

## WOMEN CAN NOW DO MORE

Because Lydia E. Pinkham's Vegetable Compound Keeps Them Well

Fifty years ago there were few occupations for women. Some taught school, some did housework, some found work to do at home and a few took up nursing.

Today there are very few occupations not open to women. Today they work in factories with hundreds of other women and girls. There are also women architects, lawyers, dentists, executives, and legislators. But all too often a woman wins her economic independence at the cost of her health.

Mrs. Elizabeth Chamberlain who works in the Unionall factory making overalls writes that she got "awful results" from taking Lydia E. Pinkham's Vegetable Compound. Mrs. Chamberlain lives at 500 Monmouth St., Trenton, N. J. She recommends the Vegetable Compound to her friends in the factory and will gladly answer any letters she gets from women asking about it.

Lydia E. Pinkham's Vegetable Compound has helped other women, why shouldn't it help you?

**Takes Out all pain instantly**



## CORNS

Dr. Scholl's Zino-pads stop all pain quicker than any other known method. Takes but a minute to quiet the worst corn. Healing starts at once. When the corn is gone it never comes back. If new shoes make the spot "touchy" again, a Zino-pad stops it instantly. That's because Zino-pads remove the cause—pressing and rubbing of shoes.

Dr. Scholl's Zino-pads are medicated, antiseptic, protective. At all druggists and shoe dealer's—35c.

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

### Latest Clock Novelty

A London clock maker has devised a clock which has no sign of mechanism. The face of the novelty is embedded in a slab of crystal five inches in diameter, and the hands, which are made of platinum and diamonds, revolve on a thin metal pinion. Although the crystal is transparent, no one except the maker knows how the clock goes, because there is no apparent connection between the hands and the framework. The price of such a clock is something like \$4,000.

### Will Supply Homes

By decree of the Italian government one-third of the profits of the postal administration will be used in purchasing and building houses for its employees and agents during the next ten years. These houses will remain the property of the administration.

Do what one can kindly, efficiently and without sentiment and one won't get hurt.

## Sure Relief

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

## Green's August Flower

For indigestion, Dyspepsia, etc. Relieves Distress after Hurried Meals or Overeating. Being a gentle laxative, it keeps the digestive tract working normally.  
30c & 90c. At all Druggists.  
G. G. GREEN, Inc. WOODBURY, N. J.

## EYES HURT?

Don't ignore the danger signals of stinging eyes, red lids, bloodshot eyeballs. Use Dr. Ross' Eye Relief, relieves inflammation, soothes pain.  
**DR. ROSS' EYE RELIEF**  
147 Waverly Pl., New York

**PARKER'S HAIR BALSAM**  
Restores Color and Beauty to Gray and Faded Hair  
60c and 75c at Druggists.  
Hilcox Chem. Works, Paterson, N. J.

**HINDERCORNS** Removes Corns, Callouses, etc., stops all pain, ensures comfort to the foot, makes walking easy. Use by mail or at Druggists. Hilcox Chemical Works, Paterson, N. J.

## The KITCHEN CABINET

(©, 1927, Western Newspaper Union.)

Remember that money is of prolific, generating nature. Money can beget money, and its offspring can beget more and so on. Five shillings turned in six, turned again it is seven and three pence, and so on till it becomes a hundred pounds.—Benjamin Franklin.

### CASSEROLE DISHES

Veal hearts are most savory when well cooked and seasoned and taste much like venison.



Fry four slices of bacon until crisp, remove them from the pan and add a small sliced onion; fry in the fat. Trim and wash four veal hearts and fry them in the hot fat. Place the hearts in a heated casserole, add to the fat in the pan a cupful of water or stock, a minced pimento, a teaspoonful of salt and a bit of bay leaf. Pour the mixture over the hearts and cook well covered two hours. Just before serving add the pieces of bacon.

**Vegetables in Casserole.**—Cut turnips, squash or cauliflower into small pieces and cook in salted water until tender. Drain and place in a casserole with two minced green peppers, a tablespoonful of butter and one-half cupful of cream or rich milk. Bake in a moderate oven for fifteen minutes. Pour over a cream sauce, add a layer of buttered crumbs and cook uncovered until the crumbs are brown.

**Lamb en Casserole.**—Have three steaks cut from the leg. Put into a hissing hot frying pan to sear the surface and hold in the juices. Remove from the pan, brush with butter, sprinkle well with salt and pepper and lay in the casserole. Add one cupful of potatoes, cut into cubes, one-half cupful of string beans, three-fourths of a cupful of carrots cut into thin strips, three slices of onion, two cupfuls of stewed and strained tomatoes thickened with butter and flour—two tablespoonfuls of each, well mixed. Cook until the vegetables are soft and the meat is tender.

The advantage of casserole cooking is that the dish may be put into the oven with proper heat and left without further attention until ready to serve. The dish itself is placed on the table, doing away with a platter and two to three vegetable dishes.

### Hints and Things.

Sauerkraut has become a most important food. We learn that eaten uncooked it prevents auto-intoxication, that is, that it prevents the growth of harmful bacteria in the alimentary canal. Its acids act somewhat like a disinfectant in one's intestines and so promotes internal cleanliness.

Some writers tell us that sauerkraut relieves sufferers from diabetes, obesity, lumbago, flatulency and gastritis; in fact it is almost a cure-all food—as near as any food can be.

Sauerkraut is a remarkable palatable medicine to be recommended for seasickness, dyspepsia, dizziness and even some skin troubles. Given for lack of appetite and nausea, it seems to settle the stomach and spur the appetite. The tests of different ways of curing sauerkraut tell us that either canned or in bulk it has equal virtue. The juice of the kraut itself is a wonderful preservative and when kept cold and above freezing can be kept for months. When prepared from good solid heads it may be shredded very fine, this is the test for the best kraut, as well as flavor, tenderness, amount of water and color.

Sauerkraut if sour should be well washed before cooking. If in bulk and it is losing its moisture, a salt solution should be added to it. Sauerkraut is more wholesome and digestible uncooked than cooked, as is fresh cabbage. However, many enjoy the kraut cooked in various ways with meat. When sauerkraut is leed it is especially good, eaten uncooked, of course.

In many homes and hospitals the kraut water is given as a tonic and appetizer and if one likes kraut, it will be no hardship, rather a pleasure to take. It is considered one of the best blood tonics. With all that has been said about this wonderful food it should grow in popularity.

Serve spinach well seasoned and sprinkled with buttered crumbs.

Put the last few tablespoonfuls of horseradish into the pickle jar.

Rhubarb combines with many fruits and juices, extending the more expensive fruits. Raspberries, strawberries canned with two-thirds the amount of rhubarb will seem entirely like the small fruit. This reduces the cost and makes a most palatable fruit. Cranberry juice is another good fruit extender; added to strawberries which lose their color in cooking, it makes a beautiful and tasty preserve.

Save all the fruit juices left from canned fruit. Mixed with two or three, one will have enough for a pudding sauce or a gelatin pudding. This juice is good added to lemonade, or poured over apples when baking.

*Nellie Maxwell*

## Apple-Growing Season Length

Every Variety Requires Definite Number of Days to Mature Fruit.

(Prepared by the United States Department of Agriculture.)

Everyone is more or less familiar with the fact that certain varieties of apples are grown in some sections of the country and other varieties in other apple-growing regions. What determines such varietal distribution? Is it the soil, the average temperature, rainfall, length of growing season, or a combination of all these factors?

### Time to Mature Fruit.

From data gathered during the last four years, J. R. Magness, physiologist of the United States Department of Agriculture, concludes that every apple variety requires a definite number of days to mature its fruit after the blossoming season. Some varieties require 165 to 175 days, others 150 to 155, and still others ripen in less than 140 days from blossoming time. Apparently this time interval for maturity holds good for the different varieties regardless of other factors such as soil and climate, although these latter factors do have a bearing on quality.

### Length of Season.

A careful analysis of the commercial adaptation of apple varieties in different sections of the United States indicates that this length of season required to bring any variety to maturity is the most important factor in its distribution. Varieties requiring 160 days or more, such as Winesap, Arkansas, Stayman Winesap, or Yellow Newton, are strictly limited to the South, the middle latitudes, and the Pacific coast sections where normal blossoming time is about May 1, or earlier, and first frosts occur about 160 days later. Varieties requiring 140 to 150 days to ripen, such as Jonathan, Delicious, or Baldwin, may be grown in the apple districts of the North where they are used as winter or storage apples. When grown in the South these short-season varieties are fall apples, and if held successfully must be placed at once in cold storage. Generally, winter storage varieties most suitable for any particular section of the country are those varieties which do not attain maturity until cool weather prevails.

## Field Peas Valuable to Use in Rotation Scheme

Washington station not long ago put out a bulletin on field peas, reporting tests with the crop in rotations, and for hogging off in Washington. Here are the high points:

The yield of wheat following peas is less than wheat following good summer fallow, but greater than when it is preceded by corn or sunflowers.

A larger total yield of grain has been secured during equal periods of time in the rotations in which field peas have been used instead of summer fallow.

The average yield of field peas following wheat in four different rotations in which this crop succession occurs is 22.7 bushels, while the average yield of spring wheat following wheat in four rotations in which this crop succession occurs is 21.9 bushels.

The varieties, Bangalla, Canada and Alaska, seed of which is usually readily obtained, were among the high yielders.

Pigs fed limited rations on sweet clover or alfalfa pasture made more rapid daily gains later while hogging off peas. In two of the three years' experiments, the pigs fed limited rations were marketed with those fed full rations at the same weight, age and condition. The feed cost of the pigs fed limited rations on pasture was less than that of the full-fed pigs. The pigs made average daily gains of from .94 to 1.25 pounds each while hogging off peas. The pork produced per acre of peas varied from 141 pounds with a 16-bushel crop to 244 pounds with a 36-bushel crop.

## Agricultural Items

Navy beans do not yield well on extremely rich land.

Alfalfa and lime make a dollar out of a dime.

A permanent pasture insures a permanent income.

Check the grain drill before using to see that it is planting right.

There are only two reasons why a man should farm: because he likes farming and because he can make money at it. The good farmer combines the two.

Washing horses' collars with warm water keeps them clean and smooth. Collars scraped with a knife are likely to become rough and be the cause of sore shoulders.

More than half of the total area of woodland on farms in New York state is pasture and therefore is on the down grade toward final extinction.

To be well built a silo must have air-tight walls, be round in shape, have smooth, perpendicular walls, have strong walls which will not bulge, and be deep in proportion to its diameter.

## Control Corn Borer by Cultural Method

Pest Does Damaging Work While in Larval Stage.

(Prepared by the United States Department of Agriculture.)

The European corn borer does its damaging work while in the larval stage. It passes the greater part of its larval and also pupal existence within the stalk or other parts of the host plant, usually corn, but in some parts of the country in a variety of other plants, and weeds. For this reason there is but little chance of controlling this pest by insecticides, and it is evident to entomologists of the United States Department of Agriculture who have worked on the problem that the major control efforts should be directed toward cultural practices which will lead to the utilization or the destruction of infested plants. Measures recommended are: Feeding to live stock, burning, or plowing under; selection of varieties of corn least susceptible to severe injury, and regulating the time of planting to escape serious infestation and yet produce satisfactory yields.

Control measures used must take into consideration the fact that in the New England infested area two generations occur annually and the insects attack many plants in addition to corn, while in the western areas, including New York and the region around the Great Lakes, the corn borer is single brooded and confined principally to corn. In New England, therefore, it is necessary to utilize or destroy all plants or crop residues which are listed as hosts of the corn borer, especially large stemmed grasses and many roadside weeds. In the sections where corn is chiefly attacked, low cutting, shredding, deep plowing, and burning of stubble and stalks are recommended measures.

## Sanitation Is Big Help to Reduce Fowl Cholera

Fowl cholera is one of the greatest menaces to poultry flocks, declared Dr. J. W. Lumb, extension veterinarian of the Kansas State Agricultural college in a recent radio address. It affects chickens, turkeys and ducks with equally fatal results. It is most prevalent in late summer, fall and early spring and is due largely to changes of housing conditions and methods of feeding and handling which tend to lower the resistance of the fowls.

Fowl cholera closely resembles fowl typhoid. In fact the resemblance is so close that to most persons the diseases appear to be identical. Even trained workers are often compelled to make microscopic examinations before definitely diagnosing the disease. Ordinary symptoms are ruffling of the feathers, loss of appetite, drooping of the wings and tail, a staggering gait, and diarrhea.

The organism which causes fowl cholera is microscopic in size, is rod shaped, and known as pasteurella avium. It multiplies very rapidly in the blood, causing blood poison.

Sanitary measures greatly reduce the number of cases of cholera, according to Doctor Lumb. Regular rations, good ventilation, even temperature, pure water, large houses and large runs are also conditions which help ward off the disease.

## Rape Is Best Substitute Pasture for Hog Family

Rape is one of the best substitute pasture crops for hogs. It should be sown as early in the spring as the seedbed can be well prepared. If sown in rows, from two to four pounds of seed per acre is sufficient; if drilled in solid, from four to six pounds should be used. The Dwarf Essex variety is to be preferred. If possible, divide the field into two parts and pasture alternately.

In securing a seeding of alfalfa only hardy northern grown seed should be used. The Grimm, Cossack, and Ontario Variegated strains are exceedingly well adapted to Michigan conditions. The seedbed should be well firmed and the soil should not be acid. The land should be well drained.

## Ample Supply of Green Peas Is Always Delight

An ample supply of green peas, sugary with their own natural sweetness and not requiring any additions from the family sugar bowl, are the pride and ambition of every gardener's heart. Peas from a single planting are in bearing for only a short time. The dwarf varieties most commonly grown in the home garden yield for about ten days while the bush peas, those which require brush or wire supports and grow from three to four feet tall, remain in good bearing from two to three weeks. It is real economy to plant the tall peas for quantity. A succession of plantings must be made to have a crop over any long continued period.

## Useful Manure Floor

The use of the manure floor or storage shed, with an occasional use of the manure spreader is a step that goes hand in hand with good dairy farming. Planning the rotation so that manure may be supplied to the fields at regular intervals as it is needed insures a uniform, steady crop production that is a necessary part of well-organized farm operation. Neglecting the fields that are back from the barn is a poor practice, rapidly disappearing.

## 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. Fletcher*

Proven directions on each package. Physicians everywhere recommend it.

### Bird Has Long Life

How long can a bird live? A new official record for long life among the feathered tribe has been set by a twelve-year-old pintail duck captured near Brawley, Calif., according to Popular Science Monthly. A dated band attached to the bird's leg more than twelve years ago at Bear River, Utah, by a member of the United States biological survey, proves the record authentic.

### India's Population

The present population of India is 247,000,000 and of these only 7,000,000 possess the right of franchise. There are 40,000 miles of railways, of which 27,000 miles are the property of the state, and which employ 400,000 men. The irrigation works are on an equally tremendous scale. No less than 20,500,000 acres of land are served by 60,000 miles of canals and channels.

## An always-ready treat SHREDED WHEAT

Fresh strawberries and cream  
Crisp shreds of whole wheat  
A delicious dish of health  
12 oz. in Each Standard Package

**Clever Student**  
"One of our students," said Doctor Hutchins, president of Berea college, "who had recently taken up the study of chemistry, was asked by her English teacher to give the plural of ox. Her reply, prompt and sure, was 'oxygen.'"

**Changeable Minds**  
Goldsmith—You want the girl's name engraved on the ring, of course.  
Rod—Certainly—but—a—not too deep.

**House Cannot Burn**  
In Detroit is a house which is said to be 100 per cent fireproof. It has a steel frame and floors of a concrete composition and the plaster is of a very hard character laid on steel lathing. The door and window frames are of metal so that there is nothing about entering into the construction of the house which is inflammable.

There is no gratification in slandering the human race. It is the only human race there is.



**A moving picture of the Buzz Family**  
FLIT spray clears your home of flies and mosquitoes. It also kills bed bugs, roaches, ants, and their eggs. Fatal to insects but harmless to mankind. Will not stain. Get Flit today.

**FLIT**  
DESTROYS  
Flies Mosquitoes Moths  
Ants Bed Bugs Roaches  
"The yellow can with the black band"

**Gangs**  
A Chicago survey has discovered that for every ten boys who adhere to a gang, one girl joins a similar organization of her own. Among adults, if bridge clubs are included, the proportion would just about be reversed.

The French superphotographer, M. Nogués, has invented a camera which takes 300 photographs a second.

Girls who have no diamonds say that it is vulgar to wear them.

**One Reason**  
Teacher—Tommy, why was Democles afraid to eat his dinner when the sword was suspended over his head by a single hair?  
Tommy—He was afraid the hair would fall in his soup.—London Ideas.

On the stage a plain actress may make up to look pretty, but it can't be done on the screen.

About some people the worst thing you can say is the truth.

**Cuticura Preparations**

Unexcelled in purity, they are regarded by millions as unrivalled in the promotion of skin and hair health. The purifying, antiseptic, pore-cleansing properties of Cuticura Soap invigorate and preserve the skin; the Ointment soothes and heals rashes and irritations. The freely-lathering Shaving Stick causes no irritation, but leaves the skin fresh and smooth. The Talcum is fragrant and refreshing.

Sole U.S. Distributors: **Cuticura Laboratories, 25, 27, Maiden Lane, New York, N. Y.**  
Sole U.S. Distributors: **Dr. J. C. Ayer & Co., Lowell, Mass.**