

Night Life Gets You if You Don't Watch Out!

War Vet almost takes count, but pals help.

HOW would you like it if every two weeks you had to give up your good night's sleep, and work all night instead? This is what happened to W. H. Huggins, of 90 Savannah Street, Rochester, New York. When he came back from the War, he took a night "shift" job.



This kind of man wins no matter where you put him

"It certainly shot me all to pieces," said Mr. Huggins. "I was licked before I started. My pals noticed that the night shift got me, so during a 'lunch' period in the middle of one night one of them said to me, 'Hug, I bet I know what's the matter with you. This irregular life gets us all unless we watch out. Why don't you try Nujol? Most of the boys are onto this little health trick. Try it!'"

"Well, that very night on the way home I got a bottle and within a week I felt like a different person. I wouldn't know myself. You can lick any job, even a night one, if you get the poisons out of your system regularly. Nujol sure did it for me!"

That's the great thing about

Nujol. It absorbs the poisons in your system (we all have them) and cleans them out regularly. It cannot hurt you no matter how long you take it, and it forms no habit.

Nujol contains no medicines or drugs. It is simply the world's most famous method of bodily lubrication.

You can get a bottle at any good drug store, in a sealed package, for less than the cost of a couple of good cigars. Begin today to prove to yourself how Nujol can help you to lick the toughest job and feel buoy!

"Come Fly With Me"

"Did he ask you to fly with him?" "Yes," answered Miss Cayenne. "But he may have been only suggesting a pleasure trip. He is an aviator."—Washington Star.

Limited

"This license entitles you to one deer and no more." "But I asked for a hunting license, not a marriage license."—Louisville Courier-Journal.

OF INTEREST TO FARMERS

FOOD VALUE IN MINERALS

It is surprising what a vast amount of new knowledge in regard to the nutritional value of minerals has been accumulating in recent years, particularly in regard to those that are needed by livestock in only small amounts. One of these is iodine, which is now incorporated in most of the mineral mixtures on the market. The animal system needs only a very small amount of iodine, but when this element is completely lacking in the ration, a disease of the thyroid gland, known as goiter, results. In pigs, it manifests itself in hairiness. In certain regions of the country, there seems to be less iodine in crops than in other sections that are closer to the ocean. There are many other minerals needed by livestock in minor quantities, concerning which we still have a good deal to learn. Thus, the United States department of agriculture, says: "It has been suggested, for example, that there is a connection between manganese and the vitamins, those mysterious factors which are so necessary to physical well-being. Nickel and cobalt are reported to be present in insulin, used in the treatment of diabetes, and copper is said to be contained in liver, used in the treatment of anemia of certain types. It seems probable that surveys of food plants with respect to these and other minor elements may yield information of value on improving health through modification of the diet. The federal government is now undertaking a survey in different parts of the country to ascertain the mineral content of the principal crops, with special reference to the mineral elements that occur only in very small amounts in some sections and are entirely lacking in others."

SWEET CLOVER AS FORAGE

There is a tremendous amount of pasture land in Iowa and the adjoining states that is not as productive as it should be or as it could be made. Very little attention has been paid to pasture improvement in this country up to the present time, and there is a great future for that sort of work. Most of our blue grass pastures could have their stock carrying capacity increased to the extent of 50 per cent or more by early spring disking, by giving dressings of superphosphate, and in many instances also by the addition of lime, and finally by the seeding of clover. Sour soils respond unusually well to liming for clover and most of the legumes. Then there is sweet clover as a pasture plant, concerning which much has been learned in recent years. Last summer, five men, were will supplied with sweet clover pasture. When other pastures were comparatively dry, they had an abundance of feed for their dairy herds. As a result, the income from their herds as compared with that from five other similar herds belonging to the same cow testing association, grazing on native pasture, was \$900 greater during the summer months. Stating this in different form, the sweet clover pasture contributed enough additional income of these dairy herds to give the pasture a value of \$17.50 per acre. No doubt, some sweet clover pastures have brought greater returns, but the figure mentioned is worthy of careful consideration. The sweet clover acreage used for pasture has increased very materially in recent years, but it still represents but small percentage of the total area in pasture. Let us get ready to sow more sweet clover, either for soil improvement purposes or for pasture or both.

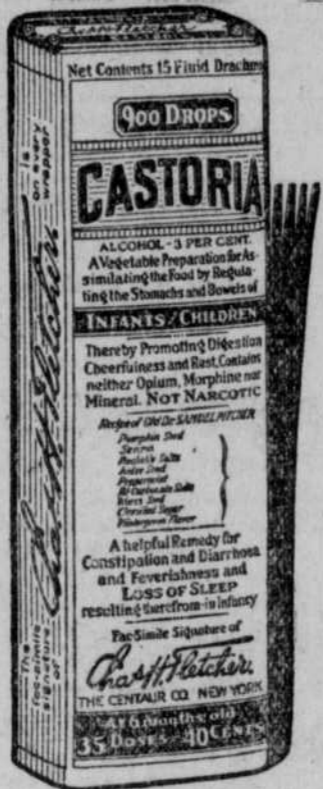
EDUCATION A HELP

It is quite evident from the action of the Federal Farm Board that an effort will be made to have all agricultural colleges and extension workers get behind a national educational campaign concerning agricultural marketing. In fact, tentative plans have already been made to carry such a program into effect. An intensive educational campaign explaining the fundamentals of co-operation should prove of immense value in helping to solve some of the many problems of agriculture. The lesson of agricultural co-operation has only been partially learned in this country. In the dairy sections, the farmers have done exceedingly well in organizing co-operative creameries, but each creamery has remained an independent unit by itself in selling its products. Practically speaking, every co-operative creamery is competing with every other co-operative creamery, and, what is more, they insist on remaining competitors. It is difficult today to get co-operative creameries in the dairy sections to join a general selling association as it used to be to get the farmers in those same sections to form local co-operative creameries. The day is here when co-operatives as well as individual farmers must learn to co-operate. When local co-operatives learn to co-operate with each other instead of acting as competitors on the same markets, an important step will have been taken, and not until that lesson has been learned and put into practice will much progress be made in price stabilization and market control.

FEEDING CALVES

One trouble with these experiment stations is that they keep upsetting our notions about the best way to do things. It is disturbing to our peace of mind, even though it may help us make more money. Take, for instance, the way the Illinois station has been checking up on when to feed protein supplement to calves. Most cattle feeders would say that it paid best to feed a supplement such as linseed oil meal or cottonseed meal in small amounts early in the feeding period, and then to increase the rate until the calves were getting a fairly heavy feeding at the close. That agrees with most experience, doesn't it? Well, it doesn't agree with the carefully checked experiments at the Illinois station. The first lot of calves didn't get any protein supplement during the feeding period; the second lot got a heavy supplement all the way. But look what happened. During the first half of the 315-day feeding period, the second lot gained almost twice as fast as the first lot; during the second half the gains of each lot were almost the same. As to the cost of gain, the check lot, in the first half of the feeding period, took 38 per cent more grain to make a pound of gain than the second lot; in the second half the difference was slight. According to this, your stuff needs the protein supplement worst during the early feeding stages. Of course, this experiment isn't final. Other stations will repeat it; the Illinois station will check its own results. But even as it stands, it does give cattle feeders something to think about.

Children Cry for it



Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria

deserves a place in the family medicine cabinet until your child is grown. He knows it is safe for the tiniest baby; effective for a boy in his teens. With this special children's remedy handy, you need never risk giving a boy or girl medicine meant for grown-ups. Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.

Not Only in the Auto

"Does your wife drive from the back seat?" "Of course," said Mr. Chuggins, "and from the library chair and from the dinner place and every other kind of seat there is."

The Real Question

Father—I shall allow my daughter a hundred a year when she marries. Prospective Suitors—That's very fair sir. And what were you thinking of allowing her husband?—London Opinion.



Needless Pain!

The man who wouldn't drive his motorcar half a mile when it's out of order, will often drive his brain all day with a head that's throbbing.

Such punishment isn't very good for one's nerves! It's unwise, and it's unnecessary. A tablet or two of Bayer Aspirin will relieve a headache every time. So, remember this accepted antidote for pain, and spare yourself a lot of needless suffering. Read the proven directions and you'll discover many valuable uses for these tablets. For headaches; to check colds. To ease a sore throat and reduce the infection. For relieving neuralgic, neuritic, rheumatic pain.

People used to wonder if Bayer Aspirin was harmful. The doctors



answered that question years ago. It is not. Some folks still wonder if it really does relieve pain. That's settled! For millions of men and women have found it does. To cure the cause of any pain you must consult your doctor; but you may always turn to Bayer Aspirin for immediate relief.

BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacture of Monacetylacetic Acid of Salicylic Acid

WOULD REQUIRE ARMY TRAINING

Mexican War Minister Speaks Value of Compulsory Military Service

MEXICO CITY.—(UP)—Compulsory military service of the type required in some South American countries would be a great factor in preserving internal peace in Mexico in the future, War Minister General Joaquin Amaro said in an interview with La Prensa. Argentina and Chile were cited by the minister as examples of advanced countries which have adopted such training. "My personal opinion," General Amaro said, "is favorable to obligatory service because I believe when we have implanted this idea in our people as it has been implanted in such countries as Argentina and Chile, we will attain not only a permanent form of peace but enter a definite era of progress."

Emphasizing the educational facilities afforded to soldiers, the war minister pointed out that in Mexico already thousands of men have learned to read and write through having attended the army schools.

"Educational Plants"

"Our army posts are no longer garrisons but educational plants. The teachers are picked only after they have been examined by members of the general staff as to their capacity to instruct adults.

"The result of our efforts is that now in three months we are able to take an illiterate man and teach him to read. This requires, of course, classes both morning and afternoon. An entire battalion located in a southern state learned to read in a few months. The commanding officer spent his own money in this case to help educate his men."

A soldier as long as he is kept

National Guard Taught How to Sing by Woman

LOWELL, Mass.—Lowell units of the national guard are learning something besides the arts of war.

They have taken up the singing of patriotic songs under the guidance of Mrs. Henrietta Willey Bond. Through Mrs. Bond's efforts pianos have been obtained for each of the three local companies and the commanding officers of the companies lead their men in singing, under the supervision of Mrs. Bond. Her work

buses does not incline toward the vices which have been known in armies the world over, General Amaro believes. Besides studies, there is a movement now in the Mexican army to encourage sports.

Popularity of Sports

"Every man is allowed to take up whatever sport he likes best. Our soldiers indulge in almost every kind of game except golf. There are 20 polo teams alone. Basketball, baseball, tennis and fronton are popular. The latter sport is the favorite."

"Since the time of Obregon and Calles our army has been educating itself to confine its activities to military duties alone. We have prohibited the admixture of politics with army matters and I firmly believe that from now on the army will devote itself to guarding the established institutions of the country. In my opinion rebellions are already a thing of the past. The army is already a true army with no other purpose than to be always on the side of legally constituted government."

Boom in Bananas Makes French Colony Hopeful

CONAKRY, FRENCH GUINEA.—(AP)—This French colony expects to provide the mother country this year with half, and in two years, with the whole of its supply of bananas.

This is made possible by the installation of a modern cold storage plant and the introduction of special transportation methods.

In 1920 the colony exported only 206 tons of bananas while in 1927 it produced 8,500 tons. In addition to supplying the needs of France plans are being made to invade the world markets in the near future.

AND THEY BOAST OF IT!

ENFIELD, MINN.—(UP)—With a record of converting more than 10,000 pounds of milk into limberger cheese, Wright county claims to be the center of the industry in Minnesota. The two largest limberger factories are located in Enfield and Hasty where the capacity of the plants are taxed to the utmost.

in this direction has the endorsement of Rep. Edith Nourse Rogers.

GROWTH IN CHURCH UNION

COLUMBUS, OHIO.—More rapid progress in church consolidation in Ohio than in any previous year is reported for 1928 by Dr. B. F. Lamb, executive secretary of the state council of churches. A dozen local unions were consummated, raising the number of consolidated churches to nearly 100.

Kindly old lady—And whose little boy are you? Urchin—So you've been wondering, too!—Life.

ATWATER KENT RADIO

SCREEN-GRID . . . ELECTRO-DYNAMIC

Battery or House-Current



"SERVICE . . . WHAT FOR? look again . . . It's an Atwater Kent"

ASK any Atwater Kent owner if he ever does anything more than tune in, sit back . . . listen.

Service? He's bought the kind of radio that almost never needs it, the kind that you will find in most farm homes today.

It's as mechanically perfect as a well-made watch. Please look inside and see. Every part is precise—accurate to a hair's breadth. That's why you can expect uninterrupted performance month after month, year after year.

This holds true for the millions of Atwater Kent Radios sold in

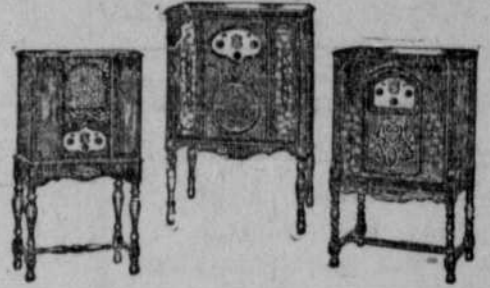
past years. It holds true for the greatest radio Atwater Kent has ever built—the new Screen-Grid Set—Electro-Dynamic, of course.

You can have this new set operated either by batteries or from house-current, in a compact table model or a wide variety of fine cabinets. Either type assures you a radio that lets you listen every time you turn the switch.

ON THE AIR—Atwater Kent Radio Hour, Sunday Evenings, 9:15 (Eastern Time), WFAP network of N. B. C. Atwater Kent Mid-Week Program, Thursday Evenings, 10:00 (Eastern Time), WJZ network of N. B. C.

ATWATER KENT MANUFACTURING COMPANY
A. Atwater Kent, President
4764 Wissinickon Avenue Philadelphia, Pa.

IN CABINETS—The best American cabinet makers—famous for sound design and sincere workmanship—are cooperating to meet the demand for Atwater Kent Screen-Grid Radio in fine cabinets like these.



Old Lady's Bright Idea as to Mending Methods

The brilliant Dean Howard Chandler Robbins, who has resigned his office in the Cathedral of St. John the Divine, said the other day at a luncheon in New York:

"When a marriage fails it often happens that both contracting parties are to blame.

"A young wife consulted an old lady about her husband. He was drinking, she said, and gambling, and flirting, and what not.

"The old lady listened rather quizzically, for she knew that the young wife herself had rather a name for darning frocks and cock-tail parties and general all-round neglect of the home.

"Oh, dear!" So the lamentation went on. "Oh, dear, if I could only mend Jim's ways!"

"To mend his ways," said the quizzical old lady, "the best beginning would be to mend his socks."—Detroit Free Press.

Efficiency for Pie Makers

Efficiency has invaded the kitchens of Germany, and Dr. Max Mengeringhausen, styling himself a "household engineer," has eliminated waste motions in pie making. He placed a small lamp on the wrist of a woman while she was preparing the pastry like mother did it. A camera recorded every movement of the woman's wrist in line on a photographic plate. When these were studied they revealed the different motions necessary for the operation, and suggested how more convenient kitchen equipment and better organization of the work might reduce the fatigue involved in kitchen labor.

Some Don't

"Tell me something."
"You have come to a well of wisdom. Shoot."
"Is the expression 'I don't think' correct?"
"Frequently."

The Soap That's Known and Sold the World Around



FOR regular daily toilet use in the home there is nothing better than Cuticura Soap. Containing the medicinal and antiseptic properties of Cuticura, it soothes and heals as well as cleanses the skin.

Soap 25c. Talcum 25c. Ointment 25c. and 50c. Sample each free. Address: "Cuticura" Dept. B7, Malden, Mass.—chusetts

HEADACHE?

Instead of dangerous heart depressants take safe, mild, purely vegetable NATURE'S REMEDY and get rid of the bowel poisons that cause the trouble. Nothing like NR for biliousness, sick headache and constipation. Acts pleasantly. Never grips.

Mild, safe, purely vegetable. At drug stores—only 25c. Make the test tonight. FEEL LIKE A MILLION, TAKE

NR TO-NIGHT TOMORROW ALRIGHT



PARKER'S HAIR BALM

Removes Dandruff—Stops Hair Falling—Restores Color and Beauty to Gray and Faded Hair. 50c. and \$1.00 at Drug Stores. Mincey Chem. Co., Philadelphia, Pa.

FLORESTON SHAMPOO

Ideal for use in connection with Parker's Hair Balm. Makes the hair soft and fluffy. 50 cents by mail or at drug stores. Illinois Chemical Works, Patchogue, N. Y.

Health Giving Sunshine All Winter Long

Marvelous Climate—Good Hotels—Tourist Camps—Splendid Roads—Gorgeous Mountain Views. The wonderful tourist resort of the West

Palm Springs CALIFORNIA

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