

REMARKABLE RECOVERY OF MRS. SPINK

Gives Lydia E. Pinkham's Vegetable Compound Full Credit

Minn. June, Wis.—"I was under treatment, but nothing seemed to help me, and I was run-down and so weak that I had to remain in bed much of the time and was like an invalid. I had pains in my abdomen and in the female organs, and my stomach bothered me. My husband saw Lydia E. Pinkham's Vegetable Compound advertised, thought it must be good, and brought it home to me and advised me to try it. After taking one bottle I was able to eat, and after six bottles I was doing my own work, which I hadn't been able to do for years. I have a new baby who is doing nicely, and I am still taking the Vegetable Compound and feeling better than I have for four years. The medicine is surely wonderful and a good thing to have in the house."—Mrs. GEORGE SPINK, Minnesota Junction, Wisconsin.

A country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound reports 98 per cent. benefited. For sale by druggists everywhere.

That Explains It

Tramp—You wouldn't believe it, sir, but I carry my life in my hands. Unkind Man—Ha! Now I know why you don't wash them—afraid you'll drown, eh?

Sure Relief FOR INDIGESTION



It's a wise flapper who doesn't neglect the education of her parents.

Lots of folks are pleasant to talk to but disagreeable to listen to.



haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.



correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.



Germination of Alfalfa Seeds

There Are Present in All Lots Two Types of Kernels: Hard and Soft.

The germination of alfalfa seeds shows that there are present in practically all lots two types of live seeds. The first type absorbs water and germinates readily in a few days; the other type has a hard seed coat which prevents immediate absorption of water and hence delays germination. These hard seed coats gradually soften and permit germination. Tests continued over a long period of time in the Colorado seed laboratory show that practically one-half of the hard seeds germinate in three months and practically all of them in six months when kept under ideal conditions for germination in an incubator.

There has been carried on and is now being continued much investigational work in an effort to find the causes of the hard seed coat and the agricultural value of such seeds. The most comprehensive piece of work which has been completed at the present time seems to show that it is reasonable to regard approximately one-third of the hard seeds reported at the end of six days as properly belonging to the germination per cent. This is based on actual field work.

There is some reason to believe that methods of threshing alfalfa seed reduce the hard seed per cent, since seed harvested by hand this fall and tested in the laboratory has 65 per cent of hard seed while machine threshed seed from the same vicinity has approximately 20 per cent of hard seed.

It is characteristic of alfalfa seed imported from Turkestan to have practically no hard seeds, those imported from Europe to have a comparatively small per cent, while seeds imported from South America and Africa vary much as do those grown in North America.

A lot of seed containing a high per cent of live seed, even though some of them are hard seeds, is superior to a lot having the same germination but no hard seed.—Anna M. Lute, Colorado Seed Laboratory, Colorado Agricultural College.

Lack of Ventilation Is Quite Harmful to Bees

Carefully examine all of your bee hives, says E. S. Provost, extension bee specialist at Clemson college, in discussing summer care of hives, and see if there is room. If there is not room, put on a super with full sheets of foundation; and if they don't need an extra super, prop the hive up at the four corners with blocks about a half-inch thick. This will give a door all the way round and will let the air circulate in the hive much more freely. When bees are hanging out on the front of the hive they are doing nothing but loafing, but if you can get them into the hive they will help evaporate the water out of the honey.

If the hive is in the sun all day, it is a good idea to make a shade board. This may be done by taking rough planks which are a little longer than the hive and leaning them on top of the hive so that they will break off the sun.

Destroying Grasshoppers

The use of poison bran mash is the most effective and practical method for destroying grasshoppers. This bran mash is composed of twenty pounds of bran, one pound of white arsenic, two quarts of sirup, three oranges and three and one-half gallons of water. The bran and arsenic are mixed together while dry. The other ingredients are mixed together and when ready to use in the field the two mixtures are united and thoroughly stirred. This poison bran mash is sown broadcast over the area where the hoppers are bad, the above formula being sufficient for about five acres.

Why Butter Is Washed

Washing the butter has for its object the removal from the butter of as much of the buttermilk as possible. The churn should be stopped when the butter granules are the size of wheat kernels. The buttermilk is then drawn off and the butter washed with an equal quantity of clear water at the same temperature as the buttermilk. The churn is revolved eight or ten times with the wash water and the water drained. The washing should be repeated.

Pasturing Sweet Clover

Sweet clover may be safely pastured in its second season from two to three weeks earlier than any other of the common pasture plants. It will carry a tremendous burden—more than any other of our pasture plants. There is more danger of not keeping enough stock on it than overpasturing it. In its first season it will carry 2,000 pounds live weight to the acre and will, of course, carry much more the second.

Inoculation of Alfalfa

To inoculate alfalfa after it is sown use soil that carries the bacteria. This you can get from an old alfalfa or sweet clover field. The soil must not be exposed to the sunlight much, as this kills the bacteria. It is best to apply the soil on a cloudy day and harrow it in at once. It is hardly safe to harrow alfalfa too soon after it is sown.

Give Chicks Proper Care During Summer

Prevent Overheating by Exposure to Sun's Rays.

In extremely hot weather special care is necessary to prevent chicks from being overheated by exposure to the sun, confinement where ventilation is bad, or overcrowding.

Skin milk, either sweet or sour, and buttermilk are especially valuable feed in hot weather, making the diet lighter without reducing its nutritive value. The milk should be fed in a drinking fountain or in a dish covered with wire netting so that the chicks cannot get into it and become soiled with milk. The use of milk does not do away with the use of water, which should be given as usual.

Some hens are loafers and can be found and removed from the floor by culling. This practice eliminates hens of low vigor and lessens chances of disease outbreak. Removal of the poor producers allows more room for the better producers and for the pullets. Often more eggs can be secured from flocks, better fed and housed.

Culling the hens for egg production should be done during the period from July 15 to October 1. Culling either too early or too late greatly increases the likelihood of discarding heavy producers temporarily out of production. Normally, there is a good market for live poultry about September 1, with a declining in price from that time until after the holidays.

Poisonous Mixture Will Eradicate Potato Bugs

Do not overlook the combating of the potato bug. The young potato bugs are the ones that do the greatest amount of injury in the average potato patch and if properly handled their injury may be easily prevented. An easy and practical method of poisoning them is to dust them with an arsenic dust.

Take one part of powdered arsenate of lead and ten to twelve parts of air slaked or hydrated lime and mix together thoroughly. In case the lime appears to be a little lumpy, it should be run through a wire screen such as is usually found on windows and doors. It is very seldom that a piece of such wire cannot be found around home.

Make a sack of about six or eight inches wide and a foot deep out of a piece of cheese cloth or any other thin material that is available and place the lime and arsenate of lead, which has been mixed, in the sack and dust it on the plants early in the morning while the dew is on.

One timely application should practically rid the patch of the pests. Watch the plants carefully and if a second application is necessary, apply the same.—By D. C. Mooring, Extension Horticulturist, A. and M. College.

Better Methods in Live Stock Shown by Juniors

More than \$3,991,600 worth of live stock were fed and cared for in 1923 by farm boys and girls who, as members of 4-H clubs conducted by agricultural extension workers were demonstrating the best-known methods of live stock management for their own and their neighbors' benefit. These young farmers, according to reports to the United States Department of Agriculture, lacked but 1 per cent of carrying as many demonstrations of improved methods in live stock work to completion as senior farmers completed during the year.

Clipping Kills Alfalfa

About as many stands of spring-sown alfalfa are killed by too frequent clipping during the first summer as are choked out by weeds. Do not clip back young alfalfa unless it is absolutely necessary. The young plants need to make the greatest possible leaf development in order to store up a reserve supply of plant food for future use. This is impossible when they are cut back at frequent intervals.

FARM NOTES

Files also eat up dairy profits.

Good hogs and good dairy cows make a good combination.

Some men are as successful at dodging work as others at making it for themselves.

Oh, it's not hard to get up in the morning if there is a flourishing garden calling you.

Cats can move very quietly and quickly. That is why they are so successful in destroying birds.

Cure legume hay without rain, yet with the least sun possible. Hay caps furnish the answer. Ask the county agricultural agent about the hay harvest weather forecasts.

Experience of the older growers of alfalfa is practically unanimous in the assertion that alfalfa will stand more rain and still make good hay than will either timothy or clover.

A good farm garden can be made a source of wealth and health. It takes a little perspiration to get it started, but after that it will almost take care of itself—barring weeds.

Mother Seal Brings Up Family Strictly

Maternal discipline is as pronounced among the seal families as among human beings, according to men who have spent many years along the shores of Cook Inlet, Alaska, and have studied aquatic life there.

From the time a baby seal is laid snugly within a bed of dry seaweed until he receives a final spanking and is directed to hustle for himself, he is subjected to unrelenting discipline. Contrary to popular belief, a baby seal is as helpless in the water at birth as a human baby would be. It must be taught to swim and instructed in all the lore of seal life, including how to hunt food and escape its enemies.

Charles Coach, who has made hair seal hunting a business for years, says he has watched a mother seal teaching her baby to swim. The mother would flounder out on the rocky shore, gather the baby under her flipper and slip carefully into the water. Suspending the baby on her flipper, she would bark, grunt, whine and wheedle to indicate what was desired. If the baby refused to perform, it was effectively spanked with the mother's flipper. The young seal gradually learns to swim by floundering a few strokes at a time, with the mother snatching it from danger every time it becomes exhausted or starts to sink.

Some of the beachcombers adopt baby seals as pets. They become as faithful as dogs and, if one decides to banish them, are as hard to get rid of as cats. An instance was cited where a baby seal was taken out to sea in the hope that it would reunite with its herd. About midnight there was a plaintive wail at the cabin door. Like the traditional cat, the seal had come back. He howled until he was admitted to the family circle and fed a piece of fish.

Stockings in History

The antecedents of present-day stockings were first worn by men, says the Detroit News. The early Anglo-Saxon stockings were known as "scin" hose and were a mark of wealth and station. They were made of leather and wrapped around the leg like a bandage. King Canute wore stockings reaching to his knees and striped horizontally in two colors. The introducer of what has become the modern sock was King Robert, while King Edgar ensnathed his legs with garters of gold. The Norman conquest, however, brought a return to the cross gartering, and William the Conqueror's hose were of red leather over which there was a cross gartering of blue with gold tassels.

The dandies of France under Charles the Wise wore stockings of different colors on each leg. Black and yellow, green and purple, and green and yellow were some of the combinations they affected. The fashion of embroidering stockings with colored silks came in with Edward I, and long hose became the vogue in the fourteenth century. Queen Philippa, consort of Edward III, had stockings of seven different colors. It was during the reign of this couple that the circular garter came into use. Under Cromwell the gay colors and embroidered hose were replaced by sober black and brown, but it was not long before the bright hues returned. Then, with long trousers for men, came socks, and silk-embroidered stockings took their places chiefly as intimate associates of women.

Seasickness

"New York doctors," says the St. Louis Star, "express themselves as unimpressed with the much-heralded 'oxygen cure' for seasickness. They say seasickness is here to stay; that there is no cure except to stay ashore."

"And not always is one immune if one stays ashore. There are those who become seasick through swinging in hammocks, in a rocking chair, and even from riding on street cars that swing sharply around curves. For these the pronouncement of doctors comes as a real blow. Their sad experience must be undergone again when they travel abroad. They must still get their thrills of a sea voyage from books, and through anticipation of the delights that await them when they disembark at the end of the journey."

His Reception

"I went to Lum Lagg's house last night," related young Dodd Durnitt, a swain of Slippery Slap, "and Miss Lobella, his daughter, came to the door with a shotgun in her hands. I took one look and tore out, and she fired a couple of shots at me as I was spitting the wind away from there, but didn't hit me."

"What in tunked do you reckon made her do that-a-way?" asked an acquaintance.

"Well, I went there to tell her that they had arrested her dad for running a still, but I reckon she must a-figured from my looks that I aimed to ask her to marry me, or something of the sort."—Kansas City Star.

Round-House

The minister and his wife were on their first pastoral call of the season. The home happened to be that of a woman who was seldom seen at church.

The minister's wife, desirous of creating a good impression, opened a conversation by asking: "You get your children up to Sunday school in time, don't you?"

"Land sakes, woman," was the reply. "I've got 13 chilluns, an' by the time I've got de last un ready de fast an's comin' home agin."

PROFESSIONAL NURSE SAYS TANLAC HAS NO EQUAL

By reason of the fact that she speaks from her long experience as a professional nurse, the statement of Mrs. J. Clark of 415 Walsworth avenue, Oakland, Calif., will be of interest to all who are in need of an uplifting tonic.

"In all my fifteen years' experience as a trained nurse," says Mrs. Clark's statement, "I never found the equal of Tanlac as a stomach medicine and tonic. Two years ago an attack of influenza left me without appetite and my stomach in such a bad fix that the little I did eat seemed to do me harm instead of good.

"Stomach pains would make me so weak I would feel right faint. The least exertion would completely ex-

haust me and six months before taking Tanlac I was so weak I had to hire my housework done. I was in bed most of the time for two months and was getting desperate.

"Tanlac was more than a match for my troubles and eight bottles left me feeling fine. I eat and sleep like a child and have energy and strength that makes life a pleasure. Tanlac is simply grand."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Tanlac Vegetable Pills, for constipation—made and recommended by the manufacturers of Tanlac.

A Misnomer
She—Did you notice Ethel's bob?
He—Bob? It looks like the old Harry.—Boston Evening Transcript.

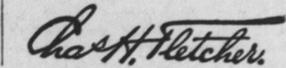
Easy
Paul—What would you do if you were in my shoes?
Edwin—I would shine them.

Children Cry for "Castoria"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 30 years as a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups. Contains no narcotics. Proven directions are on each package. Physicians everywhere

recommend it. The kind you have always bought bears signature of



There's a Difference
The rich bachelor who dines out daily is called a welcome guest; the poor one a sponger.—Charles Narrey.

Yet They Do Not
There are few gold mines to discover and few oil fields to tap, but anybody can learn to put on plaster.—Baltimore Sun.

A FEELING OF SECURITY WHEN YOU USE SWAMP-ROOT

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit-producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder medicine.

The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try 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.

Those Dear Girls Again

He—I had a nightmare last night!
She—Yes, I saw you with her!

No matter how careful you are, your system needs a laxative occasionally. Wright's Indian Vegetable Pills help nature gently, but surely. 372 Pearl St., N. Y. Adv.

Many a voter considers congress a one-sided affair—with himself on the other side.

FIRST AID TO BEAUTY AND CHARM

Nothing so mar an otherwise beautiful face as the inevitable lines of fatigue and suffering caused by tired, aching feet.

ALLEN'S FOOT-EASE
The Antiseptic, Healing Powder, insures foot comfort and is an everyday Toilet Necessity. Shake it in your shoes in the morning. Shop all day—Dance all evening—then let your mirror tell the story. It will convince you. Allen's Foot-Ease is adding charm to thousands of faces. Let us show you what it can do for you. Trial packages and a Foot-Ease Walking Doll sent Free. Address

ALLEN'S FOOT-EASE, Le Roy, N. Y.
For Sale at All Drug and Department Stores.

He that riseth late must trot all day and shall scarce overtake his work at night.

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.

True love may fill the cup to overflowing, but it's the other kind that flows over.

Don't chuckle if you put over a substitute when an advertised product is called for. Maybe your customer will never come back.

Ben Malford, Jr.

Young folks may giggle too much, but old folks lament too much.

MONARCH

Since 1853

every month

every day

for 70 Years

QUALITY

REID, MURDOCH & CO.
Established 1853
Chicago - Boston - Pittsburgh - New York

"Best Trade Uses Monarch"
"We have been selling your Monarch Coffee for several years. Our best trade uses and recommends it to their friends as the best coffee they ever drank. Our trade is growing daily on Monarch."
GIBBS CASH AND CARRY GROCERY
Ludington, Mich.

Cocoa	Maple-Nut Dressing	Cling Peaches	Cherries	Hammy
Tea	100 Island Dressing	Sliced Peaches	Berries	Pumpkin
Sweet Pickles	Park and Beans	Apples	Red Kidney Beans	String Beans
Sweet Relish	Peanut Butter	Pears	Lima Beans	Sweet Potatoes
Catnip	Prepared Mustard	Asparagus	Asparagus Tips	Sugar Kraut
Chili Sauce	Grape Juice	Peas	Carrots	Sliced Salmon
Preserves	Fruit Salad	Tomatoes	Strawberries	Salmon
Miner Meat	Pineapple	Blackberries	Blackberries	Milk