MAN THIN AS RAIL— IRON ADDS 10 POUNDS

"I was tired, run-down and thin as a rail. Since taking Vinol, I sleep well, feel better and have gained 10 pounds."—R. A. Cromberg.

Thin, run-down, nervous men or women need the help of iron, lime and cod liver peptone as contained in Vinol. Even the first bottle brings new pep, a good appetite and sound sleep. Aids digestion and makes red blood. Tastes delicious. Get a bottle of Vinol today. The results will amaze you! Hopkins Drug Company.

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LIQUID OR TABLETS

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaria in three days. 666 Salve for Baby's Cold.

Renew Your Health By Purification

Any physician will tell you that "Perfect Purification of the System is Nature's Foundation of Perfect Health." Why not rid yourself of chronic ailments that are undermining your vitality? Purify your entire system by building a thorough course of Calotabs, —one or twice a week for several weeks—and see how Nature rewards you with health. Get Calotabs.

Calotabs are the greatest of all system purifiers. Get a family package with full directions. Only 35 cts. at druggists. (Adv).

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USE 'STANDARD' GASOLINE

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It Is Refined Up To A Standard, Not Down To A Price.

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Local Agent
Standard Oil Company
Incorporated in Kentucky

THE GARDEN

TIMELY TOPICS

(By John S. Gardner, Kentucky College of Agriculture)

Celery—The season of cool nights and improved moisture conditions is about to come, and celery will begin growing toward maturity. The first step in finishing celery is drawing soil to the row, and packing it about the stems so as to hold them upright. Very good, too, is sidedressing the rows with nitrate of soda, at the rate of 1 pound to 100 stalks. If water is at hand it is essential to soak down the soil about the roots in order to dissolve the nitrate sent out in or will until just before a rain. A second dressing should be made in two weeks, when blanching can be begun.

A thorough spraying with Bordeaux mixture should be given now.

There are two methods of blanching. One is to use soil, and the other boards or strips of roofing paper. For the easy-blanching types such as Silver Plume, Columbian and Golden Self-blanching, boards blanching is not generally used, because the blanching of these varieties is begun while the weather is still warm. The earth used in blanching these types of celeriac stems that air is excluded, and healing and rotting takes place rapidly. The blanching of the winter varieties Winter Queen and Giant Pascal is begun about two weeks after that of the earlier sorts, and the weather is correspondingly cooler.

Fall Lettuce—The last week in August is the time to make the fall lettuce seedlings in the garden or in coldframes. The soil should be well enriched with fairly well-rotted manure worked in thoroughly. It is advisable to shade the transplants during the heat of the day, either with a lattice of brush or canvas, raised about 18 inches above the plant surface. The seasoning for Grand Rapids leaf lettuce should be 1 ounce each war, but Grand Rapids, a heading sort, should be 2 ounces each war. Big Boston and New York, a heading sort, should be 12 inches. May we say, incidentally, that Grand Rapids, such as New York, Hanson (Big Boston should not be used in the fall if you make heads of itself; no tying is needed. In fact, tying up heads caused loss.

Beans—Since there has been more than its share of the insect pests, and vegetable, it is not a bad idea to try, even now, to make a late crop of snap planting. If any variety will do this Tennessee Refrigerator will. By this Valentine Refrigerator, may be made a phosphatic feeder particularly with a phosphatic feeder, will hasten matters.

Cabbage Worm—This pest has become troublesome throughout the season, and shows little sign of abating. Calcium arsenate or lead arsenate will be used, in the proportions of 1 to 6, by weight, makes an effective dust.

Plant Lice—It is well to watch closely the lower turnip seedlings just coming up, for the plant lice start so undetectably that they can be done in a short time. Nicotine sulphate spray or dust. Sometimes although neither of the latest developed commercial forms are convenient.

Tomatoes—If the foliage has been kept protected by bordeaux mixture, but if the fruit size as dwindling, it may be because of the excessive fertility. This may be remedied by sowing cowpeas or vaca about the plants where the later roots are, at a radius of 18 to 24 inches from the center of the hills. The rate is 1 pound to 25 plants. Plow to permit and will take on new life, when the fall rains come, and an acceptable second crop may be harvested.

FOOTWASHING SITES HELD

Footwashing, a religious rite observed annually in the Kentucky mountains for almost 100 years, featured the evening Sunday of the congregation of the Union Baptist church at Mayking in Letcher county.

Services were held inside the church, the women standing on one side of the little building and the men on the other, more than twenty ministers took part in the services, which were attended by hundreds from the mountain section of Eastern Kentucky and Virginia.

Pressing the footwashing ceremonial, bread and wine service was held. Practice of footwashing dates back to 1781, or soon after the founding of the first Baptist church in Kentucky, it was first conducted by John Taylor in the church he founded.

MISFORTUNE TAGGED

The Cynthiana Democrat states that Mrs. Nell Combs Lane seems to be Harrison County's tasket for bad luck. Her misfortunes in recent months include: Loss of several thousand dollars through embezzlement of a defaulting bank cashier of a Paris bank; the theft of more than a thousand dollars in money and jewelry when her home on the Townsend Bridge was broken into and robbed; following which her home was razed to the ground and all contents destroyed.

Saturday morning her automobile caught fire and was burned in a field near the Paris road, where it had been driven from town to see her brother. Mr. Crombie, who has charge of the farm. She had not been away from the car long when she saw it in flames. It brought to have caught fire from the battery. The car was insured. Mrs. Lane had left her purse with $8 in paper money in the car.

MAIL ORDERS HAVE DISADVANTAGES

See in the papers where a man who ordered a wife has just killed her and himself. thats the trouble about ordering things by mail. when a feller trades at home he can go in and look at the merchandise, handle it and see whether its a yard wide and all wool, and if it aint he does hadtta buy it, where if he orders it without no return privileges he's either got to keep it, trade it off or kill it.—Ulickie's Musings in Cynthiana Democrat.

Asia is larger in area than North and South America combined.

ANTIQUE RACKET SPRINGS NEW ONE

Furniture Aged by Exposure to Elements.

New York.—Another trick of the antique racketeers has just come to light in New York city.

Nothing of late has been discovered to equal the beautifying effect of time upon old, hand-rubbed woods, but this racketeer has no time to wait. He forces new furniture into the ruts, the sun, the wind and the snow. He leaves it on the roof of a tall motor pollen building throughout all the season, where the elements beat upon it, the wood textures and loiere their stain. He places an expensive cabinet back of a barn, in the open, where a cattle knock against its sides. The racketeer calls this "weathering." Wood known is a dollar gained, dull knocks not so easily detected as those made by with instruments, crushed glass or razor blades.

"In countless New York back yards," says a Collier's Weekly investigator, "furniture is ageing for the racketeers, but no one is in a hurry to have it. Before a shop for the final rubbing and polishing, enough of the treasure is gathered to be left to indicate an old, if not too honest, past. The sale of this type of furniture has been on for some time that one racketeer was forced to be unable to cope with the trade without outside help. It was impossible for him and those with him to do over enough furniture to keep up with offers.

American Negro Gets Rich in Foreign Legion

Sidi-Bel-Abbes, Morocco—The only American negro in the hard living ranks of the French foreign legion is Jackie Walker from San Francisco, who has been given the nickname of Legion for anything. He is making a good record in the service of the great French tricolor.

Jackie Walker is the leader of the Legion's own jazz band. Eleven years ago he joined the Legionnaires, he was ever in a cattle boat and enlisted in Marseilles as a bugler. He had no less much failing to do to think of increasing his musical knowledge and spending each per day, but since the war with the Riff ended he decided to take up the trumpet in earnest, with results given permission, to play in the cafes of Sidi-Bel-Abbes. He is doing well, done.

At night, under the twinkling stars on the edge of the desert, Europeans, Arabs and Berbers, Moors and Negroes gather in the brightly lighted cafes to hear Jackie Walker's jazz band play a lungsome medley of American and French tunes.

End Terrorism of Night Riders in New Mexico

Santa Fe, N. M.—A band of outlaws, mysterious masked riders who ride by night who for six years left terror, arson, and death in their trail across New Mexico, has been broken up by the arrest and conviction of five of the band's killers.

Felix Lovato, leader of the night riders, was sentenced to 15 years in the penitentiary. The sentence ended a reign of terror he and his band had been exercising.

Like outlaw bands of the old West, the night riders appeared and faded, their horses down on isolated ranches in the Arriba district, and no acceptable trail ruins come, and no acceptable second crop could be harvested.

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Breed Ewes Now For Early Lambs

It is especially important to Kentucky farmers to market lambs ahead of Western lambs. This can be done. Farmers must breed their ewes early. During the early part of the season the main competition is from Tennessee and California. Later lambs from the northwest and central west are moved to market in large quantities, thus increasing market supply.

In a study made by the Experiment Station, University of Kentucky, prices of lambs show a distinct drop in June. Often this decline amounts to as much as $3 per hundred. Consequently if Kentucky lambs were finished by market prior to this June decline in prices, even at a slightly greater cost of production, farmers would be well paid for it.

In order to produce early lambs the ewes should be bred in either August or September. This would result in lambs being dropped in January or February. Some farmers would of necessity have to change their methods slightly and give more attention at the ewes prior to lambing. More feeding both prior to lambing and afterward will be necessary. It is important that this period will not be sufficiently advanced to prevent normal growth. Feed, however, from all present industries should be sufficient check next winter, and farmers could undoubtedly afford to be more liberal in getting lambs on the market early.

Recommend Grinding Wheat For Livestock

Information received at the College of Agriculture, University of Kentucky indicates that considerable wheat will be fed to livestock in Kentucky this fall.

In order to secure the best results from wheat, it should be ground. Experiments at the University of Kentucky have demonstrated that it is especially ground. A supplement such as tankage, cottonseed meal, or linseed meal, but in no event should the supplement be fed alone. Wheat is a poor substitute for grinding. Ground wheat is about 10 per cent more efficient than whole wheat, experiments show, while ground wheat is about 5 per cent more efficient than dry wheat.

Hogs fed on ground wheat have mixed wheat and corn, the theory being that the protein in the wheat balances the starch in the corn. It is not necessary to grind the corn fed—only the wheat alone. Such is not the case. It is better to grind both corn and wheat which wheat as well as they do some corn alone.

If both wheat and corn are available to feed, it is not necessary to grind the entire amount of one as the other, before beginning to feed the grain.

PROTECT HOME MINERALS

(Palmyra Outlook)

The Outlook has from time to time urged that the City Council pass protective legislation to prevent the carrying away of our citizens under the pretext that the goods were being sold to a banker, when in the salesmen always find unsuspecting buyers who believe their stuff is good and action that they are taking. Last Saturday three investigators were in the town with this same line of bunkum and sold it higher than it could be bought at local stores. Four salesmen have visited our town in the past and by interior visits, several of them have been smuggled into this country by stowaways and sailors. These fake salesmen were even dressed in white duck suits that they were before they left their native land. Any article that has been sold by these fakers has proved to be worthless. We do not say that some of our citizens are ignorant of the fact that the law is on the part that the goods confidence is moved in their favor, but the fact remains that they are accustomed to keep them out and protect our people from the evils that result from a legitimate business and support

WHAT'S NEWS?

LEISURE

(William Henry Davies)

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like stars at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

PROGRESS IS SHOWN IN ARMY AIR CORPS

Defenses Strengthened, Say Aviation Heads.

Washington.—Under the impetus of the five year expansion plan adopted by congress in 1926, the army air corps has been vastly strengthened, in the view of War Department aviation experts.

While holding still more planes and officers are necessary for a well rounded military air defense, the air corps, in summarizing its achievements of the five years, points to what it considers rapid progress both in technical equipment and skill of pilots.

Under the five year plan, adopted in 1926, but not put into effect until 1927, the air corps was to have 1,800 "serviceable" planes, 1,650 regular officers, 250 reserve officers on duty each year and 15,000 enlisted men by 1932. The actual strength now stands at 1,800 planes, 1,650 regular officers and 15,000 enlisted men.

Air corps officers take particular pride in the increased mileage made in fighting ships during the last two years. In 1929, the average fighting unit plane had a high speed of 107 miles per hour. It is now 139 miles, an climb, one of the principal factors in a fast fighting plane, has been increased. Now current ships can go up 20,000 feet in 20 minutes, as against two years ago.

Bombardment armament has been made more deadly. In 1929 pursuit planes carried two .30 caliber guns. Now a .50 caliber gun has replaced one of the .30's. Bombardment planes, likewise, have been armed with a .50 caliber gun.

Famed Theater May Live Again as West's Shrine

Central City, Colo.—Famous actors again are to tread the stage of the Central City opera house just as they did in the days of '59 when the boards of the playhouse was a center of entertainment for this section of the West.

Here of the original builder, Peter McFarlane, have expressed a desire to make a shrine for drama of the pioneer theater, which was erected in 1878 when miners and a bit little more than a village on the banks of Clear Creek and offered nothing in the way of entertainment except cheap dance halls and saloons.

McFarlane's heirs have offered the theater to the State of Colorado for $1. If the university accepts, a revival of the days when Edwin Booth and Lotta Crabtree appeared on the boards is planned.

Backers of the move believe that many persons from all parts of the world visit the playhouse, once the Mecca for the most talented men and women of an adventurous age.

Boa Constrictor Rides North in Banana Bunch

Philadelphia, Pa.—A young sequence boa constrictor is making its home in the Philadelphia zoo after a journey from the jungles of Central America in a bunch of bananas.

The snake arrived a near panic when Philip Braverman, who operates a fruit store, unwrapped the cover from a bunch of bananas he had purchased from Frugal. The snake dropped to the floor and police were summoned who captured it and turned it over to Braverman. From director of the zoo. Bronx said that it was a specimen not often seen in captivity and that the zoo was pleased to have heard of a boa constrictor making the trip from Brazil in a bunch of bananas.

Experiments Show Milk Is Injured by Sunlight

Madison, Wis.—Grocery store bottled milk out of the sunlight if you wish to preserve its food value, is the advice of the local branch of the dairy division of the University of Wisconsin agriculture college, following tests. The experimenters said tendency exposure to sunlight will give bottled milk a slight "off" flavor, and three-quarters of an hour will give it that "cardboard-like" taste.

Dancing Worse Than Athletics, Educator Says

Kingston, Ont.—College students ask for more from students' dancing than from athletics, says Dr. W. Hamilton Fyfe, principal of Queen's university. Dr. Fyfe admits, however, that he would be a waste of words to delegate at length the excessive demands of dancing upon the time of some students." Athletic activities are better students than those who exceed their spare time dancing, he declares.

CLASSIFIED ADS ARE READ

McGUFFEY AND HIS READER

Nowhere has any one pictured the life of an average American better than Herbert Quick, in the period in which he lived, 1861-1926. Quick in his "One Man's Life," devoted a whole chapter to paying tribute to "My Debt to the McGuffey Brothers." "I had," he says of his childhood in rural Iowa, "a burning thirst for books. On those farms a boy or girl with my appetite for literature was a frog in a desert." The thirst was satisfied and, more important, was stimulated to assertion for further satisfaction, by "an old dog-eared volume of McGuffey's, the standard school Readers of my day. My mastery of the First and Second Readers—just the opening of the marvels of the printed page—left a poignant delight, pure for a part of ecstasy." These textbooks constitute the most influential volumes ever published in America."

To say Quick's broad assertion is more inspired by affection than dictated by exactness, to answer him by pointing out that McGuffey was merely the compiler of the selections so loosely remembered, and that only the authors of the Shakespeare and Bible, and the others, are important—all that is easy. But is it safe to say that the men who, for millions of Americans just at the right moment in their plastic adolescence, opened the gate to literature?

Twenty-two million copies of Mc-Guffey's readers were published. The origin of the Readers he compiled provide one of those coincidences which it is possible to go one remove back of. Dr. Daniel Hostetly, who was a notable accuracy, his inspiration; or at least generally so, was the son of a bishop-publisher in enabling the man to do what he did.

It was in 1802, in the part of Pennsylvania that was then the American frontier, that a young clergyman named Thomas Hughes erected a log building. Long time as he called "Old Stone Academy." To school that one school, Hughes traveled about the country on horseback. One day in the summer of 1818 he rode through Trumbull County, Ohio, in his horse's back. Coming to a log house half-hidden from the road by dogs so deep in dooryard that the rider had to dismount to awaken them, the traveler overheard a woman say that her husband had said that God might send some means by which her children get schooling. He called to Hughes, riding on asked at the next house for the owner of the dogs, by the name and was told the children were his. Hughes rode back, found the husband, Alexander McGuffey, into the "Old Stone Academy."

To the knowledge of the writer of this page the influence of the Mc-Guffey set in motion when Hughes met the woman through the life of Henry Ford, who was born in 1863, later—Mark Sullivan, in Our Times, Vol. II American Chronicles.

HYMN OF HATE

Two Negroes who had been engaged to mow the lawn of a big hotel were quarreling.

Nigah," sain one, "does you know what I done wish? I done wish dat I was a hoss, so I could have some in de stable, and dat you was laid out dead in my stall."—Tid-Bits.

LIKE THE REST OF US

Widey—There's an old clothes man at the door.

Hubby—Tell him I've got all I need.—Judge.

ALLEN'S PARLOR FURNACE

The Only Modern Heater With Oldtime Fireside Cheer

When the swinging, outer cabinet doors are opened you have all of the cheer, comfort and warmth of the old-fashioned open fireplace. Only in Allen's do you get this wonderful combination of the ruddy glow of the fire and clean, circulating moist warm air.

Allen's is the modern, efficient heater, that's placed where the heat is. Heats the whole house. Requires little attention. Burns any kind of soft coal. Has automatic temperature regulator. Burns any fuel—even 12 hours. Has many other modern heating advantages. Furnished in more and finish—beautiful natural walnut finish.

The New Heat Radiating Fin Surface in the Allen Furnace is the secret. You should know more about it. Come in and let us explain it. Allen's radiating surface 100 per cent.

C. R. King

Throughout the entire year. . .

1 to 1

Sales Leadership

Four people have purchased the Buick Eight to every *one* buyer of any other of the thirteen eights in Buick's price range during the twelve months since its introduction. This four-to-one preference—in days when America is scrutinizing values more closely than ever before—fully confirms the value leadership of The Eight as Buick Builds It. It is this outstanding value which causes 89 per cent of all Buick owners to buy Buicks again and again.

** Buick has sold four times as many eights as the next most popular eight in its field, August 1, 1930, through July, 1931, according to official figures by R. L. Polk & Co.*

Four Series—22 Models

$1025 to $2035

f. o. b. Flint, Mich.

Martin's Garage
West Main St. Carlisle, Ky

THE EIGHT AS **BUICK** BUILDS IT

A monument will be established at Boonsboro, Ky., marking the spot where Daniel Boone established the first outpost of civilization on the frontier

CHEVROLET Leads Them All

Buy with the Crowd

Official Registration in the United States for the first six months of 1931 of cars in the price class of Chevrolet:

Chevrolet - 368,907
Ford - 350,801
Pontiac - 47,230
Essex - 29,592
Willeys - 23,137
Plymouth - 19,772

MARTIN'S GARAGE

TWI-LIGHT LEAGUE

The batting average of the Twilight League to an concluding August 21 is as follows:

	AB	R	H	PCT.
Alexander (A)	43	20	20	465
Smith (A)	45	14	20	444
Garrett (A)	43	16	19	442
Barnett (R)	32	7	14	437
Gaines (C)	53	12	23	373
Sexton (G)	53	16	19	358
Sexton (C)	14	4	5	356
H. Cook (R)	35	12	12	343
Lee (R)	47	9	16	340
Seamands (G)	45	8	15	333
C. Ross (G)	45	8	13	325
Smathers (A)	53	16	17	321
Pitman (A)	47	9	15	319
Thompson (A)	47	16	14	295
Hoffett (A)	45	12	12	293
Talbert (C)	48	12	14	292
Epperson (G)	51	9	14	280
Rose (G)	29	10	8	276
Dixon (R)	29	8	8	265
Curry (R)	27	7	7	261
Stephenson (R)	23	6	6	260
Cornelison (C)	25	9	12	260
Roberts (G)	8	1	2	250
E. Clark (R)	45	12	11	244
Lacy (A)	23	3	5	210
Osborne (C)	24	3	7	212
Tilton (A)	33	4	7	212
Yates (G)	19	3	4	210
Kelly (G)	35	3	7	200
L. Clark (G)	26	5	5	192
Hardy (C)	52	10	14	269
Henry (A)	47	8	9	191
Hall (R)	42	11	8	190
Hughes (C)	38	5	7	184
Clinkscales (A)	28	4	5	.17
Lemieux (A)	41	4	7	.170
Hall (C)	39	4	6	.133
Hopkins (R)	23	3	3	.130
Brayfield (A)	23	3	3	.130
Gardner (C)	22	3	2	.090

Standing of the clubs:

	W	L	PCT
Reds	11	4	672
Athletics	8	5	615
Cubs	7	6	538
Giants	4	9	308

COLONIAL COOKING

When the house was built, hooks had not come into use in this part of the Colony, and, like the chimney, the oven was made of stone. But in this door was about three feet from the floor to the outside, making a sort of ledge or a receptacle for his kettles, or pots, as they were called. Out of three feet long, which must be performed before the oven was ready for use. Then the fire was built in the oven, and filling it with wood and building it up by a shovelful of coals from the hearth. When the wood had burned the coals were skillfully taken out with the shovel and placed in the oven, with a wet broom made of cornstalks. Then the stones were put over and the pot the loaves of bread on the stones by means of a long wooden shovel and the children, every spring, were sent out to gather the fresh beech leaves, which would send bubbling its way to a shovelful of coals in the hearth. When the loaf had burned the coals were skillfully taken out and put over the stones, and then with a wet broom made of cornstalks the stones were swept over carefully, so that no bread on the loaves