

# WOMAN WORKS 15 HOURS A DAY

Marvelous Story of Woman's Change from Weakness to Strength by Taking Druggist's Advice.

Peru, Ind.—"I suffered from a displacement with backache and dragging down pains so badly that at times I could not be on my feet and it did not seem as though I could stand it. I tried different medicines without any benefit and several doctors told me nothing but an operation would do me any good. My druggist told me of Lydia E. Pinkham's Vegetable Compound. I took it with the result that I am now well and strong. I get up in the morning at four o'clock, do my housework, then go to factory and work all day, come home and get supper and feel good. I don't know how many of my friends I have told what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. ANNA METERIANO, 36 West 10th St., Peru, Ind.

Women who suffer from any such ailments should not fail to try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

**JUNE PINK EARLINA TOMATO PLANTS**  
\$2.00 per 100—parcel post. "Toole's Improved Cotton Seed, \$2.00 per bushel. L. E. Toole, Rt. 2, Macon, Ga.

Defined.  
"Her moistened eyes were fairly blazing at me with rage."  
"I see! an attack of liquid fire."

**Cuticura Beauty Doctor**  
For cleansing and beautifying the skin, hands and hair, Cuticura Soap and Ointment afford the most effective preparations. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

**Left the Squire Thinking.**  
A well-known Hampshire squire, noted for his shabby coats, was one day leaning over a gate which commanded a good view of his broad acres.

A well-pleased smile was on his lips when he was startled by the sound of a wheedling voice near him.

"Gie us a hand, old chap, to help my poor old donkey up the hill."

The squire "turned, and, with the smile deepening in his face, pushed the little cart behind with so hearty a good will that the coster exclaimed with admiration:

"Well, I'm darned if you ain't a good old sport. I say," he went on in a whisper, "I've knocked over two or three of the squire's rabbits, and I'm darned if you shan't have one."

Whereupon, with a great appearance of secrecy, he pulled out a fat young rabbit from under a sack in the cart, and trotted away, leaving the bewildered squire with one of his own rabbits dangling from his hands.—London Tit-Bits.

**Ultimatum.**  
For some moments we stand on the corner, waiting until the street crossing shall be passable.

The long, low, rabidish vehicle continues to roll by.  
Casting our eyes down the street along its length we mutter:  
"What a nuisance these 200-cylinder cars are! I'd either have to own one myself or transact all my business on this side of the street."

We all love bargains, but we'd hardly respect a man who'd let us cheat him.

Many a train of thought carries no freight.



When Coffee Disagrees There's always a safe and pleasant cup to take its place **INSTANT POSTUM** is now used regularly by thousands of former coffee drinkers who live better and feel better because of the change.

"There's a Reason"

# DAIRY



## QUARTERS FOR DAIRY CALVES

To Prevent Bumping and Jostling Young Animals Small Pens Should Be Provided.

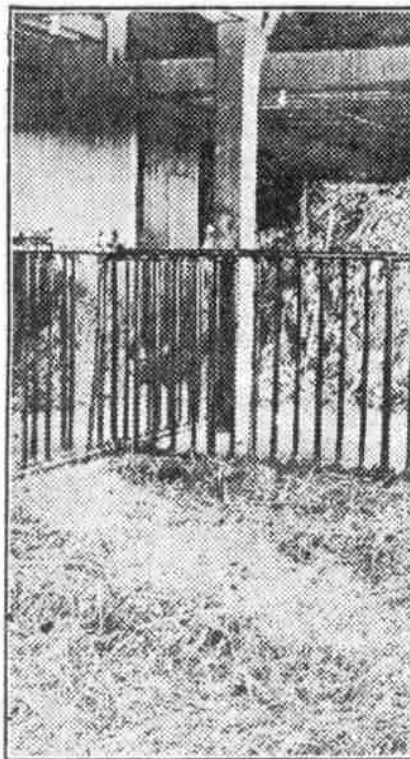
(Prepared by the United States Department of Agriculture.)

Small calves should not be bunched and jostled about. An easy way to prevent this is to provide small pens, not less than four by six feet in size, each of which a calf may be kept for the first two weeks. The pens should be fitted with feed boxes and racks for hay. After the calf is old enough to run with others it is placed with them in a larger pen. Stanchions are fixed on one side of this pen to provide for the separate feeding of the calves, so as to insure that each receives its proper care. Racks for hay should also be placed within easy reach of the calves.

Too much emphasis cannot be laid upon the necessity of having light, dry quarters for the calves. Bedding always should be abundant and should be changed often, in order that the pen always may be dry. Lack of attention to these matters is very likely to allow the development of the various calf diseases.

After the calf is a few weeks old, it can stand considerable cold if it is kept dry and has dry quarters. Provision also should be made to allow the calves plenty of exercise. A small paddock or pasture adjoining the calf stables is excellent for this purpose. Except for the very young ones, calves may be let out in the exercise lot for a short period each day when the weather is not too cold or stormy.

If the calves are kept together in a large pen it is very difficult to feed them by hand unless they are tied. When they are loose the milk often is



Good Place to Keep Calves.

spilled, and the larger calves get part of the smaller ones' share. Very simple stanchions may be constructed to prevent losses of milk and insure the equal distribution of the feed. To prevent the calves from sucking one another they should be kept in the stanchions for some time after feeding.

A calf stanchion may be constructed of cheap or scrap lumber. It is usually 36 to 40 inches high and has a four-inch space for the calf's head.

## SANITARY SHED FOR MILKING

Cows Should Be Kept Clean and Udders Wiped With Damp Cloth to Keep Out Dirt.

The cows should be kept clean and milked in a place free from dust. If the udders of the cows are wiped with a damp cloth it will prevent dirt, dandruff and hair from falling into the milk with their millions of bacteria. A covered or small-top milk pail should always be used in milking. It keeps out more than half of the germs.

## COWS RESPOND TO FEEDING

Even Poor Animal Will Increase in Production if She is Given Proper Treatment.

A good cow will respond to good treatment and even a poor cow will increase in production if she is properly handled.

With liberal feeding liberal returns cannot be obtained. A heavy producing cow cannot do her best work unless she is well fed.

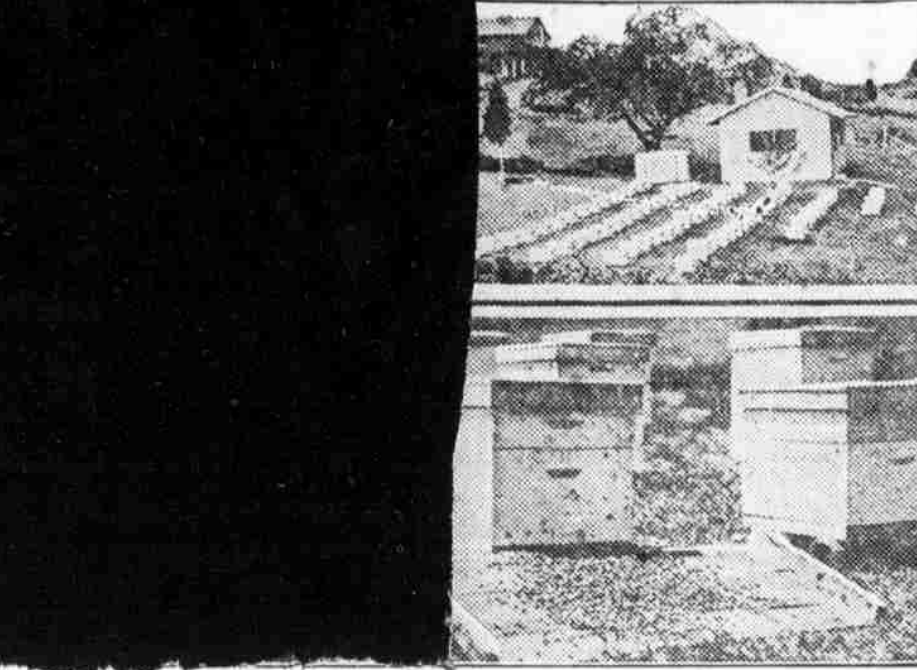
## TEMPERATURE FOR CHURNING

Usually From 52 to 60 Degrees Fahrenheit in Summer and From 58 to 65 in Winter.

The churning temperature should be such that (1) the churning will require from thirty to forty minutes, and (2) the butter granules will be firm without being hard—usually from 52 to 60 degrees Fahrenheit in summer and from 58 to 65 degrees Fahrenheit in winter.

# Feeding the Nation

United States Department of Agriculture. THE SUGAR SUPPLY.



Save the Swarms and Make Every Colony Do Its Best This Year.

## BEES WILL HELP PROVIDE SWEETS

Better Care of Colonies Is Best Way to Quicken Supply of This Crop.

## SUGAR NEEDED TO HELP WAR

Present Stock of Honey Could Be Increased 10 to 20 Times Without Appreciable Increase in Cost Per Pound.

More honey is needed to help the sugar supply—and needed in 1918. It is imperative, using the language of officials of the United States department of agriculture in a recent publication, that we increase not only the sugar crop in the United States, but every possible supply of sweets, and honey is one of the supplemental sweets the supply of which can be enlarged without great effort. Not only should those who already keep bees enlarge the number of their colonies, but the industry should also be extended, say federal officials, to localities where beekeeping has not been tried on a commercial scale. It is important that efforts be made to make the honey increase immediate—more honey this year.

## Provides Nutritious Food.

It is quite possibly for the American beekeeping industry to be developed so that the honey crop will be ten times what it is at present. Not only would such a development be valuable in an emergency, such as the present crisis, but in normal times, to which all hope the nation may speedily return, the beekeeping industry can provide a concentrated nutritious food, almost universally liked and assuredly an article of diet preferable to the inferior sirups and jams so commonly used. The beekeeping industry may be the means of conserving a national resource now largely wasted, changing it into nature's own sweet. The raw material is free on every hand; the investment for equipment is small in comparison with other branches of agriculture; the profits are fully commensurate with the study and labor involved. It would seem profitable to stop such a waste of so desirable a supply of sugar. This waste can be prevented only by the education of beekeepers.

In selecting a place for commercial beekeeping, attention should be paid to the regions best adapted to the industry, and it should also be remembered that not all localities within a main region are equally valuable. The chief honey regions of the United States are (1) the white clover region of the Northeast, (2) the southeastern region, west to eastern Texas, with a wide variety of nectar sources; (3) the alfalfa region of the West; (4) the mountain-sage region of southern California, and (5) the senarid region of Texas and adjacent states. In all of these regions commercial beekeeping is practiced extensively and in all of them, too, there is room for a great expansion of the industry as a commercial enterprise. In addition to these larger regions many more restricted areas offer special inducements to the beekeeper.

## Not Always Profitable.

But even where colonies of bees are sufficiently numerous and where nectar is freely secreted, beekeeping is not always considered profitable. This results from the nature of the industry. A colony of bees does not always gather sufficient honey for its own use and also enough so that the beekeeper can take honey for himself. It is only when bees are properly handled that they yield to the beekeeper the fullest return, and to an unusual degree beekeeping is profitable to just the extent to which the beekeeper applies intelligent care.

Success in beekeeping depends upon the beekeeper's skill in two lines of effort—keeping the colonies strong by proper care in winter; and keeping the colonies from swarming. The failure to take proper care of bees in winter is

a source of the greatest loss now experienced by beekeepers, and this applies to almost all parts of the United States; yet it is a simple matter to protect the bees in the hives—one which will put more dollars in the farmer's pockets and more bees in his hives. The essentials to the greatest success with bees are discussed in numerous textbooks and bulletins published by the state agricultural colleges and the United States department of agriculture.

## HONEY'S CHANCE TO HELP INCREASE SUGAR SUPPLY.

The average annual honey crop of the United States is about 250,000,000 pounds and is sufficient to supply each man, woman and child with about 2½ pounds a year, which is equivalent to 3 per cent of the amount of sugar they consume in normal time. Thus there is ample room for expansion of both the production and consumption. The present use of honey in the home usually is as a substitute for jellies, jams and sirup. It is little used in domestic cooking or baking, but this use should be increased. While honey within recent years has sold at prices sufficiently low to justify its use as a substitute for sugar, it is rarely used in commercial food manufacturing except in the making of certain cakes which must be kept moist for a considerable time. Usually, however, the supply of honey is so inadequate that most of the crop can be used as a spread for bread. With the use limited as it is, many people in the United States rarely eat honey, but it is evident that there might be developed a ready sale for honey as a supplement to sugar, if production were increased many times.

## Starting With Bees.

The best place to buy bees is near home. There are hundreds of colonies in almost every county which are unproductive and which might better change hands, bee specialists of the United States department of agriculture believe. If the prospective beekeeper does not know where these are, a small advertisement in a local paper will often locate them. If colonies cannot be found near by they can be bought of dealers in bees who advertise in the bee journals.

The best hive for all parts of the country is the 10-frame Langstroth, which is the American standard. If possible buy bees already established in these hives but if only other hives are available the bees can later be transferred to the desired hive.

## Look to 1919 Seed Now.

To be prepared for a possible scarcity of seed next year, growers of root crops of all kinds would do well to take steps to insure at least a partial supply by growing seed themselves, specialists of the United States department of agriculture advise. This can be done only by the use of roots already grown and now in the ground or held in storage. Such crops as carrots, beets, onions, turnips, rutabagas, parsnips and salsify are involved, owing to unfavorable weather conditions so far this year in regions where the chief seed supply of these crops is produced. This fact, together with the uncertainty of the usual European sources, which cannot be relied upon to supply us, threatens a very considerable shortage for next year's planting. Since it takes two years to produce these seeds; this shortage can only be alleviated by the planting for seed of roots already grown. Farmers' Bulletin 884 gives directions for the home production of seed of those crops mentioned and other vegetables.

# LEMONS DO MAKE THE SKIN WHITE

HOW TO MAKE A CREAMY LEMON BEAUTY LOTION AT HOME FOR A FEW CENTS.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and white the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.—Adv.

**Excellent Manager.**  
"What kind of a housekeeper did Flubbub marry? Some say she's a poor manager."  
"I should consider her an excellent manager. She makes him get the breakfast and they take their dinner out."—Louisville Courier-Journal.

## RELIABLE PRESCRIPTION FOR THE KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.  
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.—Adv.

**\$100 Reward, \$100**  
Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

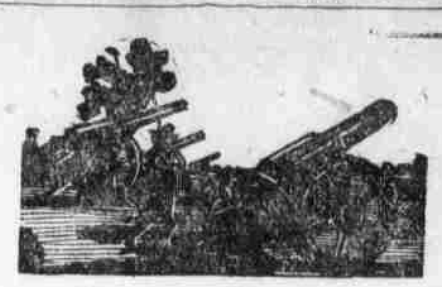
They love their land because it is their own, and scorn to give aught other reason why.—Hallock.

**Old People Who Are Feeble and Children Who Are Pale and Weak**  
Would be greatly benefited by the general strengthening Tonic effect of GROVE'S TASTELESS CHILL TONIC. It purifies and enriches the blood and builds up the whole system. A general strengthening Tonic for Adults and Children. 50c.

The man who will not trust his feelings is not doing a credit business.  
Anybody can follow a well-trod road, but it takes courage to be a pioneer.

Wright's Indian Vegetable Pills are simply a good, old-fashioned medicine for regulating the stomach, liver and bowels. Get a box and try them. Adv.

Next thing to having a thing is knowing where to get it.



Red-blooded men of courage are on the firing line—and there are many anemic, weak, discouraged men and women left at home.

At this time of the year most people suffer from a condition often called Spring Fever. They feel tired, worn out, before the day is half thru. They may have frequent headaches and sometimes "framply" or pale skin.

Bloodless people, thin, anemic people, those with pale cheeks and lips, who have a poor appetite and feel that tired, worn or feverish condition in the springtime of the year, should try the refreshing tonic powers of a good alterative and blood purifier. Such a one is extracted from Blood root, Golden Seal and Stone root, Queen's root and Oregon Grape root, made up with chemically pure glycerine and without the use of alcohol. This can be obtained in ready-to-use tablet form in sixty-cent vials, as druggists have sold it for fifty years as Doctor Pierce's Golden Medical Discovery. It is a standard remedy that can be obtained in tablet or liquid form.

A good purge should be taken once a week even by persons who have a movement daily, in order to eliminate matter which may remain and cause a condition of auto-intoxication, poisoning the whole system. To clean the system at least once a week is to practice health measures. There is nothing so good for this purpose as tiny pills made up of the May-apple, leaves of aloe and jalap, and sold by almost all druggists in this country as Doctor Pierce's Pleasant Pellets, sugar-coated, easy to take.

**WHAT DID SHE DO?**  
**MARY JOHNSON'S HAIR**  
Was Short and Kinky Now Its Long and Fluffy She Used

**NOAH'S HAIR DRESSING**  
Price 50c. If your dealer can't supply you send to us. Refuse substitutes. Manufactured by NOAH PRODUCTS CO., RICHMOND, VA.

**Sweet Potato Plants—Raney Hills and Porto Rican**  
1,000 to 2,000 at 1 c. each POST PAID  
\$2.00 per 1,000 1 c. here 1,000, \$2.75  
**Tomato Plants—Livingston Beauty, Harbison, and Stone**  
500, \$1.50 POST PAID  
1,000, 1.75 1 c. here 100, 60  
5,000 at 1.50 here 1,000 \$2.00  
10,000 at 1.25 here 1,000 \$2.00  
**Pepper Plants, Ruby King—May 1st delivery**  
**Egg Plants, N. Y. Improved.** POST PAID  
500, \$1.25 1 c. here 1,000, \$2.25  
1,000, 1.50 here 1,000, \$3.25  
D. F. JAMISON, SUMMERSVILLE, S. C.

## DRIVE MALARIA OUT OF THE SYSTEM

**BABEK** for That Tired Feeling

A GOOD TONIC AND APPETIZER

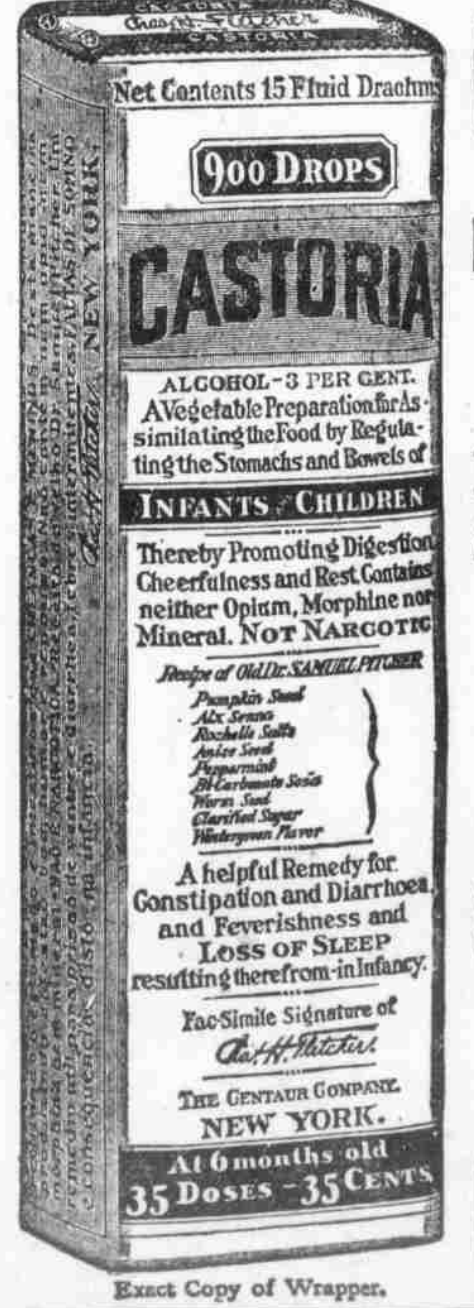
## WANTED

YOUR NOTES AND ACCOUNTS to collect anywhere. No collection; no charge. A trial will convince you. Address Southern Adjustment Co., Charlotte, N. C.

**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.

**DROPSY TREATMENT.** Gives quick relief. Swellings removed. Never heard of the quick relief. Write to DR. THOMAS E. GREEN, Box 216, Box 20, CHATSWORTH, GA.

W. N. U., CHARLOTTE, NO. 16-1918.



**CASTORIA**  
For Infants and Children.  
Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Fletcher* In Use For Over Thirty Years **CASTORIA**  
THE CENTAUR COMPANY, NEW YORK CITY.