

# A NERVOUS BREAKDOWN

### Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—“For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Commission to publish this letter.”—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

## Let Cuticura Be Your Beauty Doctor

Drugs: Soap 25, Ointment 25 & 50, Toilet 25. Sample each free of "Cuticura, Dept. B, Boston."

**DROPSY TREATMENT.** Give quick relief. Soon removes swelling and short breath. Never heard of its equal for dropsy. Try it. Trial treatment sent FREE by mail. Write to **DR. THOMAS E. GREEN**, 1200 16th St., Box 20, CHATELAIN, N. C.

W. N. U., CHARLOTTE, NO. 34-1918.

### What Insignia Was This?

Members of the Red Cross auxiliaries may be able to explain what it is to follow, but it is too much for me. Those who knit, crochet, tat, cross-stitch and otherwise manipulate the elusive needle may be able to tell what it all meant, but all I do is to relate the facts.

“Twas a large colored woman, walking down the street. Around her ample form she wore an apron of black and white checkered material. On it, done in what I was told was cross-stitch, were three large roosters. Perhaps the design was taken from some nursery pattern.

And as if to make sure that there was no mistake, in letters four inches high above the birds was the following legend, also done in cross-stitch: “Roosters.”—Washington Star.

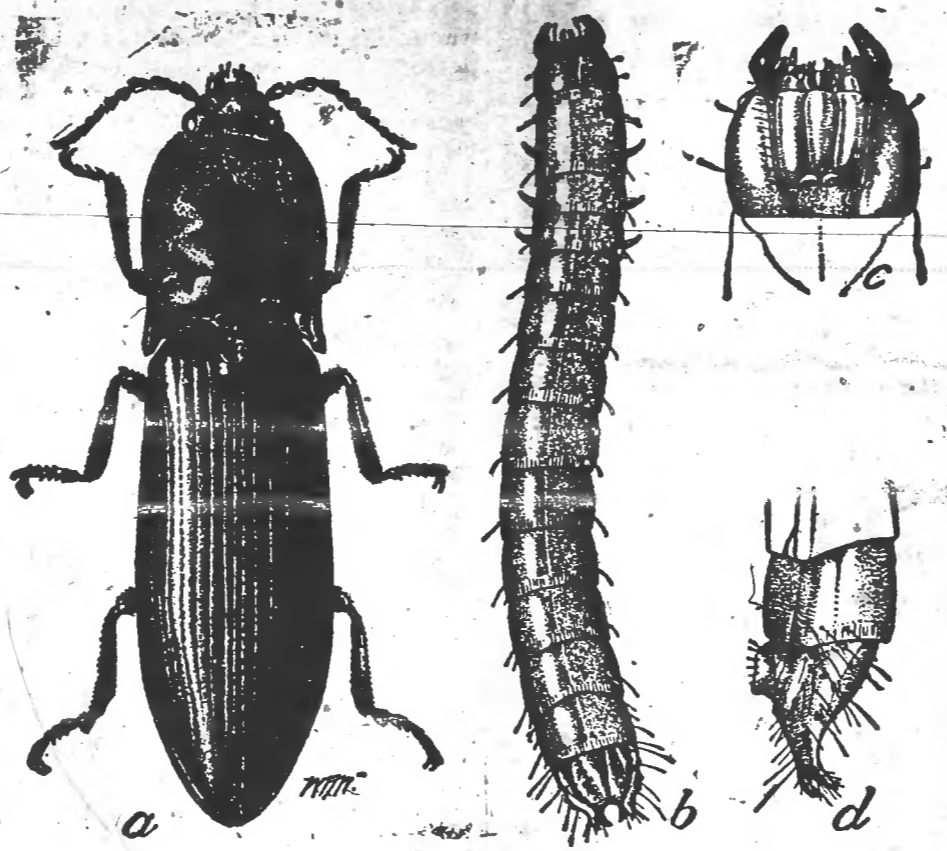
## TOO WEAK TO FIGHT

The “Come-back” man was really never down-and-out. His weakened condition because of overwork, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and the refreshing sleep essential to strength. GOLD MEDAL Haarlem Oil Capsules, the National Remedy of Holland, will do the work. They are wonderful. Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befell the over-zelous American. The best known, most reliable remedy for these troubles is GOLD MEDAL Haarlem Oil Capsules. This remedy has stood the test for more than 200 years since its discovery in the ancient laboratories in Holland. It acts directly and gives relief at once. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. Accept no substitutes. Look for the name GOLD MEDAL on every box, three sizes. They are the pure, original, imported Haarlem Oil Capsules.—Adv.

He Got It. The Boss (sternly)—Jimmie, what do you want? Jimmie—Off.

Kleptomaniacs will take anything but jokes.

## PREVENTIVE MEASURES ONLY SUCCESSFUL METHOD KNOWN TO CONTROL WIREWORMS



The dry-land wireworm (*Corymbites noxius*): a, Adult; b, larva; c, under surface of head of larva; d, side of last segment of larva (a, b, enlarged; c, d, more enlarged).

(Prepared by the United States Department of Agriculture.)

Wireworms are especially destructive to seed corn in the ground and to the young corn and wheat plants. They work entirely underground and are among the most difficult to control of all the insect foes that afflict the farmer. Much may be done, however, to lessen their ravages by careful tillage, drainage, proper rotation of crops, etc.

Wireworms are the young of the common snapping beetles, or click beetles, and the worms are yellowish or brownish, highly polished and slippery to the touch. They move actively and disappear rapidly when brought to the surface by the plow or spade. The eggs are laid in the ground, usually in sod lands, where the young worms are hatched. It takes three years for most kinds of wireworms to get their full growth and to become beetles.

and a liberal use of barnyard manure or other fertilizer is recommended, and a vigorous stand may be produced sometimes in spite of the wireworms by such treatment. Wherever practicable the interposing of crops not severely attacked by wireworms, such as field peas or buckwheat, between sod and corn tends materially to reduce the number of wireworms in the soil.

Some kinds of wireworms live only in badly drained land, and for this reason thorough the draining of such fields is often very beneficial, especially where the general condition of the fields is improved by proper applications of lime and thorough cultivation.

In the Northwest and northern middle West the dry-land wireworm, pictured above, is very injurious. The following methods have been found to be valuable in the extermination of this pest: (1) Disk or drag harrow the summer fallow as early as possible in the spring in order to produce a dust mulch and thereby conserve the accumulated winter moisture; (2) continue the disking as often as is necessary in order to maintain the mulch and keep down the weeds; (3) plow the summer fallow in July or early in August and immediately drag; (4) plow the stubble as soon as the crop is removed.

### Avoid Fresh Sod.

Do not plant grain, and especially corn, on freshly broken sod land if this can be avoided. To do so exposes it to almost certain injury by wireworms, cutworms, and white grubs. Plant such land first to soy beans, cowpeas, clover, alfalfa, or buckwheat, afterwards rotating to grain. The growing of any one kind of grain on the same land continuously is sure to result in damage from insect pests, and is bad agricultural practice. Adopt a good system of crop rotation suitable to your particular region. If you do not know the most approved system of rotation for your locality, ask your county agricultural agent or state experiment station for advice.

## ELIMINATE GUESS WORK

(Prepared by the United States Department of Agriculture.)

The cow-testing association takes the guess work out of dairying. No longer can the camouflaging of a fine appearance protect the low-producing dairy cow. Conformation indicates performance, but the Babcock test and the milk scales always tell the true story. Knowing the true feed and production records of each cow, the dairyman practices selective breeding, eliminates with certainty all low producers, and feeds the remainder according to known production.

## SKIM MILK IS BEST UTILIZED BY FAMILY

### Feed Only Surplus of Nutritious Food to Live Stock.

None of It, Either Fresh or Sour, Should Be Wasted—Supplies More Food Value in Preparing Dishes for Table.

(Prepared by the United States Department of Agriculture.)

It is generally understood that milk is a good, nutritious food, yet on many farms some skim milk is fed to live stock that could be utilized to better advantage by the housewife in feeding the family. It is cheaper and easier to find an economical substitute for it in feeding stock than in feeding human beings. Skim milk should therefore be used in home cookery first, in every way possible, then if there is any surplus it should be given to the young stock on the farm. It is needless to say that none of it, either fresh or sour, should be wasted. When utilized in preparing dishes for human consumption it supplies more food value

than when fed to animals and converted into meat. Surplus skim milk may be used economically to feed hogs, yet 100 pounds of it, which will produce 15 pounds of cheese, produce only 4.8 pounds of dressed pork if fed with corn. Skim milk if made into cottage cheese furnishes nearly seven times as much protein and nearly as much energy as the dressed pork it would produce. Of course the most nourishment is obtained when skim milk is used direct, either for drinking or cooking. As far as possible, therefore, skim milk should be used for human food, and only the excess fed to live stock.

Buttermilk is equal to skim milk for feeding hogs, while whey is half as valuable. Whey, being low in protein, is not well suited for young pigs and should be fed to older animals.

Ordinary grass pasture, or green rye, oats, sorghum, rape, clover, alfalfa, peas, or beans can take the place of skim milk after the little pigs get a start. Much green feed can be raised without greatly reducing the acreage of other crops.

Calves and pigs do well when some skim milk is fed, but they need it only for a short time and in limited quantities. Except when fed to very young animals, skim milk is fed most economically when supplemented with grain. For dairy calves, skim milk may be substituted in part for whole milk on the tenth day. If the calves are vigorous they should receive a little grain and hay at two weeks of age and it is safe to discontinue the skim milk five or six weeks later.

By substituting grain, green feed, buttermilk and whey for skim milk in animal feeding, much skim milk may be released for use in cooking, for condensing, or for making cottage cheese

**Barley Easily Damaged.** Barley is easily damaged by the weather. Wet days at cutting time, poor shocking and over-ripeness will reduce seriously the quality.

### Helping the Land.

If you want to make your soil better year by year you must cultivate well, drain well and in the most economical way add humus and plautfood.

## Ugh! Calomel Sickens; Salivates! Please Try Dodson's Liver Tone

I am sincere! My medicine does not upset liver and bowels so you lose a day's work.

You're bilious! Your liver is sluggish! You feel lazy, dizzy and all knocked out. Your head is dull, your tongue is coated; breath bad; stomach sour and bowels constipated. But don't take salivating calomel. It makes you sick; you may lose a day's work. Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone to-night. Your druggist or dealer sells you a bottle of Dodson's Liver Tone for a few cents under my personal money-back guarantee that each spoon-

ful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working; you'll be cheerful; full of vigor and ambition.

Dodson's Liver Tone is entirely vegetable, therefore harmless and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

### Technically Correct.

One of the Y. M. C. A. workers in France, in a letter to a friend in Los Angeles tells of an autotruck driver connected with the Red Triangle who was never seen without a box conspicuously labeled 'tools'. Finally one day an inspection officer halted the truck and asked: "What's in that box? It's labeled 'tools,' but every time you have to make repairs you get tools from under the driver's seat."

The young man opened the box and took from it several tin plates, knives, forks, skillet and a coffee pot. "Cooking tools," he remarked laconically, and threw the lever into the high.

## A CROSS, FEVERISH CHILD IS BILIOUS OR CONSTIPATED

LOOK, MOTHER! SEE IF TONGUE IS COATED, BREATH HOT OR STOMACH SOUR.

"CALIFORNIA SYRUP OF FIGS" CAN'T HARM TENDER STOMACH, LIVER, BOWELS.



Every mother realizes, after giving her children "California Syrup of Figs," that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without gripping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, Mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When the little system is full of cold, throat sore, has stomach-ache, diarrhea, indigestion, colic—remember, a good "inside cleansing" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups—printed on the bottle. Beware of counterfeits sold here, so don't be fooled. Get the genuine, made by "California Fig Syrup Company."—Adv.

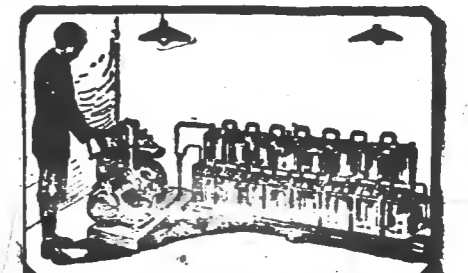
Here's a Silly One. "Where are you going with your big red apple, Willie?" called the kind old gentleman. "Taking it to school to my dear teacher." "What is your teacher's name, Willie?" "We call her Experience." "Why do you call her that?" "Cause she certainly is the best teacher."

The Strong Withstand the Heat of Summer Better Than the Weak. Old people, who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking GROVE'S TASTELESS CHILL TONIC. It purifies and enriches the blood and builds up the whole system. You can soon feel its strengthening, invigorating effect.

Men at a theater who are unable to get out between the acts for a smile are forced to grin and bear it.

## Your Eyes

A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids; "2 Drops" After the Movies, Motoring or Golf will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. M. S. Murine Eye Remedy Co., Chicago



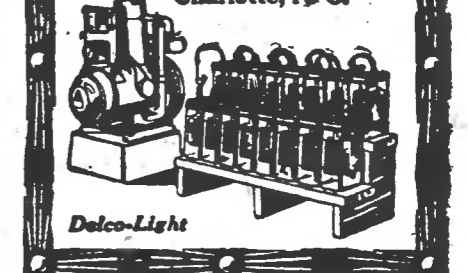
## Simplicity

in construction and operation is the big feature of

## DELCO-LIGHT

It will supply ample light for all buildings and sufficient power for small farm machines, such as churns, separators, and washing machines. It brings city comforts and convenience to the farm. See it at work.

Write to Home Light & Power Co., Charlotte, N. C.



## JUDGE DECIDES STOMACH REMEDY A GREAT SUCCESS

Commissioner of Mediation and Conciliation Board Tries EATONIC, the Wonderful Stomach Remedy, and Endorses It.



Judge William L. Chambers, who uses EATONIC as a remedy for loss of appetite and indigestion, is a Commissioner of the U. S. Board of Mediation and Conciliation. It is natural for him to express himself in guarded language, yet there is no hesitation in his pronounced endorsement regarding the value of EATONIC. Writing from Washington, D. C., to the Eatononic Remedy Co., he says:

"EATONIC promotes appetite and aids digestion. I have used it with beneficial results."

Office workers and others who suffer with many of the symptoms of indigestion, such as heartburn, poor appetite, bloating and impairment of general health. Are you, yourself, a sufferer? EATONIC will relieve you just as surely as it has benefited Judge Chambers and thousands of others.

Here's the secret: EATONIC drives the germs out of the body—and the Bloat Goes With It! It is guaranteed to bring relief or you get your money back! Costs only a cent or two a day to use it. Get a box today from your druggist.

## Every Woman Wants

## Partine

### ANTISEPTIC POWDER

FOR PERSONAL HYGIENE

Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. His extraordinary cleaning and germicidal power. Sample Free. 50c. all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

## KIDNEY TROUBLE

Is a deceptive disease—thousands have it and don't know it. If you want good results you can make no mistake by using Dr. Kilmor's Swamp-Root, the great kidney medicine. At druggists in large and medium size bottles. Sample size by Parcel Post, also pamphlet telling you about it. Address: Dr. Kilmor & Co., Birmingham, N. Y., and enclose ten cents, also return this paper.

## PARKER'S HAIR BALM

A cosmetic of merit. Helps to eradicate dandruff. For restoring color and beauty to faded hair. 50c and \$1.00 at Druggists.

## KODAKS & SUPPLIES

We also do highest class of finishing. Prices and Catalogue upon request. S. G. Hill Optical Co., Richmond, Va.

## The Depressing Heat

When your blood is not in good condition, the Summer heat weakens all the muscles of the body. To avoid spells of weakness and sickness during the hot weather, you must have pure, rich, red blood.

## Grove's Tasteless chill Tonic

destroys malarial parasites in the blood and removes other poisons by Purifying and Enriching the Blood. You can soon feel its Strengthening, Invigorating Effect and when you feel strong, the Summer heat will not depress you.

Grove's Tasteless chill Tonic is an exceptionally good general strengthening tonic for the Child, the Mother and all the Family. It is pleasant to take. Price 60c.

Perfectly Harmless. Contains No Nux-Vomica or other Poisonous Drugs.

## Grove's chill Tonic Tablets

You can now get Grove's Tasteless chill Tonic in Tablet form as well as in Syrup, the kind you have always bought. The Tablets are intended for those who prefer to swallow a tablet rather than a syrup, and as a convenience for those who travel. The tablets are called "GROVE'S CHILL TONIC TABLETS" and contain exactly the same medicinal properties and produce exactly the same results as Grove's Tasteless chill Tonic which is put up in bottles. The price of either is 60c.