SUFFERED SEVEN LONG YEARS

Finally Relieved by taking Lydia E. Pinkham's Vegetable Compound

Ravenswood, W. Va.—"For seven long years I suffered from a female trouble and inflammation so that I was not able to do my housework. I consulted several doctors but none seemed to give me relief. I read in a paper about Lydia E. Pinkham's Vegetable Compound so I decided to try it, and before the first bottle was gone I noticed relief so I continued using it until I had taken eight bottles. Now I am very well and can do my own housework. I cannot say enough recommend Lydia E. Pinkham's medicine to suffering women."—Mrs. Martha Lindsey, R. F. D., Ravenswood, W. Va.

The ordinary day of most housewives is a succession treadmill of washing, cooking, cleaning, mending, sewing, darning and caring for children. How much harder the task when some derangement of the system causes headaches, backaches, bearing-down pains and nervousness. Every such woman should profit by Mrs. Lindsey's experience. Remember this, for over forty years Lydia E. Pinkham's Vegetable Compound has been restoring health.

Renew your health by purifying your system with

Quick and delightful relief for biliousness, colds, constipation, headaches, and stomach, liver and blood troubles.

The genuine are sold only in 35c packages. Avoid imitations.

Acid Stomach for 10 Years

NOW A DIFFERENT WOMAN

Earnestly Praises Eatonic

"My wife was a great sufferer from acid stomach for 10 years"—writes H. D. Crippen, "but is a different woman since taking Eatonic."

Sufferers from acid stomach—let Eatonic help you also. It quickly takes up and carries out the excess acidity and gases and makes the stomach cool and comfortable. You digest easily, get the full strength from your food, feel well and strong, free from belching, belching, food repeating, etc. Big box costs costs only a trifle with your druggist's guarantee.

The English police force is practically the only one in the world that is not armed.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

California has nearly 100 peaks which exceed 10,000 feet in height.

Do you know you can roll 50 good cigarettes for 10cts from one bag of

GENUINE "BULL" DURHAM TOBACCO

The American Tobacco Co.

126 MAMMOTH JACKS
I have a bargain for you, come quick
W. L. DeLOW'S JACK FARM
Cedar Rapids, Iowa

KREMOLA MAKES THE SKIN BEAUTIFUL. Dear Madame: For a soft complexion, Kremola is well. S. B. Dr. C. H. Berry Co., 2075 Michigan Avenue, Chicago

W. N. U., Oklahoma City, No. 20--1921.

SUGGESTIONS ON RAISING CABBAGE

Plant Contains Large Quantities of Mineral Salts So Essential in Diet.

GIVE ATTENTION TO VARIETY

Select Richest Portion of Garden and Where Into Soil as Much Humus Material as Can Be Spared—Frequent Work in Cultivating.

Start Plants Indoors.

Good Solid Head of Cabbage.

feet of row. The fertilizer should be well mixed with the top 4 inches of soil over a space the full width, 12 inches, which is generally 3 feet.

In transplanting cabbage in rows where it was grown last year, especially if any of the heads were damaged or showed any kind of trouble, it is always a good plan to rotate crops even in the small home garden. Cabbage is subject to several diseases, but fortunately these do not do much harm in small gardens. Insects, however, play havoc with the crop from the time it is planted. Cutworms are generally working in the soil during early spring to cut off the stems of the cabbage plants just at the surface of the ground.

Protect Plants From Cutworms.

The best remedy, or rather preventive, is to make bands or tubes of stiff paper around the stems of the plants as they are being set in the garden. Tarred paper makes ideal plant protectors. By cutting the cardboard into strips about 3 inches wide, sections can be cut off and rolled around a lead pencil to form a tube. The protectors should extend an inch below the surface and at least 2 inches above. After the stems of the cabbage plants have become toughened and begin to grow rapidly the protectors can be taken off.

Cabbage worms, the eggs for which are laid by the light-yellow butterflies that are often seen flying about the cabbage plants, do a great amount of damage. Dusting the foliage and the heads with air-slaked lime, to which a little paris green has been added, or spraying them with arsenate of lead, one ounce to a gallon of water, are both effective. There is no danger as the heads grow from the inside and the outer leaves, to which the poison is applied, are all removed.

PASTURE LAND ON HILLSIDES

If Properly Taken Care Of Steep Inclines Can Be Made to Return Good Grass Yields.

Many of our pasture lands are so hilly that they cannot be used for cropping purposes, but if properly taken care of they can be made to return substantially profitable grass yields.

VEGETABLES ENTIRE YEAR FROM GARDENS

Accomplishment of Women in One New Mexico County.

Everything Tried in Dry-Land Section and Given Proper Attention Brought Good Results—Much Fruit Was Canned.

[illegible]

Products of Garden in New Mexico.

[illegible]

AVOID DODDER INFESTATION

Farmer Should Use Plants Known to Be Immune to Attacks of Pestiferous Weed.

The necessity of selecting planting material of a higher information than that being today shipped and sold throughout the United States Department of Agriculture concerning the destruction of an entire field of alfalfa on a newly cleared field in Pennsylvania. So bad was the infestation that not a single fruit was formed on the parasitized plants and the entire field was destroyed. The dodder was determined as dodder, a species not uncommon on beans and other wild shrubs and on clover and other and plants, but never previously reported on cultivated plants. The department recommends that on land known to contain the seeds of dodder farmers should use plants which are immune to attacks of the pest. The following plants are not susceptible to injury by dodder: corn, soy beans, velvet beans, cowpeas, and small grains such as oats, wheat, and rye. Potatoes and buckwheat, crops commonly used on newly cleared land, are not very likely to be injured by dodder, but truck crops should not be planted on land known to contain dodder seeds.

GOOD COLLAR IS ESSENTIAL

Every Farmer Should Plan to Prevent Sore Necks and Shoulders of Work Horses.

Now that the busy season is here, every farmer should make a careful examination of the supply of horse collars on hand and see to it that he has a good fitting collar for every horse he purposes to put to work. Sore shoulders and sore necks on farm horses are generally caused either by collars that do not fit or by harnes that are not properly adjusted.

CAREFULLY SAVE DROPPINGS

Either Use for Fertilizer or Dispose of to Persons Who Can Make Good Use of Them.

No matter how small the flock the droppings should be carefully saved, stored, and either used as fertilizer for plants or disposed of to persons who can so use them to increase the fertility of the soil.

SUFFERING OF A LIFETIME ENDED

"Words Can't Express Gratitude I Feel Toward Tanlac," Says Mrs. Burrington.

"Three childhood until I got Tanlac, I suffered from indigestion and stomach trouble," said Mrs. J. A. Burrington, 741 Stanford Ave., Los Angeles.

MRS. J. A. BURRINGTON
Los Angeles, Calif.

[illegible]

Her Aim Was Good.

Clerk: "Dropping a cockroach is a serious proposition." Boss: "I heard that the aim leaved at fault."

ASPIRIN

Name "Bayer" on Genuine

BAYER

Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for: Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

The gallon of tea existed in China in the Fourth century and in Japan in the ninth century.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold 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.

A ninety-mile walk on snowshoes was accomplished by a Canadian woman last winter.

Highway Improvement

REDUCING DAMAGE TO ROADS

Repair Bills Would Be Greatly Lessened by Placing More of Loads Over Front Axle.

(Prepared by the United States Department of Agriculture.)

Repair bills for damaged roads would be much reduced, engineers in the bureau of public roads report, after extensive experiments were made to determine how much of the loads put on trucks rest on the front axle and how much on the rear wheels, or of pressure. In the average heavy truck of today the load is so distributed on the rear axle. While the truck attains its maximum of efficiency in the highway the damage done to the road surface by the rear wheels is much greater than it would be if the load were distributed on both axles.

Given a perfectly smooth road surface traversed by a truck with perfectly smooth tires, there would

Motortrucks Properly Loaded Will Reduce Damage of Roads.

be no impact, regardless of the speed or weight of load. Approach to that ideal condition is made when the load is so distributed that the front axle carries one-third and the rear axle two-thirds of the total weight of the truck and its load. Such a distribution of the load is not practicable, however, because the rear wheels are provided with dual tires, which require more power to roll than do single tires, and because the greater part of the load must be carried on the rear axle to prevent overloading the front axle. In general, the increased speed of the truck with its greater tire impact heavy tire pressures for keeping the operating speed within reasonable limits. Roads kept as smooth as possible by careful maintenance will reduce the possibility of tires exerting impact and pressure forces upon the highway surface. Cushion or pneumatic tires will reduce impact and cause less damage to the highways than those of hard rubber, especially if the latter are not kept in good repair.

DRIVERS CAN IMPROVE ROADS

Wear to Surface Can Be Prevented by Driving Over Middle and Other Less Used Parts.

Drivers can prevent wear on the surfaces of the roads and even improve their condition if instead of driving in one track or on the edge of the road they will drive over the middle and other less used parts of the road when traffic permits. The one thing that is fatal above all things to road surfaces, whether dirt or paved, is driving in tracks, which subjects one small part of the road surface to all the traffic and damage that the whole road accomodates. Traffic should be evenly distributed over the entire surface of the road, and a little thoughtfulness and care in this respect on the part of drivers will do much to add to the permanence and excellence of our roadways.

GOVERNMENT AID FOR ROADS

Up to November 1, $72,744,000 Had Been Expended, and $121,322,198 More Allotted.

Discussing progress in road construction since enactment of the federal aid legislation four years ago, Thomas H. McDonald, chief of the bureau of public roads, reported that up to November 1, 3,190 miles of "first class" highway had been completed. As its share of the cost the federal government had expended $72,744,000 and allotted $121,322,198 more. Other results of national legislation, Mr. McDonald said, had been the establishment of state highway departments in five states and the reorganization of such departments in 20 other states.

Road Work in France.

Road construction cost in France during pre-war years $13,085 per mile, but has since then increased 250 to 300 per cent.

Badly-Worn Tires Prohibited.

In Connecticut, the use of badly-worn or partially-destroyed tires on the highways is strictly forbidden.

Total Highway Mileage.

Highway mileage in the United States now totals 2,478,552 miles, or ten times the mileage of the railroads.

Why That Bad Back?

Is backache keeping you miserable? Are you "all played out," without strength or vigor for your work? Then find what is causing the trouble and correct it. Likely, it's your kidneys. You have probably been working too hard and neglecting rest and exercise. Your kidneys have slowed up and poisons have accumulated. That, then, is the cause of the backache, headache, dizziness and bladder irregularities. Use *Doan's Kidney Pills*. Doan's have helped thousands and should help you. Ask your neighbor!

An Oklahoma Case

Mrs. O. W. Jackson, [illegible] Cherokee St., Wagoner, Okla., says: "I was run down and felt weak and tired. Often objects seemed to swim before my eyes. I was nervous and discouraged and had so much backache I was miserable. I had taken Doan's Kidney Pills but a short time when I had found out I was improving. I now feel well again."

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

DOAN'S KIDNEY PILLS

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

Jazz Effect.

"Is this your jazz orchestra?"

"I have no jazz orchestra, being the professor of the violin."

"Why?"

"But I know we do have more music than all the other than any band in town."—Louisville Courier-Journal.

LUCKY STRIKE

Cigarette

To seal in the delicious Burley tobacco flavor.

It's Toasted

The American Tobacco Co.

KILL RATS TODAY

By Using the Genuine

STEARNS' ELECTRIC PASTE

[illegible]

READY FOR USE. BETTER THAN TRAPS

[illegible]

U. S. Government buys it.

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1696. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented.

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

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

Kill All Flies! THEY SPREAD DISEASE

[illegible]

DAISY FLY KILLER at your dealer or 5 by express, prepaid, $1.25.

HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

PARKER'S HAIR BALSAM

Removes Dandruff-Stops Hair Falling

Restores Color and Beauty to Gray and Faded Hair

60c and $1.00 at Druggists.

Hiscox Chem. Wks. Patchogue, N. Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c by mail or at Druggists. Hiscox Chemical Works, Patchogue, N. Y.

Watermelon Seed

Tom Watson, Kleckley Sweet, Halbert Honey, 55c pound, delivered. Nancy Hall sweet potato plants, $3 per 1,000. (Cash with order.) Pioneer Seed Store, 110 W. California, Oklahoma City.

"A CARPET OF GREEN"

In Montgomery County there is a real chance for the white farmer. For booklet Farm Sec., 216 Bell Bldg., Montgomery, Ala.

FANCY GOVERNM'T INDORSED BROOM CORN SEED. FANNING BROOM CORN SEED CO., OAKLAND, ILLINOIS.