

## WOMEN OF MIDDLE AGE

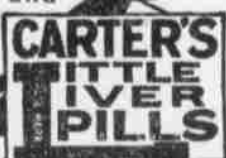
May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Summit, N. J.—"I have taken Lydia E. Pinkham's Vegetable Compound during Change of Life and I think it is a good remedy in such a condition. I could not digest my food and had much pain and burning in my stomach after meals. I could not sleep, had backache, and worst of all were the hot flashes. I saw in the papers about Vegetable Compound so I tried it. Now I feel all right and can work better. You have my permission to publish this letter."  
—VICTORIA KOPPL, 21 Oak Ridge Ave., Summit, N. J.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timid, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Koppel.

## Don't Wait to Be Bilious

Keep well. Whenever your appetite begins to flag, or a sour stomach and a coated tongue warn you, take CARTER'S Little Liver Pills and the troubles will cease.



Good for man, woman and child. For your health's sake stick to this old, tried and true remedy. Purely vegetable. Small Pill—Small Dose—Small Price. DR. CARTER'S IRON PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

## FRECKLES

POSITIVELY REMOVED by Dr. Barry, Freckle Remover, 277 1/2 Michigan Ave., Chicago. "What's the gloom about, Dauber?" "I was just worrying over lost arts."

## BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschee's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

In life's melodrama the hero gets the applause, but the villain gets the coin.

## WAS DISCOURAGED

St. Charles Man Tells How He Suffered Before Doan's Cured Him.

"Heavy strains on my back and being exposed to all kinds of weather, weakened my kidneys," says John S. Shelton of St. Charles, Mo. "The misery in my back was constant and I had to get up several times during the night to pass the kidney secretions. I got no rest night or day and lost twenty-two pounds in weight. My eyes burned as if there were fire in them. I also had dizzy spells and would feel as if I were going to pitch forward. Sharp catches would take me in my back as if someone were driving a sharp knife into my back. My kidneys were so weak I had no control over them and the secretions were scanty and burned in passage. I had pains in my bladder too. I was discouraged. I tried different remedies but received no benefit. I was advised to use Doan's Kidney Pills and when I did so I was soon relieved of my misery. Doan's cured me."



Get Doan's at Any Store, 40c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

## Baby Coughs

require treatment with a remedy that contains no opiates. PISO'S is mild but effective, pleasant to take. Ask your druggist for

## PISO'S

# HEARD and SEEN at the CAPITAL

## Lincoln Highway Gets Nearly \$12,000,000 in 1919

WASHINGTON.—Lincoln Highway—the great national outdoor memorial to Abraham Lincoln—is faring well these days at the hands of eleven states, through which it passes. The Lincoln Highway, which was at first largely a series of connecting country roads, has gradually become, through official action of the various states, an integral portion of the several state highway systems.

Expenditures on the way in 1919, for new construction, reconstruction and maintenance were as follows by states: New Jersey, \$1,383,572.00; Pennsylvania, \$1,418,169.28; Ohio, \$1,903,708.10; Indiana, \$742,218.30; Illinois, \$1,430,130.28; Iowa, \$250,899.29; Nebraska, \$613,025.00; Wyoming, \$127,000.94; Utah, \$225,528.54; Nevada, \$411,049.58; California, \$375,500.00; total, \$8,886,800.31.



To these figures must be added much of the county construction and maintenance work and city paving, for which it is impossible to get accurate detailed figures. Conservative estimates resulting from actual inspection of such work in progress indicates that these unreported expenditures amounted to over \$500,000 in 1919.

The association also points out that contracts covering a total of 159 1/2 miles of permanent improvement were let in 1919 in seven of the states traversed by the route, the total amount of these contracts aggregating an additional \$2,323,112.59—money already provided and in addition to that actually expended for work completed in 1919.

The total financing for the way in 1919 therefore amounted to \$11,709,912.90. Comparison with the figures for the years since the association began its work show the significance of this total. The amounts expended were: In 1914, \$1,200,000; in 1915, \$2,580,280; in 1916, \$4,198,165; in 1917, \$2,000,918.98; in 1918 \$2,896,307.77.

The General Federation of Women's clubs, which has charge of the planting of the way, plans to have it beautified with trees, shrubs and flowers and to make it a bird sanctuary from coast to coast.

## Discontented School Pupils Make Child Laborers

THE million and more children under sixteen years of age who leave school annually in the United States to go to work are not all forced into industry because of poverty, according to the first official reports of the Children's bureau on the "back to school" drive held in connection with Children's Year.

Schools must be made more attractive and parents more sensitive to the value of a completed education, says this report. One reason for keeping children in school is keeping them out of industry before they are prepared to assume these burdens. The experience of child welfare committees showed that discontented school pupils became the child laborers.

Unattractive school buildings, poorly trained teachers and sparse equipment are factors in making the boy or girl restless at school. It is also declared that the present federal child labor law does not reach more than 300,000 of the 2,000,000 working children over ten years of age, as at least three-fourths of these are in the agricultural districts.

In many cases there are no schools to attend. The "back to the school" drive stimulated local surveys of the school resources. Some of the schools were closed for the lack of teachers, and the general report lays this lack to the low salaries paid. A few of the states met this condition by making a minimum teaching salary from \$1,000 to \$1,200, but there are communities where teachers are paid only \$40 a month.

It was the opinion of those conducting these campaigns that once the parents were reached the ways and means of keeping the child in school would be forthcoming.

## All the World Has but a Wagonload of Diamonds

EVERYBODY is buying diamonds these days. It seems as if the supply was inexhaustible. Yet a Chicago statistical expert has figured out that if all the diamonds mined in history and existing today as cut and polished gems were gathered from the ends of the earth, they would form a pile about as large as a wagon load of coal dumped on the sidewalk. The pile would contain 46,355,474 carats, and the gems would weigh ten and one-half tons. If the pile were in the form of a cone, it would have a base diameter of eight feet and a height of five feet. Reckoning the diamonds at \$300 a carat, it would have a value of \$13,906,642,200. It would contain 710 1-3 gallons, worth \$5,539,023 a gallon, or 761-5 bushels valued at \$51,570,729 a bushel. All the world's diamonds could be packed in an ordinary clothes closet or a kitchen pantry.



India, it is estimated, has produced, all told, 50,000,000 carats; Brazil, 15,000,000; South Africa, 170,574,000; Borneo, 1,000,000; British Guiana, 50,000; Australia, 150,000; China, 2,000; Siberia, 500; United States, 500. This is a total rough output of 236,777,374 carats or 55,355 tons of rough diamonds.

Only about 50 per cent of rough diamonds are cut into gems and lose about 60 per cent of their weight in being cut and polished. Diamonds are practically indestructible and the first diamond ever mined may possibly still be in existence; some princess or millionaire's wife or a waitress in a restaurant may be wearing the world's first diamond or a fragment of it. But the estimate allows for the loss of at least 1,000,000 carats by flood, fire, shipwreck and other disasters. These reductions and losses leave the total of cut and polished diamonds at 46,355,474 carats.

## Molluscs Start Scientist After a Lost Continent

DETAILS concerning a lost continent in the Pacific ocean, a 6,000-mile prehistoric "bridge" of land between South America and Hawaii, is being sought by an American scientist, William Allanson Bryan, professor of zoology and geology in the college of Hawaii.

Dr. Bryan went to Argentina by way of Mexico and the west coast of South America, where he studied volcanoes and Andean geology. He will sail for the island of Juan Fernandez, 400 miles out. The island is inhabited by a small colony of fishermen.

"In the Philadelphia Academy of Natural Science," says the professor, "I was surprised a year ago to discover certain little fresh water molluscs from Juan Fernandez that were extraordinarily similar in their characteristics to certain molluscs in Hawaii. So I determined to visit the island, study those shells and its entire flora and fauna."

If the Juan Fernandez molluscs should prove to be closely allied with those of Hawaii, Dr. Bryan explains, it would prove that land connection had existed, as the species must have traveled from Juan Fernandez to Hawaii, or vice versa, by the rivers of the prehistoric continent.

Professor Bryan considers it not unlikely that the lost Pacific continent preceded that of South America in the dark ages of time.

It was on Juan Fernandez that Alexander Selkirk, a Scotch buccaneer, lived in solitude for four years (1704-1708). His story is supposed to have suggested "Robinson Crusoe" to Defoe. The flora and fauna of the island differ remarkably from those of the mainland.

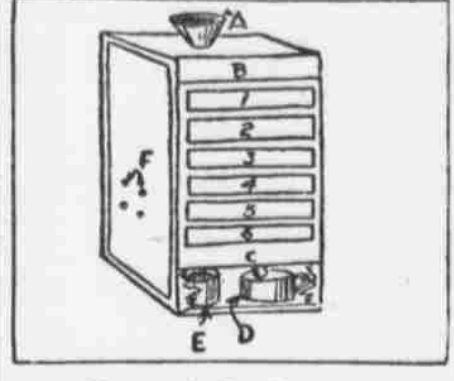


# POULTRY FACTS

## OAT SPROUTER FOR POULTRY

Successful Chicken Raisers Beginning to Appreciate Value of Green Feed in Winter.

All poultry raisers are beginning to appreciate the value of sprouting oats for hens in winter. I made a sprouter of my own as shown in the drawing, says a writer in an exchange. It is a box 20 by 20 inches and 36 inches high. It is large enough to supply 50 to 75 hens with sprouted oats every other day. There are six drawers in the box, each two inches deep with window screen for bottoms. A is a funnel into which warm water may be poured into the square box B which is full of small holes in the bottom. I put about one-half inch of oats in each pan, then pour a gallon of warm water through a funnel into the pan B, from which the water trickles down through the oats in all the drawers and finally collects in the lower pan



Homemade Oat Sprouter.

C, which is water tight. D is a lamp below the pan C and should be regulated so the oats in the lower drawer will not get warmer than 85 or 90 degrees. The oats should be watered each morning and night, with warm water.

The four holes in the side furnish ventilation for the lamp. In one week the sprouts will be three to four inches high, and may be fed. Begin with the lower drawer, and after feeding the contents refill with oats from the pan E in which they have been soaking for 24 hours. Move the other drawers down and put the last one filled on top. I find one feed every other day to be enough.

## HENS AS MORTGAGE LIFTERS

Feathered Tribe Would Prove as Profitable as Hogs if Given Same Attention.

With the same care, systematic attention and scientific feeding given the poultry flocks as are given your hogs, the feathered tribe would prove to be as much of "mortgage-lifters" as the four-footed beasts. Poultry will not stand for neglect any more than your live stock.

## DISPOSE OF EARLY PULLETS

Fowls Hatched Last Winter Will Molt About January First and Should Be Marketed.

Pullets hatched in January and February are the ones that lay in the summer and fall when the old hens are molting. It will be well not to depend on these to continue laying through the winter, however, as they probably will molt about the first of January and should be disposed of at that time.

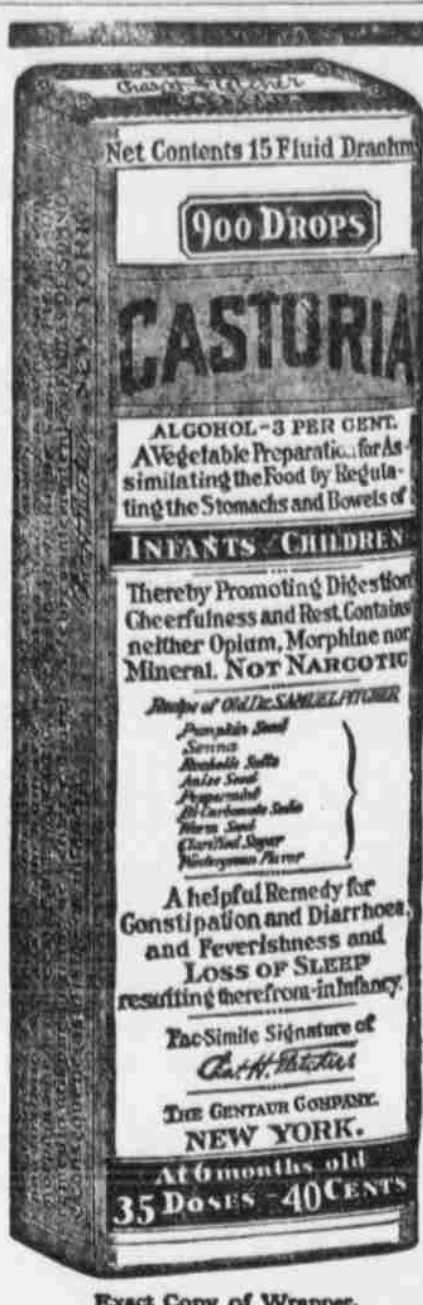
## FIND MARKET FOR BROILERS

Good Thing May Be Made of Plump Young Chicks Weighing Three-Quarters to a Pound.

If your farm is near a city of large hotels, restaurants and club houses, a good thing may be made of plump young chicks, termed squab broilers. At seven to eight weeks old when weighing three-quarters to a pound each they often bring as much as one dollar a pair.

## POULTRY NOTES

- Don't feed the chickens in a dirty, filthy place.
- It pays to watch the flock closely in the fall, winter and early spring.
- Clean the floors of the hen houses every few days; don't allow the trash to accumulate.
- Perhaps some hens and pullets would be much better layers if they could select their owners.
- Leghorns at 5 1/2 months, and the larger breeds of Rocks and Reds at 6 1/2 months, will begin egg production.
- It is much more economical and profitable to feed a variety of feeds to poultry, than it is to depend on one or two grains.
- Chemists find that eggs simply are water, protein and ash and that more than one-half the egg is water, so it is apparent that sufficient water is a necessary consideration.



# CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

*Dr. J. C. Hathorn*

In Use For Over Thirty Years

# CASTORIA



## DISEASE AMONG HORSES — the answer is SPOHN'S DISTEMPER COMPOUND

Whenever there is contagious disease among horses SPOHN'S is the solution of all troubles. SPOHN'S is invaluable in all cases of DISTEMPER, PINK EYE, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick. 80 cents and \$1.50 per bottle. SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

No laugh is discordant that follows your joke.

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

Often a man's character would be unable to recognize his reputation if they were to meet.

Professor Diggs is going to visit the site of ancient Babylon for the sixteenth time.

"That's the difference between an archeologist and a 'jazz hound'."

"The archeologist delights in a dead city, but what the 'jazz hound' is looking for is a live one."—Birmingham Age-Herald.

Worth Paying Premiums For. A \$5,000 life insurance policy was taken out on a hen exhibited in Portland, Ore., recently. This hen is a White Leghorn, owned by Doctor Tanned of Kent, Wash. She set a world's record for production by laying 330 eggs in 365 days, ending September 15. This is about four times the production of the average hen. Her owner consented to allow her to be placed on exhibition by one of the poultry feed companies, but stipulated that she must be insured for \$5,000.

An Advantage. Joe was visiting at grandmother's house and was being put to bed when he recalled that he had almost forgotten to say his prayers. He then said them at grandmother's knee—his usual "Now I lay me," ending by asking a special blessing for father, mother and his two little sisters.

At its close he realized he had not remembered his grandmother. "Why, I forgot you, grandma," he said and then smiled encouragingly "but don't you mind that, pretty soon I'll be big enough to make my own prayers and then I can pray for everybody."

Be Reasonable. It was during her summer vacation on the farm that Elizabeth longed to be allowed to drive the big team of horses. She was just five, but one afternoon her cousin lifted her in and gave her the reins. She pulled and slapped them on the horses' back, and in fear of the team starting too swiftly, cousin Frances advised her to be careful and drive with less motion. Again she shook the reins violently. "Slower, Elizabeth, and you'll be a better driver."

She held tight to her reins, then turned and said reproachfully, "Cousin Frances, what can you s'pect? I'm only a child!"

The Likeness. "The nations are like the people at this time."

"How do you mean?"

"They're just fed up with Turkey."

A Hurry Call. Senator Boies Penrose awoke his chauffeur by telephone a couple of hours before daylight recently and told him to come to the hotel at once. The chauffeur responded, sans collar, vest and coat, simply slipping into his overcoat and buttoning it up tightly about his throat. As the senator, warmly clothed, stepped into the car, the chauffeur asked: "To the capitol, senator?"

"No," said Senator Penrose, "to Pittsburgh."

A week later, still minus a dress coat, the chauffeur returned to Washington.

The entire food values of wheat and malted barley are found in

# Grape-Nuts

A food in every sense: nourishing, delicious, economical.

Easy to digest because of twenty hours baking.

Ready-to-serve.