

SUFFERED TWO YEARS

Finally Relieved by Taking Lydia E. Pinkham's Vegetable Compound, Says Mrs. Anderson

Rangleley, Maine. — "Lydia E. Pinkham's Vegetable Compound helped me greatly for bearing-down pains in the sides and back, headaches and tired feelings. I suffered for two years and it seemed as though I could not get my work done from one day to the next. After reading letters from others who had taken the Vegetable Compound I decided to try it and now I can do all kinds of work, sewing, washing, ironing and sweeping. I live on a farm and have five in the family so am busy most of the time. I recommend the Vegetable Compound to my friends and hope my letter will help some one to take your medicine." — Mrs. WALTER E. ANDERSON, Box 270, Rangleley, Maine.

Over 200,000 women have so far replied to our question, "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

98 out of every 100 of the replies say, "yes," and because the Vegetable Compound has been helping other women it should help you. For sale by druggists everywhere.

Let Cuticura Soap Keep Your Skin Fresh and Youthful

Simple Soap, Ointment, Talcum Free. Address: Cuticura Laboratories, Dept. M, Malden, Mass.

Almost always, one's personal habits might be improved; and we ought not to resent being told which ones.

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. No second dose required. 372 Pearl St., N. Y. Adv.

It's natural for people to talk, but they must be taught silence.

Sure Relief FOR INDIGESTION

BELLANS INDIGESTION 25 CENTS

6 BELLANS Hot Water Sure Relief

BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

Porter's Pain King

A Liniment for Aches and Pains. Powerful, Penetrating, Soothing. Use Today.

One Secret of Beauty Is Foot Comfort

Frequently you hear people say, "My feet perspire winter and summer when I put on rubbers or heavier footwear—then when I remove my shoes my feet chill quickly and often my nose seems to run through." In every community thousands now use Allen's Foot-Ease in the foot-bath daily and then dust the feet and shake into the shoes this antiseptic, healing powder. Full Directions on box. Trial Free. Address, Allen's Foot-Ease, Le Roy, N. Y.

Sufferers From Asthma, Hay Fever, Nasal Catarrh, Difficult Breathing, have hope. Infallible remedy. Permanent relief. 46c. pp. Remonden Lab., 75-84 Mulberry, Reading, Pa.

NOTICE WILL BUY OLD GUN CATALOGS. Send for circular. L. D. Satterlee, 458 Forest Ave., W., Detroit, Mich.

GETTING MARRIED?

You will need our book on "WEDDING ETIQUETTE." It gives you full information on social requirements. Every prospective bride and groom should have a copy. It is ABSOLUTELY FREE. Send for a copy today and have your wedding correct. L. H. ISEHN, 153 E. 38th St., N. Y. City.

FLORIDA REAL ESTATE Free Information How the Small Investor Can Share Enormous Profits Being Made in Florida. BOX 1145 MIAMI, FLORIDA

DO YOU WANT A RAINCOAT FREE? You can do this and get a \$10.00 day case. Send stamp for limited free offer. Box 44, West End Station, Richmond, Va.

SECRETS, capable transfiguring life into successful, glorious reality, attracting favorable attention, distinguished personality, health, happiness, popularity, prosperity. Overcome indigestion, stomach troubles, adversity. Make most of life. Accomplish something. Be somebody. Experience new joy. We teach you how. Two dollars. "Home Makers," Room 215, Mills Bldg., Washington, D. C.

CASH PAID FOR STAMPS—Your old papers likely contain stamps of value to a collector. Send them to me and get prompt cash. Whole envelopes preferred. Confederate or any early U. S. and foreign stamps or franks. W. B. Mulford, 3229 Broadway, New York.

It's invaluable for Rashes Burns Chafing Stings Sunburn Cuts That's why you need **Resinol**

ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK

Dean of Men, University of Illinois.

(Prepared by the United States Department of Agriculture.)

TWO WISE MEN

VENNER had been brought up in a country town; he had been as far east as Columbus, Ohio, to a football game and had seen Kansas City with his father at an Elk's convention. He was eighteen and therefore very wise. He belonged to the Presbyterian church, and was, therefore, very good. His father was president of the local bank and a member of the local school board and owned a seven-passenger limousine. Venner was, therefore, a family of some significance. And being wise and good and important, what he had to say on the subject of alcoholic beverages should be given considerable weight.

"Take it from me," he said to Brown, a young fellow from Omaha not so experienced as himself, "the fellow who hasn't been jagged a few times loses a lot. It's an experience. It gives one a different view of life; it broadens a man."

But Brown was narrow. He thought that it was illegal, he was sure that it was dangerous, and he suggested that the associations of drinking were generally low and vulgar and debasing.

"The trouble with you, old chap," Venner said, "is that you're a dead one; you should have lived with the Puritans. I'm religious all right, but I believe it does one good to see a little of life. I've been drunk three times lately and it's done me good." But Venner got hold of the wrong kind of liquor finally, and got into jail and lost his job and nearly lost his life.

My friend the sheriff is trying to clean up the town and make it a decent place in which to bring up young men. Naturally he meets with considerable opposition and precious little help. He plays what is called in sporting circles "a lone hand." Not long ago he got into a tete-a-tete with the king bootlegger in town who also is a wise man and who incidentally has two growing boys of his own. This same bootlegger has been as far east as Berlin and as far west as Yokohama, and has been in jail any number of times, and he is therefore perhaps as broad and as wise as Venner.

"I'm agin the Volstead act," he said to the sheriff, "and everyone that supports it. I'm as wet as the Pacific ocean and I'm goin' to fight for my individual rights and drink if and when I blank please."

"And your boys?" the sheriff asked.

"Well, when it comes to me boys, Mr. Sheriff, then I know it's different. I don't want me boys to drink. I want them to lead a clean life, and keep away from booze, and get an education. It's made me nothing but a d-d old bum. There's nothing to it. There ain't any experience in it that is worth a curse, and it leaves you with a sour stomach and an aching head and a bad taste in your mouth, and a lot of rotten friends. I'm hopeless. I'll keep on fightin' the law. But yer right, Mr. Sheriff. Go ahead and clean up the town, and save the boys. Tell 'em for me there's nothing in it. And—and, God bless ye."

And this is a true story of two wise men.

VICTORY

"VICTORY is what we are interested in," a wise man of the world recently said. "Victory for the individual over the odds that beset him. There are all kinds—stickness, lack of education, opportunity or money, environment, bad habits, absurd weaknesses, every sort of mental, physical and spiritual barrier of the 'Pilgrim's Progress.' And victory is gained pretty largely by faith, by courage, by determination, by singleness of purpose. One can gain the mastery over poverty and failure, and sin and disease even if one has faith and courage—and especially if one has youth."

Hartley had been ill for a long time, seriously ill, too.

"He could get well," the doctor said, "if he only would. He's at the point where the slightest impact would push him either way. He's made up his mind he's going to die, and he will." And he did.

"How sick am I, doctor?" Kane asked the physician.

"You're very sick indeed, Ned," was the reply, "dangerously sick, and I think you ought to know it."

"But I'm going to get well," the boy replied. "I'm sure I am."

And in spite of the nurse's chart that showed increasing temperature and more rapid pulse, in spite of the fact that every day after the doctor had visited Ned he shook his head and looked very grave, in spite of the fact that for days the verdict was that the boy couldn't last much longer, he one day began to improve.

"I'm better today," he said to the doctor, "I told you I was going to get well, and I am." And he did.

Any difficulty which we look squarely in the face and determine to conquer is more than half overcome. Failure in most cases, whether we are fighting sin, or ignorance, or physical weakness, is from lack of courage.

Saving Oat Crop From Rust Enemy

Much Progress Has Been Made in Development of Resistant Varieties.

(Prepared by the United States Department of Agriculture.)

The fight to save the oat crop from one of its most formidable enemies, black stem rust, is being waged from all possible angles known to science. Not only is the disease being eliminated by the campaign to destroy its alternate host plant, the common barberry, but it is also being rendered less destructive by the "armoring" of the defendants through creating a natural resistance in varieties. The United States Department of Agriculture is allied with the various state experiment stations of the oat-producing areas in an effort to develop varieties of oats that are naturally immune from or highly resistant to the attacks of the disease. Two years' efforts to single out varieties that are highly resistant and to breed from them other varieties that will retain this quality along with other desirable characters have shown remarkable progress in the development of resistant varieties.

Resistant Varieties

This spring the United States Department of Agriculture sent to 51 co-operating stations 16 varieties of oats for testing for resistance under local conditions and environment of these stations. Included in these 16 varieties were two selections, Minnesota 688 and 687, developed by the Minnesota Agricultural experiment station from crosses between the White Tartar (White Russian) and a Swedish importation, the Victory, and Minota X White Tartar, respectively, which have shown exceptional promise in their resisting power for the past few years at stations in that state. The Richmond (Iowa 105) and the White Tartar (White Russian) varieties which during the tests at 24 stations during 1923 showed only a trace of infection, and less than 1 per cent infection last year, are also included. A new variety, the Helgra Rustproof, introduced from South Africa a few years ago, showed equally good resistance and will be further tried at these 51 stations this year.

Fortify Against Rust

The expansion from 24 stations co-operating last year to a total of 51 stations in this country and several in Canada, marks a renewed and determined effort to fortify the oat crop against the losses from black-stem rust by the development of resistant varieties. A specialist will visit each station during the growing season to check up on the results of the test. The susceptibility to infection of the different varieties will be measured by comparing them with the infection on control varieties, those which are known to be defenseless against the disease and which will be sown in the testing plots along with the ones on trial.

Egg-Laying Is a Severe Strain on Young Pullet

Pullets from the chick stage nearly to the laying stage should not be fed too much corn. The prime purpose in feeding should be to provide the constituents that build up bone and muscle. The pullet lacking these will not prove a good producer during the winter months, and even though she does begin to lay well she will not be able to keep up the pace because the strain is too great for her undeveloped constitution. Egg-laying is a severe strain on the pullet, and unless a good bodily foundation has been built up and there is vigor and vitality, the fowl will not be able to stand the grind.

It is when the pullet has reached a full, strong, mature growth that the laying strain should be fed, and this should contain corn—plenty of it. The corn will keep her in good flesh while she is laying and it is important that she go to her roost at night with a stuffed crop.

Growing mash and scratch feeds with little corn in them will build up a good frame, and a good range will induce vigor and vitality. Then the egg machine is ready to go into action. No machine of any kind can be efficient unless it is built to withstand a strain. The egg machine is no exception to this rule.

Sudan Grass Excellent as Substitute Hay Crop

Sudan grass is a fine stemmed, leafy sorghum suitable as a substitute hay crop. Recent trials by several agricultural stations demonstrate that it is also suited to pasture purposes to be alternated with the regular rotation pastures. The crop recovers rapidly when eaten off and roots sufficiently well so that the plants are not pulled up when pastured. Cattle relish it as a green feed and seem to maintain their milk flow as well upon it as they do when pasturing the regular pastures.

Seed Poultry Yards

One of the best ways of destroying the bacteria that bother poultry is to put the yards under cultivation. In addition, the seeding of the yards is very important from the standpoint of furnishing green stuff for the fowls. Where a considerable number of fowls is kept on a relatively small run it is well to arrange the lots so that they can be alternated. Oats is probably the most common plant used for this purpose.

Better Poultry Is Helping All Stock

Progress of "Better Sires—Better Stock" Campaign.

(Prepared by the United States Department of Agriculture.)

A total of 1,164,657 fowls—all breeding stock—are listed in a recent report just issued by the United States Department of Agriculture as undergoing improvement by the use of pure-bred male birds. The fowls consist principally of chickens, but include also turkeys, geese, ducks, guinea fowls and pigeons. The report deals with the progress of the "Better Sires—Better Stock" campaign conducted by various states and the department for the improvement of domestic animals.

It is noticeable, however, that fowls outnumber other stock by more than two to one. The number of cattle, horses, asses, swine, sheep and goats totals slightly more than half a million as compared with considerably over a million fowls.

Department live stock specialists point out the educational effect which improved poultry has on the breeding of larger animals and cite examples in which a well-bred poultry flock was the means of causing the betterment of other animals on the same farms. Being prolific, poultry respond very quickly to good breeding practices, including the use of high-quality pure-bred males. The report shows also that the use of pure-bred sires in poultry breeding stock results in the ownership of more than ten times as many pure-bred female birds.

The small investment necessary to establish breeding pens of well-bred fowls makes poultry a popular class of live stock on which to begin a program for improvement.

Setting High Standard for Dairy Production

Requirements for cows to be recorded in the Advanced Registry of the Holstein-Friesian breed are as follows:

For yearly production:

Two years.....	218.0 pounds of fat
Three years.....	372.0 pounds of fat
Four years.....	452.0 pounds of fat
Five years.....	488.0 pounds of fat

In the 305-day division they are required to make 80 per cent of the requirements for all-year test, with a culling requirement making it necessary for them to drop a live calf within 14 months after their previous calf was delivered.

Judge your grades as well as your pure breeds by this standard. If they are making these requirements they are the kind that will never make their owner sorry that he is in the dairy business. If they are not, then strive to improve by using good pure-bred sires.

Judicious weeding with constructive breeding helps mightily toward succeeding.—H. R. Lascelles, Fieldman for Colorado State Dairy Commissioner.

Rhubarb Very Important as Perennial Vegetable

Rhubarb, or pieplant, is an important perennial vegetable. Like asparagus, it produces a supply early in the spring when fresh vegetables are in great demand. New leaves appear from early spring to midsummer, but the leafstalks produced early in the season are most in demand and the harvest does not usually last more than eight weeks. After pulling has stopped, the leaves are allowed to grow and supply the roots with food material for the next year's crop. Rhubarb roots are hardy and require no winter protection. The plant is capable of surviving both the extreme heat of summer and the cold of winter in the central latitude.

Sweet Clover Valuable

Sweet clover, like most of the common legumes, contains a large amount of protein, thus making it a valuable feed for growing stock and milk production. Analyses made at Idaho experiment station indicate that sweet clover is about equal to alfalfa as a feed for live stock. It carries about the same amount of protein, is only slightly lower in carbohydrates, and is very little higher in crude fiber. The biennial yellow sweet clover is higher in crude fiber than the biennial white.

FARM NOTES

Weeds are killed easiest before they are sown.

Soy beans, sweet clover, vetch and Mammoth clover are frequently used to improve sandy lands.

Cod liver oil in the mash for baby chicks kept in close confinement during early spring will help to prevent leg weakness.

Cats and dogs are useful in keeping rats under control. However, they need the co-operation of the owner if they are to make a real cleanup of the trouble.

Time is necessary to make real and lasting improvements in agriculture. This applies to the individual and to national problems of agriculture as an industry.

Success in business ventures depends largely on purchasing raw materials at favorable prices. Another point for the dairyman is their efficient use by the cow.

Children Cry for

Fletcher's CASTORIA



MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.

To avoid imitations, always look for the signature of *Wm. D. Fletcher* Absolutely Harmless—No Opium. Physicians everywhere recommend it.

Every man tries to master the art of concealing his ignorance.

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 . . . times 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 . . . 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.

Figures may not lie, but estimates have been known to mislead.

Nature never pretends.

Kill All Flies! THEY SPREAD DISEASE. DABOLDS BOMBER, 100 1/2 East Ave., Brooklyn, N. Y.

The homelier a girl is the more help she is to her mother.

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.

Up-to-date hairdressers have the newest kinks at their fingers' ends.

Anoint the eyelids with Roman Eye Balsam at night and see how refreshed and strengthened your eyes are in the morning. Send now to 372 Pearl St., N. Y. Adv.

Let Tanlac restore your health

If your body is all fagged-out and run-down, if you are losing weight steadily, lack appetite, have no strength or energy—why not let Tanlac help you back to health and strength?

So many millions have been benefited by the Tanlac treatment, so many thousands have written to testify to that effect that it's sheer folly not to make the test.

Tanlac, you know, is a great natural tonic and builder, a compound, after the famous Tanlac formula, of roots, barks and herbs. It purges the blood stream, revitalizes the digestive organs and enables the sickly body to regain its vanished weight.

You don't need to wait long to get results. Tanlac goes right to the seat of trouble. In a day or so you note a vast difference in your condition. You have more appetite, sleep better at night and the color begins to creep back into your washed-out cheeks.

Don't put off taking Tanlac another precious day. Step into

TAKE TANLAC VEGETABLE PILLS FOR CONSTIPATION

TANLAC FOR YOUR HEALTH

the nearest drug store and get a bottle of this world-famed tonic. That's the first important step back to health and vigor.

Safeguard the Crops

You cannot afford to trust the results of many months' labor to the uncertainty of an old inflammable building. Concrete barns and silos protect you against loss by fire by preventing it.

The cost of permanent, fireproof and verminproof farm structures is low, too, for Portland Cement is the cheapest of all materials undergoing a manufacturing process.

Ask your building material dealer the advantages of using Atlas Portland Cement in construction work.

ATLAS PORTLAND CEMENT

"The Standard by which all other makes are measured"