



Feel Achy After Every Cold?

ARE you lame and stiff; tired and nervous—constantly troubled with backache and twinges of pain? Have you given any attention to your kidneys? Grip, colds and chills, you know, are apt to be mighty hard on the kidneys. And if the overtaxed kidneys fail to properly filter the blood, impurities accumulate and throw the whole system out of tune. Then may follow daily backache, rheumatic pains, headaches, dizziness and annoying kidney irregularities.

In such conditions a good stimulant diuretic should help the kidneys flush the poisons out of your system. Use **Doan's Pills**. Doan's have helped thousands. Are recommended by folks you know. Ask your neighbor!

A Virginia Case

I. C. Grogan, prop. of blacksmith shop, W. Main St., Abingdon, Va., says: "I believe a cold caused my kidneys to go wrong. I was much annoyed by a dull ache right across my back. My kidneys were not acting right. I had heard about Doan's Pills so I got a box. Doan's regulated my kidneys and the pain left my back. I was cured and have not had any trouble since."

Doan's Pills

Stimulant Diuretic to the Kidneys

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

Men all believe in equality of opportunity, but too many believe in equality of results.

The private wealth of Australia was increased above 33 per cent during the six years preceding June 30, 1921.

"House Was Full of BED BUGS—

but no bed bugs now", says Arkansas man

Here's evidence that can't be disputed: "I am living in an old-fashioned house. When I moved in, the house was fairly walking with bed bugs. I have entirely rid the premises of these pests, using only Bee Brand Insect Powder."

Take this first-hand testimony and profit by it. Kill Bed Bugs and keep Bed Bugs away with Bee Brand Insect Powder. Dust it in cracks and crevices, or about the furniture. Bee Brand Insect Powder kills Flies, Fleas, Mosquitoes, Ants, Roaches, Water Bugs, Bed Bugs, Moths, Lice on Fowl and Plants, and many other House and Garden Insects. Close the doors and windows and blow Bee Brand Insect Powder into the air from a piece of paper and watch the insects die. It's harmless to mankind, domestic animals and plants—non-poisonous—non-explosive. Will not spot or stain.

Sold in red, affixing top caps at your grocer's or druggist's. Household sizes, 10c and 25c. Other sizes, 50c. \$1.00. NO expensive gun required. Puffer gun, 10c.

If your dealer can't supply you, send 25c for large household size. Give dealer's name and get our free booklet, "It Kills Them", a guide for killing house and garden insect pests.

Bee Brand Necessary as Soap and Water
Every home needs the protection of Bee Brand Insect Powder. It should be used regularly to prevent insects. Keep a can always on hand—and blow or scatter it wherever insects may be hidden.

McCormick & Company, Baltimore, Md.

75% of disease avoided through internal cleanliness

WHEN you are constipated, poisons are formed in the accumulated food waste, and reach all parts of the body. The first results, headaches, biliousness, a feeling of "heaviness", etc., serve as warnings of graver diseases to follow if this intestinal poisoning continues unchecked.

This is why intestinal specialists state that constipation is the primary cause of three-quarters of all illness, including the gravest diseases of life.

Physicians Advise Lubrication for Internal Cleanliness

Medical science 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.

Nujol is not a medicine or laxative and cannot gripe. Like pure water, it is harmless. Take Nujol regularly and adopt this habit of internal cleanliness. For sale by all druggists.



Nujol

For Internal Cleanliness

Apple Variety for Every Role

Palatable, Healthful, Nutritious and Least Expensive of Fruits.

Apples, being palatable, healthful, nutritious and the least expensive of fruits and in season the year around, lend themselves to a greater variety of uses than any other fruit. Various sorts of apples are adapted for different uses and a bulletin issued by Cornell university for the first time attempts a classification of the various apples in the market or commonly grown in regard to their desirability for dessert, apple sauce, baked apples, apple pie, puddings and for canning and drying.

Good for Dessert.

The following were listed as very good for dessert, dessert being used in its oldest accepted sense, eaten raw, out of hand—Yellow Transparent when well ripened, Chenango, Gravenstein, Jonathan, Esopus, Tolman Sweet, Yellow Newtown, Northern Spy, McIntosh.

Further western states would add Delicious to this list.

The following are listed as good dessert apples—Wealthy, Fall Pippin, Tompkins, King, Hubbardston, Fameuse, Wagener, Rhode Island Greening, Baldwin.

The following are listed as useful for dessert—Red Astrachan, Sweet Bough, Oldenburg, Roxbury Russet. Excellent material for apple pies will be found in the following varieties—Yellow Transparent, Red Astrachan, Oldenburg, Twenty Ounce, Maiden Blush, Jonathan, particularly good; Snow, Baldwin, also recommended, and Northern Spy.

Baking apples are listed as follows—Sweet Bough, Alexander and Wolf River, Twenty Ounce, Wealthy, highly recommended; McIntosh, Tompkins King, Tolman Sweet, Rome and Northern Spy, recommended particularly.

Apples for general cooking are as follows—Primate, Gravenstein, Fall Pippin, Hubbardston, Wagener, Rhode Island Greening, Esopus, Baldwin, Roxbury Russet, Ben Davis.

For Apple Sauce.

Recommended for apple sauce are Red Astrachan, Oldenburg, Twenty Ounce, Maiden Blush, Wealthy, McIntosh, Fall Pippin, Tompkins King, Jonathan, Esopus, Northern Spy.

The firm-fleshed apples are recommended for combination with celery, nuts, dates and other materials in salads. Cooked apple blends with softer materials such as tapioca, rice, other cooked fruits, and doughs of various kinds. Apples are best with foods which do not have a strong flavor of their own which will conflict with or cover that of the apple.

The housewife with these points in view frequently can substitute apples for other fruits in recipes to good advantage.

Two Big Essentials in Producing Good Horses

The present horse situation does not justify one in raising any kind of a horse except an exceptionally good one. Two things are essential in raising a good horse—good feed and plenty of it and a good sire. The good sire is of first importance because good feeding will not make a good horse without good breeding. This being true, it is important that the man who would raise a good horse patronize a good stallion. A good stallion is one that is both a good individual and pure bred. Sometimes stallions that are not pure bred are fairly good individuals, but if not pure bred their chances of producing good colts are considerably less than the good individual that is pure bred. The state has provided a means of giving every stallion patron this information for all stallions that legally stand for public service must have a license. This license states plainly whether a stallion is of pure bred, grade or scrub breeding.

Reduce Grain Ration

If a cow is a heavy milking one it is necessary to reduce the grain ration just previous to calving, taking out the corn and linseed meal, increasing the bran for the four or five days previous. Let the ration consist of five parts of bran and three parts of oats, fed sparingly; but the cow during this period should be given all of the roughage that she will clean up. Some moistened beet pulp may be added to the oats and bran to increase the bulk and prevent milk fever.

Sudan Grass Fertilizer

There has been but few experiments made to determine the best fertilizers for sudan grass. Ordinarily where the soil is reasonably good, no fertilizers are used, but it would no doubt be advisable on poorer land to use a complete fertilizer such as is used on corn. In Kentucky the application of acid phosphate at the rate of 200 pounds per acre resulted in increased yields in eight out of ten cases. The seed can be sown with a grain drill.

Listing Good Practice

On well-drained bottom land corn planted with a lister will produce approximately as high a yield as corn planted on plowed ground. On bottom land that is heavy and poorly drained there is danger of the corn rotting in the spring in a period of wet weather when it is planted with a lister. On such land it will usually pay to plow with a disk furrow opener attachment to the corn planter.

Greenhouse Tomato Superior in Flavor

Picked Unripe to Save Consumer Undue Loss.

(Prepared by the United States Department of Agriculture.)

Greenhouse tomatoes ripened on the vine are superior in flavor to those grown outdoors in warm sections, and picked unripe in order to get them to the distant consumer without undue loss, the United States Department of Agriculture finds in its study of greenhouse tomatoes, just issued as Farmers Bulletin 1413. Tomatoes marketed during the winter and early spring months when prices are high are usually served as a salad or as an ingredient of a salad. Thus a comparatively small quantity is enough for several persons, making the tomato so economical to the housewife as other available salad crops.

The greenhouse owner must make a large investment in houses and equipment, and he must be prepared to spend large sums for the maintenance of conditions suitable for this exacting crop, says the department. On the other hand, a grower 2,000 or more miles from the markets must spend large sums for picking, packing, transportation, and handling before his crop can be realized upon. The products of properly located greenhouse ranges where fuel, labor, and other essentials can be obtained economically are usually able to compete successfully with tomatoes grown at distant points out of doors. The vegetable-forcing industry is increasing in importance and the tomato is receiving its full share of attention.

Copies of the bulletin can be had free, as long as the supply lasts, by writing to the Department of Agriculture, Washington, D. C.

Two New Oat Varieties of Excellent Qualities

Two new oat varieties, Keystone and Patterson, promise to be the best Pennsylvania grain growers have yet had, if yields to date are any indication of their abilities. Both varieties were developed at the Pennsylvania State college experiment station where they have averaged for the past ten years nearly ten bushels per acre more than Sixty Day, an early variety, according to C. F. Noll, experimental agronomist of the station.

These two varieties have been known in the past as 53-11 and 63-11. The former has now been named Keystone, for the state where originated, and the other is called Patterson, in honor of the late William Patterson, superintendent of the college farm for many years.

In many other parts of the state these varieties have been grown in demonstration plots for several years with very satisfactory yields. Approximately eleven hundred acres of the two varieties were grown last year, so five or six thousand bushels of seed will be available for distribution. The demand was greater than the supply last spring, Noll reports.

The two varieties are almost alike in height, in type of grain, and in yielding capacity, but Keystone is about two days earlier than Patterson. The grains are yellow and rather small. They have a thin hull and the percentage of kernel in the grain is usually higher than in the larger-grained varieties.

"These oats are best adapted to those sections of Pennsylvania where early oats do best," says Noll. "There they have proved much superior to Sixty Day, or Kherson, the most commonly early grown variety."

Value of Potatoes

Potatoes contain more dry matter and have a greater feeding value than any other vegetable. Instead of having 90 per cent water, the percentage usually ranges between 70 and 80 per cent, the extremes being 65 and 85 per cent, according to figures given by Professor Fraser of Cornell in his book, "The Potato." Potatoes contain more dry matter than carrots, mangels or bagas, which have always been extensively used for feed.

Cull All Grain Seed

Cull your seed just as you cull your chickens and dairy cows, is the word crops extension specialists at the Ohio State university pass along to grain farmers. It is good policy to have crops grown from carefully selected seed because it pays consistent dividends. Wheat should only be grown from seed clean and free from weed seed and from one of the dozen varieties proved to be best.

FARM FACTS

Care for early hatched baby chicks well.

Repair pasture fences before busy season.

Eliminate all diseased birds from the flock.

Put in your order for certified potato seed.

The field is the most expensive germination tester.

Feed early baby chicks properly to give them a good start.

The farmer has opportunity for more mental and physical bigness than any other bee in the human hive.



SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

Safe

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 Monocaceticacidester of Salicylicacid

Reasonable

Colonel Roosevelt told a war story at an Albany reception.

"A doughboy," he said, "had just got back home from the war, and he was lunching in a cafeteria when a dear old lady in the next chair to his own leaned over across her pie and said:

"I, too, have a soldier son, young man, and a lucky one at that. Would you believe it? My boy went through the war without a scratch."

"Gee, lady," said the doughboy, "spill us the name of his insect powder, will you?"

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.

Average Life Is 56 Years

The average length of life in the United States is 56 years, an increase of 15 years since 1870, according to a recent report of the United States public health service, published in *Popular Science Monthly*. In the sixteenth century human life averaged only between 18 and 20 years.

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.

New Panama Laws

According to one new law in Panama, street signs must be in Spanish, another will compel the keeping of books in that language and still another imposes a fine if half the employees of a concern are not Panamanians.

A torpid liver prevents proper food assimilation. Wright's Indian Vegetable Pills tone up the liver. They act gently but surely. 312 Pearl St., New York. Adv.

Audience Outtalks Orchestra

Complaint has been made in Edinburgh that during the overture of a comic opera members of the audience talked so loud that the music could not be heard.

For Children's Coughs and Colds

MOTHERS, DO THIS!

Spread CAMPHOROLE over throat and chest, cover with warm flannel. It soon penetrates, and quickly breaks up a stubborn cough, or cold in throat or chest. Keep a jar handy. No telling when kiddies waken suddenly at night and begin with a choking cough. That's when you need a friend like CAMPHOROLE, the handiest and mightiest remedy for spasmodic croup. It acts quickly, opening up the breathing tubes, and enables the little sufferer to breathe easily and with safety.

What a relief for anxious mothers! No sickening drugs to upset and weaken their delicate stomachs. It is far better than Camphorated Oil, and does not stain. Once you try CAMPHOROLE, you'll then realize how good it is for Croup, Cough, Colds, Bronchitis, Tonsillitis, Sore Throat, Asthma and Catarrh.

At All Druggists Beware of Substitutes



Three Generations Find Beecham's Pills the Only Remedy

"I have a very weak stomach, and Beecham's Pills are about the only laxative I can take that does not nauseate me."

"I have also found them beneficial to my children; one especially, who inherited her mother's weak stomach. There is no remedy I value so much as Beecham's Pills. I have tried others without success."

Mrs. A. Humphries, Methuen, Mass.
For FREE SAMPLE—write
B. F. Allen Co., 417 Canal Street, New York.
Buy from your druggist in 25 and 50c boxes.
For constipation, biliousness, sick headaches and other digestive ailments take

Beecham's Pills

Bologna War Victim

The small province of Bologna, Italy, is feeling the effect of the war in the curtailment of its principal industry—the famous Bologna sausage. The popular viand had spread throughout the world and it was exported in large quantities, but now the high import tariffs and the depreciated currencies have ended this prosperity and the market is confined to Italy, where a sandwich will invariably be found to contain a slice of Bologna sausage.

Some jazz ballads sound like swearing set to music.

Children Cry for



Fletcher's CASTORIA

MOTHER—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Purgative, 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.

Grow Hair On Your Bald Head

You have used many remedies to grow hair, that have failed? Now try Forst's Original Hair-to-Hair, and grow hair on your bald head.

Drug Stores and Barber Shops.
W. H. Forst, Mfg.
SCOTSDALE, PA.
Correspondence Given Personal Attention.