

## WORN OUT AFTER SHE COOKED A MEAL

Took Lydia E. Pinkham's Vegetable Compound—Read the Result

Cincinnati, Ohio.—“I suffered for a year with nervous troubles and irregularities before I took Lydia E. Pinkham's Vegetable Compound. My back pained all the time and I was unfit for housework. I was worn out if I cooked a meal, and was unable to do my washing. My girl friends and my sister told me if I would take your Vegetable Compound and Liver Pills I would be relieved. After taking the first bottle I felt better, and neglected it awhile, but found I could not do my work until I was stronger. So I took the Vegetable Compound again and now I am the mother of a 19 months old boy. He is fat and healthy and I am sure I could never have carried him if it had not been for your Vegetable Compound. I recommend your medicine to all women although I am young to be advising some one older.”—Mrs. CHRIST, FERROFF, 315 W. Liberty St., Cincinnati, Ohio.

Lydia E. Pinkham's Vegetable Compound contains no harmful drugs and can be taken in safety by any woman.

Fred Probably Knew.  
“I notice you don't use a lip-stick?”  
“No. Fred said it was very bad taste.”

### Sure Relief FOR INDIGESTION



**BELL-ANS**  
6 BELL-ANS  
Hot Water  
Sure Relief

25¢ and 75¢ Packages, Everywhere



**Freckles Positively Removed**  
By Dr. E. J. Berry's Freckle Cream, which contains no poisons. Used for 45 years and result of long experience in treatment of freckles and sunburn. **FREE TRIAL BOX** and **TRIALS** sent upon request. 25¢ and 50¢ at drug stores. **J. H. GUILD CO., RUPERT, VERMONT.**

## HAY FEVER

Sufferers from this distressing complaint can secure quick relief by using **GREEN MOUNTAIN ASTHMA COMPOUND**. Used for 45 years and result of long experience in treatment of throat and lung diseases by Dr. J. H. Guild. **FREE TRIAL BOX** and **TRIALS** sent upon request. 25¢ and 50¢ at drug stores. **J. H. GUILD CO., RUPERT, VERMONT.**

No Pleasure Without a Partner.  
A man would have no pleasure in discovering all the beauties of the universe, even in heaven itself, unless he had a partner with whom he might share his joys.—Cicero.

### Summer Find You Miserable?

Is a lame, aching back torturing you? Does the least exertion leave you tired, weak, all worn-out? You should find the cause of your trouble and try to correct it. More than likely it's your kidneys. Miserable backaches with headaches, dizzy spells and annoying urinary disorders are common signs of kidney weakness. There is danger in delay. Begin using **Doan's Kidney Pills** today. **DOAN'S** have helped thousands. They should help you. **Ask your neighbor!**

**A Virginia Case**  
Mrs. J. E. Posey, 214 Wolfe St., Alexandria, Va., says: “After I had the grip my kidneys were in bad shape. I had a constant, dull ache in the small of my back. My kidneys acted too often, but not freely enough. I was dizzy and felt tired out. I used **Doan's Kidney Pills** and certainly got great relief.”

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

## BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take **GOLD MEDAL HAARLEM OIL CAPSULES**.

The National Remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

## CONTROL CHINCH BUGS BY SPRAYS

Countless Millions of Insects May Be Destroyed by Use of Nicotine Sulphate.

### BULLETIN OUTLINES SCHEME

Three Periods When Pests May Be Destroyed Most Effectively—Co-operation Among Neighboring Farmers Most Essential.

(Prepared by the United States Department of Agriculture.)

Barriers of various kinds are one of the most effective ways of controlling chinch bugs at wheat harvest time when they migrate from the smaller grain fields to the row-crop fields. Countless millions of the bugs may often be destroyed also by using nicotine sulphate spray in the wheat stubble, immediately following the binder. How to fight this pest by these methods is described in Farmers' Bulletin 1223, The Chinch Bug and Its Control, by J. R. Horton and A. F. Satterthwait, scientific assistants in cereal and forage insect investigations, bureau of entomology, United States Department of Agriculture.

There are three periods, the bulletin states, when chinch bugs may be destroyed most effectively: In November and December, by burning or plowing down their hibernating places; in May and June, by spraying in wheat fields with oil-emulsion nicotine sulphate, and trapping in barriers, following by spraying in marginal rows of corn, if necessary; and in September, by plowing corn stubble deeply before the bugs have gone to winter cover.

Chinch bugs spend the winter largely in bluestem and other bunch grasses in pastures, neglected fields, roadsides, sunny hill slopes, and similar uncultivated places. These should be burned over in November and December, and unused areas kept as clean as possible. The bugs leave their winter quarters in early spring, migrating to fields of wheat, oats, and other small grain until it is nearly ripe and then attacking the corn and other row crops. Trap strips of millet, oats or rye should be placed between the winter quarters of the chinch bugs and the nearest fields of small grain.

Fully \$46,000,000 worth of wheat, corn, oats, grain sorghum and broom corn is destroyed annually by chinch bugs. They occur over the entire United States east of the Rocky mountains, so that there are few climatic



Chinch Bug.

conditions which they are not able to withstand. Fungous diseases and parasitic enemies of the chinch bug are of little help in reducing its numbers.

Aggressive work against these insects is more profitable than defensive work, the bureau of entomology believes. Co-operation among neighboring farmers in ridding their fields of chinch bugs by spraying is absolutely essential. If the bugs are destroyed in one field but unmolested on a neighboring farm they will quickly reinvade the territory from which they were banished.

Farmers' bulletin 1223 describes the newest and most effective machine and hand sprayers and gives formulas for the insecticides of greatest value. It may be obtained by writing to the United States Department of Agriculture.

### CAPONS BRING HIGHER PRICE

Meat is of Finer Flavor Than That of Cockerel and Will Be Produced at Less Cost.

Capons will produce fifty per cent more growth during the same period than will cockerels. More than that, the meat will be of a finer flavor; it will be produced at a lower cost, due to ease of fattening, better endurance of close confinement, and more docile disposition; it will also sell at a higher price.

### PROFITABLE POTATO SPRAYS

Where Blight is Prevalent Fifty to One Hundred Bushels Increase Per Acre is Expected.

Potato spraying can be made profitable in almost any part of the country. Where blight is prevalent, fifty to one hundred bushels per acre increase may be expected from proper spraying, and even in the absence of blight twenty-five to forty per cent increase in yield is not unusual.

## LEADING BREEDS OF GEESSE FOR MARKET

Toulouse and Emden Are Most Popular in This Country.

All Utility Breeds Are Kept for Production of Flesh and Feathers—African is Rapid Grower and Matures Early.

Six breeds of geese have been admitted to the American standard of perfection, namely, Toulouse, Emden, Chinese, African, Wild or Canadian and Egyptian. In addition to the standard breeds there is the so-called mongrel goose, which is a hybrid made by crossing one of these varieties, or the common goose, with wild geese.

Crosses of the varieties of geese, especially of the Toulouse and Emden, are occasionally made, but without any apparent gain. The Toulouse, Emden, Chinese and African are easily the



A Toulouse Gander.

most popular breeds of geese in this country, the first two greatly leading the other breeds. All utility breeds of geese are kept primarily for the production of flesh and feathers; and although their eggs are occasionally used for culinary purposes on the farm, there is no demand for them for food purposes in the markets.

The Toulouse, the largest of the standard breeds of geese, is a good layer, producing from 20 to 35 eggs a year, is docile, grows rapidly, and makes a good market bird. However, its dark pinfeathers make it a slightly less attractive market goose than the Emden.

The Emden, a large white goose, slightly smaller and with somewhat longer legs than the Toulouse, is only a fair layer and is usually less profitable than the Toulouse. This breed has white pinfeathers, is a rapid grower, and matures early.

The African, a gray goose with a distinct brown shade, about the size of the Emden, is a good layer and makes a good market goose, although it has the objectionable dark pinfeathers. It is a rapid grower and matures early.

There are two standard varieties of Chinese geese, the Brown and the White. Both varieties mature early and are said to be prolific layers and rapid growers, but shy and rather difficult to handle.

### WISE TO BURN DEAD ANIMALS

Big Bottle Flies Breed in Decaying Animal Matter and Depredations Cause Loss.

The big bottle flies are abundant in warm weather. There are several kinds of flies that infest wounds on animals, and all of them breed in decaying animal matter. The bureau of entomology tells us that if all dead animals could be disposed of properly, no cases of infestation of living animals would occur.

A wound on a fine bird often causes death because of the depredations of these flies. It is not unusual for a bird to be in bad shape before the owner knows it is hurt. The only safe way is to burn dead animals, and disinfect a wound promptly. Lumber neck has been traced directly to the eating of carrion by the victim.

### PARIS GREEN FOR POISONING

Mixed With Hydrated Lime It Should Be Dusted on Foliage While Dew is on Plants.

In using Paris green for poisoning biting and chewing insects, that is, the type that bite off and chew up their food, apply 1 to 3 teaspoons of dry Paris green to 6 tablespoons of dry hydrated lime. Dust this on the foliage of plants while damp in water and hence is not suitable for spraying unless the sprayer agitates the mixture constantly.

### PROTEIN IN ORCHARD GRASS

Plant Endures Hot Weather Better Than Timothy and Seems to Thrive in Shade.

Orchard grass is a standard grass which endures hot weather better than timothy and also seems to thrive better than most other kinds in partial shade. The objectionable features are its bunched habit of growth and the tendency of the hay it makes to become woody when cut a trifle late. Early harvested orchard grass is good, and carries a little more protein than timothy hay.

## FLOCK TO CANADA

Immigrants of High Order Settling on Western Plains.

Removal of Restrictions Necessary During the War Has Shown World's Faith in Dominion's Future.

For a period during the late war, and for a while after its close, there was put into operation by the Canadian government legislation restricting certain classes and people of the countries which were not lined up with the allied nations from being admitted to Canada. This was quite necessary, and the reasons for it will be so apparent that they need not be given. However, the time came, in the early summer of this year, when it was deemed possible to remove some of these restrictions. It was found that there were many who came under their ruling that were of a class that Canada needed and who needed Canada. The restrictions, doubtless, were drastic, but were useful. The news of their removal, sent broadcast, has met with such a response as to give ample evidence that they had not killed interest in Canada, and that faith in the Dominion as a country where a new existence, happy and fruitful, was as complete as ever. As has been stated by one writer dealing with this subject, “the opening of the doors a little wider has but disclosed the dammed-up state of the stream, which, given freer release, is pouring in fuller force over the Dominion.”

As to the moral effect of the legislation that enabled these restrictions to be carried out, it showed that while Canada was seeking settlers, its lands and its homes were not intended as a shelter for those unable to meet the standard set as Canada's laws of civilization, the concessions which have removed these restrictions still have in view the maintenance of this standard, and those who are still allowed in are subject to the same requirements that have prevailed for years. As pointed out by the writer previously quoted, “Canada has successfully impressed on those countries from which she draws her people that her prime and crying need is for those who will go on land, and of those entering the country the bulk is composed of agriculturists. Every country which has formerly contributed to Canada's population has resumed its mission to its shores.

“The lowering of the barriers has had a farther-reaching effect than the entry into the country of many formerly debarred by reasons of financial stringency. It has had a moral effect. The restriction was rightly regarded as an indication of Canada's internal economic condition, and many persons and families of comfortable means contemplating Canadian settlement were discouraged from doing so. In the removal is seen the first blush of the dawn of better days, and consequently many of those arriving are in a condition to establish rapidly and securely.

“Though Canadian immigration falls broadly into the two classes, British and American, many European peoples have contributed in a large measure to the agricultural development of the Western provinces, and it is gratifying to note the same healthy interest in Canada evinced by the most desirable of these.

“Amongst those from the European countries are Serbians, Poles, Swiss, Roumanians, Dutch, Jugo-Slavs, French, Danish, Norwegians, Swedes, Finns and Lithuanians. All have constituted fine, desirable citizen-building material, as the few detentions and lesser deportations bear testimony. Furthermore, the disturbed industrial conditions of the New England states have resulted in the commencement of an exodus of French-Canadian families back to their old homes, which may reach an appreciable size.

“On all sides this awakening of interest is evident. It is a new faith borne on the crest of the wave of brighter prospects, the dawn of a fuller realization, in the continued inability of many other countries to emerge from the economic slough into which the war plunged them, of the desirability of Canada as a country more rapidly throwing off its post-bellum depression, and its great place in the world's immediate future.

“British migration is of a healthy and desirable order, of sturdy composition, and frequently heavily capitalized. Many Scottish farmers have already arrived this year.

Every state in the Union is contributing its quota, and joining with those who have been in Canada for a number of years in the work of reclaiming the virgin prairie of the great plains of the West and converting them into immense fields of golden grain, or its grasses into fodder for the dairy cow or the fattening steer.—Advertisement.

“Take each man's censure but reserve thy judgment.”

Cuticura Soothes Baby Rashes That itch and burn, by hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each.—Advertisement.

MADE NO SORT OF APPEAL  
Colored Messenger Couldn't See Where the “Sport” Came in That Kind of Fishing.

In a government office in Washington one day a Californian was discoursing on the sport of fishing off the Pacific coast.

“We all get out in small motorboats,” said he, “and fish with a long line baited with flying fish. Anything less than a hundred-pound tuna isn't considered good sport.”

A colored messenger had been listening with great interest to this conversation.

“Excuse me, boss,” he said, wide-eyed, as he stepped up to the group, “but did I understand you to say that you were fishin' for hundred-pound fish in a little motorboat?”

“Yes,” said the Californian, “we go out frequently.”

“But,” urged the messenger, “ain't you all affered you might ketch one?” —Pittsburgh Dispatch.

## ALMOST WRECKED

STATES R. R. MAN

Stomach Trouble Had Him Nearly Past Going, Declares Mowrer.

“Tanlac has helped me to gain ten pounds,” said J. E. Mowrer, 157 Park St., Akron, O., well-known railroad man.

“My stomach was in such bad fix that for several days at a time I could hardly retain any food. I had no appetite and often the very sight of food made me sick. I was intensely nervous, too, could not rest at night, felt tired and worn out all the time, and lost weight and strength until I was almost a wreck.

“Tanlac has made me feel like a different man. My appetite is enormous and I haven't a sign of indigestion left. I never felt stronger. Tanlac certainly does the work.”

Tanlac is sold by all good druggists.—Advertisement.

The best faults to find are our own.

Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*. In Use For 30 Years. Children Cry for Fletcher's Castoria.

A book is better than a friend; it can be shut up.

## KILL RATS TODAY

By Using

STEARNS' ELECTRIC PASTE

It also kills mice, cockroaches, water bugs and ants. It forces these pests to run from building for water and fresh air. A 25c box contains enough to kill 50 to 100 rats or mice. Get it from your drug or general store dealer today.

READY FOR USE—BETTER THAN TRAPS  
A NEW FLY TRAP

Sanitary and effective. Fine for store windows, offices, homes, etc. 40c, including postage. 100% profit to agents. Send today. THE CONCORD CO., Evanston, Illinois  
1002 Lake Street

W. N. U., BALTIMORE, NO. 34-1922.

## EVIDENTLY HER UNLUCKY DAY

Woman Probably Convinced That at That Moment Her “Jinx” Was Strictly on the Job.

I was very busy upstairs with some necessary writing, and glancing out the window, beheld Mrs. “Stay-Forever,” a neighbor, coming up the walk. Calling my small daughter, I told her to tell the visitor I was not at home. She descended the stairs to do my bidding and I tipped softly to the top of the stairs to hear the conversation.

“Mother home?” inquired Mrs. Neighbor.

“No, ma'am,” said my faithful child. At this unfortunate moment the heavy blue beads I wore around my neck broke and rattled down in the hall like a heavy hailstorm. My small daughter glanced at the dancing glass particles and, looking up in consternation, cried, “O, mother, you broke your pretty blue beads!”—Chicago Tribune.

A Much Tried Man.  
A Chicago man, whose hobby is the clipping and collecting of humorous advertisements, especially those appearing in the “want” columns, has recently added the following to his collection, an advertisement that appeared in a paper of that city: “WANTED—A loud second-hand phonograph for reprisals.”

## Let's disarm the thermometer

MEATS and starches for the body are like fuel for the furnace.

Why not adopt for breakfast or lunch, Grape-Nuts with cream or milk and a little fresh fruit—and turn off the internal heat? Here's complete nourishment, with cool comfort.

Grape-Nuts contains all the nourishment of whole wheat flour and malted barley, including the vital mineral elements and bran roughage, and it is partially pre-digested in the long baking process by which it is made.

There's a wonderful charm for the appetite in the crisp, sweet goodness of this ready-to-eat food, and fitness and lightness afterward, which meet summer's heat with a smile.

Your grocer will supply you with Grape-Nuts!

“There's a Reason” for Grape-Nuts

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

