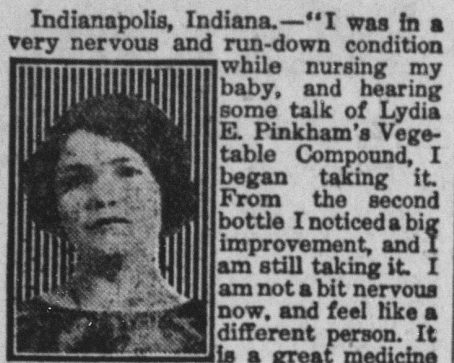


## NERVOUS, RUN-DOWN MOTHERS

Worn Out Caring for Children and Housework—See how Lydia E. Pinkham's Vegetable Compound Helps



Indianapolis, Indiana.—"I was in a very nervous and run-down condition while nursing my baby, and hearing some talk of Lydia E. Pinkham's Vegetable Compound, I began taking it. From the second bottle I noticed a big improvement, and I am still taking it. I am not a bit nervous now, and feel like a different person. It is a great medicine for any one in a nervous, run-down condition and I would be glad to give any one advice about taking it. I think there is no better medicine and give you permission to publish this letter."

—Mrs. ANNA SMITH, 541 W. Norwood Street, Indianapolis, Indiana.

The important thing about Lydia E. Pinkham's Vegetable Compound is that it does help women suffering from the ailments common to their sex.

If you are nervous and run-down and have pains in your lower parts and in your back, remember that the Vegetable Compound has relieved other women having the same symptoms. For sale by druggists everywhere.

**PARKER'S HAIR BALSAM**  
Removes Dandruff, Stops Itchy Falling, Restores Color and Beauty to Gray and Faded Hair.  
Solely at Druggists.  
Bottle 50c. 3 for \$1.50 at Druggists.  
New York, N. Y.

**HINDERCORNS** Removes Corns, Calluses, etc., stops all pain, ensures comfort. Makes walking easy. 50c. by mail or at Druggists. Chicago, Ill.

**INFLAMED EYES**  
Use Dr. Thompson's Eye-saver.  
107 at your druggist's or  
103 River, Troy, N. Y. Booklet.

**FROST PROOF Cabbage Plants**  
Early Jersey, Charleston Wakefield, Flat Dutch, Succession. Postpaid, 100, 50c; 200, 1.00; 500, \$1.50; 1000, \$2.50. Charges collect—at \$2.00 per 1000. Bermuda Onions, Lettuce, Collard, Kale, Brussels Sprouts, Beets, Kohl-Rabi plants same prices. Satisfaction guaranteed.

D. F. Jamison, Summerville, S. C.

**SALESMEN, We Have Openings for Responsible Agents**  
to handle our line of high-grade nursery products. Cash weekly commissions. Complete outfit. Write immediately for our proposition.

**W. T. HOOD & COMPANY**  
Old Dominion Nurseries  
RICHMOND, VIRGINIA

**FOR GOOD HEALTH USE W. H. Y.**  
Instead of tea or coffee. Pound bottle makes 480 cups instantaneous food beverages. Distribute by mail, \$1.00. Try it. G. F. HOPP, 1242 15th Street N. W., WASHINGTON, D. C.

**MILK FEVERS**  
Harmless compound cures at once. Money-back guarantee. \$1.00 postpaid. 250. HOBART, 3756 Buffalo Ave., Chicago, Ill.

**QUINSL CAPSULES—BEST REMEDY FOR influenza, grippe and colds. Relief within 24 hours. Postpaid 50c and \$1.00. WALDMANN BROS., 401 E. 57th St., NEW YORK CITY.**

A man isn't necessarily brilliant because he sits down and reflects occasionally.

**DEMAND "BAYER" ASPIRIN**  
Take Tablets Without Fear if You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

The woman whose face is her fortune is likely to go broke sooner or later.

**"CASCARETS" FOR LIVER AND BOWELS—10c A BOX**  
Cures Biliousness, Constipation, Sick Headache, Indigestion, Drug stores, Adv.

In most lives, how persistently nothing happens.

One Trial Will Convince You that Allcock's Plaster is by far the quickest, safest and most certain remedy for all local aches and pains.—Adv.

A mistletoe famine doesn't worry the girl who is pretty.

**Hall's Catarrh Medicine** will do what we claim for it—aid your system of Catarrh or Deafness caused by Catarrh.

Sold by druggists for over 40 years.

F. J. CHENEY & CO., Toledo, Ohio

**ITCH!**  
Money back without question if HUNT'S BALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 50c at druggists, or direct from A. E. Richards Medicine Co., Warren, Pa.

**CHERRY-GLYCERINE COMPOUND**  
FOR COUGHS, COLDS, BRONCHITIS AND THROAT AFFECTIONS FOR SALE BY ALL DEALERS PREPARED BY JAMES BAILY & SON, BALTIMORE, MD.

## Italian Seed Is Not Satisfactory

Has Resulted in Poor Crop or Failure in Nearly Every Trial.

Prepared by the United States Department of Agriculture.  
In October last, the United States Department of Agriculture called attention to the fact that the American red clover seed crop for 1923 appeared to be a short one and that therefore it was probable that considerable importations of foreign seed would be made. Present indications are that such importations will be heavy and from widely separated regions of production and therefore will include seed varying greatly in its adaptability to the climatic conditions of different portions of this country. This makes it important for the farmer to consider in the light of available information what kind of clover seed will be best for him to buy.

**Points Well Settled.**  
While the department has not yet accumulated sufficient information through its tests in co-operation with the state experiment stations to make possible a determination of the adaptability of red clover from all the foreign sources, the following points are regarded as fairly well settled:

1. Italian red clover seed is unsuitable for any part of the clover area except the Pacific Northwest. Italian seed has resulted in a poor crop or a failure in nearly every trial made by the department, both in its own tests and those made in co-operation with the state experiment stations except in the Pacific Northwest. How much Italian seed will be imported is not known and, unfortunately, it is not possible to tell how much Italian grown seed will be offered under some other name.

2. In the Central Northwest where winters are severe and the snow cover usually light, northern grown red clover seed only should be used. If that is not to be had, other domestic seed may be used, except that from Oregon, which produces a less hardy plant.

3. So far as trials have been made, the Chilean, French, and northern European seed has given good results in the Ohio and Mississippi valleys and in the North Atlantic coast states. However, where there is trouble from clover diseases, especially anthracnose, the foreign clovers are more likely to lose out on the second crop.

4. In Virginia and westward to Tennessee, where anthracnose is likely to be destructive, an effort should be made to develop local disease resistant strains. At present there is practically no such seed on the market. Under these circumstances seed grown in the eastern United States as near as possible to where the seed is to be used, or Chilean, or French seed sown in August rather than in the spring may be expected to give fair results. On suitable land a good crop of hay may be commonly expected even though a second cutting may not be secured.

5. In Oregon, Washington and Idaho all strains have done well, the place of origin of the seed seems to make little difference for these regions.

6. Buyers should insist on knowing the origin of the seed offered and seed should be purchased from firms or organizations of known integrity and responsibility.

**Use Only Domestic Seed.**  
7. It would probably be desirable for all American farmers to use only domestic red clover seed. That is at present impossible, however, and too great insistence on this might lead to an excessive increase in price together with the sale of much imported seed under domestic labels. Wherever imported seed of suitable kinds can be safely used, this course would seem advisable to follow rather than to reduce the acreage seeded because of difficulty in securing domestic seed.

### Reasons for Failure to Obtain Stand of Clover

There may be several reasons for the failure to get a good stand of sweet clover. The soil may be slightly acid, the seed bed may have been too loose, the soil may not have been inoculated properly, and some of the seed may not have germinated yet. Sweet clover contains from 10 to 80 per cent of hard seed, which does not germinate until it has lain in the soil for considerable time. If scarified seed is used this particular trouble may be avoided.

It is not necessary to work the land again if the seed is to be sowed in February; it will be sufficiently covered by the alternate freezing and thawing. Sow about 15 pounds of seed to the acre.

Winter seedings will often produce one good cutting the first year and two the second. The first cutting should not be made until the crown buds begin to appear on top of the roots. The cuttings of the second year should be made just before the bloom buds appear.

### Planting Cherry Trees Is Best in the Spring

The northern section, such as northern Wisconsin, believes it is best to buy cherry trees in the fall, bury them in the ground and after the ground is frozen cover it with straw, leaves or similar material. Such trees when planted in the spring seem to do better than trees which come direct from the nursery in either the fall or spring.

## Making and Storing Ice for Summer Use

Method of Freezing in Cans or Paper Bags Outlined.

(Prepared by the United States Department of Agriculture.)  
Furnishing the average farm with a sufficient supply of ice for use in the house and the dairy is a problem of considerable concern in many localities, especially where there are no ponds or streams from which a natural supply can be secured. A method of freezing ice in metal cans or special paper bags may be used, says the United States Department of Agriculture, in regions where cold weather prevails for several weeks at a time and where the supply of pure water is limited.

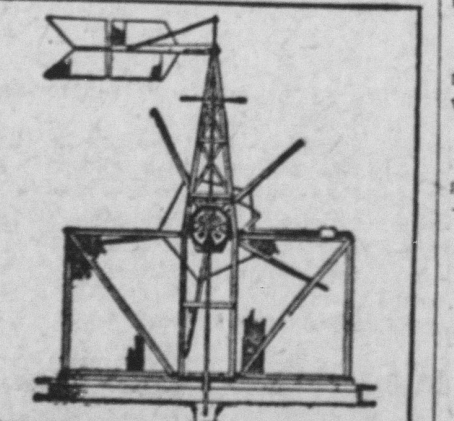
The cans may be made in any convenient size by a local tinsmith and should be of galvanized iron reinforced at top and bottom with iron strips. The bottom is made slightly smaller than the top to make the removal of the ice easier. The cans are placed near the well or other source of water supply, filled with water and left exposed to the weather. A shell of ice soon freezes around the inner surface, and when this shell is from 1 1/2 to 2 inches thick, hot water is poured over the outside of the can and the shell removed. If left to freeze solid the cake would tend to burst or bulge. After the shell is removed from the can a hole is broken through at the top of the shell and most of the water inside then poured out. As the freezing progresses, water is poured into the shell a little at a time until a solid block of ice is produced. By this method only a few cans are required, usually enough to complete the freezing of one or two layers for the ice house at a time.

About the same method is employed when special paper bags are used, although they do not last so long as the cans. Another method that can be used in very cold sections of the United States is to run water into the ice house and let a layer freeze. This is done by first constructing a dam of snow around the floor of the house 10 or 12 inches from the wall in order to allow sawdust insulation next to the walls. The interior of the house is then flooded with a few inches of water, which soon freezes, the procedure being repeated until the house is filled with ice. It is then covered with sawdust and closed up until ice is needed. A great disadvantage of this method is that in order to remove ice, it must be cut or chopped out with an ax, which results in uneven and irregular pieces and considerable waste of ice.

### New Invention Provides Adjustment on Windmill

The Scientific American in illustrating and describing an attachment for a windmill, the invention of L. F. Willman, Muleshoe, Texas, says:

The invention especially relates to windmills adapted for use in operating wells. An important object is to provide a windmill having means whereby the same is positioned with relation to the wind and whereby the same may be thrown out of gear during a storm or high wind. A further object is to provide a windmill having a pair of wooden or metal wheels which by a novel arrangement are operatively connected to a pitman rod or drive shaft.



Windmill Provided With Means for Self-Adjustment to the Wind.

vide a windmill having means whereby the same is positioned with relation to the wind and whereby the same may be thrown out of gear during a storm or high wind. A further object is to provide a windmill having a pair of wooden or metal wheels which by a novel arrangement are operatively connected to a pitman rod or drive shaft.

### Sweet Soil Is Necessary for Many Garden Crops

Your garden may not be acid, but if it has been kept pretty rich the chances are it is. When manure and green crops are plowed under they decay and make for acidity, and no soil is at its best for most crops when in this condition. Some crops do not object so much as others, but for a general high-producing soil it is necessary to keep it sweet. There is little danger of getting it too full of lime, and as lime will help to make all fertilizers produce better results, when using them it is advisable to first lime the soil. Lime and fertilizers should not be applied together, for the lime will often cause a loss of plant food by hasty chemical action.

### Skim Milk Valuable for Feeding Young Animals

Skim milk is very much more for feeding to pigs and calves than to dairy cows, but when a surplus is at hand it is all right to use it. At the Connecticut station, when separator skim-milk was offered to the old cows, only four would drink it, even though water was withheld for forty-eight hours and grain was mixed with the milk. With the four cows, skim milk was substituted for concentrates in the ration at the rate of eight pounds of milk for one of concentrates. This substitution caused an increase in the yield of milk.

## GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing stimulating tonic—not sticky or greasy! Any drug store.—Advertisement.



**Afraid of It**  
She—Do you believe in woman's intuition?  
He—No, but I'm afraid of it.—Town Topics.

**WOMEN CAN DYE ANY GARMENT, DRAPERY**  
Dye or Tint Worn, Faded Things New for 15 Cents.

## Diamond Dyes

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.—Advertisement.

Even a lazy man will hurry when a train stops ten minutes for refreshments.

**A Lady of Distinction**  
Is recognized by the delicate, fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

The apple was raw, therefore Adam didn't get a chance to attribute the result to Eve's cooking.

**"DANDELION BUTTER COLOR"**  
A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

The man who never boasts of what he is going to do has fewer excuses to make.

**Nothing Better for Constipation**  
than one or two Brandreth Pills at bed time. They cleanse the system, purify the blood and keep you well.—Adv.

Lamb with green peas suits some men, but the bucket shop prefers lamb with greenbacks.

There is no better looking-glass than an old friend.

## Demand BAYER ASPIRIN

SAY "BAYER" when you buy—Genuine  
Proved safe by millions and prescribed by physicians for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

**Genuine** Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monacochemische Werke, Elberfeld, Germany.

**Nothing More**  
Nurse—"Bobbie, you shouldn't tease your little sister." Bobbie—"I'm not. I'm just amusing myself."—Life.

There is many a true tale told in jest.  
Mexicans eat salt with oranges.

## CHILDREN CRY FOR FLETCHER'S CASTORIA



**MOTHER**—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

**Two pleasant ways to relieve a cough**

Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

**SMITH BROTHERS**  
S.B. COUGH DROPS MENTHOL  
Famous since 1847

## Most headaches due to lack of internal cleanliness

WHEN you are constipated, poisons form in the accumulated food waste. These poisons, absorbed by the blood, are carried throughout the body. Headaches follow. Biliousness, sleepless nights, lack of energy, all result from constipation. Each of these takes away piecemeal something of your health and strength. In time, intestinal poisoning due to lack of internal cleanliness may cause the breakdown of some vital organ.

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

**Physicians Favor Lubrication**  
Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water it is harmless.

Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.

**Nujol**  
REG. U.S. PAT. OFF.  
For Internal Cleanliness

*Regular as Clockwork*