

## Warning to Women

Do not neglect Nature's Warning Signals.

If you suffer from headache, nervousness, sick stomach, constipation, palpitation, hysterics, or a dull heavy feeling in the head, TAKE HEED for nature is saying to you as plainly as if the words were spoken, "I NEED HELP."

The tissues, muscles and membranes supporting your womanly organs need strengthening—need a tonic, need FOOD.

STELLA-VITAE will supply what is needed, will supply it in the form that will bring quickest and most lasting results.

STELLA-VITAE, tested and approved by specialists, has been PROVEN TO BE nature's Great Restorer of strength to the womanly organs. For THIRTY YEARS it has been helping suffering women.

No matter how many remedies you have tried, no matter how many doctors have failed to help you—owe IT TO YOURSELF to try this great medicine for the ailments of women.

THE TRIAL WILL COST YOU NOTHING unless you are benefited.

We have authorized YOUR dealer to sell you ONE bottle on our positive, binding GUARANTEE of "money back if NOT HELPED." AFTER YOU are satisfied he will sell you six bottles for \$5.00.

Go or send this very day, this very hour, and get that ONE bottle and be convinced that you have at last set your feet firmly on the road to perfect health and strength.

Thacher Medicine Company  
Chattanooga Tenn.

## Whittemore's Shoe Polishes

Finest Quality Largest Variety



GILT EDGE, the only ladies' shoe dressing that polishes, cleans, and shines without rubbing. 25c. "French Gloss," 10c.

STAR combination for cleaning and polishing all kinds of shoes, 10c. "Dandy," 25c. "QUICK WHITE" (in liquid form with sponge) quickly cleans and whitens dirty canvas shoes, 10c and 25c.

BABY ELITE combination for gentlemen who take pride in having their shoes look A-1. Restores color and shine to all black shoes. Polish with a brush or cloth, 10c. "Elite" size 25c.

If your dealer does not keep the kind you want, send us the price in stamps for a full size package, charges paid.

WHITTEMORE BROS. & CO., Cambridge, Mass.

38-40 Albany St.

The Oldest and Largest Manufacturers of Shoe Polishes in the World



## The Bent Cultivator Tooth

A new labor saving device that makes cultivation easy, and materially increases crops.

Can be used on any crop planted in rows or hills.

Makes covering up of plants impossible.

One pair only needed on each cultivator, will fit any standard make.

Price \$1.00 Per Pair

Worth Their Weight in Gold

If not at your dealer, send \$1.00, and a pair of Bent Teeth, with complete directions, will be sent you direct.

Satisfaction Guaranteed, or Money Back

The B. & B. Mfg. Co.

61 Fleet Place, Brooklyn, N.Y.

Correspondence of dealers solicited.

## W.L. DOUGLAS SHOES

Men's \$2.00 \$2.50 \$3.00

Women's \$1.50 \$2.00 \$2.50

Misses, Boys, Children \$1.00 \$1.50 \$2.00

Super quality in 1879, now the highest made, \$3.50, \$4.00, and \$4.50 shoes in the world.

\$1,000,279 INCREASE

W.L. Douglas shoe in 1913 over 1912.

This is the reason we give you the same value for \$3.00, \$3.50, \$4.00 and \$4.50 now without the extra cost of leather. Our standards have not been lowered and the price to you remains the same.

Ask your dealer to show you the kind of W.L. Douglas shoe he is selling for \$3.00, \$3.50, \$4.00 and \$4.50. You will then be convinced that W.L. Douglas shoes are absolutely as good as any other shoe sold at higher prices. The only difference is in the price.

TAKE NO SUBSTITUTE.

None genuine without W.L. Douglas name stamped on the bottom. If W.L. Douglas shoes are not for sale in your vicinity, order direct from us. Write for every member of the family at all prices, postage free. Write for illustrated catalog, showing how to order by mail. W.L. DOUGLAS, 510 Spark Street, Brockton, Mass.

## Tutt's Pills

enable the dyspeptic to eat whatever he wishes. They cause the food to assimilate and nourish the body, give appetite, and DEVELOP FLESH.

Dr. Tutt Manufacturing Co. New York.

PISO'S REMEDY

Best Cough Syrup, Tastes Good. Use in time. Sold by Druggists.

FOR COUGHS AND COLDS

## CHILDREN LOVE SYRUP OF FIGS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Rank.  
"Is he an actor of rank?"  
"Yes, very."

Only One "BROMO QUININE"  
To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E.W. GROVE. Cures a Cold in One Day. 25c.

A Tangle.  
"I regret to say that I find myself missing."  
"Ha! Then you are lost!"

Distress After Eating.  
Indigestion and Intestinal Fermentation immediately relieved by taking a Booth-Overton Dyspepsia Tablet. Buy a 50c. bottle at Druggists. Money refunded if they do not help, or write for free sample. Booth-Overton Co., 11 Broadway, New York.—Adv.

Supreme Test.  
"Does your husband treat you unkindly?" asked the lawyer.  
"Certainly not!" said the substantial woman.

"Then why do you want a divorce?"  
"I don't actually want a divorce. I merely want to apply for one. Then I can judge by the kind of a fuss my husband makes whether he really cares for me or not."

Black Hole of Calcutta.  
The innate corruption and depravity of human nature were perhaps never more clearly brought out than in the historic Black Hole of Calcutta. That atrocity stands unrivaled as an instance of the utmost suffering humanity can endure, passed through by a large number, yet leaving a few survivors to tell the tale. Many more have been slain or executed at one time, death being expected; but probably only safe keeping of the prisoners was intended, and only fear of breaking a despot's sleep prevented their earlier release. Yet this torture, "unequaled in history of fiction, whose record cannot be read unmoved after the lapse of a hundred and fifty years," was produced merely by crowding men together in an ill ventilated room. No fires, racks, nor scourges were needed; all that was done or required to be done was to take from each the amount of air and space to which he was accustomed, crush him into close proximity with his fellows, and the thing was accomplished.—From "A Farmer's Note Book," by E. D. Phelps.

NOT A MIRACLE  
Just Plain Cause and Effect.

There are some quite remarkable things happening every day, which seem almost miraculous.

Some persons would not believe that a man could suffer from coffee drinking so severely as to cause spells of unconsciousness. And to find relief in changing from coffee to Postum is well worth recording.

"I used to be a great coffee drinker, so much so that it was killing me by inches. My heart became so weak I would fall and lie unconscious for an hour at a time.

"My friends, and even the doctor, told me it was drinking coffee that caused the trouble. I would not believe it, and still drank coffee until I could not leave my room.

"Then my doctor, who drinks Postum himself, persuaded me to stop coffee and try Postum. After much hesitation I concluded to try it. That was eight months ago. Since then I have had but few of those spells, none for more than four months.

"I feel better, sleep better and am better every way. I now drink nothing but Postum and touch no coffee, and as I am seventy years of age all my friends think the improvement quite remarkable."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of the famous little book, "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.  
—sold by Grocers.

## SUITABLE CROP FOR SOUTHERN STATES



A Dasheen Plant As It Grows in the Field.

(Prepared by the United States Department of Agriculture.)

The newly introduced vegetable, the dasheen, which resembles the potato and is a peculiarly suitable crop for our Southern states, has been experimented with by scientists of the department of agriculture, who now give the details of a special way in which it may be forced. By forcing and blanching the shoots of this tuber crop (which ordinarily is grown like the potato) the scientists have obtained a new tender delicacy for the table which may be used much like asparagus, while its flavor is suggestive of mushrooms.

Several ways of forcing and blanching the shoots of this vegetable have been tried and satisfactory shoots have been grown in all these ways. In one of the experiments blanching was accomplished by keeping the shoots covered with sand. In other experiments by the department, a frame covered with several thicknesses of burlap was used. The boxes in which these experiments were carried on were placed in a greenhouse on a bench that was supplied with bottom heat.

Where the production of shoots on a large scale is desired other methods are more suitable. These are described in a circular just issued by the office of foreign seed and plant introduction, entitled "The Forcing and Blanching of Dasheen Shoots." The office will supply the bulletin to any one that requests it. Requests should be addressed to the United States department of agriculture, Washington, D. C.

The new circular gives a number of illustrations, one of which shows a bed of dasheens in a greenhouse at Battle Creek, Mich. There is a board covering shown in the course of construction which is for the purpose of blanching the shoots. This is practically light-proof and should have sides from 18 to 24 inches high. The temperature inside this should be about 70 degrees F. The soil (or sand) should be a little warmer, say 80 degrees. To obtain this temperature it is best to partially inclose the space beneath the bed.

To obtain the shoots, corms of the dasheen, weighing two to three pounds or more, are planted in a fairly warm place in very moist sand or sandy soil. "Corm" is the term used to describe the bulb-like root of the plant as "tuber" is used to describe that of the potato. A half-and-half mixture of sand and ordinary potting soil has given good results. The corms are just covered, the terminal bud being at the surface. Provision must be made for keeping the shoots in total darkness from the time they begin to grow. Water should be supplied often enough to keep the sand or soil continuously moist.

The first crop of shoots is usually ready for cutting in 35 to 40 days after planting. From six to ten cuttings can be made at intervals of 10 to 14 days, depending upon temperature and the size of the corms used. The shoots are cut close to the corm, and as far as practicable, before the leaves begin to expand. They will then usually be eight to sixteen inches long.

After the corms become exhausted, which is indicated by the weak growth of the shoots, they are discarded.

Out of doors in a warm region, as in Florida, the corms may be planted in rows in sandy soil and the shoots blanching by ridging the soil as growth progresses. Instead of ridging the soil, boards may be used, as in blanching celery, but the shoots must not at any stage of their growth be exposed to light for any considerable length of time.

The shoots have been found to keep well for several days if in a cool, dry place. As they are very succulent, however, it is better that the period of storage be very limited—not over two to four days when available. A little ventilation is necessary, but as the shoots soon wilt if evaporation is too rapid a paraffined paper should be used in wrapping and a slight opening left.

Sometimes, when the shoots are to be kept for only a day or two before

using, it may be advisable to wrap first in wet paper and then with paraffined paper, especially if the place where they are to be kept is not quite cool enough.

Shoots Should Never Be Tasted Raw.

A special method of cooking is required for blanched dasheen shoots in order to destroy a slight bitterness of taste. They should never be tasted raw.

The following recipes, although prepared with a good deal of care, are not considered as final, and it is hoped that housewives and others will try modifications of them:

(1) Cut the shoots into two-inch lengths, pour on an abundance of boiling water, add salt, and boil for 12 minutes; drain, pour on enough cold milk so that the shoots will be completely covered when it boils; season with salt and boil for five minutes; drain, season with butter and serve on toast or plain. Cream sauce may be used in serving if desired.

(2) Instead of boiling in milk after draining off the first water, add a little piece of bacon or other fat meat, and then pour the shoots with cold water, season with salt, and boil for five minutes; drain and serve.

Indigestion cannot supply in-  
amples of this new de-  
dasheen. It can, how-  
in touch with com-  
where they may obtain  
the department, however, gladly  
supply prospective growers with a  
limited quantity of dasheens suitable  
for experimental growth in the ordi-  
nary manner. The department has al-  
ready emphasized the advisability of  
the extension of this crop in the Southern  
states. In its ordinary uses the dasheen  
satisfactorily supplements the potato  
when there is a shortage of the latter  
crop.

## DIPS FOR TICK ERADICATION

Arsenical Solution May Also Be Used in Destroying Lice—But Few Accidents Reported.

Arsenical dips have found their greatest use in tick eradication, but



A Dipping Tank.

they may also be successfully used for destroying lice. They seem to be rather unsatisfactory against mange or scab. One great objection to arsenical dips is their poisonous nature, but if their use is supervised by persons of average intelligence there is comparatively little risk of injury either to human beings or live stock. Although many millions of cattle have been dipped in arsenical dips in this country during the last few years the accidents reported have been exceedingly few.

## Locating Greenhouses.

When locating hotbeds, cold-frames or greenhouses it is important to select a place which is protected as much as possible from hard, western winds. If protection is not afforded by buildings, woods, hills or wind-breaks it is easily possible to soon establish a wind-break and in the meantime a tight board fence can be erected to give protection until the hedge has made sufficient growth.

## MUCH COMFORT IN BERMUDA

Happy People of Islands—Nobody Appears to Be Poverty-Stricken or in Distress.

New York.—When the American traveler, taking his first trip to Bermuda, steps aboard a liner at New York, he rarely realizes that in less than forty-eight hours he is going to experience a wonderful transformation, something that he will never forget. He puts behind him trees stripped of leaves, ground snow-covered and frozen tight, dull and leaden skies, cold, biting winds. When next he sights land the sun is warm, flowers are blooming profusely and every-



Home of Wealthy Planter.

thing is gay and radiant, from the tinted water beneath the ship's keel to the glistening white roofs on shore. He has been waited from winter to spring, and the change has been wrought with surprising swiftness.

Nor does the transformation end here. He is actually in a foreign land—England's oldest colony and an important link in the empire's chain of ocean way stations. The difference is noticeable at once. Tommy Atkins swaggers in the streets, and the natives, even those with colored skins, speak with an English intonation, though most of them have never been in the old country. Their ideas and ways of doing things are British, properly modified to suit their own needs, and they hold the mother country and her institutions in veneration.

There is another contrast. Everything seems to be on a small scale, the houses, the roads, the hills, for Bermuda is a miniature country. Yet the proportions are so perfect that the islands appear to be quite a large place after the visitor has gone about a little. In his excursions he comes in close contact with the native and learns to know him. And he usually likes the Bermudian.

Americans and Canadians who visit Bermuda—they number 20,000 or more yearly—invariably remark upon the extraordinary good behavior of their hosts and the absence of poverty among them. Everybody is polite, nobody looks as if he needed a square meal or a new suit of clothes, the children are happy and far different from the children of the tenements in crowded cities, because they have a normal life, and never feel the pinch of hunger and the sting of cold.

## ROMANCE OF AN A. D. T. BOY

Wed Few Days After Meeting, Wife Dies Soon, Leaving Him Heir to \$200,000.

Durham, N. C.—Sylvanus Gray of Durham, when employed six months ago as a messenger boy by the Western Union Telegraph company, was sent with a telegram for Miss Lulu Johnson of Lynchburg, Va., who was visiting in West Durham. Gray, who is twenty, declares the moment he saw Miss Johnson he knew it was a case of love. With the young woman it was apparently the same.

Before the messenger boy left the house they arranged to be married, although they had never seen one another prior to that meeting.

A few days later the young woman came to this city from her home in an automobile, called Gray by telephone and they met and were married.

After riding around for several hours in the machine, Mrs. Gray bade her husband keep the marriage a secret and went back home. Gray heard no more from her until he received a telegram, five months later, stating she was dying, and bidding him come to Lynchburg immediately.

Since Mrs. Gray's death, it has developed she was an heiress to \$200,000, the legacy of an uncle who has since died. Through the will of Mrs. Gray, all her property reverts to her husband, the former messenger.

## Dead Bird Causes Trouble.

Syracuse, N. Y.—Postmaster J. J. Kesel is awaiting word from Washington as to the disposition of a dead eagle discovered in a parcel post package. Birds cannot be sent through the mail and the dead letter office will not take it.

## Mayor Does Family Wash.

San Bernardino, Cal.—Declaring he was for equal suffrage, Mayor Joe Catlick invited all who doubted his word to call at his home any Monday and watch him do the family wash.

## Held for Selling "Love Powders."

New York.—Joseph Weaver and Rudolph Manser were arrested for selling "love powders," which were plain talcum powder.

## MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You—Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

## Hadn't Seen "Pedestrian."

While two men were driving in the country in an automobile the car broke down. Finally one decided to walk on until his companion could make the necessary repairs and overtake him. When the car was in running order again the driver started up, and a mile farther along came to an old negro hoeing corn near the roadside. "Did a pedestrian pass this way awhile ago?" asked the man at the wheel. "No, sah. I been right head on dis corn patch more 'n an hour, an' nothin' done passed 'cept one solitary man, an' he wuz a tramp—in 'long on foot."

## DIZZY, HEADACHY, SICK, "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

## Answered.

Evelyn—When does Hazel expect to get married?

Lorraine—Oh, every season.

## THE JOY OF DANCING EXERCISE.

Is assured to those who use Allen's Foot-Paste, the antiseptic powder to be shaken into the shoes. It prevents soreness and itching. 50,000 testimonials. Sold everywhere. 25c. Refuse substitutes. For FREE trial package address Allen S. Olmsted, Le Roy, N.Y.—Adv.

## Intermittent.

Knicker—Any luck?

Bocker—No, the fish seemed to be in part time schools.

## It Takes the Fire Out.

To take the fire out of a burn or scald quickly use Hanford's Balsam of Myrrh. Apply it lightly at once and the inflamed skin should be quickly cooled. Be prepared for accidents by always having a bottle on hand. Adv.

About three weeks after marriage a woman discovers that the capital prize in the matrimonial lottery is still undrawn.

For inflamed sore eyes apply Hanford's Balsam lightly to the closed lids. It should relieve in five minutes. Adv.

Spinsters should have a better matrimonial show if widows would keep out of the game.

For weak joints apply Hanford's Balsam thoroughly and well rubbed in. Adv.

Even in the good old summer time one encounters a lot of cheap skates.

For bruises use Hanford's Balsam. Adv.

Constant use will wear a thing out, even the constant use of a friend.

Made since 1846—Hanford's Balsam. Adv.

Spicy conversation should be handled gingerly.