

**PE-RU-NA**  
**For Summer Stomach Trouble**  
 The season's foods and a warm fermentation causes lots of trouble in hot weather. Pe-ru-na has been meeting that emergency for more than half a century. It is recommended for every catarrhal condition of which stomach trouble is but one. Sold Everywhere Tablets or Liquid

**WOMAN'S PAINS LIKE TORTURE**  
 Kentucky Lady, in a Dangerous Condition After a Siege of Influenza, Found Cardui Very Helpful.

Louisville, Ky.—Influenza left Mrs. Volney A. Handy, of 127 North Sixteenth Street, this city, in a dangerous condition. "I suffered tortures with my sides," she says, "and across my back. It seemed the pain would start at the back of my neck and down in my back and sides—a pain that felt like I was pulling in two. I couldn't stand on my feet. My limbs just gave away."  
 "I had taken Cardui as a tonic. I knew it was good. I told my husband I would try it again. I had used other things without relief. . . . After one-half bottle of Cardui, the pain got less hard, and I seemed to relax. I could straighten up. After one and a half bottles, I was able to walk around and do my work. My back was stronger and the bearing-down pains left. I took altogether three bottles, and it strengthened me."  
 "Why, before I took Cardui, I was so nervous and in such a fix I couldn't eat or sleep. Afterwards my nerves were better. I gained my strength. I began to eat and sleep and was like another person."

Womanly pains cause great suffering, and a medicine that will relieve them is indeed worth knowing about. Thousands of women have written to tell that Cardui helped them, relieving such symptoms as those described above. If you suffer in this way—

**Take CARDUI The Woman's Tonic**



**Pure and healing, a grateful aid on countless occasions**  
 CHESEBROUGH MANUFACTURING CO. (Consolidated) New York  
**Vaseline**  
 Reg. U.S. Pat. Off.  
**Yellow or White**  
 PETROLEUM JELLY

**Copied Monarch in Wearing Wigs.**  
 It was in the Seventeenth century that the wig found its maximum development in the peruke. The Abbe La Riviere, it appears, started it all by attending the court of Louis XIII in a wig. The king, who was prematurely bald, thought it an excellent idea, and, in adopting it for himself, made it obligatory among discreet courtiers.

**Why Glove Is Removed.**  
 Taking off the glove when shaking hands is a link with the time when this was done to show that no knife was concealed.

**Call for Affidavit.**  
 I had been on a visit to my father and was returning home with an expensive typewriter he had given me. He insisted I write my name and address on the bottom. I put it in the rack on the train, forgot about it, and got off. A few days later it came to me by express. I never knew who found it and was so kind to return it.  
 —Chicago Journal.

**If coffee disagrees drink Postum**  
*There's a Reason*

## HUNDRED THOUSAND REPORTED DEAD

**DEAD AND DYING SCATTERED EVERYWHERE IN RADIUS OF 50 MILE OF TOKIO.**

Capital of Japan is Now City of Tombs, Ruins and Destruction—Many Small Towns Totally Destroyed.

San Francisco, Calif.—Tokio is under martial law. Nobody's admitted into the city unless they have their own provisions. Nihonbashi ward is virtually annihilated. A railway man from Tokio says casualties there are estimated at 100,000. This information was received by the Radio Corporation from its Iwaki station, near Tomioka, Japan. Nihonbashi is the downtown business center of Tokio.

Several more earth shocks were felt at Yokohama at 1 o'clock Sunday afternoon.

Tokio is still burning and explosions there are frequent.

### Cities Between Tokio and Osaka All Destroyed.

Peking.—All cities and towns between Tokio and Osaka were destroyed by the earthquake, says a message picked up by the new Mitsui wireless station here. The message came from south Japan.

The streets of Tokio are said to be headed with the bodies of dead. Fire is raging from one end of the city to the other. The casualties are declared to be incalculable. Most of the big buildings of the capital are destroyed.

The dispatch added that Yokohama suffered tremendously from the earthquake, while the tidal wave which followed it added to the terror of the population, who fled.

Central Japan is entirely without means of communication.

The streets of Tokio are heaped with bodies of dead, according to advices from south Japan.

The casualties in the Japanese capital are said to be incalculable.

Most of the big buildings were destroyed.

Nagoya, a city of several hundred thousand inhabitants, 170 miles southwest of Tokio, has been virtually destroyed. At Yokohama the naval station was overwhelmed by a tidal wave.

Nagoya in 1904 had a population of 288,639. It had an old castle, numerous temples, and monasteries, and many manufactories. The industries there include lacquered wares, textiles, porcelains, carved wares and cotton, silk and embroidery works.

**Many Suffer From Food and Water.**  
 Shanghai, China.—One hundred thousand persons have perished in Tokio and Yokohama alone, according to bulletins received from Japan.

In Tokio the arsenal exploded, destroying the arsenal and the adjoining printing bureau. There were several thousand casualties here.

Most serious damage was done to the tract covering the Yama-No-Te district.

In the Nihonbashi and Kanala wards, in which scarcely a single structure is left standing, thousands lack water and food.

The Kaijo building in the Marunouchi district collapsed, with a thousand casualties.

The loft buildings lining the streets opposite the Tokio Central railway station were burned. The main building of the Central railroad remains intact.

At Yokohama the fire started in the Bund and spread through Benten and Iszaki streets, wiping out the business district.

At the foot of Mount Fuji several villages were completely razed and hundreds of lives lost.

At Atami alone 600 persons were killed.

The governor of Yokohama makes an urgent appeal for food for the people.

**Communication Interrupted.**

All communication with Tokio is interrupted and indirect reports indicate that a great typhoon broke over Tokio Saturday morning, subsiding at noon.

The typhoon was followed by terrific earth shocks and conflagrations which threw the city into chaos and struck terror in the hearts of the inhabitants.

Virtually every building in Yokohama has been destroyed.

Tidal waves washed away many houses in the vicinity of the harbor. A number of small towns at the foot of Mount Fuji are reported to have been completely demolished. Hundreds of lives were lost.

### American Red Cross Sends Aid to Japan.

Washington.—The machinery of the American Red Cross was set in motion to speed aid to the stricken millions in the section of Japan devastated by Saturday's earthquake.

Instructions have been cabled to the society's central committee in the Philippines and China, its chapters in the Orient, to inform headquarters here immediately as to the number of Red Cross nurses and the amount of relief supplies available for quick dispatch to the zone of disaster.

## RURAL WOMEN HELP THROUGH CLUBS



Demonstrator Explaining Use of Dress Form.

(Prepared by the United States Department of Agriculture.)

The achievements of women's clubs in Wisconsin under extension direction are described in a report recently received by the United States Department of Agriculture. Some 64 clubs have been organized in the state since 1919. In one county, Marathon, there are 30 clubs which have formed a county federation meeting twice a year to take up county-wide problems. During the past year each of these clubs has been working on the addition of labor-saving devices in the home. A number of homes have put in water systems, others have installed lighting systems, and many have purchased smaller articles to help the housewife. Several of the clubs are making paper dress forms and are planning to have every woman in the neighborhood who wishes one supplied.

In addition to what they have done to improve conditions in individual

homes, these clubs have accomplished much commendable community work. One club installed a bubbling drinking fountain in the village school and bought good lights for the building. This club sponsors evening community meetings in the schoolhouse. Another club repaired, decorated and refurnished the town hall which is now their meeting place as well as the center for all community meetings. Still another purchased a moving picture machine for use in the rural community and displays good pictures at regular intervals. One has bought playground equipment and employed a play supervisor for the children of the village during the summer months. One club cared for a motherless family of children, helping the oldest girl to learn to cook and feed her family well, and clothing the children so that the family was kept together until the older ones were able to carry on the home without aid.

## FRUIT CUP IS OFTEN USED AS APPETIZER

**Mixtures Are Easy to Prepare and Require No Cooking.**

(Prepared by the United States Department of Agriculture.)

Fruit cup is often used as an appetizer at the beginning of a luncheon or dinner, especially when soup is not relished. There is something particularly refreshing and pleasant about a mixture of mildly acid, slightly sweetened fruits, chosen because they combine well together.

Just as cantaloupe, grapefruit, orange pulp, strawberries, honey-dew melons, or watermelons in their various seasons are appropriate separately for an appetizer course, so mixtures containing any of these fruits cut up together with still other fruits have come to be popular at the beginning of the meal. There is no reason why these good combinations should be reserved for formal occasions. They are easy to prepare, requiring no cooking, and in most families more fruit is really needed than is actually served.

The United States Department of Agriculture points out in Farmers' Bulletin 1313, "Good Proportions in the Diet," and in Farmers' Bulletin 871, "Fresh Fruits and Vegetables as Conservers of Other Foods," how important it is to supply the family with plenty of fruit at all times.

Most fruit cups are best if about a third of the material consists of either orange or grapefruit pulp, or both. The mild acid of these citrus fruits is needed to give zest to less definite flavors. Pears, peaches, apricots and pineapple, either fresh or canned, are delightful in small quantities in a fruit mixture. Any or all of these may be added according to the number to be served, the materials on hand, and the individual preferences. Banana and apple, judiciously used, are excellent. A little cantaloupe or watermelon, when in season, is good. A few Tokay or Malaga grapes, berries of any kind, sweet cherries, whether fresh or canned, add a decorative touch as well as additional flavor. One or two dates in each portion can be introduced in the same way. A few chopped nut meats, a little spiced preserve, some candied orange or grapefruit peel, citron, preserved watermelon rind or ginger are other suitable flavors for making a fruit cup that is a little out of the ordinary.

It is not possible to give exact recipes because the fruits on hand depend somewhat on the season and somewhat on the leftovers available. The equivalent of half an apple, banana, peach, or pear per person should be allowed, with plenty of orange or grapefruit. The following combinations may be suggested to serve six persons at different seasons: Winter, 2 oranges, 1 apple, 1 banana, 1 slice of canned pineapple, four cooked prunes; spring, 1 grapefruit, 1 canned peach, 1 banana, 12 white cherries, 12 strawberries; summer, 2 oranges, 2 slices fresh pineapple, one-half cantaloupe, 24 raspberries; autumn, 1 grapefruit, 1 pear, 12 white grapes, 1 apple, 1 spiced peach, 6 dates.

The fruit should be cut up in fairly small pieces for convenience in eating. This should be done at least an hour before serving time. Sugar should be sprinkled over the mixture according to taste, and it should be stirred well before standing. If preferred, the fruit cup may be

## PLAN FOR WASHING SWEATER

**Knitted or Crocheted Articles Often Lose Shape Unless Precautions Are Taken.**

(Prepared by the United States Department of Agriculture.)

Sweaters, scarfs and other knitted or crocheted articles often lose their shape when cleaned unless special precautions are taken. The United States Department of Agriculture says the best way is to work as follows: Measure the article. Use lukewarm water and soap solution. Wash the article by squeezing rather than rubbing and keep it under water as much as possible. When lifting it, keep the hand under and put it into a pan. Rinse until the last water is clear. Squeeze out the water either with the hands or by putting through the wringer, keeping the hand under the garment to prevent stretching from the weight of the water. Put through the wringer several times, changing the folds to take out as much water as possible. Place on a covered table and stretch or pat into the original shape and size as shown by the measurements. If desirable, it may be pinned or fastened in place by thumb tacks.

## LABEL FOR CANNED FRUIT

**If Any Is to Be Sold by Housewife She Should Consult State Food Authorities.**

While the careful housewife usually labels her jellies, jams, canned fruits and vegetables for her own later information, the United States Department of Agriculture suggests that if she intends to sell any of her products she should consult the state food authorities as to the regulations concerning weight or measure and ingredients and the proper labels to be used.

## Household Questions

**Watch the custards—if they are cooked too long they will be watery.**

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Add salt to starch water and it will prevent the starch from freezing out.

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A shelf in the closet for shoes is far better than placing them on the floor.

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To prevent mustard from drying in the mustard pot, add a little salt when making it.

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When boiling eggs hard, use ones that are four or five days old. They peel very easily; the shell usually clings to a fresh egg.

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Save the eggshells, tie up in cloth, and drop into the wash boiler while the clothes are being boiled, and the lime from them will help whiten the clothes.

## LIVE STOCK NEWS

### Breeder Is Anxious for Strong Litter of Pigs

When the sows start farrowing in the fall the breeder is anxious that there will be large litters of strong and vigorous pigs. This can be accomplished if the feeding and care of the brood sows is adequate. Usually the herd during the summer months are under more favorable conditions than in the winter. If they have plenty of succulent forage, shade and water, most of the problem of feeding is solved.

The sows should gain enough to equal that which they will lose during the time of farrowing and the lactation period which follows. This gain for a mature sow should be in the neighborhood of 75 or 80 pounds. The gain should be a little larger in the case of yearling sows.

During the first part of the gestation period it should not be necessary to feed grain if the sows have access to a good pasture. Every attempt should be made to maintain them upon green forage, because the sows will then have plenty of exercise and the cost of feeding and care will be materially decreased. In addition this is the ideal condition for a brood sow and later they will have an easier time in pigging, the pigs will come in better condition, and the milk flow will be ample.

The sows should never be allowed to lose flesh. They should make the required gain in flesh indicated above and this can be done during the last half of the summer. During this time and up until the time of farrowing the sows should receive some grain. If the pasture is one of the legume crops the feeds necessary to supplement this may be home-grown feeds or those which are usually easy to obtain. If the pasture is just an ordinary one it may be necessary to purchase such feeds as tankage, unseeded meal, shorts or middlings to supplement the corn fed. The amount of grain to feed and the time to start feeding the grain will all depend upon the condition of the sows.

The feed which a sow requires is important but the shade and water are also important considerations. There should be plenty of shade and the water should be fresh, cool and in ample amounts. In extremely hot weather there should be some place in which the hogs can wallow.—B. W. Fairbanks, Associate Professor Animal Husbandry, Colorado Agricultural College.

### Marketing Young Hogs

When a pig in northern Ireland reaches a weight of from 170 to 195 pounds he had better be marketed, reports Vice Consul Barringer, Belfast, because to fatten him up any more would require more feed than the extra pork is worth. The smaller the pig the greater the gain in live weight from the consumption of a given quantity of food. Farmers are being urged, therefore, to market their pigs when they weigh from 170 to 195 pounds and not to continue feeding them until they have reached heavier weights.

### Different Ailments Are Confused With Cholera

With the gradually increasing control of hog cholera, it is important that swine growers give attention to the many other ailments which cause losses, some of which are frequently confused with cholera. Among the diseases with symptoms confused with those of cholera are anthrax, epilepsy, gastroenteritis, necrobacillosis, pleurisy, pneumonia, poisoning, tuberculosis, swine plague and worms.

### Brood Sow Should Have Feeds Rich in Protein

Brood sows should have feed that is rich in protein, such as alfalfa hay, wheat shorts or tankage, when pasture is not available. The greatest development of the unborn pigs takes place during the last 60 days of the gestation period, hence the importance of feeding brood sows from now until farrowing time.

## LIVE STOCK NOTES

If given constant access to the proper feeds the hog cannot be over-fed.

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More trouble comes from not giving the sows care before farrowing than after farrowing.

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The man who pins his faith to good hogs and sticks by them through thick and thin, wins out in the long run.

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The place in which the sow is to farrow should be warm enough that large quantities of bedding will not be needed for warmth.

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Give the pigs plenty of water and shade throughout the warm months. Both are essential to the best health and growth of the animals.

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It is the amount a steer eats over and above what he needs to maintain his weight that makes fat. The aim is to keep him eating as much as possible, without going off feed.

After Every Meal  
**WIGGLE**  
 a good thing to remember  
 Sealed in its Purity Package  
**THE FLAVOR**

**BABIES LOVE**  
**MRS. WINGSON'S**  
 The Infant and Child's  
 Pleasant and Refreshing  
 Food  
**DRIVE MALARIA OUT OF THE**  
**BABEL**  
**for CHILLS & FEVER**  
 A GOOD TONIC AND  
 CONTAINS NO OPIUM  
 Special Offer: Mail the enclosed  
 50 cts. for a full size bottle to the  
 Washington, D. C. "Merchand United"

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**MERCHANT UNITED**  
 Judgment of a Modern  
 Proved of Some  
 the Red Cross  
 The Milwaukee Chapter  
 due to the fact that Niles  
 is a diplomat as well as  
 and philanthropist.  
 One day two women  
 store and as they were  
 shop "Niles" noticed a  
 floor," says the Red Cross  
 "Did either of the  
 he asked. "They did,"  
 agreed.  
 They were uncertain  
 as their certainty in  
 plexity did likewise.  
 "There are three  
 this," he said. "We  
 in two and give each  
 which would be  
 I myself, which  
 Since you can't  
 have it, let's  
 Imported  
 She—Who told you  
 five?  
 He—Your mother  
 She—As if she  
 it.—Boston Trans-

**Made of wheat and barley**  
**and baked 2 hours**  
**Scientifically**  
**baked 2 hours**  
**Supplies Vitamin and mineral elements**  
**How can Grape-Nuts be other than a wonderful appetizing healthful food?**  
*"There's a Reason"*