

Nerves All Unstrung?

Nervousness often comes from weak kidneys. Many a person who worries over trifles and is troubled with neuralgia, rheumatic pains and backache, would find relief through a good kidney remedy. If you have nervous attacks and sharp, shooting pains, or if you are annoyed by bladder troubles, try Doan's Kidney Pills. These have brought quick benefit in thousands of such cases.

An Idaho Case

Mrs. E. Rockwell, 221 Fifteenth Street, Lewiston, Idaho, says: "My back was so lame and pained so intensely that it was impossible for me to stoop over. My kidneys were sluggish and gave me no little annoyance. Doan's Kidney Pills not only regulated my kidneys and made them normal, but they relieved the lameness in my back and helped me in every way."

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

One Million Five Hundred Thousand Pounds of Powder for the Feet.

That is what the government sent last year to make the soldiers' and sailors' feet comfortable and fit for the kind of war they fought and finished.

In Peace and War for over 25 years Allen's Foot-Ease, the Antiseptic, Healing Powder for the Feet, to be shaken into the shoes and sprinkled in the foot-bath has been the standard remedy for all aching, swollen, hot, tired feet, blisters and sore spots and for the instant relief of corns, bunions and calluses.

Thousands of people sent packages of Allen's Foot-Ease to their sons, brothers or sweethearts in the army and navy because they knew from experience that it would freshen and rest their feet, make their shoes comfortable and walking easy. Those who use Allen's Foot-Ease have solved their foot troubles.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Reasonable. Highest references. Best service.

OF YESTERDAY AND TODAY

Italian Town, Industrial Center, Still Retains a Reminder of the Middle Ages.

Arona is best known to travelers as the station on the railroad from Milan where Lake Maggiore first bursts into view. To Italians it is best known for its plantations of American corn, a novelty in Europe.

Today, Arona is an industrial center, but off in the northeast corner the castle of Angero adds a touch to the landscape which bespeaks medieval importance. The famous Borromeos—who produced Cardinal de Medici, who became Pope Pius IV—dwelt in ancestral halls on the outskirts of the village.

At the Hotel Reale, a tablet calls attention to the fact that Garibaldi was a guest there in 1848.

That "Arona, Lago Maggiore," Turner's wonderful canvas, was not made from photographs can be gathered from Ruskin's letter, in which he says, "No such hills are, or ever were, in sight from Arona. They are gathered together, hill by hill, partly from the Battles of Oleggio, partly from above the town here, partly from half way up the lake near Baveno and then all thrown together in one grand imaginary chain."

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these pesky spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Mine Sweepers at Work.

Mine sweepers are ships that discover and sweep up explosive mines that are put into the sea in time of war for the destruction of enemy ships. Usually two small vessels work together in the mined area. The ships drag a mine cable, one end of which is on each ship, the middle part of the cable being suspended at the proper depth from floats. The mines are caught or exploded by the cable.

Cuticura Soothes Itching Scalp

On retreating gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

Orcharding in South Africa.

The present South African area of commercial orchards is estimated at 20,000 acres, exclusive of raisins and sultans. Of this area probably 10,000 acres are planted with varieties largely used for drying.

Whoever knows when to quit hoping for the best is the one who gets out of the deal with a good profit.

Artificial legs and arms were in use in Egypt as early as 700 B. C.

MURINE Rests, Refreshes, Soothes, Beads—Keep your Eyes Strong and Healthy. If they're Smart, Itch, or Burn, If Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.

DAIRY



PRICES OF DAIRY PRODUCTS

Do Not Fully Respond Immediately to Advance in Cost of Feed—Lag Was Felt in 1917.

(Prepared by the United States Department of Agriculture.)

Higher prices of the crops eaten by live stock should find their way into higher prices for live stock products. Eventually they may, but there is what the bureau of crop estimates of the United States department of agriculture calls a "lag." Product prices do not fully respond at once to advance in feed prices. Such was the situation of farmers with regard to the prices of dairy products and other animal products from 1915 to 1918, and the lag was heavily felt by farmers in 1917.

From 1915 to 1916 crop prices increased 47 per cent, and from 1915 to 1918 about 120 per cent. During the same time the total value of animal products on the farm did not correspondingly gain, although a tendency to overtake the lag appeared in 1918.

In the meantime live stock has increased in number and price, and enormously in total value, although not enough to hold its place in the procession, and it is interesting to compare the total value of live stock products with the total value of live stock itself year by year during the war. In each of the three years, 1913-1915, the aggregate value of live stock products was 65 per cent of the aggregate value of live stock. The ratio went up to 68 per cent in 1916, made a great advance to 78 per cent in 1917, and 84 per cent in 1918. Live stock value, compounded of increasing number and increasing price, lagged behind the advancing value of live stock products.

That there should have been a lag in the advance of live stock value, compared with the advance in the value of live stock products, is in accordance with experience, but these products themselves lagged in price behind the price of the crops eaten in their production. Consequently some unprofitable production of animal products may have accompanied the lag of live stock value behind value of products.



Good Pasture Is the Cow's Best Feed.

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TO AVOID MOTTLED BUTTER

Defect Is One of Workmanship and Can Be Prevented by Application of Proper Methods.

(Prepared by the United States Department of Agriculture.)

Mottled butter is frequently found on the market at this time of the year, and, even though it may be of very good flavor, it is strongly discriminated against by the purchaser. As this defect is one of workmanship, it can be overcome by the application of proper methods on the part of the buttermaker.

Mottles are caused primarily by an uneven distribution of salt in the butter. This may be produced by inefficient working of the butter or by churning, washing, and working it at a very low temperature, or by washing or working it at a temperature several degrees higher or lower than the churning temperature.

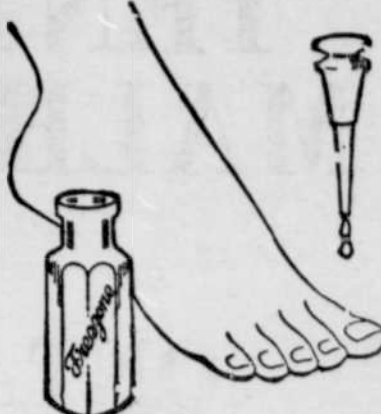
When the quantity of butter made in one churning is much less than usual, it is necessary to work it a greater number of revolutions of the churn than usual in order to produce the same results on the butter.

Extremely low temperatures of churning, washing, and working should be avoided, because they produce so firm a butter that it is only with great difficulty that the salt can be worked uniformly into it. High temperatures of churning, washing, and working must also be avoided to prevent an abnormal loss of fat in the buttermilk and also the making of a greasy, leaky butter.

Great variations in temperature during the manufacturing process should always be avoided. Under normal conditions the temperature of the wash water should be the same as, or within 2 degrees of, that of the buttermilk.

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

For the Neighbors' Sake.

"Extravagance," said a Pittsburgh man, "is the bane of America, and why are we extravagant? For the fun of it? No—for the neighbors' sake."

"I know a man who awoke very late one winter night and found his wife just returning to the bedroom."

"What's that loud noise I heard," he asked, "and what have you been doing in the cold?"

"It's all right, dear," she answered. "Go to sleep again. You see, the people are coming back home from the opera, and I just slipped down and slammed the front door hard, so that the neighbors would think we'd been there."

At a Bargain.

"I would give a thousand pounds to have a little boy like you as my own," said an elderly lady to Tommy.

"That's a rare lot of money, isn't it, ma'am?" queried Tommy, with wide-open eyes.

"Not for me," smiled the lady, "because I've got lots of money and no little children."

"Mother wouldn't let you have me for good," said Tommy slowly, but with conviction, "but—but you may hold my hand for sixpence."—From Blighly, London.

Practical Suggestions.

"I've figured out a solution of the traffic tangle."

"Airplanes?"

"Nope! Keep the automobiles on the sidewalks, and let the pedestrians take the streets."

"But how about the street cars?"

"Put the trolleys under them, and run them above the wires."

"Where'd you park the machines?"

"Park them in the stores."

A Slicer.

"I understand your husband is an excellent carver?"

"He's the worst in the world. I never let him serve when we have company."

"That's queer. At the golf club the other day I overheard him telling another man that he was the world's greatest slicer."

Truth.

Visitor—You will be sure to tell your mistress I called while she was out.

Maids—Oh, yes; she will be delighted to tell her.—Pearson's Weekly.

Did you ever notice that the man who whines and the man who wins are not the same?

Real Philosopher.

One of the dark-skinned warriors in camp just back from the Champagne grinningly indorsed the war.

"No, sah, boss, Ah ain't got a kick. Dis ahmy is the real life. Why, do you know all dah time Ah was in France Ah nevah missed a meal—not a meal." Surprise, of course, from the listener.

A row of grinning teeth: "Well, of coorse, sometimes mah meals was about three to foah days late—but Ah got 'em all right."—Trench and Camp.

Just Opposite.

"Is that man surreptitious in his methods?"

"No sirup in his methods. He's in the wholesale pickle business."

THE MOST DANGEROUS OF ALL DISEASES

No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, look out! Danger is in sight.

Find out what the trouble is—without delay. Whenever you feel nervous, weak, dizzy, suffer from sleeplessness, or have pains in the back, wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from your system.

Get some GOLD MEDAL Haaslem Oil Capsules at once. They are an old, tried preparation used all over the world for centuries. They contain only old-fashioned, soothing oils combined with strength-giving and system-cleansing herbs, well known and used by physicians in their daily practice. GOLD MEDAL Haaslem Oil Capsules are imported direct from the laboratories in Holland. They are convenient to take, and will either give prompt relief or your money will be refunded. Ask for them at any drug store, but be sure to get the original imported GOLD MEDAL brand. Accept no substitutes. In sealed packages. Three sizes.

Tired Nervous Mothers

Should Profit by the Experience of These Two Women

Buffalo, N. Y.—"I am the mother of four children, and for nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia E. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my household work."—Mrs. B. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.



Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Not a Flattering Portrait.

While the minister was making a call the little girl of the house was busy with pencil and paper.

"What are you doing?" he asked, when her mother had left the room for a moment.

"I'm making your picture," said the child.

The minister sat very still, and she worked very earnestly. Then she stopped and compared her work with the original and shook her head.

"I don't like it much," she said. "I don't like it much, I guess. I'll put a tail to it and call it a dog."

Affording a Comparison.

"What are you going to do with yourself this summer?"

"I'm going to help mother and the girls enjoy themselves at a summer resort," said Mr. Cumrox.

"So you are going with them?"

"No. I'm going to stay in my cool, capacious city home and write them a letter every day about how hot and uncomfortable I am."

All in the Game.

"The course of true love never did run smooth." "Oh, well, we all like to bump the bumps."

Safe and Sane.

"We had a safe and sane Fourth of July."

"Yes," remarked Miss Cayenne.

"Children are no longer encouraged to take a morbid interest in amateur fireworks in order to entertain their parents."

The man who has blisters on his hands will have few on his conscience.

He that is ashamed of his calling ever liveth shamefully in it.



Cuticura For Baby's Itchy Skin

All druggists. Send 10c. to get a bottle. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

Kill All Flies! THEY SPREAD DISEASE

Look anywhere. DAIRY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and safe. Made of metal. Can't spill or tip over. Will not soil or injure anything. Guaranteed.

FLY KILLER at your dealer or by EXPRESS, prepaid, \$1.50.

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



PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

A CHARMING GIFT

ARMISTICE PERFUME

This perfume extract will recall to you the rich, costly odor of a hundred French flowers—so lasting—so true. Write for a sample to send you a bottle. 14 ounces each, and one special bottle with glass stopper and gold plated top (this bottle is worth one dollar) altogether five bottles of different, enchanting perfumes for \$10.00 (U.S.A.). Postpaid, money order or currency. Send \$1.00 TODAY.

ARMISTICE SPECIALTIES

151 West 39th St., New York, N. Y.

1 BALTIMORE AGENTS—Send \$1.00 for above, including sample and samples, exclusive territory, wonderful proposition.

Acid-Stomach

Makes 9 Out of 10 People Suffer

Doctors declare that more than 70 non-organic diseases can be traced to Acid-Stomach. Starting with indigestion, heartburn, belching, food-repeating, bloating, sour, gassy stomach, the entire system eventually becomes affected, every vital organ suffering in some degree or other. You see these victims of Acid-Stomach everywhere—people who are subject to nervousness, headache, insomnia, biliousness—people who suffer from rheumatism, lumbago, sciatica and aches and pains all over the body. It is safe to say that about 3 people out of 10 suffer to some extent from Acid-Stomach.

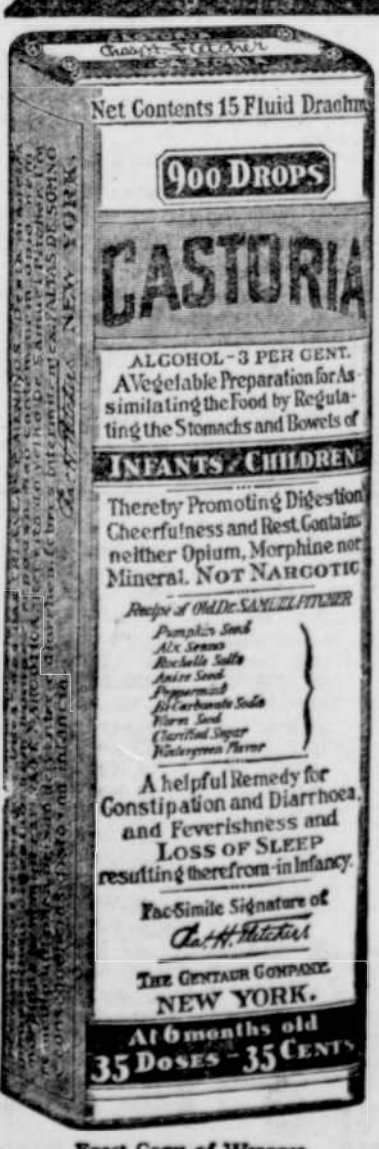
If you suffer from stomach trouble or, even if you do not feel any stomach distress, yet are weak and ailing, feel tired and dragged out, lack "zip" and enthusiasm and know that something is wrong although you cannot locate the exact cause of your trouble—your naturally want to get back your grip on health as quickly as possible. Then take EATONIC, the wonderful modern remedy that brings quick relief from pains of indigestion, belching, gassy bloating. Keep your stomach strong, clean and sweet. See how your general health improves—how quickly the old-time vim, vigor and vitality comes back!

Get a big 50c box of EATONIC from your druggist today. It is guaranteed to please you. If you are not satisfied your druggist will refund your money.

EATONIC

(FOR YOUR ACID-STOMACH)

W. N. U., Salt Lake City, No. 30-1919.



Children Cry For

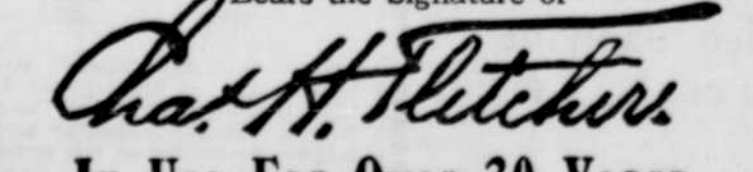


What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.