JOY BROUGHT INTO HOME

By Lydia E. Pinkham's Vegetable Compound, Restoring Mrs. Benz to Health

Altoona, Pa.—"I am writing to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. We have had six children die almost at birth. From one hour to nineteen days is all they have lived. As I was going to have another, I took a dozen bottles of your Vegetable Compound and I can say that it is the greatest medicine on earth, for this baby is now four months old and a healthier baby you would not want. I am sending you a picture of her. Everybody says, 'That is some healthy looking baby.' You have my consent to show this letter."—Mrs. C. W. Benz, 131 3rd Ave., Altoona, Pa.

No woman can realize the joy and happpiness this healthy babe brought into the home of Mrs. Benz, unless they have had a like experience.

Every woman who suffers from any ailments peculiar to her sex, as indicated by backaches, headaches, bearing-down pains, irregularities, nervousness and "the blues" should not rest until they have given Lydia E. Pinkham's Vegetable Compound a trial.

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.

DROPSY TREATED ONE WEEK FREE Short breathing relieved in a few hours swelling reduced in few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. *Write for Free Trial Treatment* COLLUM DROPSY REMEDY CO., Dept. S. O., ATLANTA, GA

KREMOLA A WONDERFUL FACE BLEACH. Removes Tan, Liver Spots, Pimples, etc. Dealer, or mail $1.25. Free book. Dr. C. H. BERRY COMPANY, 2975 Michigan Ave., Chicago

Life as I See It.

I admire these stories in which the hero struggles along nobly on $4,000 per year. Statistics show that 90 per cent of us never earn that much.—Louisville Courier-Journal.

She Was Sort of Drowsy Like.

Husband (reading paper)—Here's something about a girl who slept continuously for two months. I wonder if it wasn't the same one who worked for us last year.

To Have a Clear Sweet Skin

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

When compared with the tailor-made woman appearances are against the self-made man.

Truth crushed to earth has learned to try to make a coalition with the party in opposition.

True men are always truthful men.

Yes

it's toasted, of course. To seal in the flavor—

Guaranteed by The American Tobacco Co.

Agents, 200% Profit
A Wonderful Native Herb Laxative Tablet
Has a national reputation for quick selling and repeating qualities. Write at once for our proposition.
Lock Box 1422, St. Louis, Mo

PATENTS Watson E. Coleman Patent Lawyer, Washington D. C. Advice and book free. Rates reasonable. Highest references. Best service

PREVENT LOSSES IN SHIPPING HAY

Invoices Should Precede Car and Contain Full Details Concerning Consignment.

FOLLOW INSTRUCTIONS GIVEN

Exact Weight of Hay and Number of Bales in Car Should Be Stated on Bill of Lading, Together With Its Grade.

(Prepared by the United States Department of Agriculture.)

Careless and inaccurate billing or invoicing are responsible for much of the delay and losses experienced by hay shippers, says the bureau of markets and crop estimates, United States Department of Agriculture. Accordingly the bureau has prepared the following suggestions that apply to the shipment of grain as well as hay:

Follow billing instructions in detail, naming route and delivery road when requested.

Forward bills of lading and invoices promptly.

Prepare invoices carefully, stating car initial and number, date of shipment, number of bales, total weight of car, or of each particular kind or grade, and price data when available.

Follow Instructions Closely.

If the billing instructions furnished by the consignee are not clear, it is generally a better plan to hold the shipment until satisfactory instructions are received than to take the chance of billing it incorrectly. When specific instructions as to routing or delivery are given they should be followed in detail, as it is frequently the case that shipments arriving over roads other than those specified must be switched at considerable cost before delivery can be made at the desired location. In many markets hay shipments arriving in certain railroad yards will not sell as advantageously as when they arrive in other yards because of unfavorable switching facilities or because of the distance of the yards from buyer's warehouses. Commission merchants and dealers in the markets are familiar with these factors and, when possible, request billing that will not subject their hay shipments to these handicaps.

Buyers may also desire to reconsign their hay upon arrival or change the billing while the car is in transit; but if the hay is shipped via another line from which they cannot reconsign the shipment, they may suffer a considerable loss which can be charged back to the shipper, if he has not followed shipping instructions.

Forward Bill of Lading Promptly.

When the bill of lading has been signed by the railroad agent it should be forwarded promptly to the consignee, unless it is desired to attach a draft to it, in which case it should be placed in the bank for transmittal to the consignee at the earliest possible

Selling Hay at Terminal Market.

moment. When cars are shipped only a short distance, and especially if billed to shipper's orders, the bank should be directed to forward the draft and bill of lading direct to consignee's bank, if known; otherwise to a bank in his town. If this precaution is not taken the bank may follow its usual custom of sending the documents through the regular channel of corresponding banks, which may delay delivery to the consignee until after the car of hay has arrived and been placed on demurrage.

In addition to careful and accurate routing of the shipment, the exact weight of the hay and the number of bales loaded into the car should be stated on the bill of lading, and it is also a good practice to state the kind and grade of hay comprising the shipment.

Making the Invoice.

When a car of hay is consigned to a dealer in a distant market a letter to him stating that a car of hay is being shipped is not sufficient information upon which he can arrange to the best advantage for its arrival and sale. Whether a car is consigned or has been sold on track or to arrive, a carefully prepared invoice should be sent the consignee at the time the car is shipped. Such an invoice should show the car initial and number and date of shipment. Also the kind and quality of hay, together with the number of bales and the total weight. If two or more distinct kinds or grades have been loaded, the number of bales and the total weight of each kind or grade should also be shown.

KNOWLEDGE ASSISTS IN SELLING TIMBER

Farmer Can Avoid Losses by Careful Study of Market.

Forest Service Offers Suggestions to Owners of Woodlands in Regard to Sale of Material of Highest Prices.

(Prepared by the United States Department of Agriculture.)

Woodland owners often sell their timber without having a sufficient knowledge of its market value to protect their interests, and suffer loss in consequence. Losses can be avoided only by a careful and thorough study of all available markets. The following steps may be of assistance in acquiring a knowledge of the sale value of timber, says the forest service of the United States Department of Agriculture.

Take advantage of the experience of neighbors who have recently sold timber or have otherwise informed themselves in regard to good markets and current prices.

Apply to the state forester, the county agricultural agent, or any other available public official or personal

Losses in Selling Timber Can Be Avoided Only by a Thorough Study of All Available Markets.

agency for sources of information and advice regarding possible markets and timber prices.

Employ the services of some reliable man who has made a special study of market prices of logs and lumber. The saving gained thereby, unless the owner has had much experience along that line, may amount to from 10 to 40 times the cost of the examination.

Get into touch, through correspondence, with outside buyers, and thus awaken competition among as many prospective purchasers as possible. A live effort along this line will often bring about an open market for standing timber.

Determine the value of the material by reference to current market prices and the total cost of putting it on the market.

Additional information concerning the selling of farm timber is contained in Farmers' Bulletin 1210, Measuring and Marketing Farm Timber, copies of which may be had free by addressing a request to the Division of Publications, United States Department of Agriculture, Washington, D. C.

ONIONS MUST BE WELL DRIED

Crop Should Be Thoroughly Cured Before They Are Placed in Storage, Says Department.

Onions should be well ripened and thoroughly cured in the field, in drying sheds, or on slat trays before they are placed in storage, says the United States Department of Agriculture. Decay and deterioration result from the storage of immature, soft, or "thick-necked" onions and from imperfect curing, bruising, or other injuries caused by improper methods of handling in harvesting and drying.

When in good condition for storage, onions are well cured, hard, free from loose skins or mechanical injuries caused by rough or careless handling. They should be stored in slatted onion crates or in shallow slatted bins, and should be cooled to a temperature of 32 to 36 degrees as quickly as possible after they are placed in storage.

It is best that they be placed in frost-proof, ventilated cellars, in well-insulated storage houses above ground, or in cold-storage houses. In common storage houses adequate means of ventilation should be provided for the quick cooling of the product and for maintaining a uniform temperature during the storing season.

INCREASED YIELDS OF CORN

Clear Gain of 8,000 Bushels Per Year by Ohio Farmer Who Followed Department Advice.

Records of one 800-acre farm in Ohio show an annual increase of 8,000 bushels of corn through the adoption of new strains of corn and improved methods developed and recommended by the United States Department of Agriculture. The farmer has been following the advice of the department for 20 years, and has kept careful records of his yield. For the last ten years the increase averages more than ten bushels an acre over previous years. Beyond the extra cost of harvesting, the labor and expense is no greater than previously, so the 8,000 bushels is regarded as clear gain.

The Kitchen Cabinet

Copyright, 1921, Western Newspaper Union

"Show me the man who has benefited the world by his wisdom, or his country by his patriotism, or his neighborhood by his philanthropy, and you show me a man who has made the best of every minute."

CULINARY HINTS.

A well made and flavored pumpkin pie is satisfying enough for most palates, but pumpkin pie de luxe is served with whipped cream, into which has been stirred some nice seasoned cheese.

It is often the mother who puts too many frills on daughter's garments who says she has no time to fuss with frills on dishes. Time is never wasted in making food attractive.

A pretty salad is one using two halves of a pear. Arrange on lettuce, flat side down, and decorate with quartered blanched almonds, putting them into the pear pointed end down. Serve with a French or mayonnaise dressing. Frozen whipped cream, sweetened and flavored, then packed in ice and salt several hours to freeze, served with bits of ginger or candied cherries, is a delicious dessert.

Apples cored and the centers filled with bananas cut in strips to fit in the cavity, sugar and butter with a little water added, then baste while baking, makes a very pleasant variation of the everyday baked apple.

A quick dessert enjoyed by chocolate lovers is called Dresden crumbs, prepared as follows: Take one cupful of bread crumbs, one-half cupful of grated chocolate, two tablespoonfuls of sugar and a pinch of salt. Stir and mix well and bake until the chocolate is melted. Serve with sweetened whipped cream.

When a child or a person who is ill refuses to drink the milk or cocoa which is provided, give him straws to drink through and serve the milk in an attractive cup or bowl.

Milk toast is a wholesome dish and one which may be served to the children as well as grown-ups. Add a grating of cheese to the dish served to the adults, giving a change in flavor and also increasing the food value.

When preparing a meat loaf, add one-half to one cupful of oatmeal to the meat and arrange two or three hard-cooked eggs in the loaf so that when sliced they will add to its appearance.

All men whom mighty genius has raised to a proud eminence in the world have usually some little weakness which appears more conspicuous from the contrast it presents to their general character.—Dickens.

SEASONABLE GOOD THINGS.

Now that oysters are again in season the following will be a suggestion which may be used or modified:

Oysters in Cucumber Cups.—Cut large cucumbers into quarters, crosswise—a smaller cucumber will not cut into as many pieces. Remove the peel lengthwise in narrow strips, leaving strips of peeling to make a striped effect. See that the sections will stand level, then scoop out the centers. Cucumbers that are too old for slicing may be used as cups. Fill with raw oysters, minced fish, or lobster and bake in a pan in a hot oven until the cucumbers are tender. Serve with a spoonful of tartar sauce in each cup.

Cuban Eggs on Toast.—Cook together for five minutes one-fourth of a cupful of sausage meat and one teaspoonful of grated onion. Add to a pan six beaten eggs, one-fourth of a teaspoonful of salt, a dash of pepper, and stir until the eggs are creamy. Pour over slices of toast well buttered and garnish with slices of fresh tomato sprinkled with chopped green pepper.

Terrapin Chicken.—Chop two hard eggs and two cooked chicken livers, mix these with two cupfuls of cold cooked chicken cut in bits. Season to taste with salt, pepper and a grating of nutmeg. Melt three tablespoonfuls of butter in a frying pan; add two tablespoonfuls of flour and one cupful of equal parts of chicken stock and cream. Cook as for white sauce, add the chopped mixture, cover, and simmer over gentle heat for ten minutes. Before serving, add the yolk of an egg beaten with two tablespoonfuls of cream and one teaspoonful of lemon juice; stir this into the hot mixture and pour into timbale cups or crustades.

Economical Dessert.—Boil a sweet potato until quite tender, cut in cubes, place them in a pan with sugar and water and boil until the sirup is quite thick. Remove from the fire; serve when cool enough to eat with the sirup.

Florida Favorite.—Prepare a lemon jelly and let it partly cool. Line a mold with strips of sponge cake and pour over a layer of gelatin and allow it to stiffen. Keep the remainder of the gelatin in a warm place. Fill the mold with ripe berries and pour over the remainder of the gelatin. When cold and firm turn out and garnish with a few whole ripe berries.

Nellie Maxwell

MOTHER! MOVE CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Hurry, mother! Even a sick child loves the 'fruity' taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful today may prevent a sick child tomorrow. If constipated, bilious, feverish, full, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

It is easier to criticize people than to appreciate them.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

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.—Advertisement.

One-half the world wonders why the other half lives.

DYED HER DRAPERIES, SKIRT AND A SWEATER

Each package of "Diamond Dyes" contains directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade, or run. So easy to use.—advertisement.

Carried Her Troupe.

"They kept company for a long time before they were married, didn't they?"

"Yes; and they've kept company most of the time since. All her relations seem to live with them."—Edinburgh Scotsman.

Interpretation.

Wife (to unexpected dinner guest)—You'll have to take pot luck, Mr. Jones.

Jones—Fine! Your husband just remarked on the way over that he doubted whether you'd allow us to have a little game.

Not an Army.

"He must be innocent." "What makes you think so?" "He's hired only one lawyer to defend him."

And the Worm Turns.

Rub—This work is an awful grind!

Dub—Well, the boss is a crank!—Kansas City Star.

Truly Transatlantic.

North—How do you know Robb just arrived from Europe?

West—He's whistling "Dardanella."

Suffer fools gladly; they may be right.

Women forgive and remember; men forget.

HAVE YOU A FAMILY?

Health Is Your Greatest Asset

Anderson, Cal.—"I always use Pierce's Family Medicines when in need of a remedy for any sickness; and recommend them to other people who are ailing. Why shouldn't I when I owe my life now to the use of Dr. Pierce's Golden Medical Discovery and my wife's good health to the use of Dr. Pierce's Favorite Prescription and Pleasant Pellets? We have a family of ten children, all well and hearty, for which to a great extent we owe thanks to Dr. Pierce's medicines, which we use when sick."—C. W. Pawley, Box 51 a.

Druggists sell Dr. Pierce's famous remedies, tablets or liquid. Wherever you feel the need of good confidential medical advice, address Dr. Pierce, President Invalids' Hotel, Buffalo, N.Y., and answer will be returned without charge of any kind.

16799 DIED

in New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes.

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

Comfort Baby's Skin With Cuticura Soap And Fragrant Talcum
Soap 25c, Ointment 25 and 50c, Talcum 25c.

W. N. U., Salt Lake City. No. 44-1921.

Concerning Hiccups.

Gen. Coleman Du Pont, Delaware's new senator, was lunching in the senate restaurant.

"This magazine here," he said, holding a periodical aside, "contains a long article on the best way to stop hiccups. Now, it seems to me—"

And General Du Pont chuckled.

"It seems to me," he added, "that a good many readers would rather know the best way to start them."

Drawing It Too Fine.

After giving the prospective housemaid full details as to her duties, the mistress of the house was on the point of turning away when a thought struck her suddenly.

"Oh, by the way," she asked, "do you know your way to announce?"

"Well, ma'am," replied Mary, "I'm not sure about that, but I think I know my weight to a pound or so."

Gentle Consideration.

"Charley, dear," exclaimed young Mrs. Torkins, "you have often told me how fond you are of sitting under a tree and waiting for the fish to nibble."

"Yes."

"Well, I have resolved to make home as happy and comfortable for you as possible. I have bought a rubber tree and some goldfish."

Starvation Recommended.

Profiteering Landlord—Doctor, when I was poor I had a splendid appetite, but now that I am rich I don't appreciate good food and can scarcely eat at all.

Doctor—Forget your wealth and eat only what your tenants invite you to sit down to.—Waystue Tales.

No one is ever so busy as the person without occupation.

What we wish is the shadow; what we will is the substance.

The foolish man who built his house on the sand—

He gave an example in folly which anybody can understand.

It isn't so easy, however, to sense the mistake of trying to build the body on foods which lack essential nourishment.

Here, again, is a foundation of sand which gives 'way when the test comes.

Many a food that tastes good lacks honesty of nourishment to equal its taste. Thus it tempts the appetite into mistakes that often are costly.

Grape-Nuts is a food which helps build bodily endurance for life's stress and storm. The full nourishment of wheat and malted barley, together with the vital mineral salts so necessary to bone structure and red blood corpuscles, with phosphates for the brain, is retained in Grape-Nuts. The long baking process by which Grape-Nuts is made gives the food a natural sweetness and an unusual ease of digestibility and assimilation.

Served with cream or milk, Grape-Nuts is fully nourishing, and whether eaten as a cereal at breakfast or lunch, or made into a pudding for dinner. Grape-Nuts has a particular delight for the appetite. Sold by grocers.

Grape-Nuts—the Body Builder
"There's a Reason"