

SICK WOMEN ATTENTION!

Read this Remarkable Testimony Regarding Results from Taking Lydia E. Pinkham's Vegetable Compound

Norfolk, Virginia.—"If you only knew how many women and girls have taken your medicine by hearing my testimony, it would seem wonderful to you. Every day and every chance I have I advise some one to try it. It was in June, 1904, when I had given up to never get well, that I wrote to you. My husband went to the drug-store and brought the Vegetable Compound home to me. In a few days I began to improve and I have often taken it since. I am now passing through the Change of Life and still stick by it and am enjoying wonderful health. When I first started with your medicine I was a mere shadow. My health seemed to be gone. The last doctor I had said he would give me no more local treatments unless I went to the Hospital and was operated on. That was when I gave the doctors up. Now I am a healthy robust woman. I wish I could tell the world what a wonderful medicine Lydia E. Pinkham's Vegetable Compound is. I will be only too glad to answer letters from anywhere. I wish all sick women would take it."—Mrs. J. A. JONES, 317 Colley Avenue, Norfolk, Virginia.

Many Uses for Salt

Salt and vinegar will clean brass. Salt added to water when washing clothes will prevent colors from running. Salt should be added to water before spaghetti, potatoes or vegetables are boiled in it. Salt—a speck—added to cream aids in whipping. Salt in warm water is an excellent throat gargle. Salt added to rinsing water will keep clothes from freezing on the line. Salt should be eaten with nuts to aid digestion. Salt will remove egg stains from silver. Salt sprinkled on carpet before cleaning will make it brighter. Salt and lemon rubbed on rust stains will remove stains if dried in sun.—Chicago American.

Did you ever have a pair of soles outlast the uppers? If not, you have never worn USKIDE Soles. People write that they can't wear USKIDE out. It is the Wonder Sole for Wear! Made by the world's largest rubber manufacturer, the United States Rubber Company. Comfortable, healthful, waterproof, good-looking. Tell your repairman to put USKIDE Soles on your shoes. Buy new shoes with USKIDE Soles. USKIDE will cut your shoe bills down. Get genuine USKIDE. The name is on the sole.—Adv.

Farm Gardens Inadequate

Although 95 per cent of the 1,043 farms canvassed in North Dakota have a vegetable garden of some sort, only 60 per cent of these farmers provide enough vegetables for themselves from their individual gardens. Some interesting facts disclosed were that one farm in four raised no beef cattle, one in eight had no poultry, one in four no hogs, one in seven no dairy cows and one in twenty no garden at all.

Grow Hair on Your BALD HEAD BARE-TO-HAIR A Blessing to Mankind



Paul Bonor, Pitts- cairn Ave., Jeanette, Pa., had Alopecia, which left him without hair on any part of his head. Used four bottles of Bare-to-Hair. Now has a full growth of hair as shown on the photo. Bare-to-Hair will grow hair on bald heads, Stop Falling Hair, Dandruff, Itching, and many forms of Eczema.

Correspondence given personal attention.

W. H. FORST, Mfg. SCOTSDALE, PA.

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for DEAFNESS and HEAD NOISES Price \$1.00 At All Druggists

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50c and \$1 size at all druggists or by mail from WinterSmith Chemical Co. :: Louisville, Ky.

Dry Cellar for Wintering Bees

Where Temperature Falls Below 25 Degrees Good Quarters Needed.

(Prepared by the United States Department of Agriculture.)

In localities where the average winter temperature falls below 25 degrees Fahrenheit it is usually best to winter bees in a cellar, especially if the apiary is unprotected from the winter winds and when the winter stores are of satisfactory quality. The placing of bees in a cellar is only another way of insulating the entire number of hives in one lot instead of insulating them in groups or singly, as is done in outdoor wintering.

A good dry cellar under a residence heated by a furnace ordinarily makes a desirable place to winter bees. Partition off a portion of the cellar through which some of the furnace pipes run in order to provide sufficient heat for the bees. If the room becomes too warm, insulate the pipes somewhat. A temperature of 50 degrees Fahrenheit is suitable for a cellar in which bees are being wintered. If the dwelling has no cellar of the kind required it may be possible to construct one in a sandy hillside, using the soil as a floor and building wooden walls to prevent the cellar from caving in. A cellar excavated in moist soil will require walls and floor of waterproof concrete. Locate the ceiling below the frost level, which, in regions where bees are best wintered in cellars, is at least 2 1/2 feet below the level of the ground. Leave a distance of 6 1/2 feet between the floor and ceiling. If the ceiling is higher than this it will usually result in too low a temperature at the floor.

Insulate Ceiling. Cover the ceiling completely on top with some insulating material, such as sawdust, to a depth of 1 1/2 feet. If the cellar is built in a sandy soil it is possible to use the soil as a cover for the ceiling, a 3-foot layer of soil over the inner roof of the cellar being sufficient. The entire insulating material of whatever kind used should then be protected by a roof projecting at least 2 feet, preferably more, beyond the outside of the cellar wall. Make provision for carrying off the water from the roof. Locate the cellar, if possible, close to the apiary, not farther away than 50 yards at most, where the drainage is good and where the snow drifts deeply, thus providing additional insulation for the cellar. If the cellar is on level ground the drifting of snow may be increased by the construction of open fences such as are used to prevent drifting over railway tracks.

A ventilating shaft six inches square running through the ceiling of the cellar to the outside and so constructed as to admit no light will be sufficient for any cellar adapted to wintering of bees. The top of the ventilating shaft, which should extend at least six feet above the outer roof, may be painted black in order to induce greater movement of air when the sun shines. At times during the coldest weather the ventilator may be nearly or entirely closed. In a warm cellar built in a sandy hillside no ventilating shaft need be constructed.

Best Type of Vestibule. In constructing an entrance to the cellar proper insulation must not be overlooked. The best type of vestibule is a long narrow passage leading into the cellar, with heavy doors at each end of the vestibule. The heavier and thicker the doors the better for the bees. It is important that the vestibule be built and protected so that the temperature within it will never fall below freezing. It is desirable also that the vestibule be constructed so that bees may readily be carried in and out of the cellar. The cellar must be well drained, either by natural or artificial means. Before carrying the bees into the cellar give it a good cleaning and leave it open to air several days.

Storing Seed Beans to Keep Little Weevil Out

A problem that often confronts the farmer and housewife who wishes to keep some of the seed from the garden is, how may this seed be stored to keep the bean weevil out? If the beans are kept only for eating purposes, one may heat them before putting them in a box, sack or fruit jar; or boiling water may be poured over them. However, for seeding purposes, neither of these will work. In this case the beans should be thoroughly dry and put into a fruit jar with camphor gum. A small amount of the gum is all that is necessary as it is strong and lasting. Usually the eggs are laid in the beans before they were hulled and the gum must be used to help in controlling the young weevils when they hatch. If the seed is put into an open container the beans may become contaminated or infested. So they should be kept in a jar or something that is tight enough to keep the adult beetle or bug out.

Business and Success

You can nearly always tell a farmer's success and business ability by the appearance of his house and barn. No good business man will permit his buildings to remain unpainted and in a dilapidated condition for he knows that he is losing money by doing so and the man who is unconcerned about the appearance of his premises is apt to be careless in his farm practices.

Plow Under Residues to Help Fertility

Supply of Organic Matter Is Very Essential.

Don't rake off or burn the trash left on the fields after the crop is harvested. Plow it under. It contains plant food of a value from \$5 to \$15 per acre and will increase crop yields the following year.

"Even where we use summer and winter legumes for soil improvement, the main crops have a larger acreage and therefore the cover crops planted are not sufficient to maintain the supply of organic matter," says W. F. Pate, fertility agronomist at the North Carolina State college. "This being the case, it is necessary to plow under the crop residues such as corn stalks, cotton stalks, tobacco stalks, peanut vines, grasses and other vegetative matter. This will help to keep up the supply of organic matter."

Professor Pate states that the system of farming generally practiced in North Carolina tends to deplete the amount of organic matter in the soil. This causes the soils to wash and the crops to suffer under abnormal growing seasons as a late cold spring, too little rain or too much rain. In most cases, where a soil has yielded smaller crops from year to year the reason can be found in that the supply of organic matter has not been maintained. Then, in nearly all cases where the soil is increasing in crop producing power, the supply of organic matter is increasing.

"Years ago when our farming implements were crude or inadequate, there was some reason for burning the crop residues but not now," says Professor Pate. "With heavy plows, disk harrows and tractors available, it is a crime not to turn under these valuable crop residues. By practicing fall and winter plowing, the crop residues, sometimes called trash, will be completely incorporated into the soil and no trouble will be had in the spring in preparing a good seedbed."

Bad Housing Conditions Cause Various Diseases

Colds of poultry which are similar in many respects to the colds of the human family, should be regarded critically as they may be the forerunner of more serious trouble, such as nasal or ocular roup, diphtheria or birdpox.

Poor housing conditions cause many flocks to acquire colds, especially in the fall. Chickens should be trained to roost as soon as possible, as this allows a circulation of air around their bodies. Dampness in houses should be particularly avoided. Chickens that do not have sufficient feed or the proper kind of food acquire colds easily. A balanced ration consisting of approximately equal parts of mash and grains, supplemented with plenty of succulent green feeds, is one of the best preventatives.

In preventing colds from developing into more serious trouble, where whole flocks are affected due to exposure, it is often advisable to administer epsom salts at the rate of 1 to 1 1/2 pounds to 100 adult birds, say poultry men at the Kansas State Agricultural college. Unsanitary pens as compared with clean ones result in a death loss of 35 per cent, experiments conducted by the Kansas State Agricultural college show. Proper sanitation includes all measures that are conducive to good health, but is probably more considered in connection with the cleanliness of houses, yards, runs and general quarters as well as the feeding and drinking utensils. It also includes the control of both internal and external parasites.

Fall Is Best Time for Spreading Ground Lime

The fall of the year is usually the best time for the hauling and spreading of ground limestone. The stubble fields are usually hard and the roads mostly good and the field work not so pressing as in the spring. Some farmers have used hydrated lime at the rate of about 200 pounds to the acre and received good results with it. Where the haul is long from the railroad siding, this type of lime treatment for soil is worth trying, because of the reduction of labor. Some men have hauled the crushed limestone in contractor dumping trucks and then dumped the ground limestone at the end of the fill and then spread with a lime spreader.

Farm Hints

Frequent cutting tends to kill out alfalfa. . . . Where you find scrub sires you usually find a scrub farmer. . . . In one year eggs and chickens worth \$1,047,323,170 were produced in the United States. . . . Gophers "played possum" during the dry weather but are making the dirt fly since the fall rains started. . . . Seed corn should be selected in the field from healthy, erect and well-matured plants. Place the ears in a well-ventilated place for drying. . . . Field selection of good seed corn should be attended to. If the work is well done, no other farm operation will pay a bigger dividend.

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.) (©, 1925, Western Newspaper Union.)

Lesson for November 8
PAUL'S FAREWELL AT MILETUS

LESSON TEXT—Acts 20:18-38.
GOLDEN TEXT—"Ye ought to support the weak, and to remember the words of the Lord Jesus, how He said, It is more blessed to give than to receive."—Acts 20:35.
PRIMARY TOPIC—Paul a Loving Friend.
JUNIOR TOPIC—Paul's Farewell at Miletus.
INTERMEDIATE AND SENIOR TOPIC—An Example of Faithfulness.
YOUNG PEOPLE AND ADULT TOPIC—Responsibilities of Church Members.

After the uproar at Ephesus, the Jews laid wait for Paul to destroy him. This plot obligated him to retrace his steps through Macedonia instead of taking a more rapid sea voyage. He tarried with the disciples at Troas, meeting with them around the table of the Lord, and speaking words of encouragement to them. In order to be at Jerusalem on the day of Pentecost, he did not go to Ephesus, but sent for the elders of the church at Ephesus to meet him at Miletus. The picture of Paul's farewell to the Ephesian elders is a very touching one. His object in this address was to impress upon them their responsibilities. The analysis of his address has been so well made by Doctor Stiller that it is substantially reproduced here.

I. Paul Reviews His Three Years' Ministry at Ephesus (vv. 18-21).

1. The Spirit of His Ministry (v. 19).
(1) He was humble, "serving with all humility of mind."
(2) He was tender, working for them in tears.
(3) He was faithful in the face of trials which befell him because the Jews were lying in wait for him.

2. The Diligence of His Ministry (vv. 20-21).

(1) He made known everything which was of profit unto them. This every true minister or teacher will do.
(2) He taught both in public and in private. A minister's work is not done when his public ministrations are over. The effectiveness of his public work is sometimes determined by his touch with the people in their homes.
(3) He neglected no class, whether Jews or Greeks. The Christian minister must be exceedingly careful here.

3. The Theme of His Ministry (v. 21).
This was repentance and faith. Men and women need to repent of their sins and believe on the Lord Jesus Christ.

II. Paul Presents the Present State of Things (vv. 22-27).

4. His Immediate Purpose (v. 22).
This was to go to Jerusalem. The constraint of the Spirit moved him to go forward though he did not know the things that should befall him there.

2. The Shadows Lying Across His Path (v. 23).

Though bonds and afflictions awaited him, he went forward to his work with undaunted courage.
3. His Fixed Purpose (v. 24).
This was to complete his ministry, which was to testify the gospel of the grace of God which he had received from the Lord Jesus Christ.
4. A Sorrowful Prediction (v. 25).
Those among whom he had labored should see his face no more.
5. He Leaves No Debt of Obligation Behind (v. 26-27).
He was pure from the blood of all men.

III. Paul Sets Forth the Ephesian Elders' Responsibility (vv. 28-35).

1. Motives to Duty (v. 28).

(1) They received their call and commission directly from the Holy Spirit.
(2) The flock for which they must care was purchased with the precious blood of Christ.

2. Perils Ahead (vv. 29-30).
(1) Grievous wolves would enter the flock and mercilessly devour them.
(2) False teachers would arise from among their number.

3. Incentives to Watch (v. 31).
Paul's own example. For three years he watched night and day with tears.

4. He Commends Them to God, and His Word (v. 32).
He knew that this Word was able to build them up.

5. He Was Unselfish in His Service (vv. 33-35).
(1) He did not covet any man's silver, gold or apparel.
(2) He labored with his own hands and taught.

IV. Paul's Prayer (vv. 36-38).
Having spoken these words he knelt and prayed with them all.

Patience
Patience is a beautiful trait, but it is not worn oftentimes by those who walk on life's sunny side in silver slippers. It is the product of days of adversity. "The trial of your faith worketh patience."—Evangelical Messenger.

No Room for Hatred
With a constraining love for Christ there is no room left in the heart for the hatred of any person for whom Christ died.—Presbyterian of the South.

The Old Standby in a New Dress



—the same dependable remedy that over a period of more than fifty years has been found so reliable in the treatment of catarrh and diseases of catarrhal nature.

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Wonderful Creature
A strange and beautiful creature with a body somewhat like a zebra and a horned head, resembling that of a giraffe, has been obtained at Irumu, in the Belgian Congo, with the aid of pygmies.

Wanted Larger Size
Mrs. Jones—Why are you crying, Mary? Aren't you glad that you have a new baby brother?
Mary—No; I wanted a brother, all right, but I wanted one bigger than I am.



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Anything to Oblige
"The cook says she don't like the view from the kitchen."
"Well, can't we move, dear?"

Don't talk about it; one feels the best things without speaking of them.—Auerbach.



DR. W. B. CALDWELL AT THE AGE OF 93

Tells Girls and Women to Avoid "Physics"

To Dr. W. B. Caldwell, of Monticello, Ill., a practicing physician for 47 years, it seemed cruel that so many women had to be kept constantly "stirred up" and half sick by taking cathartic pills, tablets, salts, calomel and nasty oils.

While he knew that constipation was the cause of nearly all headaches, biliousness, sallow skin, indigestion and stomach misery, he did not believe that a sickening "purge" or "physic" every day or two was necessary.

In Dr. Caldwell's Syrup Pepsin he discovered a laxative which regulates the bowels. A single dose will establish natural, healthy bowel movement for weeks at a time even for those

chronically constipated. Dr. Caldwell's Syrup Pepsin not only causes a gentle, easy bowel movement but, best of all, it is often months before another dose is necessary. Besides, it is absolutely harmless and so pleasant that even a cross, feverish, bilious, sick child gladly takes it.

Buy a large 60-cent bottle at any store that sells medicine and just see for yourself.

Dr. Caldwell's SYRUP PEPSIN