



There May be Poison in YOUR Bowels!

STEP out tomorrow morning with the fresh buoyancy and briskness that comes from a clean intestinal tract. Syrup Pepsin—a doctor's prescription for the bowels—will help you do this. This compound of fresh laxative herbs, pure pepsin and other pure ingredients will clean you out thoroughly—without griping, sickening or discomfort.

Poisons absorbed into the system form souring waste in the bowels, cause that dull, headachy, sluggish, bilious condition; coat the tongue; foul the breath; sap energy, strength and nerve-force. A little of Dr. Caldwell's Syrup Pepsin will clear up trouble like that gently, harmlessly, in a hurry. The difference it will make in your feelings over night will prove its merit to you.

Dr. Caldwell studied bowel troubles for forty-seven years. This long experience enabled him to make his prescription just what men, women, old people and children need to make their bowels help themselves. Its natural, mild, thorough action and its pleasant taste commend it to everyone. That's why "Dr. Caldwell's Syrup Pepsin," as it is called, is the most popular laxative drug stores sell.

Dr. W. B. CALDWELL'S SYRUP PEPSIN
A Doctor's Family Laxative



"Let Us Help You See Right"
\$1.98
While they last we are selling the greatest value ever offered in **SPERGLASSES**. The cost of these glasses and examination elsewhere would be from \$10.00 to \$20.00, we are selling them for **ONLY \$1.98**. Every pair is absolutely and strictly **GUARANTEED**. With the backing of 16 years of Optical experience let us help you see better for **ONLY \$1.98**. Without obligation send name, age and address to **SEE-RITE OPTICAL CO.**
P. O. Box No. 432, Huntington, W. Va.

Had Learned Something From Married Friends

A California license clerk was commenting on the working out of the so-called "Anti-gin Marriage Law" which provides for a delay between the stated intent to marry and the actual ceremony itself.
"It has proven a good law," he said, "and halted a great many of those 'marry-in-haste-repent-at-leisure' unions. I always have in mind the wise little girl, who, when an ardent lover asked her to marry him, replied:
"I probably will, but just the same, I want a week in which to think it over."
"You'll have lots of time to think it over, after we're married," he protested.
"Yes," she agreed, "that's what most of the married women tell me."

Grass Under Trees

The Eighth century A. D. is known as the golden age of Chinese poetry. It was during this time that Li Po, Tu Fu and Po Chu-I wrote their exquisite lyrics.

There are already too many legal holidays—another manifestation of the prevalent overlegislation.



CHILDREN CRY FOR IT—

CHILDREN hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and just as harmless as the recipe reads.
When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, you should use it to keep the system from clogging.
Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.



Unseasoned Wood Causes Egg Mold

Market Value of Cold Storage Product Reduced as One Result.

(Prepared by the United States Department of Agriculture.)

A new and peculiar mold which develops on eggshells during shipment and in cold storage has caused heavy losses to handlers of cold-storage eggs. Recent investigations by bacteriologists of the United States Department of Agriculture indicate that unseasoned wood in the shipping cases is probably responsible for the trouble.

Does Not Impair Quality.
Spot mold or pin mold, as this has been termed by the department investigators, first appears on the outside of the eggshell, and although it does not impair the quality of the egg when confined to the outside, it renders the egg unsightly and reduces its market value. However, the mold penetrates the shell after a time and spreads over the inside surface, becoming very noticeable when the egg is candled. Such eggs have a decided moldy flavor.

Improperly Seasoned Wood Used.
Most egg cases are made of seasoned wood, but in wet weather or during a rush period improperly seasoned wood may be used. The unseasoned wood contains about 50 per cent more moisture than the well-seasoned wood. This moisture, according to Dr. L. H. James and T. L. Swenson, the investigators, favors germination and early development of the molds before eggs reach the storage houses. Eggs nearest the case partition molded more than others in the same case, they found. These results indicate that development of the mold on eggs in cold storage is dependent on previous conditions favoring its germination.

By eliminating unseasoned egg crates, one of the causes of such losses may be eliminated.

No Danger of Honeybee Puncturing Fruit Skin

The bee is not a damager of fruit—does not puncture the skin to get at the juice within. This has been iterated and reiterated, but is again mentioned because of a query from a reader as to how to get rid of bees which "ruin his grapes." Is poison sirup feasible? he asks. M. H. Kimball, assistant farm adviser of Los Angeles county, Calif., declares that the honey bee couldn't puncture the skin of a grape if it wanted to—its mouth parts are simply not made for that purpose. The bee will, however, take advantage of a break in the skin, whether natural splitting due to overripeness or from the attacks of other forms of life, and will gather at the new source of nectar. Because the bee is not a criminal, the law protects it against poisons.

Control Leaf Hoppers by Use of Bordeaux

Potato leaf hoppers may be controlled by using bordeaux mixture, whether the leaf hoppers are on the potatoes, beans, sugar beets, or other crops.
In weather favorable to the leaf hoppers, it may take only a week or two to result in the loss of an entire crop where no control measures are put in to effect. Leaf hoppers have fewer natural enemies than most other insect pests. Bordeaux mixture made according to the 4-4-50 formula is usually applied. High pressure is necessary for effective control. Thorough spraying is essential.

Grass Under Trees
In hot, dry summer, when available food and water are scarce, the tree with its deep roots and large leaf surface is too strong a competitor for the grass with narrow blades and shallow roots. For grass under trees, liberal watering and applications of nitrate fertilizer made at the rate of two pounds to 1,000 square feet of area, every two weeks during summer, are recommended as helpful by Ohio university specialists.

Farm Hints

Consider the tub basket for marketing early apples.

Millet is not often used as a feed for live stock. It has to be ground, otherwise the stock could not get hold of it, but would pass it without digesting it.

The best time to vaccinate pigs is when they average about 40 pounds in weight. They are just about the right age to insure permanent immunity.

Pullets need ample ventilation in the laying house after roosting in open brooder houses and in trees. Fall colds are the result of faulty ventilation.

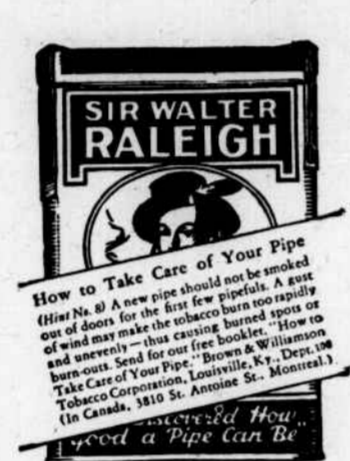
Pigs self-fed on grain and running on mixed clover pasture, made faster gains than any others in a feeding experiment at the Ohio State agricultural experiment station at Wooster.

If artificial illumination is used on pullets it should start the first week in November, as the days are growing short. To be effective the lights must be turned on and off regularly. A deflector should be used on the lights.

People just don't distinguish



IT'S utterly unfair, of course. But if a man will smoke an outrageously strong pipe, nobody is going to get close enough to him to appreciate his heart of gold. Don't keep potential friends at a distance. Sir Walter Raleigh's favorite blend is incomparably rich and fragrant—yet so mild as to be acceptable to the most fastidious pipe-smoker. Nor does Sir Walter lack body and real flavor. They're all there in Sir Walter Raleigh—as you'll discover when you try it.



IT'S 15¢—and milder

Old Michigan Structure
Believed to be one of the oldest structures in Michigan is a log building erected by the Northwestern Fur Trading company on Beaver Island in 1824. The building is in a good state of preservation and has been shingled and cared for by its numerous inhabitants. At present an Indian family is occupying it.

Make dresses bright as new!

DIAMOND DYES are easy to use, go on smoothly and evenly; **NEW**. Never a trace of that faded look when Diamond Dyes are used. Just true, even, new colors that hold their own through the hardest wear and washing.
Diamond Dyes owe their superiority to the abundance of pure anilines they contain. Cost more to make. Surely, but you pay no more for them. All drug stores—15¢.

Diamond Dyes Highest Quality for 50 Years

Young Russia Learns to Fly
Boys of Russia are learning to fly. Pupils of the Raditch school for technical science in Moscow are being taught how to build model planes of different types, and others are given instructions in flying. The future flyers are said to show an unusual aptitude for the work.

Sure of One Thing
"Are you happy, now that you are rich?" asked the old-time friend.
"I don't know as I'm happy," answered Mr. Cumrox, "but I'm dead sure I'm not as discontented as I would be if I was broke."

Little to Control
Virtue is relative. Most of the people who boast of their self-control haven't much to control.—Bangor Daily Commercial.

AUGUST FLOWER

—brings almost instant relief from terrible colic pains. Banishes heartburn, nausea, sick headache, biliousness, sluggish liver, constipation. Promptly restores good appetite and digestion, and regular, thorough elimination. **GUARANTEED.**

DYSPEPSIA!
Sold at all good drug stores. **Quickly!**

BAYER ASPIRIN is always SAFE

Demand this package



Beware of Imitation:

GENUINE Bayer Aspirin, the kind that doctors prescribe and millions of users have proven safe for over thirty years, can easily be identified by the name Bayer and the word genuine on the package as pictured above.

Genuine Bayer Aspirin is safe and sure; always the same. It has the unqualified endorsement of physicians and druggists everywhere. It does not depress the heart. No harmful after-effects follow its use.
Bayer Aspirin is the universal antidote for pains of all kinds.
Headaches Neuritis
 Colds Neuralgia
 Sore Throat Lumbago
 Rheumatism Toothache

Aspirin is the trade-mark of Bayer manufacture of monoaceticacidester of salicylicacid.



GLENN'S SULPHUR SOAP
A Soft, Clear Skin gives beauty and freshness to your complexion. Use this skin purifying, toilet, bath and shampoo soap daily.
Contains 33 1/2 per cent Pure Sulphur
Hill's Hair Dye, Black and Brown, 50¢
Stainless Tablecloths, Patented. Useful. Sells on sight. Big cash, daily commissions, \$5-120. Quick action, plus Bonus System. Write today. Stainless Linen Co., 1140 Broadway, N. Y.

Gull Crosses Atlantic
A black-headed gull from Europe has been found among the native gulls of Newburyport, near Boston. It is the first of its species ever recorded in North America, and the only explanation for its appearance there is that it must have flown across the Atlantic. The suggestion has been advanced that the gull was driven out to sea by a gale, and then, being unable to return to land, flew right across the ocean. It has now been captured and placed on exhibition at the Museum of Natural History in Boston.

Hold It Up
If you should smash your fingernail badly, hold the hand up for at least an hour, so that the blood drains out of the finger. This will prevent the blood from congealing at the smashed place and cause an ugly discoloration of the nail.

Just Make Excuses
Some people know how to make such good excuses that they don't try to do anything else.—Fort Worth Star-Telegram.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!
Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.
Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips Pleasant to take, and always effective.

The name Phillips is important: it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

THE KITCHEN CABINET

(© 1930, Western Newspaper Union.)
The world goes up and the world goes down
And the sunshine follows the rain,
And yesterday's sneer and yesterday's frown
Can never come over again.
—Charles Kingsley.

MEALS FOR A DAY.

For a one-dish meal, if one has a scotch kettle or a dutch oven, all the food may be cooked in one utensil. A tough portion of meat which has much more flavor than the more tender and expensive cuts, will cook long and slowly until tender in this receptacle. For a shoulder cut of mutton place it in the hot kettle and brown well on all sides, now season and add a tablespoonful of water, cover tightly and cook slowly until the meat is almost tender. Add carrots, onions and potatoes, so that they will all be tender at the same time. Serve on a platter with the meat in center and the vegetables around the meat.

There are so many tempting frozen dishes which may be prepared at home with very little work.
A vacuum freezer takes but a small amount of ice and only three or four stirrings with a good heating spoon to make a creamy frozen mixture. This does away with the crank turning of the ordinary freezer.

Grape Juice Cream.—Take a pint of grape juice, if sweetened it will need more, add one pint of cream, one tablespoonful of lemon juice and freeze. This makes a most beautiful pink ice and just as good as it looks.

Tomato Preserves.—Weigh ripe tomatoes and allow three-fourths of a pound of sugar to a pound of tomato and one lemon to each pound. Slice the lemons and cook in water to cover, until the skin is tender and transparent. Add the tomatoes and sugar with more water if needed and cook until thick. Skim out the fruit and cook down the sirup until quite heavy, then pour over the fruit and seal.

Rhubarb Ice Cream.—This is a tempting delicacy which is never found in any ice cream parlor. Cut a quart of the strawberry rhubarb into dice without peeling, cook with a cupful of water, when tender, strain and add two cupfuls of sugar. Or much better, add sugar and water and bake in the oven until soft, then strain, add a tablespoonful of lemon or orange juice and egg. Partly freeze, then add one cupful of whipped cream, stir well and finish freezing.

THE FAMILY PICNIC.

Until the snow flies and the chill winds of winter drive us under the shelter of roofs and to the warmth of fires we will roam abroad with the picnic basket, enjoying the woods and streams. The advantage of sandwich filling that will keep several days, is that it can be prepared in quantity and kept in the ice chest. The filling can be taken in glass jars and used for salads if so desired. Serve on lettuce.

Nippy Cheese Sandwich.—Add two tablespoonfuls of quick cooking tomato, strained and heated. Cook fifteen minutes until the tapioca is clear, stirring frequently. Add two and one-half cupfuls of grated cheese, stir until melted, add one-eighth teaspoonful of pepper, one-fourth teaspoonful of mustard and one-fourth teaspoonful of Worcestershire sauce. Remove from the fire and add one and one-half cupfuls of finely ground dried beef. Cool well before spreading. This makes nearly three cupfuls of filling.

Egg Salad Sandwich.—Add one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one cupful of milk and three tablespoonfuls of tapioca, cook until clear, stirring frequently. Cool. Combine four tablespoonfuls of chopped celery, four hard cooked eggs finely chopped, two tablespoonfuls each of sweet pickles chopped and liquid from the pickles, one teaspoonful of Worcestershire sauce and the tapioca mixture. Cool before spreading.

Fish Salad Sandwich.—Add one-half teaspoonful of salt, one-eighth teaspoonful of pepper, the same of paprika, one cupful of hot water and one tablespoonful of vinegar to three tablespoonfuls of tapioca, cook, stirring often until clear. Remove from the fire, add one tablespoonful of butter and when cool one-third of a cupful of mayonnaise, one cupful of tuna or other flaked fish, one-half cupful of chopped sour pickles and two tablespoonfuls of chopped pimiento. Mix well and chill.

Sirup for Drinks.—Take one gallon of boiling water and twelve pounds of sugar. Stir until thoroughly dissolved. Keep in sterilized bottles. Add to any fruit drink as it sweetens quickly and makes a more agreeable drink than with the use of sugar. Use one and one-half tablespoonfuls of lemon juice and the same of the sirup to a glass of cracked ice, for an individual serving.

Nellie Maxwell

Unenviable Status of Jackaroo in Australia

The name "Jackaroo" was given to a youth sent by his parents to an Australian sheep or cattle station to learn stock and bush work. As he resided and had his meals with the manager, overseer and storekeeper, but had to work with the station hands, he was generally looked upon as a useless nuisance until he learned things. Having no special job and no status, he was given any job of work, hence a "jack of all work."

The old joke was, he was expected to "jump" at the call of the manager or overseer like a kangaroo. Most Jackaroos, if they showed character or pluck, etc., became popular and after four or five years became overseers; or, if they or their relatives had money, they bought a sheep or cattle station or took up a section. —Lieut. Col. K. C. Brazier-Creagh, in the London Times.

Powder Lacquers Your Car

Few people know that the lacquer which gleams on the bodies of thousands of automobiles today may have once been on the point of hurting a shell many miles into space or blowing up a trench, says Popular Science Monthly.
The conversion of millions of pounds of powder left over from the war into industrial finishing products was the unusual story told recently to the American Chemical Society by R. G. Woodbridge of the Du Pont company. The new cellulose lacquers, he said, bear so close a relation, chemically, to the nitrocellulose base of smokeless powder that changing the war product into a peace product is comparatively easy.

Timber Problem Solution?

It is recognized, says the American Tree association, that the forest resources of tropical America may be a very important factor in our domestic timber problem. Some believe that those forests will be called upon to bridge the hiatus that is bound to exist between the exhaustion of our wild timber crop, and the harvest time of our man-managed forests. Others believe that they will form a permanent source of timber to replace some of our own special purpose hardwoods.

All are agreed that, in any case, we cannot fully and completely outline our own forestry problem without taking into consideration all the factors that may influence the outcome.

Largest Drydock

The largest drydocks in the world are the Boston navy dock and the Saint John (N. B.) drydock. The former is 1,170 feet long by 120 feet wide and the latter is 1,165 feet long and 125 feet wide. The Boston dock is longer, but the respective areas covered by the docks give Saint John a decided advantage with 145,625 square feet, the dock at Boston covering 130,400 square feet.

Concerning Happiness

No man is happy. Man strives all his life through for imaginary happiness, which he seldom attains, and if he does, it is only to be disillusioned.—Schopenhauer.

Job Was Done

A grammar school student was set a question in an examination paper—"If twenty men reap a field in eight hours, how long will it take fifteen men to reap the same field?" The student thought long and carefully before writing the answer, and when he handed in his paper, this is what the examiner read: "The field having been reaped by the twenty men could not be reaped by the fifteen!"—Toronto Globe.

To understand is to forgive.

Feen-a-mint



FOR CONSTIPATION effective in smaller doses **SAFE! SCIENTIFIC!**



Kill Rats Without Poison

A New Extremist that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicks
K-R-O can be used about the home, barn or poultry yard with absolute safety as it contains no deadly poison. K-R-O is made of Squill, as recommended by U. S. Dept. of Agriculture under the Conable process which insures maximum strength. Two cans killed 578 rats at Arkansas State Farm. Hundreds of other testimonials. **Sold on a Money-Back Guarantee.** Insist upon K-R-O, the original Squill extirpator. All druggists, 75¢. Large size (four times as much) \$2.00. Direct if dealer cannot supply you. K-R-O Co., Springfield, O.

K-R-O KILLS-RATS-ONLY

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to sell 100 per cent all wool line of suits, overcoats, \$22.75 up tailored to measure, materials and fit guaranteed or money back. Complete sample line free. Now is time to get going for fall orders. Full operation, sell a real all American line that repays. Tell us about yourself and give references.
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Positively eradicates from the skin all tan, moth patches, sallowness, complexion, pimples, eczema, etc. At drug and dept. stores or by mail. Price \$1.25. BEAUTY BOOKLET FREE

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To understand is to forgive.

For Older Women



MRS. CLARA RILEY
2100 Paxton & 4th Ave., Sioux City, Iowa

MRS. BERTHA STEPHENS
21 E. Ross St., Lancaster, Pennsylvania

"I began to take Lydia E. Pinkham's Vegetable Compound at Change of Life. Now I take it every spring and fall and it keeps me in good health. I am able to take care of an eight-room house and garden at the age of 71 years. I will praise the Vegetable Compound wherever I go for it is a wonderful medicine for women. They should give it a good trial by taking about five bottles."—Mrs. Clara Riley.

"I was very nervous and rundown and weighed less than one hundred pounds. I felt tired and weak and I often had to lie down. I took Lydia E. Pinkham's Vegetable Compound because I read the advertisement in the paper. Now I eat well, sleep well, and have good color. In fact, I couldn't feel any better and I weigh one hundred fifty-five pounds. I am glad to answer letters from any woman who wants to know more about the Vegetable Compound."—Mrs. Bertha Stephens.

Lydia E. Pinkham's Vegetable Compound

Come by Boat—Train—Auto or Bus
But STOP at THE INN of HOSPITALITY

Near the Largest Department Stores—All Transportation Lines—Only a few minutes from the Bright Lights—ON DIRECT AUTO ROUTE TO HOLLAND TUNNEL—CONEY ISLAND—ATLANTIC CITY—NEW ENGLAND and SOUTHERN PORTS.

Rooms with Bath Single \$3 to \$4 Double \$4 to \$6 No charge for Cot- Bed or Crib for third person in room.

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