

COULD HARDLY DO HER WORK

Lydia E. Pinkham's Vegetable Compound Made Her Eat, Sleep and Feel Better Every Day

Chicago, Ill.—"I was weak and run-down and in such a nervous condition that I could hardly do my work. I was tired all the time, and dizzy, and could not sleep and had no appetite. I tried different medicines for years, but they did not help me. Then I read in the papers about Lydia E. Pinkham's Vegetable Compound and what it had done for other women and gave it a trial. I began to eat better and could sleep, and consider it a wonderful medicine. I recommend it to my friends and will never be without it."

—Mrs. M. OHLSEN, 3640 S. Marshfield Ave., Chicago, Illinois.

It is such letters as these that testify to the value of Lydia E. Pinkham's Vegetable Compound. This woman speaks from the fullness of her heart. She describes as correctly as she can her condition, first the symptoms that bothered her the most, and later the disappearance of those symptoms. It is a sincere expression of gratitude.

For nearly fifty years Lydia E. Pinkham's Vegetable Compound has been so praised by women.

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief by regularly taking

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1896. Three sizes, all druggists. Guaranteed. Look for the name Gold Medal on every box and accept no imitation.



COUGHS and colds expose you to dangerous lung and bronchial diseases. Bear's Emulsion brings relief from coughs, colds, bronchitis and weak lungs. Breaks up colds quickly—pleasant to take, builds up the run-down system.

*For sale at leading druggists. May be ordered direct from

JOHN D. BEAR CO., Clearbrook, Va.

HELP YOURSELF GET WELL FAST

If you have been ill, and it seems as if you never would get your strength back, you need the wonderful strengthening and rebuilding qualities of Gude's Pepto-Mangan.

It has helped thousands of invalids and convalescents to get back their strength, put on firm flesh, eat well, sleep well, feel well and BE well!

Your druggist has Gude's Pepto-Mangan—liquid or tablets, as you prefer.

Gude's Pepto-Mangan Tonic and Blood Enricher

French City's Good Work. The city of Calais, France, has started a municipal dairy and dairy farm, the milk from which is to be tested by health officers and the cow fed scientifically to keep the quality up to that prescribed for young babies.

Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 12 CENTS

6 BELLANS Hot Water Sure Relief

BELLANS

25¢ AND 75¢ PACKAGES EVERYWHERE

Highway Improvement

MANY TYPES OF ROADS BUILT

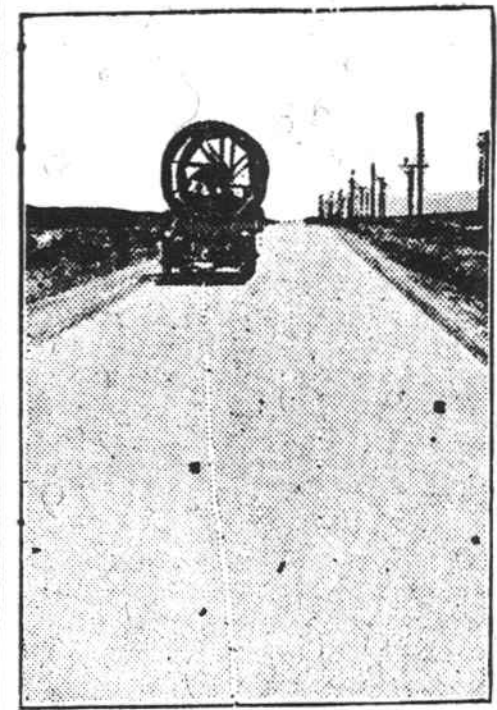
Variation in Federal-Aid Construction Due to Climatic and Traffic Conditions.

(Prepared by the United States Department of Agriculture.)

Various types of federal aid roads are built in different sections of the country. According to the bureau of public roads of the United States Department of Agriculture, this variation is due largely to availability of materials, volume of traffic and climatic conditions.

The 18,299 miles of federal aid roads completed have been distributed among the eight major types of construction as follows: Graded and drained, 2,528 miles; sand-clay, 2,222 miles; gravel, 7,013 miles; water-bound macadam, 465 miles; bituminous macadam, 654 miles; bituminous concrete, 690 miles; concrete, 3,350 miles, and brick, 287 miles.

In the group of states composed of Washington, Oregon and California, the 1,125.2 miles completed has been distributed as follows: Graded and drained, 248.4; gravel, 408.3; water-



Cement Roads Enable Farmer to Market His Crops Quickly.

bound macadam, 25.6; bituminous concrete, 56.4, and concrete, 296.5. Bridges completed total 2.3 miles in length.

The total mileage completed in each state is as follows: Washington, 359.1; Oregon, 462.5, and California, 305.5. In addition the mileage under construction or completed and final payment not made is as follows: Washington, 17.4; Oregon, 29.6, and California, 435.8.

HIGHWAY UPKEEP IMPORTANT

Gravel and Macadam Surfaces Need Constant Watching to Prevent Ruts and Holes.

If experience has taught anything it has demonstrated the truth of the old saying that a stitch in time saves nine. Women will concede that. The farmer has learned that the time taken to drive a staple in the fence will save hours of hunting for the hogs or cattle, and the damage they may do before they are returned again to their lot.

It is just as extravagant to neglect the highways, says the Successful Farmer. No matter what surfacing has been used, it needs watching and repair. Gravel and macadam especially need constant watching to prevent ruts and chuck holes. Every hole becomes two holes very soon because the toss given car or wagon by a hole pounds another hole next to it. Reconstruction and large repairs soon run into money. A shovelful of gravel or rock at the right time will prevent further cost.

The wear and tear and cost of repairing highways is nothing as compared to the cost of damages to cars and cargoes that result from these chuck holes in the roads.

Tax money is surely squandered when spent on highway improvement and then nothing is spent on little repairs. One man in a car or motorcycle can patrol many miles of road once a week, at least, and repair all slight damages to the surface as they occur and save the taxpayers a lot of money.

DEVELOPMENT OF GOOD ROAD

Drainage of Land Through Which Highway Runs Is Required—Also Filling in Low Spots.

The development of good roads requires the drainage of the land through which the road runs, and the filling in of low places and swamps. This eliminates countless places which were only the breeding places of millions of mosquitoes, which carried malaria and other disease. Better drainage resulting from good roads has thus been a positive factor in improving health and eliminating disease.

Roads in South America.

In South America the Touring club Argentine is trying to obtain legal sanction on the projects of better roads. Among these projects is the construction of 106,875 miles of roads, which, if sanctioned, will require \$12,730,000 annually for highway construction.

To School on Skates.

The ultimate of good roads should be to let the smallest pupil go to school on roller skates if he so desires.

AT AGE 71, FINDS HOUSEWORK EASY

Mrs. Jennings Says Tanlac Restored Strength After "Flu" Attack and Ended Stomach Trouble.

"I was almost an invalid and Tanlac built me up to a strong, well woman. I consider it my best friend." is the grateful and characteristic statement of Mrs. Emma Jennings, residing at Clearwater, Cal.

"An attack of the grippe left me completely broken down. My stomach felt sick, my legs and arms so tired and weak I could hardly use them, and I scarcely had energy and strength to dress myself. I just kept getting weaker in spite of all I could do and, as I am seventy-one, I had begun to think my age was against me ever getting well."

"Almost from the day I began taking Tanlac I commenced to feel stronger. So I kept picking up with every bottle until now I can easily do all my housework, for I am feeling fine. I wouldn't be without Tanlac in the house. It is just grand."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

Voluble.
Jewel—A 16-page letter from Dick? What on earth does he say?
Mabel—He says he loves me.

Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE consists of an Ointment which Quickly Relieves by local application, and the Internal Medicine, a Tonic, which assists in improving the General Health. Sold by druggists for over 40 Years. F. J. Cheney & Co., Toledo, Ohio.

Oldest inhabitant may occasionally yield to the dramatic possibilities of the events he relates.

A RAW, SORE THROAT

Eases Quickly When You Apply a Little Musterole

And Musterole won't blister like the old-fashioned mustard plaster. Just spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain.

Musterole is a clean, white ointment made with oil of mustard. It is fine for quick relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds on the chest. Keep it handy for instant use. 35c and 65c, jars and tubes; hospital size, \$3.00.

Better than a mustard plaster



Queer Feelings

"Some time ago, I was very irregular," writes Mrs. Cora Robie, of Pikeville, Ky. "I suffered a great deal, and knew I must do something for this condition. I suffered mostly with my back and a weakness in my limbs. I would have dreadful headaches. I had hot flashes and very queer feelings, and oh, how my head hurt! I read of

CARDUI

The Woman's Tonic

and of others, who seemed to have the same troubles I had, being benefited, so I began to use it. I found it most beneficial. I took several bottles . . . and was made so much better I didn't have any more trouble of this kind. It regulated me."

Cardui has been found very helpful in the correction of many cases of painful female disorders, such as Mrs. Robie mentions above. If you suffer as she did, take Cardui—a purely vegetable, medicinal tonic, in use for more than 40 years. It should help you.

Sold Everywhere. E 90

Hookworm Almost Universal.

It is estimated that \$900,000,000 people live in countries where hookworm infection is a serious menace to health and working efficiency.

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy, use Murine. It instantly Refreshes and Tired Feeling—Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.



LIVE STOCK FACTS

PROPER FEEDING OF HORSES

Outline of Results Obtained in Experiments Conducted at Illinois Station.

Experiments in the feeding of farm work horses and mules completed at the Illinois experiment station indicate that a practical work ration requires approximately a pound of concentrate and a pound of roughage for every hundred pounds of body weight of the animal fed. That amount, in each case, is divided into three feeds. Grain is increased a little when the animal has to work hard and hay is correspondingly decreased. As regards hay, it is best to feed most of it at night and during periods of extra hard work not to allow more than a pound or so of roughage at noon, while the horse is cooling off, before being watered and fed again. The recommendations made by the investigators are to the effect that home-grown feeds should be used and that legume hay, fed along with ear corn or preferably ear corn and oats, should be made an important part of the roughage. While it was found that alfalfa hay and ear corn are sufficient to maintain horses and mules doing a considerable amount of medium hard work, it is believed that part of the alfalfa or clover roughage may be replaced with timothy hay, oat hay, oat straw, prairie hay, or corn stover, and one-third of the corn ration may be replaced with oats to good advantage.

In the experiments referred to in the foregoing grain and hay were fed in quantities readily consumed by the animals. The grain fed in the first three experiments consisted of two-thirds corn and one-third oats, and in the fourth experiment of ear corn. In the first experiment clover hay was fed. In the second one-half clover and



Where Horses Are Being Worked Hard the Amount of Grain Should Be Increased.

one-half timothy hay; in the third alfalfa hay or one-half alfalfa and one-half timothy hay, and in the fourth alfalfa hay. Whether alfalfa hay should be liberally fed or not depends largely on its quality. Alfalfa that is imperfectly cured generally contains molds or other micro-organisms which irritate the kidneys and also tend to loosen the bowels, making the horse soft and readily fatigued. Such hay is unfit for the feeding of horses.

FARROWING HOUSE FOR SOWS

Construction Need Not Be Elaborate, but Sufficient to Give Needed Protection.

Some time before farrowing the gilts should have access to a farrowing house or farrowing pen. The construction need not be elaborate; it may be very cheap and simple. It should, however, afford shelter and protection from winds and the sides should be so constructed as to prevent the sow or gilt from lying on the pigs. Usually the A-shaped house or pen is advisable, since this type has such an angle with the floor that the pigs are protected from the sow's weight when she lies down.

PROVIDE GRAIN FOR HORSES

Object Should Be to Keep Him Growing Well and in Good Flesh—Exercise Needful.

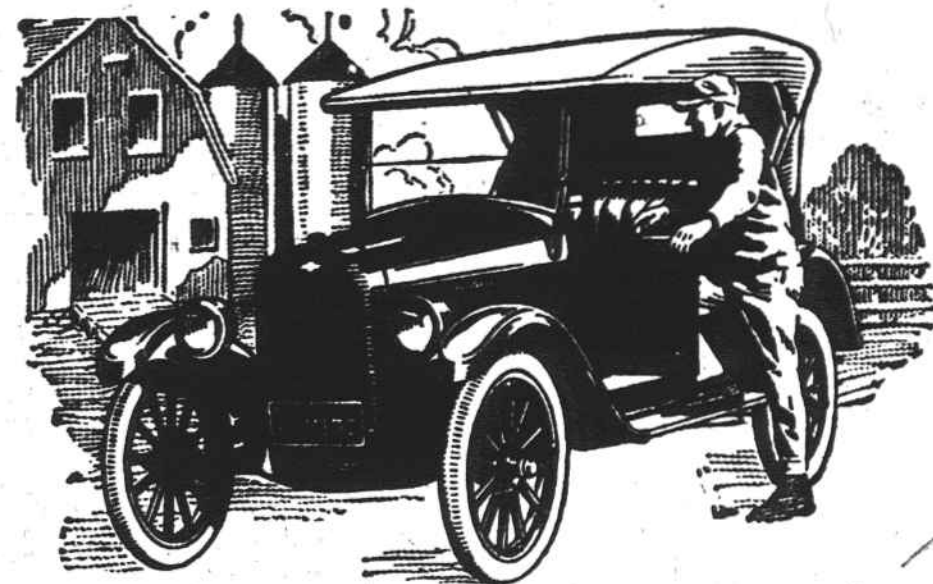
The horse should have enough grain to keep him growing well and in good flesh. Ordinarily, one pound of grain for every hundred pounds of weight is a safe rule, increasing the allowance somewhat when the stallion works and decreasing it when he runs in the pasture. Provide a paddock or strongly-fenced pasture where the stallion may be turned loose for exercise.

Sell Lambs at Profit.

It has been found that it costs between \$7 and \$9 a hundredweight to produce lambs for the market, but if good quality lambs are found and properly fed they can be made to sell profitably.

Lambs Should Make Money.

With a scarcity of lambs and a good high price for them on the market, there is a good chance to make a profit feeding them. Wherever there is a \$3 margin, lambs can be made to return a profit to the feeder.



Why Farmers are Turning to



for Economical Transportation

In 1922 Chevrolet jumped from seventh to second place in sales of all cars, and to first place in sales of fully equipped modern cars.

Purchases by farmers were the chief factor in this remarkable development.

Farmers want automobiles not only of low first price, but also of low later cost for operation and maintenance.

They want room, comfort, and the ability to stand up under hard conditions.

They find that Chevrolet, fully equipped as sold, is the best value per dollar in the low-priced field, and neighbors tell them it costs less per mile to operate.

Prices F. O. B. Flint, Michigan

SUPERIOR Two Passenger Roadster	\$510
SUPERIOR Five Passenger Touring	\$525
SUPERIOR Two Passenger Utility Coupe	\$680
SUPERIOR Four Passenger Sedanette	\$850
SUPERIOR Five Passenger Sedan	\$860
SUPERIOR Light Delivery	\$510

Chevrolet Motor Company

Division of General Motors Corporation

Detroit, Michigan

CALLS FOR NEW DICTIONARY

New York Newspaper Condemns the Present Ones as Cumbersome and Disconcerting.

Like many books called classics, which we speak of reverently and never look at, the dictionary of our language seems to be falling into disuse; we seldom consult it. If a strange word "swims into our ken" we regard it as an impertinence or we use it as a kind of game; we argue about it, discuss it, and perhaps write to the newspapers for a definition, but we don't consult the dictionary.

Perhaps the reason for our neglect is that the unabridged dictionary is too cumbersome and it gives too many meanings, though thin papers cut the ordinary bulk. Simple words therein are found to be both noun and verb (spelled alike), and sometimes they have more than a dozen distinct meanings. This is disconcerting. There may be room for a dictionary with the obsolete and archaic words left out, a true Twentieth-century dictionary that shall be fool proof.—New York Herald.

Would Do Her Best.

Charles M. Schwab says that his neighbors are forever trying to sell him things. Not long ago one man tried to sell him a cow. When Mr. Schwab inquired about the breed and age of the animal he did not receive very satisfactory answers. Finally he asked, "How much milk does she give?"

"Mr. Schwab, I don't know," was the reply, "but she's a darn good-natured cow and she'll give all she can."—Boston Transcript.

Talkative.

"Your friend seems quite talkative," "Yes. There's many a dull minute when he's about."

Too Deep. "Dearest, what recipe are you studying?" "Deep dish apple pie." "With what progress?" "It's too deep for me."—Judge.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletchere*

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

CONCERNING THE NEW TOOTH

Seemed to Mary Louise a Possibility That It Might Not Be White in Color.

With the possible exception of her debut in the world of elocution, when she "spoke a piece" from the teacher's desk at "last-day exercises," the greatest single event in Mary Louise's life was the loss of her first tooth. She was seated at the side of her Aunt Evelyn, pensively exploring, with an inquisitive little pink tongue, the gap left by the missing incisor. Suddenly she broke the silence:

"Aunt Ebbie, I wonder what color my new tooth will be when it comes in?"

"Why, white, I suppose," replied her aunt, puzzled at the question, "Why?"

"Well, you know," answered Mary Louise with a sophisticated raising of her eyebrows, "you know grandma has a gold one!"

It is usually the girl who never had a proposal who boasts of having jilted a number of men.

A small boy's idea of playing safe is to get his mother to promise not to tell his father.



A necessary part of your diet

VARIETY in foods is essential, of course, but in providing variety do not overlook the importance of nourishment. Crisp, delicious Grape-Nuts is a highly nourishing cereal food in unusually compact form. It supplies the rich nutrition of wheat and malted barley, including the mineral elements of these splendid grains, without which health and strength cannot be maintained.

Grape-Nuts, with good milk, is a complete food. Economical, too, because a moderate amount provides unusual nourishment.

Sold by Grocers Everywhere!

Grape-Nuts

THE BODY BUILDER

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Michigan