

DYSPEPSIA IS NOW THING OF THE PAST

St. Louis Citizen Eats Anything on the Table and Has Gained Several Pounds in Weight—Gives Tanlac Full Credit.

"The other medicines I tried before didn't even budge my troubles, but three bottles of Tanlac have fixed me up in fine shape," said H. Mohr, well-known citizen living at 112 S. Fourth St., St. Louis, Mo.

"Two years ago my stomach went wrong and my appetite failed me. Gas formed from what little I would eat and pressed on my heart until it palpitated so I could hardly breathe. I wasn't able to do regular work, because of pains in the back, bad headaches and dizzy spells.

"But I have gained several pounds now since taking Tanlac and eat just anything I want without any trouble. The pains and headaches never bother me any more, and I am only too glad to pass the good word along about Tanlac. It is simply wonderful."

Tanlac is sold by all good druggists.

The easy job is not difficult to locate—it is always the job some other fellow has.

SUCCEEDS WHERE DOCTORS FAIL

Lydia E. Pinkham's Vegetable Compound Often Does That.—Read Mrs. Miner's Testimony

Chubbuck, N. Y.—"I was under the doctor's care for over five years for backache and had no relief from his medicine. One day a neighbor told me about your Vegetable Compound and I took it. It helped me so much that I wish to advise all women to try Lydia E. Pinkham's Vegetable Compound for female troubles and backache. It is a great help in carrying a child, as I have noticed a difference when I didn't take it. I thank you for this medicine and if I ever come to this point again I do not want to be without the Vegetable Compound. I give you permission to publish this letter so that all women can take my advice."—Mrs. FRED MINER, Box 102, Chubbuck, N. Y.

It's the same story over again. Women suffer from ailments for years. They try doctors and different medicines, but feel no better. Finally they take Lydia E. Pinkham's Vegetable Compound and you can see its value in the case of Mrs. Miner.

That's the truth of the matter. If you are suffering from any of the troubles women have, you ought to try this medicine. It can be taken in safety by young or old, as it contains no harmful drugs.

If it is true that two heads are better than one, every man should have a double skull.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. H. H. Fletcher*
In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

There is one thing which still may be borrowed without security—trouble.

Weak and Miserable?

Are you dull, tired and aching—bothered with a bad back? Do you lack ambition; suffer headaches and dizziness—feel "all worn out"? Likely your kidneys are to blame. Lameness, sharp, stabbing pains, backache and annoying urinary disorders are all symptoms of weakened kidneys. Don't wait for more serious trouble. Get back your health and keep it! Use Doan's Kidney Pills. Thousands of folks tell their merit. Ask your neighbor!

A Minnesota Case
Mrs. Charles Collingwood, 120 Mahoning St., Hibbing, Minn., says: "After the flu, my kidneys were weakened. I had terrible backache all the time and it was all I could do to get around. When I stooped I got such severe pain in my kidneys I could hardly straighten. My kidneys didn't act properly. Doan's Kidney Pills cured me."

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

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

**GOLD MEDAL
HAARLEM OIL
CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1896. All druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitation

W. N. U., Minneapolis, No. 26-1922.



Pertinent Pointers for Practical Farmers

Prepared by the Agricultural Department, University of Minnesota

MINNESOTA HAS 178,487

FARMS LATE CENSUS SHOWS

But 11,392 Have Running Water and Only 13,465 Have Gas or Electric Lights.

Figures taken from the last census reports regarding modern utilities in Minnesota farm homes have made a decided impression on Prof. E. A. Stewart, who came from Kansas two years ago to take charge of the newly organized section of agricultural physics at University Farm. According to the census there are 178,487 farms in Minnesota. Mr. Stewart finds that only 11,392 of these farms report having running water in the house and that only 13,465 farm homes have gas or electric lights. Out of the last number 5,116 have isolated lighting plants, while the rest are probably electric lights from farm power service lines.

"This is disgraceful for such a prosperous state as Minnesota," says Mr. Stewart. "Iowa has 33,851 farm homes equipped with running water; New



E. A. Stewart, chief of the Section of Agricultural Physics, University of Minnesota.

York has 45,487 farm homes with this convenience. That the farmers of Minnesota can afford these utilities is shown by the fact that 101,847 of our farmers have automobiles and 14,794 tractors.

Mr. Stewart is using time not needed in class and office work in helping extension division specialists with their investigational work along the lines of rural sewage disposal and lighting, farm water systems, heating of rural homes and other structures, and ventilation of school buildings, warehouses and barns. The work in lighting includes isolated farm plants of the gas, gasoline-electric, hydro-electric and wind-electric types, and also the rural power line service.

Mr. Stewart has made about 40 trips out into different parts of the state in connection with the installation of these conveniences. He has written many hundreds of letters to persons calling upon him for information. He will make surveys and design the installation of utilities as time permits. When a water system or sewage disposal plant, or whatever it may be is installed, Mr. Stewart will put on a community demonstration in order that others may be encouraged to install similar improvements. In this way it is possible to reach an ever widening circle of rural people.

"Minnesota has more than 60,000 windmills pumping water for cattle but less than 10,000 pumping water for human beings," says Mr. Stewart. "For the expenditure of \$25 a windmill can be made to pump water into the house just as well as to the barn. Why shouldn't we have 60,000 windmills pumping water into the house? Let's make it 30,000 in the next 10 years. A little co-operation by farmers' clubs, county agents, merchants, plumbers and others can put over a campaign in this state that would save thousands of women the back-breaking job of pumping and carrying water. Let our slogan be, 'Running Water in Every Farm Home.'"

The fame of Minnesota potatoes continues to spread. County Agent M. P. Ostby of Cass county reports that he shipped three bushels of Green Mountain potatoes to Norway to demonstrate the value of this variety for that country. The Green Mountain, or Carmen No. 1, as it is often called, is probably the most popular variety of potato grown in northeastern Minnesota, and has met with great favor with consumers as a fancy table variety.

Every outdoor receptacle around which flies collect should be screened or covered to keep the flies from breeding. Kerosene can be used liberally in places in which mosquitoes breed.

Baby appreciates comfort in hot weather just as much as grown folks. Too many clothes make everybody cross.

Remember that farm animals as well as humans appreciate plenty of clean, cold water on a hot summer day.

CLUB BOYS AND GIRLS WILL CAMP AT BIG STONE LAKE

Week July 5 to July 8 Set as Dates—200 Expected to Attend Second Annual Encampment.

Club boys and girls of western Minnesota and eastern South Dakota are going into camp on the South Dakota side of Big Stone lake on July 5 to remain until Saturday afternoon July 8. This will be their second annual encampment. R. H. Giberson, assistant state leader will be in charge of the Minnesota delegation, which he estimates will number around 175 to 200.

The official day at the camp will begin promptly at 6:15 a. m. Class work will start at 8:00 a. m. and continue until noon. The boys will study dairy management, poultry feeding and culling, spraying for insect control, care and feeding of baby beef and club pigs, and dairy and swine judging demonstrations. The girls will be given instruction in clothing and its care, laundering, canning, pressure cooking, poultry feeding and culling, home nursing and bread and cake making.

"Just a good time" will be the keynote for the afternoons. Bathing, boating and fishing will be permitted when life guards are in attendance. Baseball and track events, will also be provided. Fun festivals and campfire parties will feature the evenings. All annual chautauqua at Big Stone lake has been dated up for the same week, and the juniors and their instructors will have opportunity to hear some of the leading speakers and musicians of the country.

STATE POTATO TOUR JULY 31

Plan To Cover Growing and Marketing Territory By Autos.

Announcement of the first Minnesota state potato tour, July 31 to August 5, has created general interest in growing and marketing circles, and prospects are it will be a great success. R. C. Rose of the agricultural extension service will be in charge. The trip is to be taken in automobiles and reservations can be made by writing to Mr. Rose at University Farm.

This new project is the sequel of co-operative plans worked out by the agricultural extension division, the seed certification office of the state department of agriculture, county agents and potato growers in 10 of the leading potato counties of the state. The object is to make a field study of problems which often baffle the individual potato grower. Use of sprayers, dusts and other machinery will be demonstrated. Seed plots will be given special attention and short conferences held at several points. Any one taking keen interest in potato growing is invited to join the party.

Mr. Rose announces that the following schedule for the tour has been adopted: Monday, July 31, Todd and Wadena counties; August 1, Ottertail and Becker counties; August 2, Clay county; August 3, Norman and Polk counties; August 4, Red Lake and Clearwater counties; August 5, Beltrami county.

HORTICULTURISTS COMING

Canadian Specialists Due To Visit Agricultural College in August.

Canadian horticulturists who will attend the annual meeting and tour of the Great Plains section of the American Society for Horticultural Science, which will be held in August in Iowa, are planning to visit the Minnesota agricultural college while on their way to the convention city. After studying orchard conditions and truck crop experiments at University Farm, the Canadians, reinforced by a half dozen Minnesota horticulturists, will leave by auto for the national meeting.

In Iowa the horticulturists will inspect the state experiment station orchards at Ames and Charles City, where 40,000 trees of apple, pear, plum, cherry and peach are growing. These trees comprise one of the largest collections of fruit trees with known parentages in the United States.

Other features of the meeting will be a visit to Madison county, where a marker will be set up on the spot that grew the first Delicious apple tree. A visit will also be made to St. Ansgar where extensive truck crop fields will be inspected.

It costs more to have buildings and implements go paintless than to paint them.

Two things that are harmed by strong soaps and cleaning powders containing alkali are aluminum ware and linoleum.

Be thou diligent to know the state of thy flocks, and look well to thy herds.—Prov. 27:23.

Sometimes deep cultivation in the garden does more harm than good because it cuts off the roots. All that's necessary is to kill the weeds and make a light mulch to conserve moisture.



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We are not always glad when we smile.
For the heart in a tempest of pain
May live in the guise of a laugh in the eyes
And the rainbow may live in the rain.
—J. W. Riley.

BRAN DISHES AND OTHERS

A few spoonfuls of bran may be mixed with any dry breakfast food, with no noticeable difference in the taste. Bran is a good broom for the alimentary canal and in various dishes may be made most appetizing.

Bran Layer Cake.—Take one quarter cupful of butter, add one unbeaten egg and fill up the cup with sweet milk, stirring enough to mix. Sift together a tablespoonful of cornstarch, one cupful each of flour and sugar, and a teaspoonful each of baking powder and salt. Add one-half cupful of bran and mix with the liquid, stir until smooth and bake in two layers, using a cooked cream or jelly for filling. It may also be baked in a loaf, adding spice to taste.

Bran Jelly.—Sift bran into boiling water, stirring till it is like gruel. Cook slowly two hours, strain through a fine sieve and repeat. Mix a tablespoonful of graham flour with a little cold water, add to the boiling liquid and cook until it is smooth. Add a little salt, pour into wet molds and set away to harden. It will make a delicate jelly which may be served with fruit or milk. Fine for a delicate stomach.

A bonny clabber desert is one which it is wise to teach the children to enjoy. Set a pan of rich new milk away to just become thick. Place on ice until well chilled and serve with grated maple sugar or with a sprinkling of brown sugar with nutmeg or cinnamon. A child's luncheon with a piece of whole wheat bread and butter will make a good meal, even for an adult. Thick sour cream, when it is obtainable, makes the most delicious salad dressings. Whip it with a Dover beater; when stiff, add lemon or pineapple juice and such other seasonings as are appropriate to the salad which is to be served. The usual boiled salad dressing is made especially rich and tasty by the addition of a half-cupful of rich, sour cream, beaten stiff and added to three tablespoonfuls of boiled dressing.

Rhubarb Pudding.—Place sufficient sliced bread buttered to serve the family in a baking dish, cover each slice with chopped rhubarb, sprinkle with sugar and nutmeg and repeat until the dish is full. Add boiling water and bake until the rhubarb is well cooked and the bread saturated with the juice. Serve on a plate direct from the dish either hot or cold, with any desired

To be what we are, and to become what we are capable of becoming, is the only end of life.

The pleasantest things in the world are pleasant thoughts, and the great art in life is to have as many of them as possible.—Bovee.

SAVORY DISHES

Now that the mushroom is growing in the fields a few dishes to remind us of its worth, are in season:

Scrambled Eggs and Mushrooms.—Break into small pieces one pint of fresh well-cleaned mushrooms. Sprinkle with salt and let them stand 30 minutes. Put into a saucepan two tablespoonfuls of butter; add the mushrooms and their juice; cover and cook eight minutes after they begin to simmer. Season with pepper and more salt if needed. Add the yolks of five eggs, beaten slightly, to the stewed mushrooms. Stir until the eggs are set. Serve on toast.

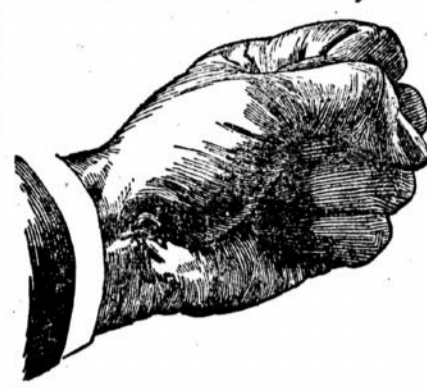
Corn Fritters.—Put the contents of a can of corn through the meat chopper, add two well-beaten eggs, two or three tablespoonfuls of milk and two tablespoonfuls of flour. Add one-half teaspoonful of sugar, salt and pepper to taste. Fry by spoonfuls in hot fat or butter, browning well. Fresh corn may be used, omitting the milk.

Curried Eggs.—Take six hard cooked eggs. Peel three large onions and cut them in thin slices. Put them with two tablespoonfuls of butter in a saucepan and cook until soft. Add one teaspoonful of curry powder, one clove of garlic, one-fourth of a teaspoonful of ginger, one-half teaspoonful of salt, one tablespoonful of flour, one-half pint of stock or water; cook. Take three cupfuls of cooked rice, arrange around the edge of the platter, cut eggs in slices and place over the rice; over this pour the sauce and serve very hot. Garnish with green pepper or sprigs of parsley.

Mutton With Dumplings.—Take three pounds of the breast of mutton, simmer until tender, then set aside to cool; skim off all the fat, return the mutton to the liquid, add one or two onions finely chopped, salt, pepper and a little curry powder if liked. Just before serving time drop dumplings into the hot stew. If dropped from a teaspoon these will cook in eight minutes. A few peas added to the stew will change the flavor and improve the dish.

Nellie Maxwell

Had Your Iron Today?



5¢

Get Some —energy and iron

NEVER mind the weather—get some new vitality—speed up any way. Don't be a lagger.

Vital men resist the heat. Let little raisins help. 75 per cent pure fruit sugar. 145 calories of energizing nutriment in every package—practically predigested so it gets to work almost immediately.

No tax on digestion so it doesn't heat the blood. Fatigue resisting food-iron also! All natural and good.

Try it when you're slipping—when you yawn at 3 P.M. Stiffens up your backbone and makes thoughts flow again.

Two packages and a glass of milk form greatest mid-day lunch you've ever tried.

Little Sun-Maids

Between-Meal Raisins

5c Everywhere

—in Little Red Packages

10c Makes Old Waists Like New

Putnam Fadeless Dyes—dyes or tints as you wish

Beyond the Alps lies Italy, but hoe the weeds in the backyard first.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexion, dandruff, itching and red rough hands.—Advertisement.

Matrimony would be all right if the fools could be kept out of it.

REST YOUR TIRED FEET
ALLIEN'S FOOT-BASE, the antiseptic powder to be shaken into the shoes, stops the pain of corns and bunions, and gives quick relief to sweating, callous, tired, aching, tender feet, blisters and sore spots. It rests the feet, keeps them cool and comfortable. Shoes and stockings wear twice as long when you walk in comfort.—Advertisement.

See the world as a whole.

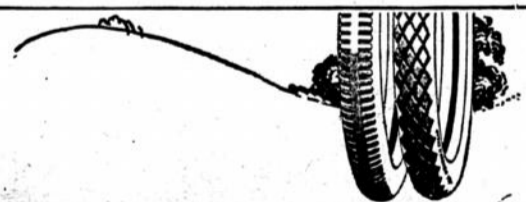
The Superlative.
"Drought!" exclaimed the old timer, "You folks don't know what drought is. Why, in the early '70s my corn made 18 acres to the bushel!"—New York Sun.

To Make a Refreshing Drink.
Take a half teaspoonful McLaughlin's Pure Fruit Nectar, one tablespoonful Sugar in a glass of ice cold water. McLaughlin's Pure Fruit Nectar may be had at your dealer's in the following flavors: Raspberry, Orange, Grape, Lemon, Lime, Loganberry, Cherry, Strawberry.—Advertisement.

Not Too Fast.
"This juror seems intelligent."
"Let us examine him a little before rejecting him. Perhaps he isn't."

The common friend of an engaged couple has a hard row to hoe.

AN EXAMPLE OF GOODYEAR VALUE



The 30 x 3 1/2 Goodyear Cross Rib Tire shown here alongside its companion, the 30 x 3 1/2 Goodyear All-Weather Tread Clincher, is a conspicuous example of Goodyear value.

The Goodyear Cross Rib has in it the same high grade Egyptian cotton fabric that goes into the All-Weather Tread Goodyear.

It has a differently designed but long-wearing tread, and it sells for considerably less money.

In the past five years more than 5,000,000 of these Goodyear Cross Rib Tires have been sold.

They have everywhere given remarkable service.

Their fine performance and known value have convinced thousands of motorists of the folly of buying unknown and unguaranteed tires of lower price.

Ask your Goodyear Service Station Dealer to explain their advantages.

GOODYEAR