"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for woman's ailments I ever saw."—Mrs. 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 Vegetable 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.

Direct Shot.

Barrister—Now, sir, you have stated under oath that this man had the appearance of a gentleman. Will you be good enough to tell the jury how a gentleman looks, in your estimation?

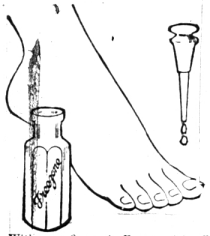
Down Trodden Witness—Well, er—a gentleman looks—er—like—er—

Barrister—I don't want any of your "ers," sir; and remember that you are on oath. Can you see anybody in this courtroom who looks like a gentleman?

Witness—I can if you'll stand out of the way.—London Tit-Bits.

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin callusses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

To Collect Toy Statistics.

The toy manufacturers of the United States have been invited by the Smithsonian Institute of Washington, D. C., to gather a complete collection of all American toys that were popular during the war, to be placed on permanent exhibition, and a special committee has been appointed for that purpose.

Don't Forget Cuticura Talcum

When adding to your toilet 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.

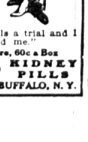
A Natural Question.

Weary—"Did you ever see a dog what would eat dirt?" Walker—"What? Has some dog been a-bittin' you?"

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 you're suffering with a bad back, have dizzy spells, headaches, nervous, despondent 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.

A Michigan Case



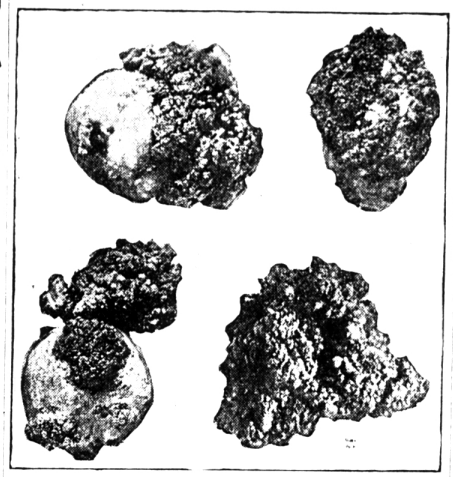
Alex Peppler, blacksmith, Welch St., Beech City, Mich., says: "Some years ago I was a physical wreck from rheumatic trouble. For four months I couldn't move without assistance. My limbs and back felt as though they were crushed. I had little control of the kidney secretions and the passages were painful. My head ached and I was dizzy. A friend told me to give Doan's Kidney Pills a trial and I did. Eight boxes cured me."

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

DOAN'S KIDNEY PILLS

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

GROWERS ASKED TO PREVENT SPREAD OF NEW MALADY THAT MENACES POTATO CROP



Potatoes in Different Stages of Wart Disease.

(Prepared by the United States Department of Agriculture.)

The potato industry is seriously menaced by a malady new to this country—the potato wart disease. Unless it can be eradicated before it spreads to commercial plantings, specialists of the United States department of agriculture say it will cost potato growers millions annually. It is easily recognized and when discovered it should be promptly reported to federal or state agricultural officials.

Like many other plant diseases and insect pests, the potato wart disease was imported from Europe. It is without doubt the most serious potato disease yet discovered in the United States. Unless promptly suppressed it may prove disastrous to the entire American potato industry, which involves nearly half a billion dollars annually.

What to Look For.

Two bright spots reduce the menace of this disease.

Except in the early stages, it is easily recognized; and it spreads slowly.

However, it cannot be detected until the potatoes are dug, as it does not seriously affect the growth or vigor of the vines.

It usually appears in the eyes of the tubers. Spreading from this point of infection, it may gradually envelop the whole potato and render it a spongy, warty mass. It is characterized by the prominent wart-like outgrowths on the tubers.

The warts at first are whitish or light brown. Eventually they turn to a darker shade. After decay starts they turn black. Young warts, when exposed to the light, turn green.

The warty tumors vary from the size of a pea to a walnut; or they may even exceed the size of the potato on which they grow. In the latter case, the warty mass loses all resemblance to a potato. In some hills some of the potatoes may appear perfectly healthy, but the eyes are likely to be infected.

It is through the use of such apparently sound potatoes for seed that the disease is often spread to new localities.

How Disease May Be Spread.

Under ordinary conditions the potato wart disease spreads slowly. It lives in the soil and on the tubers, so one or the other must usually be transported to introduce the disease into a new field or locality. The spores may be carried into clean soil by drainage from infected soil, on the feet of men or animals, by planting diseased potatoes, by planting sound tubers that have grown on infected soil, by the use of manure from animals to which diseased potatoes have been fed, and by garbage into which peelings from diseased potatoes have been thrown.

Preventive Measures.

No method of controlling the potato wart disease has yet been discovered, so every preventive measure must be used to keep it from spreading. The warts should be burned. Diseased tubers must not be fed to live stock without first being boiled. Infected soil should be planted to other crops. Potatoes should not be planted again in infected soil for at least eight years.

Federal and state agricultural authorities are working to prevent the spread of potato wart, but they will need heartiest cooperation from every grower and dealer of potatoes to save the industry from this new menace. Experiments are being conducted to learn, if possible, ways of controlling the malady, and information will be furnished as rapidly as discovered. But potato wart disease is much easier to prevent than to control.

Keep watch at digging time for potatoes with warty growths which are whitish or light brown when young, black and decayed when old. Report promptly all suspicious cases to your county agent, to your state agricultural experiment station or to the United States department of agriculture.

TO IMPROVE SEED POTATOES

Extensive Experiments Being Made in Various States by Government Officials.

(Prepared by the United States Department of Agriculture.)

To select strains of potatoes which are best adapted for commercial production, the United States department of agriculture and cooperating state agencies are conducting extensive experiments in seed improvement. Trials are being made in Wisconsin, Minnesota, Iowa, Oregon, Washington, Maine, and also in Louisiana, Texas, Oklahoma and Arkansas. Several strains of the leading commercial varieties now grown in the North are under test, the purpose being to study them carefully under actual growing and harvest conditions in the field, and to select the best strain of seed of each commercial variety. The following year each strain will be grown on a large scale. As the supply of seed stock permits, the seed is to be distributed among growers and seedsmen, and in this way is to be gradually popularized and disseminated. This investigation will be of country-wide significance in improving the future stocks of seed potatoes.

GENERAL FARM NOTES

The wheel hoe makes garden cultivation easy.

* * *

Alfalfa is relatively free from diseases and enemies.

* * *

Don't quit cultivating now. Plants need the soil stirred now as much as ever.

* * *

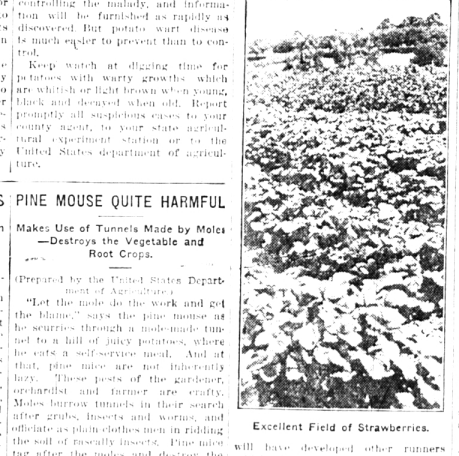
Keep the potatoes well cultivated. Much depends on the way the crop is cultivated. The killing of weeds is not the only purpose of cultivation.

PINE MOUSE QUITE HARMFUL

Makes Use of Tunnels Made by Moles—Destroys the Vegetable and Root Crops.

(Prepared by the United States Department of Agriculture.)

"Let the mole do the work and get the blame," says the pine mouse as he scurries through a mole-made tunnel to a hill of juicy potatoes, where he eats a self-service meal. And at that, pine mice are not inherently lazy. These pests of the gardener, orchardist and farmer are crafty. Moles burrow tunnels in their search after grubs, insects and worms, and obliterate as plain clothes men in ridding the soil of usually insects. Pine mice toing after the moles and destroy the vegetables and root crops which the moles free of insects.



Excellent Field of Strawberries.

Horticultural News

BEST SOIL FOR STRAWBERRY

Good Drainage Is Important and Abundant Humus Is Essential to Profitable Yields.

Strawberry shortcake would soon become a thing of the past if all strawberry plants were set in poorly drained soil. While strawberries can be grown successfully on a wide variety of soil types, good drainage is necessary, and abundant humus is essential to good yields. Methods of growing and handling strawberries in the South Atlantic and Gulf Coast regions, where the climate is mild and the plants grow during nearly the entire year are different in many respects from those in other parts of the country. These regions ship over 2,000 carloads annually.

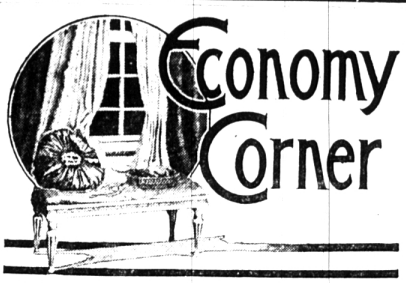
Soil must be selected that is especially well drained. This is particularly important in the South, where much of the land is low and often poorly drained. Root rot and fruit diseases are favored by poorly drained sites. There is no particular type of soil to which strawberries are best adapted. Fine sandy to heavy sandy soils are used. Preparation of the land for planting should be thorough. If sufficient humus is not already present, heavy applications of manure should be made, or, if this is not available, some green-manure crop should be grown on the land for a season and then turned under before setting the plants.

Nematodes, also called gallworms and eelworms, are a serious menace to southern strawberry growers. They are most abundant where the soil rarely or never freezes to considerable depth, and are more injurious in sandy than in heavy soils. Where possible, new land or that known to be free from nematodes should be used for strawberries. Cowpeas, crops and plants known to be immune or very resistant to this parasite, such as corn, sorghum, winter oats, rye, pearl millet, velvet beans, peanuts, and a few others should be planted in rotation with strawberries. Many growers find it to their advantage in combating nematodes to secure plants from northern nurseries each year, and set them in their plantations during the winter in rows about every four feet apart in the rows.

The manner of handling these plants, sometimes called "mother plants" is to set them in January, February, or March. They will start growing at once, and by June will develop enough runner plants to cover a considerably increased area. By August these runner plants are ready for setting in a more extensive area, and by October or November they in turn will have developed other runners which should be enough to form a main fruiting plantation. The exact time for making the original planting and the several transplantings of the runner plants varies in different localities with the weather conditions.

Generally two planting systems are used in the South, the hill system and the matted-row system. Under the hill system the plants are commonly set in late summer or autumn, and the crop is harvested in the winter of the following spring. Usually plants set at that time make no runners, but if any do appear they are removed. When this system is used the plants are set in single, double, or triple rows.

Whatever method is used two things are of special importance: Setting the plants at the right depth and making the soil very firm about the roots. The plants should be set so that the crowns will be even with the surface of the ground after the soil has been packed about the roots. If set too deep the plant will smother, and if the crown is exposed above the surface it may dry out and die. Flower stems usually appear soon on the winter-set or spring-set plants, but the production of fruit is a severe drain on the plant's vitality, and the blossoms should be removed as they appear until the plants are well established.



To Remove Fruit Stains.

When fruit stains are fresh pour boiling water steadily through them and they will usually disappear. If the water is hard borax or ammonia in a small quantity should be added to the water.

Fruit and wine stains, if dry, should be soaked in cold water, like tea stains. Then stretch the stained fabric over a basin, rub with common salt and pour boiling water through the stain. Or it can be rubbed with lemon, instead of using boiling water. Repeat, if necessary, and if all is not removed let the fabric sour out. Some fruit and wine stains, especially those of apple and pear, and some chards are very difficult to remove. If they are boiled gently (after soaking) in some strong borax and water, well rinsed, then hung out in the sunshine, or better, left hanging out during a frosty night, the stains will disappear. The articles should be dripping wet when hung out.

To Remove Grass Stains.

Grass stains will yield to the cologne application, though a thorough bath in alcohol is, perhaps, more certain.

Kerosene is another liquid that may be applied successfully to grass stains, while some recommend covering the spots with a paste made from cream of tartar and water.

This should not be used in the case of colored goods, as the color is likely to disappear.

To Remove Coffee Stains.

Coffee spots should be soaked in cold water until they disappear, changing the water as often as it becomes much discolored.

The stains from chocolate are not so easy to remove. Soak in lukewarm water, which is to be renewed as occasion requires.

Stains from an acid will usually disappear under a bath of alcohol.

FASHION HINTS.

If out of candles melt some paraffin, pour into small, greased egg cups, first placing a piece of grocers' twine in same; also save all drippings from candles and do the same.

Keep small wire sifter near kitchen sink to use for sifting ashes for scouring if out of scouring soap.

Fit a piece of enamel cloth into tray of gas stove, thereby saving work, easier to clean.

If cellar is dark have two panels removed and glass put in place of wooden panels.

This Summer's Colors.

Navy blue is expected to be the reigning color for summer, but there will also be a strong liking for sand, gray and the lighter blues. Rose is another color that will be used by smartly dressed women. Also, there will be canary, bamboo, apple green and orchid, giving plentiful choice.

Summer Suits Must Look Cool

Suits for summer wear, as a first requirement for good style, must look cool. Many of them accomplish this fine beginning and achieve a happy ending by being actually cool; they are made of loosely woven, light weight silk or fiber fabrics that are the least burdensome of hot weather suitings as well as the most fashionable. Besides those there are those unfailing ponjees and mohairs with advantages of their own to recommend them, and linen is still "in the running." But in the race for preference with women of fashion these long-familiar fabrics have been outdistanced by the newer weaves.

In the two suits shown in the picture the one at the left is typical of the style that lends for suits made of light jersey, silk and silk fiber suitings. Straight hanging coats and skirts less narrow than those made of the usual wool clothes are the rule in these suits. The sweater coat is the model followed in nearly all of them, to be worn with or without vests. Vests for midsummer, made of organdy and other sheer cottons, often in combination with narrow laces, take the place of vests of heavier fabrics that have had such sweeping popularity. The cool, three-quarter length sleeve is a feature of this suit and it is shown with a satin vest having a leaf and lattice design embroidered in gray and silver. There is a narrow sash across the front of the satin, the ends finished with small flower-like ornaments made of silver ribbon.

The suit at the right is a conventional tailored model of white cloth with hair line stripes which may be in brown, blue, green or black. The coat, while not a straight line model, is cut on easy but trim lines. This, with the low trimmed organdy overcollar, gives the suit a refreshing, crisp style borne out by ivory buttons. Slit pockets are set in at each side under the over lapped seams of the shaped panel at the front of the coat. With a properly cool looking hat and white footwear, summer heat becomes merely a state of mind, in a costume that looks so confidingly cool. Its wearer will be a joy to behold on the warmest day.

Julia Bottomley

Marked Use of Ribbon.

Marked popularity of ribbons as millinery trimmings, especially on walking hats, is one of the season's developments. One idea of decoration that has taken hold strongly of late shows the use of ribbon in two tier arrangements. Loops of this material stand out from the base of the crown, one flat on the brim and the other a few inches above it. This trimming is placed either at the side or front. In some cases, loops of ribbon are attached to the top of the crown, extending toward the front of the hat. An airplane bow of tan-and ribbons is shown on the crown of a small sailor, the novelty of this arrangement lying principally in the width of the material used.

Unusual Colors.

Blue and orchid is a color combination much in evidence this season, especially for evening and semi-evening gowns.

Quilting Is Used.

Quilting appears occasionally on taffeta dresses.

INCREASE WEIGHT AND VITALITY WITH PHOSPHATE

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

The average person is beginning to realize that a general impoverishment of physical strength and nerve vitality is generally evidenced by excessive thinness. Yet thousands are puzzled why their failure to succeed in life's struggle for the necessities of existence, and also for the luxuries in one's social surroundings. Compare the thin, sickly, angular frame with

At the seaside too, the plump well-rounded figure is most admired.

the well rounded form, which is usually accompanied by the tokens of health and attractiveness.

That millions of people are conscious of this handicap is evident from the continued appearance in newspapers and magazines of many suggestions regarding various remedies in food or medicine or exercises, efficacy of which might or might not be appropriate for a given case.

Authorities, however, agree that healthy nerve tissue is absolutely essential to a strong, robust body and mind. Weak nerves, while indicated by depression, etc., which conditions gradually consume the healthy flesh, leaving the hollows, a flat chest, bony neck and scrawny arms and legs.

Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays, and many opinions affirm that there is nothing which may be taken into the human system that so effectively supplies this deficiency as the pure organic phosphate known as bitro-phosphate and sold by good druggists everywhere.

The essential phosphoric food elements in bitro-phosphate assimilate the nerve cells, should soon produce a pleasing change in refreshing vitality, increased vitality and strength. With the hollows filled out, disappearance of nervousness, lack of energy, etc., good normal weight with its attractive fullness and ruddy glow of health replaces the former pallor of skin and bones.

CAUTION: Although Bitro-Phosphate is unexcelled for the relief of nervousness and attendant disorders, owing to its tendency to increase weight, one should watch the scales while taking it unless it is the desire to put on flesh.

BAD BREATH

Often Caused by

Acid-Stomach

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

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

If neglected, Acid-Stomach may cause you a lot of serious trouble. It leads to nervousness, headaches, insomnia, melancholia, rheumatism, sciatica, heart trouble, ulcer and cancer of the stomach. It makes life miserable, of sitting weak and miserable, listless, 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 druggist today. He will return your money if you are not satisfied.

EATONIC

(FOR YOUR ACID-STOMACH)

The Brighter Side

"The floor walker reported me for inattention and I've been banished to the hardware department."

"Don't let that bother you, son. Although the hardware department may look like a demotion, it's much easier to sell a suburban home than it is to sell a lady of fashion a pair of gloves."—Birmingham Age-Herald.

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 should 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 four cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

To Fish Along Siberian Coast.

Japan has recently completed several large fishing craft, and has others under way, which are to work along the coast of Siberia. Catches in these waters amount to about $5,000,000 a year.

When a woman plays whist she measures out the cards as if she were going to make a pudding.

MURINE FOR YOUR EYES

Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy.* If they Tire, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.