

Costs Less Bakes Better

CALUMET BAKING POWDER

ECONOMY—that's one thing you are looking for in these days of high living cost—Calumet insures a wonderful saving in your baking. But it does more. It insures wholesome food, tasty food—uniformly raised food. Calumet is made right—to sell right—to bake right. Ask one of the millions of women who use it—or ask your grocer.

RECEIVED HIGHEST AWARDS
World's Pure Food Exposition, Chicago, Ill., Paris Exposition, France, March, 1912.

You don't save money when you buy cheap or big-cash baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

Big Clearance Sale

Now Going On

Big Cut on All Winter Goods

Twin Bros. Dep't Store,

Seventh and Main Sts., Paris, Ky.

L. & N. TIME-TABLE

EFFECTIVE OCT. 19, 1913

Trains Arrive

No.	FROM	Time
34	Atlanta, Ga., Daily	5:21 am
134	Lexington, Ky., Daily	5:18 am
29	Cynthiana, Ky., Daily Except Sunday	7:35 am
7	Maysville, Ky., Daily Except Sunday	7:33 am
10	Rowland, Ky., Daily Except Sunday	7:45 am
40	Lexington, Ky., Daily Except Sunday	7:42 am
37	Cincinnati, O., Daily	9:38 am
3	Maysville, Ky., Daily Except Sunday	10:20 am
12	Lexington, Ky., Daily	10:15 am
33	Cincinnati, O., Daily	10:24 am
26	Lexington, Ky., Daily Except Sunday	12:00 m
28	Cynthiana, Ky., Daily Except Sunday	3:10 pm
9	Maysville, Ky., Daily Except Sunday	3:15 pm
138	Lexington, Ky., Daily	3:33 pm
3	Knoxville, Tenn., Daily	3:30 pm
5	Maysville, Ky., Daily	5:35 pm
39	Cincinnati, O., Daily Except Sunday	5:50 pm
8	Lexington, Ky., Daily	6:18 pm
32	Jacksonville, Fla., Daily	6:23 pm
31	Cincinnati, O., Daily	10:50 pm

Trains Depart

No.	TO	Time
34	Cincinnati, O., Daily	5:28 am
4	Maysville, Ky., Daily Except Sunday	5:35 am
7	Lexington, Ky., Daily Except Sunday	7:47 am
10	Cincinnati, O., Daily Except Sunday	7:50 am
140	Maysville, Ky., Daily Except Sunday	7:50 am
29	Lexington, Ky., Daily	9:43 am
37	Knoxville, Tenn., Daily	9:45 am
33	Jacksonville, Fla., Daily	10:29 am
133	Lexington, Ky., Daily	10:27 am
6	Maysville, Ky., Daily	12:05 pm
26	Cynthiana, Ky., Daily Except Sunday	12:04 am
13	Lexington, Ky., Daily Except Sunday	3:33 pm
38	Cincinnati, O., Daily	3:40 pm
9	Rowland, Ky., Daily Except Sunday	5:56 pm
39	Lexington, Ky., Daily Except Sunday	5:58 pm
32	Cincinnati, O., Daily	6:28 pm
8	Maysville, Ky., Daily Except Sunday	6:25 pm
30	Cynthiana, Ky., Daily Except Sunday	6:40 pm
31	Lexington, Ky., Daily	10:55 pm
131	Atlanta, Ga., Daily	10:57 pm

F & C. TIME-TABLE

Trains Arrive

No.	FROM	Time
2	Frankfort, Ky., Daily Except Sunday	7:40 am
4	Frankfort, Ky., Daily Except Sunday	5:50 pm

Trains Depart

No.	TO	Time
1	Frankfort, Ky., Daily Except Sunday	8:30 am
3	Frankfort, Ky., Daily Except Sunday	6:25 pm

Women dress to please the men, but some men are so all-fired contrary they refuse to be pleased.

Lot of girls who pose as candy kids develop into lemon drops later.

When a man sticks to a job he doesn't like, it's because he needs the money.

Many a man who thought he could set the world on fire turned out to be a wet blanket.

We can discover a fault in a friend in ten seconds that we probably could not discover in ourselves in ten years.

Many a man's toes turn up while waiting for a dead man's shoes.

PUBLIC HEALTH AND WELFARE LEAGUE.

- (Continued from page 1)
- Miss Lucy Simms.
 - Mrs. C. O. Hinton.
 - Miss Hattie Clark.
 - Mrs. W. E. Simms.
 - Mrs. Custis Talbot.
 - Mrs. Fannie Belle Sutherland.
 - Mrs. Ed. Burke.
 - Mrs. D. B. Anderson.
 - Mrs. Phil Nippert.
 - Mrs. John Connel.
 - Mrs. A. H. Morehead.
 - Mrs. J. S. Wilson.
 - Mrs. Harry Kerslake.
 - Mrs. Wade Whitley.
 - Mrs. Ed. Keller.
 - Mrs. R. B. Hutchcraft.
 - Miss Louie Bruer.
 - Miss Nellie Buckner.
 - Miss Mary McCarthy.
 - Miss Josephine Hayden.
 - Miss Nellie Schwartz.
 - Miss Celeste Lucas.
 - Mrs. J. T. Vasant.
 - Mrs. W. O. Hinton.
 - Mrs. Tom Allen.
 - Mrs. H. C. Buckner.
 - Mrs. A. P. Thompson.
 - Mrs. C. A. McMillan.
 - Mrs. Harry B. Clay.
 - Mrs. Russell Mann.
 - Mrs. John Flanagan.
 - Mrs. A. J. Winters.
 - Mrs. C. Arnsparger.
 - Mrs. Henry Power.
 - Mrs. George Ellis.
 - Mrs. T. F. Roche.
 - Mrs. S. T. Chipley.
 - Mrs. W. W. Judy.
 - Mrs. E. L. Harris.
 - Mrs. Frank Jacobs.
 - Mrs. J. F. Dutton.
 - Mrs. Wm. Myall.
 - Mrs. Walter Payne.
 - Mrs. J. D. Bruer.
 - Mrs. I. L. Price.
 - Miss Mary F. Hutchcraft.
 - Miss Julia O'Brien.
 - Miss Madeline Huddleson.
 - Miss Ollie Chambers.
 - Mr. A. J. Winters.
 - Mr. J. F. Dutton.
 - Mr. E. T. Rule.
 - Mrs. Denis Dundon.
 - Miss Annie Lyle.
 - Miss Lucile Price.
 - Miss Ella Mitchell.
 - Miss Mary Bashford.
 - Miss Charles.
 - Miss Elizabeth Embry.
 - Miss Bettie Holt.
 - Mr. C. O. Hinton.
 - Mr. James McClure.
 - Mr. E. H. Gorey.
 - Mr. Catesby Spears.
 - Mr. W. H. Whitley.
 - Prof. T. A. Hendricks.
 - Mrs. L. D. Redmon.
 - Mrs. Ossian Edwards.
 - Mrs. Arthur Hancock.
 - Mrs. John Sweeney.
 - Mrs. Chas. Goldstein.
 - Miss Laura Lilleston.
 - Miss Bessie Wilson.
 - Miss Florence Wilson.
 - Mrs. J. O. Marshall.
 - Mrs. Harry Stamlor.
 - Mrs. Hord Mann.
 - Mrs. Duncan Bell.
 - Mrs. M. H. Dailey.
 - Mrs. W. L. Yerkes.
 - Mrs. Ford Brent.
 - Mrs. R. J. Neely.
 - Mrs. Walter Clark.
 - Mrs. Frank Pithian.
 - Mrs. Clell Turney.
 - Mrs. Robt. Goevin.
 - Mrs. Albert Hinton.
 - Mrs. P. D. Shea.
 - Mrs. Geo. McWilliams.
 - Mrs. Withers Davis.
 - Mrs. Will Woodford.
 - Mrs. J. D. Burnaugh.
 - Mrs. Amos Turney, Sr.
 - Mrs. Nellie Highland.
 - Mrs. J. W. Bacon.
 - Mrs. Bruce Steele.
 - Mrs. Wm. Hinton, Jr.
 - Mrs. John McCarthy.
 - Mrs. W. H. Harris.
 - Mrs. I. F. McPheters.
 - Mrs. Edward Prichard.
 - Mrs. W. G. McClintock.
 - Mrs. Woodford Daniel.
 - Mrs. Lewis Taylor.

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Is Sickness A Sin?

A Sin of Commission or a Sin of Omission? Or Both? We transgress Nature's laws, the Liver strikes, then we omit or neglect until we ache or sicken.

Loosen the dammed-up bile. Keep it loose with the old time-ried May Apple Root, (Podophyllin.) Podophyllin with the gripe taken out is called

PODOPLAX

For Sale by All Druggists.

TWO THOUSAND KENTUCKY BOYS IN CORN CLUBS

Report of Field Agent Shows How Work Is Progressing In This State.

GOOD RESULTS IN DROUGHT SEASON

Comprehensive Drainage System Will Be Devised By Engineer.

FRANKFORT, Ky., March 1.—How far the farm demonstration work conducted by the Federal Bureau of Plant Industry, through co-operation with the State Department of Agriculture and the university and normal schools, reaches into and grips the rural community life, may be seen from facts laid before the bureau in the annual report of Jesse M. Jones, field agent in charge of Kentucky, West Virginia, Maryland and Virginia who took charge of the work last July.

The organization of fifty farmers' clubs, for cooperative buying and selling and the study of agriculture, the enrollment of 2,000 boys into corn clubs, and the success of 93 of them in a drought season in raising an average of 63 bushels to the acre; the organization of night schools, where the rudiments of a common education, besides the elements of agriculture, are taught to men from 18 to 54 years of age; the invitations accepted by the agents to fill the pulpits in country and village churches and talk on agriculture to the congregations; the saving of thousands of dollars through cooperative buying of limestone and hog cholera serum; the purchasing of improved farm machinery; the acquisition by farmers of counties, where agents are stationed, of thoroughbred stock; the care of old fruit trees; the drainage of land; the re-establishment of pastures and deeper plowing, are among the instrumentalities that Mr. Jones says are bringing back the productivity of Kentucky land and awakening the farmers to a sense of the mutuality of their interests.

Federal Help in Drainage.

The bureau took over the farm demonstration management July 1 of last year, prior to which time eight men had been making farm demonstrations. Since then five men have been added at one time and six at another, all the agents receiving half their salaries from local sources, by subscriptions or appropriations by Fiscal Courts. To assist in the improvement of farm property, Mr. Jones says, a drainage engineer will be appointed. Last year one agent mapped a drainage system of 1,000 acres and supervised the tilling of it. Another agent tilled 13 farms. A comprehensive system of drainage districts will be devised by the drainage engineer.

The State Department of Agriculture, the State University and the Normal schools are co-operating in the work and to show some of the results obtained the first year Mr. Jones reports:

"Work was conducted on 584 different places along various lines. There were 190 demonstrations of corn on 1,295 acres, making an estimated average yield of 10 to 25 bush, more than fields cultivated in the ordinary way.

"In one county there were forty-six demonstrations of potatoes. In the other counties much work was done with truck crops. Eighty-two fields of alfalfa were started, averaging two to five acres. More than fifty fields of cowpeas were sown. In some counties the increase was as high as 200 per cent. Several demonstrations with tobacco were conducted.

"Of cover crops seventy-nine crimson clover fields were established, their size estimated to be ten acres or over. Seven fields of vetch were likewise sown. More than one hundred crops of rye, wheat and oats were started under the personal direction of the county agents and this does not include the many thousands of acres that were sown indirectly because of their newspaper articles and addresses on the subject.

"One hundred and forty-five rotation farms were established on as many farms, and several entire farms were turned over to the county agents to be supervised by them. Forty-one orchards were pruned, sprayed or planted and many others inspected. Three of the agents pruned, sprayed or planted 7,000 trees.

"More than 14,247 hogs were inoculated for hog cholera, with almost complete success. In one county an epidemic of catarrhal fever among horses and mules was stopped by the use of anti-toxin. This anti-toxin was bought co-operatively at a direct saving to the farmers of \$2,000. In another county an epidemic among poultry was stopped at once.

"Eighteen pure-bred sires were brought into the counties worked by our agents.

Farm Water Systems.

"The installation of water systems in farmhouses, the erection of 173 silos and the purchase of hundreds of improved cultivators and other farm machinery in counties where the agents operated is mentioned.

"Fifteen pastures were established," says the report, "for the grazing of cattle and hogs. Besides these pastures, many farmers were induced to pasture cowpeas, soy beans, alfalfa and clover fields with hogs.

Fully half the demonstrators already selected have broken their demonstration fields. This plowing

THEATRICAL.

Pavlova at The Ben All Theatre.

Our old friend, the tango, will be covered with rust, and the turkey trot will be cobwebby and old! Dire prophecy, and perhaps it might be modulated, but none other than the queen of the dance herself, Pavlova, is to show the very latest things in modern society dancing. When the inimitable Mile. Anna brings her big company to the Ben All, Lexington's theatre beautiful, for two performances, Saturday, March 14, the "Gavotte Pavlova" will be a feature of the program. This is the dance that Pavlova introduced on the stage at the Metropolitan Opera House, under the name of the "Gavotte Directoire," and which New York society immediately adopted and labeled "Pavlova."

The Gavotte will be only one of the many brilliant features of the Pavlova performance here. Those ballets and divertissements which have won the highest praise from the critics and public of New York and Boston will be seen here. The major number will be the dance-drama, "The Magic Flute," which is not related to Mozart's opera of the same name, and



is done to Drigo's music. With Pavlova depicting the heroine herself and Novikoff taking the part of her chosen swain, "The Magic Flute" is a rustic comedy, picturesque and mirthful.

Besides "The Magic Flute" there will be another but shorter ballet on the program, done to the music of Weber's "Invitation to the Dance." This, too, is a tale of youthful love. These two ballets of ocular opera, as they are called, will be followed by a number of divertissements which have also caused the Metropolitan critics to proclaim that the Pavlova company has eclipsed its former glory.

In addition to the Gavotte, danced with M. Berge, Pavlova will do with Novikoff the never-to-be-forgotten "Bacchante. Novikoff has a solo, a "Pirate Dance," a barbaric bit of lithesome dancing. The leading supporting dancers will do the "Hungarian Rhapsody," and also a "Dance of Springtime." There will also be a Grecian Idyll, called "Moment Musical," and a dainty fragment, "The Rose and the Butterfly." The Danseuses with Pavlova are attracting almost as much attention for their beauty of face and figure as for their surpassing grace.

Mail reservations for seats are now being taken. Please accompany same with money order and stamped envelope. Prices \$1.00 and \$3.00 for both performances.

R. S. Porter represents the Ben All in this city, and will receive orders for seats to either performance. (6-3t)

GIRLS! DRAW A MOIST CLOTH THROUGH HAIR

Try This! Hair Gets Thick, Glossy, Wavy and Beautiful at Once.

Immediate! — Yes! Certain? — that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a Danderine hair cleanse. Just try this! Moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, dry, faded, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff, cleanses pores and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few weeks' use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair, and lots of it, surely get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter and just try it. (adv)

has been deeper than formerly. Practically all the demonstrators have been selected by the hill system. "Besides urging home mixing of fertilizers, in four counties co-operative buying was effected, saving 12 1/2 to 26 1/2 per cent, of \$2 to \$5.50 a ton. Forty-four cars of limestone were purchased directly through the influence of county agents. In one county a reduction of 20 cents a ton in freight was obtained, also 25c a ton in the case of coal. In several counties a reduction of 50 cents to \$1.10 a ton was made in purchasing limestone. Five limestone crushers were purchased."

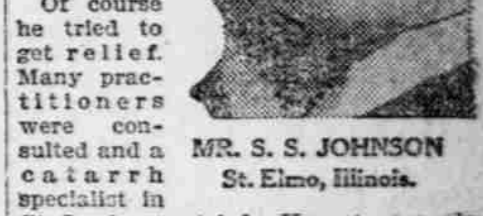
THE FORTY YEAR TEST

An article must have exceptional merit to survive for a period of forty years. Chamberlain's Cough Remedy was first offered to the public in 1872. From a small beginning it has grown in favor and popularity until it has attained a world wide reputation. You will find nothing better for a cough or cold. Try it and you will understand why it is a favorite after a period of more than forty years. It not only gives relief—it cures. For sale by all dealers. (March) (adv)

At Zanesville, O., Herman Hartman forgot to put a potato in his shoe during a home talent show, and as a result, Ben Elliott eniselled off Herman's big toe, thinking it was the potato.

HAD CATARRH FIVE YEARS.

Mr. Johnson of St. Elmo, Illinois, was troubled five years with catarrh. The catarrh was so severe in his case that his life seemed threatened. As he expresses it himself, he had "one foot in the grave."



Of course he tried to get relief. Many practitioners were consulted and a catarrh specialist in St. Louis was tried. He got so weak and thoroughly run down that he declares he could not walk more than a hundred yards without resting.

Several people understand that catarrh is a constant drain on the system. The discharge of mucus which is going on in such cases is largely composed of blood serum, and is a great waste. Sooner or later it will weaken the strongest man.

According to reports received from Mr. Johnson, he was in a desperate condition, but he found relief from his trouble. We will let him say how he found it. His own words say: "My friends told me to take Peruna, and I did so. I now feel that Peruna has saved my life. It is the best medicine on earth, and I would not be without it."

This seems almost too good to be true. No doubt there are some readers that will think so. The above statements, however, can be verified by writing Mr. Johnson.

Every home should be provided with the last edition of "The Ills of Life," sent free by the Peruna Co., Columbus, Ohio.

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- We have new machines, too.
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