

For Ohio Woman.

Portsmouth, Ohio .- "I suffered from irregularities, pains in my side and was so weak at times I



certainly the best medicine for woman's ailments I ever BBW."-MTS. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vege-table Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years experience is at your service.

Misinterpretation?

"How do you get along with your wlfe?" "I wonder sometimes, myself." -Dartmouth Jack o'Lantern.

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine

It is a physician's prescription.

Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they ahould do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

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.

Before a candidate places himself in the hands of his political friends he should sew up his pockets.

RECKLES Now is the Time to Get Rid of These Ugly Spots There's no longer the slightest need of fcellog



MORE AND BETTER CHICKENS

Owner of Common Mongrel Flock Will Soon Apologize for Its Existence-Keep Pure-Breds.

(Prepared by the United States Department of Agriculture.)

It will not be long before the owner of a common mongrel flock will apologize for its existence. This is the opinion of the poultry-extension worker of the United States department of agriculture who is a leader in the campaign for more and better poultry on farms in south and southwestern Arkansas. In many parts of Arkansas the importance of better poultry and more efficient management is being recognized by progressive business men, commercial organizations, bankers and others and they are active in their moral and financial support in co-operating with the government and state extension forces in their efforts to convince the farmer that standardbred poultry properly managed is a paying industry and that the old barnyard mongrel hen must get out of the way for standard-bred, uniform flocks.

The county agent of Drew county has placed 50 pens of one male and four females each of pure-bred Barred Plymouth Rock and Rhode Island Reds on 50 farms, in charge of a boy and girl poultry-club member. The Monticello Chamber of Commerce and the banks of Monticello have advanced the money to purchase these purebred fowls and have assisted in their distribution. In addition to the 50 pens of chickens, over 100 sittings of pure-bred hatching eggs have been secured for the club boys and girls, The farm and home demonstration



THE SEMI-WEEKLY TRIBUNE, NORTH PLATTE, NEBRASKA.



Department of Agriculture Plans Conservation This Year.

pected, Perhaps Within Next Schools Will Be Opened to Give Inetruction on Operation of Machines

CAPABLE OF GREAT DAMAGE

Few Months.

Insect Feeds Chiefly on Wheat Plant and in Smaller Measure on Barley and Rye-Straws Break and Fall Before the Harvest.

(Prepared by the United States Depart- year and to facilitate more efficient ment of Agriculture)

Knowledge in possession of experts | United States department of agriculof the United States department of ture, in co-operation with the directors agriculture leads to the bellef that the of extension work in state agricultural Hessian fly, the worst enemy of wheat, colleges, will conduct schools of three has begun gradually to increase. The and four days for thrashermen. Inpercentage of infestation, according to simution will include studies of the the fall count, showed a distinct in- proper operation, adjustment, repair crease over that of last year. The and maintenance of meparators and principal controlling parasites are ap- gas and steam engines. parently absent or very scarce, par-ticularly in the middle West. An- machines are in the United States. other outbreak of the pest is expect- Many owners are not thoroughly expeperhaps within the next few rienced in their management and reed. months. The accompanying illustra- pair. All are expected to be benefited tion, which is being distributed by the department as a poster, presents the means of combating it.

Among insect crop pests in the United States, the Hessian fly stands first in evil reputation and possibilities. In bad years, hundreds of thousands of acres of wheat may be totally destroyed or the yield reduced as much as 75 per cent by this parasite.

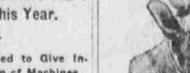
Named for Mercenaries.

The Hessian fly is not a native of America and nobody knows whence. came or how. It was noticed in 1779 on Long Island, N. Y., in the vicinity of the place where Lord Howe's army, largely Hessian mercennries, had camped three years before. The popular belief was that the Hessians had brought the Insect over in the straw used by them as bedding on board ships. Thus came the name-and that guess is as good Reduce the Waste of Grain at Thrashus any as to how the fly got here. All that can be authoritatively said is that it arrived from some transatian- if they attend the thrashermen's

tic country some time after the middle of the eighteenth century. The Hessian fly is one-tenth of an inch long, of an obscure dark color, and appears much like a very small lengthening the active service of his mosquito. It lays a glossy red egg one-fiftieth of an inch long, from which is hatched a maggot slightly smaller than the egg. This transforms into



The ARY



and Adjustment-Many Owners Are Inexperienced.

(Frepared by the United States Department of Agriculture.) Grain saving last year filled 11,000,-

000 two-bushel sacks with wheat which otherwise would have been wasted in Utensils and Strainer Cloths Should straw stacks or over fields. To in-Be Thoroughly Washed and

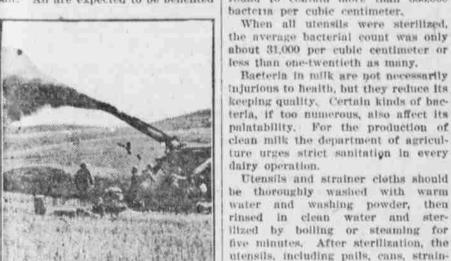
Then Sterilized. (Prepared by the United States Departoperation of thrashing machines, the ment of Agriculture.)

Strainer cloths containing 35,000,000 bacteria per square inch have been found in use on dairy farms. The average strainer cloth, of which

about 36 square inches is in contact with the milk, is likely to contain fully a billion bacteria if it is not washed and sterilized after each milking. If the cloth is folded, the number of

MILK STRAINING IMPORTANT

bacteria is likely to be still greater. Milk produced under conditions where utensils were not sterlle was found to contain more than 666,000



ing Time.

school in their localities. Every thrasherman who is interested in saving grain, reducing idle time when his muchine is out of commission, and separator, should attend a thrasherman's school where he will be taught the when, why, where, and how to operate a thrashing outfit and keeping it in the pink of working condition. The purpose is primarily to improve hrashing conditions. Instruction will over the theory of the separator, the

operation, care and adjustment of the machine, and sufficient laboratory work to give students skill in adjusting and operating. It is contemplated to hold schools immediately after or



The Story of a Wonderful Recovery

There is hardly any one who does not experience some trouble with the stomach. It is so common that we frequently pay little or no attention to it. Yet, the stomach 18 very easily upset, and catarrhal inflammation of the mucous lining devel-



ops, grows worse-the pain and distress is incessant and the truth dawns that we have chronic stomach trouble.

The case of Mr. Louis Young, 205 Merrimac St., Rochester, N. Y., is typical. He writes: "I suffered for thirty years with chronic bowel trouble, stomach trouble and hem-orrhages of the bowels. We bought a bottle of Peruna and I took it faithfully. I began to feel better. My wife persuaded me to continue and I did for some time as directed. Now I am a well man." Mr. Young's experience is not unusual.

If you suffer from catarrh in any form, whether of the head, stomach, bowels or any other part of the body, try Peruna. It may be just what you need. Peruna comes in ' either liquid or tablet form and is ; sold everywhere. Your dealer has it or will get it for you. Ask for Dr. Hartman's World-Famous Peruna Tonic and insist upon having if. If you want your health accept nothing else.

All the sick and suffering are invited to write The Peruna Company, Dept. 78, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and may help you. Ask your dealer for a Peruna Almanac.



Jap Farmers Prosperous.

In sharp contrast with the condition in industrial and commercial centors, Japanese farmers show wonderful prosperity. This, according to Gentaro Shimura, president of the Hypothes bank of Japan, is because of the high price of rice and cocoons.

Don't Forget Cuticura Talcum When adding to your tollet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere .-- Adv.

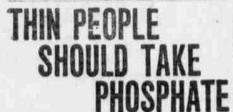
Verge of Happiness,

TO SAVE ALL GRAIN

ashamed strength-is guaranteed to remove these homely Mpots.

Simply get an ounce of Othins-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 dis appear, while the lighter ones have vaniabed and itals. It is made the new two and the apply The second secon

Nobody gets mad these days if people forget to shut the door.



Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually be-ing advertised for the purpose of making thin people flexity, developing arms. neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, here are evi-dently thou-sands of men and wo men

essive

Thinness and

more pho phate than

thin-



GEORGIA HAMILTON.

contained in modern foods. P h y s i clans claim there is GEORGIA HAWAILTON CHain there was nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate which is inexpensive and is sold by most which is inexpensive and is sold by most of salls which is inexpensive and is sold by most all druggists under a guarantee of satis-faction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appear-sance; the increase in weight frequently being astonialing.

ance: the increase in weight increase in weight also carries with it Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear. dull eyes ought to brighten, and pale checks glow with the bloom of perfect health Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has in the I gained 15 pounds and never me.

with me, I gained is pounds and nover before felt so well." CAUTION -- Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to in-crease weight, be used by anyone who does not desire to put on flesh.





A Common Mongrel Flock-An Owner Will Take Greater Pride and Get Better Profits From a Good Flock of Uniform Birds.

agents of Ashley, Union and Desha counties are busy with poultry-club work on farms and in the organization of poultry clubs. In each of these counties an effort is being made to double last year's poultry-club enrollments.

On March 12 the Southwestern Arkansas Poultry association was organized at Magnolia with 18 charter members. It is reported that practically every business man in the town will become a member and lend his influence and support for more and better poultry. Plans have been made to hold the state poultry show at Magnolia November 25 to 28, where the finest aristocrats of the barnyard will be on display competing for the coveted American Poultry association gold medal offered to only one association in each state.

KEEPING POULTRY IN TOWNS and women who keenly feel their ex-

Especially in Suburbs of Large Citles Families Should Keep Small Flocks of Hens.

weakness are often due to s t a r v e d nerves. Our (Prepared by the United States Departnerves. Our bodies need ment of Agriculture.)

When conditions render it feasible small flocks of poultry should be kept by families in villages, towns and especially in the suburbs of large cities, The need for this extension of poultry raising is particularly great where consumption exceeds production, as In the northeastern states. Through utilization of table waste, scraps and other refuse as poultry feed much wholesome food in the form of eggs and poultry for home use may be produced at relatively low cost.

STRONG BIRDS FOR BREEDING

Comb, Face and Wattles Should Be Bright Red-Eyes Bright and Prominent.

(Prepared by the United States Depart-ment of Agriculture.)

Fowls for breeding purposes should be strong, healthy, vigorous birds. The comb, face and wattles should be of a bright red color, eyes bright and fairly prominent, head comparatively broad and short and not long or crow-shaped, legs set well apart and straight, plumuge clean and smooth.

FALL FLIGHT & 30 1.4 THAT AND THIS TWO VITAL POINTS fir the CONTROL of the Hessian fiv on this date usual grat grat analo of normal fair

sun if southers where starts Constill your county afend a State Agnicultural College regardur the safe dowing date, for Jone Person

Means of Combating Hessian Fly.

pupa that appears like a flaxseed and is so called. From the flaxseed the adult fly emerges. Here are four forms so extremely unlike as to be bushels a day. Therefore, Minnesota confusing to any except the expert today is a stanch advocate of teachentomologist.

grooves on the underside of the leaves thrashing outfits. of wheat. The larva, shortly after hatching, makes its way down the leaf and behind the sheath, continuing in young wheat to the roots of the plant. In olds: wheat it is able to go only to the joint below. Larvae arfrequently so numerous as to be packed one against another and overlass ping. Two generations a year are produced. Overwintering is account plished in the flavored stage.

Destructive to Wheat.

The Hessian fly feeds chiefly on the wheat plant, and in a smaller measure on barley and rye. The out plant immune. The effect is that if infesttion begins while the wheat is you :: the plant grows without stem and becomes a mere mass of overgroup leaves. If infestation comes after jointing has begun, the straws hrowing over and the wheat falls before have vest.

The distribution of this pestcludes North Africa, western Asia, # of continental Europe, the Britisles, New Zealand, and portions the United States and Caunda. 1 the United States its range extenfrom the Canadlan border as far soul as northern Georgia, and west to western Kansas, and the middle of the Dakotas. It includes, also, a parros strip of the Pacific coast from Pug-Sound to a point half-way down the California coast.

Kill Canadian Thistles. Frequent cultivation will help kill

Will Pay Big Interest. Deposit the manure in the soil and it will pay big interest.

putch of Canada thistles.

rior to the one-day grain standardization schools, directed by the federal lepartment's bureau of markets.

Necessity for practical education of American thrashermen was brought out strikingly by results in Minnesota ast year recording the normal waste of grain in thrashing. Comprehensive ests, which included the work of the more than 6,500 machines in the Gooher state, showed that the average woldable loss in thrashing wheat was

1.69 bushels a day, worth reproximatey \$9.64; while the avoidable loss in brashing onts was 9,1 bushels daily, worth then \$5.46. Some of the separators wasted as much as 50 bushels I wheat a day, worth, on the basis of the October market, \$103. Twenty-five per cent of all the machines tested in Minnesota showed an avoidable less, due to the machines being out of repair or improperly adjusted, of 15

ing thrashermen the three R's-run-The fly usually deposits its eggs in uing, repairing and readjusting their

> 0-0-0-0-0-0-0-C-0-0-C EXPERIENCE OF OWNERS

(Prepared by the United States Department of Agriculture.)

Help for American farmers in answering the question "ShaH I. Puy a Teactor?" has been prowided by the United States depariment of agriculture in a number of publications which give the experience of users in a number of states. These butletins; which may be obtained. free from the department at Washington, and

"Farmers' Bulletin DG3 Tractor Experience in Titlaids.

Tractors in Eastern Farming. Farmars' Bulletin 1035-The Form Tractor in the Dikotas. Farmers' Bulletin 719-An Economic Study of the Farm Tractor in the Corn Belt. Department Bulletin 174-Farm Experience With Tractor.

Toad Is Gardener's Friend. The common tond is the gardener's friend, because he lives upon the small insects that trouble the garden crops.

A few toads in the garden will help keep it free of insects.

Careful With Poison.

Receptacles containing poison balt should not be left around where children, live stock and chickens will have access to it.



Cleanliness is Essential to the Production of Milk of Low Bacterial Count.

hung in a clean place where they will be protected from files and dust. Milk as it leaves the udder of healthy cows is clean and pure and may be kept so by following the methods outlined.

CANS BETTER THAN BUCKETS

Much More Convenient for Handling Milk and Cream in Transferring to the House.

Milk and cream from even a few cows can be much more conveniently handled in regular milk cans than in the shallow pans and wide-mouthed buckets commonly used.

Cans are convenient for collecting the mllk at the barn and transferring It to the house.

These cans may be bought in various sizes. For handling cream and skim milk where separators are used. or even where cream is set to sour for butter making, the "shotgun can," is very convenient. It can be easily covered and set in water and is conventent to handle.

SYSTEM OF CROP ROTATION

Successful Dairymen, Will Have One Market or Cash Grop Besides Profit From Dairy.

The most successful dairymen have a system of crop rotation that enabler them to have one market or cash crop. besides the profit of the dairy. The increased fertility that is brought or to the farm from the use of concentrated feed stuffs more than offsets the amount of fertility removed by the sale of the dairy products. Another factor is that the same bely required to properly conduct a dairy can find time outside of the routine dairy work to care for a profitable market or each crop.

Tank for Dairy Herd.

When figuring on a tank for the dairy herd, allow for about 160 pounds, or 20 gallons, for each cow datly.

Making a Kieking Cow. Most times it is the calf that is handled roughly that makes the kleking cow.

He-Are you happy, dear? She-I'm within a hat and two gowns and a parasol of being so.

Never trade autos with a gink who cheats himself playing solitnire.

Stop That Backache!

Those agonizing twinges across the small of the back, that dull, throbbing ache, may be your warning of serious kidney weakness-serious, if neglected, for it might easily lead to gravel, stone in the kidney, bladder inflammation, dropsy or fatal Bright's disease. So if dropsy or intal Bright's disease. So if you are suffering with a bad back, have dizzy spells, headaches, nervous, de-spondent attacks or disordered kidney action, get after the cause. Use Doan's Kidney Pills, the remedy that has been tried out for you by thousands.



C. Schlen, prop. of restaurant, Main St., Fremont, Neb., says: kidneys were My troubling me for some time. The secretions were unnatural and at times, my back ached terribly. Sharp twinges darted through my loins when I stooped and my suffering was intense. Doan's Kidney Pilla soon re-lieved me."

Get Doan's at Any Store, 60c a Box DOAN'S HIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

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Farmers' Bulletin 1004-Gas