

ANOTHER WOMAN ESCAPES

Mrs. McCumber Avoided a Serious Operation by Taking Lydia E. Pinkham's Vegetable Compound in Time



Georgetown, Ill.—"After my first baby was born I suffered so with my left side that I could not walk across the floor unless I was all humped over, holding to my side. I doctored with several doctors but found no relief and they said I would have to have an operation. My mother insisted on my taking Lydia E. Pinkham's Vegetable Compound and I soon found relief. Now I can do all my own work and it is the Vegetable Compound that has saved me from an operation. I cannot praise my medicine too highly and I tell all of my friends and neighbors what the Compound did for me."

Mrs. MARGARET McCUMBER, 27 S. Frazier St., Georgetown, Illinois.

Mrs. McCumber is one of the unnumbered thousands of housewives who struggle to keep about their daily tasks, while suffering from ailments peculiar to women with backache, sideaches, headaches, bearing-down pains and nervousness, and if every such woman should profit by her experience and give Lydia E. Pinkham's Vegetable Compound a trial they would get well.

Kidney Trouble?

For relief go to
Mudbaden
BEST FOR RHEUMATISM
For rates, etc., write
Mudbaden Sulphur Springs Co., Jordan, Minn.

Western Canada Offers Health and Wealth

and has brought contentment and happiness to thousands of home seekers and their families who have started on their FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. The great grain-growing sections of the prairie provinces there is still to be had on easy terms.

Fertile Land at \$15 to \$30 an Acre—Land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthy climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for

Dairying, Mixed Farming and Stock Raising make a tremendous appeal to industrious settlers wishing to improve their circumstances. For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write

A. E. PILKEY
Fifth St., Des Moines, Ia.
Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

We Sell Direct to
Retail Grocers Exclusively

Fancy Santos Peaberry COFFEE

ROASTED
Packed in 150 pound bags
Freight prepaid

14½c a lb.

Wm. Schotten Coffee Co.
ST. LOUIS, MO.

100% PER DAY FOR 100 DAYS

That is what it means to YOU to equip your corn plow with "Little Daisy" Rotary Cultivator Shields. You use them ten days a year for ten years. They roll along by the side of the plow, allowing the fine dirt to pass through, keeping the clods off the small corn. 200,000 in use. Sold by your Implement Dealer, or sent direct on receipt of \$3.75 per pair.
Manson Mfg. Co., Dept. W, Winterset, Iowa

Cuticura Soap — The Healthy Shaving Soap

Cuticura Soap shaves without razor. Everywhere.

ALLEN'S FOOT-EASE FOR THE FEET

Sprinkle one or two Allen's Foot-Ease powders in the Foot Bath and soak and rub the feet. It takes the sting out of Corns and Bunions and smarting, aching feet. Then for lasting comfort, shake Allen's Foot-Ease into your shoes. It takes the friction from the shoe, rests the feet and makes walking a delight. Always use it for dancing parties and to break in new shoes. Over One Million Five Hundred Thousand pounds of Powder for the Feet were used by our Army and Navy during the war.

Ask for ALLEN'S FOOT-EASE

EARLY POTATOES NEED GOOD CARE

Weak and Improperly Filled Containers and Lack of Ventilation Cause of Loss.

DISCARD DISEASED PRODUCT

Load With Care to Prevent Shifting and Breakage—Sacks and Hampers Not Suitable—Loading on Bilge Is Not Safe.

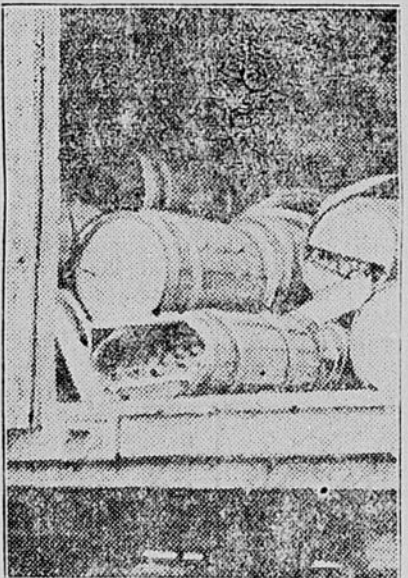
(Prepared by the United States Department of Agriculture.)

More care in loading cars will prevent much damage in shipments of new potatoes, say specialists of the bureau of markets, United States Department of Agriculture, discussing methods of loading and types of containers in use. Shifting of the loads in transit, weak and partly filled packages, and lack of proper ventilation are found to be responsible for losses in many cars arriving at markets. Caution against loading diseased potatoes is also urged because of the large number of shipments that show scab, wilt, or late blight, and in some cases are practically worthless when they reach the market.

Press Potatoes Firmly in Barrels.
The double-headed ventilated barrel, it is said, appears to be the best package for new potatoes that is now in general use. If properly made, it protects the potatoes as well as holds them in place. Much less breakage has been found in cars where the barrels are loaded on end than when loaded on their bilge. Wooden strips should be placed on top of the lower layers of barrels for the upper layers to rest upon.

There is one serious objection to this method of loading. In some instances the barrels appear to be slack measure when they arrive at the market, due to the jolting in transit. This fault, however, it is said, can be largely eliminated if growers will fill their barrels full and use a press when heading.

Loading barrels on their bilge is said not to be a safe practice unless headliners (strips to prevent heads bulging) are used. It is said that the use of headliners would prevent nine-tenths of the breakage in all types of loads with barrels. Records show that practically every car has from 3



What Happens When Barrels Are Loaded on Their Bilge—Characteristic Breakage in a Car of Double-Headed Barrels—The Heads Give Way and the Barrels Collapse From the Weight Above, Causing Bruising and Mashing of the Potatoes.

to 30 or more barrels broken on arrival at the market. Extra bracing is needed when barrels are loaded on their bilge.

Prevent Barrels Rolling.
Wooden strips should be placed across the floor at frequent intervals in order to prevent the lower barrels from rolling. Use of rocks for this purpose localizes the strain and causes much breakage. Strips should also be placed across the doors to prevent the barrels on the upper layer from falling against and jamming the doors.

The sack, it is said, is not a suitable container for tender new potatoes; it offers no protection from bruising, and when loaded is hard to ventilate. If sacks are to be used they should be of no greater capacity than 120 pounds. This size sack can be handled with much greater care and lends itself to ventilation better than larger sizes. Neither are hampers, it is said, suitable packages for potatoes. They do not have the necessary strength for the weight of their contents, and offer little protection for the potatoes.

Crates of various sorts are being used, and, according to reports, appear satisfactory where the strength of the crate is sufficient for the weight of its contents. Weak crates should not be used under any circumstances, and crates with wide opening tend to wilt the potatoes while in transit. Crates must be loaded tightly and firmly, and no slack space left without suitable bracing, while stripping is recommended.

No matter what container is used, it is said, the grower should exercise great care to keep diseased and injured potatoes out of it. A very high percentage of the cars arriving at northern markets show much scab, bacteria wilt, late blight, or all three. Growers should also see that their packages are well filled. Weak packages should not be used.

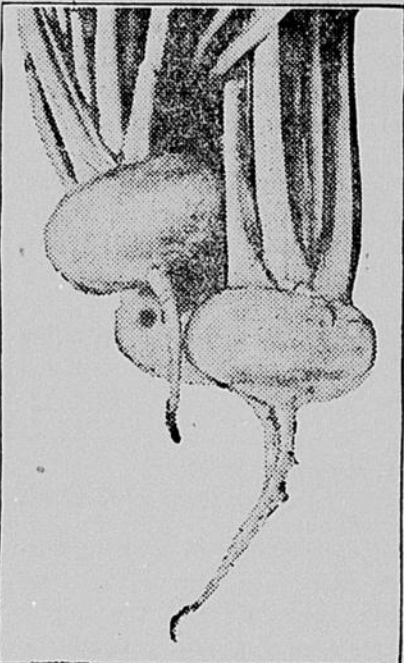
GROW TWO CROPS OF TURNIPS IN GARDEN

Tops Make Excellent Greens in Southern States.

If Sown in Drills Soil May Be Stirred Between Rows and Plants Kept Growing Rapidly—Will Stand Considerable Cold.

(Prepared by the United States Department of Agriculture.)

Turnips are one of the most universally grown of all garden crops. In the northern states turnips are planted in midsummer and stored for winter use. In the southern states they are planted early in spring for early summer use, also in the fall for use during the winter. Turnip tops make excellent winter greens throughout the greater part of the southern states. For early spring culture it is customary to sow the seed in drills about a foot apart and thin the plants to about three inches in the drill. By this method



An Excellent Type of Turnips.

the soil may be stirred between the rows and the plants kept growing rapidly so as to attain reasonable size before the heated term of early summer sets in.

In the North it is customary to sow the seed broadcast about the 25th of July on land from which early peas, early potatoes, or some other early crop has been removed. The land is raked smooth and the small seeds simply scattered over the surface, then covered by again raking the soil. No cultivation is required where the seeds are sown broadcast.

In the southern states turnips are frequently destroyed by plant lice that suck the juices of the leaves. These insects are rather difficult to control, spraying with nicotine preparations being about the only remedy.

Turnips stand considerable cold, but those that are to be placed in pits or in the cellar for winter use should not be allowed to freeze before being stored. If they become frozen in storage, they should not be disturbed until they thaw naturally.

PLAN TO ERADICATE SORREL

Apply Ground Limestone, Hydrated Lime or Quicklime—Rotation of Crops Is Good.

A good treatment for sheep sorrel, according to the United States Department of Agriculture specialists, is to apply ground limestone two tons per acre, hydrated lime one and one-half ton per acre, or quicklime one ton per acre. The quicklime can be used to advantage by slaking with water and sprinkling the mixture freely over the sorrel. The liquid will injure the leaves as well as help correct soil acidity. Sorrel can be destroyed by spraying with solution of sulphate of iron (copperas), two pounds to the gallon of water. The treatment will not permanently injure grass and will destroy the weed if repeated as often as the sorrel tries to send out new leaves. Spraying is useful where sorrel occurs as patches in a good stand of grass and around rocks and fences. Iron sulphate is deadly to clovers and to many broad-leaved weeds, but is not injurious to animals or the soil. Sorrel can easily be destroyed by a short rotation of crops. If possible, the rotation should be arranged so that the soil will be cultivated at different seasons of each year.

BETTER PROFITS IN POULTRY

Specialists of Department of Agriculture Give Reasons for Favoring Standard-Breds.

Here are five reasons given by specialists of the United States Department of Agriculture for keeping standard-bred poultry:

Standard-bred poultry is more uniform in size, type and color.

Standard-bred poultry is more attractive in appearance and appeals more strongly to purchasers of stock and eggs.

Standard-bred poultry offers a greater combination of practical and useful qualities suitable to the needs of the farmer and poultry keeper.

The products of standard-bred fowls are more uniform in quality, are in greater demand, and bring better prices.

Standard-bred poultry means greater success and better profits.

SUMMER IS GAY WITH ORGANDY



WHEN the blithe shopper, seeking midsummer frocks, brings up at the organdie display, she is in a fair way to grow reckless. The daintiness of this fabric and the lovely colors shown in it, have resulted in a tremendous vogue for organdie dresses; besides it is easy to make up and comparatively inexpensive. It is used for hats and bonnets, for trimmings and flowers and combined with other materials in numberless adorably pretty and simple gowns. Sometimes it finds itself in the company of gingham and sometimes with silk, fitting in with one as well as with the other. But often two colors in organdie are made up together. The frock at the right of the two pictured here, is an example of the two-color combination in which a light

amethyst color is set off by pipings and vestee in pale yellow. The dress has a plain underskirt and long tunic, the tunic having side panels of four tiers set together with pipings. In this dress as in nearly all others of organdie, there is a dash of the material. The hat is also made to match.

The dress at the left is a pretty combination of red swiss, dotted with white, and white organdie. The underskirt, sash, collar and sleeve ruffles, are of the organdie, and it is used as a piping to outline the tunic which is cut in four deep petals.

Ginghams in checks showing a color and white, as brown and white, blue and white and so on, are made up with plain organdies chosen to match the colored check, the organdie serving for tunics and over-blouses.

When in Quest of Hats



IN selecting headwear becomingness is, above all things, the most essential factor to be considered. It is the intangible thing that makes the simplest hat a success, and without it the most elaborate and exquisite is a failure. There are as many types of hats as there are of women, so that we may go forth confidently, and painstakingly, to be rewarded by millinery that flatters, and sometimes almost transforms us.

The becoming midsummer dress hat is not hard to find, as a rule, because it is made in such great variety. A little study of the group of model hats shown above reveals them suited to wearers that differ greatly in expression and personality, and who might differ much in age, except that nearly all hats are posed on young women. The dignified and pensive-looking maid at the left and top of the group, wears a hat with flower crown and droopy

brim, that has a long scarf or sash trailing from it.

Nearly all of the younger women find the wide-brimmed hat with ribbon drapery, like that at the right, a good choice, hence its re-appearance, with little modifications each season. Below it, a sprightly hat with braided crown and transparent petal brim, sets off a piquant face with sparkling eyes. At the lower left a small hat becomes the background for a handsome veil, both suited to the distinction of matrons and finally, at the right, a poke-bonnet shape, covered with a millinery fabric, reaffirms its charm when worn by the demure type of woman.

Julia Bottomley

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Help That Aching Back!



Is your back giving out? Are you tired, miserable, all run down; tortured with nagging backache, lameness and sudden, stabbing pains? If so, look to your kidneys. Overwork, hurry and worry tend to weaken the kidneys. Backache and an all worn out feeling is often the first warning. Get back your health while you can. Use Doan's Kidney Pills, the remedy thousands recommend. Ask your neighbor!

An Iowa Case
C. H. Nibel, 1103 N. Kellogg Ave., Ames, Iowa, says: "I had such a stiff and lame back I could hardly get up or down. My head ached and things blurred before my eyes. Mornings I felt tired and sluggish and hated to begin the day's work. My kidneys acted too frequently. Doan's Kidney Pills never failed to help me whenever I used them."

DOAN'S KIDNEY PILLS
80c a Box at All Stores
Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

"Eaten All Up."
Johnny was given a surprise party and a number of games were played. Among them was a game called "alligator."

While they were playing Johnny's mother came to the scene. She noticed that one of the children was not playing, so she said: "Why don't you let Harry play?"

"But, mamma," cried Johnny, "we are playing 'alligator' and he's eaten all up."—Buffalo News.

Logical.
He—No man follows fashion like a woman.

She—Oh, don't they? A woman follows fashions closely, but a man follows her just as closely, therefore.—London Answers.

Advice is like castor oil—it is one thing to prescribe and another to take it.

Sure Relief



BELL'S
FOR INDIGESTION

6 BELL'S Hot water Sure Relief

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