



After Nervous Breakdown

"I had a nervous breakdown and could not do the work I have to do around the house. Through one of your booklets I found how Lydia E. Pinkham's Vegetable Compound had helped other women and I went to the drug store and got me six bottles. It has done me good in more ways than one and now I work every day without having to lie down. I will answer all letters with pleasure."—Hannah M. Eversmeyer, 707 N-16 Street, East St. Louis, Illinois.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lowell, Mass.

HEADACHE?

Instead of dangerous heart depressants take safe, mild, purely vegetable **MATURE'S REMEDY** and get rid of the bowel poisons that cause the trouble. Nothing like **NR** for biliousness, sick headache and constipation. Acts pleasantly. Never grips.

Mild, safe, purely vegetable. At drug stores—only 25c. Make the test tonight. **FEEL LIKE A MILLION, TAKE NR TO-NIGHT TOMORROW ALRIGHT**

NR TO-NIGHT TOMORROW ALRIGHT

CHERRY-GLYCERINE COMPOUND

COUGHS COLDS

VIRGINIA FARMS

Virginia farms and handsome estates. Conspicuous values at attractive prices. List on request. W. T. Bailey, Suffolk, Va.

Manufacturer's Representative

With following among department stores and hardware buyers. Good salesman to handle high class merchandise. Familiar with advertising deals. Aluminum goods experience preferred but not necessary. **Act Quick.** Our commission plan will make you money. May be handled as side-line. Write **KWANSUM ALUMINUM CO.** Kewaukeon, Wis.

Hear a Fruit Fly Eating

Detection of an invisible fruit fly within the substance of a fruit has been shown to be possible by members of the scientific staff of the Bell Telephone laboratories, whose services were placed at the disposal of the government authorities engaged in fighting this pest in Florida. Using an electrical stethoscope it was found that the fly, in the interior of the fruit, could actually be heard eating.—Literary Digest.

When Rest Is Broken

Health Suffers When Kidney Irregularities Disturb Sleep.

If troubled with bladder irritations, getting up at night and constant backache, don't take chances. Help your kidneys with **Doan's Pills**. Recommended the world over. Sold by dealers everywhere.

50,000 Users Endorse Doan's:

Mrs. Clara Nieder, 698 Engle Ave., Detroit, Mich., says: "I had dizzy spells and a persistent backache. I felt so tired that I couldn't do my housework. The kidney secretions were too frequent and woke me up at night. After taking Doan's Pills I felt fine."

DOAN'S PILLS

for Coughs

Take Boschee's Syrup and coughing stops at once! Relieves where others fail. Contains nothing injurious—but, oh, so effective! **GUARANTEED.**

Boschee's Syrup

At all drug stores. W. N. U., BALTIMORE, NO. 11-1930.

Soy Beans Are Good Cash Crop

No Winter Killing as Is Case With Wheat Because Planted in Spring.

In weighing the comparative advantages of wheat and soy beans as a cash crop, the Ohio farmer will do well to remember the factor of abandonment of wheat due to winter killing, suggested C. R. Arnold of the rural economics department of the Ohio State university.

New Cash Crop. Soy beans have assumed a new importance as a cash crop in Ohio, through recent establishment of factories for converting the beans to industrial and other uses. With certain favoring factors the crop may successfully compete with wheat, which has heretofore been the principal cash crop of the state.

During the past eight years, according to reports of the United States Department of Agriculture, an average of more than 17 per cent of the winter wheat acreage in Ohio, has been abandoned because of winter killing. In one year 64 per cent of the acreage was abandoned for this reason.

Loss Is Suffered. Since soy beans are planted in the spring they are not liable to this drawback. "Abandoned wheat acreage has usually been planted to oats, it is true," says Arnold. "But the owner has suffered loss nevertheless. He is out the cost of his seed wheat, possibly half the cost of his fertilizer, and all the labor involved in planting, although the seed bed preparation is not lost. Further, his program for the year, which included the growing of wheat, is thrown out and his cash returns from oats will not be so large as returns from the same acreage of wheat. The abandonment of wheat acreage is an important point in considering the growing of soy beans."

Heating Necessary for Fruit Transportation

When perishable fruits are shipped long distances to market the problem during a considerable part of the year is to keep the temperature in the car low enough to prevent deterioration. However, there are times when the problem is to keep the temperature high enough to prevent freezing, and specialists of the United States Department of Agriculture are now at work on this problem.

Tests have been made with cars standing on a siding and with others in actual transit during winter weather where the temperature dropped as low as 40 degrees below zero. Standing tests were made on six cars of cull apples, donated for the purpose, and showed that a small amount of heat applied continuously was sufficient to protect fruit in lower layers. When a large amount of heat was applied the top layers were overheated and the lower layers were given no better protection than with a small volume, properly circulated.

In these tests the air was circulated by means of electrically-driven fans.

Billion-Dollar Diseases Among American Plants

Plant diseases rob the American people of some \$1,500,000,000 annually, according to estimates of the bureau of plant industries, United States Department of Agriculture. Since 1917 the bureau has collected data each year on reductions in crop yields due to diseases, and bases its estimates on a summary of the reports sent in. Losses from plant diseases are proportionately high in other countries. In Canada the estimated annual losses are said to average about 15,000,000 English pounds, while in England losses due to fungi in 1928 have recently been estimated at 10 per cent of the total value of all crops grown.

Agricultural Hints

Black walnut grows well on well-drained, fertile soil.

High quality potato seed can become worthless as a result of poor storage.

Buckwheat may be sown at any time from May until August. Seeding around the first of July is probably the best time.

One-fifth of an acre, properly managed, constitutes a garden large enough to provide vegetables in season, for canning, and for storage, sufficient to supply a family of five persons.

Buckwheat has been a major source of human food of some of the primitive races of Asia in past ages, and has been grown for that purpose in this country, since earliest colonial times.

In the case of corn or the sorghums there is less waste in feeding forage when fed cut or shredded. The expense of cutting is probably justified. As to whether it will pay to cut or grind hay will depend on the price and the quality.

May 10 is the safe date for planting tender crops but if the ground has warmed they may be started earlier. If squash, pumpkins, cucumbers, melons, corn, and beans are not caught by a late frost, the gardener is two or three weeks ahead by planting now.

tired every morning?

Get poisons out of the system with **Feen-a-mint**, the Chewing Gum Laxative. Smaller doses effective when taken in this form. A modern, scientific, family laxative. Safe and mild.



Feen-a-mint FOR CONSTIPATION

Chinese Wall as Boulevard Nanking, the new capital of China, is surrounded by an ancient wall and the authorities are planning to make use of it as a boulevard for motor traffic. The new roadway will have a length of 22 miles and a width of 25 feet.

Many a man is blamed for a bad disposition when he really is suffering from constipation. The best remedy is Wright's Indian Vegetable Pills. 25c a box. 372 Pearl St., N. Y., Adv.

Excavators Make Find "That ain't no Roman yawse." "Well, it's got Roman figures on it." "So 'as my watch."—Humorist.



Cold in Head, Chest or Throat?

RUB MUSTEROLE well into your chest and throat—almost instantly you feel easier. Repeat the Musterole-rub **once an hour for five hours**... what a glorious relief!

Those good old-fashioned cold remedies—oil of mustard, menthol, camphor—are mixed with other valuable ingredients in Musterole.

It penetrates and stimulates blood circulation and helps to draw out infection and pain. Used by millions for 20 years. Recommended by many doctors and nurses. Keep Musterole handy—jars, tubes. All druggists.

To Mothers—Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.



Darktown Fables

Once upon a time Rastus Henry Clay Washington came home late at night and found George Washington Johnson snoring in his own bed, whereupon George upon awaking and finding Rastus staring down at him exploded: "Believe it or not, brudder, Ah'se nuthin' but er stowaway here, Ah is!"—Pathfinder Magazine.



Acidity

The common cause of digestive difficulties is excess acid. Soda cannot alter this condition, and it burns the stomach. Something that will neutralize the acidity is the sensible thing to take. That is why physicians tell the public to use Phillips Milk of Magnesia.

One spoonful of this delightful preparation can neutralize many times its volume in acid. It acts instantly; relief is quick, and very apparent. All gas is dispelled; all sourness is soon gone; the whole system is sweetened. Do try this perfect anti-acid, and remember it is just as good for children, too, and pleasant for them to take.

PHILLIPS Milk of Magnesia

Lonely Hearts



WILBERT has a heart of gold. Will no one tell him what's the matter—why girls turn pale, and gracious matrons freeze at his approach? Yes, we will. This has gone far enough. Get a new pipe, Wilbert, and break it in gently, thoughtfully, with Sir Walter Raleigh's favorite smoking mixture. When the curling wisps of its fragrance surround you, everything will be changed, Wilbert.

How to Take Care of Your Pipe (Hint No. 3) To make your pipe sweet from top to heel, smoke all the pipe load when you break it in, or fill the bowl half full the first few times so that the heel, and not merely the top, will be broken in. Send for our free booklet, "How to Take Care of Your Pipe." Brown & Williamson Tobacco Corporation, Louisville, Kentucky, Dept. 97.

SIR WALTER RALEIGH Smoking Tobacco



The Ideal Vacation Land

Sunshine All Winter Long Splendid roads—towering mountain ranges—Highest type hotels—dry invigorating air—clear starlit nights—California's Foremost Desert Playground

Palm Springs CALIFORNIA

Origin of "Shampoo" The word "shampoo" is derived from the Hindustani word "champana," which means to press or squeeze.

Girls, be Attractive to Men

Nature Intended You Should Be!

If your stomach and bowels do not function properly, the bloom of youth rapidly disappears. Doctor Pierce's Golden Medical Discovery usually meets the need. It invigorates the whole system, corrects the irregularities of the digestive organs and makes the blood redder. You have pep, vigor and vitality. Your eyes sparkle—your complexion clears up and the bloom of youth is yours. All druggists.

Write to Dr. Pierce's Clinic in Buffalo, N. Y., for confidential medical advice. There is no fee.

STOP THAT COUGH

the safe easy way before worse troubles follow. Take **HALE'S HONEY OF HOREHOUND AND TAR** The tried home remedy for breaking up colds, relieving throat troubles, healing and soothing—quick relief for coughing and hoarseness.

Garfield Tea

Was Your Grandmother's Remedy For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

The KITCHEN CABINET

(©, 1930, Western Newspaper Union.) How happy is he born and taught That serveth not another's will Whose armor is his honest thought And simple truth his utmost skill. —Sir Henry Wotton.

SEASONABLE GOOD THINGS

A good dressing for a fat chicken is: **Prune Dressing.**—Soak one cupful of prunes over night, drain, stone and chop. Add one cupful of chopped tart apples, one-fourth teaspoonful of nutmeg, one-eighth teaspoonful of salt, a dash of cayenne and one cupful of bread crumbs; mix well and add two table-

spoonfuls of melted butter and stuff the fowl.

Cranberry Sherbet.—Wash and cook two cupfuls of cranberries in water to cover. When soft force through a potato ricer and add two cupfuls of sugar, mix well and add three table-spoonfuls of lemon juice, a pinch of salt and a pint of rich milk. Freeze as usual.

Scalloped Ham and Potatoes.—Take one and one-half pounds of ham cut into convenient sized pieces, four cupfuls of sliced raw potatoes and a pint of well-seasoned white sauce. Place a layer of potatoes in the bottom of a well-greased casserole, using one-third of them, cover with a few slices of onion and one-half of the ham; season with salt and pepper, repeat with the same and have a layer of potatoes on top. Cover all with the white sauce and cover the casserole; bake until all are well done.

Green Pepper and Corn Scalloped.—Take two tablespoonfuls of sugar, one teaspoonful of salt, one-eighth teaspoonful of pepper, one-half cupful of milk, one chopped green pepper, one chopped red pimento and two cupfuls of fresh or canned corn. Fill a buttered casserole one-third full of the mixture, add one-fourth cupful of fresh bread crumbs buttered, then another layer of corn and peppers and cover with buttered crumbs. Bake until well done.

Rhubarb Sherbet.—Cut one quart of rhubarb unpeeled into small pieces and cook in one quart of water until tender. Soak one-half tablespoonful of gelatin in two tablespoonfuls of cold water and add to the hot sauce with the juice and rind of a lemon and two cupfuls of sugar. Cool, freeze as usual.

Tasty Spinach.—Fry six slices of bacon, retaining in the pan one tablespoonful of the fat and in it brown one-fourth pound of fresh mushrooms. Sprinkle over them one tablespoonful of flour, pepper, paprika and one teaspoonful of salt; add one-half cupful of milk and cook slowly ten minutes. Place one-fourth peck of cooked drained spinach in the center of a hot platter with the bacon slices around it and pour the sauce over the spinach.

TRY THESE GOOD THINGS

Fruit salad is especially valuable to balance heavy foods. With oranges as the basic fruit, many pleasing combinations may be had with cheese, nuts and dried fruits.

Vitamine Salad.—On a lettuce covered plate, place a square or scoop of cottage cheese. Around the cheese, stand on end sections of orange. Top with half a pecan or walnut meat and serve with:

French Honey Dressing.—Take three tablespoonfuls of lemon juice, six tablespoonfuls of salad oil, one-fourth teaspoonful of salt, one-fourth teaspoonful of paprika and one-fourth cupful of strained honey. Shake thoroughly before serving.

Orange and Date Salad.—Take two large oranges, arrange in sections of six on lettuce radiating from the center on the salad plate. In the center place stuffed dates, four to a serving. Top with a rose of mayonnaise.

Fruit Salad in Orange Cups.—Cut three large oranges into halves, remove the pulp carefully and mix with two slices of diced pineapple, twelve quartered marshmallows, one-third of a cupful of pecan meats and two-thirds of a cupful of diced pear. Serve the orange cups filled with the fruit mixed with mayonnaise and whipped cream. Serve on lettuce and garnish the top of each with nut meats.

Orange Waffle Shortcake.—Prepare the waffle according to any preferred recipe. If an electric waffle iron is used add six tablespoonfuls of melted butter to the waffle mixture instead of greasing the iron. The following recipe is recommended: One teaspoonful of sugar, two beaten eggs, two cupfuls of sweet milk, two tablespoonfuls of cornmeal, two cupfuls of flour, two tablespoonfuls of melted butter, one-half teaspoonful of salt, and four teaspoonfuls of baking powder. Mix well, add egg yolks and fold in the beaten whites at the last. If the ordinary iron is used add two tablespoonfuls of melted butter and grease the iron. Serve with sliced oranges cut into eighths, well sweetened and serve with whipped cream or plenty of orange juice.

Nettie Maxwell



Needless Pain!

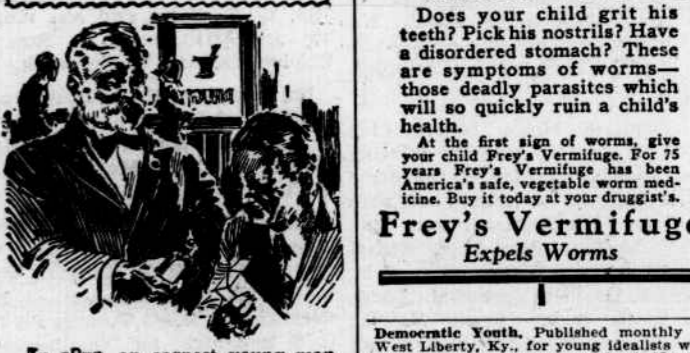
Don't be a martyr to unnecessary pain. Lots of suffering is, indeed, quite needless. Headaches, for example. They come without warning, but one can always be prepared. Bayer Aspirin tablets bring immediate relief. Keep a bottle at the office. Carry the small tin in your pocket. Then you won't have to hunt a drugstore, or wait till you get home. And don't think Bayer Aspirin is only good for headaches, sore throats, and colds! Read the proven directions for relieving neuralgic, neuritic, rheumatic, and other aches and pains. Remembering, of course, that the quick comfort from these tablets is not a cure; for any continued pain, see a doctor. Bayer Aspirin is genuine. Protect yourself by looking for that name. Always the same. Always safe. Never hurts the heart.

BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacturer of Monocrotinacidester of Salicylicacid

Merely incidental "I hear that Gawler has got a \$2,000 ar." "How did he get the \$2,000?" "Oh, he hasn't got that yet."

YOU HAVE A DOCTOR'S WORD FOR THIS LAXATIVE



In 1875, an earnest young man began to practice medicine. As a family doctor, he saw the harm in harsh purgatives for constipation and began to search for something harmless to the sensitive bowels.

Out of his experience was born a famous prescription. He wrote it thousands of times. It proved an ideal laxative for old and young. As people saw how marvelously the most sluggish bowels are started and bad breath, headaches, feverishness, nausea, gas, poor appetite, and such disorders, are relieved by the prescription, it became necessary to put it up ready for use. Today, Dr. Caldwell's Syrup Pepsin, as it is called, is the world's most popular laxative. It never varies from Dr. Caldwell's original effective and harmless formula. All drugstores have it.

There would be a greater demand for free things if they didn't cost so much.

For any BABY

We can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't, you should call a physician. All through babyhood, Castoria should be a mother's standby; and a wise mother does not change to stronger medicines as the child grows older. Castoria is readily obtained at any drugstore, and the genuine easily identified by the Chas. H. Fletcher signature that appears on every wrapper.

For Galled Horses Hanford's Balsam of Myrrh

All dealers are authorized to refund your money for the first bottle if not sold.

WORMS SAP A CHILD'S VERY LIFE

Does your child grit his teeth? Pick his nostrils? Have a disordered stomach? These are symptoms of worms—those deadly parasites which will so quickly ruin a child's health.

Frey's Vermifuge Expels Worms

Democratic Youth. Published monthly at West Liberty, Ky., for young idealists who still believe in democracy. Send 25c for four months' trial subscription.

Rheumacide GET AT THE JOINTS FROM THE INSIDE!

Have you RHEUMATISM Lumbago or Gout? Take RHEUMA CIDIE to remove the cause and drive the poison from the system. PREVENTION OF THE RETURN! PUTS BRACETS OF THE OUTRIG! At All Drugstores Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

A Staunch Relative Judge—Sam, you in trouble again? Sam—Yessah, I's second cousin to Old Man Trouble. Judge—Well, you seem to be very fond of your relatives, I'll just let you spend six months' vacation with them.

