

NERVOUSNESS AND **WEAKNESS CURED** BY PE-RU-NA.

Miss Sadie Robinson, 4 Rand street, Malden, Mass., writes:
"Peruna was recommended to me about a year ago as an excellent remedy for the troubles peculiar to our sex, and as I found that all that was said of this medicine was true, I am pleased to endorse at.

"I began to us" it about seven months ago for we thness and nervousness, caused from overwork and sleeplessness, and found that in a few days I began to grow strong, my appetite ingreased and I began to sleep better, consequently my nervousness passed away and the weakness in the pelvic organs soon disappeared and I have been well and strong ever since."

Address Dr. S. R. Harmon Personal

Address Dr. S. B. Hartman, President The Hartman Sanitarium, Columbus, ,, for free medical advice. All corres-ondence strictly confidential.

CONCENTRATED

Crab Orchard WATER



Dyspepsia Sick Headache Constipation...

The Three "His" That Make Life a Burden.

Nature's Great Remedy

SOLD BY ALL DRUGGISTS. CRAB ORCHARD WATER CO.,

LOUISVILLE, KY.

Kyrle Bellew says actors are born and not made.

Cures Eczema, Itching Humors. Especially for old, chronic cases take Botanic Blood Baim. It gives a healthy blood supply to the affected parts, heals all the sores, cruption scales, scales; stops the awful itching and burning of eczema, swellings, suppurating, watery sores, etc. Druggists \$1 per large bottle, a bottles, \$2.50, 6. gists \$1 per large bottle, 3 bottles \$2.50, 6 bottles \$5.00, express prepaid. Fample free and prepaid by writing Blood Balm Co., Atlanta, Ga. Describe trouble and free medical advice sent in sealed letter.

Danjiro, the great Japanese trugedian, is also a most skilful dancer. AN AWFUL SKIN HUMOR

Covered Head, Neck and Shoulders-Suffered Agony For Twenty-Five Years

Until Cured by Cuticura. "For twenty-live years I suffered agony from a terrible humor, completely covering my head, neck and shoulders, discharging matter of such offensiveness to sight and smell that I became an object of dread. I consulted the most able doctors far and near, to no avail. Then I got Cuticura, in a surpisingly short time I was com pletely cured. I advise all those suffering from skin humors to get Cuticura and end

their misery at once. S. P. Keyes, 149 Congress Street, Boston, Mass." Lesson of Memorial Day. It is well that on one day in the year the high example of the Union soldier should be held up before our people. Love of country consists in service rather than in profession. Public good must ever be preferred to private good. And surely when so many Americans were willing to give all that they had for the country, we of to-day ought at least to be willing to forego mere personal advantage when it can only be won at the expense of the land which we all love. This is the lesson of Memorial day, and it is one that we greatly need to learn,

ALL DONE OUT.

Veteran Joshua Heller, of 706 South Wainut street, Urbana, Ill., says: the fall of 1809, after taking Doan's

Kldney Pills I told the readers of this paper that they had relieved me of kidney trouble, disposed of a lame back with pain across my loins and beneath the shoulder blades. During interval which has elapsed I have and occasion to re-Pills when I noticed warnings of an attack. On each

and every occasion the results obtained were just as satisfactory as when the were first brought to my notice. preparation to-day as I did over two

Foster-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, | price 50 cents per box.

If the seed potatoes are scabby, they | reach of the hens, should be treated with a mixture of one pint of formalin to thirty gallons of water. Sacks of the seed potatoes are suspended in this solution for an

spread on the barn floor to dry.

Transplanting Plants. When transplanting plants, whether press the earth firmly down upon the man says: roots and to give a thorough watering afterwards. If the days are warm, a partial shading will be found beneficial for the fruit two or three days.

Skin Milk For Pigs.

On any farm where pigs are raised their favor is the pleasant flavor. and skim milk is available, it may be fairly satisfactory. Considerable care spring. gust be used in the feeding of young pigs, and it pays to try and arrange a grown for stock or for home use as ration which will keep them growing generally as they should be is that they as sturdily as possible.-Indianapolis really are not developed until the frost

Objects to the Bank Barn.

er had one 45x70, coating \$1000, and I fore any considerable quantity can be would as soon have one of the same used. The practice of digging parsnips size without the bank. The barn should in the fall and wintering them in celfront south; it cost considerable to lars is obtainable, for the reason that make the wall for a bank barn. There | in the fall parsnips are very poor vegeshould be tile under the wall, or some | tables." way to prevent water from coming under in the wet time. I never saw a bank barn that water did not seep under. We have had to carry water out in buckets and the ground is rolling. I know of six or seven costly bank barns, and the owners do not like them. One of my neighbors is talking of moving his barn off from the wall, and set it on the ground. You may have a team out of a bank barn in real cold weather and stop them, and you will think they have a chill.

All grain may be put in the base-ment by chutes like flouring mills run their grain. Have a small bin in the basement under the chute, with a small hopper on the upper end; have wheat in wagon by same plan; bin over chute to barn; stand wagon under; hang sack on; when full is in the

Bank barns are not the place for sheep. They are too damp. You can keep them for a short time, say while lambing.-W. W., in Indiana Farmer.

Handy Stock Cart.

There is hardly a farm where any amount of stock is kept on which a stock cart built similar to our illustration would not prove itself indispensable in course of time. Two discarded all manner of weeds, and perhaps fine buggy axles worked over at a black- tomatoes lying around on the ground smith forge form a drop axie for this cart, says the Ohio Farmer. In the cut. A shows the axie, which should keep an earth mulch in dry weather be left standard track width, pieces one foot in length being inserted near the right along. Or, if you prefer, when



stubs at each end which forms the pulled. drop in axle to lower the bed nearer the ground. A bed is made as shown in illustration, just the width to fit plants may be put into the open into the axie and about five feet in ground. length, and bolted to the axle near the fitted with two doors and a good, for flavoring purposes. strong latch.

when monuted upon wheels, to any will throw out fruit laterals. This is pen, the rear and dropped to the important, for on it depends next senground, doors closed behind, the cart son's crop of berries. attached to the rear of any other veand used for a chute in loading hogs or sheep. These carts are very pop-

Poultry Notes.

fry feeding little chicks a dry ration of cracked grain, seeds, etc. It is bet- plants. ter than Johnny cake, corn dough or mashes.

Place a self-feeding box of grain in the coop so that the chicks can eat what they want. There is little danget of overfeeding growing stock on that will come into bloom in midfree range.

If hens on free range are given a small feed of fresh-cut bone once a day, or a box of beef scraps and granulated bone is placed in the hennouse they will produce more eggs.

Keep the brooders and colony houses clean and look out for red mites and lice on the chicks. Incubator chicks are hatched free from lice, but it does ot take long to contract them.

Set turkey hens, and if you have plenty of eggs, fill the incubator. Arrange so the liens and incubator will hatch at the same time, then you can give all the polts to the turkey hen.

Keep the chicks growing. Too often the more common practice to make a after chicks have left the broader or series of plantings of the same variety. have been weaned by the hen they get insufficient food to make the most rapid growth. Especially is this true

of chicks on free range. Plant sunflowers outside the wire of the poultry yard, and in said by waste places. They will afford shade during the summer and the hens will relian the seed. If planted inside the yard fair can do for us."

Parenips For Cows. It is said that parsnips are by far the richest of the root crops for feedhour and a half, allowed to drain and ing. They are fed largely to cows in Channel Islands, we are told, though in this country parsaips are reserved for table use. In a reference to this matter of parsnips for cows grown from seeds or cuttings, to the Mr. A. H. Franklin in referring to his open ground, care should be taken to own experience in the American Dairy-

> "While the yield of parsnips is not so great as the yield of turnips, man-gles or carrots, their extra value as well as appetizing qualities should make them especially valuable as feed for milch cows. Another feature in

"In feeding parsnips my experience fed with profit in connection with is confined to the surplus from the gargrains of various kinds. To use the den at digging time in the spring. We skim milk without the grain is not get- never fail to grow a row or two of ting the best out of it. The usual parsnips for house use as soon as the plan of feeding skim milk to pigs frost goes out in the spring. In our from two to three months old is to anxiety to have enough we usually make a mixture of middlings or have a few bushels to spare. These ground corn with five times the quan- go to the neighbors and to the cows, tity of skim milk. This ration fur- and I often think the cows appreciate nishes about the same nutriment that them the most. At any rate, they give does the milk of the sow, and the pigs an additional milk flow, and we never will thrive on it. Some pig raisers have been able to detect any objectry a ration consisting of one part of tionable odor in the milk. It is our inmiddlings, one part of oil mealand four tention hereafter to put in about five parts of ground corn mixed with water times as many parsnips as usual and in Heu of the skim mik, and find it give the cows a liberal treat next

"One reason why parsaips are not draws out of the ground in the spring. Then the feeding time is so short between snow and growing time that the i do not like a bank barn; my fath- feeding or eating stage is passed be-

Staking and Tieing Tomatoes,

For the family garden I favor staking and tieing tomato plants, for the following reasons: I have cever grown tomatoes on a large scale, so can't say whether it will pay to stake them or not where growing them in great quantities. Most every family wants a few vines in their kitchen garden, and not one garden in twenty is absolutely chicken proof, and about the time your tomatoes are becoming ready for the table, you go in your garden and find the finest ones ruined by the chickens, when they are grown in the sprawling way, but not so when you have them trained to shapes. Mr. Chicken may this in crib or granary. You can load get a few next to the ground, but after that he is done for the season, and you can let chickens run among your vines and eatch insects and they won't bother your tomatoes. This is a great advantage in garden culture, I think. Then you can keep them in a much smaller pace, and keep them free from weeds and your garden looking neater by training to stakes. When the vines grow at will they can be kept clean till about the time they begin to get full of fruit, then down they go, and who hasn't seen them in the most of garden soil, in a very short time overrun with and sunburned so they were ruined. but with them tied to stakes you can and keep them thrifty and bearing they become full of fruit just cover all the ground between the vines with straw, leaves or something for a mulch and they will be all O. K. the rest of the season. I believe pruning to a single vine and tleing to a stake much the better way for garden culture .-C. S. Looney, in Southern Fruit Grower.

The Home Gardens

The suckers of gooseberries, currents and red raspherries should be rigidly

Most flower seeds can be sown during May, and greenhouse and window

In making the home garden do not middle of the bed. A cart handle is overlook garlie, chives, shallots, herbs, bolted upon the front, and the rear is etc., as they are exceedingly desirable

This season's growth of raspberry This cart can be readily backed up, canes should be placked off and they

Early varieties of dwarf peas can be bicle, and the animal transported as grown between the rows of tomato many miles as desired, with ease. By plants. By the time the tomatoes are making the front end gate and cart large enough to occupy the ground the handle detachable, this "rigging" can peas will be out of the way. The pea be wheeled up to the rear of a wagon vine; may be removed or left as a

mulch for the tomatoes. The seeds of sweet corn and all the ular here and are very appropriately wrinkled varieties of peas should be dubbed "stock chariots" by their ownmelons, squashes, pumpkins and gourds may be put in the open ground. A fork full of well-rotted manure in the hill is the proper food for these

The plants from pansy seed sown in window boxes or under glass in February and March may be set out and made ready for blossoming later. Seed sown now in rich soll will make plants summer and keep it up, if given plenty

For the main crop of tomatoes small, stocky, quickly grown plants are best for transplanting in a garden or field. but for extra early, potted plants that are almost ready to bud may be used. These should be transplanted without removing much of the earth from the roots. By this method it is possible to have ripe tomatoes by July 1.

Successional plantings of corn and peas should be made at intervals of ten days or two weeks. Some plant early and late kinds on the same day and thus secure a succession, but it is

Needed the Money.

A Glasgow minister, who was in need of funds, thus conveyed his intentions to his congregation: "Weel, friends, the kirk is urgently in need of siller, and as we have failed to get money bonestly, we will have to see what a WHY EYESIGHT FAILS

INFERIOR ARTIFICIAL LIGHT FRE-QUENTLY THE CAUSE!

Disminants of the Past, One and All, Have Serious Defects-Acetylene Gas, With Its Clear, Unwavering, Yet Soft Flame Caunot Hurt the Eyes.

New York, June 20 .- No one can go into our schools or meet a group of children on the street without noticing how large a number of them wear spectacles. The proportion seems to increase yearly, and there are many more who ought to wear glasses. The experience of one teacher might be duplicated by the score. She knew Alice was inattentive and she thought she was unusually stopid. She said so to the principal and sent a note to the mother, requesting that the child be helped at home if she wished her to keep up with her class. One day after a blackboard explanation, the teacher called upon the child and found that she had not seen what had been She was kept after school and by dint of much sympathetic ques tioning Miss C. found that Allee had never been able to see what was put on the board and that her head had ached so often and so hard that she frequently failed to hear what was Such a condition may be caused by

lack of proper food, but in our American homes it is usually due to the poor quality of the artificial light. The yellow, insufficient light of the ordinary kerosene lamp, with its smoky chimney, is about as bad for the eyes as can be imagined. The flickering light from a coal gas jet is but little better, and even the electric light, brillight as it usually is, has an unsteadiness due to variations in power, and a glare paculiarly trying to the delicate nerves of sight. The comparatively new illuminant acctylene gas produces as nearly perfect an artificial light as has yet been found. It gives a clear white, unwavering light, very brilliant, yet perfectly soft, and so nearly like the rays of the sun that even colors appear as in daylight.

Fortunately, acetylene is very easily and cheaply produced, and the simple apparatus necessary can be purchased and installed in any home at a very moderate cost, and the acetylene can be piped to convenient points in the house where a light is needed. It is then lighted and extinguished and used exactly like common city gas.

Acetylene is rapidly coming into common use in homes, churches, schools and institutions of all kinds, and it is reasonable to expect that as its use in the home increases, there will be fewer defective eyes, particularly among children. Poor eyesight and the many ills resulting therefrom will undoubtedly be much reduced by the use of this new illuminant.

Shocked by Parrot's Profanity. The residents in the vicinity of fashionable Avenue A and Fourteenth

strest here will take steps to capture "cussing" poll parrot that for several days has inhabited a tall tree near the house of Charles E. Annett says a dispatch from Bayonne, N. J. Mr. Annett was greeted yesterday with, "Hello, uncle! Hello, uncle!"

Thinking one of his nephews was up the tree, he cried back, "Better come down before you fall," and the parros answered, "Go soak your head. u blankety blank, blank,

This angered Mr. Annett and he deided to chase the boy from the tree When he found that he had been fooled by a parrot he said things. During the day a policeman and a score of boys tried to capture the bird, but she flew to the topmost branches. There she was still "cussing" to-night.

Hadn't Noticed Bird's Absence. A curious incident happened England recently during a wedding The vicar, supposing the party to be complete, began the service, quite unconscious of the fact that the bride had not arrived. Instead of stopping him the bridegroom, best man and others remained silent from sheer nervousness and presently, when the bride and her father, who had been delayed, hurriedly entered. The father quaintly apologized by saying: "Ex cuse me for interrupting; some mistake has been made." Explanations followed and the service was begun again.

FOOD IN SERMONS. Feed the Dominie Right and the Sermon Are Brilliant.

A conscientious, hard-working and eminently successful clergyman writes I am giad to hear testimony to the pleasure and increased measure of fficiency and health that have come to me from adopting Grape-Nuts food as one of my articles of diet.

"For several years I was much distressed during the early part of each day by indigestion. My breakfast usually consisting of oatmeal, milk and eggs, seemed to turn sour and faller to digest. After dinner the headache and other symptoms following the breakfast would wear away, only to re turn, however, next morning.

Having heard of Grape Nuts food, i finally concluded to give it a fair trial. I quit the use of oatmeal and eggs, and unde my breakfasts of Grape-Nuts cream, toast and Postum. The result was surprising in improved health and total absence of the distress that had, for so long a time, followed the morning meal. My digestion became once more satisfactory, the headaches ceased, and the old feeling of energy returned. Since that time, four years ago, I have always had Grape-Nuts food on my breakfast table.

"I was delighted to find also, that whereas before I began to use Grape-Nuts food I was quite nervous and be came easily wearled in the work of preparing sermons and in study, a marked improvement in this respect resuited from the change in my diet. I am convinced that Grape-Nuts food produced this result and beiped me to a sturdy condition of mental and physical strength.

"I have known several persons who were formerly troubled as I was, and who have been helped as I have been, by the use of Grape-Nuts food, on my becommendation, among whom may be mentioned the Rev. -, now a mis-sionary to China." Name given by Postum Company, Battle Creek, Mich.

"There's a reason." Read the little book, "The Read to Wellyllle," in each pkg.

Jick Your Premium. Your Choice of 56 Valuable Articles is offered for the freight-car coupons on Good Luck Baking Powder can labels. Besides beautiful pieces of jewelry, the list includes attractive articles of wearing apparel and handsome things for the house. You can get them easily and quickly—and you'll be surprised at their value. Pive of the premiums are illustrated above. For full description and pictures of the whole list see the little Good label. The premium Book in asset can the premium be an experience of the whole list see the little Good label. GOOD LUCK Baking Powder make it the most widely chosen of all leavening agents. During this year 16,145,114 pounds have been sold (many orders coming in for car-load shipments), which is the largest business for a single factory in the world. This is only the inevitable result of the original Good Luck plan-to furnish the best baking powder in the world at the lowest price-to cents a pound. Good Luck is the best because it is purest, because it produces the lightest, whitest, sweetest of baking. These results are due to its unequaled leavening force, to the fact that it contains no adulteration whatever.

It is the most economical because it takes less to do the work than any other baking powder. If your dealer doesn't sell Good Luck let us know, and we'll see that you are supplied at once. GOOD LUC THE SOUTHERN MFG. CO., Richmond, Va. SPORT SPORT Solid Carload GOOD LIKES BAKING POLYDER (2) CUT OUT THIS CAR AND SAME IT. THEY ARE SOOD FOR VALUABLE ARTICLES, SEE LIST IN LEACH CAN. Address THE DEPARTMENT STORE OF THE SOUTHERN MATE OF DOMES BUT PERSONNES U. U.S.A. ESOUTHERN MES

Dried wood steeped in oil is used to departed members of priesthood-a sight common in Ceylon.

A conscience-stricken pensioner has returned \$1,924 to the conscience fund

FITSpermanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great Nervolkestorer, \$2 trial bottleand treatise free Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa.

A London daily paper has opened a joke A powder. It rests the feet, Cures Corns, Bunions swollen, Sore, Hot, Callous, Aching Sweating Feet and Ingrowing Nails. Allen's Foot-kase makes new ortight shores easy. At all Draugists and Shoe stores, 25 cents. Ac-

cont no substitute. Sample mailed Fans, Address, Allen S. Olmsted, LeRoy, N. Y. A Pennsylvania man says that the world will last only three years.

Mrs. Winslow's Soothing Syrup for Children teething, soften the gums, reduces inflamma-tion, allays palu, cures wind colle, 25c. a bottle. A Connecticut woman killed herself because the weather was bad.

Lam sure Piso's Cure for Consumption saved my life three years ago, —Mrs. Thowas Ron-eurs, Maple St., Norwich, N.Y., Feb. 17,1920 The present fushion of shoes was introduced into England in 1633.

Asparagus and Radishes in Same Row. Asparagus is one of the best vegeta' bles for the amateur's home garden It is perfectly hardy, never fails to produce a crop, is one of the very first vegetables ready for spring and

yields until June. It grows on any ordinary garden soil, but is surprisingly improved by high cultivation and beavy dressings of rich manure. It is a seed of slow germination, so it is well to plant radish seed in the same row-they will mark the row so that weeding can be done, break the surface of the soil to prevent baking, and give you a crop of radishes as a sort of extra dividend.-Garden Magazine.

Nervous Women

Their Sufferings Are Usually Due to Uterine Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Can we dispute Sthe well-known fact that American women are ner

How often do we hear the expression, "I am soner-yous, it seems as if I should fly ; " or, "Don't speak to Mrs.M.E. Shotwell annay you and

make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children. The relation of the nerves and gen-

erative organs in women is so clos that nine tenths of the nervous pros tration, nervous debility, the blues sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman Fits of depression or restlessness and rits of depression or restlessness and irritability. Spirits easily affected, so that one minute she laughs, the next minute weeps. Pain in the ovaries and between the shoulders. Loss of voice; nervous dyspepsia. A tendency to cry at the least provocation. All this points to nervous prostration. Nothing will relieve this distressing

condition and prevent months of pros-tration and suffering so surely as Lydia E. Pinkham's Vegetable Compound. Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydis E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, back-sche, headache, loss of appetite. I could not sleep and would walk the floor almost every night.

"I had three doctors and got no better, and life was a burden. I was advised to try Lydis E. Pinkham's Vegetable Compound, and it has worked wonders for me.

"I am a well woman, my nervousness is all gone and my friends say I look ten years younger."

Will not the volumes of letters form.

younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick and weak and discouraged, exhausted each day, when you can be as easily cured as other women.

The Secret of Good Coffee

Even the best housekeepers cannot make a good cup of coffee without good material. Dirty, adulterated and queerly blended coffee such as unscrupulous dealers shovel over their counters won't do. But take the pure, clean, natural flavored

LION COFFEE, the leader of all package coffeesthe coffee that for over a quarter of a century has been daily welcomed in millions of homes—and you will make a drink fit

HOW TO MAKE GOOD COFFEE.

Use LION COFFEE, because to get bost results you must use the Grind your LION COFFEE rather first. Use "a tablespoonful s extra for the pot." First min it with a little cold water, enough to me add white of an egg (if egg is to be used as a settler), then follow one d and white of an egg (if egg is to be used as a settler), then fellow one of the following rules:

ist. WITH ROLLING WATER. Add boiling water, and lef it boil
THREE MINUTES ONLY. Add a little cold water and set aside five
minutes to settle. Serve promptly.

2d. WITH COLD WATER. Add your cold water to the paste and
bring it to a boil. Then set aside, add a little cold water, and in five
minutes it's ready to serve.

3 [Don't boil it too long.
Don't left it stand more than ten minutes before serving.
BONTS [Don't use water that has been boiled before.

TWO WAYS TO SETTLE COFFEE.

let. With Eags. Use part of the white of an egg, mixing it with the ground LION COFFRE before beiling.

3d. With Cold water instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

Insist on getting a package of genuine LION COFFEE, prepare it according to this recipe and you will only use LION COFFEE in future. (Sold only in 1 lb, sealed packages.)

(Lion head on every package.)

(Save these Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio

P. Haid

Serve Your Soup Tomato, Julienne, Consomme, Chicken, Mulligatawney, or Oxtall will please the most fasticlous. They are quickly prepared—deficients to cat—always satisfactory. Libby's (Natural Food Products Corned Beef Hash

Boneless Chicken Vienna Sausage Ham Loaf Soups

Libby, McNeill & Libby, Chicago



Some idea of the magnitude of the naple sugar industry as carried on in Vermont may be had from the fact that at the single station of East Berkshire Herman Chaffee loaded twenty-two tons of the sweet and A.

Let Libby

Ox Tongues

Croft loaded eight. At the same ime one buyer alone has gathered up over forty tons of sugar and two caroads of sirup. The banner sugar maker of this section is Norman Hogacom of South Richmond, who has ed 7,530 pounds from

rees and sold the whole for \$677.70.

PENSIONFOR AGE. And W.

ADVERTISE IN THIS PAPER IT PAYS