

## TANLAC PRAISED BY BUSINESS MAN

Wyatt Declares It Restored Him When All Else Failed. Gains 16 Lbs.

"I don't believe I would be in business today if it hadn't been for Tanlac," declared O. N. Wyatt, well-known member of the Boulevard Auto Painting Co., Richmond, Va., residing at 3121 Chaffin St.

"I was in bed for weeks with flu, and it left me almost skin and bones, so run down, weak and nervous I thought I never would get well. My appetite was gone and I could eat scarcely enough to keep going, let alone build up any strength. I suffered terribly from indigestion and constipation, my liver was all out of order and the way my heart palpitated was frightful.

"But Tanlac started me eating right, built me up sixteen pounds and now I am as healthy and happy as anybody. My wife and little thirteen-year-old girl have both taken Tanlac and enjoy fine health. Our friends who know what Tanlac has done for us say they don't blame me for praising it the way I do."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are nature's own remedy for constipation. Sold everywhere.—Advertisement.

### Czar's Treasure.

Among former treasures of the czar which the revolution has scattered was a magnificent silver toilet service sold at Christie's auction rooms, London, for \$18,500. It had 29 pieces weighing 700 ounces and was formerly owned by Czar Alexander I, who ascended the throne in 1801, and is engraved with a crown and the letter M, probably his mother's initial, Mary of Wurtemberg. It comprises mirror, rose water ewer and dish, candlesticks, bowls, bottle, caskets, boxes, snuffers, brushes, whisks, scent-bottles. It is of exquisite workmanship. A Regent street firm purchased it.

## WHY TAKE LAXATIVES?

Discovery by Science Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority.

Science has found a newer, better way—a means as simple as Nature itself.

In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication.

As Nujol is not a medicine or laxative, it cannot gripe and, like pure water, it is harmless and pleasant.

Nujol is used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

### Primed by Mammas.

The night cashier had his little six-year-old niece over to breakfast with him. They had grapefruit, smothered steak, which he had to cut—for her; French fried potatoes, etc., and got so full they couldn't eat another bite. Chef Goggins did his best for them, and said he never saw a little girl eat more. Then they visited a store where he bought her a pair of new shoes. As they were coming out of the store she said, "Uncle, I want to whisper to you." He bent down and heard: "Mamma told me to get a haircut out of you if I could."—"Bix" in Lincoln Journal.

### The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your everyday toilet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them.—Advertisement.

### He Vamps.

Add Social Perils—Wolves in shek's clothing.—Boston Transcript.



## Safe instant relief from CORNS

One minute—and the pain of that corn ends! That's what Dr. Scholl's Zino-pads do—safely. They remove the cause—friction, pressure, and heal the irritation. Thus you avoid infection from cutting your corns or using corrosive acids. This antiseptic, waterproof, silica for corns, calluses, bunions. Get a box today at your druggist or shoe dealer's.

### De Scholl's Zino-pads

Made in the laboratories of The Scholl Mfg. Co., makers of Dr. Scholl's Foot Comfort Appliances, Arch Supports, etc.

Put one on—the pain is gone!

## CAREFUL SELECTION OF FOOD FOR TABLE

Housekeeper Must Know What Is Essential and Buy Only Enough for Family.

(Prepared by the United States Department of Agriculture.)

"Waste not, want not" is as good a maxim today as when our great-grandfathers wrote it in the copy-books. By careful purchase and use of food, savings are effected for the housekeeper which can be applied advantageously to other departments of living, such as having more conveniences, more attractive clothes, more recreation, or longer education. At the same time, the producers of foods—the farmer and his wife—are helped by intelligent purchasing because it involves a greater variety of products, the choice of locally grown, easily transportable foods, vegetables and fruits in season, and the abandoning of food prejudices.

The United States Department of Agriculture suggests a number of economies in the management of the family food, most of which were willingly practiced during the World war, but gradually neglected as times have become more prosperous. To make the income go as far as possible, the housekeeper must know what constitutes proper food for the family, and



Saving Made by Careful Purchase and Use of Food.

buy only enough for the household needs. Farmers' Bulletin 808, "How to Select Foods. I. What the Body Needs," will help her determine these needs. When strict economy is necessary she can learn from this bulletin how to choose the less expensive from each of the various groups of foods that together provide adequate nourishment. These less expensive foods are often the common every-day products which constitute the farmer's main crop; a steady demand for them stabilizes the farmer's market and benefits everybody.

One way to avoid wasteful purchasing is to know how much of each kind of food—butter, sugar, flour, coffee, vegetables, cereals, etc., is needed each week. By shopping only once or twice a week and giving larger orders a great deal of time is saved and one may often take advantage of better prices. Comparison of prices, values, and quality in different stores is an advantage when it is possible. Products in season are likely to be cheaper than out of season delicacies. Buying by weight is now required for most fruits and vegetables; when staples come in cartons the customer should estimate the cost of the goods by the pound.

After food enters the kitchen it is literally throwing money away to allow any of it to be wasted. Burnt food, spoiled food and a full garbage pail are all evidences of thriftless housekeeping. Unless one plans in advance how to use up the extra material, it is of course, better to buy closely and avoid left-overs. When left-over food is on hand some use should be found for it which does not involve much additional material, much time for preparation, or extra fuel for cooking. If the size of each portion served is adapted to the person for whom it is intended, children can more easily be taught the "gospel of the clean plate." It is no longer considered a mark of good manners to leave a little bit of uneaten food on the plate.

Any way of cooking which retains in the food the largest proportion of nutritive substances is a good method. Meats cooked en casserole, in their own gravy or in a fireless cooker accomplish this aim. If white and sweet potatoes are boiled in their skins they can be easily peeled after cooking and not so much of the valuable mineral matters cook out into the water. Spinach, greens, asparagus, squash, cooked cucumbers and other succulent vegetables are better steamed than boiled. The water in which suitably seasoned vegetables have been cooked can frequently be utilized for soups. Water drained from potatoes or rice thickens soup or gravy or is good in bread-making.

## SENDING MOTHER TO CAMP FOR VACATION

Experience of Tennessee Extension Agent in Attracting Women to Summer Club.

(Prepared by the United States Department of Agriculture.)

The devoted mother who said, "I haven't missed cooking a meal since I was married, so I just don't guess I could come," was exactly the kind of woman the extension agent for women and girls in Wilson county, Tenn., wanted to attract to a three-day women's summer club camp last season. Knowing how much good even a brief change would do each of her club members, this extension agent began to "sell" the idea of a women's camp months before it was time to hold it. Considerable argument was needed to convince most of the mothers and housekeepers that they could be spared from home at all.

Working with the daughters first, the agent began stressing the thought, "Mother needs a rest," among her club girls. The girls, of course, knew that if they could persuade their mothers to go to the camp they themselves would have a very much better chance of being allowed to attend the girls' camp, which came later. For over two months the agent talked about the "camp for women" at every club meeting and wherever she went.

The use of a suitable house with a beautiful, five-acre, level, shaded lawn was obtained. This home was situated eight miles from the county seat and a quarter of a mile from a railway station. At the time the camp was held there was no living room in the house. A commercial light company wired the lawn, so that it was well lighted every night.

About a week before the date decided on for the camp, a letter was sent to every club member in the county, urging her to come. A list stating what it would be necessary to bring was put in the letter, and a program for each hour of the three days at camp. It was felt at this time that the camp would be a success if 25 women came. Over a hundred registered the first day. By rail and by automobile they came, bringing their own food for the picnic dinner and supper, and part of the other food needed. Other club members came later. A report of the way in which camp was run, received by the United States Department of Agriculture, may give women elsewhere ideas on managing a similar "Vacation for Mother."

Each woman registering contributed 25 cents toward the expenses of the camp. The fund thus obtained furnished a hired cook for the second and third days. A representative from each club helped serve at meal time. All the meals except breakfast were served on the lawn. Breakfast, on the large kitchen porch, consisted of toast, butter, eggs, bacon, fruit, preserves and coffee. For dinner the campers had beans, boiled meat, fried chicken, mashed potatoes, corn, vegetables, salad, light bread, corn bread, cake, and iced tea. Corn on the cob, French fried potatoes, vegetable salad, bread and butter and fried chicken were served for supper. The women were so afraid there would not be enough to eat they brought extra chickens, which were used at supper time.

The work of cleaning the house and preparing vegetables for dinner was shared by the club members. Then came a social hour until the day's program began. Talks were given by the state home demonstration agent, the state health specialist, the farm bureau president and the county agent. The rest and play periods were enjoyed by everyone. "It seemed as if all these women were girls again," said the county extension agent. Club singing created great enthusiasm; also a butter-judging contest. Moving pictures and an illustrated lecture helped pass the time pleasantly during the evenings. When the three days were over, the women left with unconcealed regret, vowing to make the camp an annual affair. As one woman expressed it, "I feel like I just love every other woman just a little bit better because I know her better." The chance to become better acquainted with so many county neighbors was a real joy to every woman attending.

One of the accomplishments of the camp was the organization of the County Federation of Women's Clubs, which means that the women all over Wilson county will come into closer contact with each other than ever before.



To remove dust from rattan furniture use a painter's small brush.

A little mustard well rubbed into the hands after peeling onions will remove the odor.

Left-over fruits can be used up in fritters. A small quantity of corn can be served in the same way.

Sand is excellent for scrubbing rough surfaces. The cellar floors will appear new after this treatment.

Handbags beaded in rhinestones and black jet are greatly in favor with the smartly dressed woman in Paris.

To clean a sponge rub the juice of a fresh lemon thoroughly into it and rinse it several times in lukewarm water.

## Fundamentals of Better Cowpeas

Wide Margin in Price Paid to Growers and That Given by Consumers.

(Prepared by the United States Department of Agriculture.)

There is usually a wide margin between the average price received by growers of cowpeas and the price paid by consuming farmers. Much of this margin is for services in the channels of trade that can be rendered more economically by the grower on the farm. Says J. E. Barr, investigator in marketing seeds, who has recently concluded for the United States Department of Agriculture an investigation of methods of marketing cowpeas. Any effort on the part of growers to improve the quality of their cowpeas will inevitably bring them larger returns. Mr. Barr says.

### Better Marketing.

The fundamentals of better marketing of cowpeas are better preparation for market and care in determining the time of marketing and in selecting the agency through which the crop is sold. Better preparation for market includes re-cleaning, after threshing or hulling, so as to remove all foreign matter and light-weight and broken seeds; and the use of sound sacks, securely tied or sewed. The services of re-cleaning and sacking necessarily carry a cost with them, but by performing these services on the farm the grower will receive an increased price for his cowpeas.

Unstable markets for cowpeas are found to be due largely to the variation in demand and uncertainty of production in any section from year to year. The demand for cowpeas is limited and is affected by the buying power of the farmer, the quality of the crop for planting purposes and the comparative price and supply of seed of other crops, notably soy beans and velvet beans, which compete in the crop rotation. Geographical preference for varieties is also an important factor in the commercial distribution of cowpeas.

### Selling Price Varies.

The selling price of cowpeas varies with the commercial supply, the quality for seed, the variety, and the nearness to planting date. The price paid growers for cowpeas is almost invariably higher as the planting season approaches. Some varieties sell at a premium of 25 to 50 per cent over the lowest-priced variety, while "mixed" varieties sell at a discount of 10 to 25 per cent under straight varieties. Growers should recognize this fact, says Mr. Barr, and plant only pure seed of known varieties if it is intended to market the seed crop.

The results of Mr. Barr's investigations are contained in Farmers' Bulletin 1308, "Marketing the Cowpea Seed Crop," copies of which may be obtained free upon request to the United States Department of Agriculture, Washington.

Four principal agencies through which growers may market their cowpeas are (1) neighboring farmers; (2) local shippers; (3) distant seedsmen or dealers; (4) through farm paper advertising direct to other farmers. The advantages and disadvantages of each of these methods are presented in the bulletin, so that the grower may be guided in choosing the agency which will return him the largest net amount for his product.

## Many More Elemental Eggs Than Any Hen Can Develop

A pullet at maturity has a certain number of elemental eggs which may be developed. Counts at the Maine experiment station show from 1,000 to 2,500. More recent investigations show even greater numbers. There are always a great many more elemental eggs than any hen is capable of developing.

The rapidity with which eggs are developed will depend upon the hen's inherited ability to produce eggs and upon the feed and management of the flock.

Profits from the flock will depend upon securing as many eggs as possible during the first couple of years of each hen's life. In addition to proper housing and feeding we must:

1. Breed from the best layers.
2. Hatch chicks early so that pullets will be ready for winter egg production.
3. Break broody hens as soon as possible and thus avoid long resting periods.

## Farmer Should Work Hard to Keep Down All Weeds

This is the season of the year when the farmer should work hard to keep down weeds. They are more easily killed now than later and the crops will have a better opportunity to keep the weeds subdued. Just before harvest time is on in full blast the farmer usually has a little breathing time in which this work can be done before the weeds have time to develop size sufficient to resist ordinary treatment.

## Rape Makes Excellent Pasture for Swine Herd

Rape makes very good hog pasture. Sow any time up to midsummer. Rape will be ready for pasture six to eight weeks after it is seeded. It may be sown alone or with any grain crop as desired. The grain may be fed off with the rape or it may be harvested and the rape pastured later as desired. Sow four to five pounds per acre.

## Troublesome Weeds a Menace to Alfalfa

(Prepared by the United States Department of Agriculture.)

Weeds are, perhaps, the greatest enemy of the alfalfa crop, says the United States Department of Agriculture. Dodder, which acts as a parasite on alfalfa plants, is very objectionable in seed-producing districts. It does not ordinarily give much trouble in fields that are devoted entirely to the production of hay, but nevertheless there is great prejudice against seed contaminated with dodder, and most states have stringent laws against the selling of seed containing it. It is relatively easy to kill out patches of dodder in a hay field.

Other troublesome weeds are bluegrass and quack-grass in northeastern United States; crab-grass and Bermuda-grass in the central and southern states; and foxtail or wild millet in the Middle West and the great plains. In the irrigated sections of the West the wild barleys, also known as foxtail and squirrel-tail grass, are decidedly troublesome, as the beards ruin the first crop of hay for feeding unless it is cut very early.

Where weeds are troublesome in the West, wheat is sometimes drilled in the alfalfa in the fall, and as it comes on early the growth of weeds is checked. The first cutting of hay the following spring consists of a mixture of alfalfa and wheat. Cultivation of established stands of alfalfa may help to hold weeds in check, but unless done with considerable care the crop may suffer. The best way to fight weeds is to make conditions so favorable for alfalfa that they are smothered out.

When weeds become abundant in an alfalfa field it is usually better to plow up the field and make a fresh start than to try to rogue them out.

## Vaccination Recommended for Control of Blackleg

Regardless of the perfection achieved in the control of blackleg the disease continues to exact considerable toll every year. Treatment of the sick animals, of course, is fruitless. After death the carcasses should be disposed of by deep burying or, better still, by burning. The best way to combat the disease is by building up immunity in susceptible animals by vaccination. It should, however, be remembered that protection is not built up until after eight to ten days after vaccination. When the immunity or protection is once established, it continues from fifteen to eighteen months. Ordinarily calves under six months and cattle over four years are not vaccinated, the disease being most prevalent between these two ages.

## Clean Chicken House to Eradicate Harmful Mites

To eradicate mites a thorough cleaning of the chicken houses and spraying with a suitable disinfectant having a sufficient body is all that is necessary. All roosts, loose boards, and boxes should be removed and the disinfectant applied in the form of a rather coarse spray, using a suitable pump. Some of the best materials for the purpose are the so-called wood preservers, which consist of anthracene oil and zinc chloride. As a mixture of this kind is a little too heavy to spray well, it may be thinned with an equal part of the kerosene. Crude petroleum is almost equally effective and is usually cheaper. It should be thinned by adding one part of kerosene to four parts of crude oil.

## Outline of Method for Seeding Sweet Clover

A good method of seeding sweet clover or other clovers is to sow it on oats ground. It may be sowed at the same time and with the same machine if a drill with grass seed attachment is used; or it may be sowed after the oats are sowed and the seed covered by harrowing or rolling. Sweet clover is not likely to smother out the oats, though on some timber land which are rich in minerals and poor in organic matter it might happen that the clover would tend to check the growth of the oats. If the land is rich enough in organic matter to grow good oats the clover will not be likely to injure the oats to any extent.

## Milk Indispensable in Feeding Young Chicks

It is generally agreed that sour milk or buttermilk should not be fed to chicks in galvanized containers. When fed, glass, porcelain or earthenware utensils should be used. The lactic acid in the milk may act on the galvanized containers, resulting in a chemical combination which may prove poisonous, resulting in chick losses. Milk is indispensable in feeding chicks, and if properly fed there is absolutely no danger in feeding it. Perhaps the type of container has been responsible for the occasional report of unsatisfactory result in feeding milk. It is, of course, necessary to keep the utensils clean.

## Soy Beans Provide Feed for Dairy Cow in Winter

In order to provide a winter's supply of cow hay equal to alfalfa in feeding value, try soy beans. In ordinary seasons a crop of soy beans grown immediately after the removal of the wheat crop will yield from one to two tons of hay an acre. The wheat stubble should be plowed and the beans drilled at the rate of 40 to 60 pounds an acre any time up to August 1, earlier seeding being preferred.

After Every Meal

# WRIGLEYS

Top off each meal with a bit of sweet in the form of WRIGLEYS.

It satisfies the sweet tooth and aids digestion.

Pleasure and benefit combined.

FOR THE CHILDREN

## 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 railways 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.

Home-seekers' 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 Agent.

\$1.00, \$1.50 and \$2.00 Per Night

## MERCHANTS HOTELS and LUNCHEON

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STEVENS BROS. Baltimore, Maryland

W. N. U., BALTIMORE, NO. 24-1923

## INCIDENT HARD TO EXPLAIN

To Say the Least, Student's Emergence Just at That Moment Was Particularly Unfortunate.

While at college, a classmate came to my room every evening "to do our algebra together," as she expressed it; but, unfortunately, I was obliged to do all the work. I finally became tired of being imposed upon, so the next evening, about the time for her to appear, I crawled under the bed and asked my roommate to tell her I was spending the evening out.

Anne came, but did not linger long, after being informed I would not return until late. She came back into the room again to get a pencil which she had forgotten, just as I was appearing from underneath the bed.

It was useless to try to make an explanation. I was never asked to assist her again.—Exchange.

"Rebuking Fido.

Maudie, Bud and Fido were playing on the porch when a visitor for mother walked up. Fido didn't join in the children's welcome, but barked aggressively and wouldn't stop.

"Fido," indignantly reproved Maudie, "behave yourself; you don't hear me and Bud barking at mother's guests, does you? No reason why you shouldn't be a gentleman like us."

Health Advice.

An East side young matron, whose mother lives in Maryland, recently paid her ancestral home a visit. While there she fell ill. When convalescing she took a walk and met an old negro caretaker. "What was the matter with you, Missy?" he asked. "I had ptomaine poisoning," she replied. He looked at her sympathetically for a moment or two and then his eyes strayed to her shoes. "See always maintained," he said at last, "that you should wear rubbers when going out in wet weather."—Detroit News.

But a man seldom grows when he gets the lion's share.

If coffee disagrees drink Postum

There's a Reason