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There are times in every woman's life when she needs a tonic to help her over the hard places. When that time comes to you, you know what tonic to take—Cardui, the woman's tonic. Cardui is composed of purely vegetable ingredients, which act gently, yet surely, on the weakened womanly organs, and helps build them back to strength and health. It has benefited thousands and thousands of weak, ailing women in the past half century of wonderful success, and it will do the same for you. You can't make a mistake in taking

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Miss Amelia Wilson, R. F. D. No. 4, Alma, Ark., says: "I think Cardui is the greatest medicine on earth for women. Before I began to take Cardui, I was so weak and nervous, and had such awful dizzy spells and a poor appetite. Now I feel as well and as strong as I ever did, and can eat most anything." Begin taking Cardui today. Sold by all dealers.

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Scientific Farming

NEXT SPRING'S BERRY CROP.

Moisture Conditions of the Soil Materially Affect the Yields.

Berries of all kinds, like other cultivated crops, require the right kind of soil and preparation for the best results, says a contributor to the Farm Progress. Big and profitable crops of berries grow from soil that is well fertilized and thoroughly worked before the plants are set out in the hills or rows.

Moisture conditions of the soil affect the yield of all kinds of berries wonderfully. In years when the soil is moist during fruiting season the crops are usually large, while at other seasons when the soil is dry when the fruit is setting and ripening the crops are usually light and often an entire failure. Other things considered, to



regulate the soil moisture of the berry patch means practically regulating the berry harvest.

The humus supply in the soil determines to a large degree the length of time moisture will be held during a dry spell during the growing season. The more humus the longer moisture will be held; the less humus the quicker the soil will dry out and the plants suffer. One of the best ways to supply humus to the soil and at the same time furnish extra fertility is to apply stable manure. Land that is to be planted to berries this coming spring should be covered liberally with manure this winter, the sooner the better.

If the berry patch soil is covered early in the winter any kind of fresh stable manure may be used liberally with safety. During the winter and early spring it has time to leach, decompose and become mild, to be turned under when the soil is plowed. It is not safe to apply and plow under fresh manure for berries, because the fresh manure has a tendency through fermentation and decay to dry the soil and injure the roots of the young plants. If berry soil is treated in late winter or early spring the manure should be reasonably well decomposed and mild. That from cow stables is milder than that from horse stables.

For winter treatment of berry soil any kind of manure of horse produced fertilizer may be used. Wood ashes are excellent fertilizer for all kinds of fruits and especially good for small fruits. They may be applied to the soil any time during the winter and early spring.

One of the best ways to use poultry droppings on small fruit soil is to use the material as a soil mixer with wood ash to serve as moisture and odor absorbent for the perch droppings. In this way the full value of the droppings is saved, and when the fertilizer is applied with the absorbent it is disseminated and mild for use. More surface fertilizer may be used with a variety of fertilizers. Do not, however, use wood ashes in the poultry house as an absorbent for poultry droppings, as the ashes decompose the droppings.

Ground rock phosphate, either acidulated or raw, may be applied to the berry soil with good results. If the acidulated is used apply it only just before planting time, or even later, working it into the soil between rows through cultivation, as it acts quickly. Raw rock phosphate may be applied any time before preparing the soil because it dissolves very slowly in the soil, acting slowly but a long time. One of the best ways to use raw rock phosphate on berry soil is to sprinkle it in the cow stable as an absorbent, then applying it mixed with the stable manure.

Monroe Doctrine In Entire Harmony With Pan-Americanism

By ROBERT LANSING, Secretary of State

If I have correctly interpreted pan-Americanism from the standpoint of the relations of our government with those beyond the seas it is in entire harmony with the Monroe doctrine. The Monroe doctrine is a national policy of the United States; pan-Americanism is an international policy of the Americas. The motives are to an extent different; the ends sought are the same. Both can exist without impairing the force of either. And both do exist and, I trust, will ever exist in all their vigor.

BUT PAN-AMERICANISM EXTENDS BEYOND THE SPHERE OF POLITICS AND FINDS ITS APPLICATION IN THE VARIOUS FIELDS OF HUMAN ENTERPRISE. BEARING IN MIND THAT THE ESSENTIAL IDEA MANIFESTS ITSELF IN CO-OPERATION, IT BECOMES NECESSARY FOR EFFECTIVE CO-OPERATION THAT WE SHOULD KNOW EACH OTHER BETTER THAN WE DO NOW. WE MUST NOT ONLY BE NEIGHBORS, BUT FRIENDS; NOT ONLY FRIENDS, BUT INTIMATES. WE MUST UNDERSTAND ONE ANOTHER. WE MUST COMPREHEND OUR SEVERAL NEEDS. WE MUST STUDY THE PHASES OF MATERIAL AND INTELLECTUAL DEVELOPMENTS WHICH ENTER INTO THE VARIOUS PROBLEMS OF NATIONAL PROGRESS. WE SHOULD, THEREFORE, WHEN OPPORTUNITY OFFERS, COME TOGETHER AND FAMILIARIZE OURSELVES WITH EACH OTHER'S PROCESSES OF THOUGHT IN DEALING WITH LEGAL, ECONOMIC AND EDUCATIONAL QUESTIONS.

Commerce and industry, science and art, public and private law, government and education, all those great fields which invite the intellectual thought of man, fall within the province of the deliberations of this congress. In the exchange of ideas and comparison of experiences we will come to know one another and to carry to the nations which we represent a better and truer knowledge of our neighbors than we have had in the past. I believe that from that wider knowledge a mutual esteem and trust will spring which will unite these republics more closely politically, commercially and intellectually and will give to the pan-American spirit an impulse and power which it has never known before.

We Need Merchant Ships as Delivery Wagons of Commercial America

By WILLIAM HALE THOMPSON, Mayor of Chicago

THIS nation is a great department store and the nations of the world its customers. As business men, you know the success of any enterprise depends upon the ability to get goods to the customer when the customer wants them. It ought to be apparent to anybody that if we would maintain our standing as a commercial nation WE MUST FIND AN OUTLET FOR THE INCREASING SURPLUS OF MANUFACTURES. It ought to be equally discernible that if we are to hold our position in the markets of the world we must insure our ability to make deliveries at any and all times.

THE WAY TO DO THIS IS TO ENCOURAGE THE AMERICAN REGISTRY OF MERCHANT SHIPS, AND THEN, THROUGH PROPER LAWS, TO MAKE IT WORTH WHILE FOR THEM TO CATER TO AMERICAN SHIPPING. WE ARE NO WISER THAN THE OSTRICH WHEN WE DEPEND UPON OUR COMPETITORS TO DELIVER OUR GOODS FOR US. WHAT WOULD BE THOUGHT OF A DEPARTMENT STORE IN NEW YORK CITY WHICH WOULD ABOLISH ITS DELIVERY SYSTEM AND DEPEND UPON A COMPETITOR TO DELIVER ITS WARES? IT DOES NOT REQUIRE MUCH STUDY TO FORETELL WHAT WOULD BECOME OF THE BUSINESS. SHIPS ARE THE DELIVERY WAGONS OF COMMERCIAL AMERICA. LET US SEE THAT WE HAVE PLENTY OF THEM, SO THAT WE SHALL BE ABLE AT ALL TIMES TO GET OUR GOODS TO OUR CUSTOMERS.

If the farmers and merchants of this country have available a fleet of American merchant vessels adequate to handle the water borne commerce of our country, it would not only give confidence and stability to our foreign trade, but WOULD ENHANCE THE VALUE OF EVERY SINGLE PRODUCT OF FARM AND FACTORY PRODUCED IN THIS COUNTRY AND SOLD IN THE MARKETS OF THE WORLD. Such a fleet of vessels could be obtained, I am sure, if this government would encourage American registration by providing a reduction in import duties where the goods are carried in American bottoms or, if necessary, by a direct subsidy.

If War Were Waged on Sea, American Commerce Would Be Paralyzed

By Dr. EMORY R. JOHNSON, Professor Transportation, University of Pennsylvania

THE effect of the present war, severe as it is, is slight in comparison with what the result would be were not the seas controlled by one of the belligerents and the theater of war thereby limited to restricted areas of the ocean near the coast of Europe. The flag of the belligerent that has thus limited the theater of marine warfare happens to be the flag under which more than two-fifths of the total deep sea tonnage of the world is operated, and in spite of the destruction of shipping that has occurred during the last year and of the withdrawal of merchant vessels for military and naval uses, the commerce of the world is able to employ a large tonnage of vessels under the flag of belligerent nations. If the European war were being waged upon the sea as widely as it is being fought upon land AMERICAN FOREIGN COMMERCE WOULD BE PRACTICALLY PARALYZED AT THE PRESENT TIME.

NO ONE WILL SERIOUSLY QUESTION THE ECONOMIC NECESSITY OF HAVING A LARGE MERCHANT MARINE UNDER THE NATIONAL FLAG DURING SUCH A WAR AS IS NOW IN PROGRESS, BUT THERE ARE MANY WHO STILL DOUBT THAT THERE IS ANY SPECIAL NEED OTHER THAN A NAVAL ONE FOR HAVING A LARGE MERCHANT MARINE UNDER THE NATIONAL FLAG. IT IS ARGUED THAT THE MERCHANT VESSELS OF ALL NATIONS COMPETE WITH EACH OTHER TO SECURE THE TRAFFIC OF ALL COUNTRIES, AND THAT OCEAN FREIGHT RATES, BEING CONTROLLED BY THIS COMPETITION, IT MATTERS NOT TO THE PEOPLE OF THE UNITED STATES WHETHER THEIR COMMERCE BE HANDLED IN SHIPS OF AMERICAN OR FOREIGN REGISTRY. THE ARGUMENT, HOWEVER, IS NOT CONVINCING.

More Farm Cattle in U. S.

The department of agriculture's annual estimate of farm cattle in the country on January 1, just issued, shows 21,588,000 milk cows, an increase of 3.4 per cent over 1915; 29,453,000 other cattle, an increase of 6.3 per cent; 49,162,000 sheep, decrease of 1.3 per cent, and 81,017,000 swine, an increase of 3.3 per cent.

Tentons' Captives 3,000,000.

An Amsterdam despatch to the London Central News says that the total body of the Tentons allied during seventeen months was summed up in Vienna as follows: Nearly 3,000,000 prisoners, 10,000 guns, 40,000 machine guns, while 188,000 square miles of enemy territory has been occupied.

Church Dynamited: Dogs on Trail.

The new church being erected by the congregation of the Church of the Latter Day Saints in Beck Valley, near McConnellburg, Pa., was blown up by dynamite. Blood hounds were put on the trail of suspects. The church, which has forty members, was finished recently.

First Colonial Assembly.

The first legislative assembly that ever met in America was at Jamestown, Va., Governor Yeardley, feeling that the colonists should "have a hand in the governing of themselves," to use his own language, called the assembly together at Jamestown July 30, 1619. It consisted of the governor, council and "burgesses," as they were called, chosen from the various plantations. The laws passed by this body had to be ratified in England; but, in turn, the orders from London were not binding unless ratified by the colonial assembly. In 1621 these privileges were embodied in a written constitution, the first of the kind in America.—New York American.

Wisconsin.

Wisconsin has from time to time been an annex of various states. After Ohio was admitted to the union, Wisconsin from 1803 to 1806 formed a part of Indiana territory. From 1806 to 1818 Wisconsin was embraced in the territory of Illinois. When Illinois became a state all the country north of it, including Wisconsin, was joined to Michigan. After more than forty years of shifting, Wisconsin was admitted into the Union with her present boundaries in 1848.—St. Louis Post-Dispatch.

"Nobody Home," In Two Acts.

Act 1.—Opportunity knocks. "Who's that?" asked the wife of her husband. "Nobody. Maybe a beggar," replied the lady. "Nobody home," replied the large husband. Twenty years have elapsed. Act 2.—"What's that noise?" asked the old man of his old wife. The noise is repeated. "There it is again. Go to the window and see what it is," said the old husband. Wife goes to window and peers through the tattered curtains. Comes back. "It is the wolf," she says. "It won't go, as did the other visitor we turned away."—Richmond Times-Dispatch.

Animal Peculiarities.

All animals, be it recalled, have peculiarities, and to obtain the best results in working with them we must take this fact into consideration. Not only is it true that each class of animals has its peculiarities, but individuals in the same class have their distinctive traits. To illustrate this take for example two horses. One is a heavy work horse, and when you speak to him it is quite awhile before he obeys. Yet he may be as willing and obedient as the other horse, which is of driving stock and quick in its thoughts and actions. In fact, it is wrong to both to drive such horses together.—Farm and Fireside.

What Held Her.

Dinah Snow was a colored cook in the home of Smith. One morning on going to the kitchen Mrs. Smith noticed that Dinah looked as if she had been tangled up with a road roller. "Why, Dinah," exclaimed she, "what in the world has happened to you?" "Has me husband," explained Dinah. "He done went an' beat me up in a 'jest' to nothin' too." "Against!" cried Mrs. Smith, with increasing wonder. "Is he in the habit of beating you? Why don't you have him arrested?" "Been thinkin' of it several times masy," was the startling rejoinder of Dinah, "but I ain't nebuh had no money to pay his fine."—Exchange.

Money in Poultry.

In making up an egg tray do not forget a liberal allowance of sunshine. But remember also that it takes more than sunshine to produce eggs. It needs pure solid grains, and lots of them. The poultry raiser should make his hens lay eggs in the winter, when they bring the highest prices, in the one that shows his ability.

Young Men For Civic Work.

For the purpose of utilizing the energy and enthusiasm of the young men of New Orleans, La., in behalf of the development of the community, a young men's branch of the New Orleans Association of Commerce has been organized. The efforts of this branch of the association will be directed to the training of men at an earlier period than has formerly been the practice in the work of co-operation for the civic and commercial advancement of the community. Operating under a plan which has been worked out with great care, it is anticipated that by this means many trained leaders and workers will be produced within the association.

Bethlehem Dividend \$30.

The Bethlehem Steel corporation declared a dividend of \$30 a share on its common stock, out of earnings of the year 1915, payable in quarterly installments.

The corporation also announced an increase in wages of ten per cent for its unskilled labor, which went into effect, it was said, on January 16.

The dividend represents a distribution of approximately \$450,000.

Wall street estimates as to the company's earnings have ranged from \$5 to 150 per cent.

Beware of Ointments for Catarrh That Contain Mercury.

Mercury will surely destroy the sense of smell and completely obliterate the whole surface, completely it through the mucous surface. Such an attack is never to be used except on prescriptions from reputable physicians. The only safe remedy is the one that the good you can possibly derive from this is the one that is made in Germany by F. J. Cheney & Co., Toledo, O. Contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the one that is made internally and made in Toledo, Ohio, by F. J. Cheney & Co. Sold by Druggists. Price, 75c per bottle. Take Hall's Family Pills for constipation.

The third Road Institute for North Carolina will be held at Chapel Hill February 7-12, under the auspices of the State University, the State Highway Commission and the North Carolina Geological and Economic Survey. Road Maintenance will be the special subject for consideration.

Relief In Six Hours

Dressing Kidney and Bladder Dis-ease relieved in six hours by the "NEW GREAT SOUTH AMERICAN KIDNEY CURE." It is a great surprise on account of its exceeding promptness in relieving pain in bladder, kidneys and back, in male or female. Relieves retention of water almost immediately. If you want quick relief and cure this is the remedy. Sold by Graham Drug Co. adv.

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OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget the value of health. A course of treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

To be stronger when older, keep your blood pure and rich and active with the strength-building and blood-nourishing properties of Scott's Emulsion which has been the most successful means for making blood rich, alleviating rheumatism and blood sickness. No alcohol in Scott's.

Some mention manufacturers are for any form of preparedness for which they obtain contracts.

Southern California report snowstorms, which the natives quite properly refuse to recognize.

At least this year just past may claim to have been strictly neutral. It did not start anything and did not finish anything.

The self-made man is proud of his success, but the self-made woman is stuck on her shape.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy.

Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Are You a Woman?

Take Cardui

The Woman's Tonic

FOR SALE AT ALL DRUGGISTS

Chinese Junks.

The Chinese junk is to most western eyes a curious not to say outlandish type of vessel. Yet a nautical authority in picturing and describing a famous craft of this kind which visited Europe and America as long ago as 1848 says that she proved herself an excellent sea boat, with powers of weathering a storm equal if not superior to vessels of western build. This junk, the Keying, is also declared to have made a run "equal to the time of the best packet ships of the period." Information of this kind about foreign methods is often truly educative to Americans inclined to be boastful.—Outlook.

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