

### Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin, a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions, instead of the multitude of "nervous wrecks," "rundowns," "brain bags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

Each morning bath is followed by drinking, each inside before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the alimentary canal before putting more food into the stomach.

Nothing so effectually cures a man of the flattery habit as marriage.

### Druggist Gives Highest Praise to Kidney Medicine

For the past fifteen years I have been selling Dr. Kilmor's Swamp-Root and my customers are always satisfied with the results obtained from its use and they speak in the highest terms regarding Swamp-Root. I have used it in my own family and the results are most favorable. I believe it is a fine medicine for kidney, liver and bladder diseases and I always recommend it for such troubles.

CHAS. BRUTON, Druggist, Jan. 28, 1918, Dover, Tenn.

Write to Dr. Kilmor & Co., Birmingham, N.Y.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmor & Co., Birmingham, N.Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

While Hiss requires whitewashing to keep them from turning black.

### CLEAR RED PIMPLY FACES

Wash Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free.

The soap to cleanse and purify, the Ointment to soothe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet every want in toilet preparations.

Free sample each by mail with Book. Address postpaid, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Cupid never attends the funeral when love dies.

### ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."—Mrs. MARY RIDGWAY, Durand, Wis. & Massachusetts Woman Writes: Blackstone, Mass.—"My troubles were from my age, and I felt awful sick for three years. I had hot flashes often and frequently suffered from pain. I took Lydia E. Pinkham's Vegetable Compound and now am well."—Mrs. PIERRE COURNOYER, Box 229, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, trembling, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

PARKER'S HAIR PREPARATION. A toilet preparation of merit. Daily use will give you the soft, wavy hair that is the beauty of every woman's face.

### Golden Heart

By WALTER DELANEY

"It must be done!" spoke Gregory Thearle. "I am sorry to be the medium of your message, Mr. Thearle," spoke William Ashe. "I am your attorney. You can command me, but speaking in a strictly professional sense you are taking the wrong course in this matter."

"I differ with you and I have made an unalterable decision," spoke Thearle stubbornly. "Very well, Mr. Thearle, I will do the best I can," said the lawyer. The attorney went home thoughtful and a trifle disturbed. His old-time client had set him a hard task, for he was a sensitive and sympathetic man at heart. He unobscuredly was a wife.

"A disagreeable mission," he told her. "It seems that Mr. Thearle has learned that his son Rodney is in love with a young lady at Dayton—a Miss Evelyn Boice. He knows nothing about her, but assumes that she has in view the fact that young Rodney is a rich man's son. Not only that, but Mr. Thearle is in sore trouble concerning his business. I have begged him to tell Rodney, who is a fine fellow, as you know, all about it, but his father hopes to escape the threatened embarrassment in his business and refuses. Looking at the dark side of affairs further, he says

"I differ with you."



"I differ with you."

It would be a terrible thing for Rodney to marry and find himself penniless.

"And what are you to do, dear?" submitted Mrs. Ashe. "Brutally speaking, I am to tell the young lady that the Thearle family object to the match. If, as Mr. Thearle puts it, she is indeed a fortune hunter, I am to show her certain documents proving that Mr. Thearle may be a beggar in a month."

Mr. Ashe reached Dayton the next morning. He had the address of Miss Evelyn Boice. He found that she was a boarder in a very respectable family, had come from another city some months previous and was taking a course at an art school.

Refinement, even luxury, were in evidence in the handsome drawing room where he sat awaiting the chance of his client's son. Ashe decided that she could not be very poor to afford so expensive a home, and an adventuress if she was seeking education in a line where the practical worker makes a good living.

He had sent up his card by the servant. In a few minutes Miss Boice invited him into the apartment. The lawyer directed one searching analytical look at that charming face and wished he was home, anywhere, but in the presence of such ingenuousness, innocence and beauty.

"We are strangers," he observed, arising with all the courtesy and respectfulness he could command. "I wish we had remained so, Miss Boice," he added almost sorrowfully. Her face was a void of amazement. Surely, never had she known so strange a gathering.

"That is a hard thing to say, is it not, Miss Boice?" he continued, trying to force a whimsical smile, "and I must explain. I am a lawyer. I have been sent on a mission most distasteful to me. Be indulgent, dear lady. I came from Mr. Gregory Thearle."

"The father of Rodney?" murmured the girl and a slight pallor came over her face. "He objects to the attention of his son to you, Miss Boice," pursued Ashe steadily. "There are reasons, according to my detached point of view—they are not mine, believe me. Mr. Thearle is in trouble. There may be occasion for Rodney to stand by his father and the family."

The lawyer felt wretched. The sweet girl before him held his heart spellbound with the winsome innocence of her lovely eyes. Now they were filled with tears.

Mr. Ashe's face said brokenly, "Oh, indeed, no attitude of mine shall distress him. I would help the poor old

Where Alexander Was Born. British travelers at Sloniki may easily make the excursion of a few miles to the birthplace of Alexander the Great—and whistle "The British Grenadiers" while doing so if they choose. They will not find much there, observes the London Chronicle. The name of Pella still lingers in the district, but the great Macedonian city of Pella, where Alexander was born on a night of storm and portents in October 356 B. C., has vanished, according to the testimony of Mr. D. G.

man. He does not understand how dearly I love Rodney." The last barrier of suspicion was broken down with the steadfast lawyer, but he had his duty to perform. "I am ordered," and he spoke with a meaning and a commiseration that even this artless experienced girl fully understood, "I am ordered to furnish you proof of the possibility of all his means being swept from him," and William Ashe produced a package of business documents. These evidence the fact that if Mr. Thearle does not raise nearly fifty thousand dollars by the fifteenth of the month his creditors will take all he has.

"Oh dear! how sorrowful," tutored Evelyn Boice. "No, no," she demurred, clutching the documents as the lawyer was about to replace them in his pocket. "I am interested. Let me know all, please. I can—perhaps I can help."

The lawyer marveled at the sudden change in the girl, the expression of softness that came into her fair face, at her enigmatical manner as she handed back the papers with the simple words.

"I thank you. Please tell Mr. Thearle that I sympathize with him and that I really will not be any added burden on the shoulders of his fair face, at her enigmatical manner as she handed back the papers with the simple words.

William Ashe returned home to the young lady to the fact that young Rodney was reconciled to his stern father. Then he partially forgot the lovely girl amid a hard, but a vain effort to secure an extension from his creditors and purchased by some outsider.

"No arrangement can be made," reported the lawyer one morning. "The collateral was closed out yesterday and purchased by some outsider." "Then the creditors will be paid?" asked his client. "Dollar for dollar, but the holder of the collateral now holds you at his mercy."

"As he left the broken merchant making his arrangements to close up his business and begin life all over again. Two hours later Ashe came rushing into the office of gloom, madly excited.

"Look!" he cried, flinging down a big envelope before his client. "The note canceled! the collateral released!" gasped Gregory Thearle. "What marvel is this?"

Then his eyes fell upon the name upon the note, that of the person to whom the bank had transferred it. "Evelyn Boice!" he fairly shouted, and then before the lawyer could make an explanation the old man collapsed under the shock completely.

But the full explanation came later and a happy chain of circumstances it involved, indeed, William Ashe admitted what had transpired as soon as he saw that name. The "fortune hunter," the sweet girl at Dayton, had returned the stern treatment of a beggary.

"You never told me that you were rich, that you were a fortune hunter," Rodney said to her a day later. "Why should I have done so?" challenged Evelyn modestly. "It was so delightful to be loved just for my poor little humble self!"

### HER DREAM NOT FULFILLED

Cave Woman's Desires Were Good, But Humanity Seems Not Yet Ready to Adopt Them.

At night the cave woman lay awake while the mate slept, watched the firelight playing on the walls, listened to the howling of the wolves.

"When all the wolves are dead," she used to think, "how good life will become! My man and I will walk where we will in the forest, and we will be great friends, and very tender and wise with each other. And that children we shall rear, when I know all the magic herbs that cure their sickness and they never need die of famine."

With such dreams she smiled and slept. Well, all the wolves are dead. But women do not yet walk freely with men in the forest. Most men bid them not and are looking for wisdom and tenderness, but stay by the campfire, twining scarlet berries in their hair; and most women obey. And children still die from famine and sickness, for the world seeks more busily for more scarce berries than for food and heating herbs.

But, bitterest of all to the dead cave woman, though the world has concentrated so extravagantly upon the adornments she invented, it has forgotten the meaning of her whole body glowing as her fingers twined them in her hair. Those berries were the badge of courage of the heart and of the body, they were an invitation to love and motherhood. These things have had no deadlier foe than elegance.—Rebecca West in the New Republic.

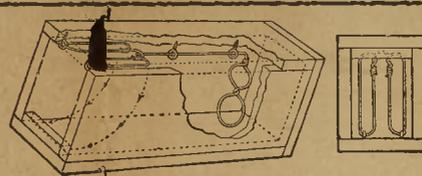
Goethe a Product of His Time. It would be as impossible now for a man to be a great poet and a great man of science, like Goethe, as for a man to be familiar with the whole sum of contemporary knowledge, as Dante was. Devotion to science, in this century, is necessarily followed by some such experience as that which Goethe underwent, the meticulous observation of facts bunts all finer sensitiveness to poetry and music. Goethe wished a universal outlook, but in proportion to the labor put into plants, and possible only with good seed.

Don't purchase the lowest-priced seed. In nine cases out of ten the highest-priced seed is by far the cheapest. The seed doesn't cost much, but in proportion to the labor put into plants, and possible only with good seed.

Least Profitable Machine. In farm work the machine that lasts the longest is years, is generally the least profitable. This is because it is the number of acres covered per year, rather than years in life, which determines the profitability of an implement.

Provide Bedding for Cows. If the bedding is used up, do not let the cows go without, but draw a few loads of straw. With clean platform material will keep them from being soiled.

### PREVENT RABBITS FROM INJURING TREES



Good Rabbit Trap Which Explains Itself.

(By D. C. MOORING.) Rabbits are very particular as to what they eat, and feed only on vegetable matter. They prefer the more succulent kinds, such as vegetables, clover, alfalfa and fallen fruit. When none of these foods are available, they often eat the bark of trees, especially when snow covers their food.

It is very easy to prevent rabbits from injuring trees, and all cases of damage are due to neglect rather than to a lack of efficient remedies. Your premises should not afford hiding places for rabbits such as brush piles. This is not meant to include green cover crop in the orchard. An orchard with a cover crop above the snow is seldom if ever injured.

Traps are very effective in catching rabbits. The most traps you have the better. This is not so economical a method as poisoning for protecting the trees, but it is a harmless amusement for the children, and also provides meat for the table.

There are two general ways of poisoning rabbits. (1) By placing poisoned water in their runs, especially during dry weather. (2) By placing poisoned food where they can get it. The following mixture was originally recommended by the Ohio station, has given satisfactory results. One part sulphate of strychnine, one part white sugar, one part white wash, and ten parts water. Shake well and stir in tender twigs with a brush or by dipping and distribute the poison by twigs around the trees.

There have been number of washes and paints of various kinds recommended as being effective against rabbits. The disadvantage of these washes is that heavy rains wash them off and make it necessary to repeat the application. It is not difficult to find or devise preparations which will keep rabbits away. Rabbits are very particular about their food, and any taint on the tree will keep them from injuring it. The following has been recommended by the Oklahoma station and found very satisfactory: Water, one gallon; one pound of soap; two to four ounces of carbolic acid.

### CONSTRUCTION OF A SEED-CORN TESTER



Serviceable Tester for Seed Corn.

A shallow box lined with sand makes a serviceable tester for corn. Near the upper edge wires or threads are stretched in both directions, forming a number of squares. The box is filled with moist sand up to the level of these wires or threads, and on this sand the seed grains are laid, and covered to keep from drying out. It is covered with muslin, drawn tightly and tacked, on which two-inch squares, each one number, are marked with an indelible pencil. A box 20x40 inches would have 200 squares.

A plan, moistened cloth is placed over the kernels, and a sack made for the purpose and partially filled with sawdust, about two inches thick, is placed on top of the cloth and pressed down firmly.

The tester should be placed where it will be held at ordinary room temperature, or warmer, for five or six days.

The ears from which the four samples—four, five and six grains—have been taken should be arranged in sections of tens to correspond with sections of the ears, and where they will be undisturbed after test is finished.

### TENT CATERPILLAR DOES MUCH DAMAGE

Insect Was in Great Evidence Last Year, and Promises More Destruction This Summer.

The apple tree caterpillar which was in great evidence last year is promising more destruction during the coming season. Prof. M. A. Cobb of the agricultural department of the Central Michigan normal school finds that there are millions of egg masses fastened on the limbs of the fruit and forest trees. These masses can be gathered and destroyed at this season of the year, and it will do much to reduce the number of the pests that come out next season.

Last year many orchards were nearly defoliated by the tent caterpillar and large apple trees were found which contained from two to fifteen tents. The growers often burned them out with torches before they had consumed all the foliage on the tree, but the difficult work in thickly infested orchards and where the egg masses can be destroyed, that is the surest way of reducing the number of the troublesome pest.

Get Good Seed. Don't purchase the lowest-priced seed. In nine cases out of ten the highest-priced seed is by far the cheapest. The seed doesn't cost much, but in proportion to the labor put into plants, and possible only with good seed.

Cost of Farm Tractor. In considering the cost of the tractor on the farm it is necessary to consider the items of operation, efficiency, upkeep cost and possible length of service.

Spray to Control Worms. There is no longer any more question regarding the control of worms affecting apples, or other fruit. Spraying will do the work.

Soil for Vegetables. Most vegetables need rich, well-worked soil. Having this, and adding thorough cultivation and care, anyone can have a number-one garden.

Don't Let Farm Wear Out. Manage the farm so it won't wear out—return all stalks, straw and manure to the soil, and grow legumes.

Prevent Mice From Working. Tramp the snow about apple and ornamental trees to prevent mice from working at the base.

### HOME TOWN HELPS

BOOST

Boost your city, boost your friend. Boost the goods that you are selling. Boost the street and the fire-alighting. Boost the lodge that you are attending. Boost the poor, think about them; They can get along without you; But success will quicker find them if they know that you're behind them.

Boost for every forward movement. Boost for every new improvement. Boost the man for whom you labor. Boost the stranger and the neighbor. Cease to be a chronic knocker. Cease to be a progress blocker. If you make your own city better, Boost it to the final letter.

### COLOR SCHEMES IN GARDENS

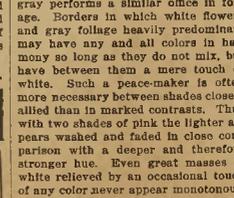
Matter in Which America Might Profit by the Example Set by English Landscape Artists.

Little attention is paid to garden color schemes, less in California than elsewhere, for the reason that everything blooms so riotously here that we deem attempts at control quite unnecessary, says the Los Angeles Times. The English are the great color artists of the garden and they have garden books upon this subject alone. Sometimes colors are used for effects not necessarily allied to tonality, as when yellow is used on points thrust forward to shorten the apparent distance and blue is used to deepen the recesses and make them appear farther in the distance.

Many of the good-sized local gardens have long borders where color schemes could be wrought with annuals or perennials, or with both. Remember two points which may be called fundamentals: White is the one great neutralizer or harmonizer in flowers and gray performs a similar office in foliage. Borders in which white flowers and gray foliage heavily predominate may have any and all colors in harmony so long as they do not mix, but have between them a mere touch of white. Such a peace-maker is often more necessary between shades closely allied than in marked contrasts. Thus with two shades of pink the lighter appears washed and faded in close comparison with a deeper and therefore stronger hue. Even great masses of white relieved by an occasional touch of any color never appear monotonous.

### MAIL BOX THAT IS NEAT

Californian Has the Right Idea in the Erection of Receptacle at His Country Home.



Mail box that is neat.

The attributes incorporated in an attractive mail box that has been erected by a Californian in front of his country home, the receptacle itself is of the substantial brick pier, approximately four feet in height, which tapers slightly toward the top. Inasmuch as the residence is a brick bungalow, this type of mail receiver is most appropriate.—Popular Mechanics Magazine.



Arrangement of Street Lamps.

A recent investigation of the relative merits of parallel and staggered arrangement of street lamps is most interesting, since it discloses that from an ornamental viewpoint the former is preferable, while, from a utilitarian viewpoint, the latter is preferable under certain conditions. By parallel arrangement is meant the placing of lamps so that they come opposite each other, while staggered arrangement means that the lamps on one side of a street are placed so as to come half way between those on the opposite side. In general, the staggered arrangement furnishes more uniform illumination. However, where the street width is not much greater than the distance between lamp standards, the parallel arrangement is preferable. In instances where the street width is considerably greater than the spacing of the lamps, the staggered arrangement will give the best results.—Scientific American.

Just to Help Out. "Well! Well!" exclaimed Mr. Dubson to a flustered acquaintance who rushed into a railroad station carrying two large suitcases. "Going away on the cho-choo?" "Oh, no," answered the acquaintance, in a sarcastic tone. "My sole idea in buying a railway ticket and bustling hither with all the baggage I could stagger under was merely to increase the stir and bustle of this great city."

Indolence. Hewitt—Gruet is a terribly lazy fellow. Gruet—Right you are; when his watch stops, he waits 12 hours before he starts it again, to save the trouble of turning the hands.

The Difference. Bangs—What is the difference between a woman's wrist club and a man's poker club? Wangs—Why, in one you get home to dinner and in the other to breakfast.

### Grip Still Hanging On?

Back aches? Stomach sensitive? A little cough? No strength? Tire easily? All after effects of this dread malady. Yes, they are catarrhal. Grip is a catarrhal disease. You can never be well as long as catarrh remains in your system, weakening your whole body with stagnant blood and unhealthy secretions.

### You Need PERUNA

It's the one tonic for the after effects of grip, because it is a catarrhal treatment of proved excellence. Take it to clear away all the effects of grip, to tone the digestion, clear up the inflamed membranes, regulate the bowels, and set you on the highway to complete recovery.

Perhaps one of more of your friends have found it valuable. Thousands of people in every state have, and have told us of it. Many thousands more have been helped at critical times by this reliable family medicine.

Prepared also in tablet form for your convenience. The Peruna Company, Columbus, Ohio.

### To Be Exact.

"Do you mean to tell me that you know all the latest dance steps?" "I wouldn't say 'all.' Of course, I don't know what new steps have been invented since I've been standing here chatting with you."

### STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys if Bladder Bothers You. Meat Forms Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithium, and has been found to stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

It has been estimated that it would take ten years to write a detailed account of the war up to the present time.

### SKINNER'S Macaroni or Spaghetti

The Quality Food—the tastiest, most healthful and most economical food that can grace your table.

### At All Good Grocers'

Save the signature of Paul F. Skinner on each package and obtain a set of Oneida Community Par Plate Silverware free.

Write us for full particulars—no obligation—and we will send you also a beautiful 36-page book of recipes—all free. Write today.

SKINNER MFG. CO. OMAHA, NEB.

The Largest Macaroni Factory in America

### EGGS

We are the largest handlers of EGGS in the United States. Write to us today for the best prices guaranteed. Give us your address and we will send you a list of our prices.

WOODSON-CRAG CO., Commission Merchants, Dept. B, Richmond, Va.

### CALL FOR LOOKOUT DISCOUNT

STANDARD OF EXCELLENCE SOUTHERN MADE CHICKEN AND TURKEY CHATTANOOGA, TENN.

### Agents Attention!

We furnish you goods that sell every day in the year. In any neighborhood, to every man or woman, child or old person, the choice of a lifetime is a business where even an uneducated person can make \$100 a day from their own goods and do so positively without any money for capital. We supply you with the best of goods for all purposes.

SWEET POTATO PLANTS. Write to us for a list of our prices. We will send you a list of our prices. We will send you a list of our prices.