

## MRS. HICKEY SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

Worcester, Mass. — "I had some trouble caused by a female weakness and got so run-down and weak from it that I could hardly stand or walk across the floor. The doctor gave me all kinds of pills, but nothing helped me. I happened to meet a friend who had taken Lydia E. Pinkham's Vegetable Compound, so I thought I would try it. After taking it a week I began to improve, and now I feel fine and am doing all of my housework, including washing, sewing and house cleaning. I have recommended your medicine to my friends, and I am willing for you to use this letter as a testimonial, as I would like to help any one suffering the way I did from such a weakness." — Mrs. DELIA HICKEY, 4 S. Lindlow St., Worcester, Mass.

Lydia E. Pinkham's Private Text-Book upon "Aliments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

### WANTED—NURSES FOR TRAINING

The Sheppard and Enoch Pratt Hospital School of Nursing offers a three-year course of study in practical and theoretical nursing—eighteen months of which are devoted to care of nervous and mental cases, the remaining eighteen months in an affiliated general hospital in Baltimore. Pleasant, interesting atmosphere. Attractive surroundings. Pupils are given salary with full maintenance. Three years of high school required. Fall and winter classes now forming. For information, address: Superintendent of Nurses, SHEPPARD and ENOCH PRATT HOSPITAL, TOWSON (BALTIMORE, MD).

### Do They All Do It?

The other day there came to a local hotel a young traveling man of a very effeminate type. The other men in the hotel watched him with amusement until he took from his pocket a powder puff and mirror and before the whole assembly powdered his chin and nose. Then they laughed openly. But he was not dismayed. "I just came from Pittsburgh," he explained, "and the coal dust there is so thick that we either have to wash our faces every hour or so or powder occasionally."

Men gradually lose their enthusiasm for "government control" when they find it costs more.

When a man gets too lazy to enjoy his vacation he obtains his salary under false pretenses.

Some people have faith in odd numbers—usually number one.

### ALLEN'S FOOT-EASE FOR THE FEET

Sprinkle one or two Allen's Foot-Ease powders in the Foot-Bath and soak and rub the feet. It takes the sting out of Corns and Bunions and Smarting, Aching feet. Then for lasting comfort, shake Allen's Foot-Ease into your shoes. It takes the friction from the shoe, rests the feet and makes walking a delight. Always use it for dancing parties and to break in new shoes. Over One Million Five Hundred Thousand Pounds of Powder for the Feet were used by our Army and Navy during the war. Trial package and a Foot-Ease Walking Doll sent post free. Address Allen's Foot-Ease, Le Roy, N. Y.

### MERCHANTS HOTELS and LUNCHROOM

230 Light St.—10 and 12 N. Liberty St. STEVENS BROS. Baltimore, Maryland

### DOG BOOK FREE

32 page book—how to keep your dog well—how to care for him when sick. Result of 35 years' experience with every known dog disease. Mailed FREE. Write today. Dept. 25. H. CLAY GLOVER, V. S. 125 West 7-13 St. New York

### PARKER'S HAIR BALSAM

Removes Dandruff, Stops Itchy Scalp, Restores Color and Beauty to Gray and Faded Hair. Cleanses, Conditions, and Brings It Back to Its Natural State. Always Chemical Works, Philadelphia, N. Y.

### Cuticura Soap SHAVES Without Mug

Cuticura Soap is the favorite for safety razor shaving.

### SAVE YOUR EYES!

Use Dr. Thompson's Brewster Eye as your drug store's. 1167 River, Troy, N. Y. Booklet.

### NEWEST WRINKLE THAT REMOVES WRINKLES, Price \$1.00, PANET SHOPPE

1925 North 17th Street, OMAHA, NEBR.

500 Up Weekly Composites: Selling Fruit, shrubbery, roses, etc., replace trees; prices low; experience unnecessary; greatly position. Keystone State Nurseries, Box 330, Pittsburgh, Pa.

## Female Purebreds Showing Increase

On Many Farms Scrubs Have Practically Disappeared From Flocks.

(Prepared by the United States Department of Agriculture.)

When farmers adopt purebred sires to head their herds and flocks it is not long before the percentage of purebred females increase notably. This encouraging tendency toward more rapid improvement of live stock has been brought about by the United States Department of Agriculture in the "Better Sires—Better Live Stock" campaign.

### Scrubs Disappear.

Of a total of more than 300,000 female animals listed by farmers who have agreed to keep nothing but purebred sires, more than 35 per cent are of pure breeding. On these farms scrubs have practically disappeared. For the larger animals the reports show that only 2.4 per cent of the females are scrubs, and, of course, the males are of pure blood, as that is the basis on which the farms are listed.

The poultry flocks owned by these farmers are particularly well bred, only 1.3 per cent of the female birds being listed as scrubs. More than 68 per cent of a total of 610,000 birds are entered on the list as standard bred. Among the herds of swine there are very few scrub sows—only 1.1 per cent. Nearly two thirds of them are purebred.

The federal-state effort to improve the live stock and poultry of the country has now brought in a membership campaign that represents nearly a million head of animals and poultry. Farmers who have become members have sent in interesting accounts of their experiences in improving their animals and their bank accounts. Other farmers who are taking part in the work are invited by the department to send in their individual experiences as well as those of community organizations, engaged in the improvement of live stock. Definite facts and figures should be included whenever possible.

## Cabbage Will Respond Nicely to Use of Lime

The gardener and orchardist is constantly surprised at the responsiveness of plant life. Some plants respond to one treatment and some another, but certain it is that the requirements of each kind of crop grown must be studied rather than to treat all alike.

In the study of fertilizer requirements by the Ohio experiment station both at Wooster and Marietta it is an outstanding fact that cabbage will respond markedly to the use of lime. Where one ton of ground limestone is applied to the land each year, and no other treatment is given there has been an average increase for eight years of 1 1/2 tons of cabbage. In contrast to this the tomatoes have given only a little over one-fourth ton increase. Likewise, when lime is used with either manure or chemicals the increase from lime is striking. It is a coincidence that lime is also a specific for club-root of cabbage and gives additional reason for applying it.

Spinach is another crop that will give a big return for the use of lime on an acid soil. The difference between limed and unlimed spinach is so great as to lead one to think heavy manuring or fertilizing was the cause.

## Angle of Campaign to Eradicate Tuberculosis

An important angle of the campaign to eradicate tuberculosis from cattle is shown by the figures on the occurrence of this disease in hogs. In 1922, one out of every seven pigs slaughtered under federal supervision showed lesions of tuberculosis. A good deal of the meat was considered fit for food, but more than \$2,000,000 worth was condemned. Hogs got the disease from cattle. Every herd of cattle that is cleaned up means the same improvement in the hog industry.

## Reduced Percentage of Hens Classed as Culls

The percentage of hens classed as culls—that is, not capable of producing enough eggs to pay for their feed—has been reduced in Idaho flocks from 55 per cent in 1919 to not exceeding 24 per cent in 1922, according to reports to the United States Department of Agriculture. This has been accomplished by culling campaigns carried on by agricultural extension workers, through which as much as possible of the unprofitable stock was eliminated from the flocks each year.

## Use Manure Economically to Get Largest Returns

Best evidence indicates that manure gives largest returns to the ton when applied thin once in each short rotation, or twice in a rotation of more than five years. Eight to ten tons to the acre in a three or four-year rotation, used with an average of 200 pounds of acid phosphate to the acre each year, give excellent returns. A manure spreader is said to be a time and labor saver, particularly in making light applications, and it tears up the manure so it is mixed more uniformly with the soil.

## Consumption of Milk Shows Big Increase

Nearly 103 Billion Pounds Was Made Use of in 1922.

(Prepared by the United States Department of Agriculture.)

Did you consume 945 pounds of whole milk in some form or other last year? According to the United States Department of Agriculture nearly 103 billion pounds of whole milk was used in 1922 in the production of butter, cheese, ice cream, milk chocolate and various other milk products, including 47 billion pounds consumed as milk. The quantity of whole milk used in 1921 was approximately 89 billion pounds, which includes 45 billion pounds consumed as milk.

Consumption of milk for household purposes increased from 49 gallons per capita in 1921 to 59 gallons in 1922, according to the department's figures. Consumption by city folks increased two gallons per capita, but lack of any increased consumption in rural communities pulled down the average increase for the country as a whole to one gallon.

A big increase in consumption of milk chocolate is shown, 100 million pounds of whole milk being used for this purpose in 1922 as compared with 40 million pounds in 1921.

The number of milk cows on farms January 1, 1923, is placed at 24,420,000 as compared with 24,082,000 cows on farms January 1, 1922. To the average of these two figures is added 1,250,000 cows in towns, making a total of 25,670,000 milk cows producing approximately 103 billion pounds of whole milk or an average production of 4,200 pounds per cow. Average production per cow in 1921 was 3,945 pounds.

## Fertilizers Should Not Be Used as Substitute

"Fertilizers should be employed in addition to and not in place of other good soil-management practices," says Prof. A. T. Wiancko of the Purdue experiment station. "Legumes in the rotation, the use of manure or other organic matter, drainage and liming where needed are all prerequisites to the most satisfactory use of fertilizers."

Results of a long-time experiment on a corn-wheat-clover rotation at the Purdue station illustrates this point. The treatment and results were as follows:

Plot 1—Limed 1912 and 1920, six tons manure on corn crop, 19.2 bushels wheat per acre.

Plot 2—Same as plot 1 with 200 pounds per acre acid phosphate on corn crop, 20.5 bushels wheat per acre.

Plot 3—Same as plot 2 with 200 pounds per acre 2-8-4 on wheat crop, 26.7 bushels wheat per acre.

The significant thing about these results is that in plot 3, the combination of a good rotation, legumes, lime and manure produced conditions resulting in large returns from the use of a suitable complete fertilizer. In other words, as shown by plot 1, the rotation, legumes, lime and manure produced a favorable condition but, compared to the others a small crop. The addition of complete fertilizer on plot 3 was all that was needed to push the crop into a new field of profits.

## Extensive Experiments With Apples for Swine

The Washington State college has found that cull apples are worth \$19 a ton as hog feed. Extensive experiments were conducted the past year. Pigs which weighed 94.8 pounds each at the start of the experiment gained in weight 66.1 pounds each, or an average of 1.38 pounds per day. Each pig was fed an average of 4.22 pounds of apples and 4.17 pounds of grain per day. It was found that the apples saved, per every 100 pounds of gain, 4.09 pounds of tankage, 31.7 pounds of millrun and 94.42 pounds of barley. To do this, 296.6 pounds of apples were fed. As the apples are bulky, containing little protein, it is necessary to include a little more tankage in the grain mixture.

## Important That Floors in Coops Are Kept Dry

If there are floors to the chicks' coops see that they are kept dry and clean. Take them out occasionally, scrape them and dust with dry earth, ashes or sand. If the coops have no bottom be sure they are moved often enough to always have the ground under them clean.

## Properly Fed Pig Gives Grunts of Satisfaction

Don't try to stop a pig from squealing by kicking him in the side. He is hungry and will continue to squeal until you give him something to eat. If you give him plenty of corn, clover and slops, he will turn his unpleasant song of hunger into a grunt of satisfaction.

## Silo Is Most Excellent Substitute for Pasture

The silo is the best known substitute for pasture, and where land is valued at more than \$100 per acre very few acres should be devoted to pasture, for this same land put into good corn and that put in the silo would produce six to seven times more feed than if it is left to pasture.

## Aspirin Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

- Colds • Headache
- Toothache • Lumbago
- Earache • Rheumatism
- Neuralgia • Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.—Advertisement.

## BURDEN FOR ANY STOMACH

No Wonder Dear Old Lady Was Horrified at Nephew's Peculiar Combination for Lunch.

Aunt Pauline is a dear old soul, but she doesn't understand a thing about golf. The other day her nephew returned from the local course, after a particularly rotten exhibition of golf.

"Did you have a good game?" asked Aunt Pauline, who always professes a kindly interest in what she terms her nephew's "eccentricity."

"No," was the reply. "The seventh tee was sloppy and all the greens were in a terrible state."

Aunt Pauline shuddered. "You mustn't lunch there any more, Gilbert. What a weird combination! And you know how easily you get indigestion." She shrugged her shoulders, thereby relieving herself of all responsibility. "I can understand how enjoyable a cup of tea and a sandwich must be after a game; but seven cups of tea and greens!" —Chicago Daily News.

Not everybody can be President but anybody can tell him how.

There is a vast difference between theoretical and practical religion.

## INSURANCE and building materials

PERMANENT types of construction naturally reduce insurance rates. But their real value is in the insurance they themselves give—insurance not only against fire, but against deterioration, upkeep and replacement expense.

Your building material dealer's experience is an insurance policy that costs you no premiums, but instead saves them. Follow his advice as to types of building and building materials.

### ATLAS PORTLAND CEMENT

"The Standard by which all other makes are measured"

## The Literal Husband.

Wife—Where's the chicken I told you to bring home?  
Husband—Nothing doing.  
Wife—Why not?  
Husband—You told me there'd be a lot of them, and for me not to take the first one they showed me—

Wife—Yes—  
Husband—Well, you told me to pick one for myself. And there wasn't one there that hadn't already been picked thoroughly.

Vaudevillianish.  
"What's worrying you, old man?"  
"I was just wondering how many legs you gotta pull off a centipede to make him limp."—Judge.

A men.  
"Every man should take a vacation away from his wife."  
"Try and get it!"—Judge.

Everyone is two-faced; one face when he is happy and another when he is unhappy.

"The ex-sultan used to win many mock battles." "He should have stuck to the line he was good in."

Some men boast that they can't be fooled twice in the same way, but there are lots of other ways.

## WANTED THAT FARM BUREAU

Swede's Complaint to the Department of Agriculture Put on File for Future Action.

The Estelline (S. D.) Journal prints the following:  
"A Swede in Minnesota took out a membership in the Farm Bureau. About three months afterwards the Department of Agriculture at Washington received a letter from him:

"I ban sign up for a farm bureau. Not received it as yet. School teacher she ban going to board at our house. My wife she want bureau for spare bedroom. Let me know how soon you will send it."

"He received the following letter.  
"Dear Sir:—Replying to yours of recent date. We have no bureaus in Washington that we can send out at the present time. However, Sidney Anderson of Minnesota is at work on an A No. 1 farm bloc, and as soon as he finishes it we will have it saved up, made into farm bureaus, and send one to you."

Quite So.  
Whining children and women are bad enough, but deliver us from the whining men.

A death a day keeps Safety away.

# OVER \$7500.00 to HOUSEWIVES for Recipes!

WE will buy not less than 101 Recipes or suggestions for new uses of Grape-Nuts, paying \$50.00 for each one accepted.

And in addition—  
Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an award of \$2500.00 for the best four of the 101 new Grape-Nuts Recipes, so purchased:

- \$1,000.00 for the 1st selection
- \$750.00 for the 2nd selection
- \$500.00 for the 3rd selection
- \$250.00 for the 4th selection

The conditions of this remarkable offer are so simple and fair that every housewife in the United States has an opportunity to share in its benefits.

## There Is No Other Food Like Grape-Nuts

Practically everybody knows Grape-Nuts as a delicious, nourishing breakfast food. And while it is common knowledge that Grape-Nuts with milk or cream is a complete food, many housewives do not know of the appetizing and economical dishes that can be prepared with Grape-Nuts.

Grape-Nuts lends itself, we believe, to more uses than any other cereal.

Thousands of women are finding varied uses for Grape-Nuts in their home cooking; and thousands of others would be glad to learn that

Grape-Nuts adds distinctive flavor and nutritive qualities to a great variety of dishes.

So the thought back of our offer of over \$7500.00 for Grape-Nuts Recipes is to bring out the new ways in which this wonderful food is adding to the health and pleasure of people everywhere.

Ask your grocer, or write to Dept. B, Postum Cereal Co., Inc., Battle Creek, Mich., for details of the offer of over \$7500.00 for New Grape-Nuts Recipes, which must be mailed by August 31, 1923.

Sold by Grocers everywhere!

### "There's a Reason"