

# 30 Days' Free Trial Offer 12 Months to Pay



## An Amazing Free Trial Offer

A plan has just been formulated whereby American farmers can try out on their farms the very latest model of the great SHARPLES Separator plant. This free trial plan, in the fewest words, is this:

You simply ask us to loan you a SHARPLES Allsteel Cream Separator for a free trial. You send no money and make no deposits. This SHARPLES Allsteel Separator will be sent to your express office, all charges prepaid. You try it for thirty days and we await your decision. The SHARPLES Allsteel Cream Separator that will be sent you is the last work of our Separator engineers and experts. It is of all-steel construction—sturdy and strong. It has a capacity of over six hundred (600) pounds of milk per hour; has the famous Tubular Suspended Bowl, Automatic Variable Feed at Any Speed; is distinguished for its advanced and modern construction features; for its compact, handsome appearance and for its phenomenal separating capacity, and the ease of turning it is almost unbelievable.

### Big Allowance Given on Old Separators

Send immediately for the details of this free trial offer and the twelve-months-to-pay plan.

**THE SHARPLES SEPARATOR COMPANY**  
West Chester, Pa.

If a man is busy enough, he sometimes forgets to be sick. Why thank heaven for your dinner and then scold the cook?  
Superstition is just another way of upsetting peace of mind. A man that is lean, not from hunger, is harder than brass.

## HOME HINTS AND DIET

By INEZ SEARLES WILLSON  
(© 1924, Western Newspaper Union.)

### DIGESTIBILITY OF CHEESE

Is cheese as indigestible as it is ordinarily credited with being? Experiments carried on by the Department of Agriculture in co-operation with the Bureau of Animal Husbandry seem to show that this is not the case. These experiments were conducted with young men as subjects. They were given a diet consisting of bread, American cheese and fruit. The results proved that over 90 per cent of the protein was digested and that 90 per cent of the energy was available and there were no evidences of digestive difficulties.

The digestion of the protein of cheese takes place in the intestine rather than in the stomach and this may be the cause of the general opinion that cheese is a "heavy" food.

There is a large amount of fat present in cheese and it forms a coating around the protein. This makes it difficult for the digestive juices to reach the protein and thus the digestive processes in the stomach are retarded.

Distress, due to eating cheese, has been attributed to the presence of free fatty acids which are produced during the ripening process. The same condition may be brought about by cooking cheese at a temperature so high that the fat is decomposed and fatty acids freed.

Further experiments, in which the energy required to digest cheese was measured, prove that the same amount of meat is assimilated no more easily.

In order to lessen the length of time that cheese remains in the stomach, it should be taken in as finely a divided state as possible. Careful chewing will help. The practice of eating crackers with cheese, especially soft cheese, is a great aid in separating the particles. Hard cheese is more readily reduced to small pieces. Melting cheese and mixing it with other foods is the very best way of making it possible for the digestive juices to reach the protein.

The use of baking soda and other like alkalis has been recommended for making the cheese more digestible in that it renders the protein soluble. Experiment does not bear out this claim. The alkali does neutralize the fatty acids which may or may not be an advantage as it affects the flavor of the cheese.

Many experiments have been conducted to prove the value of cheese as a food. The results have been very satisfactory. Not only is it a highly nutritive food, but it is in a form which can be assimilated by the body without the expenditure of undue energy. It does not cause digestive disturbances. It may be combined in numberless ways with other foods to make attractive and palatable dishes in which both fat and protein are furnished in an economical form.

### INFLUENCE OF PUBLIC EVENTS ON FASHIONS

The present craze for oriental colors and designs which is sweeping the country, is more or less a direct outgrowth of the interest centered in Egypt due to the successful archaeological expeditions being conducted there.

The eyes of the world are turned toward those ancient tombs which are yielding their secrets of long gone days. The success of the explorers is a triumph in which the whole world wants to share.

The designers and manufacturers of textile fabrics are expressing their interest by bringing forth a bewildering array of materials, oriental in color and design.

The dress designers are creating costumes which they know or think to be Egyptian in line and feeling.

The merchant is filling his shop with these costumes and his shelves overflow with a riot of color and design.

The jeweler and the bootmaker will make their wares in keeping with the rest of the costume, as will the manufacturer of every dress accessory known to woman.

The feminine world will array itself in a coat of many colors and fashion's decree will be executed.

Surely King Tut in all his glory was never more magnificent than he is now in memory.

Strange that a king of a dead and gone civilization should be the arbiter of fashions thousands of years after his time? Not so strange at that. Public events have always made their impression on the fashions of the day.

In olden times when coats of mail were part of man's war equipment, the clothes were tight fitting, so that the coat of mail could be worn over them. The women's clothes were a reflection of the men's. In times of peace they were apt to be loose and flowing. The military feeling was present in the styles of 1914-1918.

We never go through a presidential election without featuring a new color, the favorite of the first lady of the land. Not so long ago our shop windows were filled with "Mrs. Harding blue." "Alice blue" will be remembered as the favorite color of President Roosevelt's daughter.

Kings and queens and others who occupy a prominent place in the world's affairs will always wave the fashions of their little hour.

### WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and 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. Pain in the back, headache, loss of ambition, nervousness are oftentimes symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation, send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing, be sure and mention this paper.—Advertisement.

#### Solving the Problem

What ails the world? Ask yourself, what ails you? Then you're on the right track of the problem.

## STAYING HOME FROM WORK MEANS MONEY LOST

### Many Women Know This by Experience

#### Let Lydia E. Pinkham's Vegetable Compound Help You As It Helped These Women

##### Mrs. McDole's Experience

Ludington, Michigan.—"I suffered every month and was very irregular, had headaches all the time, was thin and pale, with no appetite. I had taken all kinds of medicines, and every doctor told me I would have to face an operation before I would be well again. I was doing factory work, and I had to stay at home so much that I was getting discouraged. My mother advised me to try Lydia E. Pinkham's Vegetable Compound, and I did so with good results. I am now feeling fine. I have advised all my girl friends, who have such troubles as I had, to take your wonderful medicine."—Mrs. THRESEA MCDOLE, 426 S. Rath Ave., Ludington, Mich.

Los Angeles, California.—"I was in such a condition that I was scarcely able to walk, even to do my housework. I had no energy, was depressed and often wished to die. I am a chef, but was totally unable to do any cooking. A friend recommended Lydia E. Pinkham's Vegetable Compound and I have taken it with success. After the fourth bottle I felt much better, and after the tenth I never felt better in my life, as it resulted in a complete recovery. I certainly recommend it to all I hear complaining and you can use this letter as a testimonial."—Mrs. MARY SULLIVAN, 923 E. 46th Street, Los Angeles, California.

##### All Start With Gas

Difficult Customer—"I can't remember the name of the car I want—I think it starts with 'T.'" "Exasperated Salesman—"Madam, all our cars start with gasoline."—London Passing Show.

Smarting, scalding, sticky eyes relieved by morning if Roman Eye Balm is used when retiring. 372 Pearl St., N. Y. Adv.

##### Lays Millions of Eggs

A starfish may lay 300,000,000 eggs, and, but for their enemies, which preserve the balance, these creatures would fill the world's seas in one year.

## CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

##### Uses Black Sheets

One London society woman recently bereft of her husband carries her observance of mourning to the extent of sleeping in black silk sheets. Man is a slave to the almighty dollar, but woman is doing everything she can to rescue him from slavery.

To Have a Clear, Sweet Skin Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

##### Too Personal

First Counsel—Your lordship, I am opposed by an unmitigated scoundrel. Second Counsel—My learned friend is such a notorious liar— Judge (sharply)—The counsel will study confine their remarks to such matters as are in dispute.

## "IF ANYONE WANTS TO KNOW ABOUT TANLAC LET THEM SEE ME"

#### Says Joseph Baker of Memphis in Praising World's Greatest Tonic—Tells of Recovery

"If anybody wants to find out about Tanlac, just let them see me," is the hearty suggestion of Joseph H. Baker, 550 North Third St., Memphis, Tenn. Mr. Baker went overseas with the famous Thirtieth Division during the World War and participated in the St. Mihiel, Valley of the Argonne and Argonne drives, having been cited for bravery in action in the Argonne. He is now a popular member of the Memphis Fire Department.

"When I came back from over there," said he, "I was in a mighty bad fix. I had been gassed and after getting home I got down with pneumonia. This left me 'all in,' without appetite, down in weight, liver out of fix, and suffering from constipation, biliousness and headaches without end. Tanlac put me to eating as never before, shot my weight up fifteen pounds and made a strong, well man of me—and I feel fine even to this day. I can't say enough for Tanlac." Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take Tanlac Vegetable Pills.

### Attention! Homeseekers

Low round trip fares, five or more on one ticket, from Washington, D. C., TO THE SOUTH. Tickets sold on first and third Tuesday of each month, April 1 until December 2, 1924, inclusive. Returns limit 21 days. Splendid opportunities for money-making orchards, dairy, truck and general farms at low cost. Home and factory sites. Long crop seasons. Short, mild winters. Good crops. Write: J. C. WILLIAMS, Manager, Development Service, Washington, D. C. SOUTHERN RAILWAY SYSTEM.

#### FARMERS—SEND FOR MY DESCRIPTIVE PRICE LIST, IT WILL INTEREST YOU

P. H. FUNK, ROYERSFORD, PA. Phone 254.

### TOMATO PLANTS

Early, Dwarf, Red Root, Bonita Best, Pearl Pearl, 10c; Red, 15c; 50c; 1.00; 2.00. Four varieties of Loblago, two of Lettuce, three of Cabbages, Brussels Sprouts, Beet, Kohlrabi plants, same price. Pepper, plants, Holly King, Peas, etc. Egg plants: New York Improved, 1c; 2c; 3c; 4c; 5c; 6c; 7c; 8c; 9c; 10c. F. O. B. Summerville—100 for \$1.00, 250 for \$2.00, 500 for \$3.00, 1000 for \$5.00. D. F. JAMISON, SUMMERVILLE, S. C.

### Have an Excellent Opportunity

To offer either lady or gentleman to handle our line of food products. Full or spare time can be devoted to the work. Legitimate, profitable and permanent position. Our products are well known and used daily by thousands of families. Address: H. H. NICHOLSON, CO., 111 Gay Street, Baltimore, Md.

### BABY CHICKS

PREFERRED STOCK  
100 per cent Guaranteed Delivery  
10c per chick in advance, \$1.00 per dozen in advance.  
S. C. Brown Leghorns, Top-Notched Hens, \$1.00; \$2.00; \$3.00.  
S. C. Brown Leghorns, Run-by Stock, \$1.00; \$2.00; \$3.00.  
White Leghorns, Run-by Stock, \$1.00; \$2.00; \$3.00.  
Sage T. Crows, 2500 Hens, \$1.00. Richmond, Virginia.

### PARKER'S HAIR BALSAM

Removes Dandruff—Itchiness—Itching—Restores Color and Beauty to Gray and Faded Hair. Also \$1.00 at Druggists. Direct from J. H. Parker, N. Y.

### HINDERCOIN'S

Removes Corns, Calluses, etc., stops all pain, restores comfort to the feet. Instantly walking easy. See by mail or at Hindercoin's, Chicago Chemical Works, Fairbury, Ill.

### Just for a Change

For variation's sake, will the painter who has portrayed a flock of sheep so many thousand times, please offer goats?

## CHILDREN CRY FOR



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 J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.



## HOME

How much will you pay for safety, for permanence, for comfort? Portland Cement, the material making this possible, is the cheapest of all products undergoing a complete process of manufacture.

A permanent, fire-safe home can be built for from 2% to 5% more than one of impermanent materials. The protection of your investment, the safety of your loved ones, can be assured for a ridiculously small outlay. And such a home is warmer in winter, cooler in summer, and more sanitary the year 'round.

Ask your building material dealer for facts and figures on such construction. Your contractor will also tell you that it is more rapid, as well as safer, than temporary building.

## ATLAS PORTLAND CEMENT

# MONARCH



## QUALITY for 70 years

When you've once tried Monarch, the coffee question will be settled forever. The high quality that never varies and the remarkably low price form a combination attained in no other coffee. Order a supply today from your Regular Retail Grocer.

GROCERS: Monarch Coffee, Catsup, Sweet Pickles, Condiments, Fruits, Vegetables and all products of our kitchens are sold only by Regular Retail Grocers who own and operate their own stores. WE NEVER SELL TO CHAIN STORES. REID, MURDOCH & CO., Manufacturers and Importers, Established 1852. CHICAGO PITTSBURGH NEW YORK BOSTON (Successors to Wm. M. Flanders Co.)

Cocoa	Pork and Beans	Loganberries	Tomatoes
Tea	Peanut Butter	Red Raspberries	Pears
Sweet Pickles	Prepared Mustard	Strawberries	Honey
Sweet Ketchup	Grape Juice	Blackberries	Pumpkin
Catsup	Fruit Salad	Cherries	Stringless Beans
Chili Sauce	Phonopop	Beets	Sweet Potatoes
Tomatoes	Cling Peaches	Red Kidney Beans	Sweet Cream
Mince Meat	Apples	Lima Beans	Spinach
Applesauce Dressing	Apricots	Asparagus Tips	Salmon
1000 Island Dressing	Pears	Corn	Milk

### MOTHS



It kills them! Bee Brand Insect Powder won't stain or harm anything except insects. Household use, 15c and \$1.25 at your druggist or grocer. McCormick & Co., Baltimore, Md.

KEEP EYES WELL! Dr. Thompson's Eye Water will strengthen them. At druggists or 1311 Myer, 2707, N. E. Booklet.

JUST RIGHT FOR COUNTRY HOME New station, 3 acres good land, on stone road and trolley, village 3, city 4 miles. JUSTIS, NEWPORT, DEL.

### Always the Same

Every time there is a business boom, people say hard times will never come again.

One 50-cent bottle of Dr. Peery's "Dead Shot" will save money, time, anxiety and health. One dose expels Worms or Tapeworm. 372 Pearl St., N. Y. Adv.

### No Excuse for Lazing

Bread is the staff of life, but that fact doesn't justify a man in making his life one continuous loaf.



Cuticura Soap and Ointment. Keep the Scalp Clean and Healthy. Promotes Hair Growth.