

# Don't dread the kitchen!

# SHREDDED WHEAT

Delicious for every summer meal  
Crispy tempting shreds of health  
Served with fruit and whole milk  
12 Oz. in Each Standard Package

**Ancient Samaria**  
Samaria at the time of our Lord's earthly ministry was the central province of Palestine, lying between Judea on the south and Galilee on the north. In more ancient times the country that came to be known as Samaria was the kingdom of Israel, composed of the Ten Tribes. The city of Samaria was the capital until the Ten Tribes were carried into captivity in the year 720 B. C.

**Greyhound Races Popular**  
Because of the interest in Greyhound races, which were introduced near Panama City recently, the street car company built in record time a special line to the track to handle the crowds. More than 200 dogs are entered in the events, which will be continued during the season. At times large stakes are wagered and interest runs high.

Crowds are so large because there are not many men who "can't bear to be in a crowd."

Anyway, when one is in a rut, he doesn't skid.

## CHILDREN CRY FOR FLETCHER'S CASTORIA



**MOTHER:**—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Chas. H. Fletcher* Proven directions on each package. Physicians everywhere recommend it.

**Plagiarism**  
Ethel—But, papa, he says he cannot live without me.  
Father—Tell him to think up a new one; I told that to your mother.  
—Boston Transcript.

**Affection's Test**  
Girle (recently scolded)—Mother, do you love me still?  
Mother—Yes, be quiet, dear.

**They Certainly Do**  
Examiner—The farmers raise the grain; now what do the grain merchants do?  
Boy—They raise the price.—Paris Rire.

**Perpetual Thought**  
"When is Muriel thinking of getting married?"  
"When isn't she?"

## HOW MRS. WEAVER WAS HELPED

by Taking Lydia E. Pinkham's Vegetable Compound

As Mrs. Weaver herself says, "I was never very strong." This is a mild statement describing her condition, for, according to her letters, she was subjected to no small amount of ill health. Fortunately, her sister was familiar with Lydia E. Pinkham's Vegetable Compound and begged Mrs. Weaver to try it. "After three or four weeks," writes Mrs. Weaver, "I felt a great difference in myself. I would go to bed and sleep sound, and although I could not do very much work, I seemed stronger. I kept on taking it and now I am well and strong, do my work and take care of three children. I sure do tell my friends about your wonderful medicine, and I will answer any letters from women asking about the Vegetable Compound."—Mrs. LAWRENCE WEAVER, East Smithfield St., Mt. Pleasant, Pa.

If you knew that thousands of women suffering from troubles similar to those you are enduring had improved their health by taking Lydia E. Pinkham's Vegetable Compound, wouldn't you think it was worth a trial? In some families, the fourth generation is learning the merit of Lydia E. Pinkham's Vegetable Compound.


## FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

**GOLD MEDAL HAARLEM OIL CAPSULES**

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

When you have decided to get rid of worms, use "Dead Shot," Dr. Peery's Vermifuge. One dose will expel them. All druggists, 50c.



**Dr. Peery's Dead Shot for WORMS Vermifuge**

**So Consoling**  
Beatrice—And he has never told me what he thinks of me, you know.  
Millie—Perhaps he is waiting until he gets another girl, my dear.—New Bedford Standard.

**Prefers the Telephone**  
"Does your wife enjoy the radio?"  
"No! you see it's all listening."—Boston Transcript.

ASK FOR **ALLEN'S FOOT-EASE** for DANCING, TENNIS, GOLF, ETC.



**Mitchell Eye Salve** For SORE EYES

Avoid dropping a strong drug in eye sore from alkali or other irritation. The old simple remedy that brings comforting relief is best. 25c, all druggists. *Wm. Mitchell, New York City.*

**PARKER'S HAIR BALSAM** Restores Color and Beauty to Gray and Faded Hair. Also cures itching scalp. 25c, all druggists. *Wm. Parker, Paterson, N. J.*

**HINDERCORNS** Relieves Corns, Calluses, etc., stops all pain, ensures comfort to the feet. Makes walking easy. 15c by mail or all druggists. *Hilcox Chemical Works, Paterson, N. J.*

**Deafness—Head Noises** RELIEVED BY **LEONARD EAR OIL** "Rub Back of Ears" INSERT IN NOSTRILS. At All Druggists. Price \$1. Folder about "DEAFNESS" on request. *A. G. LEONARD, INC., 70 FIFTH AVE., N. Y.*

**Kill All Flies!** THEY SPREAD DISEASE. Fixed anywhere, **DAISY FLY KILLER** attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lets all flies die. Made of metal, can't spill or tip over; will not soil or harm anything. Guaranteed. **DAISY FLY KILLER** from your dealer. *HAROLD SOMERS, Brooklyn, N. Y.*

**BOILS** There's quick, positive, relief in **CARBOIL** GENUINE 50¢ BOX. At All Druggists—Wm. Beck & Co., New York City.

**DR. J. D. KELLOGG'S ASTHMA REMEDY** No need to spend restless, sleepless nights. Irritation quickly relieved and root removed by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to: **NORTHBROOK & LYMAN CO., Inc.**, Northbrook, N. Y.

## Horticultural NEWS

### RIGHT HANDLING OF RASPBERRIES

Raspberries do best on a strong fertile soil. It will pay any one who is fond of this kind of fruit to add a good dressing of barnyard manure, in order to stimulate a good growth of cones. One thing is certain, a good crop of fruit cannot be obtained from a poor growth. Wild raspberries are found in the edges of timber or along fence rows where one ordinarily finds a soil with lots of humus in it.

Too many folks attempt to continue their plantations after they are unproductive. Most patches should be dug up at the end of the fourth or fifth season. It is time wasted to try to rejuvenate an old plantation. New plantings on fertile soil will produce more fruit one year after planting than most old beds.

Most commercial growers plant the raspberries in rows eight feet apart. This enables them to use horses to cultivate. Some growers have found that it pays to give even more room than this. At any rate thrifty growing canes will make use of all the space eight feet wide. To keep down weeds and new plants requires frequent cultivations. Six or eight cultivations each season is none too much. Here and there mulching material is used to take the place of cultivation. A straw mulch will last about two years. It can be used only when straw is cheap. Old stock bottoms will do very nicely.

In home gardens where berry patches are not conveniently located it will pay to mulch. Where this is done about all the hand cultivation necessary will be to go through the rows with a sharp garden hoe and clip off new berry plants and larger weeds that push up through the straw. The mulch will keep down most of the grasses and these are the worst weeds that have to be combated.

### Cover Crops Maintain the Fertility and Humus

Some cover crop experiments have been conducted in British Columbia which are yielding valuable results, not only for that section but for many fruit sections of the United States.

Each year sowings of hairy vetch, spring vetch, buckwheat, fall wheat, fall rye, barley and rape have been made on August 1 and September 1. Records have been taken of the amount of growth made before winter began. All of the crops have been turned under in the spring, and the orchards have been kept clean cultivated in the summer.

The results to date indicate that annual cover cropping is not as satisfactory as the growing of continuous cover crops where there is sufficient moisture to permit the growth of the latter. However, the annual cover crops have been found helpful in maintaining the fertility and humus content of the soil and in affording protection to the roots during the winter.

### Fruit Thinning Is Good Pennsylvania Practice

The growers of Pennsylvania who have thinned the fruit in their orchards can now begin to see the effect of their work, according to the pomologists at the Pennsylvania State college. Observations from now until harvest time will show if the thinning has been sufficient.

It is found that, in many cases, the grower has not taken off enough fruit in the early summer thinning. It is pointed out that an incomplete thinning costs nearly as much as a complete one. If the thinning has been only partly done, the trees are still too full of fruit and the fruits are not sizing as they should. Experience is a good teacher and mistakes of this year can be turned to profit next season.

### Horticulture Squibs

Red raspberries should be treated very much like the blackcaps, excepting in the summer pruning. In no case should the new canes be summer pruned.

More tree than is necessary to hold all the peaches the soil is capable of producing and maturing is a detriment. It takes plant food and moisture to maintain such surplus growth.

With good care an abundance of fruit can be obtained throughout the season from a relatively small area of the small fruits, the returns being much greater than the labor invested.

To assist in controlling aphids in the apple orchard, it is best to spray just as the buds are beginning to open.

Strawberries may not have such a favorable chance as a commercial venture for farmers, but as a home-grown delicacy they simply can't be beat.



### Celebrating

Flags and drums and fireworks. "Rah for the glorious 4th. Let's all celebrate and then we'll have a delicious lunch of Monarch Cocoa and Teenie Weenie Peanut Butter sandwiches."



Every genuine Monarch package bears the Lion Head, the oldest trademark in the United States covering a complete line of the world's finest food products—Coffee, Tea, Cocoa, Catsup, Pickles, Peanut Butter, Canned Fruits and Vegetables, and other superior table specialties.

## MONARCH Quality for 70 Years

Monarch is the only nationally advertised brand of quality food products sold exclusively through the man who owns and operates their own stores.

**REID, MURDOCH & CO.**  
Established 1853  
Chicago Pittsburgh Boston New York  
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Our name has been associated for a generation with highest quality Wedding Invitations and Announcements at reasonable prices. Delivered anywhere prepaid. Samples upon request. Our book of Wedding Etiquette free.

**EVERETT WADDEY CO.**  
103 E. MAIN ST. RICHMOND, VA.

WANTED SCHOOL OR COLLEGE YOUTH, spare time, to sell lightning Auto Wash Brush. Nothing like it, marvelous. We teach you how to sell, no experience necessary. Just show it. It sells itself, five sales \$5. Ten sales \$10 a day easy. Act quick, be first in your town to grab this money maker.

**MRS. PRODUCTS DIST. CO.**  
186 North LaSalle St. - Chicago, Ill.

## WEEPAH GOLD

For the latest information on Weepah Gold stocks, write to **GEO. W. ALLEN, BROKER** Box 987 - Tonopah, Nevada.

**AUTOMOBILE MECHANICS**, desiring employment in the East and West Indies, also Central and South America, should purchase our guaranteed list of over one thousand names and addresses of firms and individuals in these countries, who employ English speaking people. Price \$5.00 cash. Keystone Agency, Apartado 2444, Havana, Cuba.

## TOMATO COLLARD PLANTS (CABBAGE)

Delivered 100, 200, 300, 75c; 500, \$1.00; \$1.50. Charges collect. 1,000, \$1.50; 5,000 \$4.50; 10,000 \$8. Satisfaction guaranteed. D. F. JAMISON, Summerville, S. C.

**JUST PATENTED**—Red, White and Blue Spinning Automobile Light—best size—used anywhere on car. Sample \$2. Box 202, Middlebury Park, N. J. Agents Wanted.

"Thanks for the Buggy Ride"  
The live-wire son of parents on the East side of Indianapolis became ill. The mother rose early one morning, and, in an effort to cheer the ailing lad, played several selections on the phonograph. After she had stopped, the boy yelled to his mother: "Thanks for the buggy ride, mamma."—Indianapolis News.

A simple, old-fashioned medicine, as good today as in 1817, is compounded in Wright's Indian Vegetable Pills. They regulate the stomach, liver and bowels. Adv.

A man in reduced circumstances isn't a woman's idea of a bargain.

Success seldom comes to the man who isn't expecting it.

## Sure Relief

**BELLANS FOR INDIGESTION** 25c and 75c Pkgs. Sold Everywhere

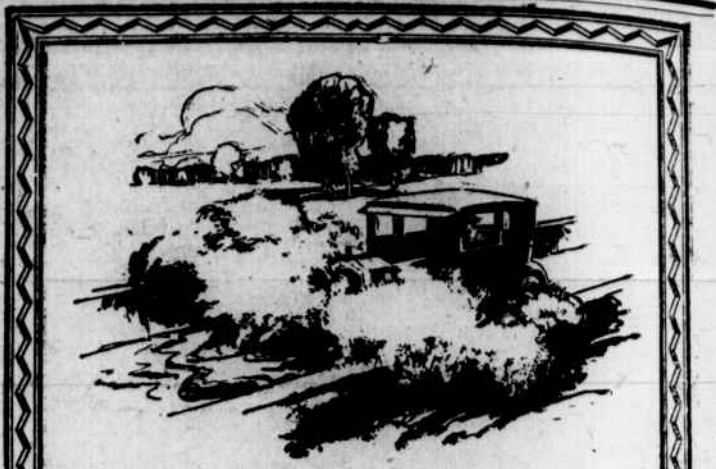
A simple, old-fashioned medicine, as good today as in 1817, is compounded in Wright's Indian Vegetable Pills. They regulate the stomach, liver and bowels. Adv.

A man in reduced circumstances isn't a woman's idea of a bargain.

Success seldom comes to the man who isn't expecting it.

For rheumatism, gout, eczema or hives, nothing is more beneficial than frequent sulphur baths.

You can enjoy the benefits of healing sulphur baths right in your own home, and at small cost by using **Hancock Sulphur Compound** nature's own blood purifying and skin healing remedy—Sulphur—scientifically prepared to make its use most efficacious. Use it in the bath. Also use it internally and as a lotion on affected parts. 60c and \$1.20 the bottle at your druggist's. If he cannot supply you, send his name and the price in stamps and we will send you a bottle direct. **HANCOCK LIQUID SULPHUR COMPOUND** Baltimore, Maryland. Hancock Sulphur Compound—Bottle—60c and 1.20—For use with the Liquid Compound.



## A BATH TUB that tests automobiles

S-P-L-A-S-H through the bath tub goes the General Motors car. Out onto the slippery road it dashes. On go the brakes!

What is the reason for such torture of an innocent automobile?

The answer is that the engineers at the General Motors Proving Ground take nothing for granted. They want to know what happens when a car ploughs through water. They insist too on measuring, with special machines, which they have built, just how quickly the car can be stopped and just how much pressure of the foot is required to stop it.

Altogether General Motors has 136 different tests by which cars are proved as they never have been proved before; nothing is left in doubt. All of which means that you are buying doubly assured safety, reliability and comfort when you choose a General Motors car.

# GENERAL MOTORS

CHEVROLET • PONTIAC • OLDSMOBILE  
OAKLAND • BUICK • LASALLE • CADILLAC  
GENERAL MOTORS TRUCKS  
YELLOW CABS & COACHES  
FRIGIDAIRE—The Electric Refrigerator  
DELCO-LIGHT Electric Plants

**Have You Seen Her?**  
A description of a missing girl says: "She wore flesh-colored stockings and had bobbed hair." That ought to make it easy to find her almost anywhere on the street.—New Orleans States.

**The Question**  
Mother—Your father used to think I was an angel once upon a time, my son.  
Willie—Yep, but you can't fool him now, can you, mom?—New Bradford Standard.

**Charming Reflection is obtained by using Cuticura Soap**



Daily, assisted by Cuticura Ointment when required. It keeps the pores active, the skin clear and free from irritations and the scalp in a healthy hair-growing condition.

Soap 25c, Ointment 25c and 50c, Talcum 25c. Sold everywhere. Sample each free. Address: "Cuticura Laboratories, Dept. 2, Station, Mass."

**New York at Boiling Point**  
New York city has transformed rush into crush. It has tunneled under itself and built over itself, it has bridged and burrowed and bussed until it is a city of entrances and exits. But so far it hasn't been able to find room enough for its feet.—Woman's Home Companion.

**Mammoth Pail**  
A Keene (N. H.) concern has completed a pail for a preserve manufacturer. The pail holds more than a ton of jelly and will be displayed at an exhibit in Madison Square garden, New York. The pail, with cover, weighs 225 pounds.

A new canning process invented by an Italian is said to make the canning of fish more practical for tropical countries.

**Pa Buzz picks a nice camping place**



FLIT spray clears your home of flies and mosquitoes. It also kills bed bugs, roaches, ants, and their eggs. Fatal to insects but harmless to mankind. Will not stain. Get Flit today.

**FLIT** DESTROYS Flies Mosquitoes Moths Ants Bed Bugs Roaches



The yellow can with the black band

**Bee Brand INSECT POWDER OR LIQUID**



Write for free booklet on killing house and garden insects if unable to get Bee Brand Powder or Liquid from your dealer, we will supply you direct by parcel post at above prices. **McCormick & Co., Baltimore, Md.**