

TODAY I AM REAL WELL

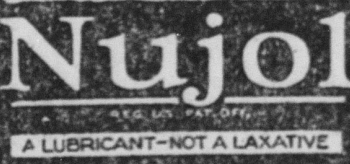
So Writes Woman After Taking Lydia E. Pinkham's Vegetable Compound

Jamestown, N. Y.—"I was nervous, easily excited and discouraged and had no ambition. Part of the time I was not able to sit up as I suffered with pains in my back and with weakness. I took Lydia E. Pinkham's Vegetable Compound, both the liquid and tablet forms, and used Lydia E. Pinkham's Sanative Wash for inflammation. Today I am real well and run a rooming house and do the work. I recommend your medicine to every woman who complains, and you may use my letter to help any one else. I am passing through the Change of Life now and I keep the Vegetable Compound in the house, ready to take when I feel the need of it."—Mrs. ALICE D. DAVIS, 203 W. Second St., Jamestown, N. Y.

Often some slight derangement may cause a general upset condition of the whole system, indicated by such symptoms as nervousness, backache, lack of ambition and general weakness. Lydia E. Pinkham's Vegetable Compound will be found a splendid medicine for such troubles. In many cases it has removed the cause of the trouble.

Headaches Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.



A LUBRICANT—NOT A LAXATIVE

Do YOU Know?

You Can Make a good salary—Become professional and independent—Enjoy your work—Meet refined people—the successful.

Thousands Have—So Can YOU Learn the fascinating art of Beauty Culture as taught by Marinello—the Largest Beauty Organization in the world. Latest electrical equipment and up-to-date methods. Hair-dressing, Permanent and Marcel Waving, Facials and Beauty Culture in all branches. Foremost instructors. Day and Evening Classes. Payments on easy terms. Marinello guarantees trained graduates good paying positions or assists them to open Marinello Shops of their own.

Call or write for particulars

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MARINELLO School of Beauty Culture "Marinello Beauty Aids Used All Over the World"

World War Medals.

A bill is to be introduced at the next session of the New York state legislature to award World War service medals to officers of draft boards. There is a feeling in the "military establishment," however, that the awarding of war decorations "has gone about as far as possible without, through making such dispositions so general, lessening their significance."

Rarely is one thanked for advice that is meant to keep another out of a quarrel.

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BELLANS FOR INDIGESTION 23 CENTS

6 BELLANS Hot water Sure Relief

BELLANS

25¢ AND 75¢ PACKAGES EVERYWHERE



Stearns' Electric Paste is recognized as the guaranteed exterminator for Rats, Mice, Ants, Cockroaches and Waterbugs. Don't waste time trying to kill these pests with powders, liquids or any experimental preparations. Ready for Use—Better than Traps 2-oz. box, 50¢ 15-oz. box, \$1.50

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quickly relieves the distressing paroxysms. Used for 65 years and result of long experience in treatment of throat and lung disease by Dr. J. H. Guild. FREE TRIAL BOX. Treatise on Asthma, its causes, treatment, etc., sent upon request. 50¢ and \$1.00 at druggists. J. H. GUILD CO., RUPERT, VT.

FLIVVERBOOB IS SERIOUS MENACE

Automobile Expert Points Out Fool Tricks Which Endanger Lives of Motorists.

(By Erwin Greer, President Greer College of Automotive Engineering.)

The next time one of those fools who break their necks looking one way while they drive another nearly runs you down, turn around and yell after him, "Flivverboob!" That is the name by which he is to be known, according to the American Automobile association.

Why supposedly sane men will drive at top speed is an unsolvable mystery. Yet the speed artist is only one type of flivverboob. Another type is the "mud splasher." He is the fellow who dashes up to a mud-puddle near the curb and sends mud and water all over you. He likes to hear you cuss and the women scream.

"Explosion Hound" Another. Then there is the muffer explosion hound; you know him. The fellow with some powerful bus who rushes down the street making explosions in his muffler. If you are opposite when he goes by you nearly throw a fit from fright, much to the high glee of himself and to the disgust and contempt and antagonism of everyone else.

The graze-you gink's special delight is to come as close to your carefully groomed car as he possibly can without actually striking it. Often he miscalculates and the result is that your machine immediately resembles his, with dented mud guards and broken hub caps. If you try and collect damages you find that he owes money on his car and that—you are out of luck.

The brake burner is another one of the clan; he also has a murderous complex. He comes on at a stizzling speed and then, clap!—on goes his brakes, like the seizure of a fit. His tires scrape with loud remonstrance on the pavement, his car tenses and groans, the brakes shriek—all expecting the sudden crash—and then, through the fine and lofty purpose of the car builder, things somehow hold together and an accident that time is averted. This method of action gets to be a habit and eventually a cotter-pin pulls out and then—

Usually Saved—Usually. A relative of his is the fear fanatic who emerges suddenly from a side street (yes, even upon our boulevards). Approaching cars dodge and swing from his path, trying to prevent accidents. The hearts of passengers leap to their throats, frightened grips are clamped on the nearest supports, screams break from the ladies and usually, by astral influence that guards the fate of fools, he is saved. Usually he is saved—usually. By the grace of the great body of honorable motorists, he is saved—usually.

The safety zone fox is another one. He comes sailing down the street to the left of a long line of automobiles waiting to cross a street intersection and tries to break into the line at the safety zone. If he can't get in he blocks the street cars because he is out on the tracks. And there is always some motorist that has to let him into the line so that traffic can move again.

And then comes the flivverboob who tries to beat the locomotive over the crossing. He is too well known to take up in detail.

A total of \$4,500,000 was paid out in death claims by American insurance companies for the 12,000 flivverboobs (and their victims) killed on the highways last year. In addition to the fatalities there were 1,500,000 non-fatal injuries. Which makes us wonder—

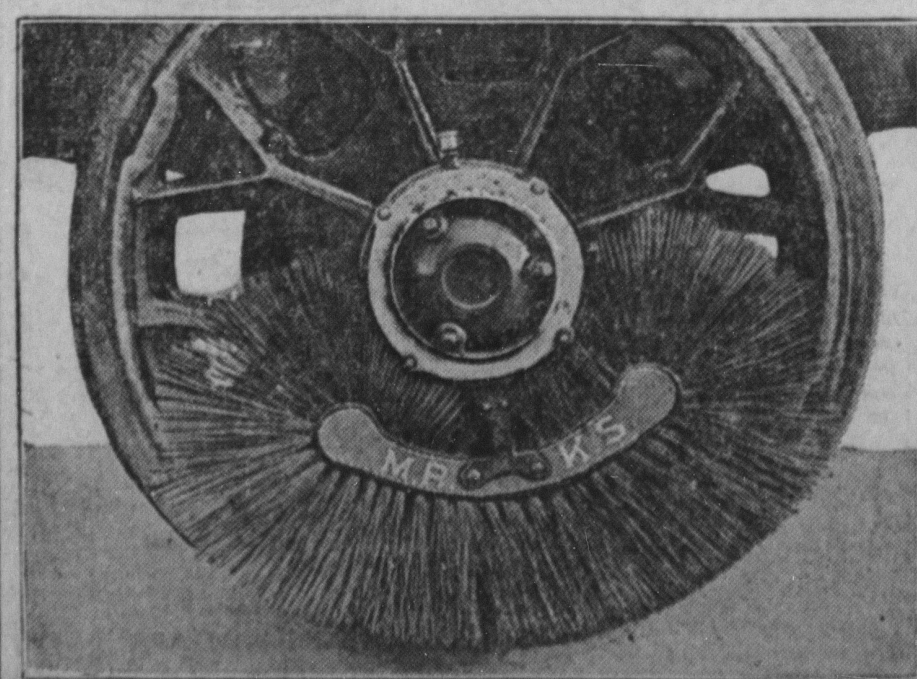
Why is a flivverboob?

TO BEAT GLARING HEADLIGHT

Catch Up With Car Ahead and About 100 Feet Behind It—Path Then Clearly Marked.

Here is a suggestion for any driver who is annoyed by glaring headlights. Make it a point to catch up with the car ahead and about 100 feet behind it. The path ahead will then be clearly marked and the rays from approaching headlights will not matter.

TEST ANTI-MUD SPLASH DEVICES



One of the anti-mud splash devices entered at the test of mud splash guards, organized by the Royal Automobile club at Hendon, Eng.

SUBSTANTIAL GARAGE IS FARM NECESSITY

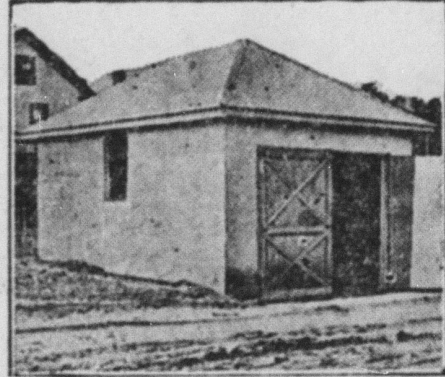
Structure Should Be Simple in Design and Built of Good Fireproof Materials.

The amount of money invested in the average farm automobile or truck justifies a substantial garage that will furnish adequate protection against weather, theft and fire. A garage should be built of substantial fireproof materials of which concrete block is probably the most convenient for use in rural regions.

Such a garage is shown in the accompanying photograph. It is 12 feet wide and 18 feet long, large enough for almost any car or truck.

The garage, since it is a small structure, should be simple in design. The walls are built up of block on a comparatively shallow foundation, also of block. A concrete floor is a decided advantage; it should be made so as to slope toward the center where a trapped drain is installed.

If the blocks are made with an attractive surface finish they can be left



Garage Built of Concrete Blocks.

exposed, otherwise they can be made with a special surface finish which affords a satisfactory base for the application of stucco.

MOVE CAR BY WHEEL SPOKES

Many Owners Make Mistake by Grabbing Door Handle or Windshield in Pushing Machine.

How do you push your car when you want to move it around the garage? Do you grab a door handle, or the windshield, or the steering wheel? Or do you use a little judgment?

There is one way to pick up a car correctly as against a half-dozen ways of killing it. It's the same with a car. Some car owners grab the fenders and manage to mark them up in excellent shape. Some of them tackle it all from the tire carrier and manage to make it looser than ever. Others strain the doors. Those who push find it's rather hard work, while those who pull on the bumper find new ways of getting back strain.

The right way, and the easiest way, is to grasp the spokes of the wheels. When you put the car out tonight note the way you take it by the nape of the neck. No other way would do. Then ask yourself why you don't exercise the same sort of care with your car.

AUTOMOBILE FINIS

Never leave your car with the shift lever in gear, and always look at this lever before starting the engine.

Leakage at the needle point will invariably cause gasoline to drop from the car when it is standing still.

Do not rush over rough places to gain momentum when driving a car up a hill. More will be accomplished by taking it easier.

A motorist should inspect the tall light of his car frequently. This light marks the position of his car for the driver coming in the rear.

At the end of every 2,500 miles' service a tire should be deflated, dismounted, soapstone and grit removed and the inside of the casing washed with gasoline.

Always watch the lights when the starting motor is used. If they dim noticeably, the battery is low, or the starter may be dirty and draw an excessive amount of current.

Black Raspberry Hurt by Disease

Growers in Many Sections Suffer Heavy Losses From New Ailment.

(Prepared by the United States Department of Agriculture.)

Growers of black raspberries in various parts of the United States, particularly in Ohio and New York, have been suffering discouraging losses in many instances from a mysterious disease, which, for convenience, is called eastern blue-stem. During the last few years, the United States Department of Agriculture has been studying the disease in certain localities and now sums up what is known about it in Department Circular 227, Eastern Blue-Stem of the Black Raspberry, by R. B. Wilcox.

The disease, which is marked by a peculiar curling of the young leaves and blue stripes on the canes, gradually reduces the productivity of the plantations and kills the affected plants in two or three years. In some sections where raspberries have been grown extensively for years profits are curtailed to such an extent that farmers are not encouraged to stay in the business and the center of production is gradually shifting as disease follows the new plantings. Where investigations have been made the infection of fields has ranged from 0 to 75 per cent, and total loss in the northeastern part of the country is thought to be very large. Some slightly infected patches have been found in Michigan and Wisconsin.

The general effect of blue-stem is a gradual stunting of the plant, with a reduction of the yield and dwarfing of the berries. When affected tips are planted they make little growth, and the following spring they start feebly or not at all. Often the grower may suspect that the trouble is winter-killing. No recoveries have ever been noted. If the affected parts are cut off the disease will soon show up in another part. Plants started by rooting the tips of diseased plants will always have the disease. No bacteria or fungi have yet been found that might be said to be the cause, but certain features of the malady, such as the mottling and deformity of the leaves and the stunting and final death of the plants, indicate that it may be of the mosaic type.

Diseased Tips Planted. Blue-stem becomes established by the planting of diseased tips, but at the time of digging it is impossible to recognize those that carry the infection, and the symptoms do not appear early enough in the spring so that the diseased tips can be found before they have made a growth of several inches. Thus far no very resistant variety has been found, and no spray is known to be effective. The only practical method to get ahead of blue-stem is to get stock from a nursery known to be free of it and set as far as practicable from diseased plantations. Young fields must be carefully watched and plants showing blue-stem symptoms removed and replaced by healthy tips.

Growers interested in a thorough discussion of the disease may get a copy of the circular by writing the Department of Agriculture, Washington, D. C.

Crispness and Tenderness Come With Rapid Growth

To have good vegetables most of them must grow rapidly. If they grow slowly the leaf crops will be tough and will get strong quickly. Crispness and tenderness come with rapid growth. Peas and beans are better flavored. Radishes are less pithy. Corn is deeper and better set, and I think the flavor is better, too.

Rich soil is a prime factor in forcing rapid growth, but it is not all. Cultivation to preserve the soil moisture is a help. Irrigation is not much practiced but where it is possible it will often save a crop from a severe check in a dry spell, and these checks make for toughness.

It has been shown by tests that a little artificial feeding will not only make vegetables better in quality but in many cases will keep such plants as tomatoes setting when ordinarily they stop in hot weather. Thin shade or partial shade will often make the leaf crops more tender and sweet.

Sometimes Difficult to Get Start of Alfalfa

On land which is very rich in humus it is sometimes difficult to get alfalfa started because of the looseness of the soil. On such soil the alfalfa seed which is deep enough in the ground to have moisture enough to grow, may be so deep that it does not grow; and if the seed is shallow enough to grow it may not be deep enough to have moisture long enough. Hence on such ground the seed should be covered shallow and the surface soil be well compacted by rolling after the seeding is done.

Main Requirements of Good Alfalfa Seed Bed

The main requirements of a good seed bed for alfalfa, red and sweet clover, and other small seeded crops are that it be moist, finely pulverized, compact, with a loose surface. Aside from moisture which depends on the weather, perhaps the most important point, especially if the seed bed has been plowed, is to get it firmly packed.

Find Morgan Horse Versatile on Farms

Records Furnish Evidence of Its Usefulness.

(Prepared by the United States Department of Agriculture.)

Some interesting information has just been made public by the United States Department of Agriculture regarding the registered Morgan horse Gladstone that won second place in the 1922 mounted service endurance ride. Gladstone's record corrects the impression that it takes years to develop a good saddle horse.

This horse was foaled April 13, 1913; sired by General Gates, a famous Morgan horse, and out of Minnehaha, a mare purchased by the government in the state of Washington. He was broken to single and double harness when four years old and shipped in 1917 to the government experiment farm at Beltsville, Md., where he was driven 20 to 30 miles a day for several years with another gelding. He was the first horse selected from the experiment farm to go to the stables of the secretary of agriculture in Washington, D. C., to replace horses that had grown foot sore from use on the city pavements.

In June, 1922, Gladstone was returned to the United States Morgan Horse farm at Middleburg, Vt., to be prepared for the mounted service endurance ride. Here he was used during haying, raking hay in the field, and at the close of the haying season was given his first continuous training under the saddle. The ride took place in October, and the little horse carried his rider and equipment, weighing 225 pounds, the 300 miles to a highly creditable finish. In the final rating Gladstone was but three points behind the winning horse. Twenty-one horses started the race and but nine finished. Gladstone was second and finished in excellent condition.

Within a week Gladstone was back at work at the United States Morgan Horse farm, where he is now being used every day in double harness.

Gladstone is a half-brother of Castor, the Morgan that made such creditable showings in the endurance contests of 1919, 1920 and 1921.

The records made by these horses in harness and under saddle, on the road and at farm work, and as successful contestants in one of the hardest rides ever staged for saddle horses, furnish additional evidence of the versatility and all-round usefulness of the Morgan horse.

Poultry Manure Rich in Nitrogen If Protected

Poultry manure is particularly rich in nitrogen, but if not protected it rapidly loses this valuable plantfood element, and this means a loss to the indirect income from farm poultry which might well be conserved for the farm.

For the garden, a farmer may balance the product by taking 30 pounds poultry manure and adding to it ten pounds dry loam or absorbent, such as peat moss or shavings, 16 pounds phosphoric acid and eight pounds kainite. The analysis of this mixture is 1 1/2 per cent nitrogen, 4 1/4 per cent phosphoric acid and 2 per cent potash. For such vegetable crops as lettuce, which require a higher content of nitrogen for forcing rapid growth, a greater proportion of poultry manure may be used in the fertilizer, or this mixture may be used and supplemented with a top dressing of nitrate of soda or the peat moss prevents the fertilizer from becoming sticky, which would be the case if the phosphoric acid and kainite were mixed alone with the droppings to prevent the escape of nitrogen.

Thorough Study Must Be Given Modern Beekeeping

The keeping of bees is an ancient branch of agriculture, yet modern beekeeping is a new thing. Many persons still erroneously think that bees work for nothing and board themselves, and that to keep bees he simply gets some bees and allows them to roam where they will. The present-day beekeeper controls the development of the colony population so as to have a full force of gathering bees at the right time, and then prevents a division of this force by swarming. By these and other methods he greatly increases the amount of honey gathered. The modern skilled beekeeper finds bees far more productive than did his predecessors because of his ability to change conditions and adapt them to the natural habits of the bees.

Control Melon Aphid With Nicotine Sulphate

The melon aphid is also known as cucumber aphid. It attacks the under side of the leaves, causing curling. Late melons, cantaloupes and cucumbers are especially liable to attack. Nicotine sulphate at the rate of one-half pint to two and one-half pounds of soap in 50 gallons of water applied when the aphids are first seen is the remedy. Use a spray nozzle with an angle so the under side of the leaves may be sprayed.

Tractors Given Service and Repair Are Favored

Corn-belt farmers who own tractors say that the well-known makes of machines for which repair and service can be promptly obtained and which are operated efficiently, have usually been found reliable, according to government investigators.

After EVERY Meal

give your digestion a "kick" with WRIGLEY'S.

Sound teeth, a good appetite and proper digestion mean MUCH to your health.

WRIGLEY'S is a helper in all this work—a pleasant, beneficial pick-me-up.



Good to the last drop After all, the only way to know that Maxwell House Coffee is "Good to the Last Drop" is to taste it. The first taste forecasts an empty cup.

MAXWELL HOUSE COFFEE

Reasonable Request.

In one of the mining regions there is a district attorney who is "there" on native oratory, but considerably lacking in education. While prosecuting a big case at one time, he finished up his argument in flowery style, and then, leaning across the rail he made this plea:

"All I asts of you, gentlemen of the jury, now that you are about to retire, is to mete out justice as she deserves to be met!"

5 Room House 538



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Opportunity Calls from CANADA

Visit Canada this summer—see for yourself the opportunities which Canada offers to both labor and capital—rich, fertile, virgin prairie land, near rail ways and towns, at \$15 to \$20 an acre—long terms if desired. Wheat crops last year the biggest in history; dairying and hogs pay well; mixed farming rapidly increasing.

Homeseekers' Rates on Canadian Railroads

If you wish to look over the country with a view to taking up land get an order from the nearest Canadian Government Agent for special rates on Canadian railroads. Make this your summer outing—Canada welcomes tourists—no passports required—have a great trip and see with your own eyes the opportunities that await you.

For full information, with free booklets and maps, write F. A. HARRISON Desk W 308 N. Second Street Harrisburg, Pa. Authorized Canadian Gov't Agt.