

MRS. LULA VANN FULTON, ARK.

Suggests to Suffering Women the Road to Health

Fulton, Arkansas.—"I used Lydia E. Pinkham's Vegetable Compound for a soreness in my side. I would suffer so badly every month from my waist down that I could not be on my feet half the time. I was not able to do my work without help. I saw your Vegetable Compound advertised in a newspaper and gave it a fair trial. Now I am able to do my work and don't even have a headache every month. I cannot praise your Vegetable Compound enough and highly recommend it to those who have troubles like mine. I am willing for these facts to be used as a testimonial to lead all who suffer with female troubles, as I did, to the right road to health."—Mrs. LULA VANN, Box 48, Fulton, Arkansas.

It is this sort of praise of Lydia E. Pinkham's Vegetable Compound, given by word of mouth and by letter, one woman to another, that should cause you to consider taking this well-known medicine, if you are troubled with such symptoms as painful periods, weak, nervous feelings, miserable pains in your back, and cannot work at certain times.

Here is a woman who is so grateful and glad to be relieved from a painful and nerve racking physical condition that she wishes to tell all sick women.

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 Treatise sent upon request. 25c and \$1.00 at drug stores. H. GUILD CO., RUPERT, VERMONT.

An Interested Onlooker.
"Have you seen Zeke Dawdle lately?"
"No," said Squire Witherbee, "but Zeke's making his headquarters down where they're puttin' up a new store."
"Is Zeke working at last?"
"No, it ain't that serious. Zeke's kinder superintendin' th' job, along with several other gents whose wives run boardin' houses. If th' workmen were to lay a brick or raise a girder without Zeke seein' it done it would spoil his day."—Birmingham Age-Herald.

Mothers of the World
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Write for 32-Page Booklet, "Mothers of the World"
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LUCKY STRIKE
CIGARETTE
IT'S TOASTED
It's toasted. This one extra process gives a delightful quality that can not be duplicated

Cuticura Soap
Clears the Skin and Keeps it Clear
Soap 25c, Ointment 25 and 50c, Talcum 25c.

Over the Telephone.
The woman was calling a rather important business man on a morning when the telephone service seemed to be particularly temperamental. She had her number and was waiting to be connected with the business man when a masculine voice cheerily called out, "Hello." "Is Mr. James in?" asked the woman. "When did he come in?" replied the masculine voice. At that, the woman sensed something wrong and inquired, "What number is this?" "This is the morgue," replied the voice. The woman gave up and decided to write a letter instead.—Chicago Journal.

Use **MURINE** Night
Morning
Keep Your Eyes
Clean, Clear and Healthy
Write for Free Eye Care Book Murine Co., Chicago, U.S.A.

SPREAD OF FLAG SMUT OF WHEAT

Area in Which Infected Fields Have Been Found Has Increased 700 Square Miles.

GROW RESISTANT VARIETIES

Spores of Disease Are Carried From Field to Field—Farmers in Infected Area Are Urged to Consult County Agent.

(Prepared by the United States Department of Agriculture.)
Although there have been no serious commercial losses in this country resulting from the spread of flag smut of wheat in the region adjacent to St. Louis in Illinois and Missouri, the area in which infected fields have been found has increased since 1921 from 72 to about 700 square miles, and the United States Department of Agriculture



Flag Smut of Wheat—Smuted Plant Is Stunted—Compared With Healthy Plant.

believes that attempts at eradication are likely to fail and that, in order to check the spread of this disease, attention should be given to the growing of varieties immune or highly resistant to the disease. In Australia, where conditions are similar to those in some parts of this country, fields sometimes show losses as high as 20 per cent and the infection in general is like that of bunt or stinging smut in our own wheat-growing regions. In two states where this smut has been found parts of fields have shown losses as high as 20 per cent, but it is doubtful if field losses there have ever been as much as 5 per cent of the crop.

Highly Resistant Varieties.
A number of varieties of wheat grown in this area have been found not to take the disease at all, or to be highly resistant to it. Of the soft red winter wheats, Red Rock, Stoner or Marvelous, Fulcaster, Mammoth Red and Dietz are in this class. Of the hard red winter wheats, Illinois 10-110, Kanred, Illinois 12-41, and P-1068, are highly resistant, if not immune. Numerous other strains and varieties have shown high resistance, but some varieties that have been very popular in this district have been found to take flag smut infection very readily.

Wind Carries Spores.
Investigations indicate the probability that the spores of the disease are carried by the wind from field to field, and for this reason it is doubtful if any quarantine measures can be effective in preventing its spread. There is strong indication that the growing of resistant varieties is the least expensive and most dependable method of preventing loss. Crop rotation also will help to keep the disease under control, for, unless a variety is completely resistant, growing wheat after wheat will increase the infection in a field.

Farmers within or near the infested area are urged to consult with their county agents or state experiment station and arrange to get supplies of these recommended varieties for sowing this fall.

RAPE IS IDEAL FOR PASTURE

Found Especially Valuable in North Dakota Because It Is Not Injured by Frost.

In North Dakota they have found that an ideal fall pasture can be provided by sowing two or three pounds of rape seed per acre in the corn at the last cultivation. If the corn is to be hogged off, rape will furnish an ideal pasture for the fall season. It is especially valuable because it is not injured by light frosts. In fact, it has been found good for forage purposes until time of severe freezing.

WASTE OF GRAIN EACH YEAR

Much Loss Caused Every Season by Poor Shocking—Man Driving Binder Can Help.

Every season there is much waste of grain caused by poor shocking. The man driving the binder can help the shocker by making timely adjustments, so that all the bundles are of proper size and shape and the band placed in the proper position on the bundle.

FURNISH PROTECTION FOR CRANBERRY BOGS

Beneficial Effect of Sanding Is Noted in Wisconsin.

Frost Hazards Greatly Reduced and Water Supply Conserved by Eliminating Need for Frequent Flooding—Reduces Labor.

(Prepared by the United States Department of Agriculture.)
Observations by the weather bureau of the United States Department of Agriculture on the beneficial effect of sanding cranberry bogs have recently been confirmed in a report from the cranberry experiment station near Cranmoor, Wis. According to the report there is an average of 58 days between the last spring and first fall frost (June 25 to August 22) over unsanded bog, as against 118 days between the last spring and first fall frost over sanded bog.

This represents a gain of 95 per cent in length of frost-free season on sanded bog. The items of sanding, therefore, greatly reduces frost hazards and conserves the water supply by eliminating the need for frequent flooding to protect against summer frosts. Sanding not only permits but requires deeper and better drainage, and is an insurance against fires on a bog in dry times. Sanding, together with thicker setting of plants, reduces labor and expense of weeding, besides insuring earlier cropping on the bog.

SUITABLE CABBAGE STORAGE

House Should Be So Arranged and Constructed as to Prevent Drip Striking Heads.

(Prepared by the United States Department of Agriculture.)
Cabbage for storage should be carefully grown and handled and of a variety well adapted to keeping, say the vegetable specialists of the United States Department of Agriculture. The heads should be sold with all loose leaves removed and practically free from injuries caused by insects and diseases. They should be placed in a storage house so constructed and arranged as to prevent drip from the structure striking the stored heads. It is also essential that moisture and ventilation be so controlled as to prevent the condensation of moisture on the cabbage while in storage. The temperature maintained in common storage houses may vary from 32 degrees to 45 degrees or 50 degrees F., depending on outdoor conditions. In no case should the cabbage be allowed to freeze.

The usual type of construction employed in commercial storage houses is that of a broad, low house with an alley sufficiently wide to admit a team and wagon through the center, and



Heads Well Adapted for Storing.

with the storage bins or shelves arranged on either side. The cabbage is placed on shelves in layers one to three layers deep, or in crates or ventilated bins. Banks, pits, and cellars are also largely used for the keeping of the crop.

HOW TO RENEW STRAWBERRY

Leave Only Enough Old Plants to Start Runners—Patch Should Be Mowed and Raked.

The time to renew the strawberries for next year's crop is immediately after this year's crop is harvested. Only enough old plants should be left in the rows to start the runners. The best berries are produced on the new growth. Before the plants are thinned the whole patch should be mowed, then thoroughly raked and all the old leaves burned. This will destroy a great many insects that had intended to winter over on the plants. It will also get rid of numerous diseases that might be carried on the old plants. If the whole patch is burned over it should be done on a very windy day, else the crown of the plants will be injured past recovery.

RYE AND VETCH HELP SOILS

Combination Makes Fine Crop for Cattle and Contributes Source for Nitrogen.

Rye and hairy vetch make a very fine soiling crop for cattle. Vetch with rye also greatly adds to the crop for soil improvement. Vetch, being a legume, contributes a source for nitrogen-gathering organisms and thus helps enrich the soil in that constituent. One bushel of rye to thirty or forty pounds of vetch makes a good combination. As vetch seed are usually high, less may be planted, though with less benefit to thin soil.

Indigestion and Dyspepsia Overcome

Victims of stomach trouble, indigestion, dyspepsia and their allied complaints find Tanlac an ever-ready source of relief and comfort. Thousands of people have refound the joys of health by its use after everything else they tried had failed.

"Tanlac helped me wonderfully," said Mrs. W. H. Hocker, 84 Rose Ave., Clifton Forge, Va. "For over a year I suffered tortures from indigestion, and had to live on the simplest foods, and I became almost a nervous wreck. Tanlac restored me to the best of health."

Tanlac helps the stomach digest the food properly and eliminate waste. Soon the whole system is built up, the blood is purified and the entire body takes on new tone, vitality and energy. Get a bottle today and start on the road to health. For sale by all good druggists.—Advertisement.

Joy.
At the wedding there were three happy persons:

The father, who passed the cost of one daughter to a perfect stranger.
The preacher's wife, who got the wedding fee.
The best man, who had been rejected for the last time by the bride.—Richmond Times-Dispatch.

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

The Leisurely Unrighteous.
"Are there any moonshiners in this part of the country?"
"Not any more," replied Farmer Cornfussel.
"You run them out?"
"No. They got rich and moved away."

Dr. Peery's "Dead Shot" not only expels Pin Worms, Round Worms and Tapeworm, but the mucus in the intestines which forms their nesting-place is thoroughly cleaned out also. One dose proves its efficacy.—Advertisement.

HARD TO GET BELOW THAT

Once at Least Golfer Had a Chance to Turn in a Score His Opponent Could Not Beat.

Eugene G. Grace, president of the Bethlehem Steel company, plays a first-class game of golf. Between him and his "big chief," Charles M. Schwab, exists a keen friendly rivalry, the two playing regularly together.

In the steel trade, they tell the story of a match once played between the two. On the first hole, the story goes, Schwab, who was keeping score, asked Grace how many shots he had taken, and was told five. "I took a four," said Schwab. At the next hole, Grace had a four and Schwab claimed a three. As he holed out at the third, Schwab asked: "Gene, how many did you have?"
"One," replied Grace. "Now beat that if you can!"—Wall Street Journal.

Word of Hope.

A railway lawyer tells of a malingering who finally got into a real wreck. He was rushed to a hospital in an unconscious condition and was operated on at once. After the operation, still dazed from the anesthetic, he said feebly:

"What is this place?"
"You have," the house surgeon announced, "been badly injured in an accident on a street car, but you will recover."
"Recover!" said the man, bracing up. "Recover! How much?"—Pittsburgh Dispatch.

RATS DIE When They Eat



STEARN'S 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 15-cent 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

An Imitative Pet.
"Well, you have the house all to yourself while Mrs. Peckton is away."
"Not quite," said Mr. Peckton. "I share the premises with Mrs. Peckton's poodle, who was left in my care. I'm afraid the intelligent animal has modeled its behavior on that of its mistress."

"How so?"
"When I try to make myself comfortable with a cigar and a newspaper it eyes me with marked disfavor."—Birmingham Age-Herald.

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. Watson* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Reasonable Conclusion.
"Going to Hump Smather's funeral, day after tomorrow?" inquired an acquaintance.
"His funeral?" surprisedly returned Gap Johnson of Rumpus Ridge. "Why, he ain't dead, is he?"
"Not precisely, but Doc Smith says he can't last another day."
"Well, then, I reckon pore Hump's a goner. Doc probly knows what he gave him."—Kansas City Star.

10c Makes Old Waists Like New

Putnam Fadeless Dyes—dyes or tints as you wish

ROOM FOR BUT ONE THOUGHT ALWAYS HIS UNLUCKY DAY

Quite Impossible for Glutton's Ideas to Rise Above Consideration of His Stomach.

"Henry Watterson," said a Louisville editor, "was a gourmet—a fin gourmet, as the French put it—but he hated gluttony like sin."
"Gluttons, he claimed, couldn't keep their minds off their stomachs. He said he once visited an English lord, and the smoking room of the castle was crowded with trophies of the lord's skill in the hunting field."
"A fat glutton was among the party. He, with the rest, admired the fine display of antlers—horns of the mountain sheep, the elk, the antelope, the wild goat, moose and so on. Then there were skins—bear skins, bison skins, tiger skins. And stuffed birds—pheasants, woodcock, wild turkey, wild duck."
"My lord," said the glutton, "tell me—did you eat all this yourself?"

She Changed Her Mind.

A gentle-minded Cleveland woman, arriving in New York one day, gave the porter at the station a dime. The porter in a fury threw it on the ground. The Cleveland woman picked it up. At the same time she explained gently that this was the only coin she happened to have in her purse, and in parting with it for a tip she had condemned herself to walk two miles to her hotel instead of taking the bus.

This explanation mollified the porter. "In that case, lady," he said, "I'll take the tip."
"No, never mind," said the Cleveland woman in her gentle way. "I think I'll take the bus."—Cleveland Plain Dealer.

Will Clean Historic Edifice.

Westminster abbey, London, is going to have its first bath for many a year. Prominent experts in old wood carvings of the Gothic and Norman periods, have discovered a preparation which can be run over the wood of the old choir stalls and on the alabaster of tombs, which will take off the dirt, without harming the beautiful work, bringing to light the wonderful color effects of the old paints beneath the dirt layers.

A preparation of lime, which will give the historic abbey the effect of having been whitewashed when first applied, will be painted on the outside stone work of the abbey, to clean the gray stone back to its original colors. At present the outside is, in places, black.

Step by step men climb the highest peaks.

Western Canada Land of Prosperity

offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms

Fertile Land at \$15 to \$30 an Acre
—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying
are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches and schools, good markets, railroad facilities, rural telephone, etc.

For certificate entitling you to reduced railway fares, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write

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The Quick and Sure Cure for MALARIA, CHILLS, FEVER AND LA GRIPPE

It is a Powerful Tonic and Appetizer Will cure that tired feeling, pains in back, limbs and head. Contains no opiates, arsenic or habit-forming ingredient.

NO DYE

To restore gray or faded hair to original color, don't use a dye—it's dangerous—Get a bottle of Q-Bac Hair Color Restorer—Safe as water—apply it and wash results. At all good drug stores, or direct from HESBEG-ELIAS, Chemist, Memphis, Tenn.

AGENTS—A DOLLAR STARTS YOUR OWN BUSINESS

Spent time or fail time. Get particulars. DEPARTMENT C, BOX 1472, STATION C, LOS ANGELES, CALIFORNIA.

Maybe that hill is not there, after all—

VERY often the hill we seem to be climbing is made out of the common mistakes of diet which starve tissues and nerves and slow down energies.

How smooth and level the path seemed to be when we were younger.

Simple, natural food may level that hill to a smooth path again.

Why not try it?

Grape-Nuts—THE BODY BUILDER

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Michigan