

## ALL AGENCIES WORK TOGETHER

The Food Situation Calls For  
United Effort of All Men  
and Women

### WHAT PART ARE YOU TAKING?

The Problems in Each County Must Be  
Approached by the Citizens of That  
County—The Interest of Every Person  
Is Expected at This Time of War.

Let everybody work together this year. We shall probably learn that this business of producing foodstuffs and handling them properly on the markets is not the business of the farmer alone. In the county organization for food and seed preparedness many agencies will be expected to join in the efforts. Leaders can well look to every agency that is human. Here are a few which have been used in several counties at the beginning of the organization. Perhaps you may have several others in your county:

Bankers	Merchants, Ret'l
Beekeepers	Merchants, Wh
Business Men	Millers
City Improv. Club	Ministers
Commercial Club	Negroes
County Agents	Newspaper Men
Credit Men	Nurserymen
Dairymen	Par't Teach As'n
Doctors	Poultrymen
Editors	Produce Dealers
Farmers	Public Officials
Farmers' Union	Railroad Men
Farmers' Ins'tute	Sch'l Imp League
Fruit Growers	Seedsmen
Home-Makers	Teachers
Implement Deal'rs	Traveling Men
Lawyers	Women's Club
Labor Union	Wom's Mis Soc'y
Livest'k Breed'rs	And Others
Manufacturers	

## For Weak Women

In use for over 40 years!  
Thousands of voluntary  
letters from women, tell-  
ing of the good Cardui  
has done them. This is  
the best proof of the value  
of Cardui. It proves that  
Cardui is a good medicine  
for women.

There are no harmful or  
habit-forming drugs in  
Cardui. It is composed  
only of mild, medicinal  
ingredients, with no bad  
after-effects.

TAKE

# CARDUI

The Woman's Tonic

You can rely on Cardui.  
Surely it will do for you  
what it has done for so  
many thousands of other  
women! It should help.  
"I was taken sick,  
seemed to be . . ."  
writes Mrs. Mary E. Vesté,  
of Madison Heights, Va.  
"I got down so weak,  
could hardly walk . . .  
just staggered around.  
. . . I read of Cardui,  
and after taking one bot-  
tle, or before taking quite  
all, I felt much better. I  
took 3 or 4 bottles at  
that time, and was able to  
do my work. I take it in  
the spring when run-  
down. I had no appetite,  
and I commenced eating.  
It is the best tonic I ever  
saw." Try Cardui.

All Druggists

J. 70

### THE WEIGHT UPON HIS SHOULDERS



—Knoxville Journal and Tribune.

The weight IS upon his shoulders, but a loyal American citizenship stands ready to help him. Even now the forces of Tennessee are organized to help the Tennessee farmer do his share and secure justice in his work.

### IS YOUR DOG AN ALLY OF THE KAISER



The dog pictured is blamed for kill-  
ing twenty-five Missouri sheep last  
year, according to the Kansas City  
Star. And besides that loss, think of  
the food he ate in order to have  
strength to do that evil work. Food  
in the world this year will be scarce.

Remember, each dog consumes about  
the same amount of food as the aver-  
age person. Each dog living means  
that one human being will have to go  
without food. Be sure that your dog  
is worth to you what he costs the  
country.

## WASTE NO FOOD

### FOOD WASTE OF ABOUT 700 MILLION DOLLARS

"For partial immediate relief, every individual and community should consider earnestly the matter of food conservation and the limitation of waste. As a nation we seem to have a disdain of economizing. In many homes there is a strong feeling that it is 'only decent' to provide more food than will be eaten and that it is de-meaning to reckon closely. The experts of the Department of Ag-riculture report to me that the dietary studies made by them point to an annual food waste of about \$700,000,000. Of course, the waste in families of very limited means is slight, but in the fami-lies of moderate and ample means the waste is considerable. Even if the estimate were reduced by half, the waste would still be enor-mous.

"The food waste in the household, the experts assert, results in large measure from bad preparation and bad cooking, from im-proper care and handling, and, in well-to-do families, from serving an undue number of courses and an over-abundant supply and fail-ing to save and utilize the food not consumed. As an instance of im-proper handling, it is discovered that in the preparation of po-tatoes 20 per cent of the edible portion in many cases is discard-ed."—Secretary of Agriculture, March 3, 1917.

### FOOD IS WASTED:

(a) When we eat more food than our bodies need for growth and repair and to supply energy for our work. Overeating tends to poor health and fat instead of brawn, makes us slug-ish and indolent instead of energetic and resourceful. Eat enough and no more. Eat for physical and mental efficiency.

(b) When food is burned or spoiled in cooking. Improperly prepared or poorly seasoned food will be left on the table and probably wasted. Buy food wisely and then prepare it care-fully.

(c) When too much food is pre-pared for a meal. Unserved portions are apt to be thrown into the garbage

pail or allowed to spoil. Many house-keepers do not know how to use left-over foods to make appetizing dishes.

(d) When too much food is served at a meal. Uneaten portions are left on the plate and later thrown into the garbage pail. Learn to know the needs of your family, and serve each no more than you think he will want.

(e) When anything edible is allowed to go to the garbage pail or allowed to spoil for lack of proper handling.

(f) When food is handled carelessly. Buy clean food, keep it clean until used, and be neat in all details of cooking and serving. This lessens waste and is a valuable health meas-ure as well.

### Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

### What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

### GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher*

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

### Free Flower Seed Hastings' Catalogue Tells You About It

No matter whether you farm on a large scale or only plant vegetables or flowers in a small way, you need Hastings' 1917 Seed Catalog. It's ready now and we have a copy for you absolutely free, if you ask for it, mentioning the name of this paper.

In addition to showing you about all the varieties of vegetables, farm grass, clover and flower seeds, this catalog tells how you can get free five splendid varieties of easily grown, yet beautiful flowers, with which to beautify your home surroundings.

Good seeds of almost every kind are scarce this season, and you can't afford to take chances in your seed supply. Hastings' Seeds are dependable seeds, the kind you can always depend on having "good luck" with.

You are going to garden or farm this spring. Why not insure success so far as possible by starting with the right seed? Don't take chances that you do not have to.

Write today for Hastings' 1917 Catalog. It's free and will both interest and help you to succeed in 1917.

—H. G. HASTINGS CO., Seedsmen, Atlanta, Ga.—Advt.

Mothers  
USE  
**Frey's**  
Vermifuge  
For the Children

A safe, old fashioned  
remedy for worms.

Seventy-five years contin-  
uous use is the best testimonial  
FREY'S VERMIFUGE can  
offer you.

Keep a bottle always on hand. It  
will help keep the little ones happy  
and healthy.

25c. a bottle at your druggist's or  
general store; or if your druggist can't  
supply you, send his name and 25c.  
in stamps and we'll send you a bot-  
tle promptly.

**E. & S. FREY,**  
BALTIMORE, MD.



### THE "PRUDENT MAN" BEGAN EARLY TO BANK HIS MONEY—NOW HE ENJOYS IT.



A New York theatrical man with an income of \$25,000 a year went to Wall Street with \$20,000 and tripped it. His head was turned—in a few months theatres closed—income ceased and Wall Street had finished his spare change. The EXTRAVAGANCE his family had been used to soon drove him to the extremity of mortgaging property and sacrificing pet securities. Today he is BROKE.

Make OUR bank YOUR BANK.

We pay 4 per cent interest on time deposits.

**First National Bank**