HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

He Goes Back.

Old Ponce de Leon got on a street car and started in quest of the fountain of eternal youth. And as he went along he read the advertisements.

New teeth for old.

Monkey glands make you young.

Elixir of Pep.

"Stop the car, conductor," yelled Ponce de Leon. "I'm going in the wrong direction."—Louisville Courier-Journal.

Depends on the Result.

"Don't you admire determination in a man's character?"

"That depends. If it brings success I praise it as a splendid perseverance, if failure, I denounce it as confounded obstinacy."

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. *Doan's Kidney Pills* have brought new life and new strength to thousands of working men and women. Used and recommended the world over. *Ask your neighbor!*

A Nebraska Case

Alfred Nenow, carpenter, 415 S. 3rd St., Norfolk, Nebr., says: "I had lumbago and my kidneys were in a disordered condition. I had sharp pains in my back and kidneys that felt as though I had been struck with something sharp. I could hardly stand up straight. A friend told me of Doan's Kidney Pills and they drove the lumbago away and left my back strong again."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

USEFUL for all the little ailments—bumps, bruises, sores, sunburn and chafing. Keep a bottle in the house. It's safe and pure. It costs very little.

CHESEBROUGH MFG. CO.
(Consolidated)
State Street New York

Piles

are usually due to straining when constipated. Nujol being a lubricant keeps the food waste soft and therefore prevents straining. Doctors prescribe Nujol because it not only soothes the suffering of piles but relieves the irritation, brings comfort and helps to remove them.

Nujol is a lubricant—not a medicine or laxative — so cannot gripe. Try it today.

Nujol

REG. U.S. PAT. OFF.

A LUBRICANT—NOT A LAXATIVE

BEST VARIETIES OF BROOM CORN

Success With Crop Depends Largely on Proper Care During Harvesting Period.

FIRST PICK MATURED HEADS

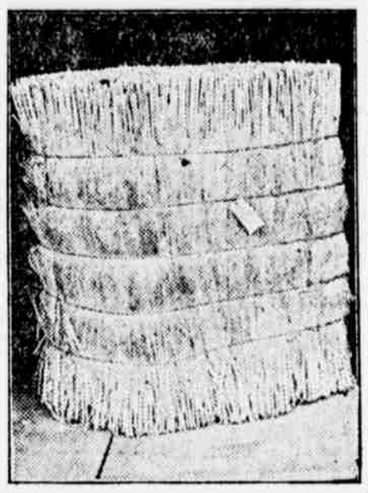
Proper Time for Harvesting Is When Fiber Is Deep Green From Tip to Knuckle—Avoid Immature and Overripe Brush.

(Prepared by the United States Department of Agriculture.)

Success in handling either of the two varieties of broom corn produced in the United States—Standard and Dwarf—depends to a large extent on proper care during the harvesting period. Even with the most efficient systems of distribution it is impossible to overcome the handicap of an inferior product, says the United States Department of Agriculture in a new publication, Department Bulletin 1019, Marketing Broom Corn, prepared by G. B. Alguire, assistant in marketing hay and broom corn.

Selection of Heads.

The selection of properly matured heads is a matter for first attention. Broom corn is in the proper stage for harvest when the fiber is deep green



Broom Corn Must Be Well Baled to Bring Best Price.

from tip to knuckle, a stage that may be reached when the head is in bloom or not until the seed is in the dough stage. Immature fiber lacks elasticity, shrivels perceptibly on curing, and presents an uninviting appearance when baled. Overripe brush is equally undesirable.

Preventable waste among manufacturers can be traced in many instances to the first steps in harvesting. In general, anything unfit for use in the manufacture of brooms should, so far as practicable, be left in the fields. To command the best price, broom corn must be free from seed and well baled.

Methods of Handling.

The bulletin discusses the various methods of handling broom corn on the farm and in the process of distribution, including marketing, practices employed by various classes of dealers, methods of sampling, storage facilities, and co-operative marketing. Copies of it may be had free upon application to the United States Department of Agriculture, Washington, D. C.

GRASS GROWN WITHOUT SEED

Best Strains Have Been Developed by Cutting Up Runners From Thrifty-Looking Spots.

Many good turf grasses that reproduce by runners have lost the habit of producing seed, and for this reason the United States Department of Agriculture has been experimenting with the vegetative propagation of some of the most satisfactory strains of bent grasses. Better strains have been developed by finding spots in lawns and on golf courses where the turf was particularly good, cutting up the runners and planting these cuttings in increase plots. Most of this work has been done in northern states, although some good strains of Bermuda grass have been selected which give promise of value in the South.

A number of commercial growers have been working on these improved grasses and now have cuttings for sale. However, it is possible for a person to improve his own lawn or for a golf club to improve the turf on the course by selecting spots where the grass is particularly good and growing the cut runners in rows in a garden or field. When the good strain has been increased sufficiently in this way the old lawn or turf may be plowed up and the new strain established.

POULTRY LITTER HELPS SOIL

Straw Filled With Droppings Is One of Most Valuable Fertilizers for Gardens.

Poultry litter, particularly straw filled with droppings, is one of the most valuable fertilizers for gardens and small fruits. It is particularly worth while where clay soils are to be worked, because in a few seasons the addition of this litter will completely change the character of the soil and give one a rich, friable and easily worked soil capable of producing almost any garden crop, whether vegetables or flowers.

ASSESSOR'S FIGURES AID EXTENSION WORK

Useful to Determine County's Big Farm Problems.

In One Instance It Was Discovered That 51 Per Cent of Land Was Farmed by Tenants—Federal Farm Loan Unknown.

(Prepared by the United States Department of Agriculture.)

In making county and community programs of demonstrations and other extension activities for the year, extension agents in Oklahoma report to the United States Department of Agriculture that the use of county census and assessor's figures as a basis for determining the county's major agricultural problems is proving very successful. A meeting of the men and women from each community is called each year by the county agricultural agent for the purpose of making a program for the year's extension work.

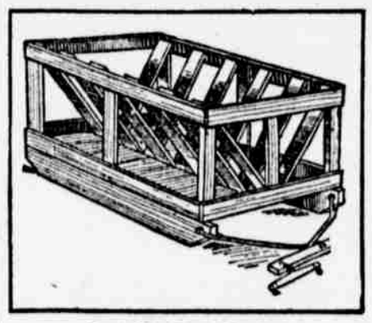
In these meetings it has been found that these figures are of great service in showing agricultural conditions of the county in a concise and comprehensive way. In one instance it was found that about 51 per cent of the county's agricultural land was farmed by tenants. Discussion brought out the fact that the federal farm loan was practically unknown in the county and plans were made to conduct a campaign to bring the benefits of the loan to the attention of the communities as a possible means of securing a greater percentage of farm ownership.

Figures showing that more acres in the county were being planted to wheat than any other crop started a discussion which indicated there was difference of opinion as to the best variety for the locality; it was therefore decided that demonstration plats of the best-liked varieties of this crop be grown in eight sections of the county. In a similar way all the figures covering the agricultural activities of the county are studied in these program-making meetings, and as a result a program is made which is based on what statistics have shown to be the most urgent needs of the communities and in which general interest throughout the county is felt.

HANDY PORTABLE FEED RACK

Sixteen-Foot Runners, Rounded at Each End, Make It Easy to Haul to Any Desired Spot.

A portable feed rack for hogs is a mighty convenient device for any farm. It can easily be moved from one spot to another. The 2x12—16 foot runners



Portable Feed Rack.

are rounded at each end. Three 2x6—12's nailed between the runners make a solid foundation. The uprights are 2x4's and the slats are 1x6's. The space between the runners and the bottom of the "V" shaped rack is floored and a 1x12 board running all around the rack just above the runners completes the manger.

STABLE FLIES ARE ANNOYING

Pests Are Cause of Much Discomfort to Live Stock and Financial Loss to Owner.

Stable flies are the cause of much discomfort and annoyance to live stock and of financial loss to the owner. Keep the stables, poultry houses, pig pens, etc., clean and avoid the accumulation of manure or filth. Provide screens for doors and windows. Spray the animals lightly each morning with a mixture of the following proportion: Five gallons kerosene, one pint either oil of mirbane, oil of tar or cresylic acid.

HARVEST CLOVER SEED CROP

If a Little Overripe Loss of Heads May Be Reduced by Cutting Early in the Morning.

Under normal conditions clover should be cut when the heads have turned a dark brown. If the clover is a little overripe, the loss of the heads may be materially reduced by cutting early in the morning or in the evening when there is dew. The clover should be cut as high as possible; this enables threshing to be speeded up, as there will be less straw to handle.

CLEAN AND SPRAY HEN HOUSE

Important That Work Be Done During Warm Months to Keep Out Insect Pests.

Thoroughly clean and spray chicken house, especially nests and roosting quarters, with coal oil, fuel oil, crude oil thinned with coal oil, or the oil drained from an auto. Repeat this spray monthly during warm months to keep free from red mites.

Lots for Your Money

Should Not Tempt You

USE

CALUMET

The Economy BAKING POWDER

That's What Millions of Housewives Do

BEST BY TEST

—They know that **Good** Baking Powder can't be sold for less; that "More for the Money" means bake-day failures, waste of time and money; that Calumet is pure and sure.

The World's Greatest Baking Powder

STORK MADE LONG JOURNEY

Bird Flew From Africa to Germany With a Message From Exile to the Fatherland.

The population of Liskau, Germany, noticed one day recently that one of the many storks which annually return to the neighborhood from distant southern zones to rebuild their nests was carrying something about its neck which only human hands could have fastened there.

Repeated efforts to approach the bird had failed, but one of the villagers finally lured the stork into his barn and then and there learned that the bird carried a little leather case in which a note was inclosed. The note revealed that the stork had come all the way from East Africa, where a German colonist, Willi Bucha, has his little farm near Victoria lake.

Bucha must have anticipated that the bird spent his annual vacation in his beloved fatherland, so he wrote: "Just a greeting to the fatherland," and used the stork to convey his message.

She Said It.

My small daughter had a habit of asking every one to stay for the next meal, no matter who it was.

One day I was tired, and as one of my friends was coming over I told Jeannette that I would spank her if she asked this woman to stay for supper.

In due time my guest arrived and as soon as she was seated Jeannette said: "Can you stay for supper? Mamma said if I asked you she would spank me."—Exchange.

SAFE PLACE FOR VALUABLES

Harassed Citizens of American Cities Should Welcome Idea That Comes From Buenos Aires.

In these days of lawlessness, when the honest citizen cannot take a walk around the block with any certainty that he will not be held up by a bandit, the novel idea of Antonio Monaco, a citizen of Buenos Aires, ought to be of value.

He suggests suspenders with pockets attached to them—two pockets, that is to say, each of them being fastened with a buckle to the loop of the "gallus" at the front. The lower end of each pocket has two buttonholes, which button onto the ordinary buttons of the waistband of the trousers, thus making the pocket flatly secure against the body of the wearer. To prevent escape of its contents, each pocket is provided with a buttoned flap.

Few bandits would think of looking for loot beneath a man's waistcoat, and so the suspender pocket should afford excellent hiding places for money. Against pickpockets they ought to furnish a perfect protection. —Milwaukee Sentinel.

Conversational Standbys.

"Suppose we could communicate with the Martians?"

"Well?"

"They might talk of something we never heard about."

"That wouldn't make any difference. We could reply, 'Quite so.' 'Yes, indeed.' 'You don't say' and 'Really,' just as we always do in a case like that."—Birmingham Age-Herald.

AS BOBBY HAD IT FIGURED

Quite Satisfied That Auntie's Appearance Must Have Undergone Considerable Change.

I am rather proud of my looks and always take pains to appear my best for company.

One morning I was just finishing the sweeping when my brother and his family, whom I had not seen for a couple of years, drove in the yard. With them were a couple of well-dressed women, and I was naturally embarrassed to have them find me with hair disheveled and dust streaked face. However, I welcomed them graciously and we sat down to talk.

I noticed that Bobby, my small nephew, was studying me intently, and during a lull in the conversation he said: "Auntie, you must have been good looking when you were young."

"Yes," I beamed, with my pleasantest smile, scenting a compliment, "what makes you think so, dear?"

"Because," answered Bobby, "uncle would never marry you the way you look now."—Chicago Tribune.

Powerful.

"Old Rip Radges, that's been wallerin' in his sins for forty years, was converted at the revival last night," said Gap Johnson of Rumpus Ridge, Ark. "That there evangelist is a powerful preacher."

"He shore is!" returned an acquaintance. "I live half a mile away, and right when he got to the top of his hollerin' at Satin last night, b'dogged if the clock at my house didn't stop!" —Kansas City Star.

No heat with this summer meal

A DISH of crisp, delicious Grape-Nuts, with cream or milk (some berries or fresh fruit, too, if you like) is cooling to serve, cooling to eat and cooling to digest—with a charm of flavor and goodness that rouses appetite enthusiasm. No preparation, no cooking—no heating of the body afterward, as heavy, starchy meals do—but well-rounded nourishment for every bodily need.

There's a noticeable feeling of lightness and comfort after such a meal.

Try this way out of the heat, bother and uncertainty that usually goes with the midsummer food problem.

Order **Grape-Nuts** from your grocer today.

"There's a Reason"

Made by Postum Cereal Company, Inc.
Battle Creek, Michigan