney P. Harris

Mailed on receipt of price (30c) post paid.
The Sydney P. Harris Company
1658 Broadway New York City

FLORIDA BY SEA
BALTIMORE TO JACKSONVILLE
Fare Round Trip \$26.75
Meals and Stateroom Accommodations on Steamer Included. Extra charges for promenade deck rooms.
Steamer Every Tuesday and Friday.
Make Reservations Early.
Merchants & Miners Trans. Co.
Pier 3-Pratt St. Tel. St. Paul-4200

Liggett & Myers KING PIN PLUG TOBACCO
Known as "that good kind"
Try it—and you will know why

Salesman Wanted
We can show you how you can earn \$50.00 per week during spare time or \$100.00 or more if you work full time and build up a permanent business, with liberal commission on repeat orders. Write or wire for territory.
KALAMAZOO TIRE & RUBBER COMPANY
212 East Ransom St., Kalamazoo, Michigan

Wherever You Are We Can Serve You
You will find that Tolmanized collars will slowly and are comfortable to wear.
Let Uncle Sam be your laundryman. Wrap your collars securely and mail them to:
The Tolman Laundry
Cor. 6th and C Sts., N. W., WASHINGTON, D. C.

CHEAP FEED FOR WINTERING COWS

Experts Favor Corn Silage and Wheat Straw With Hay or Cottonseed Meal.

EXPENSE OF RAISING CALVES

Experiments Conducted in Blue-Grass Regions of Appalachian Mountains in West Virginia—Rations Used for Cattle.

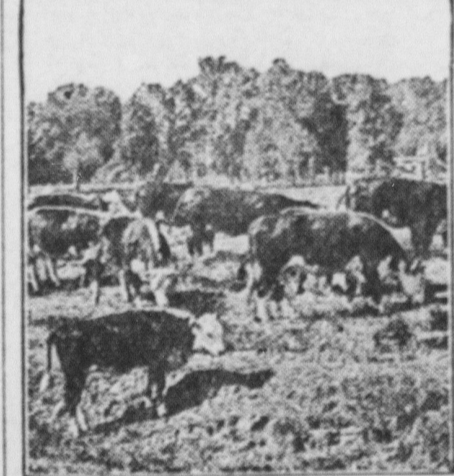
(Prepared by the U. S. Department of Agriculture.)

Corn silage and wheat straw with either mixed hay, soy-bean hay or cottonseed meal is a much cheaper ration for wintering beef-breeding cows than shock corn, mixed hay and wheat straw as tried out in feeding experiments recently carried on by E. W. Sheets and R. H. Tuckwiler of the bureau of animal industry, and described in Department Bulletin 1024, "Feeding Experiments With Grade Beef Cows Raising Calves," which has just been issued by the United States Department of Agriculture. The work described in the bulletin has to do with the advantages of certain practices, the economy of a number of rations and the cost of raising calves to weaning age. It applies to the blue-grass region of the Appalachian mountains, a region that furnishes most of the grass-finished beef for the Eastern markets.

Conditions Similar in Other States.
The farm on which the feeding was done is in the southeastern part of West Virginia, but the conditions there are similar to those in parts of Pennsylvania, Ohio, Virginia, North Carolina, Georgia, Kentucky and Tennessee. The conclusions also apply in part to other nearby regions.

The rations used for the four lots of cows were: Corn silage, mixed hay and wheat straw; corn silage, soy-bean hay and wheat straw; corn silage, cottonseed meal and wheat straw; and shock corn, mixed hay and wheat straw. As mentioned in the first paragraph, corn silage and wheat straw, with either mixed hay, soy-bean hay or cottonseed meal, is a cheaper ration than shock corn, mixed hay and wheat straw for wintering beef cows. As the cows fed on the mixed hay and soy-bean rations produced a larger calf crop than those fed the cottonseed meal, the average cost per head of raising their calves was practically 6 per cent less. As sources of protein, mixed hay and soy-bean hay, where they are grown successfully, have additional advantages in that they can be raised on the farm, while cottonseed meal must be purchased.

Cost of Raising Calves.
Actual costs of raising calves vary with the time and locality, but by a



Cattle on West Virginia Pasture.

study of the tables in this bulletin any farmer in this blue-grass region may determine with considerable accuracy what it will cost him to grow feeder calves to the weaning age. The bulletin should be studied in connection with Department Bulletin 1042, "Effect of Winter Rations on Pasture Gains of Calves." These bulletins may be obtained by addressing the Department of Agriculture at Washington.

CLOVER BEST FOR ROTATION

Good Plan to Keep Soil Supplied With Necessary Humus—Also Furnishes Cash Crop.

A two-year rotation of wheat, clover pasture and back to wheat keeps the soil supplied with humus and nitrogen. A three-year rotation may be of wheat, clover, pasture, corn. Clover pasture also keeps the land in good condition and returns a cash crop two years out of three. If a seed crop of clover is harvested, then each crop in this rotation becomes a cash money crop. In addition to the regular crop profits, we have the pasture, and the soil improvement as extras.

SELECT VEGETABLE VARIETY

Should Be of Highest Quality, Adapted to Soil and Region and Disease Resistant.

The gardener should choose the vegetable variety of highest quality that will mature within his season, be productive, adapted to his soil, resistant to disease, and have an attractive appearance when ready for the table. The list to choose from is long and the gardener should, if possible, be governed by his own or his neighbors' experiences.

SOLVING PROBLEM OF PROFITABLE ALFALFA

Of Advantage to Market Roughage Through Stock.

Suggested to Farmer That He Discard Practice of Marketing His Hay and Feed It to Good Grade of Dairy Cattle.

(Prepared by the United States Department of Agriculture.)

Farmers on some of the reclamation projects where alfalfa hay is a cash crop will find it to their advantage to change their practice and market this roughage through live stock, says the office of western irrigation agriculture of the United States Department of Agriculture. On the Newlands project in Nevada the recent prices for alfalfa hay have been \$9 to \$9.50 a ton f. o. b. cars, which nets the farmers about \$5 or \$6 a ton at the stack. Although these prices are considered fairly good at present, figures collected recently on the cost of production go to show that when the farmer is unable to get more than



Cutting Alfalfa.

\$6 a ton at the stack there is a net loss. Indications are that \$7 a ton is nearer the cost of production, and this does not include any labor income for the farmer.

In order that the farmer may make a fair income on these alfalfa lands, it is suggested that he discard the practice of shipping off his hay and start feeding it to a good grade of dairy cows or to some other kind of live stock, particularly cattle and sheep.

Many farmers in this section have already demonstrated that live stock will solve the problem of making alfalfa profitable. The use of live stock keeps up the fertility of the soil and provides concentrated products that do not have to bear such heavy freight costs.

BENEFITS IN GROWING SEEDS

One Must Be Plant Expert to Be Successful and Vast Amount of Labor Is Required.

Prof. Paul Work of Cornell, speaking on better seeds and how to obtain them, said there were many advantages in growing seed. One knows the percentage of his own seed, and if he grows his own seed and does it well he can turn a profit from the sale of the surplus; but you have got to be a plant expert and it requires a vast amount of labor and care to grow good seeds. It was his opinion that the bulk of the seeds would come from seedsmen; that men in the seed business are spending thousands of dollars to get good seed, while others were giving the matter of quality little attention, preferring to sell the cheaper seed regardless of quality.

FIRST CULTIVATION OF CORN

As Soon as Plants Are Above Surface Land Should Be Stirred—Deeper Tillage Permitted.

Much will depend upon early cultivation of corn. Here is where "a stitch in time saves nine." As soon as the plants are above the surface the land should be stirred, usually. Unless no rain has fallen do not fall to start the cultivators as soon as you can tell the rows by the young plants. If no heavy rains have come since planting it might be well to wait a while for a rain.

The first cultivation of corn will permit deeper tillage than later when the brace roots develop. But care must be taken not to "throw much dirt" as the plants are easily covered and injured by the freshly plowed soil.

FIRM SEEDBED IS NECESSARY

To Hasten Germination of Grass Seed Field Should Be Rolled After Harrowing.

A firm seedbed is necessary to hasten germination of grass seed. The field should be dragged or rolled after disking and harrowing in order that the subsurface be firm and compact. The surface should be left in a mellow condition but not smooth as it may bake and become crusted before the seed germinates.

PREPARE SOIL FOR ALFALFA

Land Must Be Well Drained and Sweet-Limestone Will Help in Setting Stand.

Alfalfa, like persons, is particular about its living quarters and in order to thrive must have a dry home or well-drained land. The land must be sweet and limestone will help in preparing the field. Inoculation of the soil gives the roots the right start to prepare nitrogen, and fertility makes the plant strong and vigorous.

HomeTown Helps

PEOPLE ARE BUILDING HOMES

That There is a Steady Gain in That Direction Is Shown by Recently Published Figures.

It is a matter of importance that the scope of home-building operations in this country is attaining large proportions. Statistics show a steady gain in this department of the building industry and indications are at present that, as the spring and summer advance, there will be still greater activities of this nature.

Home ownership not only encourages saving but it has a pronounced stabilizing effect on the character, habits and mental processes of the owner. To him particularly might be applied the words of Theodore Roosevelt, who said: "The habit of saving money while it stiffens the will also brightens the energies. If you would be sure that you are beginning right, begin to save."

Much has been said and written about the housing shortage in this country and the menace which has thus been fostered. Many evils both economic and social are resulting from the overcrowded conditions, particularly in the larger cities of the country. Many people are compelled to find existence in quarters which represent a step backward in their standard of living. This is contrary to the fundamentals of human nature, for mankind has always insisted upon progressing toward better living standards.

STATE IS RETRIEVING ERROR

Towns and Villages Throughout Pennsylvania Busily at Work Replacing Destroyed Trees.

"In the past 22 years the state of Pennsylvania has planted 34,000,000 trees throughout the commonwealth and has 16,000,000 in nurseries awaiting the opportune moment for planting," said a prominent Philadelphia official. "Pennsylvania is hard at work trying to bring back the state to its original condition of forestry, in so far as forests can be maintained in the present-day scale of living. It is true that Pennsylvania will never have the luxurious growth existing when William Penn first arrived. It perhaps does not need so many trees as once flourished throughout the state, but it does need trees, and it is out to get them."

"What Pennsylvania is now doing, other states will do. Also, what is being done in Pennsylvania shows the foolishness of destroying trees merely for the sake of cutting them down. There was never need for stripping the towns and villages of the state of their foliage, but that was done, and today the people are paying the penalty for the sins of some of our pioneers. Even at the rate of planting which is now going on, it would take 200 years or more to get Pennsylvania back to the condition of only half a century ago."

Earth and Trees Contrast.

Look out of your window and view your own and your neighbor's lawns. They are so nice and level, and you like them that way. But nature doesn't, for look at your trees. Your lawn is horizontal, yet your trees rise in the opposite direction, vertically straight up into the air. Doesn't it seem that nature insists upon contrast? It does and, in fact, contrast is one of her principles in landscape building. And with that we have learned another principle the master landscape architect follows in his work.

Coolies Are Odd Thieves.

Odd cases of offense by Chinese found in the records of the International settlement of Shanghai, including the theft of a steamroller, and in another case that of a sawmill, have been surpassed by three coolies recently charged with stealing 15 tons of sand and 30 tons of gravel, 30 tons of granite blocks and 25,000 tiles.

It was alleged that all the material had been removed surreptitiously from a contractor's yard, but the court held that there was not sufficient evidence to convict and the defendants were discharged.

Building.

If you are thinking of building a home, here's a tip: Experts estimate that the average usable life of a frame building is twenty-five years. A brick building lasts thirty-five years. A stone or concrete building is good for 50 or 100 years.

Divide the cost of the kind of home you are going to build by the number of years it'll last as shown above, and you know how much the value shrinks yearly.

Speed of Train Limited.

A high-grade passenger locomotive can be run at the rate of 112 miles an hour on a heavy rail, straight track, if ballasted by a train behind it to keep it from jumping the track. The heavier the engine and train, the more smoothly they ride. In actual practice, on account of curves and switches, the big coal consumption at high speed and the frictional wear on the equipment, a speed of 50 miles an hour is not often exceeded over any considerable distance. Expense and danger forbid a greater speed.

LAND OF AMAZING FERTILITY

American Settler in Western Canada Tells of Splendid Crops Raised Year After Year.

Harold J. Gregory, of Lowe Farm, Manitoba, writes as follows:

"When I came to Canada from Lexington, Ill., in the fall of 1913, it was with the spirit of adventure and through curiosity. I always imagined that crossing the boundary line took me beyond the limits of civilization into 'No Man's Land,' and that this country abounded with bears, moose, caribou and other wild game. Imagine my disappointment when I reached my friend's home just in time to help him through a month of harvest—wheat, barley, flax and oats. I realized then the possibilities that this almost untouched territory held open to the home-seeking settler, with its rich, virgin soil, good markets, railroad systems, graded roads, etc.

"In the spring of 1914 I came back with the intention of testing out my judgment concerning the soil's grain-growing powers. This I did with complete satisfaction. I am now farming 480 acres of land at Lowe farm, and have raised crops of equal value to the purchase price of the land on which it was raised two or three different times. I have found this land to be superior in fertility to any land that I have ever seen, and I have seen land in Indiana, Illinois, Missouri, Arkansas, Oklahoma, Kansas, Wisconsin, and parts of Minnesota and North Dakota.

"The present low prices of machinery make this year an exceptional one in its opportunities to the man who wants to make a new start under favorable conditions. Why raise corn for 50 cents a bushel on \$300 per acre land, when you can get good improved wheat land for \$50 per acre, and wheat selling for \$1.15 at your local elevator? I was enabled to purchase a Gray Dort automobile from the profit of a hay crop produced in one year. This district offers good facilities for stock raising and there are special opportunities for the hog raiser."

Information regarding all districts of Western Canada may be had from any agent of the Canadian government.—Advertisement.

Well Informed.
"Grace is very versatile."
"Yes. She knows the business of all her friends."—Judge.

WOMEN OF MIDDLE AGE

A Trying Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow

Phila., Pa.—"When I was going through the Change of Life I was weak, nervous, dizzy and had headaches. I was troubled in this way for two years and was hardly able to do my work. My friends advised me to take Lydia E. Pinkham's Vegetable Compound, and I am very sorry that I did not take it sooner. But I have got good results from it and am now able to do my housework most of the time. I recommend your medicine to those who have similar troubles. I do not like publicity, but if it will help other women I will be glad for you to use my letter."—Mrs. FANNIE ROSENSTEIN, 882 N. Holly St., Phila., Pa.

Detroit, Michigan—"During the Change of Life I had a lot of stomach trouble and was bothered a great deal with hot flashes. Sometimes I was not able to do any work at all. I read about Lydia E. Pinkham's Vegetable Compound in your little books and months covering this period. Let it help carry you through this time of life. It is a splendid medicine for the middle-aged woman. It is prepared from medicinal roots and herbs and contains no harmful drugs or narcotics.

Lydia E. Pinkham's Private Text-Book upon "Allments 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.

Nothing to Forget.
Bess—A wife makes a man forget a whole lot of trouble.
Bob—That a bachelor never has.

"Science is nothing but trained and organized common sense."—Thomas Huxley.

Just So.
"Money talks."
"And yet a bank seems unusually quiet."

However things may seem, no evil thing is success, and no good thing is failure.

Genuine Bayer Aspirin



WARNING! Say "Bayer" when you buy Aspirin.
Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

- Headache
- Toothache
- Earache
- Colds
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoclonalacetone of Salicylic Acid

All Played Out at Quitting Time? You Need
TANLAC
The World's Greatest Tonic

ASTHMA
DR. J. D. 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. Northrop & Lyman Co., Inc., Buffalo, N. Y.

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 HAARLEM 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 name Gold Medal on every box and accept no imitation.

Comfort Baby's Skin
With Cuticura Soap And Fragrant Talcum
Soap 25c, Ointment 25c and 50c, Talcum 25c.

AGENTS—To sell sheet music (whole or part time). DAILY SALES, BIG PROFITS. Write for particulars. E. TERLES, 159 Delancey St., New York, N. Y. DETECTIVE AGENCY—Licensed and bonded, under supervision former Department of Justice expert. Confidential Service. Wm. J. Large, 16 Court St., Brooklyn, New York City. W. N. U., BALTIMORE, NO. 17-1922.