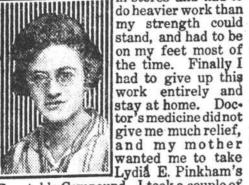
POLK COUNTY NEWS, TRYON, N. C.



Wonderful Resultsfrom Lydia Real Meaning of Term E. Pinkham's Vegetable Compound

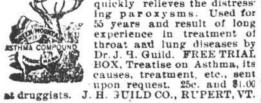
Beloit, Wis .- "My female trouble was brought on by overwork. I had worked in stores and had to



on my feet most of the time. Finally I had to give up this work entirely and stay at home. Docgive me much relief, and my mother wanted me to take Lydia E. Pinkham's Vegetable Compound. I took a couple of

bottles of it and thought it did not help me as much as it should, so I gave it up to try something else. Nothing I took helped. me much, so I finally decided to give the Vegetable Compound another trial and to take enough of it to make sure it would help me. I have taken it over a year now and it has brought wonderful results. I have gained from 93 to 110 pounds and am keeping house now. My friends all notice the change in my health. I will be glad to answer all letters that women write to me about the Vegetable Compound."-Mrs. W. G. MONSON, 1515 Park Ave., Beloit, Wis. Mrs. Monson is willing to write to any woman suffering from such troubles.





STANDARD FOR 50 YEARS WINTERSMITH'S CHILLTONIC For over 50 Malaria years it has been Chills the household remedy for all and forms of . Fever

It is a Reliable, Dengue



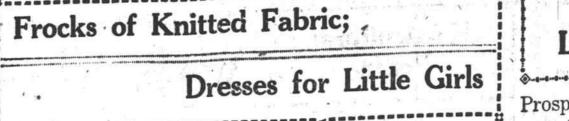
"Sports" Not Understood

The real meaning of the term 'sports," as applied to fewls, is not quite understood by a good many poultry keepers. Now, in breeding many varieties there will often come a chicken that is contrary to the parent birds, and the reason for this sometimes seems very strange.

For example, those who have bred Silver Laced Wyandottes know that frequently a white one, and ovcasionally a black one, will be produced, tor's medicine did not and it was the breeding to ther of these so-called sports that gave "s the two distinct colors, the While Wyandotte and the Black Wyandotte, as we know them today. Where very lightly laced birds are used there is a greater ten lency to white, and just the opposite when a very heavily laced bird is used, the sport here coming black. Partridge Wyandottes will also throw a few white ones, and those who breed them in big quantities will produce perhaps four or five white ones during the year.

Another common example of "sports" is found in the fact that oftentimes a rose comb breed will throw a single comb fowi. There is always an occasional tendency in this direction, and it does not prove that the parent steck is bad, nor that it does not measure up to the required purebred standard. Many of our present-day breeds are the results of working from sports. The black Plymouth came first from the barred, and for years no one ever heard of a male chicken coming black, these being all females. Today we have a distinct breed known as the Black Rock.

It is probable that all of our more than a hundred modern varieties of poultry descended from the one kind of original jungle fowl. In fact, most of our now numerous varieties have been created during the past 40 or 50 years. The old breeds, like the Black Langshans, do not often produce sports, for the reason that they have been bred pure for many hundreds of years, perhaps for thousands of years. But modern breeds, such as the Orpingtons, Rhode Island Reds, etc., are given to producing sports.



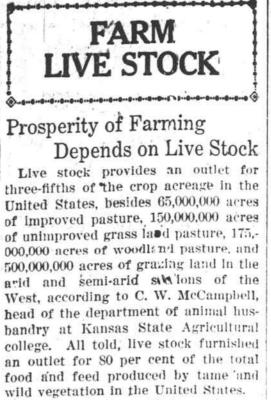
A RE you casting about for the ideal trancing girdle are points of interest in this costume. thing refreshingly cool, yet not of the so Jressy but that it is suited to the time and the place; a dress that "looks like new" at every wearing? For those who have had the good fortune or forethought to acquire one of the ultra smart modes fashioned of some one or the other of the new knitted fabrics, "dreams have come true."

Just because knitted textiles are so our fondness for them in that our in summer dresses for 1923, being no

An outcome for the fashions for knitlingerie type, a frock that is apropos ted fabrics is the overblouse and for any occasion, being dressy, yet not jacquette made thereof. Even newer are the short loose coats of knitted yardage, which are so aptly finished in silk braid or bound with inch-wide self fabric.

The vogue of embroidery for the dress-up frocks of the very little miss is one that continues year after year. No other adornment seems to be quite so in keeping with the dainty materials and simple lines of youthful likable, not only are we catering to garments, and consequently the styles





Live stock, by utilizing advantageously and efficiently the various pasture and forage crops, makes possible a system of crop rotation that aids materially in maintaining soil fertility and controlling plant diseases, insects and weeds.

Live stock provides, in the form of manure, the most reliable and practical fertilizer that can be used to maintain soil fertility. The production of grain takes from the soil large amounts of phosphorus, potash and nitrogen. When grain is sold off the farm where produced these elements of fertility are completely lost, but when grain is fed to live stock 80 per cent of the phosphorus, potash and nitrogen is returned to the soil in the form of manure. Manure also adds to the soil that necessary constituent hursus which commercial fertilizers do net.

Salt, Lime and Iodine

Needed in Stock Rations "Salt, iodine and calcium are needed in every well-balanced live stock ration," déclared E. B. Hart of the agricultural chemistry department, University of Wisconsin.

"Salt is an essential factor in a wellbalanced ration," declared Mr. Hart. When used it is usually in the form of ordinary salt or sodium chloride. The chlorine upon entering the stemach forms hydrochloric acid, and this acid is necessary for proper and complete digestion. The animal with a toughened coat is one which is not receiving proper nutrition, and this improper nutrition may sometimes be traced to a tack of salt in the ration.

"Nearly all common foodstuff's are very low in iodine content," sa'd Mr. Hait. "The greatest loss resulting from a deficiency of iodine is in the birth of hairless pigs. The goiter region of this country is in the Northwest and it is in this section that high losses are incurred. The fact that it has not put in an appearance on your farm does not necessarily mean that it never will, And a little iodine in the form of sedium or potassium lodide will serve as In the little white volle party dress an insurance, against trouble of this illustrated below. French knots are type. used to finish the neck and sleeves. "Calcium is being given off constant-Fancy smocking at the front and ly in the form of salts in the milk of a back adds an attractive touch. Around dairy cow, and some provision must be the hem of the skirt is a garland of made to replace this. It has been tiny flowers embroidered in French found that alfalfa hay cured under caps carries a vitamine which aids in Colorful needlework is also being calcium assimilation. Lime or boneextensively used on nursery frocks of meal added to the roughage will also help to overcome the constant drain on the calcium supply of the body."

gly Spots There's feeling ash these home Simply get druggist and morning and

Drives out

ru-na de

Tablets or 1:

Sold Ever

the worst fro while the It is tirely. ounce is skin and gain Be sure to as Othine, as this money back !!



General Invigorating Tonic. L



No amount of cosmetics can conceal an ugly skin. They only fill in the pores and make the condition worse. Resinol Soap cleanses the pores, giving them a chance to breathe and throw off impurities. This is why when used with Resinol Ointment it rids the skin of embarrassing defects, keeping it so elear and fresh it can hardly help being beautiful. At all druggists.



Movable Roosting Coops Good for Young Fowls

When the chicks are old enough to leave the brood coops and when they are weaned from broody hens or brooders, they grow so rapidly that they need more room. To meet this requirement, poultrymen use what are created therefrom, but rumor has it broidery in many new and interesting known as roosting coops. These are structures about six feet long, three fashionable this fall. feet wide, three feet high in front and two feet high at the rear. They have white midsummer, frocks made of knitwaterproof roofs, but the front side and one end, or the front side and two ends, are covered with wire so that the luxe for the moment. The accompanyair can circulate through freely in ing picture illustrates two smart warm weather, but hostile animals cannot get in.

To keep out driving rains or for use in cooler weather, particularly when the chicks are first put in and the drop-stitch tricosham, and exquisite sateen. On these the decorative denights are chilly, curtains of cloth or burlap are attached to the tops of the open sides so that they can be rolled down and fastened to protect the chicks when necessary. The curtain covering each side is made separate from the others so that much or little space may be left open according to requirements and according to which way the wind blows or the storm drives.

Thes little buildings should be movable and it is a good plan to place them on skids with rounded ends so that they can be drawn from place to place, thus affording a fresh, new location every day or two. Many poultry keepers block up these little houses so that there is a space between the floor and the ground which affords a cool, shady place for the chicks during hot days.

Poultry Notes

Don't crowd; better sell some of the birds and make room.

When lice come into the hen house, profit usually goes out.

Lively chicks come from the eggs laid by hens of good breeding and vitality.

A hen that will lay during the fall shows her persistence and value as a good producer.

Ducklings need plenty of fresh wato wash their eyes and nostrils.

ing run down and less vigorous.

Vigorous breeding stock is the first essential for healthy chicks, but some-

Two Smart Styles in Knitted Frocks.

knots in pink, yellow and blue.

toveliest summer frocks are being exceptions to this rule, feature emthat fabrics of this genre will be very uses.

Just now interest centers about ted fabric, for the solid white ensemble is registered as the style de styles which owe their attractiveness to the handsome knitted textiles from which they are created.

The one to the right is made from fine gingham, cotton crepe and black

Combinations Outlined

for Production of Pork

"Why fatten hogs with corn and wheat when each of the following combinations will produce 100 pounds of ' pork?" is the pertinent question when reading over the following feeding summary made by Professor Fjeldsted of the Oregon Agricultural college:

1. 470 pounds barley, ground. 2. 400 pounds barley, ground, plus 20 pounds digester tankage.

3. 332 pounds barley, ground, plus 350 pounds skim milk or buttermilk. 4. 246 pounds barley, ground, plus 123 pounds middlings, plus 220 pounds buttermilk or skim milk.

5. 236 pounds barley, ground, -plus 118 pounds middlings, plus 511 pounds garbage.

6. 320 pounds barley, ground, plus 160 pounds middlings.

7. 252 pounds barley, ground, plus 126 pounds middlings, plus 30 pounds digester tankage. 8. 209 pounds barley, ground, plus

209 pounds middlings, plus 20 pounds digester tankage.

Good Feeds for Growing Pigs or the Brood Sow

A mixture of 60 per cent barley and 40 per cent oats will be a good mixture for growing pigs or brood sows. This mixture would be improved upon

Death only a matter of she Don't wait until pains and become incurable diseases painful consequences by



liver, bladder and uric addtw National Remedy of Hollandin Guaranteed. Three sizes, all Look for the name Gold Media box and accept no imitain

Skin Troub - Soothed -With Cutica Soap 25c, Ointment 25 and 50c, Tan

SORE EYES

Ask your druggist or dealer f from Reform Dispensary, P.

W. N. U., CHARLOTTE, NO.

The Girl | Love.

Several days ago Ed L B city, came into posses dollar bill, with the follow tion neatly typewritten across "This is my last dollar, # it to the girl 1 love." Mr. Hall is of the optic real "human interest" ed

some budding "O. Heath" necessary tact and patience modern lover, remarks theb News.

Parting with one's last circumstance which might fraught with tragic significant time, and in this case it

ly 80. But, of course, "the girlb" have been his sister, his may have gone for condinext day may have been pay day. Who knows th Some one does

Good intentions wilt start with new than try

old.

