

## SIX MONTHS I COULD NOT WORK

Lydia E. Pinkham's Vegetable Compound Made Me Strong and Able to Work—I Recommend It To All My Friends.

Bayonne, N. J.—"I had pains in back and legs so that I could not stand caused by female trouble. I felt so tired all the time, had bad headaches, and for six months I could not work. I was treated by a physician and took other remedies but got no relief. A friend told me about Lydia E. Pinkham's Vegetable Compound and I took it and it has helped me very much. I am well and strong and now able to do my work. I cannot thank you enough and I recommend your medicine to my friends who are sick."—Mrs. SUSIE SACATANSKY, 25 East 17th St., Bayonne, N. J.

It must be admitted by every fair-minded, intelligent person, that a medicine could not live and grow in popularity for over forty years, and today hold a record for such wonderful success as does Lydia E. Pinkham's Vegetable Compound, without possessing great virtue and actual worth. Such medicines must be looked upon and termed both standard and dependable by every thinking person.

## Little Friends of the Liver

The liver is the regulator of health. If the liver is active and well, good health and happiness prevail; but once you allow your liver to get torpid and sluggish, life becomes a misery.

Dyspepsia, indigestion, Biliousness, Constipation, Headaches and Melancholy assail you, resulting in lack of energy, loss of memory and ill health; but remember Carter's Little Liver Pills touch the liver and correct all liver ills.

Small Pill—Small Dose—Small Price

DR. CARTER'S LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

Genuine seal and signature. *Smith's*

**PARKER'S HAIR BALM**  
Removes dandruff and restores color and beauty to gray and faded hair. 50c and \$1.00 at druggists.  
**HINDER CORNS** Remove Corns, Calluses, etc., stops all pain, restores comfort to the feet, makes walking easy. Use by mail or at drug stores. Atstock Chemical Works, Patheburg, N. Y.

Extravagance of Japanese.  
The extravagance of the newly rich of Japan finds vent mostly in endowing colleges, assembling treasures of literature and art and ministering to those senses and desires through which men nourish the soul.

## DEWS OF EVE

No More Gentle Than "Cascarets" for the Liver, Bowels

It is just as needless as it is dangerous to take violent or nasty cathartics. Nature provides no shock absorbers for your liver and bowels against calomel, harsh pills, sickening oil and salts. Cascarets give quick relief without injury from Constipation, Biliousness, Indigestion, Gases and Sick Headache. Cascarets work while you sleep, removing the toxins, poisons and sour, indigestible waste without griping or inconvenience. Cascarets regulate by strengthening the bowel muscles. They cost so little too.—Adv.

Contradictory Praise.  
"I hear you have a rare cook."  
"Yes, and strange to say, everything she does is well done."

A fast young man is seldom able to keep up with his running expenses.

## Why That Backache?

Why be miserable with a bad back? You can't be happy if every bad day brings lameness; sharp, shooting pains and a dull, nagging ache. Likely the cause is weak kidneys. You may have headaches and dizzy spells, too, with a weak, tired feeling. Don't delay. Try Doan's Kidney Pills. They have done wonders in thousands of such cases. Ask your neighbor!

### An Iowa Case

Mrs. G. Van Der Beek, 1000 W. 2nd St., Pella, Iowa, says: "My back pained and there was a continual ache day and night. Many times my back would feel as if it were breaking. Doan's Kidney Pills, which I used, made my back feel better and the pains became less severe. Two boxes drove the trouble away and I haven't had a return of it since."

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

## GARDENS LESSEN COST OF LIVING

They Will Return Abundantly in Proportion to Time and Effort Expended.

### COMMERCIAL PLANTING CUT

Big Vegetable Gardeners See No Way of Obtaining Enough Labor to Conduct Usual Operations—Make All Plans Early.

(Prepared by the United States Department of Agriculture.)

One way of reducing the cost of living is open to every man, woman and child who can get the use of an idle plot of ground. That way lies through the planting and cultivation of a home garden—a Thrift garden. War gardens played their part in the great mobilization of resources in wartime—Thrift gardens now have their own big job in helping households to feed themselves.

The reasons for Thrift gardens are many and various. The same reasons that existed last year and the year before still are present. Thrift gardens will produce food where nothing otherwise would be produced; they will reduce family food bills; they will return abundantly in proportion to the time and effort devoted to them. But added to these reasons is another one peculiar to this year.

### Less Commercial Planting.

Reports to the United States department of agriculture indicate that the plantings by commercial vegetable gardeners will be materially reduced this year, because the commercial gardeners see no way of obtaining enough labor to conduct their usual operations. The commercial gardeners claim that they have paid high wages in endeavors to keep up production, but now have reached the point where the returns will not justify the continuance of this expense. At least, that is the report reaching the department of agriculture from seed merchants, whose operations at this season.



A Typical Home Garden—The sort That Will Bring Health and Profit to the Tillers.

son are regarded as a good indication of what conditions will be a month or two from now.

If the reduction of commercial gardening becomes a fact, the obvious result will be fewer vegetables and higher prices. The logical remedy lies partly in home gardens. This is a remedy, moreover, that will work no harm even if the commercial acreage should be up to normal, as any surplus of fresh vegetables may be saved by canning, drying, and other means of conservation and the surplus kept so that it will be useful next fall and winter.

### Many More Gardens Needed.

Thousands of families learned the value of home gardens in wartime. United States department of agriculture specialists believe it essential that these families' interest be maintained and that other thousands be added to the home-food producers.

"Now is the time to begin making plans for your 1920 Thrift gardens," these specialists declare. "First, locate a piece of suitable land; second, make your plan; third, get your seeds; fourth, start work at the earliest possible moment."

A request to the United States department of agriculture, Washington, D. C., will bring a booklet that will tell how to plan your garden, how much seed to buy, how to get the land in shape for cultivation, how to take every other step in the process of making your back yard or some other vacant lot help feed you.

### WEEDS ARE VALUABLE ASSET

Noxious Plants Cut Down and Turned Under Excellent Fertilizer for Garden.

Weeds in the back yard or on that vacant lot next door are an asset to the gardener, for he knows, or should know, that these weeds, cut down and turned under in the garden plot, mean fertilizer for his soil. Turn the rank grass under with the wheel hoe and cultivate it once to destroy the growth. When mature it is not procurable this green material is invaluable.

## EFFICIENT PLANNING OF GARDENS FAVORED

Important to Make Cultivation Easy and Simple.

Plant in Long, Straight Rows and Cultivate at Least Once Each Week—Hardest Part of Work Performed by Horse.

(Prepared by the United States Department of Agriculture.)

Of several thousand farm women who answered a series of questions sent out by the extension service of the United States department of agriculture, 92 per cent had gardens and 56 per cent of the gardens were tended mainly by the women themselves. If this be universally true, it is important that the work of cultivating it will be simple and easy. All of the heavier work, such as plowing and fitting the land, should be done by men with the aid of a team.

The garden should be planted in long, straight rows and cultivated once a week with a horse, according to experience.



The Long Rows in This Farm Garden Are Great Time and Labor Savers, Making Possible the Use of a Horse in Cultivation.

enlists. If this much is done by the men the work of the women will be materially reduced. The care of a home garden is not hard work if the fitting of the land and the main part of the cultivation is done with horse-drawn tools. Plan the farm garden right, work it right, and it will prove the most profitable piece of land on the farm.

### TEST SEEDS BEFORE SOWING

Essential Preparation Consists of Providing Apparatus and Knowledge of Methods.

Practically the only element in crop production that the farmer has completely under his own control is the planting of good seed.

It is important that farm seeds be tested before they are sown. Otherwise, a full crop cannot be grown even under the most favorable weather conditions.

Seed testing for practical results, says the United States Department of Agriculture, can be done much more easily than is generally believed.

The essential preparation for making seed tests consists of providing the simple apparatus necessary and of becoming familiar with the general purposes and methods of testing and the features of importance peculiar to tests of particular kinds of seeds. Ask the county agent, or write the Department of Agriculture for a bulletin.

### FEED LITTLE CALVES GRAIN

Young Animal Begins to Eat When About Two Weeks Old, Amount Gradually Increasing.

When the calf is about two weeks old it will begin to eat. If a small amount of grain is placed in a box and kept before the calf it will eat only a short time before it begins to eat regularly. A quarter of a pound or less each day will be sufficient for ten days or more and this can be gradually increased, giving the calf all it will clean up.

### POULTRY NOTES

Take care of your setting hens, feed and water them regularly.

Perhaps the greatest drawback to turkey farms is the lack of drainage.

When the chicks have learned to roost it is much easier to protect them from mites.

Although ducks and geese are water fowls, they must have a dry, well-bedded house or shed to rest in.

Mites, lice and fleas are the prolific and everlasting root of most of the troubles of the poultry raiser.

Only laying fowls are worth keeping in the spring; the first step toward beating last year's record is to cull the non-layers.

A good laying strain of hens will keep busy laying all during the breeding season if they are shut up and their broodiness broken each time.

## URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

Young America in Doubt.  
"What is an annuity, pa?"  
"Something you have got coming to you every year."  
"Is a birthday an annuity?"

### "DIAMOND DYES" DON'T RUIN YOUR MATERIAL

Women: Don't Buy a Poor Dye That Fades, Streaks, or Runs.

Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye a new, rich, fadeless color into worn, shabby garments, draperies, coverings, whether wool, silk, linen, cotton or mixed goods.

Buy "Diamond Dyes"—no other kind—then perfect results are guaranteed even if you have never dyed before. Druggist has color card.—Adv.

### Willing to Risk It.

One of the recent recruits to the army, a raw-boned Arkansian, was undergoing his examination by a lieutenant on the insignia worn by officers of various grades.

"What do two silver bars mean?" queried the lieutenant.

"Cap'n."

"One gold bar?"

"Second lieutenant."

"Silver eagle?"

The rookie scratched his head.

"Well, I ain't right sure about that one," he confessed, "but I reckon I'd take a chance and salute him, anyhow."—The Home Sector.

### Widely Divergent Interests.

Willis—I suppose the strike in your town is a purely local affair.

Gills—Not in the least. The works are owned by Boston parties, the manager is from Chicago, the workmen came from Seattle, the labor organizer hailed from New York, the strike-breakers were imported from Alabama, and the troops were sent by the governor. Our only local interest is ducking bricks.—Judge.

### Opportunity Knocked.

Garcon—You look sweet enough to eat.

Fillie—Oh, thank you! I am hungry—where shall we go?—Awgwan.

Better be a fool and part with your money than be a miser and have your soul buried under it.

Air castles are perfectly ventilated.

# WRIGLEYS

The children love Wrigley's—and it's good for them.

Made under conditions of absolute cleanliness and brought to them in Wrigley's sealed sanitary package.

Satisfies the craving for sweets, aids digestion, sweetens breath, allays thirst and helps keep teeth clean.

Costs little, benefits much.



### MUSIC OF ANCIENT GREECE

Bands That Marched to War With the Soldiers Played on Flutes, Pipes, and Harps.

Poetry in ancient Greece was accompanied by the cithara and the lyre, while the flute was played by both men and women in furnishing martial music to the soldiers in time of war. Musical bands marched to war with the soldiers and played on flutes, pipes and harps.

The lyre and the harp were preferred by the Greeks for private use, for it was thought they did not prevent one from remaining master of himself, while the flute, pipe or clarinet put the man beside himself and obscured reason. There were extensive choirs whose music was distinctly connected with the religious life of the people. These choirs were composed of both men and women and were employed for public and private religious festivals.

The choirs celebrated victories in war, deaths, holy days, births and marriages. Alkman, who lived as early as 650 B. C., wrote a choir song for girls which was a dramatic part song.

Natural Affinity.  
"Do they still use the time-honored shell game?" "Yes; they find it attracts the nuts."

### Making the Grade.

While on a motoring trip through southern Indiana we came to a steep hill. The driver put on all the power he could, but it was impossible to climb such a hill. In despair our driver walked to a house atop the hill to see if he could get help. In a few minutes he returned smiling and said the man at the house had advised him to turn the car around and back up. We all laughed, but were soon turned around and slowly backing up the hill. We were about half way up when we saw another machine coming, and as soon as it reached the foot of the hill it turned around and began backing up. When we reached the top the man at the house greeted us and remarked that all cars had to take that hill backward.—Chicago Tribune.

### Woman Financial Expert.

Marie Prodhon, who has been appointed director of the Bank of Geneva, Switzerland, and will sign the notes and scrip issued by the bank, is only twenty-eight years of age. She proved herself an excellent financier during the war, and is the first woman in Europe to hold such an important position.

There's no secret to success; anybody can achieve it who will work hard enough for it.

Swallowing your indignation will not satisfy your thirst for revenge.

# 25 Cents

will buy

a big package of

# POSTUM CEREAL

weighing over a pound, net.

What are you paying for coffee?