

CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.



Wagoner, Okla.—"I never get tired of praising Lydia E. Pinkham's Vegetable Compound because during Change of Life I was in bed two years and had two operations, but all the doctors and operations did me no good, and I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound which brought me out of it all right, so I am now well and do all my housework, besides working in my garden. Several of my neighbors have got well by taking Lydia E. Pinkham's Vegetable Compound."—Mrs. VIOLA FINICAL, Wagoner, Okla.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through the crisis.

OXIDINE
Kills Chills
Good for Malaria, constipation, biliousness—a fine tonic. Guaranteed or money back.
Behrens Drug Co., Waco, Tex.

The Boy Prude.
Representative La Guardia of Michigan was praising the president's flag day oration.
"How well he speaks out against the German militaristic atrocity!" said Mr. La Guardia. "Every true Democrat must speak out against that hydra. To use soft words about it is to be weak and silly and mistaken—like the little boy prude."
"A little boy prude, having eaten too many sour cherries, was taken ill in school, and began to groan and writhe."
"What's the matter?" said the pretty teacher. "What's the matter, Tommy?"
"The boy answered in an embarrassed voice:
"I've got a terrible pain in my—my abandon."

ELIXIR BAKER WORTH ITS WEIGHT IN GOLD IN THE PHILIPPINES.
"I contracted malaria in 1886, and after a year's fruitless treatment by a prominent Washington physician, your Elixir Baker entirely cured me. On arriving here I came down with tropical malaria—the worst form—and sent home for Baker. Again it proved its value—it is worth its weight in gold here."—Bras O'Brian, Troop E, 5th U. S. Cavalry, Balayan, Philippines.
Elixir Baker, 50 cents, all druggists or by Parcel Post, prepaid, from Kiossewski & Co., Washington, D. C.

A Bungle.
"The kaiser tries hard to please, but his efforts are very bungling."
The speaker was Seward Prosser, head of the New York Red Cross.
"The kaiser," he went on, "kicked out Bethmann-Hollweg, who only wanted an honorable peace, and took on Doctor Michaelis, who demands a peace of victory. Yet the kaiser tries to please his people—he even tries to please the allies—he bungled like the bachelor."
"Why, Miss Mamie," said the bachelor, gallantly, at the seashore hop, "your mother positively looks as young as you do."
"That's no compliment," said Miss Mamie, with a toss of the head.
"What I meant," stammered the bachelor, more gallantly than ever, "was that you—er—you look as young as your mother does."

One on the Doctor.
The following anecdote is carefully preserved by a family whose Scotch ancestors took a rise out of the lexicographer:
Hostess—Doctor Johnson, what do you think of our Scotch broth?
Doctor Johnson—Madam, in my opinion it's only fit for pigs.
Hostess—Then have some more.

Invariable Rule.
When fifteen people go picnicking with fifteen lunch baskets the one basket that gets lost always contains the salt.

Because mackerel travel in schools it is proposed to have a bond issue to build a few schools for them.

I'm glad there's such a big corn crop—says Bobby.
MORE POST-TOASTIES FOR ME!

GROWTH AND UTILIZATION OF MILLETS



COMMON AND GERMAN MILLET—GOOD CATCH CROP.

(By H. N. VINALL.)
The name of millet is applied to a number of cultivated annual grasses, some of which are used largely as forage crops and others as cereals; most of them, however, are used either for forage or for grain, according to the needs of the growers. In the United States all except the broom-corn millet are used almost exclusively for forage purposes, but in Africa, India, China, Korea, Japan and Russia the millets are grown extensively for human food. In China the broom-corn and foxtail millets are most common, and the grain, after being cleaned and hulled, is crushed and cooked as a porridge, much as certain breakfast foods are used in America. In India pearl millet, which is grown there under the native name of bajra, is the most important millet. Korea and Japan produce considerable proso and foxtail millet, and the latter country also devotes a considerable acreage to barnyard millet, which is grown there almost entirely for its seed; but the millet crop is of minor importance in these countries, as it is in Europe, where it is not cultivated extensively except in the Mediterranean region and in Russia. Much proso or broom-corn millet is produced in Russia, especially in the southeastern provinces.

One of Oldest Crops.
Millet is one of the oldest of cultivated crops. Its planting has been mentioned in Chinese records as being part of a religious ceremony carried out by the Chinese emperor as early as 2700 B. C. Probably native in southern Asia, its culture spread from there westward to Europe at an early date. In 1849 a distribution of millet seed was made by the United States patent office, and in 1888 millet had become a rather important crop in the central states, where it was found better adapted than along the Atlantic coast. By 1899 over 74 per cent of the total acreage of millet was found in the north-central states. Kansas, with 349,906 acres, led all the states, and produced an average of 1.9 tons of millet hay per acre, against an average of 1.6 tons per acre for the whole United States. According to the thirteenth census, Kansas was still first in millet production, the leading states ranking in the following order: Kansas, Missouri, Texas, Nebraska, North Dakota, Tennessee and Oklahoma.

To succeed well, millet must have warm weather during the growing season. It does not grow well at high altitudes or in other localities where cool weather prevails during the summer months. Notwithstanding this preference for warm weather, millet is grown successfully in our most northern states, especially those in the Great Plains region, because in those states the summers, though short, are hot. Millet, as it matures quickly, can be planted and harvested during these summer months. The long days prevailing in this latitude provide plenty of sunshine, and thus a less period of time is required for maturing the crop. The longer season varieties, like German and Turkistan, can be grown successfully only in the central and southern states.

Needs Abundant Rainfall.
Millet does best in localities which have a fairly abundant rainfall. Many writers have referred to the millets as drought-resistant crops, and they do have a low water requirement, but they lack the ability to recover after being injured by a period of drought. This ability to recover from drought injury is very pronounced in the sorghums, but the millets succeed in localities subject to drought almost entirely through their ability to escape periods of acute drought on account of their short growing season. Millet is usually one of the first crops to show the effect of a drought, mainly because of its shallow root system.
A rich, loose, loamy soil is best for millet. Plenty of humus is advantageous, and for this reason millet is often planted on newly turned grass sod. It is a good crop for such situations also, because it seems to aid in disintegrating the sod. Good drainage is essential.
Grown as Catch Crop.
Millet is grown chiefly as a catch crop and is not important as a constituent in a regular cropping system. Most farmers use it to overcome an expected shortage in their hay supply or to occupy a field which would otherwise be idle on account of the failure of a regular crop or because climatic

conditions have prevented the seeding of such a crop. Millet is admirably suited to such use because of its short season of growth and the ease and certainty of obtaining a stand. The plant is also adapted to a wide range both of soils and of climates. Large yields are not obtained either on poor soils or in dry climates, but millet has been found to make a heavier yield under such conditions than most other hay crops. The strongest competitor of millet which has yet been found is Sudan grass, which promises to replace millet in many localities as a catch crop, so that a further decrease in the acreage of millet is to be expected. The quality of Sudan grass hay is superior to that of millet, and its yields under comparable conditions are nearly always larger, but the growing season is a trifle longer than that required by either common or Hungarian millet.

Used as Soiling Crop.
Foxtail millet is used to some extent as a soiling crop, but it is not as well suited for this purpose as the sorghums and some of the small grains. Pearl millet is better for use as a green feed than the foxtail millets, because of its larger yield and its ability to make a second growth after being cut down; and both pearl millet and barnyard millet are better silage crops than foxtail millet, because of their larger yields and greater succulence.

PREPARING FOR NEXT SEASON
Disk Up Stubble Soon as Possible After Harvest—Deep Plowing Will Increase Yield.
(By WALLACE MAC FARLANE, Agronomist, Department Oklahoma A. and M. College, Stillwater.)
Just after harvesting the small grains there is generally a lull in the farm operations. Then is the time for the farmer to prepare for the next year.
Disking up the stubble as soon as possible after harvesting has been found by experiment and common experience to be profitable. It prepares the soil to absorb and retain a maximum amount of moisture and also kills many weeds. Just as soon as sufficient moisture is in the soil the farmer should plow the land at least six to seven inches deep.
Both the Oklahoma and the Kansas stations have found early and deep plowing give profitable increases in yield. The Oklahoma experiment station found as an average of five years with Fulcaster wheat, seeded September 15 to October 1, the following results:
Plowed seven inches deep, July 15, yield, 27.1 bushels.
Plowed seven inches deep, August 15, yield 24.2 bushels.
Plowed seven inches deep, September 15, yield 22.0 bushels.

Juice of Lemons! How to Make Skin White and Beautiful

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as sallowness, freckles and tan and is the ideal skin softener, smoothener and beautifier.
Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of your skin. It is wonderful to smoothen rough, red hands. Adv.

Most Pressing Need.
Edith had been ill and mother had been coaxing her to eat.
"Will you have an orange, dear?"
"No."
"Won't you have some ice cream?"
"No, no."
The questioning continued. Finally a warty little voice piped: "Till tell you what I will have, mother."
"What, darling?" eagerly.
"A rest."

Granulated Eyelids, Sties, Inflamed Eyes relieved ever night by Roman Eye Balsam. One trial proves its merit. Adv.

Openings sometimes come to men and oysters when least expected.

CALOMEL WHEN BILIOUS? NO! STOP! ACTS LIKE DYNAMITE ON LIVER

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Doesn't Make You Sick!

Stop using calomel! It makes you sick. Don't lose a day's work. If you feel lazy, sluggish, bilious or constipated, listen to me!
Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile, crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour just try a spoonful of harmless Dodson's Liver Tone.
Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.
I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

WINTERSMITH'S CHILL TONIC
Sold for 47 years. For Malaria, Chills and Fever. Also a Fine Central Strengthening Tonic. Sold at all Drug Stores.

Lookout Biscuit
FRESH-CRISP-WHOLESOME-DELICIOUS
THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE STANDARD OF EXCELLENCE
Your Dealer has them, or if not he should. Ask him or write us giving his name.
CHATTANOOGA BAKERY CHATTANOOGA, TENN.

900 DROPS CASTORIA
ALCOHOL—3 PER CENT.
Ave. Liable Preparation for Assuaging the Food by Regulating the Stomach and Bowels of INFANTS & CHILDREN.
Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.
Fac-Simile Signature of *Chas. H. Fletcher*
THE CENTAUR COMPANY, NEW YORK.
At 6 months old 35 Doses—35 CENTS
Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

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. 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 *Chas. H. Fletcher*
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

A Loss.
"The coal barons and the steel barons promise to give the people a square deal during war time, but I guess there's no danger of their going too far and robbing themselves in the people's behalf."
The speaker was Samuel Gompers.
"Yes," he went on, "there's no danger of their acting like the young lady at the shore, who said to her father: 'Papa, I lost my heart on the moonlit beach last night, and accepted old Rake Harduppe. Poor Rake is no longer young, I know, but as I said, I've lost my heart.'
"Humph," snorted her father, "I think it's your head that you've lost."

NOTHING SAID ABOUT LION
Showman Had Forgotten to Mention a Highly Important Point When He Made His Offer.
The enterprising impresario of the mammoth circus offered \$100 to any member of the audience who would enter the lion's cage. He made the invitation nightly, but no one seemed in a hurry to accept it until one evening a very sheepish looking individual rose and shouted:
"If you please, sir, I should like that hundred dollars!"
The audience was horror-stricken, but the impresario replied, with a contemptuous and rather incredulous smile:
"Oh! So you want to go into the lion's cage, do you?"
"Certainly!" said the man, starting to make his way from the audience.
"Very well, then; come along. I will open the door for you and you can walk in."
"Ah!" said the man, stepping forward with a knowing wink. "I'll go in, but you will have to take the lion out first. What you said was that you would give a hundred dollars to anyone going into the lion's cage."

SOOTHES ITCHING SCALPS
And Prevents Falling Hair Do Cuticura Soap and Ointment.
On retiring, gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water using plenty of Soap. Cultivate the use of Cuticura Soap and Ointment for everyday toilet purposes.
Free sample each by mail with Book, Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Broken Heart Cure.
He—I understand you have been attending an ambulance class. Can you tell me what is the best thing to do for a broken heart?
She—Oh, yes. Bind up the broken portion with a gold band, bathe in orange-blossom water and apply plenty of raw rice. Guaranteed to go well in a month.—Pearson's Weekly.

If a man has money to burn the rest of us try to make light of his fortune.

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.
and you work the horse same time. Does not blister or remove the hair. \$2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for manking, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts, Ailurs pain quickly. Price \$1 and \$2 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P. D. F., 317 Temple St., Springfield, Mass.

GREEN MOUNTAIN ASTHMA TREATMENT
This treatment is the result of many years of study and experiment; the special treatment of diseases of the lungs and throat by the late Dr. J. H. Guild, graduate of New York Medical College and New York Chemical Laboratory, a practitioner in Boston and New York Charity Hospital, and an eminent physician. See and buy at all druggists. Free sample and practical treatise on Asthma, its causes, treatment, etc. Sent on request. J. H. Guild Co., Report, Va.

Every Woman Wants Partine ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50¢ all druggists, or postpaid by mail. The Partine Toilet Company, Boston, Mass.

After the Movies Murine is for Tired Eyes.
Red Eyes—Sore Eyes—Granulated Eyelids, Sties, Itching—Restores. Murine is a Favorite Treatment for Eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity. CARE FOR THEM. YOU CANNOT BUY NEW EYES. Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago for Free Book.