

Get poisons out of system . . .

Doctors know that this modern scientific laxative works efficiently in smaller doses because you *chew-it*. Safe and mild for old and young.

Feen-a-mint FOR CONSTIPATION



Golden Symphony
Fred Stone and his wife were stopping overnight in Detroit at one of those gilded palaces they call hotels. Everywhere gold flashes upon the eye; the dining room ceiling, the chairs and the stairways shrieked in a golden symphony.

"Oh Promise Me"

At some time in her life Cupid pleads to every attractive woman. No matter what her features are, a woman who is sickly cannot be attractive. Sallow skin, pimples, sunken eyes, lifeless lips—these are repellent. DR. PIERCE'S GOLDEN MEDICAL DISCOVERY is just the tonic a run-down person needs. It enriches the blood, soothes the nerves and imparts tone and vivacity to the entire system. In liquid or tablets, at drug store. Send 10c for trial package of tablets to Dr. Pierce's Clinic, in Buffalo, N. Y., and write for free advice.

CHILDREN WITH WORMS NEED HELP QUICKLY

Don't delay a minute if your child has worms. They will destroy his health. If he grinds his teeth, picks his nostrils—be wary! These are worm symptoms. Disordered stomach is another. Immediately give him Frey's Vermifuge. It has been the safe, vegetable worm medicine for 75 years. Don't wait! Buy Frey's Vermifuge at your druggist's today.

Frey's Vermifuge Expels Worms

One Soap is all you need

Keep your complexion free of blemishes, your skin clear, soft, smooth and glowing, your entire body refreshed. Use **Glenn's Sulphur Soap**. Contains 33% Pure Sulphur. At druggists. **Robb's Skin Specific Cream, 25c**

One Drop

Bourbon Poultry Medicine for each child daily in drink or food stimulates appetite, aids digestion, regulates bowels, promotes health, lessens chance of disease infection. On market for 25 years. Small size 50c, half pint \$1.00. At druggists, or sent by mail. **Bourbon Remedy Co., Box 7, Lexington, Ky.**

Diet for Zoo Captives

Two tons of dried grasshoppers were ordered from South Africa recently for animals at the national zoological park at Washington, says Popular Mechanics magazine. They were for the diet of some of the rare African birds and also for mixing with the food of some of the mammals, according to the zoo director, Dr. William M. Mann. Valuable elements are combined in the proper amounts in the insects, experts have found, and few satisfactory substitutes for them have been discovered.

AUGUST FLOWER

—brings almost instant relief from terrible colic pains. Banishes heartburn, nausea, sick headache, biliousness, sluggish liver, constipation. Promptly restores good appetite and digestion, and regular, thorough elimination. **GUARANTEED.**

Ends DYSPEPSIA Quickly!

Sold at all good drug stores. **W. N. U., BALTIMORE, NO. 19-1990.**

Oat Varieties Resist Disease

Tests Made by Government to Determine Susceptibility to Disorder.

(Prepared by the United States Department of Agriculture.)
As the first step in a program to reduce the annual loss suffered by oat farmers on account of rusts, the United States Department of Agriculture, in co-operation with 63 expert stations, has completed tests extending over a period of five years to determine varieties resistant to stem rust. Incidentally, observations also were made on the resistance of these varieties to crown rust and the smuts of oats.

An important fact brought out by the tests is that there seems to be no relation between resistance to stem rust and resistance to crown rust. Some of the varieties most resistant to one rust were least resistant to the other. Observations on the smuts, another important group of oat diseases, indicate that there is also no relation between smut resistance and rust resistance in the varieties tested.

Resistant Varieties.

The varieties which were most resistant to stem rust during the five-year period are: Fogold, Hajira, Richland, Minota X White Tartar (White Russian), White Tartar, Green Mountain, Anthony, and Edkin. Varieties least affected by crown rust were Green Mountain, Red Rustproof, Iowa, Burt, "Rustless selection," and Ruakura. Hajira was the only variety which appeared to be resistant to the smuts and both of the rusts.

Varieties most resistant to the smuts under the conditions of these experiments were Markton, Red Rustproof, Fulghum and Hajira. Those moderately resistant to the smuts include Burt, Richland, Silvermine, "Rustless selection," and Iowa. Varieties extremely susceptible were White Tartar, Green Mountain, and Anthony.

Some of the varieties were highly resistant to one group of disease-producing fungi and very susceptible to the other. Markton and Fulghum were very resistant to both smuts, but extremely susceptible to both rusts. Red Rustproof also was highly resistant to both smuts and to crown rust, but was susceptible to stem rust. On the other hand, Green Mountain was susceptible to both smuts but resistant to both rusts.

Smuts Prevented.

The smuts can be prevented by seed treatment, but those in charge of the tests feel that it would be highly desirable to combine rust resistance and smut resistance in one variety, if possible. To do this will perhaps necessitate a detailed study of physiologic form specialization in the smuts and rusts peculiar to oats.

A detailed report of the tests has been published by the United States Department of Agriculture, in co-operation with the Minnesota Agricultural experiment station. The publication is Technical Bulletin 143-T, "Field Studies on the Rust Resistance of Oat Varieties." Copies of the bulletin may be obtained from the office of information, Department of Agriculture, Washington, D. C., as long as there is a supply available for free distribution.

Agricultural Notes

Sanitation makes for farm economy.

Copper carbonate dust controls smut in wheat.

Keeping up the body weight of hens keeps up egg production.

The soil is the farmer's source of income, his investment, his wealth.

Clover hay is two-and-a-half and alfalfa three-and-a-half times as rich in digestible protein as is timothy.

Money spent for fertilizer should be considered a business investment. Like other investments it should be made wisely.

A maximum amount of sunshine, good drainage and soil rich in organic matter, are the requirements of the home garden.

Improved machinery—such as planters, larger cultivators and diggers—increases the yield of potatoes and lessens the cost per bushel and per acre.

A rotary hoe is useful in cultivating wheat or other small grain, or for tilling first-year alfalfa. It tears out weeds, loosens baked soil and stimulates the growth of the grain plants.

Sudan grass seeded late in May may be pastured late in June or used as a soiling crop during July. Because of its quick growth its adaptability for late sowing, and its ability to withstand drought, sudan grass has attained a high ranking as a supplementary pasture crop.

Cutting corn low helps to control the European corn borer. Ensilaging and shredding are operations employed to destroy the insect. Cleaning up all trash is a necessary practice and it should be burned, buried or plowed under cleanly in the field. Insects permitted to live will multiply by the hundreds next year.

Outbreaks of Army Worms Described

Migration Is Result of Flight of Moths.

(Prepared by the United States Department of Agriculture.)

The frequent outbreaks of the fall army worm have caused this insect to be known and feared by farmers living in the southern half of the United States east of the Rocky mountains. For several years the United States Department of Agriculture has been conducting studies of this insect at Brownsville, Texas. Results of these studies have now been published as Technical Bulletin 138-T, "Studies on the Fall Army Worm in the Gulf Coast District of Texas."

The general outbreaks occur in the United States as a result of the northward flight of moths. By going northward, the moths finally reach territory where the species is unable to survive the winter, since the army worm is a tropical species. The northward migration is only a part of the general migration which occurs in all directions, but it is the part which is of most interest to the United States. As a rule corn and forage crops mature ahead of the flight of moths of the fall army worm, but in occasional years crops are late. Moths concentrate on these late crops and the result is an outbreak of the fall army worm.

The bulletin gives a complete discussion of the life history and habits of the insect, its seasonal history and natural enemies. It may be obtained from the Office of Information, Department of Agriculture, Washington, D. C., as long as there is a supply available for free distribution.

Sheep Manure for Bean Growing Thought Best

Farmers, where beans are an important cash crop, consider sheep manure the best fertilizing agent for the growing of beans. Better results are obtained with the use of sheep manure than anything else. Cow manure is also considered as having good bean growing properties, but runs second to sheep manure in this respect. Sheep manure contains more nitrogen than horse or cow manure and about twice as much phosphoric acid, a very important essential for the growth of beans. Phosphorus is needed for the growth of the seed and that is why sheep manure is desired.

Bean growing and sheep are very closely related in farming here, says a writer in the Rural New Yorker. The pods make a good forage feed for sheep and are used extensively in the fattening of lambs for which the county is noted in western New York. The manure from the sheep and lambs is then used on the bean ground and this cycle works advantageously both ways. Sheep manure is considered one of the best agents for enriching run-down land, and thus the big producers of beans here rely on sheep to keep their land in the best condition for the growth of this crop.

Poison Bran Mash Best to Control Cutworms

Poison bran mash is the most effective control for an outbreak of cutworms. This mash is made by stirring together three gallons of water, two quarts of blackstrap or other cheap molasses, and one pint of 40 per cent sodium arsenite solution. If the sodium arsenite is not available one pound of the crystal can be used. This should be stirred together thoroughly and then mixed with 25 pounds of bran.

This mixture should be scattered over infested fields at dusk at the rate of about eight to ten pounds an acre. The greasy cutworms which may be found on overflow areas do not respond to the poison bran treatment very successfully. The best control for this pest is late planting of corn or the substitution of other crops such as soy beans, millet or sudan grass, according to W. P. Flint, Illinois state entomologist.

Perennial Vegetables Are Drought Resistant

The perennial vegetables, with the exception of strawberries, are more drought resistant than most of the ordinary sorts. This should be taken into consideration in the arrangement of the garden. The high side of the garden, if it is not level, always dries out first during hot weather. Therefore if these more drought resisting sorts are put on the high side of the garden, it will give better all around results in the long run.

One cannot plan a garden that will apply to all farms. It must be varied according to the tastes of the family that is going to use it. For example, some folks like sauerkraut and others do not. The family that does should grow strong on cabbage. It is, therefore, first necessary to study the tastes of the family and then plan the garden according to those tastes.

Soy Bean Fertilizer

Soy bean meal is little used as fertilizer in this country, but Asiatic countries use a great deal. For centuries soy bean meal has been sent to the sugar plantations of southern China, and its use gradually spread to plantations in Java and other tropical countries. The high fertilizing value of soy bean meal has long been recognized in Japan, where large quantities are imported annually from China for use in the rice fields and as manure for mulberry trees.

Summer COLDS

Almost everybody knows how Bayer Aspirin breaks up a cold—but why not prevent it? Take a tablet or two when you first feel the cold coming on. Spare yourself the discomfort of a summer cold. Read the proven directions in every package for headaches, pain, etc.



Canaries of Many Colors

Many colors of canaries were shown at the recent grand national show of cage birds held in the Crystal Palace, London. Blue canaries were entered for the first time, and there were a number of white ones and hundreds of yellow singers. Roller canaries were tested for song in a remote, softly carpeted room. One feathered prima donna went from Metz, France, to sing. Another color novelty in the show was a white jackdaw. More than \$500,000 worth of birds of many varieties were displayed.



When Food Sours

Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal. Phillips does away with all that sourness and gas right after meals. It prevents the distress so apt to occur two hours after eating. What a pleasant preparation to take! And how good it is for the system! Unlike a burning dose of soda—which is but temporary relief at best—Phillips Milk of Magnesia neutralizes many times its volume in acid. Next time a hearty meal, or too rich a diet has brought on the least discomfort, try—

PHILLIPS Milk of Magnesia

Not So Far, at That
First Suburbanite—How far do you live from town?

Second Suburbanite—Exactly ten gas stations, twelve hot-dog stands, eight sandwich shacks and two hundred and thirty-nine billboards.

Wright's Indian Vegetable Pills contain only vegetable ingredients, which act as a laxative, by stimulation—not irritation. 372 Pearl St., N. Y. Adv.

As every thread of gold is valuable, so is every moment of time.—J. Mason.



Daughter Is Healthy Now

"My thirteen-year-old daughter Maxine was troubled with backache and pain when she came into womanhood. I knew Lydia E. Pinkham's Vegetable Compound would help her because I used to take it myself at her age. Now she does not have to stay home from school and her color is good, she eats well and does not complain of being tired. We are recommending the Vegetable Compound to other school girls who need it. You may publish this letter."—Mrs. Floyd Butcher, R. #2, Gridley, Kansas.

Lydia E. Pinkham's Vegetable Compound

The KITCHEN CABINET

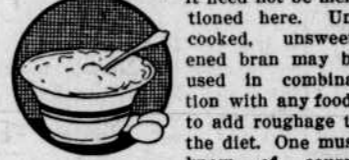
(©, 1930, Western Newspaper Union.)

Oh, East is East and West is West and never the twain shall meet.

Till Earth and Sky stand presently at God's great Judgment Seat.
But there is neither East or West, Border nor Breed nor Birth When two strong men stand face to face tho' they come from the ends of the earth!
—Kipling.

A FEW BRAN DISHES

The value of uncooked bran as a laxative food is so well known that it need not be mentioned here. Uncooked, unsweetened bran may be used in combination with any foods to add roughage to the diet. One must know of course that all people cannot use irritating roughage, but the majority of people need all kinds to cleanse the alimentary canal, aid digestion and further elimination. When one objects to taking a tablespoonful or two of bran in a glass of water, add it to the cereal, or make some:



Bran Macaroons.—Beat one egg, add one-fourth of a teaspoonful of salt, one-half cupful of brown sugar, three tablespoonfuls of melted butter, one and one-half cupfuls of uncooked bran and such flavoring as liked. Mix well and drop by teaspoonfuls on buttered baking sheets. Bake in a moderate oven until brown. These are small cakes that the children may eat without harm.

Bran Muffins.—Take two cupfuls of flour, one and three-fourths cupfuls of milk, two cupfuls of bran, one beaten egg, three and one-half teaspoonfuls of baking powder, one-third of a cupful of sugar, one and one-half teaspoonfuls of salt and three tablespoonfuls of melted shortening. Drop into well greased muffin pans after mixing and beating well. Bake thirty-five minutes in a hot oven. Sour milk with the same amount of baking powder and three-fourths of a teaspoonful of soda may be used in place of the sweet milk.

Bran Date Bars.—Take one cupful of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of salt, one cupful of bran, one and one-half cupfuls of sugar, one and one-half cupfuls of chopped dates, three-fourths cupfuls of nut meats, chopped, four beaten eggs and three tablespoonfuls of milk. Sift and mix the dry ingredients, add sugar and bran, mixing well, then add the nuts and dates. Beat the yolks, add to the milk, stir this into the flour and bran, lastly fold in the stiffly beaten whites of the eggs. Bake in a thin sheet in a shallow pan. When cool cut into strips and roll in granulated sugar. These will keep a long time. Cut into squares this makes a delicious dessert. Cover with crushed pineapple and top with whipped cream and a cherry.

THIS AND THAT

Place one teaspoonful of grated orange peel or lemon peel in the tea pot when making tea. It gives a delightful flavor and makes ordinary tea taste like the expensive teas.



Mild Rabbit.—Cut one-half pound of cheese into small bits. Sprinkle crumbs over the bottom of a buttered baking dish, cover with one-third of the cheese and seasonings, using one and two-thirds teaspoonfuls of salt, one-third teaspoonful of paprika; when the dish is full add one and one-half cupfuls of milk and set into a pan of hot water. Bake in a moderate oven thirty-five minutes.

Junket With Bananas.—Place thinly sliced bananas in sherbet cups. Prepare one junket tablet by crushing it and dissolving in a tablespoonful of water. Add to a pint of lukewarm milk and stir until well mixed. Pour over the bananas and let stand in a warm room until set. Flavor milk with lemon extract.

Kiddies' Delight.—Beat three eggs very light, add four tablespoonfuls of sugar, one-fourth teaspoonful of salt, one teaspoonful of vanilla, a grating of nutmeg and a pinch of cinnamon; mix well and add to three cupfuls of milk. Chill and serve cold.

Apple Souffle.—Add four and one-half tablespoonfuls of tapioca and a little salt to one cupful of scalded milk. Cook in a double boiler until the tapioca is clear, stirring frequently. Add one-half cupful of sugar, cool and add the beaten yolks of three eggs, one-half tablespoonful of lemon juice and one cupful of grated raw apple, fold in the stiffly beaten egg whites and bake in ramekins or casserole set in water. Serve hot with sweetened whipped cream, flavored with almond.

Cheese Souffle.—Take three tablespoonfuls of quick cooking tapioca, cook in one cupful of milk until the tapioca is clear. Add one cupful of grated cheese, stir until melted, cool, add three beaten egg yolks, one teaspoonful of salt and fold in the stiffly beaten egg whites. Place in a pan set in water and bake until the souffle is firm. Serve at once. This serves four.

Nellie Maxwell

An Ailing CHILD

Are you prepared to render first aid and quick comfort the moment your youngster has an upset of any sort? Could you do the right thing—immediately—though the emergency came without warning—perhaps tonight? Castoria is a mother's standby at such times. There is nothing like it in emergencies, and nothing better for everyday use. For a sudden attack of colic, or the gentle relief of constipation; to allay a feverish condition, or to soothe a fretful baby that can't sleep. This pure vegetable preparation is always ready to ease an ailing youngster. It is just as

harmless as the recipe on the wrapper reads. If you see Chas. H. Fletcher's signature, it is genuine Castoria. It is harmless to the smallest infant; doctors will tell you so. You can tell from the recipe on the wrapper how mild it is, and how good for little systems. But continue with Castoria until a child is grown.

Proof That Crops Are Helped by Radio Waves

Radio makes crops grow at double speed in experiments announced by Dr. Fritz Hildebrandt, Berlin physicist, says an Associated Press report.

In a field of poor fertility he treated seeds of beans, sunflowers, radishes, melons and tomatoes with short radio waves ranging from half a millimeter to 30 centimeters. The seeds were exposed to the waves for 15 minutes.

Radishes, he says, ripened in two weeks, compared with untreated seed which failed to show bubrous root formation even after four weeks. The ripening period of tomatoes was reduced from seven or eight months to three.

Untreated kohlrabi seed showed no bulb formation whatever, but treated seed produced substantial kohlrabi. Doctor Hildebrandt says similar results were obtained with other vegetables and plants.

Venetian Canals

The average depth of the Grand canal in Venice is 17 feet. Some of the lesser canals are shallower.

If a girl finds no man on earth good enough for her—why not try an airplane ride?

Family doctor's laxative instead of harsh purges; trial bottle Free

Old Dr. Caldwell's prescription cannot form the cathartic habit. It can be given to the child whose tongue is coated, or whose breath is fetid, or has a little fever. Or to older people whose bowels are clogged. Its ingredients stimulate muscular action and thus aid the bowels to more normal functioning. The pure senna and laxative herbs in Dr. Caldwell's Syrup Pepsin are good for the system. So do not hesitate to use it when there's biliousness, headaches, or any sign of constipation. Your druggist has this world-famous prescription in big bottles. Or, write Dr. Caldwell's Syrup Pepsin, Monticello, Ill., and a free trial bottle will be sent to you, postpaid.

Society's Deadly Sins

The seven deadly sins of society, as listed by Dr. E. Stanley Jones before the Methodist Episcopal World Service conference, are: Politics without principles, wealth without work, pleasure without conscience, knowledge without character, business without morality, science without humanity, and worship without sacrifice.

Hares Run Dog to Death

Hares led a greyhound to a death chase at the recent South of England's Coursing club meeting at St. Nicholas-at-Wade. Mrs. Sofer Whitburn's dog, Wise Counsellor, won its course with Lord Dewar's Dodna by bringing down the hare. Wise Counsellor next followed a second hare, coursed it, chased a third to the wood, where it frightened out a fourth, and coursed this for some time. Joining the dogs contesting next course Wise Counsellor collapsed and died.

Try being the brother instead of the "brother's keeper" for a while and see how you like it.

in Atlantic City

CAROLINA CREST HOTEL

CONTINENTAL PLAN
No Charge!

CHARLES A. BERRY
Owner
H. L. FAHRBACH
Manager

The only hotel in Atlantic City serving a tray breakfast to guests room each morning up to 11:00 o'clock WITHOUT CHARGE!
Every room equipped with a private bath tub or shower

NORTH CAROLINA AV. and BOARDWALK Atlantic City

For Galled Horses

Hanford's Balsam of Myrrh
All dealers are authorized to refund your money for the first bottle if not suited.

Britain's Richest City

If the proportion of well-to-do citizens may be gauged by the number of private motor cars licensed in a city, then Bradford is the richest city in Great Britain. In ratio to its population, Bradford has the largest number of private motor cars; London, Edinburgh, Glasgow, Manchester, and Birmingham being far behind. With 5,700 private cars, Bradford has one for every fifty of its inhabitants.

"Lagniappe"

The word "lagniappe" is defined as a trifling present given to a customer. The expression is common in Louisiana.

MAKE YOURSELF FINANCIALLY INDEPENDENT BE YOUR OWN BOSS

Get out of the rut. We will show you how. Our partial payment plan can enable you to own a large chain of our sure fire Gum and Chocolate Vending Machines. We will give you the exclusive rights of your own territory. Act now! Don't let others beat you. Write for particulars. **ROLLBOW MANUFACTURING CORP., General Motors Bldg., New York City.**

CONSTIPATED?

Take **DR. NATURE'S REMEDY**—tonight. Your eliminative organs will be functioning properly by morning and your constipation will end with a bowel action as free and easy as nature at her best—positively no pain, no griping. Try it.
Mild, safe, purely vegetable—
at druggists—only 25c
FEEL LIKE A MILLION, TAKE

TO-NIGHT TOMORROW ALRIGHT

Step Lively
Old Lady (at the zoo)—And suppose the lion should break out, what steps would you then take?
Laddy Boy—Some long and fast ones, grandma.