

WOMAN COULD NOT SLEEP

Her Mother-in-Law Knew A Remedy

Mrs. Belle Thompson was in a very weak and run-down condition for four years. She had great difficulty in getting to sleep at night and even then did not sleep soundly. She would wake up again and again. Besides this her appetite was poor. "My mother-in-law told me of Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Sanative Wash," she writes. "I took six bottles of the Vegetable Compound and I was not the same woman at all. I could sleep and would get up in the morning singing and feeling fine. I am the mother of three children and always after the babies came I had to take treatments, but I can truly say that this last time I have only used the Sanative Wash. It does me more good than the treatments. It keeps me on my feet to care for my children and I do most of my work. I feel it my duty to let you know how both of the medicines have helped me."

—Mrs. Belle Thompson, R. 2, Rossville, Georgia.

Are you on the Sunlit Road to Better Health? If Lydia E. Pinkham's Vegetable Compound has helped others, why shouldn't it help you?

Learn the luxury of doing good.—Goldsmith.

Sore eyes, blood-shot eyes, watery eyes, itchy eyes, all healed promptly with nightly applications of Roman Eye Balsam. Adv.

Beauty is a welcome guest everywhere.—Goethe.

Young vigor to old folks



"I cannot find words to praise Taniae. I could not ride train or trolley without being sick and was in constant pain. Regular sleep was impossible. Taniae made me a new woman." Mrs. Albert J. Tucker, 120 Orchard Street, Naticoke, Pa.

One of Taniae's greatest blessings is the new life and vigor it brings to old folks. Every day men and women up in the seventies and eighties thank us for Taniae's wondrous benefits.

Taniae is a natural tonic, made from roots, herbs and rare herbs. Harmless to man or child. It cleans the blood, stirs up the liver and puts digestive organs in working order.

If your body is weak and run-down, if you lack ambition, can't eat or sleep, you'll be delighted with Taniae's results. Take Taniae Vegetable Pills for constipation.

DON'T BE GRAY!
Darken your gray hair, gradually, surely and in privacy. Cream of your home. Used over 30 years by millions. Money-back guarantee. BOOKLET FREE.
Hair Color Restorer
At your Druggist 737
MESSIG-ELLIS, CHEMISTS, Dept. W, MEMPHIS, TENN.

CORNS

In one minute the pain is Gone!

Gets at the cause of corns

Dr. Scholl's Zino-pads work like magic, because they remove the cause—pressure or rubbing of shoes. The pain goes instantly. Amateur paring or burning with "drops" (acid) is dangerous—and doesn't stop the cause. Zino-pads are safe, sure, antiseptic, healing. They protect while they heal. Get a box at your druggist's or shoe dealer's—35c.

Free Free Sample Write The Scholl Mfg. Co., Chicago

Dr. Scholl's Zino-pads
Put one on—the pain is gone

At the first sneeze, banish every symptom of cold, chills, etc. with HALE'S. Relief at once—breaks up cold positively. 30 cents at all druggists.

HALE'S HONEY OF HOREHOUND & TAR

ANTS Bee Brand INSECT POWDER

It kills them! Bee Brand Insect Powder won't stain—or harm anything except insects. Household sizes, 10c and 25c—other sizes, 50c and \$1.00, at your druggist or grocer.

Write for Free Booklet, "It Kills Them".
McCORMICK & CO., Baltimore, Md.

Relieve that itching, burning torment and start the healing with

Resinol

Just a Little Smile



THIS WAS A JOKE IN 1876

Young Man—People are talking about the new invention, the telephone. It is so wonderful that it is possible to hear a man's voice over a mile away.

Young Woman—Marvelous! And can a lady's voice be heard a mile away, too?

Young Man—Yes, my dear, but there was really no invention needed for that.—Telephone Review.

SERVES HIM RIGHT



Mike—Hould on, Pat! Don't yez come on the ladder till O'm down. It's ould an' cracked.

Pat—Phwat ov it? It'll serve th' boss right to have a new wan.

Secret of It
"To hold your husbands, wives," Remarks Bill Young.
"Is easy if you'll learn
To hold your tongue."

Pa Took the Air
"Father, freight is goods, that are sent by water or land, isn't it?"
"That's right, son."
"Well, then, why is it that the freight that goes by ship is called a cargo, and when it goes by car it is called a shipment?"
And then Johnny wondered why father put on his hat and sauntered outside to get the air.—Edison Topics.

The Leader
Hard-looker (to passing motorist)—Hi, mister, I'm going your way!
Motorist—So, I see, but I'll get there before you do.—Pathfinder.

The Exception
"They say, professor, that you are master of all European tongues. Is that so?"
"Yes—except my wife's!"

Fast Speaker?
Friend—Does the baby talk yet?
Fond Parent—Oh, yes, but nobody can understand just what it is he's saying.

ON THE JOB



"That machinist is the most thorough man of his trade I know."
"What makes you think so?"
"He not only works all day, but bolts his food at meals, rivets everybody's attention and hammers every new idea advanced."

The Limit
The tightest man of all I know, Goes to church by radio; Thinks the hymns and sermon great. But tunes out while they pass the plate.

Sir Galahad!
Fair Motorist—Oh, I'm sorry, but I'm afraid I have cut off your right foot.
Chivalrous Male—That's quite all right, madam, I had a corn on it, anyway.

His Vacation
Dana—Cap'n, I've been two years before the mast.
Captain—Very well, Dana, you deserve a vacation. You may go aft for two weeks at half pay.—Yale Record.

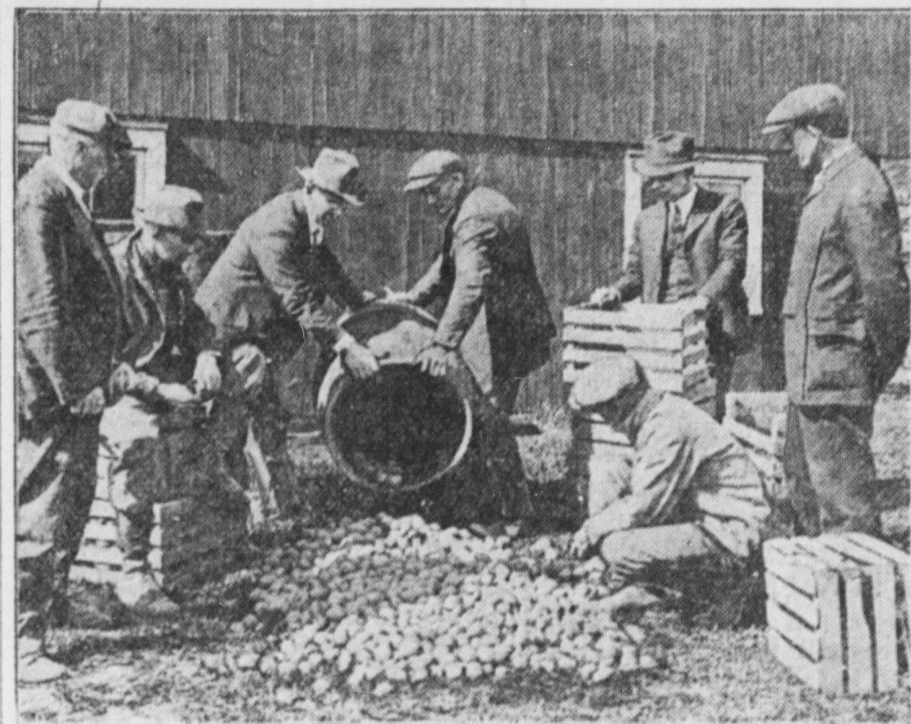
One Advantage
Father—What! You wish to marry my daughter? You have no clientele. What could you offer her that she hasn't at home?
Medic—Well—er—free medical attention.—Illinois Siren.

Stinging
George—What are those black marks on your cheeks?
Edward—That's where Phyllis lashed me with her eyelashes last night.

Certified Seed Increases Yield

Habit of Planting Culls and Inferior Potatoes Is Poor Practice.

(Prepared by the United States Department of Agriculture.)
A progressive corn farmer does not plant the nibbins left in his crib after he has fed or sold the bulk of his crop during the winter. He has long since learned the value of good seed corn. The same farmer, on the other hand, does not always use equally good judgment in selecting seed for his potato patch. Too often he plants the culls and inferior potatoes which are left in



Demonstration of Formaldehyde Treatment of Potatoes—Removing the Potatoes for Drying.

says, must also possess good vigor, high productive capacity, and be true to name and to type of variety. While such factors as the preparation of the land, its fertilization, the proper spacing of the seed pieces, and the cultural care given the growing crop have an important bearing on the yield, none, he says, is of such prime importance as the character of the seed.

Perhaps the best way for the average farmer potato grower to be assured of good seed is to purchase "certified seed." There is abundant evidence that certified seed is improved seed, and that it will yield much more than common or uncertified seed. Reports to the department from a number of experiment stations in the United States and Canada, based on 11,027 tests, show an actual increase of 46.4 bushels per acre for certified seed over uncertified seed. Individual tests

showed an increase of as much as 219 bushels per acre by the use of certified seed.

Yield Increased.
Increased yield is not the only favorable result from the use of such seed, says Mr. Stuart. The crop from good seed will invariably grade higher per cent of No. 1 stock than will that from poor seed. The difference may often be so great as 20 per cent, but even if it should be only 10 per cent it materially enhances the value of good seed.

More Chickens and Eggs Are Produced

(Prepared by the United States Department of Agriculture.)
An increase of 4.7 per cent in the number of hens and pullets of laying age on farms January 1, this year over January 1, 1925, and a production of chickens on farms last year 4.2 per cent greater than in 1924, are estimated by the Department of Agriculture.

The total value of the chickens produced on farms last year was about 12 per cent greater than in 1924, and the average chicken produced was worth 7 per cent more.

The largest increase in the production of chickens last year was 14 per cent in the East North Central states, followed by increases of 13 per cent in the North Atlantic division, 12 per cent in the Pacific Coast and 7 per cent in the West North Central division. Decreases of 4 per cent are reported for the South Central states, and 7 per cent in the South Atlantic.

Total production of eggs in 1925 was slightly larger than in 1924, receipts at the five principal markets being about 15,000,000 cases, or about 1 per cent more than in 1924. The farm price of eggs in 1925 averaged 80 1/2 cents a dozen, compared with 26.4 cents in 1924, and 27 cents in 1923. The total value of the 1925 egg crop increased about 17 per cent over that of 1924.

Worms Infest the Roots of Cucumber or Melons

The worms that infest the roots of cucumbers and melons are the larvae of the striped cucumber or melon beetle. They are slender white worms that burrow into the roots and underground stems. The adult beetles eat the foliage. These beetles carry the bacteria wilt disease which is also very injurious to cucumbers. To control these insects, dust the plant with a mixture made of 1 pound calcium arsenate and 20 pounds gypsum or sand plaster. Apply this mixture first when the plants come through the ground and repeat often enough to maintain a coating on the foliage for three or four weeks.

Bull to Head Herd

When buying a herd bull, pay enough money for it to secure an animal with satisfactory breeding and individuality, remembering that the better bred bulls, with high production records are scarce. The testing of cows is very costly and for this reason many good cows are not developed, therefore this contributes to the scarcity of bulls from record dams and has a tendency to keep the price for the more desirable herd sires higher.

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Moderate Pruning Best in All Fruit Orchards

If you're an extremist, don't try to prune any fruit trees. No pruning at all is one extreme; pruning too much is the other. Both are unprofitable, experienced fruit growers will testify. The middle course is best.

Young trees thrive on light pruning. Bearing trees require more and more pruning as they get older.

In pruning apple trees one aim is to give all the branches breathing space and sunlight. The lower limbs and spurs won't develop and bear without sunlight.

Thin out by pruning the outer and upper portions of the tree, but do not prune to leave large holes that allow direct sunlight to strike large branches and induce sun scald cankers. Confine most of the cutting to small branches, well distributed, taking out large branches only where crowding exists, or to keep trees from getting too tall.

As peach trees come into heavy bearing begin pruning for an open center. Keep tall branches cut back to strong laterals, and where necessary do additional heading back on these laterals. Fruit is borne on one-year wood; prune to keep a normal amount of vigorous growth well distributed through the trees.

FARM FACTS

To prevent gaps among your poultry, move their run to a new place this year.

Getting to market when the other man doesn't, is the secret of success in hog selling.

Raise your chicks as much as possible on clean ground and the risk from gape worms and all poultry troubles will be greatly reduced.

Many good farmers who used to grow oats alone now swear by oats-and-barley, or oats-peas-and-barley. Either combination beats oats alone, and is worth a try.

Proper housing, sanitation, air, sunlight and conveniences are essential to maximum results in city factories. The farmer's barn is his factory; his animals his workers.

Salt is necessary for swine as for other farm animals. A convenient way to feed it is in combination with wood ashes. One part of salt to three parts of ashes is a practical mixture.

Improper feeding and not infection causes many of the losses of new-born calves. Guard against letting strong, vigorous calves get too much milk, and see that the weak, sickly calves get enough.

Sweet clover has too much work to do in soil building to thrive well in competition with other plants. Sow it in a clean seed bed, preferably disked cornstalk, cane, kafir, or any clean stubble.

Rolling Along
Rolling along the highway of popularity—holding old friends and winning new ones—Monarch is rapidly gaining first place as America's favorite brand of Coffee and Cocoa. High quality and low cost are the reasons.

MONARCH
Quality for 70 Years
REID, MURDOCH & CO.
Chicago • Boston • Pittsburgh • New York

More than 200 Quality Food Products including **COFFEE and COCOA**

Ask Your Dealer

ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

Alabastine

Instead of Kalsomine or Wall Paper

Buy Alabastine from your local dealer, white and a variety of tints, ready to mix with cold water and apply with a suitable brush. Each package has the cross and circle printed in red. By intermixing Alabastine tints you can accurately match draperies and rugs and obtain individual treatment of each room.

Write for special suggestions and latest color combinations
ALABASTINE COMPANY
1647 Grandville Ave. Grand Rapids, Mich.

"Nothing but the Truth"
Frank Beech was filling out an application for a fellow the other day and asked the young man what his father did. Imagine Frank's surprise when the applicant replied, "What ever mother tells him to do."—Equivocal.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without griping. 272 Pearl St., N. Y. Adv.

Face Shows Character
What a man is, what his character is, generally reads in his face, hence the expression an "honest face." One may be ever so homely yet in goodness he most beautiful. Very true is the saying "the face is the mirror of the soul."—Grit.

Cuticura for Sore Hands.
Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do. If Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

Varied Electric Signs
Out of 17,000 electric signs in New York below One Hundred and Thirty-fifth street 2,800 are restaurant signs, 1,300 advertise barber shops, 1,100 tobacco, while theaters come seventh on the list.

Sure Relief

BELLANS FOR INDIGESTION
6 BELLANS Hot water Sure Relief
BELLANS FOR INDIGESTION
25c and 75c Pkgs. Sold Everywhere

Operations and Discourse
Unless you have a major topic of conversation for the rest of your life, it was only a minor operation.—Cincinnati Times-Star.

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 healthy and natural sleep.

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