THIN PEOPLE SHOULD TAKE PHOSPHATE

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

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements bitro-phosphate should produce a welcome transformation in the appearance, the increase in weight frequently being astonishing.

An increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION.—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

Vagrant's Fragrance.

"The whisky toper usually eats onions. Deliver me, then, from his proximity in train or theater."

The speaker was Charles L. Chute, secretary of the National Prohibition League.

"An Albany missionary," he went on, "was visiting a jail. He asked a redfaced inmate what his crime had been.

"'I didn't do nothing,' says the nose. 'Honest to goodness, boss. I didn't do nothin'.'

"'Well, anyhow, what did they charge you with doing?' said the missionary.

"'Durned if I know, boss,' said red nose. 'As near as I can make out, they put me in here for fragrancy.'"

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Immense Dock for London.

With the object of regaining for London her former proud position as premier port of the world, a new and enormous dock, capable of accommodating the world's liners, is being constructed on the south side of the Royal Albert docks. Its water area is to be 64 acres and, by means of a floating caisson, its normal length is capable of extension to 910 feet—large enough for a bigger boat than even the 808-foot Aquitania.

No Pity There.

"I'm of a very sympathetic nature."

"So?"

"Yes, feel sorry for any man in trouble. I don't like to see dumb brutes suffer."

"I know, but what are you getting at?"

"Notwithstanding by tender feeling towards mankind I can't find it in my heart to be the least bit sorry for the Germans."

No Sense of Humor.

"How did you happen to lose your last cook?"

"She didn't like my style of humor."

"No?"

"Having shown symptoms of an artistic temperament on several occasions, I had her for the thought our kitchen was a way station on the road to the movies, and, bless my soul, she quit."—Birmingham Age-Herald.

Just Married.

"This book says to put some of yourself into everything you do."

"Yes?"

"And then it is bound to be a success."

"Ah, my dear, you were cut out to make angel cake."—Louisville Courier-Journal.

Its Sort.

"Harold told me last night he fairly worshiped me."

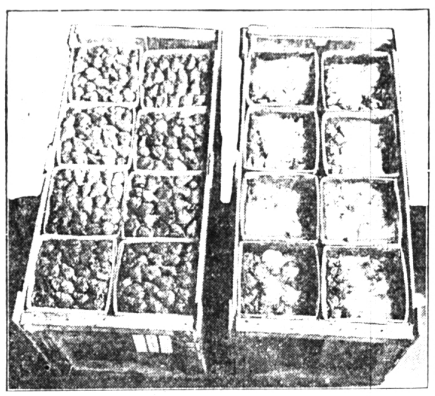
"Oh, that was a mere idol remark."

Lives of great men all remind us how easy it is not to achieve greatness.

When Your Eyes Need Care Try Murine Eye Remedy

No Smarting—Just Eye Comfort. 60 cents at Druggists or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

MERCHANT NOT ALWAYS TO BLAME WHEN PRODUCTS FAIL TO BRING BIG RETURNS



The Commission Merchant Can Sell the Crate of Strawberries on the Left, but He Should Not Be Held Responsible for Failing to Dispose of the Others.

(Prepared by the United States Department of Agriculture.)

Many farmers who have consigned products to commission merchants have experienced trouble at one time or another and have accused the middleman with unfair dealings. In some cases, perhaps too often, there have been betrayals of trust on the part of city dealers, but all the shortcomings attributed to the commission business are not the fault of the merchant. In all contracts between producers and their agents, the commission men, each party has certain rights and certain duties and unless one of the parties performs all of his duties he has no right to blame the other party for failure to secure the best results, says the United States department of agriculture.

An example of how the commission merchant is sometimes falsely accused is told by a bureau of markets specialist who, early in his farming experience made frequent use of these merchants as a medium of marketing farm products. Many of his consignment deals were disappointing he says, and it was easy to drop to the ranks of those who condemn before they investigate. Among the berries he produced were a few of such attractive appearance and appetizing flavor that it was natural to believe that shipment of such fruit to the city market ought to be profitable. Imagine his surprise and indignation when his first shipment of these superior berries was reported as "undesirable," and "soft" and "leaking." He determined to investigate, made another shipment, and arranged to be present, though unknown, when the sale was made. He was able to identify his berries in the city market by a stencil number on each crate. He was astonished to learn that, however fine the berries might have been when eaten fresh from the field, they were so soft and tender that they could not reach the market in attractive condition. The commission man could not be blamed for the unfavorable sales which resulted; and this experience taught the grower to raise varieties that were not only good but which would carry well.

Avoid Competing With Yourself.

One grower who gave great care to his pack had created a sharp demand for his products, and his brand was sought by discriminating buyers. Since he feared that one commission merchant would not be able to dispose of his entire crop to advantage, he divided his daily shipment among four commission men in the same town. Not being satisfied with the returns, he visited the city and discovered that the four dealers to whom he was shipping were located not only on the same street, but in the same store room. The shipper's fancy packed products were on sale at four places, and buyers were forcing the four dealers to compete, with a resultant cut in prices. The farmer changed his method, shipped all of this product to one agent who could set a fancy price for this fancy pack, and there was no competition to destroy his market.

Suggestions to Shippers.

For those who contemplate the use of commission men as marketing agents, the bureau of markets offers the following suggestions:

1. Know your agent. Select one who has a reputation backed by experience, an advantageous location, and competent help. A personal visit will help the farmer in deciding these points. Have a clear understanding as to charges to be made for services—selling, carriage, storage, repacking, etc. Avoid unknown firms that make unreasonable promises as to what they will do with shipments. Among so many dealers it is not surprising that some get business through fraudulent representation and drop out of sight as soon as a "clean-up" has been effected.

2. Know your market. From your carefully selected agent learn the needs of the market, the most desirable varieties to raise, proper containers in which to pack and ship, style of pack most desired, the use of labels or brands, proper amounts and time of shipment, and local preferences, such as that for white eggs in Chicago and for brown eggs in Boston. Try to cater to existing market demands rather than to force your own ideas as to what the trade ought to consume.

3. Make regular shipments. Instead of making the city commission district the dumping ground for what your local dealers will not buy, keep your city agent regularly supplied with what his trade will take, thereby helping him stabilize the business in which you are both concerned.

4. Keep each other informed. Early in the shipping season the farmer should give his agent a careful estimate of what may be expected, and no material changes in the quantity of the regular shipment should be made, unless prompt notice is given the agent in order that he may secure purchasers in case of increase or arrange to care for his regular customers if shipments will not meet requirements. Successful shippers make frequent use of the telegraph or long-distance telephone to keep agents posted as to changes in shipments. The agent should also be expected to keep the shipper informed as to any changes in the requirements of the market.

5. Avoid frequent changes in agents. Some shippers prefer to divide their shipments each day among numerous commission merchants in the same market. While it may be wise under certain conditions to check one agent by the sales of another the most successful consignor seems to be the one who selects an agent with great care and then sticks to him, cooperating with him in every possible way and carefully scrutinizing all settlements. The honest agent is glad to do his part in such "teamwork" and welcomes the most exacting examination of his methods.

CULLING THE FLOCK

(Prepared by the United States Department of Agriculture.)

In some sections of the country culling the youngsters can be commenced very shortly now. It is as essential that this be done as culling the flock next summer. All chicks when broiler-size that do not come up to the standard in vigor should be disposed of or eaten. They never have paid and never will.

STERILIZATION OF UTENSILS

Necessary for Production of Dairy Products of High Quality, Particularly Milk.

(Prepared by the United States Department of Agriculture.)

Sterilization of dairy utensils is necessary for the production of dairy products of high quality, particularly milk and cream, because the washing of dairy utensils, at least by the process ordinarily used, is not sufficient to insure freedom from infection and contamination.

GENERAL FARM NOTES

Soy beans make first-rate hay, and about as much per acre as clover.

* * *

The tractor is releasing more and more feed for milk and meat animals.

* * *

The growing of sweet clover is very little different from the growing of red clover.

* * *

Peas require a cool climate and plenty of moisture for their best development.

* * *

Sweet corn is very susceptible to weather conditions, particularly the early plantings.

* * *

The extra labor required to keep weeds under control is probably the greatest economic loss, which they cause.

* * *

To be sure, some farmers do use poor, out-of-date farm implements, but instead of saving them money it costs them money

Economy Corner

To Mend an Ugly Tear.

Sometimes your coat undercoat is enough to make an ugly tear in a handsome new gown. It may be mended very successfully and if in an inconspicuous place it will not show at all. Lay the tear edge to edge, and baste across it, being careful that while the edges meet, they do not overlap. Cut a piece of rubber tissue, which may be obtained at any tailoring shop, to amply cover the tear. Lay the garment on the ironing board right side down, place the rubber over the rent, and over the rubber lay a piece of goods of the same material as that of the garment to be mended. Keep both rubber and goods perfectly smooth, and press out with a hot iron for several minutes. Now cut out the basting threads on the right side, and shave off any rough edges remaining. When there is no material of the dress on hand, a piece of lightweight woolen goods of the same color will answer. That the bottoms of men's trousers are held together in this way is a good sign that the method is practical and successful.

To Pad Embroidery.

In padding embroidery use the chain stitch. This is an especially good hint for making scalloped edges.

In making patch work, if you cut your pattern in table oil cloth instead of paper, you will find the work much more satisfactory. The oil-cloth pattern will not slip when cutting and there is no danger of snipping off a portion with the scissors.

A Dress Protector.

When the yoke of a nightdress becomes worn, cut off the nightdress skirt, take out the sleeves and sew it together across the top, leaving a small opening through which the box of a suit hanger may be slipped, and use it to protect a new dress hanging in the closet. Washed but seldom it will last a long time and will be found more convenient than a bag, as it is so much easier to insert the dress without crushing.

Use for Old Leather.

One should always save the tops of old shoes, or the gauntlets of heavy riding gloves or other pieces of leather. They are excellent as an interlining for iron holders.

Do not make the holder too large, as it is clumsy to handle. Those which are oval in shape are preferable. Cut the covering and the interlining the same size and shape, stitch all the thicknesses on the machine, close to the edge of the material, then bind with a tape or piece of seam binding.

Pongee Again.

As sure as the coming of summer pongee in some form appears. This year there are lovely pongee parasols. Some are mounted on brown frames and sticks, with no other trimming than brown cords on the handles and brown tassels on the ends. Another shows lovely blue butterflies embroidered all over the inside of the parasol, with blue cord and blue ends to the sticks.

A Footwear Fad.

The few who wish to follow fashion's whim in footwear can wear, this summer, white oxfords with black shoe laces and black stockings. This combination is sanctioned by New York's latest decree. Of course the generality of women will use the conservative all white.

Summer and Sport Suits

No one is prepared for midsummer unless she has ready for warm weather a sport suit, or a sport coat that may be worn with skirts of the same character, supplemented by a sweater of sweater-coat. The sport suit has made a place for itself that nothing else can fill. It is not an extravagance even for the woman who believes in reducing her expenditure on clothes to necessities, for the sport suit replaces dressier and less generally wearable clothes. It is smart enough to take the place of afternoon frocks and it remains informal, whatever it is made of. "Suit" is a term that covers the combination of a sport skirt and a sport coat that do not match, as well as skirt and coat of the same material.

A handsome example of the first combination appears in the suit on the left of the two models shown in the picture. In this the skirt is of white satin and is made of one of those new weaves that appear to be better suited to sport skirts than to anything else. It is strong and brilliant. On the overlapped seam at the left side, five large, flat pearl buttons are set near the bottom. Nothing could be done more to emphasize the character of the skirt.

The coat is in the same class as the skirt, and is made of bright green silk tricolette, with sailor collar and band of self-colored embroidery about the bottom. A satin vest worn with it has small pearl buttons, set close together, down the front. Bright green taffeta coats with machine stitching of white silk, and coats crocheted of the green silk in lace designs are noteworthy among the novelties to be worn with white satin or silk sport skirts. All the coats have belts or sashes.

The suit at the right is made of a heavy ribbed silk skirt and coat of the same material. There are several patterns in these sport silks, some of them in two colors, others in figured designs of one color. Angora cloth is a favorite for embellishing them, placed in bands about the skirt and coat and as cuffs and collars. But many of these suits are untrimmed, as the fancied fabric makes variety enough. Even in sport suits the vest has made a place for itself, and it appears in this model with cuff at the bottom having six little buttons set along the center. But there are many sport coats that ignore the vogue of vests.

Julia Bottomley

HAVE "CA' CANNY" DOWN FINE

English Labor Said to Lead the World in the Fine Art of Working Slowly.

Atwood Flower, the industrial expert, said at a Sphinx club dinner in New York:

"English labor wants high pay, like what we give our own labor over here, but the trouble about that is the 'ca' canny' English labor policy.

"'Ca' canny' means going slow, and it's got to be admitted that for going slow, for keeping output down, English labor beats the world.

"One day in London I was inspecting a building operation. A foreman, as I passed, bawled upon bricklayers.

"'Hodge—that the blazes are you doin' up there?'

"'I'm layin' bricks, o' course,' an angry voice bawled down.

"'Well, by heavens, by the stillness of you,' yelled the foreman, 'you might be layin' eggs.'"

"FAKE" ASPIRIN WAS TALCUM

Always Ask for Genuine "Bayer Tablets of Aspirin"

If you see the "Bayer Cross" on the package you are sure you are not getting talcum powder. Millions of fraudulent Aspirin Tablets were recently sold throughout the country. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

When Helen Was Naughty.

Helen is a little girl who lives on the South side. The other day she was very naughty and that night she said to her nurse:

"I was naughty today, wasn't I, Sarah?"

"Yes," answered Sarah. "You were so naughty you almost made your mother ill."

"Well," sighed Helen, "I'm going to be better. But would you be good all at once or just gradually?"—Kansas City Star.

Can't Be Done.

"One of the oldest and most famous taverns has been forced out of business by prohibition."

"Treat these reformers! I dare say many interesting stories are told about that place."

"Of course."

"How we are ever going to attach any legendary lore to a soda fountain is more than I can see."—Birmingham Age-Herald.

"Spanish Bayonet" for Toilet Soap.

Soap manufacturers have found soapweed, or Spanish bayonet, excellent for toilet soaps and soaps intended for washing woolens.

Ordinarily one man can harvest a ton of soapweed in a day. After cutting the plants are allowed to dry for two or three months, and then are baled up in the ordinary broom corn baling machine.

Young America.

"Don't you want to hear about Tom, Tom, the piper's son?"

"No, too busy. I belong to a pig club myself and it's time to feed the stock."—Louisville Courier-Journal.

Proof to the Contrary.

"Yonder girl's face is a chrome."

"Indeed, then, it isn't; it's handpainted."

ABSORBINE

TRADE MARK REG. U.S. PAT. OFF.

Reduces Strained, Puffy Ankles. Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boil, Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and horse can be worked. Pleasant to use. $2.50 a bottle, delivered. Describe your case for special instructions and Book 5 R free.

ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins, Concentrated—a few drops required at each application. Price $1.25 per bottle at dealers or delivered.

W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

COULDN'T SLEEP

Was Miserable and Loosing Weight Suffering From Kidney Complaint. Doan's Removed the Trouble.

Mr. Griffith

"I was about down and out from kidney trouble," says Harry Griffith, of 228 N. Darlington St., Westchester, Pa. "The kidney secretions burned like scalding water. Sometimes there would be a complete stoppage and, oh! what pain I suffered! My feet became swollen and I had a time of it getting on my shoes.

"My back hurt right over my kidneys. Nights I did nothing but toss about. It was just as though a knife were thrust into my back. I couldn't bend over without terrible pain and I would cry as my knees and ankles to get relief. I could help myself up. Dizzing dizzy spells came on and terrible headaches added to my misery.

"I was rapidly losing weight and knew something would have to be done. I began taking *Doan's Kidney Pills* and was more than surprised. The first few were soon having me and six boxes of *Doan's Kidney Pills* cured me entirely. To this day I have been free from kidney complaint."

Sworn to before me.

A. J. TOWNSEND,
Notary Public.

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

DOAN'S KIDNEY PILLS

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

When

your brain *works* like a dog with three legs *walks*— you need

BEECHAM'S PILLS

An active brain must have pure blood, not poisoned with products of indigestion— or liver and kidney laziness.

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

U. S. Army Raincoats

Finished too late to go to France While they last — For Civilians

U. S. Government Specification Rubberizing Made under Supervision of Govt. Inspectors Highest Possible Waterproof Quality Released and Offered Direct to Civilians Delivered Free to Your Door on Receipt of

$7.00—POSTPAID and INSURED

Sent C. O. D. on receipt of 12c stamps
Tan Fast Color Rubberized Material
Hermetically Cemented Waterproof Seams

Officers' Belted Coats $12.00

ILLUSTRATIONS ON REQUEST
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DON'T JUNK YOUR WEAK TIRE and lose from $5.00 to $35.00 worth of milage. Strengthen it on the "inside" and use it from 1000 to 4000 miles longer—**Save that money.**

MAXOTIRES

MAKE ALL TIRES PRODUCE MORE MILEAGE

They prevent blowouts (even at rim), punctures, stone bruises—taking grief out of motoring. Are reliable. Dealers *re-order* them in Car Load shipments.

Free MAXOTIRE catalog and name of nearest dealer costs only the price of a postal card and may save you hundreds of dollars.

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48-56 Channing Street DELAWARE, OHIO
RELIABLE—ESTABLISHED 1908

Learn Dancing Perfectly at home. Complete Instruc. & music (fox trot, one-step, two-step, waltz), $1. (Value.) Palmer Inst., Detroit, Mich.

Asthma Sufferers—Write for proof about Kanfo. Largest, 2100 stract S. Minneapolis.

Stock Raising in Western Canada

is as profitable as Grain Growing

In Western Canada Grain Growing is a profit maker. Raising Cattle, Sheep and Hogs brings certain success. It's easy to prosper where you can raise 20 to 45 bu. of wheat to the acre and buy on easy terms.

Land at $15 to $30 Per Acre —Good Grazing Land at Much Less.

Railway and Land Companies offer unusual inducements to homeseekers to settle in Western Canada and enjoy her prosperity. Loans made for the purchase of stock or other farming requirements can be had at low interest.

The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta extend every encouragement to the farmer and ranchman.

You can obtain excellent land at low prices on easy terms, and get high prices for your grain, cattle, sheep and hogs—low taxes (none on improvements), good markets and shipping facilities, free schools, churches, splendid climate and sure crops.

For illustrated literature, maps, description of lands for sale in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., apply to Superintendent of Immigration, Ottawa, Canada, or

M. V. MacINNES, 176 Jefferson Ave., DETROIT, MICH.
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Farm Lands Low Prices Near Best Markets