

# SUFFERING OF A LIFETIME ENDED

"Words Can't Express Gratitude I Feel Toward Tanlac," Says Mrs. Burrington.

"From childhood until I got Tanlac, I suffered from indigestion and stomach trouble," said Mrs. J. A. Burrington, 540 Stanford Ave., Los Angeles.



MRS. J. A. BURRINGTON  
Los Angeles, Calif.

Calif., "and that's been a long time, for I'm now in my sixty-eighth year."

"I remember when I was a child I was kept on a strict diet of lime water and milk for weeks and I have been in constant distress all these years. I suffered terribly from bloating and had to be very careful of what I ate. I became so weak and nervous I could hardly go about my housework and was in a miserable condition."

"About two years ago my husband got such splendid results from Tanlac he insisted on my taking it and the medicine wasn't but a little while in ridding me of my troubles. It gave me a splendid appetite, and I could enjoy a good hearty meal, even things I hadn't dare touch before, without any fear of it troubling me."

"Then I had the influenza and became dreadfully sick and weak, but my stomach kept in good order and it only took four bottles of Tanlac to build me up again to where I'm now feeling better than at any time I can remember. I have gained eleven pounds in weight, too, and words can't express the gratitude I feel toward Tanlac. I keep Tanlac in the house all the time now, for I know it is a medicine that can be depended upon." Tanlac is sold by leading druggists everywhere.—Adv.

### One Hopeful Feature.

Christopher Morley reprints in the New York Evening Post the following "full-page stable-ruled advt." in a "garment weekly": "You will share our deep sorrow at the death of Mr. ——. He was the founder and organizer of the company, which will continue to bear his name. Due to the discontinuance of business for a week, there has accumulated an enormous stock of suits and coats which we will dispose of at an unusually low price. This is an opportunity which you cannot afford to miss."

## SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Frank.

"Well, he's frank even if he isn't tactful."

"In what way?"

"He admits he wants all the money he can make; he says in most matters he thinks of himself and his own interest first and he doesn't claim that he was happier when he didn't have a dollar to his name."

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

Medical science is unable to explain the cause of warts.

# Jack Frost and the Fruit Crops



### AIN'T NATURE GRAND!

She smiles and beams and beams and smiles,  
With sun and gentle showers,  
With all her springtime wooing wiles,  
On grass and trees and flowers;  
And then she gets her live wires crossed  
And goes and flirts with old Jack Frost,  
Although she knows the brute  
Thinks it smart and cute  
To nip bud, blossom, fruit!  
And then she smiles the same old smile  
And works again the same old guile  
On all the land  
To beat the band,  
Ain't Nature grand!

—J. D. S.

Two cold snaps this spring caused widespread damage to the fruit crops. The southern limit of the one at the end of March was well into Oklahoma, Kentucky and Maryland. The one in April did not extend so far south, but overlapped the north line of the first frost. The northern limit of damage in both runs up to the Great Lakes and in Minnesota and New York and Vermont, clear to the Canadian boundary.

Reports are that the damage is heavy in places. For example, two experts of the crop reporting service in Missouri estimated the damage to fruits and early vegetables at \$10,000,000.

The apple crop in Washington, Benton, and other counties in the northwest Arkansas fruit region will be practically a total loss. Peaches and cherries were killed and strawberries damaged almost 50 per cent.

Dispatches said about 95 per cent of the fruit crop in Oklahoma is ruined.

It is estimated that Nebraska's crop of early cherries, apples, pears, and plums is a total loss. The early varieties of fruit in some eastern states also suffered heavily.

Early peaches, cherries, and plums probably have been killed in southeastern Pennsylvania.

The cold weather seriously damaged the fruit crop in the southern part of Ohio, where the fruit was far advanced.

Thousands of Maryland fruit trees were in full bloom when hit by this frost. Growers in Washington county, the center of the western Maryland peach belt, report the peach crop destroyed.

The fruit crop in Kentucky apparently was killed.

Therefore the following article, prepared by the United States Department of Agriculture, is worth the attention of every fruit grower:

The weather bureau of the United States Department of Agriculture has been able to discover the weapon used by that old enemy of mankind, Jack Frost, and in a recent published report it tells the farmer and fruit grower just what Jack's invisible weapon is, and how, under ordinary conditions, the spritz's own artillery may be used against him.

Frost, of course, occurs whenever the mercury drops to 32 degrees F. or lower. If much moisture is present in the atmosphere this drop in temperature is manifested by the white crystals of frozen moisture upon leaf or grass stem, and there is what is known as a "white frost." If the temperature drops to the required degree and does not reach the point when water from the air is condensed, there will be few crystals deposited, and the result is a "black frost." A "freeze" is the term applied to a condition of cold more permanent than a frost, and such a condition may occur when there are high winds. True "frosts" occur only when the surface air is relatively calm.

Temperature, like water, seeks a level. During the day the earth receives more heat than it can throw off, but at night this supply of heat is stopped. During the day the heat thrown off by the earth warms the thin blanket of air next the ground. This blanket, as it warms, loses its density and ascends. Cooling as it rises, presently it encounters air of its own temperature, and there it stops. Meanwhile its place has been taken by other colder air, which is in turn warmed by contact with the ground. This exchange goes on until, at sundown, all the air of a wide layer above the earth has been warmed, and the highest temperature is felt nearest the earth.

Earth Squanders Its Heat.

Now, with the sunset, old earth begins to suffer from a bit of aerial trickery. All day long he has been patiently passing out heat to one cold air layer after another; night comes, and with it the loss of his source of supply, but do these warm upper layers pass back any of the heat they begged during the day? They do not—unless they are made to. The layer close to the earth does, and thus they leave their coldest blanket against the shivering earth while they sail about 40 or 50 feet above their late benefactor, serene and warm and selfish, little caring that the spendthrift earth is freezing his toes below.

As the earth becomes colder, the air blanket next his brown old skin becomes colder, too, and heavier as it becomes colder, so that the colder it grows the more tightly it fits, and he has little chance of throwing off his chilly coverlet to seize a warmer zone. The earth, too prodigal of his



STUDGES IN THE ORCHARD

day-time heat, regrets his generosity of the sunshiny hours.

On rainy days, when the cloud strata has cut off the sun's heat, the earth is not much warmed during the day. If, during the night, the clouds blow away, the earth is apt to go bankrupt. That is why, when the season is passing from spring to summer, or from summer to fall, a three days' rain is so often followed by a frost. The first clear night presents heat bills to the earth which he is unable to pay, and Jack Frost, nature's sheriff, places his crisp seal upon the improvident old fellow. The farmer looks out across his blasted fields in the morning and sighs, "A killing frost last night." And this is because the old earth, already gray with age and experience, hasn't yet learned how to "save up for a rainy day!"

The most common method for frost prevention is to establish a sort of savings bank for the old fellow earth. Rest assured that he'll spend his reserve if he can! Glass makes the best heat savings bank. It has the curious property of allowing the heat from the sun to pass through to the earth, but it will not allow the radiated heat from the earth to go back to the "cager air." Glass is expensive, however, and can be used only for the protection of comparatively small areas of ground. Wood is also a good watchman to set above the ancient prodigal. Though it will not allow heat to pass from the sun as glass does, neither will it allow it to pass outward from the earth. In sections of the South a lath network is used to cover crops during the danger periods. The wooden network holds down a large amount of heat, and when a frost occurs it helps the frozen plants by shading them from the direct rays of the morning sun and allows them to thaw gradually. Quick thawing of the frozen water particles in plant or fruit is fatal, as it causes the cellular tissues to break down; if the thawing process is very gradual the plant may reabsorb the fluid and the damage done may be surprisingly slight.

Paper is of less value in conserving heat than is wood, though it is more efficient than cloth. Cloth allows that cold mendicant, the air, to penetrate to the earth and steal the last degree of heat from him. So a cloth covering must be quite heavy if the frost is a hard one. Iron or metal pots are not at all good as bankers for the earth—they allow the heat to pass back into the air almost as readily as the earth itself.

There is another method that is employed to save the spendthrift from the sheriff. The presence of moisture in the air makes the radiation of heat difficult and helps greatly to conserve the heat which the earth already holds. Also, if the temperature drops to freezing each drop of water gives up a bit of latent heat before congealing, and all these tiny contributions help to keep the surface air warmer.

A breeze from ocean, lake, or river will usually bring this wet blanket, and it can sometimes be supplied in an artificial manner by letting water into irrigation ditches. Results not so good may be had by building damp smudge fires in the orchard. Cranberry growers often save their crops by flooding the area with water. In the event of extreme cold it is often possible to submerge entire areas growing this crop. This gives absolute protection. Less prodigal than earth, water keeps its reserve heat for long periods of time.

Force Air to Be Honest.

The third method of keeping the earth solvent is by adding heat to the air layers near the surface. This is done by means of many small fires of oil, coal, wood, or orchard refuse, and is a method well known in sections where fruit growing is a specialty. It is sometimes scorned as an attempt to "warm up all outdoors," but that is not what happens, exactly. We know that, at night, the air above the earth is warmer than the air directly against it. Therefore, if the lower and colder strata could be lifted and mixed with the upper air, a higher and more equable temperature would result.

By kindling numerous small fires this may be done. The hot gases rushing upward from each blaze lift and toss layers until a warm mixture is applied to earth. The hot gases to assist in warming the chilled atmosphere, but the effect of direct radiation amounts to very little. This difference in heat quality is very well illustrated in our homes. Direct radiation is the sort of heat given off by the wood-burning parlor stove when its hot sides are glowing on a cold winter night, while the hot gases given off by combustion pass up the chimney.

This method of preventing frost is very efficient, and each year it saves much money for American fruit growers. Just how it is best applied, how many fires are needed to the acre, and the form and style of burner giving the best results, are well discussed in the Weather Bureau Bulletin No. 1093.

Many a fruit grower has nursed an expensive orchard to the point of bearing only to see his well-deserved reward vanish in a single night. But more and more we are discovering that, if we cannot defy certain natural laws, we may still nullify their results through a better understanding of their principles. This is what the up-to-date fruit grower does. He cannot eliminate frost, but he can use its principles to protect himself from its effects.

Tips to Orchardists.

The weather bureau bulletin treats the frost-prevention methods very thoroughly, and the pamphlet should be particularly useful to anyone who owns an orchard or who contemplates planting one. First of all, the experts point out, the orchard owner should determine whether his crop will pay the expense of protection; if it will not, then he had better move to a less erratic climate. Certain fruits will stand a lower temperature than others, and the experts furnish a temperature chart to show this. Here it is:

Temperatures Endured by Blossoms for 30 Minutes or Less.

Fruit—	Closed but Show- ing Color		Full Bloom		After Frost Has Set	
	°F.	°C.	°F.	°C.	°F.	°C.
Apples	25	28	28	29	25	29
Peaches	25	26	28	28	25	28
Cherries	25	28	28	30	25	28
Pears	25	28	28	30	25	28
Plums	25	28	28	29	25	28
Apricots	25	27	28	29	25	28
Prunes	25	29	28	30	25	28
Almonds	25	27	28	29	25	28
Grapes	25	31	28	31	25	28

Charts which show in a graphic way how the fires should be distributed through an orchard are reproduced. These have been prepared from studies made in successful orchards and are the result of the best methods in use in this country. Overhead costs are discussed, as well as the care of the frost-lighting apparatus.

Records Should Be Kept.

Once an owner decides to fight Jack Frost for his profit it is most important that he keep records of the battles, so that he may refer to them when the next skirmish threatens. The knowledge that a ten-mile wind will prevent frost when the thermometer is at 40 degrees F. at sunset may apply to only one fruit farm, but it will save that owner the expense of lighting his fires if he does know it. Records, if he keeps them, will tell him this.

Several bits of home-made apparatus will save the frost fighter good sound dollars, and the pamphlet tells how these may be made and used. The effect of soot from the oil flames upon the fruit blossoms is made clear to the reader in an account of experiments conducted to determine this problem. As a matter of fact, soot does not hinder the pollination of fruit blossoms, nor does it injure them in any way.

From first to last, the United States Department of Agriculture Farmers' Bulletin No. 1093 is filled with valuable information for anyone who is attempting to grow fruits or vegetables in frost-visited areas. It is an invaluable manual for any person who may be appointed as temporary receiver to stand between a shivering, bankrupt world and its ungrateful creditors. As stated before, this mundane sphere, in spite of a hundred thousand years of cold toes and chilly nights, has never learned to save in the sunshine of plenty against the night of want. And it never will.

**Catarrh**  
Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the system, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.  
All Druggists. Circulars free.  
F. J. Cheney & Co., Toledo, Ohio.

**Saw Both Sides.**  
Little Roy doesn't care for dancing and at the party the other night he held aloof as much as possible. His sister said, "Roy, don't you realize that every time you don't dance there is some little girl not having a good time?" "Yes," said Roy, "and don't you realize that every time I do dance there is a little boy who isn't having a good time?"

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

**Decorative Splendors.**  
"Riches have wings."  
"True," replied Miss Chayenne. "But the effect depends on the intelligence with which they are utilized. The most beautiful ostrich feather is likely to look a trifle shabby on the original bird."

Fresh, sweet, white, dainty clothes for baby, if you use Red Cross Ball Blue. Never streaks or injures them. All good grocers sell it, 5c a package.

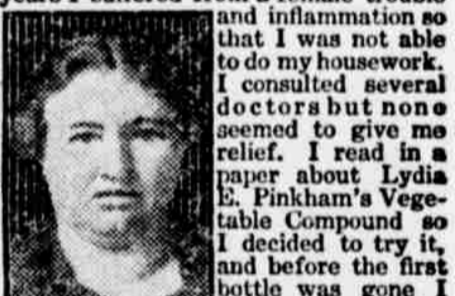
The Swiss people were the first to date their coinage.

Too much humility can be pride.

## SUFFERED SEVEN LONG YEARS

Finally Relieved by taking Lydia E. Pinkham's Vegetable Compound

Ravenwood, W. Va. — "For seven long years I suffered from a female trouble and inflammation so that I was not able to do my housework. I consulted several doctors but none seemed to give me relief. I read in a paper about Lydia E. Pinkham's Vegetable Compound so I decided to try it, and before the first bottle was gone I found great relief so I continued using it until I had taken eight bottles. Now I am very well and can do my own housework. I can gladly recommend Lydia E. Pinkham's medicine to suffering women." — Mrs. BERTHA LIEBING, R. F. D., Ravenwood, W. Va.



The ordinary day of most housewives is a ceaseless treadmill of washing, cooking, cleaning, mending, sweeping, dusting and caring for little ones. How much harder the tasks when some derangement of the system causes headaches, backaches, bearing-down pains and nervousness. Every such woman should profit by Mrs. Liebing's experience. Remember this, for over forty years Lydia E. Pinkham's Vegetable Compound has been restoring health.

**SQUEEZED TO DEATH**  
When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking **GOLD MEDAL HAARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1895. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation.

**Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum**

**Kill All Flies!** THEY SPREAD DISEASE. Flies anywhere. DABBY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and safe. Made of metal. Can't spill or tip over. Kills all flies. Guaranteed. **FLY KILLER** at your dealer or by EXPRESS, prepaid, 15c. **HAROLD SOMERS, 125 De Kalb Ave., Brooklyn, N. Y.**

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Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address **Supt. of Nurses, Lincoln Sanitarium, Lincoln, Nebraska**

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