THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and



pound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared." — Mrs. M. GODDEN, 925 Na-

poleon St., Fremont, Ohio. Such annoying symptons as heat flashes, nervousness, backache, head-ache, irritability and "the blues," may be speedly overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present them-selves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

Ex-Pastor Puts Up Fight.

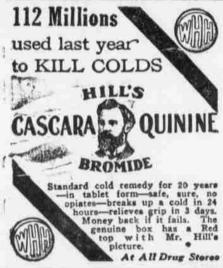
The Rev. Walker Tollyer, founder and for twenty-seven years pastor of the Zion Primitive Baptist church at Harrisburg, Pa., resigned his position because the congregation refused to advance him a loan of \$25 on his salary of \$60 a month. Then the elders of his congregation "unfellowshipped" him as a member of the "Second Ketectan Baptist association." The Rev. Mr. Tollver then started another church of his own and declares that more than half his old congregation has flocked to his new standard .-

A Light Razor.

Redd-I see an English inventor has mounted a tiny electric lamp in the handle of a safety razor. Green-I take it that such a device only guarantees a light shave.

Agriculture is the largest and most Important industry in the United States.-Lundquist.

If a boy doesn't like his mother he is a hopeless case.



Often Caused by

Acid-Stomach

How can anyone with a sour, gassy stomach, who is constantly beiching, has heartburn and suffers from indigestion have anything but a bad breath? All of these stomach disorders mean just one thing—Acid-Stemach.

EATONIC, the wonderful new stomach remedy in pleasant tasting tablet form that you eat like a bit of candy, brings quick relief from these stomach miseries. EATON. It sweatens the breath because it makes the stomach sweet, cool and comfortable. Try it for that nasty taste, congested throat and "heady feeling" after too much smoking.

If neglected, Acid-Stomach may cause you a lot of serious trouble. It leads to nerwousness, headaches, insomnia, melancholia, rheumatism, solatics, heart trouble, lister and cancer of the stomach. It makes its millions of victims weak and miserable, listiess, lacking in energy, all tired out. It often brings about chronic invalidism, premature old age, a shortening of one's days.

You need the help that EATONIC can give you if you are not feeling as strong and well as you should. You will be surprised to see how much better you will feel just as soon as you begin taking this wonderful stomach remedy. Get a big 50 cent box from your drugglat today. He will return—sur money if you are not satisfied.







Coughs Grow Better surprisingly soon, throat inflammation disap-pears, irritation is relieved and throat tick-ling stops, when you use reliable, time-tested

WHAT IS TON OF MANURE WORTH?

Increase in Yield of Various Crops Would Place Price at \$4.83 for Each Ton.

NET PROFIT OF \$3.83 MADE

Liberal Application of Fertilizer Every Four Years Will Result in Permanent Improvement to Soil-Straw is Valuable.

Trials made on the various experiment fields throughout the state by the University of Missouri college of agriculture have shown that an average application of eight tons of manure to the acre once in four years has increased the yield of corn 10.5 bushels, onts 5.17 bushels, wheat 5.24 bushels, and clover hay 937 pounds. At prices which prevailed the first of the year this increase would be worth \$4.83, and at pre-war prices \$2.34 for each ton of manure applied. It will cost the farmer not more than one dollar a ton to col-



Piling Manure Outside Where the Rain Will Wash Out Its Fertilizing Elements.

lect the manure and haul it to the field. This would leave a net profit of \$3.83 at present prices, or \$1.34 at pre-war prices, for each ton of manure applied. The full value of the manure is usually oot obtained during the first four years, for it leaves the soil in better condition and its effect upon later crops is often quite significant. This becomes more noticeable after the first two or three applications, since a liberal application of manure every four years will result in permanent improvement to the land.

Careful Handling Necessary.

By very careful handling of manure R livestock farmer, on average soil, should be able to return annually about two tons of manure per acre to his cultivated fields. It is not easy to save this amount except by very careful methods and persistent efforts. It is necessary that all straw and other suitable materials be worked through the barn as bedding. This not only adds to the comfort of the animals, but serves as an absorbent for the liquid manure. If straw piles are sold, burned or left to rot it is, of course, impossible to return this amount of manure.

Keep the manure together; don't let it get scattered about the barn or lots. Hogs and chickens may waste much of it. Where possible haul it to the field as soon as produced. If this is not possible, store it in shallow, concrete lined pits to prevent leaching. Use plenty of bedding in the stable or on the feeding floor to absorb the liquid. Straw, old hay, grass and leaves may be used for this purpose.

Prevent Fermentation.

About 35 per cent of the nitrogen and 55 per cent of the potassium is to be found in the liquid material. There is, however, practically no phosphorus In this part, The plant foods in the flquid are all in soluble form and are very easily lost through leaching. Furthermore, the nitrogen in this liquid portion readily passes off as ammonia when the manure is allowed to ferment, hence the necessity for preventing fermentation as far as possi-

The total solid and liquid manure produced in a year by a well-fed, mature horse, is about eight tons, with a plant-food value of more than \$30. In the case of a well-fed steer weighing from 1,000 to 1,200 pounds the production is nine to eleven tons, with a slightly greater total value than the

manure from a horse. Three to five months' exposure to the weather in an open lot may cause manure to lose approximately one-third exposed to the weather it should be in a pit with a water tight bottom.

SYSTEM OF RUNNING WATER

Nothing Adds More to Comfort and Health of Family-Carrying Water Is Tiresome.

No convenience adds more to the comfort and well being of the family than a good system of running water. After it has been in use a short time, the farmer and his family wonder how they ever got along without it. Carrying water is hard, tiresome labor and usually must be done at the busiest time when other work is most

CANDLED EGGS BEST

1. Candling provides a fixed standard for trading by doing away with guess-work.

2, It makes possible a fair price to the careful producers of good eggs,

3. It shows who is responsible for the bad eggs, and who wastes food.

4. It leads to a general improvement in quality.

5. It conforms to law, 6. It saves freight cherges. transportation space, and case material by eliminating the handling of worthless products,

IT IS POOR ECONOMY TO UNDERFEED STOCK

Object Should Be to Carry Them Through Winter Cheaply.

Heavy Feeding of Calves and Yearlings Is Expensive-Cows Can Be Wintered on Good Hay Alone -Provide Shelter,

The principal object in wintering stock cattle is to carry them through cheaply without letting them lose flesh. It is poor economy to underfeed cattle in winter and let them lose much that they gained in the summer time. Heavy feeding of calves and yearlings in winter is expensive and reduces the gains they will make on grass the following summer when gains are cheap.

Straw, beet pulp, sugar beets, can all be used to advantage. Cows can be wintered on good hay alone or on 30 pounds of kafir silage and one pound cottonseed meal per day. Alfalfa hay or upland hays make good rations in themselves, while with prairie or cane hay or Sudan grass, it will be better to give some extra feed, especially to cows that are to drop

Some shelter is advisable in winter, even though only a windbreak. Where there are plenty of trees, cattle can often get along very well with these for shelter. The following are some representative rations that might be used in wintering stock where fattening for market is not desired: (1) 20 pounds hay (alfalfa or park hay). (2) 25 pounds cane hay or corn fodder, one pound cottonseed cake. (3) 30 pounds cane or kafir silage, one pound cottonseed meal.-Chas. I. Bray, in "Live Stock in Colorado."

GRADING BUTTER AIDS PRICE

Profitable to Creamery Men to Make Best Quality and Then Market It on Scored Basis.

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

The United States department of agriculture provides a butter-inspection service on the New York, Chicago, Boston, Philadelphia, and Minneapolis markets. This service is not compulsory, but it is valuable to producers or dealers who market butter of superior quality as the "official once over" guarantees the quality of the product and correlates it to its selling



Comparing the square Print in a Carton With a Pound Print Wrapped in Parchment Paper.

price. One day recently a 63-pound tub of butter at one of the markets scored 87 and sold for 50 cents a pound, or a total of \$31.50, as compared with another similar weight tub of butter which scored 93 and sold at 63 cents a pound, or for \$39.69. of its plant food. If manure must be The higher-scoring butter commanded a gross price of \$8.79 higher than that of its lower scoring mate. It pays creamery men to make the best grade of butter possible and then to market it on the scored basis in order to realize its full worth.

EXPENSE OF RAISING CALVES

According to Expert Estimate Cost Is About \$8 Per Head-Veal Is Good Side Line.

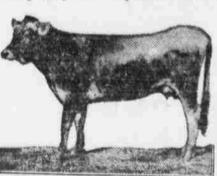
It costs about \$8 per head on the average, according to expert estimate, to raise a calf to the stage where it can be profitably sold for yeal. The production of veal forms a profitable apply the brush and curry comb vigorside line for dalrymen.

CLUB BOYS RAISING HEIFERS

Animals Are Relatively Easy to Handle While Owner Gains Experlence in Feeding.

(Prepared by the United States Department of Agriculture.)

Many junior dairy clubs favor the maintenance of bred heifers by their members, because these animals are relatively easy to handle while their young owner gains experience in feeding and caring for the young females before they calve. Subsequently he learns how to handle the calf, which constantly is increasing in value. Where mature cows are distributed among the junior dairy club members



Let the Boy Start Raising a Heifer Which Will Develop Into a Profit able Cow.

more risk is involved, as many of the youngsters are not experienced sufficlently to handle them properly.

The advantage of distributing calves among the next generation of stock breeders, according to specialists, is the low initial cost of the animal and the fact that its keeping involves less expense and care on the part of the attendant. On the other hand, it requires three years to complete the project. This may be considered undesirable, as interest of the club members will likely become lessened. In both the case of the bred heifer and the calf it is difficult to select the best animals which will prove to be profitable producers, while in the case of the cow, she demonstrates her worth if proper records of production and expenses are kept. The junior dairy club work develops potential breeders who will mature from raisers of a single heifer or calf into full-grown owners of extensive and quality herds.

CARING FOR EXPORTED COWS

American Animal Never Made Much of a Reputation in Europe Until Great War.

(Prepared by the United States Department of Agriculture.)

The American dairy cow, beauty that she is and has always been, has never made very much of a reputation in Europe until the war destroyed so many of the native milk producers. Now, the American dairy cow is crossing the ocean pretty freely, and the United States department of agriculture, largely for her benefit, has revised its regulations governing the inspection, humane handling, and safe transport of export animals. The regulations, in the first place, were fixed mainly for beef cattle. A dairy cow that is to live her life out and bear a responsible part in the upbringing of a human family requires more careful handling than an animal that is to be slaughtered. Consequently, better arrangements have been made for stalls, an adequate number of attendants is stipulated, and more careful handling in general is required.

SILAGE IS EXCELLENT FEED

Particularly Adapted to Dairy Animals and Should Be Combined With Some Legume.

While silage is excellent feed for dairy stock, it should be combined with some leguminous feed, such as clover, cowpeas, or alfalfa, owing to Its insufficient productive qualities, The leguminous material will correct the deficiencies of the sllage in dry matter, protein and mineral constitu-

DAIRY NOTES The second

The profitable marketing of dairy products is very important.

Grass by itself is not considered a balanced ration for the milk cow. The general farmer is finding that

the dairy cow is a valuable asset in his farming operations.

Improvement of the herd comes through the sire. Therefore, make sure you get a right good one.

Grass, hay, corn fodder and other roughage which may not have a ready sale are economically utilized by the dairy cow.

In order to make the dairy herd return a profit in this time of highpriced feeds, we must feed the cows intelligently.

For the same reason that it pays to groom horses, it also is invaluable to ously to the cow daily.

SAFE, GENTLE REMEDY BRINGS SURE RELIEF

For 200 years GOLD MEDAL Haarlem Oil has enabled suffering humanity to withstand attacks of kidney, liver, bladder and stomach troubles and all diseases connected with the urinary organs, and to build up and restore to health organs weakened by disease. These most important organs must be watched, because they filter and purify the blood; unless they do their work you are doomed.

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and purify the blood; unless they do their work you are doomed.

Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pains in the loins and lower abdomen, gravel, rheumatism, sciatica and lumbago all warn you of trouble with your kidneys. GOLD MEDAL, and accept no substitutes. In three sizes, Sealed packages. At all drug stores.

One Lesson of Grim War. Henri Pate, deputy from the Seine, points out that one of the lessons France should learn from the war is the value of athletics. The rapidity with which the American and British armies were trained and put in the field he attributes to the superior physical condition of an athletic race.

Must Be One or the Other. "That gentleman who just entered is a free thinker."

"Oh, indeed! Is he a bachelor or a widower?"-Philadelphia Record.

Concrete Ships, The United States shipping board has ordered discontinued work on a concrete ship building at Oakland, Caland there are those who think that this is the deathknell of the stone vessel as a freight carrier. Nevertheless the construction and navigation of the steamer Faith has proved that such a ship was a structural possi-

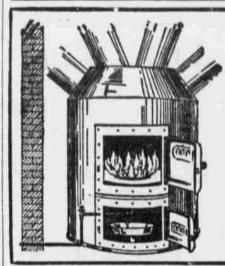
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W. N. U., OMAHA, NO. 52-1919.

A War Sufferer.

The Guest-It's awful to think of the suffering caused by the war. The Porter-I'll say so. Take me. l'instance. I was in vaudeville with a swell monologue in German dialect, but I couldn't get a bookin' during the

Natural Mietake. "I hear that the cook Subbubs married has left him." "Yes; force of habit."

war an' had to take this job.

While we are thinking about deporting, let us not forget those who can

talk well about anything. Night Morning ~烟咖啡 Keep Your Eyes We Guarantee

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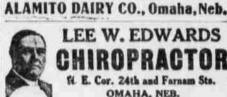
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