

### Business Woman Feared She Had Heart Trouble

"Since Tanlac has overcome a bad case of indigestion and nervousness of three or four years' standing for me, my work here in the store is a pleasure, and I am certainly grateful for the good health it has given me," said Mrs. J. W. Pickins, of 516 E. 15th St., Los Angeles, who owns and operates the book store at 219 Mercantile Place.

"I was so run down that I felt miserable all the time. My sleep was broken and restless, I had no appetite, and the gas from undigested food caused my heart to palpitate so I thought I had heart trouble. For a time I had a swelling in my legs, too, and it was an effort for me to get about."

"It is wonderful how Tanlac has given me such perfect relief from these troubles. I eat heartily now, sleep like a child at night, and just feel fine all the time."

Tanlac is sold by all good druggists.—Advertisement.

#### Lacked Cow Touch.

A Brown county woman, who could hardly be classed as a connoisseur, or even a dilettante, was looking at one of Will Vawter's hills of Brown landscapes one day and focussed a scornful orb on a cow in the painting. She said it didn't look like a cow, and then, to cap the climax, she ran her hand over the rough surface of the artist's work and said: "Now, see there, that don't feel like a cow at all!"—Indianapolis News.

### OLD FOLKS NEED STRONGER TONIC

Lady Tells How She Keeps Herself and Husband Well.

### BOTH ARE HALE AND HEARTY AT 85 YEARS

"My husband was in a weak, run-down condition from old age. He is eighty-five years old and just old age and general weakness kept him in poor health until I heard about this powerful new tonic called Hypo-Cod. Now he gets around fine and looks splendid. I have taken it myself, also, and keep fortified and free of wintry colds and coughs by its occasional use. It is nice to take, too," declared Mrs. M. J. Toepfer, the wife of a former government employe in Washington, D. C.

Thousands of elderly people have found that Hypo-Cod is a little stronger and works just a little better and it tastes so nice they like it. Old folks require a stronger tonic than young folks. They don't respond to medicine as easy as young people do. Hypo-Cod is so pure, wholesome, modern and powerful it puts you in strong, vigorous shape days and weeks sooner than weaker, nasty-tasting, old-fashioned tonics. Since price was reduced, it costs no more, and actually has brought results in many cases where other remedies completely failed.

Practically every druggist throughout this section has Hypo-Cod now and sells it for new price, \$1.00, or write for Hypo-Cod and pay postman when it comes. Earle Chemical Co., Wheeling, W. Va.—Advertisement.

Good Enough for the Heavens. Mrs. Smith—John, whatever made you put that bad half-dollar in the plate?

Mr. Smith—Oh, that was all right, my dear. The collection was for the heathen, and you don't think those chaps are going to tell the difference between that and a good one, do you?

### 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 maybe despondent; 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.

Risky Talk. "Air like wine?" "Shut up. Do you want to get us arrested?"—Louisville Courier-Journal.

### DYED HER DRAPERIES, SKIRT AND A SWEATER WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade, or run. So easy to use.—Advertisement.

Do your duty and let the other fellow do the explaining.

Dr. Peery's "Dead Shot" is powerful but safe. One dose is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Of two evils some people choose both as samples.

### RABBITS QUITE AS DELICIOUS AS CHICKENS WHEN PROPERLY COOKED



The Flavor of Young Rabbits Resembles White Meat of Chicken.

(Prepared by the United States Department of Agriculture.)

Properly cooked rabbits are as delicious as chicken, the United States Department of Agriculture points out, and are more economical, even when they must be purchased from a butcher. The flavor of young white rabbits somewhat resembles the white meat of chicken, and the less tender, but more gamey, wild rabbits, well prepared, are similar in taste to the darker portions of poultry that has been fricasseed or cooked in a casserole.

#### Appetizing Ways of Cooking.

Before cooking the rabbit should be washed carefully in cold water and patted dry with a clean towel. It may then be stuffed and trussed if it is to be cooked whole, or cut into eight or ten pieces. Young tender rabbits may be simply dredged with flour, salt and pepper and fried in four tablespoonfuls of fat, like fried chicken. Sausage fat gives a particularly good flavor to fried rabbit. The flavor of bacon also combines well with rabbit. A cream or brown gravy should be made, using the fat in which the rabbit was fried.

Another excellent way to cook a tender rabbit is to bake it in cream or white sauce. Split the rabbit into two halves along the backbone, dredge with flour, lay six slices of bacon across it, and pour three cupfuls of white sauce or three cupfuls of cream over it. Bake for 1½ hours, basting frequently. The rabbit liver, boiled till tender, and chopped, may be added to the gravy. Smothered rabbit is stuffed and braised slowly with very little water in a covered pan.

Many dishes may be prepared after steaming rabbit till tender. The meat may be cut from the bones in large pieces and served as rabbit pie, or a gravy made from the broth, with either a pastry or biscuit crust. Any broth used makes excellent soup. Rabbit salad may be mixed with celery in the same proportions as chicken salad—two parts of diced cold cooked meat to one part of chopped celery and one-half part of salad dressing. The boiled rabbit may be served as a stew by adding potatoes, carrots and onions when the meat is partly cooked. The liquid in which the stew is cooked should be thickened. A spiced rabbit stew appeals to many persons. The seasonings consist of six slices of bacon, chopped, a minced onion of medium size, two tablespoonfuls of salt, one-fourth teaspoonful of pepper and one tablespoonful of whole cloves in a bag, all covered with boiling water

and stewed slowly together till the rabbit is tender. A brown sauce is made separately and poured over the rabbit, which is then simmered two hours.

#### First Fried, Then Simmered.

The flavor of many slowly cooked rabbit dishes is improved by first browning the pieces of rabbit in a little bacon or other fat and then cooking them slowly either in water or in a gravy made from the same fat. Fricasseed rabbit is first browned and then boiled. It is often served with steamed dumplings, made like biscuit dough with the addition of an egg and steamed in the gravy of the fricassee. Casserole rabbit is cut up and browned in bacon fat, then arranged in a casserole with strips of fried bacon, sliced onions and potatoes, dredged lightly with flour and covered with water. The casserole should be covered tightly and slowly baked for two hours.

A tomato sauce may be used instead of water in the casserole, the potato being omitted, or the browned rabbit may be simmered in a tomato and onion sauce over a low flame till the rabbit is tender. The tomato sauce cooks down and gives a very good flavor to the rabbit. A savory stew may be made after frying the rabbit by boiling one medium-sized onion and two bay leaves with the meat until it is nearly tender. To the fat that was used to brown the rabbit add two tablespoonfuls of flour, mix thoroughly and add one cupful of vinegar. Pour this sauce over the meat and simmer until it is very tender. Serve with fresh or canned string beans and a dessert of baked apples.

#### Other Uses for Rabbit.

Any cold cooked rabbit may be ground up and used as a basis for hash, croquettes, shepherd's pie, or similar dishes. Meat loaf or meat balls may be made of raw chopped rabbit meat in the same way as beef or veal. Sausage cakes may be made from twice-ground meat with any preferred seasoning. If pork flavor is desired one part fat pork may be mixed with two parts ground rabbit meat. Very good sausage flavor will result from mixing the following proportions: two pounds twice-ground rabbit meat, one minced onion (which may be omitted), one tablespoonful salt, one teaspoonful pepper, one and one-half teaspoonfuls powdered sage, one bay leaf, pinch each of thyme and allspice, four to six tablespoonfuls finely crumbed dry bread or cracked crumbs, one beaten egg and one-half cup of rich sweet milk.

### FARM WOMEN IMPROVE HOME SEWING PLANS

Co-Operating Extensively With Extension Workers.

Among Things That Are Receiving Particular Attention Are Making and Use of Dress Forms—Better Able to Remodel.

(Prepared by the United States Department of Agriculture.)

Farm women in many sections are co-operating actively in clothing work as carried on with the assistance of state and county extension workers. In this work local representatives or leaders, selected by the various communities in a county, come together at some convenient point for training. Provided with the necessary teaching helps, these women repeat to organized groups in their own neighborhood the instruction they have received and gather up reports on work done. The success of local leadership is due not only to the ability and devotion of local women but to the simple, practical basis to which extension workers have reduced their teaching.

According to reports received by the United States Department of Agriculture the things that are receiving particular attention are the making and use of dress forms; alteration of patterns and making of fitted-to-measure foundation patterns; clothing construction processes, remodeling; renovation; garment finishes; use of machine attachments; clothing hygiene, including the selection of shoes and corsets; millinery, and selection of textile materials and readymade clothing for quality and design. As a result of the work, farm women have been enabled to improve their ability to select materials and to remodel and make garments and other articles of clothing at home.

### VARIETY PLEASURES CHILDREN

Youngsters Will Eat More Bread if Different Kinds Are Served, Especially for Lunch.

Children will often eat more bread if different kinds are served, especially for the basket lunch at school or the hot school lunch, says the United States Department of Agriculture. Sometimes so simple a change as baking the bread in a new form—a twist, for example, instead of a loaf—or cutting bread and butter in a fancy shape with a cookie cutter will increase a child's relish for it. So, too, will a change of flavor, obtained by adding a few raisins, dried currants or nut meats.

### All Around the House

Never serve more than one fried food at a meal.

Paint your summer screens with kerosene oil before storing and they will be like new when you take them out again next summer.

When grape juice is spilled on a tablecloth, spread the spot at once with salt. The stain will be more easily removed and laundered.

When a knife has been used to cut onions, wipe it with a damp cloth and rub it briskly with coarse salt. The objectionable smell will then entirely disappear.

It is a good plan to boil the clothes-line occasionally, so that it shall not soil the clothes. This must be done with perfectly clean water. The rope should be kept indoors when not in use.

### HONEY-BEE WILL PAY GOOD MONEY

Product Has Held Higher Level of Prices During Past Two Years Than Any Other.

### FIT INTO GENERAL PROGRAM

Busy Little Insects Do Not Require Expensive Equipment and Require Very Little Attention—Keep Watch on Queen.

The lowly honey-bee, long since a familiar sight on the average farm, is coming back again. It has justified itself, not only in the eye of the foodist, but in the eye of the farmer.

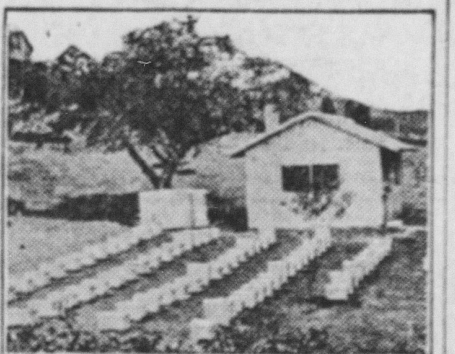
Honey has held a higher level of prices the past two years than almost any farm product that can be named. It has done this in spite of the slump in sugar prices, in spite of the fact that more stands of bees are kept on farms today than for some years past, and in spite of the fact that last year was a tremendous favorable season and there was an unheard of flow of honey.

#### Fit in Farm Program.

Bees fit into the general farm program in an admirable way. To those who are unfamiliar with them a few of their advantages may be profitably pointed out. In the first instance, they require no special ground. A small space in a corner of the orchard will take care of them in excellent shape. They do not require expensive housing or equipment, although they must be given proper hives to work in for the best results. They do not require any care. They feed themselves and gather their honey from sources which otherwise would be lost. You have to buy no feed for them.

#### Require Little Care.

They require slight attention. During the swarming period, if they are properly handled, according to the latest plans, they will not cause the least trouble. Experienced beekeepers are having their new swarms easily and in a period of a few minutes. Of course, they keep an eye on the bees and know what to do and just how to do it. They do not let them take to the air and then set up a barrage of yell and noise from tin pans and kettles. By watching the swarm and catching the queen when the hive



More Stands of Bees Are Kept on Farms Today Than for Some Years Past.



### FORESTALL ROUP IN AUTUMN

Epidemic May Be Prevented by Stopping Up Draft-Producing Openings in House.

ForeSTALL a roup epidemic by stopping up draft-producing openings in the henhouse. Plenty of fresh air without drafts is highly desirable.

The house can be freely ventilated by use of muslin curtains or wind-buffers and dampness is thus removed. Drafts and dampness produce colds, which run into roup, pox, canker and diphtheria.

The air supply in a henhouse may be more readily controlled by three sides air-tight and the fourth, preferably the south side, equipped with ventilating devices. Use one square foot of glass and one square foot of muslin to 10 feet of floor space, or if shutters are used half as much as curtain space.

### SKUNKS WILL DESTROY BEES

Visit Hives at Night and Scratch on Outside Until Honey Gathers Come Out.

A report from Ohio received by the biological survey of the United States Department of Agriculture says that skunks are giving a great deal of trouble to bee-keepers in that region. The skunks visit the hives at night and scratch on the outside till the bees come out. As soon as they appear the skunks eat them. The biological survey recommends that under such conditions the hives be fenced in with chicken wire at least three feet high.

### WINTER EGGS BRING PROFIT

To Obtain Greater Production Fowls Should Be Young and of Good Laying Breed.

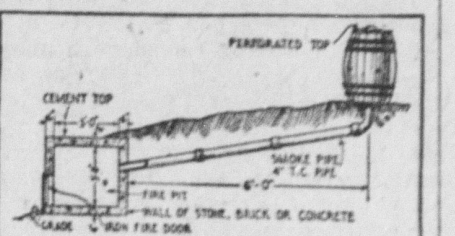
For the largest profit a good proportion of the eggs should be laid during the winter. If two extra eggs a week can be obtained from each hen, a good profit will be made, and if the product is increased by only one egg a week in winter this one egg will pay for all the feed the hen eats. To obtain this greater production not only should the fowls be young and of a good laying breed but the feeder should have a full knowledge of the proper feed and its preparation.

### FARM SMOKEHOUSE IS PAYING INVESTMENT

Where Hogs Are Kept It Will Prove Quite Profitable.

Cubical Fireplace Should Be Constructed of Cement and on Small Farms Ordinary Barrel Will Answer for Smoke Chamber.

Farmers who keep hogs will find that a smokehouse for curing hams, shoulders and bacon is a profitable investment. A hillside is the best location. The fireplace, a cubical space 3 feet long, 3 feet high, and 3 feet wide, should be made of cement from 4 to 6 inches thick. An iron door should be provided for introducing the fuel. Near the top of the chamber there should be an opening for a four-inch smoke-pipe leading upward to the smoke chamber, which on small



### Every Farmer Should Build for Himself a Smokehouse Similar to This.

farms may consist merely of a barrel or hoghead. A perforated cover should be provided for the barrel.

The pipe through which the smoke is conducted from the fire-pit to the curing house or barrel may be of cement, stoneware or terra cotta with a diameter of approximately 4 or 5 inches. The cost of the material is simple.

For fuel, green hickory, maple or any hardwood should be used; never pine wood or any wood that contains resin. The meat should be smoked from 36 to 48 hours, unless it is to be kept a long time, when the smoking should be continued much longer.—Popular Science Monthly.

### NEW LEAFLET ON CLEAN MILK

Liquid of High Grade May Be Easily Produced by Following Rules of Carefulness

A leaflet on clean milk, showing that milk of high quality may be easily produced by following a few simple rules, has been issued by the dairy division of the United States Department of Agriculture. To produce milk clean enough to meet all the requirements of city inspection is chiefly a matter of carefulness, and the methods are not difficult to understand or especially hard to carry out for anyone who has the inclination.

The leaflet consists of four pages: (1) Clean, healthy cows, (2) sterilization of milk utensils, (3) use small-top milking pails, and (4) cool milk promptly. Each subject is illustrated, and references are given to bulletins which explain it further. "Keep milk clean, covered, cold," is the concluding advice.

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### Sure Relief FOR INDIGESTION



BEAR'S Emulsion is the accepted remedy for coughs, colds, bronchitis and weak lungs. Years of use have proved it to be invaluable for the quick relief of bronchial and lung diseases. It is easy and pleasant to take. Unequaled as a general tonic for building up the system and restoring health and vigor.

On sale at leading drug stores. May be ordered direct from JOHN D. BEAR CO., Clearbrook, Va.

### BEAR'S EMULSION

"Wise is Youth." A few evenings ago, a little girl, three years old, was enjoying some Mother Goose jingles on her father's knee. Little Bo Peep was being rehearsed and when the place was reached where, in the rhyme, it says "bringing their tails behind them," the father purposely changed it to read this way, "bringin' their tails before them," and noticing the surprised look on her face said, "I made a beefsteak, didn't I?" She promptly answered, "No, it was a sheepsteak."

You Have to Be an Optimist. The amateur gardener was digging away at the weeds in his potato patch. "Makes it harder with the weeds so thick, doesn't it?" said a friend who was looking on. "No, it's easier," retorted the enthusiast. "You don't have to walk so far to the next weed."—Wheeler's Magazine.

Cuticura Soap for the Complexion. Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum, and you have the Cuticura Toilet Trio.—Advertisement.

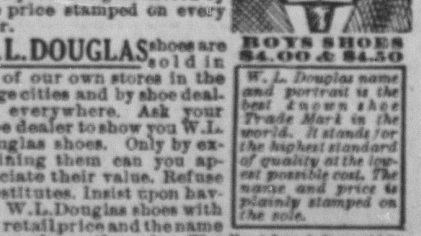
Being ignorant is not so much a shame as being unwilling to learn.—Benjamin Franklin.

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative by stimulation and not by irritation.—Advertisement.

It's better to crawl out than to be thrown out.

### W.L. DOUGLAS \$5 \$6 \$7 \$8 SHOES

W. L. Douglas shoes are actually demanded year after year by more people than any other shoe in the world. W. L. DOUGLAS shoes for men, women and children are made of the best material and workmanship and are unequalled for the price. It is worth while for you to know that when you buy W. L. Douglas shoes you are getting the benefits of his 40 years experience in making the best shoes possible for the price.



W. L. DOUGLAS shoes are made in the largest cities and by shoe dealers everywhere. Ask your shoe dealer to show you W. L. Douglas shoes. Only by examining them can you appreciate their value. Before substituting, insist upon having W. L. Douglas shoes and the name stamped on the sole. The price stamped on every pair.

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### FREE! TO YOU, MRS. HOUSEWIFE

A FULL 3-OZ. JAR OF MAMMY'S MAYONNAISE (Regular Price 10c) Just send us your name and address, together with that of your grocer. We want you to know how good MAMMY'S Mayonnaise really is. A postal card will do. ESSAY PRODUCTS CO. 878 W. Baltimore St. Baltimore, Md. CIVIL SERVICE POSITIONS BRING GOOD PAY, promotions, vacations. We will prepare you quickly, thoroughly, at low cost. For particulars address W. M. GLENDON, 401 N. 54th Street, PHILADELPHIA, PA. LADIES—Do your own hemstitching and crocheting, attaching fits any machine, \$2.50; buttonhole, 25c; hand embroidered, \$2.50. Agents, E. Stephenson, 22 Quincy St., Chicago. Large Virginia Peanuts direct from the farm. Pay postman, 3 lbs. 50c; 5 lbs. \$1.00; 25 lbs. \$3.00. James Owen, Carrollton, Va.