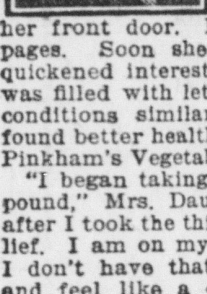


COULD NOT PUT ON HER SHOES

Mrs. Daugherty Was so Weak

In a little town of the middle West, was a discouraged woman. For four months she had been in such poor health that she could not stoop to put on her own shoes. Unable to do her work, unable to go out of doors or enjoy a friendly chat with her neighbors, life seemed dark indeed to Mrs. Daugherty.



Then one day, a booklet was left at her front door. Idly she turned the pages. Soon she was reading with quickened interest. The little booklet was filled with letters from women in conditions similar to hers who had found better health by taking Lydia E. Pinkham's Vegetable Compound.

"I began taking the Vegetable Compound," Mrs. Daugherty writes, "and after I took the third bottle, I found relief. I am on my eleventh bottle and I don't have that trouble any more, and feel like a different woman. I recommend the Vegetable Compound to everyone I see who has trouble like mine, and you can use these facts as a testimonial. I am willing to answer any letters from women asking about the Vegetable Compound."—Mrs. Ed. DAUGHERTY, 1308 Orchard Ave., Muscatine, Iowa.

Are you on the Sunlit Road to Better Health?

Record Check Preserved

The largest check ever written, the \$148,000,000 draft issued by Dillon, Read & Co., for the Dodge Bros. business, is now included in a valuable collection of "money" owned by Farran Zerbe, which recently was on display at the Chase National bank in New York. Mr. Zerbe began collecting money he could not spend when he was ten years old, and today what started as a hobby has developed into a successful business.

Cuticura Comforts Baby's Skin

When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

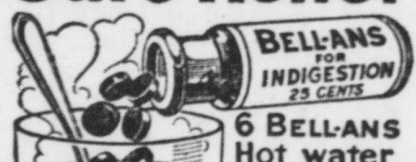
Interrupted

Boss—Why can't you read that part of your shorthand notes?
Steno—Don't you remember? That's where you tickled me.

They Do Grow Up

"Oh, Mabel, be your age."
"What do you want me to do—get down and crawl?"—Carnegie Puppet.

Sure Relief



BELLANS
FOR INDIGESTION
25¢ and 75¢ Pkgs. Sold Everywhere

Water Shy in Jerusalem

Modern progress in Jerusalem is being interfered with in a way by the ancient vested rights to the springs and wells of that part of the world. These vested rights are historic in the vicinity of the holy city and this situation, together with the concessions held by the Greek Mavramatis, makes it extremely difficult to provide sufficient water for the city itself until the proposed water system is installed.

Anoint the eyelids with Roman Eye Balm at night and see how refreshed and strengthened your eyes are in the morning. Send now to 312 Pearl St., N. Y. Adv.

Stretching It

Dick—But why are you going to that poky old place for your vacation?
Jack—Well, I have only a week, and I want it to seem like a month.

Your shoes feel easy if you use ALLEN'S FOOT-EASE

Stops the pain of Corns and Bunions and you can walk all day in ease and comfort. Nothing gives such relief to hot, tired, aching, inflamed or swollen feet, blisters or calluses. A little ALLEN'S FOOT-EASE sprinkled in each shoe in the morning will make you forget about tight shoes. It takes the friction from the shoe. Always use it for Dancing and to Break in New Shoes. For Free sample and a Foot-Ease Walking Doll, address ALLEN'S FOOT-EASE, Le Roy, N. Y.

DON'T BE GRAY

Darken your gray hair, gradually, surely and safely in privacy of your home. Used over 50 years by millions. Money-back guarantee. **Chan Hair Color Restorer** At your Druggist 757 HESSIG-ELLIS, CHEMISTS, DEPT. W, MEMPHIS, TENN.

(CHASING) and RASHES promptly relieved and healed by a few applications of

Resinol

W. N. U., BALTIMORE, NO. 28-1926.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

DOES YOUR CHILD HAVE TANTRUMS?

THE present tendency is to prevent illness rather than to wait until it has developed and then try and cure it. This is true, not only of such contagious diseases due to such conditions as bad water, bad milk, insect plagues and contact with other diseased persons, but also with those diseases due to bad personal habits on the part of individuals. This policy of prevention has now gone a step farther, to take in mental conditions. We know that many unfortunate mental conditions have their origin in early life even in childhood, and that an individual's entire life may be seriously affected or even ruined by bad training or surroundings in childhood.

So the National Committee for Mental Hygiene, an organization which is seeking to correct some of our bad mental habits and prevent the development of mental diseases, is naturally and rightly beginning with the child and its early training.

In a recently issued pamphlet for mothers, the committee asks each mother some questions about her child's mental habits and how she controls them. Some of the questions asked are so pertinent that each mother can read them and answer for herself.

Does your child have tantrums? Does he gain something by having them? Does he get his own way when he has them? If he kicks and screams or holds his breath, do you fear he will injure himself, and so let him have his own way if he will only stop? If you do, remember that if he gets his way after the first tantrum, the second will be easier than the first, and the third still easier and he will soon learn that when he wants anything, he can get it by having a tantrum.

Does your child like to be the center of interest? Does he have a tantrum so as to attract attention? Every child loves attention and will do whatever is necessary in order to get it. When he has a tantrum, do you offer to give him candy or cookies or whatever he wants if he will only stop?

If you do, he will very soon learn that the sure way to get what he wants is to scare you with a tantrum until you give it to him. Do you try to scare him into being good by telling him that if he doesn't stop the black man or the policeman will get him? He soon learns that these "boogies" are false, and then he has no confidence in you. In short, are you sure that his tantrums are not due to your own foolishness?

PREVENTING HEART DISEASE

TWENTY-FIVE years ago tuberculosis in its various forms was the chief cause of death. Since 1900, by constant warfare against the causes of the disease, combined with a nation-wide campaign of education of the public, the death rate from tuberculosis has been cut down one-half and in some places more than one-half. The death rate from diphtheria, typhoid, measles, and other infectious diseases have been reduced in varying degrees. In 1887 the diphtheria death rate was 130 per 100,000. Today it is about 10, a reduction to one-thirteenth of its previous rate; measles has been cut down two-thirds; whooping cough has been reduced to one-fifth of its former rate.

Practically all diseases which have been found to have a definite cause have been largely reduced by first finding the cause and then so far as possible preventing it. But heart disease, on the contrary, has been steadily increasing, until it now ranks first as the cause of death.

Part of the increase, of course, is due to the fact that the other diseases have fallen off so rapidly as to leave heart disease more conspicuous. But in addition to this apparent increase, carefully analyzed figures show that there is an actual increase and that more deaths from this cause are occurring each year.

Except in cases of babies born with imperfect and incomplete hearts, heart disease is practically always caused by some other disease. It practically never originates by itself. The heart may be crippled by the poisons of scarlet fever, measles, rheumatism, diphtheria or influenza which circulate in the blood and irritate the lining membranes of the heart. If these poisons are strong enough or if the individual resistance is low enough, the poison in the blood may cause ulceration in the heart valves. These ulcers, as they heal, produce scar tissue which, shrinking, pulls the valves out of shape. Or the poison may attack the heart muscle, causing it to weaken.

Poison from abscess in the tonsils or at the roots of teeth, constitutional poisons such as rheumatism and syphilis may affect the heart. With such a large number of causes, the prevention of heart disease means the prevention of all poisons or infections of the body, as practically every infection sooner or later affects and weakens the heart.

First County Is Freed of Scrubs

Kentucky Community Sends Last Grade Bull to Shambles.

(Prepared by the United States Department of Agriculture.)
Pure bred bulls, 140; grade bulls, 0; scrub bulls, 0.

This is the official bull count for Union county, Ky., as reported to the United States Department of Agriculture by County Agent R. O. Wilson and Wayland Rhoads, field agent in animal husbandry, University of Kentucky.

Sent Him to Shambles.

On April 22, 1926, the last farmer in Union county owning a grade bull sent him to the shambles and replaced



Last Grade Bull in Union County Was Sent to the Stock Yards on April 22 and Replaced by a Pure Bred—Men in the Picture Are (left) R. O. Wilson, County Agent and (right) Wayland Rhoads, Field Agent in Animal Husbandry, University of Kentucky.

him with a pure bred. The accomplishment marks a culmination of a systematic drive begun more than five years ago by L. C. Brewer, formerly county agent. At the beginning of 1926 the county had disposed of all of its scrub bulls, and all but four grades, but not until April 22 was the last grade bull disposed of. So far as the records or information of the United States Department of Agriculture show, Union county, Ky., is the first in the United States to reach a 100 per cent pure-bred bull goal.

Besides the accomplishment mentioned, Union county is third on the county honor list in the "Better-Sires—Better-Stock" campaign, fostered by the bureau of animal industry and various states. This county has 550 live stock owners who are using pure-bred sires for all classes of live stock

raised, and who are following breeding methods leading to still further improvement. The results were achieved by persistent and systematic work by the county agent and influential citizens in co-operation with the State College of Agriculture and the United States Department of Agriculture.

One of the means of stimulating interest in live-stock improvement was the publication in July, 1924, of a special edition of the local paper, devoted entirely to the better-sires campaign and educational articles and illustrations showing the value of better-bred live stock. The cattle industry of the county is largely devoted to beef production, thus making the achievement especially timely, in view of current federal-state plans to improve the quality of meat.

Campbell County Striving. Campbell county, Kentucky, is now striving for the same achievement. Mr. Rhoads has informed the Department of Agriculture that the number

Cattle Grubs and Means of Control

Young Stock Show Higher Degree of Infestation.

(Prepared by the United States Department of Agriculture.)

Few people connect the cattle grubs found under the skin on the backs of cattle with the adult insects known as heel flies or warble flies. These insects, which are responsible for considerable loss because of reduced milk flow and "grubby" hides, cause great annoyance to cattle, particularly when laying their eggs on the legs of the animals. From this point, the larvae, which are hatched in from two and a half to six days, burrow into the leg. After a journey of several months up the leg and through the body they reach a situation just underneath the skin on the back from which they emerge as fully matured grubs. These grubs, after burrowing into the soil or under loose material, some thirty to sixty days later develop into flies. The foregoing facts are brought out in Department Bulletin No. 1369-D, "The Cattle Grub or Ox Warbles, Their Biologies and Suggestions for Control," just issued by the United States Department of Agriculture.

The extent of infestation varies with the age of cattle, young stock, particularly animals from one to three years old, almost always showing a higher degree of infestation than mature animals. Different breeds show no difference in susceptibility. Housing of the herd during the periods of fly activity has been known greatly to reduce the infestations. The bulletin gives detailed information relative to this insect, its distribution, effect upon cattle and man, economic importance, control, and possibilities of eradication. Any one interested in the subject may obtain a copy of the publication free, as long as the supply lasts, by writing to the United States Department of Agriculture, Washington, D. C.

Growing Strawberries

The easiest way to grow strawberries is the matted row system. Set the plants in rows three to four feet apart, and then about two feet apart in the rows. Cultivation should be given so as to keep all weeds killed all the time. As the runners start to grow train them to keep in rows, and if you have some of the kinds which send out very many runners, it will pay to keep some of them cut off.

Let Peaches Grow Until They Come Into Bearing

Let young peach trees grow as much as they will until they come into bearing. Is the advice from the New York College of Agriculture at Ithaca. Fruit men at the college say that the well-known custom of pruning back the wood following after the season's first growth is not wise.

Such pruning, they say, delays bearing and may cause too late and tender growth. This, of course, increases the danger of winter-killing. The open-head system seems best, as it allows a more complete renewal than do other methods. It provides new, healthy wood farther down on the main branches. The center should be kept open at the top, and the branches may be cut back to prevent them from getting too tall, but otherwise little needs to be done until the trees start to bear.

Young trees are usually pruned to a whip when they are set, or if the side branches are strong they are often left and cut back to three buds. Buds which are not wanted for future branches may be rubbed off during the first summer, and trees that get this kind of treatment usually grow larger than those that are severely cut back.

FARM FACTS

Sumac is one of the best varieties of sweet sorghum.

Train tomatoes to a trellis, pruning off all but one stem.

Lime, legumes, and live stock will bring almost any farm up to productivity, and do it cheaply.

Water only when the plants need it badly and then soak the ground thoroughly. Sprinkling does more harm than good.

The locust tree is a member of the legume family, and as such it has nodules on its roots just as do the various clovers.

The farm that maintains the proper balance between cultivated, legume and small grain crops will have a real crop rotation, which in turn will do much to maintain a productive soil.

A sharp pencil is a good farm tool. One farmer says that two of his seven cows will be disposed of because a year's record showed them to be about 200 pounds under the top producers.

MONARCH
Quality for 70 Years
Never Sold Through Chain Stores.
REID, MURDOCH & CO.
Chicago - Boston - Pittsburgh - New York

COFFEE
COCOA

Vacation Time
Time to relax - time to slow up and take things easy. But there is no vacation time for those who pack Monarch Coffee and Monarch Cocoa. Quality is safeguarded every minute of every day.

Monastic Effect
"Couldn't you let that skirt down a little, Mary Louise? It's only an inch below your garters."
"For heaven's sake, mother! Do you want me to look like a monk?"

Hard Luck
"What are you crying for, my lad?"
"Cause father's invented a new soap substitute an' every time a customer comes in I get washed as an advertisement.—Dry Goods Economist."

A Slap
Helen—You ought to have seen Bob when he proposed.
Betty—Oh, I have seen him.

Paging Him
Two salesmen meet:
First Salesman—How's business, you darned liar?—Allston Recorder.



Curse on thee, little pest Filthy fly, unwelcome guest!

NO need to tolerate a single fly in your house. Flit kills flies. Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills all the insects—and does it quickly.

Get a Flit can and sprayer today. For sale everywhere.

STANDARD OIL CO. (NEW JERSEY)

FLIT
DESTROYS
Flies Mosquitoes Moths
Ants Bed Bugs Roaches

"The yellow can with the black band"

Nose Printing for Sheep

A sheep's nose, like a man's thumb, seems to be its own particular property, so the Michigan State college has adopted a nose printing system to identify the fleecy animals. After three years of experimenting college specialists say there is yet to be found two sheep with similar nose lines, says the Jackson Citizen Patriot.

Unusual
Young Doctor—Did anything unusual happen while I was away?
Servant—Yes, sir—a patient.

Vermont's Cows Best

Taking the country as a whole, every person has a one-fourth interest in a cow, says the Golden Age. But in Vermont, where the most attention is paid to cattle breeding, there are more cows than there are humans, and additionally the cattle average to be worth 50 per cent more apiece than they are elsewhere.

Mistake

"Melanie, I found my coffee stronger than usual this morning."
"My mistake, sir. I gave you mine."

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. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

? MEN ?

You have no reasons for being BALD, when Forst's Original BARE-TO-HAIR grows hair and saves what you have.

Drug Stores and Barber Shops. Correspondence given personal attention.

W. H. FORST, Manufacturer
SCOTSDALE, PA.