

FRIENDS NOTICED IMPROVEMENT

Wonderful Results from Lydia E. Pinkham's Vegetable Compound

Beloit, Wis.—"My female trouble was brought on by overwork. I had worked in stores and had to do heavier work than my strength could stand, and had to be on my feet most of the time. Finally I had to give up this work entirely and stay at home. Doctor's medicine did not give 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.

GREEN MOUNTAIN ASTHMA

COMPOUND quickly relieves the distressing paroxysms. Used for 35 years and result of long experience in treatment of throat and lung diseases by Dr. J. G. Guild. FREE TRIAL BOX. Treatise on Asthma, its causes, treatment, etc., sent upon request. 25c. and \$1.00 at druggists. J. H. BULLOCK CO., RUPERT, VT.

WINTERSMITH'S CHILL TONIC

For over 50 years it has been the household remedy for all forms of Malaria Chills and Fever Dengue. It is a Reliable, General Invigorating Tonic.



Don't hide skin trouble—heal it with Resinol

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 clear and fresh it can hardly help being beautiful. At all druggists.



Good to the last drop

I should say it is! I could tell a cup of Maxwell House blindfolded. What else could have such aroma, such flavor, such uniformity!

MAXWELL HOUSE COFFEE

SOLO BANJO TAUGHT. Orchestra and first for playing. No music. Book postpaid \$1. Address DENHAM, CEDAR CREEK, N.B.

POULTRY

Real Meaning of Term "Sports" Not Understood

The real meaning of the term "sports," as applied to fowls, 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 occasionally a black one, will be produced, and it was the breeding together of these so-called sports that gave us the two distinct colors, the White Wyandotte and the Black Wyandotte, as we know them today. Where very lightly laced birds are used there is a greater tendency 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 bearded will throw a single comb fowl. There is always an occasional tendency in this direction, and it does not prove that the parent stock 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.

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 known as roosting coops. These are structures about six feet long, three feet wide, three feet high in front and two feet high at the rear. They have waterproof roofs, but the front side and one end, or the front side and two ends, are covered with wire so that the air can circulate through freely in 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 nights 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 other 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.

These 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 water in dishes deep enough for them to wash their eyes and nostrils.

Oatmeal and buttermilk, either fresh or in the dried form, are two of the best developers for growing chicks.

The warm-weather chick is not of so robust a type, as a rule, as the early one, the parent stock often being run down and less vigorous.

Vigorous breeding stock is the first essential for healthy chicks, but sometimes when a good start is made, neglect and improper care work havoc.

Duck eggs and ducklings are more readily available, and about 20 cents apiece is a fair price for fresh eggs. Ducklings can be shipped fairly successfully.

Frocks of Knitted Fabric; Dresses for Little Girls

ARE you casting about for the ideal gown for summer wear? Something refreshingly cool, yet not of the lingerie type, a frock that is apropos for any occasion, being dressy, yet not so dressy 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 modcs fashioned of some one or the other of the new knitted fabrics, "dreams have come true."

Just because knitted textiles are so likable, not only are we catering to our fondness for them in that our

trancing girdle are points of interest in this costume.

An outcome for the fashions for knitted fabrics is the overblouse and 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 garments, and consequently the styles in summer dresses for 1923, being no



Two Smart Styles in Knitted Frocks.

loveliest summer frocks are being created therefrom, but rumor has it that fabrics of this genre will be very fashionable this fall.

Just now interest centers about white midsummer frocks made of knitted fabric, for the solid white ensemble is registered as the style de luxe for the moment. The accompanying picture illustrates two smart styles which owe their attractiveness to the handsome knitted textiles from which they are created.

The one to the right is made from drop-stitch tricosham, and exquisite

exceptions to this rule, feature embroidery in many new and interesting uses.

In the little white voile party dress illustrated below, French knots are used to finish the neck and sleeves. Fancy smocking at the front and back adds an attractive touch. Around the hem of the skirt is a garland of tiny flowers embroidered in French knots in pink, yellow and blue.

Colorful needlework is also being extensively used on nursery frocks of fine gingham, cotton crepe and black saten. On these the decorative de-



White Voile Party Dress.

knitted fabric featuring the openwork effect which is quite the rage this season. The open stitch being in stripes, gives chance for clever play in combining horizontals with verticals. Notice the novel sleeves.

The companion frock in the picture takes on more of a tailored aspect in that it is developed from the plain tricosham, which is so firmly knit that it becomes as a rich, heavy, silk-lined material. However, it is truly a knitted fabric possessing all the virtues of being cool, just elastic enough to conform to grace, and for durable wear it has no peer. Platted skirt, buttons adroitly placed, and an en-

signs are amusing. Animals, toys or familiar figures from fairy tales are embroidered, or applied, to ornament these otherwise very plain little garments. Dressier models are also colorful but use fine embroidered bouquets or garlands of fruits and flowers. Little taffeta dresses are shown with large rosettes or frills of the same material about the skirt, the center of each rosette being made of tiny silk flowers.

Julia Bottomley
(© 1923, Western Newspaper Union.)

FARM LIVE STOCK

Prosperity of Farming Depends on Live Stock

Live stock provides an outlet for three-fifths of the crop acreage in the United States, besides 65,000,000 acres of improved pasture, 150,000,000 acres of unimproved grass land pasture, 175,000,000 acres of woodland pasture, and 500,000,000 acres of grazing land in the arid and semi-arid sections of the West, according to C. W. McCampbell, head of the department of animal husbandry at Kansas State Agricultural college. All told, live stock furnished an outlet for 80 per cent of the total food and feed produced by tame and wild vegetation in the United States.

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 horta which commercial fertilizers do not.

Salt, Lime and Iodine Needed in Stock Rations

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

"Salt is an essential factor in a well-balanced ration," declared Mr. Hart. When used it is usually in the form of ordinary salt or sodium chloride. The chlorine upon entering the stomach 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 lack of salt in the ration.

"Nearly all common foodstuffs are very low in iodine content," said Mr. Hart. "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 sodium or potassium iodide will serve as an insurance against trouble of this type."

"Calcium is being given off constantly in the form of salts in the milk of a dairy cow, and some provision must be made to replace this. It has been found that alfalfa hay cured under caps carries a vitamin which aids in calcium assimilation. Lime or bone-meal added to the roughage will also help to overcome the constant drain on the calcium supply of the body."

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 200 pounds buttermilk or skim milk.
5. 286 pounds barley, ground, plus 113 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 by making it 40 per cent barley, 30 per cent oats, 20 per cent middlings, and 10 per cent tankage. For fattening pigs a ration of 90 per cent barley and 10 per cent tankage or 60 per cent barley, 30 per cent middlings, and 10 per cent tankage will be four 1 satisfactory.

Growth and Development of Pigs Must Be Rapid

The pigs should be fed grain and finished as early as possible if the pork is to be economically produced. Growth and development of pigs should be rapid if the bacon is to be profitable. A little neglect at this critical season may retard the growth of pigs. When the pigs are to be finished they may be confined in pens unless there is a luxuriant pasture whence plenty of grain may be fed.

PF-RUN
in Hot Weather
Drives out the heat, keeps the circulation going, and relieves the pain of rheumatism, neuralgia, and other ailments.
For sale by all druggists.
Tablets or Lozenges Sold Everywhere

FRECKLE
Now Is the Time to Get Rid of Ugly Spots
There's nothing more embarrassing than feeling ashamed of your freckles—these honey spots.
Simply get an ounce of Freckle, a druggist and apply a little to the worst freckles. You will see the difference while the lighter ones have been removed. It is so easy that you can give it a try. Freckle is made of the finest skin and cream ingredients.
Be sure to get the Freckle Ointment, as this is the best money back if it fails to remove

Harmless, purely vegetable, Infant Children's Regulator, breaks up and Guaranteed non-narcotic, non-toxic.
MRS. WINSLOW'S SYRUP
The Infants' and Children's Remedy
Children grow healthy and free from colic, diarrhoea, flatulency, constipation and other troubles by giving it at feeding time.
Safe, pleasant—always brings remarkable and gratifying results.
At All Druggists

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

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES
The world's standard remedy for liver, bladder and uric acid troubles. National Remedy of Holland. Guaranteed. Three sizes, all sizes. Look for the name Gold Medal on box and accept no imitations.

Skin Trouble Soothed With Cuticura
Soap 25c, Ointment 25c and 50c, Talcum

SORE EYES
relieves and cures sore and inflamed eyes in a few hours. Helps the weak eye, soothes the eye, and restores the eye to normal. Ask your druggist or dealer for SALLER'S from Reform Dispensary, P. O. Box 100, N. C.

W. N. U., CHARLOTTE, N. C.

The Girl I Love
Several days ago Ed L. Hall, city, came into possession of a dollar bill, with the following neatly typewritten message: "This is my last dollar, and it is the girl I love." Mr. Hall is of the opinion that "human interest" is some budding "0. H. H." necessary tact and pathos of modern lover, remarks the News.

Parting with one's last dollar, a circumstance which might be fraught with tragic significance, time, and in this case it is only so.

But, of course, the girl I love may have gone for good, and next day may have been a pay day. Who knows? Some one does!

Good intentions will start with new than 100 old.

Nervous
If Coffee disagrees Drink Postum
"There's a Reason"