



Makes Life Sweeter

Next time a coated tongue, foetid breath, or acrid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!

Get acquainted with this perfect antacid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

PHILLIPS Milk of Magnesia

The Proper Thing "What shall I wear for my screen test?" "Something slimy, of course."



Helped at Change of Life

"Lydia E. Pinkham's Vegetable Compound is a wonderful medicine at the Change of Life. I would get blue spells and just walk the floor. I was nervous, could not sleep at night, and was not able to do my work. I know if it had not been for your medicine I would have been in bed most of this time and had a big doctor's bill. If women would only take your medicine they would be better."—Mrs. Anna Weaver, R. F. D. No. 2, Rose Hill, Iowa.

Lydia E. Pinkham's Vegetable Compound

Go Ahead Abel—Would a kiss be out of place? Mabel—It doesn't need to be.—Answers.



DR. CALDWELL'S THREE RULES

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation is a mild vegetable compound. It can not harm the most delicate system and is not habit forming.

OF INTEREST TO FARMERS

GETTING LINED UP

There is no better time to plan your poultry activities for the coming year than now. Start the year right, keep going in the right manner, and finish up in the right way, if you want maximum success from your poultry. Don't overlook the scientific side of the business. You must have a knowledge of the scientific principles related to the many problems of feeding, breeding and management, and most important of all, apply them. Here are four guide posts to successful poultry farming. With the proper management in each of these departments, you can put your business on a better paying basis. Whatever type of poultry house you may have, be sure there is sufficient room for every bird in your flock. Crowding your hens in an undersized house will materially retard egg production. An ideal poultry house is one that meets the following specifications. It must be dry, airy, bright, convenient, simple, durable, and must permit plenty of sunlight and be free from all drafts. Health is the most desirable characteristic of any flock. The health of your birds depends upon nutrition or proper feeding. For maximum health, and thus for consistently high production, the ration must contain all the essentials for the complete development of every function and process of the bird—proteins, fats, minerals and water. On this problem of raising your flock rests your success or failure with poultry. It is most complex but on the other hand it is the poultryman's opportunity to make more money from his flock. Exercise judgment and care in picking your breeders—use purebred, healthy stock birds that are fully developed and have made a good record as egg producers. Make sure the breeders have the characteristics that you want to see in the chicks. Finally, use eggs that are perfect and uniform as to size, shape and color, with good, firm, smooth shells. A hen must lay close to six dozen eggs before she pays for her feed. The hen that is capable of exceeding this mark is the kind that pays. Any hen that falls short of the six dozen mark should be disposed of and the sooner the better. Culling is an all year around job—not just one grand climax. Eliminate the weaklings, low egg producers, early molters, and use your cockrels to best advantage. Sell the culled birds if they are healthy and are in fair or good flesh. By so doing, they are at once turned into money. The poultry raiser does not expect a high egg yield without furnishing his flock with egg producing material. A balanced ration and water alone are not enough. You must also supply the shell building material needed to complete the eggs manufactured by the hens from the ingredients contained in the balanced ration.

FEEDING DAIRY COWS

It takes time to develop a farm for the production of large quantities of good roughage. Furthermore, the best plans occasionally go wrong and leave us with emergency crops. This immediate problem with a great many dairymen is that of making good rations from the feeds available. Some farmers have timothy hay, or red top, or stover and prairie hay, or soy bean hay, or oats and peas, or millet. Most farmers have silage, some do not. How can these feeds best be converted to maintenance and milk production? Before we begin making rations for cows let us be reminded (1) that it does not pay to feed even good rations to scrub cows; (2) that it does not pay to underfeed good cows; (3) that it does not pay to feed rations that are not well balanced; (4) that nutrients are supplied more cheaply in good roughage than in concentrates; and (5) that the cow's digestive organs are well adapted to converting the nutrients of roughage into maintenance and milk. On this basis cows should be fed on the roughage they will clean up. It goes without saying they will eat more of good quality roughage than of poor quality roughage. In producing roughage for cows every effort should be made to get such quality as will persuade cows to eat large quantities. If one has inferior quality roughage every effort should be made to make it more palatable. Coarse roughage may be cut or ground to reduce waste and increase the quantity cows will eat. Feeding molasses may be added to make roughage more palatable. Variety may be offered to increase the consumption of roughage. Sometimes it is good economy to sell a part of the roughage one has and buy roughage better suited to the needs of a good ration. The kind and quality of roughage available governs the protein content of the grain mixture to be fed, and to some extent the rate of feeding grain. If the roughage is relatively low in protein the grain mixture will have to be relatively high; if the roughage is of poor quality the rate of feeding grain will have to be greater than with good roughage. Let us first make grain mixtures for farmers who have silage and any one or more of the following feeds: Timothy, sudan grass, millet, corn fodder, shredded corn stover, or who have these feeds without silage. Suitable mixtures for these roughages will need to contain from 18 to 20 per cent. of digestible protein in order to properly balance the ration. Such a mixture can be made of 200 lbs. each of ground corn, ground oats, wheat bran, linseed meal and cottonseed meal. Barley, grain sorghum, or hominy feed could be substituted for the corn. Five hundred pounds of a 32 per cent protein mixed feed could be substituted for the 400 lbs. of linseed and cottonseed meals. The digestible protein content of the mixture is about 19 per cent. For farmers who have corn silage,

grain sorghum silage, sunflower silage, or roots and any one or more of the following hays, the grain mixture will need to contain from 15 to 17 per cent. of digestible protein: Mixed timothy and clover hay, or legume hay at one feed and non-legume hay at the other feed. Hay from the cereal grains, poor quality legume hay, oats and peas in which less than 25 per cent is from the peas. A suitable mixture can be made of 200 lbs. each ground corn and ground oats, 200 lbs. wheat bran, 200 lbs. linseed meal, and 150 lbs. cottonseed meal. Ground barley or hominy feed can be substituted for the corn. Four hundred pounds of a 32 per cent protein mixed feed could be substituted for the 350 lbs. of linseed and cottonseed meals. One hundred pounds of soy bean oil meal and 75 lbs. of hominy feed could be substituted for the 150 lbs. of cottonseed meal. Any one of these mixtures also is suitable where one does not have silage or roots but has dry roughage of the kind indicated. The mixture contains about 16 per cent of digestible protein. For farmers who have silage or roots, or both, and red clover hay, a good quality of oats and peas in which the proportion of peas is fairly heavy and where the crop was cut when the oats were green or where one feeds alfalfa or soy bean hay at one feed and non-legume hay at the other feed, a suitable mixture may be made of 300 lbs. each of ground corn and ground oats, 200 lbs. of wheat bran, 100 lbs. each of linseed and cottonseed meals. Ground barley or hominy feed may be substituted for the corn. Two hundred and fifty pounds of a 32 per cent protein mixed feed may be substituted for the 300 lbs. linseed and cottonseed meals, or 100 lbs. linseed meal, 50 lbs. cottonseed meal, and 75 lbs. gluten feed could be substituted for the 200 lbs. linseed and cottonseed meals. We come now to the farmer who has silage or roots or both, and alfalfa hay or soy bean hay of good quality. This kind of a combination of roughage enables a farmer to use large proportions of home grown crops in the ration. For example, 300 lbs. each of ground corn and ground oats, 200 lbs. wheat bran, and 100 lbs. linseed meal gives us a mixture containing 11.7 per cent digestible protein and this is adequate where liberal quantities of good quality alfalfa or soy bean hay are fed with silage. In place of the 100 lbs. of linseed meal one could substitute 150 lbs. of a 21 per cent protein mixed feed, or 125 lbs. of a 32 per cent protein mixed feed.

KEEP BIGGEST OF BREED

One factor often overlooked in the dairy game is the size of the animals. Not long ago I visited two farms, both stocked with Holsteins says a leading dairy specialist. In one herd, averaging about 6,000 pounds of milk a year, the cows were small and the heifers under-sized. The other herd averaged about 10,000 pounds and the cows appeared to be about 200 pounds heavier.

Size not only herks back to ancestry, but also to the feed and care of the young stock. In addition to other feed, growing calves need plenty of good legume hay, which is always high in mineral content. Even with legume hay (and especially so when it is not at hand), minerals may be needed in the diet. Lime and phosphorus are both necessary in the development of the framework of the young stock. If these minerals have not been added to the grain ration, a satisfactory mineral mixture can be made by combining equal parts of steamed bone meal, ground limestone and salt. Place this before the young stock so that they will have access to it at all times and can eat what they want. A big cow takes up but one stanchion in the stable. She will eat somewhat more feed, but she also delivers more milk into the pail. Well-grown heifers and cows find a more ready sale when the buyer steps into the barn than do those which have been stunted and are, as a result, undersized. It costs more to grow a good animal than it does to grow one poorly, but in the long run the big, well grown heifer pays better, at the pail, on the market, or finally at the shambles.

CARE OF STRAWBERRIES

Good strains of strawberries prove very prolific, and almost invariably sod the ground too thickly. To guard against this, I clip some of the runners (which establish the new plants) and dig out plants for setting other beds, says an expert berry grower. I know it looks hard to pull up or cut out the nice plants, but it is the only thing to do, where they are getting too thick. It is not only a matter of fewer berries, but the quality will also be much lower where the plants are crowded and the ground sodded closely. Mulching the strawberries is very important in our climate. It prevents severe freezing of the plants, avoids alternate freezing and thawing of the soil in early spring, holds the plants back till the proper season in the spring, keeps the fruit clean through hard rains, furnishes a clean surface for the pickers to kneel in gathering the fruit, conserves the moisture, and holds back the weeds. There is really little use of setting out a new strawberry bed every year or two unless, of course, grub or some fungus disease becomes established among the plants. It will be noted, that by following the instructions offered, a "new" bed is established every year, and yet, without really setting out a single plant. This saves a lot of hard work, as well as the expense of the plants for setting out.

OVERHAUL SPRAYER

Spray machines should be thoroughly overhauled each winter—both engine and pump. Accessories such as hose, rods, repair tools, and spare parts require attention prior to the opening of the spray season. To stop for repairs during the application of a spray may be ruinous.

GOOD CORN SUBSTITUTE

Since soybeans can be produced on the majority of Cornbelt farms for considerable less than the usual cost of an equal weight of tankage, they should be more generally used with corn and legume pasture for fattening hogs.

This Little Girl Got Well Quick



"Just after her third birthday, my little daughter, Connie, had a serious attack of intestinal flu," says Mrs. H. W. Turnage, 217 Cadwalder St., San Antonio, Texas. "It left her very weak and pale. Her bowels wouldn't act right, she had no appetite and nothing agreed with her."

"Our physician told us to give her some California Fig Syrup. It made her pick up right away, and now she is as robust and happy as any child in our neighborhood. I give California Fig Syrup full credit for her wonderful condition. It is a great thing for children."

Children like the rich, fruity taste of California Fig Syrup, and you can give it to them as often as they need it, because it is purely vegetable. For over 50 years leading physicians have recommended it, and its overwhelming sales record of over four million bottles a year shows it gives satisfaction. Nothing compares with it as a gentle but certain laxative, and it goes further than this. It regulates the stomach and bowels and gives tone and strength to these organs so they continue to act normally, of their own accord.

There are many imitations of California Fig Syrup, so look for the name "California" on the carton to be sure you get the genuine.

Slaughter by Any Name

The report of the Pennsylvania game commission shows that 25,007 dogs were killed in the open season last year, a total less than had been first predicted. The course is defended as "necessary to reduce the deer herd to a size commensurate with its natural food supply."

But this solution of the Malthusian problem in deerland stirred up as much criticism as the original theory when first applied to the human race one hundred thirty years ago.

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.—Adv.

Luck

"Yes, in the night I saw a shadow on the wall and shot—then I turned on the light."
"Well!"
"It was my own coat."
"Well?"
"Then I thanked Providence that I was not inside it."

Learn to labor while you wait, if you would work wonders.

NICE WORDS WON'T DYE a dress or coat...



Neither pretty pictures nor colorful adjectives will dye a dress or coat. It takes real dyes to do the work; dyes made from true anilines.

Next time you have dyeing to do, try Diamond Dyes. See how easy it is to use them. Then compare the results. Your dealer will refund your money if you don't agree they are better dyes.

You get none of that re-dyed look from Diamond Dyes; no streaking or spotting. Just fresh, crisp, bright new color. And watch the way they keep their brilliance through wear and washing. They are better dyes because they contain plenty of real anilines—far from three to five times more than other dyes.

The white package of Diamond Dyes is the original "all-purpose" dye for any and every kind of material. It will dye or tint silk, wool, cotton, linen, rayon or any mixture of materials. The blue package is a special dye, for silk or wool only. With it you can dye your valuable articles of silk or wool with results equal to the finest professional work. When you buy—remember this. The blue package dyes silk or wool only. The white package will dye every kind of goods, including silk and wool. Your dealer has both packages.

Diamond Dyes Easy to use Perfect results AT ALL DRUG STORES

Two Ways Comedian—Now, I don't suppose you've ever been called before the curtain, boy? Tragedian—Well, I should say. Why, nearly every night they dare me to come out.

Bilious? Take NR—NATURE'S REMEDY—to-night. You'll be "fit and fine" by morning—tongue clear, headache gone, appetite back, bowels acting pleasantly, bilious attack forgotten. For constipation, too. Better than any mere laxative.

Safe, mild, purely vegetable—NR TO-NIGHT TOMORROW ALRIGHT At Druggists—only 25c

Why the "Disapprove" Young Gentleman—I want to marry your daughter. Father of the Young Lady—What does she say about it? Young Gentleman—She says she's willing if you disapprove.—London Punch.

Aging in College "So you sent your son to college? What is he doing there?" "Aging."

Too many people mistake dignity for wisdom.

SIoux CITY PTG. CO., NO. 10-1929. Weak solutions may be all right in chemistry, but they don't go in politics.



Improve the taste of milk this way—and your children will drink more of it....

SAYS one of America's leading physicians: "Two tablespoonfuls of Karo in a glass of milk not only improves the taste of the milk but doubles its food value."

This doctor's advice is valuable—for he knows children and he knows Karo.

"Serve plenty of Karo to the kiddies—especially underweight children, in milk, on cereals, on sliced bread. Watch their weight increase!"

All children like the delicious flavor of Karo—it appeals to their "sweet tooth."

And—do you know why Karo is so splendid for children? Because each ounce of Karo contains 120 calories—the energy-giving value of Karo is nearly twice that of eggs and lean beef, weight for weight.

What is good for children is also good for the entire family.

Make Karo and pancakes a frequent breakfast habit.

