

### NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me.



"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. ALTERS, R. E. 4, Oregon, Ill. Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters. Women everywhere in Mrs. Alters' condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your service.

### DID SMILE ON OCCASIONS

Indian Could Relax, but Only When He Felt He Had Earned the Right, as It Were.

Here is a story told at a dinner party by a Red Cross official who has just returned from France:

The grandson of Sitting Bull, the famous Indian chief, was an interesting convalescent in Base Hospital No. 43. He had enlisted in the early days of the war, had gone over the top and worked havoc among the Germans before he was wounded.

Nurses and doctors caring for him tried in vain to get more than a grunt out of him in response to questions, while the other men in the ward called him "Gloomy Gus," because he never cracked a smile.

The Red Cross representative in the hospital becoming interested, tried his hand at "cheering up" the Indian. Gifts of cigarettes and chocolate were received, but without a change of expression.

"Don't you ever smile?" he demanded of the Indian one day, and for the first time Sitting Bull's grandson grinned. "Sure," he replied. "When I kill a Boche!"

#### Different Points of View.

There was a rush of wind, a cloud of dust, and the car rushed on, leaving the old gentleman sprawling in the roadway. He picked himself up and dashed up to a policeman, yelling excitedly:

"That motorcar knocked me down!" The policeman took out a business-like notebook and said:

"Did you notice the number, sir?" "Yes," said the injured one. "It was number 66."

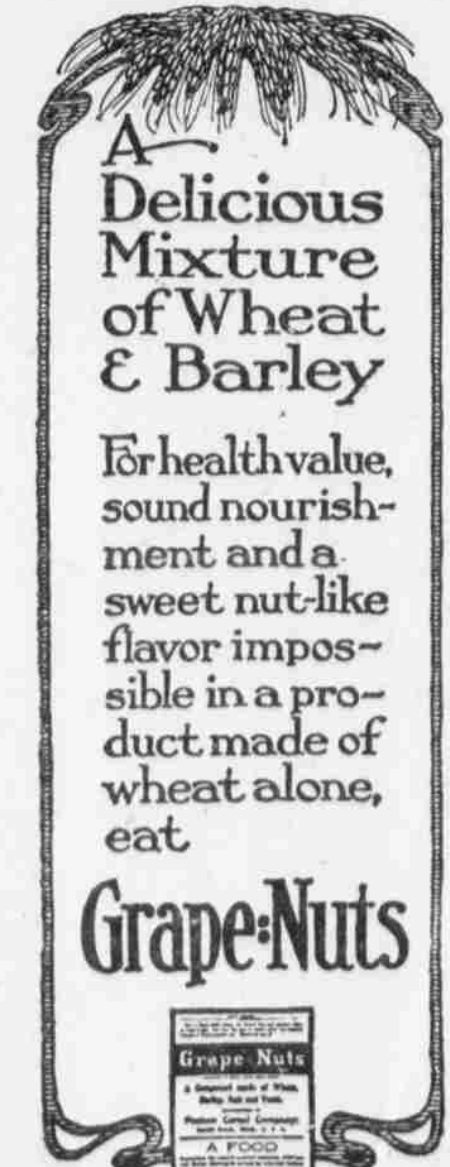
Just then another policeman, who had seen the accident, came hurrying up, and said:

"No, no! The number's 99. This gentleman was standing on his head when he noticed it!"—Pittsburgh Chronicle-Telegraph.

#### Sensible Girl.

Maud—I haven't heard you practicing on the piano since you got engaged.

Edith—No, I'm practicing on the gas range now.—Boston Evening Transcript.



**A Delicious Mixture of Wheat & Barley**

For health value, sound nourishment and a sweet nut-like flavor impossible in a product made of wheat alone, eat Grape-Nuts

It is now generally agreed by experiment station professors and practical farmers in our eastern states that the greatest fertilizer needed by our soils is phosphorus, and that the best method of supplying it is in the form of acid phosphate.

Great Need of Farmer.

If there is any one thing that the farmer needs more than another, it is good highways. Every other business is on the line of progress, so why not the road business?

## FOR BETTER ROADS

### GREAT ROAD BUILDING YEAR

Thousands of Miles of Improvement Arranged and More Will Surely Follow.

From the passage of the federal aid road act to December 15, 1918, 755 projects were approved by the secretary of agriculture. These projects involve the improvement of 7,897 miles of public roads at a total estimated cost of \$57,632,000, of which the federal government has been requested to contribute \$21,802,000. There have been actually completed to date twenty projects, involving a total of fifteen miles of road, costing approximately \$617,548, and on which federal aid in the amount of \$200,600.19 was paid.

Altogether there are more than 7,500 miles of road, for which most of the steps preliminary to construction have been taken so far as the bureau of public roads is concerned. Numerous other projects not yet reported to the department have been completed or are under construction, so that the sum total of the road work now in progress under federal aid is greater than appears in this summary.

From Florida to Maine, through the North to the Pacific coast and down to Mexico road building work is going on. Every state has accepted its contribution from the government, and while no organized effort has been made along those lines to the present time, the states are working gradually to the system of national highways.

Coupled with plans already outlined for expenditures on the roads is the legislative program now before congress, which provides for \$500,000,000 to be expended over a period of seven years by federal aid. It is estimated that in the event of the passage of this bill, which would



Well-Drained Road.

make available immediately \$75,000,000 for use in federal aid, it would be possible for the government and the states to build 34,000 miles of highways this year if labor could be obtained.

### VALUE OF POULTRY MANURE

Increased Supply of Fresh Vegetables May Be Obtained By Applying to Garden Soil.

The droppings from fowls, if carefully saved and applied to the garden soil, will increase the supply of fresh vegetables. Poultry manure is rich in nitrogen and is well worth the effort it requires to save and apply. The droppings from an average farm flock will amount to considerable fertility during the year.

### AUTO TAXES TO GO TO ROADS

Committee Appointed in Alabama to Request License Fees Be Applied to Highways.

The Birmingham (Ala.) Automobile club has appointed a legislative committee which is to appear before the state legislature with the request that all automobile license fees and taxes be applied on the cost of improved roads in the state. The funds thus diverted would amount to \$1,500,000 annually.

**Slow in Road Building.**  
With all her development, America has always been slow in the matter of road building.

**Phosphorus Needed.**  
It is now generally agreed by experiment station professors and practical farmers in our eastern states that the greatest fertilizer needed by our soils is phosphorus, and that the best method of supplying it is in the form of acid phosphate.

**Great Need of Farmer.**  
If there is any one thing that the farmer needs more than another, it is good highways. Every other business is on the line of progress, so why not the road business?

### COMB SAGE TEA IN HAIR TO DARKEN IT

It's Grandmother's Recipe to Keep her Locke Dark, Glossy, Beautiful.

The old-time mixture of Sage Tea and Sulphur for darkening gray streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive. —Adv.

### War Increases Mental Diseases.

Figures compiled by the New York State Hospital commission show that 3,905 more patients have been admitted to the state hospitals during the forty-four months since war was declared than for the similar period of time prior to the beginning of hostilities, the admissions prior to the war being 29,316, as against 33,311 afterward. The state hospitals are actually housing 6,500 more patients than they were built to accommodate.

### DON'T DRUG KIDNEYS RUB BACKACHE AWAY

Instant relief! Rub pain, soreness and stiffness from your back with "St. Jacobs Liment."

**Kidneys cause backache? No!** They have no nerves, therefore can not cause pain. Listen! Your backache is caused by lumbago, sciatica or a strain, and the quickest relief is soothing, penetrating "St. Jacobs Liment." Rub it right on the ache or tender spot, and instantly the pain, soreness, stiffness and lameness disappears. Don't stay crippled! Get a small trial bottle of "St. Jacobs Liment" from your druggist and limber up. A moment after it is applied you'll wonder what became of the backache, sciatica or lumbago pain. "St. Jacobs Liment" stops any pain at once. It is harmless and doesn't burn or discolor the skin.

It's the only application to rub on a weak, lame or painful back, or for lumbago, sciatica, neuralgia, rheumatism, sprains or a strain. —Adv.

#### Her Objection.

Beulah's mother always starched her little girl's dresses so they wouldn't soil so easily, but Beulah didn't like them that way, and generally crushed them so they wouldn't stand out so much. On one occasion her mother asked her why she did it, adding "What do you suppose I starched your dresses for?" "I don't like it that way," complained Beulah; "it makes me look so stuck up."

**Catarhal Deafness Cannot Be Cured** by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reached and the tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Surfaces. ONE HUNDRED BOTTLES for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

#### Hard Lines.

Bobby was good about saving his pennies and buying Thrift stamps all during the war, but with the first 50 cents he accumulated after the war was over he bought candy, for which mother scolded him. Crying, he said: "Oh, gee, a feller can't even be patriotic and have a little peace celebration without being called down."

### BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It throats the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century. —Adv.

#### Practical Estimate.

"Did you say Bilgins is a good loser?" "Yes," "Why, even when his luck is worst he never loses more than two or three dollars." "That's what I call a good loser."

Garfield Tea is Nature's laxative and blood purifier; it overcomes constipation and its many attendant ailments. —Adv.

Free speech is no excuse for talking too much.

The best sovereignty is in the mind.

## DAIRY

### DON'T FEED ROUGHAGE ALONE

Leguminous Hays, Such as Alfalfa, Clover, Soy Bean or Cowpea Hay Are Favored.

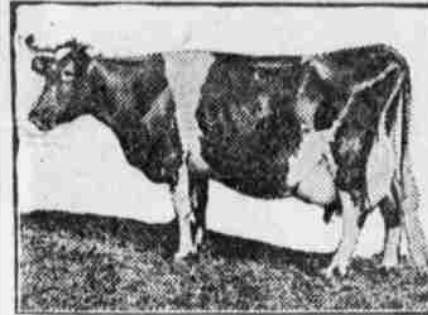
(Prepared by the United States Department of Agriculture.)

The best kind of dry roughage to be fed to the dairy cow, in connection with corn silage or roots, are leguminous hays, such as alfalfa, red, crimson, or alsike clover and soy bean or cowpea hay. While corn silage is an excellent feed, it is not a balanced one, as it does not contain sufficient protein and mineral matter to meet fully the requirements of the cow. The leguminous hays, in addition to being very palatable, have a tendency to correct this deficiency. They are also one of the best and cheapest sources of protein. One or more of these hays can be grown on any farm, and in addition to their value for feeding purposes, they improve the soil in which they are grown. Hay from Canada field peas, sown with oats to prevent the peas from lodging, also makes an excellent roughage.

Corn stover, course hay, etc., also find a good market through the dairy cow. This class of roughage is low in protein, however, and when it is used the grain must be richer in protein.

No positive rule can be laid down as to the quantity of dry roughage that should be fed, but about 6 to 12 pounds a day for each cow, in addition to silage, will be found to be satisfactory in most cases. When the dry roughage is of poor quality, such as coarse, weedy hay or a poor grade of cornstalks, a large portion can often be given to advantage, allowing the cow to pick out the best and using the rejected part for bedding. With this quantity of dry roughage the cow will take, according to her size, from 25 to 50 pounds of silage. This may be considered as a guide for feeding to apply when the roughage is grown on the farm. When everything has to be purchased, it is often more economical to limit the quantity of roughage fed and increase the grain ration.

While a cow's stomach is large and her whole digestive system is especially designed to utilize coarse feeds, there is a limit to the bulk that she can take. This limit is below the quantity of roughage that it would require to



A Well-Bred Cow.

furnish the nutrients she must have for maximum production; that is, a ration may contain the proper proportions of protein and carbohydrates and still be so bulky that she cannot handle it. She therefore should have some grain even though the roughage in itself is a balanced ration.

### FIRST-GRADE MILK

The five essentials for production of first-grade milk are: (1) Healthy cows and men, (2) clean cans and pails, (3) covered milking pails, (4) cooling milk to 55 degrees Fahrenheit or below within an hour after production and holding it as low as possible until delivered.

### LACK OF ICE AT CREAMERIES

One Concern Turned Back to Farmers \$2,700 Worth of Food Products—Many Other Losses.

(From the United States Department of Agriculture.)

One large creamery, which buys about 350,000 gallons of sweet milk and cream per year, returned to farmers last year nearly \$2,700 worth of these food products on account of lack of proper care which caused souring, churning and off flavors.

The records of another plant show that nearly 50,000 gallons of sour milk were received in one year.

Insufficient cooling caused most of these losses, which are duplicated many times all over the country during the heated season.

### TREATING COWS FOR GARGET

Afflicted Animals Should Be Milked Regularly—Hands of Milker Should Be Washed.

Cows that are subject to garget should be milked regularly and clean. In some cases it may be advisable to milk oftener than twice a day. The hands of the milker should be washed after milking a cow that is affected with garget before milking another cow, to prevent carrying the germs. The practice of milking out an affected cow on the ground is a bad one for the germs are spread in this way to other cows.

# WRIGLEYS

In the sealed package



All of its goodness sealed in— Protected, preserved. The flavor lasts!

**ASK for, and be SURE** to get WRIGLEYS. It's in a sealed package, but look for the name—the Greatest Name in Goody-Land.



Sealed Tight—Kept Right

#### Skinning Came Natural.

"Pardon me," said the army cook, for military chefs are prone to address their underlings courteously, "but I prithe tell me where you learned to peel potatoes so artistically? I observe that you do not cut off the cuticle in great hunks, as, alas, too many do, but loosen a bit of the skin of the tuber and then deftly strip it all off. You must have had much experience in skinning a'er entering upon a soldier's life?" "I did, thank you, sir," replied the accomplished member of the kitchen police. "Before I decided to make the world safe for democracy I was a banker."—Kansas City Star.

#### His Change of Heart.

It seems, after all, that the kaiser is developing a pretty strong following in a most unexpected quarter. Rüssel Harker, a Big Rapids soldier, writes home in a vein suggesting the beginnings of a change of attitude on his part which may in time go far: "In Paris now; great city. "Met a French maid; great girl. "Took her to a cafe; great eats. "Says she likes all Americans who fought in the war. "God bless the kaiser."—Detroit News.

#### The Kind.

"I just dote on a hotel dinner." "So do I, if it is a good table d'hôte."

## GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gailstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a

The Darn Parasites! Mrs. Boobee (with newspaper)—It costs Holland \$3,000,000 a year to maintain her dikes. Mr. Boobee—Serves her right. Why doesn't she start a republic?—Buffalo Express.

Father's Definition. "Pa, what is a family jar?" "A vessel of wrath, my son."—Boston Transcript.

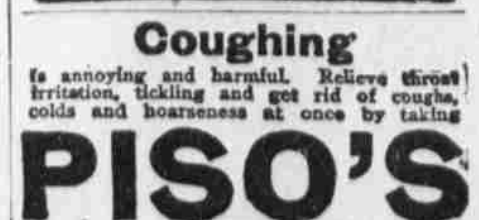
When Your Eyes Need Care Try Murine Eye Remedy No Stinging—Just Eye Comfort. 50 cents at drug stores or mail order from Murine Eye Remedy Co., Chicago

box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gailstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.



**Cuticura SOAP AND OINTMENT**

QUICKLY REMOVE PIMPLES, DANDRUFF, THE HAIR



**Coughing**

Is annoying and harmful. Relieve throat irritation, tickling and get rid of coughs, colds and hoarseness at once by taking

**PISO'S**