



## Help That Bad Back!

Too Often It's a Warning of Disordered Kidneys

Why drag around feeling old, worn out and miserable? Why not make up your mind to be well? That daily backache, those sharp, stabbing pains—dizziness, bladder irregularities, nervousness and depression, are signs of kidney inactivity. Use Doan's Pills. Thousands recommend Doan's. Ask your neighbor!

### Here Is Convincing Proof: A Virginia Case

Mrs. J. R. Flint, Oak Ave., Buena Vista, Va., says: "My back ached like a toothache. I felt just tired and worn out all the time. My kidneys acted irregularly, too. I began taking Doan's Pills and one box drove away every symptom of kidney complaint."

# Doan's Pills

Stimulant Diuretic to the Kidneys

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

### Peaches

A California packing corporation rolls up world's record by canning 10,500 cases of peaches in single day.—The Progressive Grocer.

### Prize for Inventors

A million-franc prize has been offered in France for the internal combustion motor showing the greatest endurance.

# 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. H. H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

## INSIST UPON KEMP'S BALSAM for that COUGH!

After All These Years  
Hate—And have you been successful in your affairs of the heart?  
Batch—Very. I am still unmarried.



Thousands of women testify to the truth of this from their own experience.

## "But constipation is serious, Grace"

"Not so long ago I was like you—headaches a good deal of the time, sleeping badly, and the least bit of housework tired me out. My complexion too, was bad.

"Finally, I went to see Dr. Farman. He showed me that it was constipation that was back of my troubles. He said that it was a very serious thing because poisons from clogged waste matter were picked up by the blood and carried to every body organ. And if I didn't correct it in time I might become a victim of one of those terrible organic diseases.

"He made me drop laxatives altogether, changed my diet, and put me on Nujol. I don't think I've ever felt better. I sleep well, my headaches have disappeared, and you can see for yourself what an

improvement there is in my skin. Nujol has done wonders for me."

### Nujol Works Like Nature

Constipation is dangerous for anybody. Nujol is safe for everybody. It is neither a food nor a medicine. It does not gripe. It is gentle and natural in its action and is prescribed by leading medical authorities.

Nujol simply makes up for a deficiency—temporary or chronic—in the supply of natural lubricant in the intestines. It softens the waste matter and thus permits thorough and regular elimination without overtaxing the intestinal muscles.

Nujol can be taken for any length of time without ill effects. To insure internal cleanliness, it should be taken regularly, in accordance with the directions on each bottle. As Nujol is not a laxative, it does not form a habit and can be discontinued at any time.

Ask your druggist for Nujol today and begin the perfect health that is possible only when intestinal elimination is normal and regular.

## Nujol

THE INTERNAL LUBRICANT For Constipation

## Fruit Auctions Grow Rapidly

Provide Quick Sales Medium and Are Used by Large Organizations.

(Prepared by the United States Department of Agriculture.)  
American fruit auctions now occupy an important place in the machinery of distribution. Approximately \$150,000,000 worth of farm products were sold in 1923 by these auctions, compared with less than \$50,000,000 in 1912. The auctions provide a rapid sales medium, and are used particularly by the large private and co-operative organizations which must keep their large volume of production moving in a continuous stream.

These facts are brought out by the United States Department of Agriculture which has been making an extensive study of the fruit auctions. Twenty-four companies were engaged in the business in 14 leading distributing centers in 1923. The principle of auction selling, the department points out, is predicated upon the necessity for assembling in one place a sufficient proportion of the market supplies to attract a large body of the buying trade.

Numerous changes have taken place in the auction business in recent years," the department says. "Reorganizations, consolidations, and the establishment of new companies have occurred in several cities. Most of the changes have resulted from the demand of the trade for impartiality in the services rendered and the charges imposed, and from their desire to participate in the profits earned by the auctions. The tendency is toward greater uniformity in methods and practices.

"Auctions in the receiving markets occupy a position in the channels of distribution between the shippers and the retailers. On the one hand the functions of the auction are identical with those of the carlot wholesaler of the commission merchant, while on the other the auction operates in much the same manner as the jobber and other less-than-carlot wholesalers.

Sales Are Open.  
"A great variety of commodities are sold at the auctions, but most of the supplies consist of citrus and deciduous fruits. The sales are open to the public, and anyone may buy. Charges and commission rates by the various companies lack uniformity, but in most cases are less than the cost of selling by private sale. Another factor appreciated by growers is that the companies customarily forward net returns to the shipper within 24 to 48 hours after the sale is made.

Detailed results of the department's study have been printed in Department Bulletin No. 1362, entitled "American Fruit and Produce Auctions," copies of which may be obtained upon request to the Department of Agriculture, Washington, D. C.

## Sudan Grass as Forage Crop for Pigs Is Good

Sudan grass is a forage crop that has not been experimented with very much as a pasture for hogs. At the Iowa station Professor Evvard did some work with it as a maintenance pasture for brood sows and found it nearly equal to alfalfa as a pasture for carrying brood sows through the summer. The Nebraska experiment station has perhaps done the most with sudan grass, as a pasture for sows and the results of their work show it up in a very favorable position as compared to alfalfa as a grain saver. Professor Loeffel reports that where corn and tankage was self-fed to sows on alfalfa. It took 361 pounds corn and 29 pounds tankage for 100 pounds gain, while on the sudan grass it required 338 pounds corn plus 27 pounds tankage, or 23 pounds less corn and 2 pounds less tankage for each 100 pounds gain, and furthermore the pigs on sudan grass weighed 218 pounds against 210 for the alfalfa pastured pigs. These results are striking and it may be we have been overlooking a good "bet" in sudan grass as a pasture for pigs. It will bear trying out on a small scale, especially in the drier sections of the country.

## White Navy Bean Is the Variety Most Favored

The small white navy bean is the variety generally planted, rather than the larger ones. They do best on soil that is not too rich; in other words, a rather thin soil. When the land is fertile enough to produce large yields of corn, the plants produce too much foliage.

Beans should be planted after the soil is well warmed up, or about June 20 or 25. They may be planted a month later than this, but in that event there is always some doubt as to their maturing before frost, or of being caught by late rains that interfere with the turning of the crop.

Beans should be planted far enough apart so that a cultivator can be used, or about 30 inches between rows. If you are planning to use a wheel hoe the rows may be spaced 18 inches apart. You can use a grain drill by closing some of the spouts or a common garden drill if your plan is not going to be too large. Do not plant the beans too thickly in the row, but have plants three to six inches apart. It will take from 25 to 40 pounds of seed to the acre. When the beans are up cultivate frequently but never while the foliage is wet.

## Dogs Imported for Breeding Purposes

Conditions Favorable Here for Stock Raising.

(Prepared by the United States Department of Agriculture.)  
An interesting sidelight on the breeding of domestic animals in the United States is the number of pure-bred animals imported for breeding purposes. Most of the live stock in this country is descended from foundation stock from foreign countries, but so favorable are conditions here for stock raising that this country now holds first position in live-stock resources.

During the last fiscal year ended June 30, 1925, according to the report of the bureau of animal industry, more pure-bred dogs were imported than any other kind of pure-bred domestic animal. The official figures are as follows: Dogs, 1,995; cattle, 1,426; sheep, 840; horses, 333; swine, 21; cats, 14. Compared with the preceding year imported pure-bred dogs and sheep show a considerable increase and cattle a decrease. All of the foregoing numbers, department officials point out, are very small in proportion to the total number of domestic animals in this country, which is about 200,000,000 head. The figures are small also in comparison with native pure-bred live stock, which, though only about 3 per cent of the total, number several million head. The United States, though still acquiring small numbers of pure-bred breeding stock from abroad, apparently raises almost all of its finely bred domestic animals.

## Food Supply Important for Success With Bees

As it gets warmer, bees will emerge from the hive in search of pollen for brood rearing. Examine the hives some warm day when the bees are flying well; see if there is enough honey for their use. Warm weather last fall led bees to consume more than the usual amount.

That makes it all the more important at this time to keep plenty of food in the hive. The instinct of race preservation is so highly developed in the bees that when the food stores get low the queen stops laying. This, too, comes at a time when the colony should rapidly be building up.

Here is a safe rule: If the stores in the hive drop below 20 pounds, feed honey or sirup. Honey left over from last year may be used. A sirup that will not granulate may be made as follows:

Dissolve two and a half parts of sugar (by volume) in one part of water and one tablespoonful tartaric acid to every twenty pounds of sugar. Care should be taken that this preparation is not scorched and that all crystals are dissolved.

A good way is to reserve at least a shallow extracting super of honey as a food chamber above each colony, using this as a reserve supply throughout the year.

These facts are taken from the bee bulletin of the Ohio State university.

## Chance for Improvement of Herd Is Big Problem

The old saying that "a good sire is half the herd" might be truthfully completed with the statement "that a poor one is blame near all of it." The problem of a new herd sire is one which many farmers will be facing this winter. The main chance for herd improvement lies in the introduction of better blood through the sire.

At the Iowa experiment station, by using pure-bred bulls on scrub cows, in the second generation an increase of 130 per cent in milk yield and 100 per cent in fat production was obtained. And many other instances could be cited of the value of a pure-bred sire at the head of the herd.

## FARM FACTS

A little attention to the new breeding ram may make him and the attention very profitable investments.

A large percentage of breeding rams that change hands every fall go direct from ram raisers and fitters to farm flocks.

Use tankage and minerals to balance corn in feeding hogs during the fall and winter. There are other feeds that may be used if bought right.

The egg contains a high percentage of protein and ash. They are the important building materials for egg construction. Common grains are very low in protein and ash.

Meat meal or tankage may be fed separately, but it is preferable to mix it with the mash and feed in a hopper so constructed that the birds will not waste the feed picking it over.

A lot of poultry sickness traces to the drinking water. This should be given fresh daily—often in summer. And the drinking receptacles ought to be washed and scalded frequently.

Alfalfa is rich in egg making and growth material—that is, protein. Some good poultrymen throw a bale of it into the house with the wires unbroken, for the hens to eat as they will.



SAFETY "BAYER ASPIRIN"—Genuine

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for

Colds Headache Neuritis Lumbago  
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

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

### The Eternal Feminine

"Why do you want to stay home tonight, dear?"  
"Well, Henry, our daughter's new beau is coming and I understand he is very clever at telling fortunes."

Shave With Cuticura Soap  
And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

### Disgraceful

"Phyllis dances with abandon."  
"She should wear more."—Dartmouth Jack o'Lantern.



THE TRANSFORMATION  
"Sometimes a luxury becomes a necessity." "Yes—immediately, if your neighbor has it!"

Men's plans should be regulated by the circumstances, not circumstances by the plans.—Livy.

# Let this great Tonic build you up!

If your body is skinny and run-down, if you can't eat or sleep, have fits of nervousness, pimply complexion, you need Tanlac to put some solid flesh on your starved bones and bring you back to health.

Tanlac is Nature's great tonic and builder. It is made, after the famous Tanlac formula, of roots, herbs and curative herbs gathered from the four corners of the globe.

Get a bottle of Tanlac at your druggist's today. Start the good work at once. You'll feel better right from the first. In a week's time you'll feel like a new person.

For Tanlac gets right down to the seat of trouble. It purifies the blood, aids digestion, helps the appetite, puts on pounds of flesh.

Millions of men and women who were once sickly and discouraged have been lifted right back to health and strength by the Tanlac treatment. Our files contain one hundred thousand glowing testimonials from grateful users.

Tanlac will help you just as it has helped millions of others. Buy a bottle at your drug store today and start the winning fight



Gains 6 Lbs. in Short Time—Credits Tanlac

"Life was a nightmare for a whole year. Headaches, backaches, constipation, indigestion and loss of sleep wore me to a shadow. Since taking Tanlac I sleep soundly, eat well, gained six pounds and feel well as ever."

Alfred Venable  
1418 Christian St.  
Philadelphia, Pa.

for prime, vigorous health. Don't put off good health any longer, and for constipation take Tanlac Vegetable Pills.

## Women of Washington Fight Longer Skirts

The Rainy Day club of women was organized in Washington in 1905, membership being solicited from women who wanted dress skirts made ankle length so walking would be easier. The club won a large membership and has retained much strength. Members have been known from the first as the Rainy Daisies and have enjoyed the name given.

The constitution declares no women

shall appear in public at any function or for any purpose unless her dress clear the ground by six inches. The Rainy Daisies approve the short dresses worn by the modern girl, even the flapper dress of scanty measurement and coverage, and have come out strongly in opposition to the plan of Mrs. Henderson, a social leader at Washington, to start a movement for longer skirts.

If mistakes were crimes most of us would be in jail.

# MONARCH Coffee and Cocoa



Quality for 70 years

