

KILL COLD GERMS NAVAP NASAL VAPOR Clears head instantly. Stops cold spreading. Sprinkle your handkerchief during the day -- your pillow at night. 50¢ AT ALL DRUG STORES

That's All "They call you a peanut pol-Melan." "Just trying to roast me."—Louisville Courier-Journal.

# Rheumatic Pains Relieved this Quick Way

If stabbing pains shoot across your back and cripple you, rub on good old St. Jacobs Oil. Relief comes before you can count 601... Relief without burning or blistering. This famous oil simply draws out inflammation and pain. It is soothing, healing. For the aches and pains of Rheumatism, Neuritis, Lumbago, Neuralgia or Backache there's nothing so quick or sure to bring relief. Get a small bottle of St. Jacobs Oil from your druggist.

Bees "Good many presidential bees buzzing around." They all mean honey for somebody.

## Denver Mother Tells Story

Nature controls all the functions of our digestive organs except one. We have control over that, and it's the function that causes the most trouble.

See that your children form regular bowel habits, and at the first sign of bad breath, coated tongue, biliousness or constipation, give them a little California Fig Syrup. It regulates the bowels and stomach and gives these organs tone and strength so they continue to act as Nature intends them to. It helps build up and strengthen pale, listless, underweight children. Children love its rich, fruity taste and it's purely vegetable, so you can give it as often as your child's appetite lags or he seems feverish, cross or fretful.

Leading physicians have endorsed it for 50 years, and its overwhelming sales record of over four million bottles a year shows how mothers depend on it. A Western mother, Mrs. R. W. Stewart, 4112 Raritan St., Denver, Colorado, says: "Raymond was terribly pulled down by constipation. He got weak, fretful and cross, had no appetite or energy and food seemed to sour in his stomach. California Fig Syrup had him romping and playing again in just a few days, and soon he was back to normal weight, looking better than he had looked in months."

Protect your child from imitations of California Fig Syrup. The mark of the genuine is the word "California" on the carton.

Here's an Idea! "I think you might talk to me while I sew." "Why don't you sew to me while I read?"

## NERVOUS BREAKDOWN

Rhodes, Iowa— "Three years ago I suffered a nervous breakdown, was in bed 2 1/2 months. Finally I got strong enough to walk around a little and that was about all. A friend advised me to try Dr. Pierce's Favorite Prescription," writes Mrs. Chas. Zieske, Route 1. "I took one bottle of it and saw results at once, so continued until I had taken six, and it did wonders for me. When I began using it I weighed 95 pounds. Three months afterward I tipped the scales at 108." All druggists, Fluid or tablets.

Medical advice is free to users of Dr. Pierce's medicines. Just write to Dr. Pierce's Clinic in Buffalo, N. Y. Send 10¢ for a trial package of Dr. Pierce's Prescription

PARKER'S HAIR BALMS Removes Dandruff Stops Hair Falling. Beauty to Gray and Faded Hair. 60c and \$1.00 at Druggists. FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Make the hair soft and fluffy, 50 cents per mail or druggists. Hiscox Chemical Works, Patchogue, N. Y.

Sioux City Ptg. Co., No. 2-1932

## Out Our Way



THE BIG SPREAD.

By Williams

## UNSHOD CAMELS FAILED IN TEXAS

San Antonio, Tex. —(UP)— Because camels could not be shod a grand idea of Jefferson Davis to solve the transportation problem across the vast deserts of Texas, Arizona and New Mexico failed. Old documents unearthed here revealed in 1856, Davis, then Secretary of War, imported 72 camels into Texas for use in transporting cargo over the lonely wastes of the west.

Only lowly burros were used as beasts of burden in the desert and it appeared that the camel, which is a much faster animal, would solve the problem. The camel did — during the rainy season. But after several weeks of work during the arid summer weather the camels, their feet torn to shreds by the small flint rocks, fell to their knees.

These small rocks, it seems, were peculiar to American deserts. As the camels could not be shod they were useless.

The entire consignment was pensioned on a grassy reserve in Arizona, but it was believed most of them were killed by Indians who were frightened at the lumbering animals as they raced about.

Facing Hans Andersen. New York Wall Street Journal. While Hans Andersen's fairy tales for children have gained well-deserved approbation throughout the world, apparently the Danish writer's stories will be forced into the background when some of the more adult myths floating out of the Senate agriculture committee hearing on the Federal Farm board's operations gain the appreciation they deserve.

From the testimony of George S. Milnor, head of the Grain Stabilization corporation, farm board subsidiary: Since July, the Grain Stabilization corporation, has sold 105,312,665 bushels and has brought 10,484,181 bushels of new crop wheat and 27,348,000 bushels for future delivery. This leaves a net sale in four months of 67,480,384 bushels, of which 47,600,000 bushels was to foreign buyers and 19,880,384 to domestic buyers. Excluding wheat sold or traded to China and Brazil (40,000,000 bushels) on which no price has been set, the corporation received an average of 64.7 cents a bushel. Mr. Milnor told investigating senators. In other words, the board sold exactly 7,500,000 bushels on the export markets (the identical figure of the German wheat transaction) and 19,880,384 to domestic buyers, some of which may or may not have eventually been shipped for export. Inasmuch as between June 30 and November 27, December wheat at Chicago sold at over the 64.7 cents average figure mentioned by Mr. Milnor only on the days between November 4 and 10 and December wheat closed at only 50.3 cents on September 12 (the date of the German transaction) such an average price can apparently have been reached only by forcing northwest millers to pay a very sharp premium for the board's surplus durum wheat supplies, the crop in that territory this year being the shortest in modern agricultural history.

If Mr. Milnor's testimony on the average price is to be assumed to be correct, critics of the board may well refer to their dictionaries for the definition of the term "farm relief," for which purpose the government agency was formed. Moreover, the Grain Stabilization corporation head's statement is a tacit admission of the utter lack of business acumen of such apparently previously shrewd mill buyers as Pillsbury and General Mills, to mention only two. Not only do the larger mills usually keep stocked well

PRISONER VS. PRISONER Seattle, Wash.—Attendants at a garage here had E. W. Nelson arrested because he was sleeping in a parked car. James F. Smart was asked to testify against Nelson. Came the trial. The court was notified that Smart, too, was in jail. He had been arrested on a charge of drunkenness. He was called to the witness stand, however, and testified against Nelson. The latter was asked to leave town.

LAW NEVER FORGETS Champaign, Ill. — Last April the home of D. E. Williamson was raided and a quantity of liquor seized. Williamson was not arrested and he went to California

JUST BAIT St. Petersburg, Fla. — Lee Toungeblood has the following fishing

## This Dentist Can't Be Put Off



If little English boys and girls are afraid to go to the dentist's office, the dentist's office will take a dental surgeon, a nurse and all necessary appliances on regular visits to 90 schools in the British Isles.

ahead, rarely being forced to purchase at peak prices in a hysterical market, but the sharp premium commanded by durum wheat has made it profitable for these millers to import hard winter wheat supplies from the southwest, there being an abundance of this grade this season. Moreover, while recent Minneapolis advices have reported considerable winter wheat moving north, dispatches from that city have been singularly reticent in mentioning any large sales of Farm Board durum grades.

Collaborators apparently are not useful in concocting adult myths, as they lead to discrepancies. Chairman Stone placed the Grain Stabilization corporation's paper losses at \$102,000,000. That figure remained official for all of two days. Mr. Milnor, who should know, placed it at \$110,000,000. Perhaps, if the Senate could summon the spirit of the late Hans Andersen to the stand, he could tell Messrs. Stone and Milnor whether his most successful narrators were fashioned with the aid of a collaborator.

I'M OFF OF BLUE. In colors I have pleasure felt In each and every hue; But of them all I've liked the best The shade that's labeled blue.

No more! For o'er the radio Each day and night anew, One is submerged and nearly drowned By wave an wave of blue.

An achronistic? Well, perhaps, But all this modern goo Is cloying to the mental tongue— "I'm sick of 'you' and 'blue.'" —Sam Page.

ROBBERY? AW, RATS! Columbus, Ohio. — Sherman Edwards discovered that a bag containing \$100 left in his store was missing. As all the doors and windows were intact, Edwards suspected an "inside job." In searching for further clues, he found positive evi-

dence of an "inside job." He found two silver dollars behind a cupboard. A flashlight disclosed the bag containing the rest of the money at the mouth of a big rat hole

Paid in Full. From "Tid-Bits." The young husband, deeply in love with his wife, was on a business trip. He had neglected leaving enough money to pay the rent. He received this wire: "Read broke," Landlord insisted. "Wire me money."

He wired back: "Am short myself. Will send check in a few days. A thousand kisses." Exasperated, his wife replied: "Never mind money. I gave landlord one of the kisses. He was more than satisfied."

A Woman's Weapons. From Deutsche Illustrierte, Berlin. "England should make more use of her water power." "Tell my wife that. She knows all about it." "Is she an engineer?" "No, but she gets what she wants from me by her tears."

True to It. From the Humorist. Shipwrecked Husband (who has just found a floating box of food): Heary! We're in luck! This box is full of food! Wife: Yes, Henry, but what food? Remember, I'm on an 18-day diet.

In Deep. From Passing Show. She: We really should get a new car this year. He: What, when I'm still paying installments on the car I exchanged for the car I sold in part payment for the car I've got now!

Forebly. From Answers. "But surely you didn't tell him straight out that you loved him?" "Goodness, no! He had to squeeze it out of me."

where he completed a course of instruction in radio work. He recently returned here to make use of his knowledge. He paid a visit to the sheriff to see how he stood. He found his standing not so good, for he received a sentence of 90 days in jail.

DUST-PROOF CLOSET In laying a closet floor in a home, it is best to lay an extra layer of flooring, making it one thickness higher than the floor of the outside room. When the door of the closet is closed, this extra layer will keep out dust.

## OF INTEREST TO FARMERS

### BEAUTIFY HOME GROUNDS

In planting for beauty, combined with durability, perennials should be chosen in preference to the annuals. Perennials are the plants which live from year to year in the garden, most of them increasing in size of clump and amount of bloom. To call a flower "old fashioned" is to honor it, for that shows it has stood the test of time. Whole books have been written about perennials; their location, arrangement, and color schemes. Many of these books seem so complicated that they almost discourage a beginner. But forgets to question location and arrangement in the beauty and fragrance. They are most effective in front of shrub plantings, for the colors show especially well against a green background. The rule for arrangement is simple—try to keep tall growing plants to the rear of the border, gradually decreasing in height to dwarfs in front, so that every plant can be seen. Color arrangements have been causing much discussion. Tastes differ, but if the color scheme is pleasing to the owner of the flowerbed, it will not be far wrong. If a riot of color is wanted, try it; if any clash unpleasantly they can be shifted about to more suitable locations. Several plants of a kind, or with seed, and while waiting for them to increase to amounts to permit mass planting, one can be on the alert for pleasing combinations. Soil that will produce vegetables will raise perennials. If the soil is heavy clay, it should be spaded deeply and some sand and well rooted manure spaded into it. If it is too loose and sandy, spade in some manure and some heavier soil. Since perennials remain in one location for a long time they need the additions of plant food. The best is well rotted manure. Cultivation is very necessary, for the plants cannot do their best when in competition with weeds and one cannot enjoy flowers that are surrounded by weeds. Continuous bloom may be had in the perennial border, but not in the entire border, for the whole season with careful selection of plants. Many plants, such as Oriental poppy, will become dormant during the late summer, leaving an empty space in the border. These plants can be filled with a favorite annual. Last year, says a farmer's wife, I used scarlet zinnias as fillers but found them too tall and erect for my purpose, and this year I plan to try the more spreading gray-green African daisy, which has white flowers and will fit into any color combination. I am going to list a few of the perennials which may be depended upon for bloom in each part of the season. The earliest spring bloomers are from the fall planted bulbs, and include crocus, scillas, hyacinths, narcissus, jonquils, and tulips. These are especially effective when planted in masses, and as they leave a bare place during the summer, some annual filler should be provided. Most of the early April bloomers are on dwarf plants, one of the best of which is phlox subulata, or mosspink. It is a sheet of color either white, pink or lavender. Its leaves are almost evergreen, and it likes a sunny, well drained spot. Alyssum saxatile is also a creeper, with cloth of gold bloom. It is rather hard to transplant and it is well to plant seed of it where the plants are to remain. It is a splendid rock garden subject. Everyone knows lily-of-the-valley with its fragrant white bells. It enjoys cool shade and multiplies rapidly. The Pumila, or dwarf iris, in purples, yellow, or sky blue grows about 8 inches high. They are very hardy, give a wealth of bloom, and increase rapidly. They make neat edgings. The purple one is lovely massed in front of golden narcissus. The various violets begin to bloom in April, and are a welcome addition to any garden and for cut flowers. They are very hardy and increase rapidly by self-seeding. The native purple phlox blue, is of easiest culture, and every one should have some in the border. It combines beautifully with pink tulips. It is so fragrant and such a good cut flower. It is a good ground cover for lily beds. The fern bleeding heart begins blooming in late April and continues throughout most of the summer. It resembles the wild Dutchman's breeches. It grows about 12 inches high and is fine in the rock garden.

### FARM LIFE

Comparing the different methods employed by farmers in handling their hogs is a field man of the dairy extension service says. Recently we visited a dairy farmer who owns 80 acres of land and does all his own work. We arrived at his farm just as he was getting ready to milk. The usual eight-gallon milk can stood in the middle of the driveway covered with a clean piece of white cloth. The barn was neat, well lighted, ventilated—a real cow home. The cows, calves, and young stock showed indication of good care. They were not only well fed but they were kept clean. The man and his wife both milked and they took pride in their work. We couldn't help but reflect upon their life and compare it with those who live in the big cities where there is a rush from early morning until late at night to eke out a living. These people did not have to make a certain train in order to be at work on time. They did not take orders from the boss. They were not afraid of losing their job and being forced to get their living from the soup kitchens; nor were they afraid of being ejected from their own homes. They were masters of their own destiny. They

determined the time they went to work and when they quit. They had a feeling of ownership, a satisfaction of directing their own affairs. Their life was ideal, because they were doing something that they liked to do. They had opportunity to improve the production of their herd, a challenge to make their acres yield more, all of which contribute to contentment and happiness. As we visited with these people and got their attitude, we wished that every farmer was so situated and had the same conception of his job. Those people seemed to comprehend that they were better off than most people in the city working at what they call good wages. Their lot was no comparison to the mass out of work. While the prices of dairy products are not as good as we would like to see them, it must be remembered that no industry at present is enjoying the prosperity that is satisfactory to its owner. We must remember, too, that millions of people are out of employment, dependent upon the good will of their neighbors to supply them with food, raiment, and shelter. When we compare their conditions with this farmer with his nice herd of cows, well kept building, good home, a rich farm, we can't help but feel that we should at least be grateful for the opportunities which still exist on properly managed farms.

FEEDING THE FARM FAMILY. There is such an abundance of fine fresh food on a farm that there seems no reason why folks living there should not be the best fed families in the world. By being the best fed, is not necessarily meant by having the most in quantity to eat, as often those eating the most, and even the best, foods are not correctly nourished. The foods must be correctly balanced in order to give the proper nourishment. Those who are on dairy farms, know what rations cows must have to develop into fine producing animals; also those who have raised poultry from the day-old stage to maturity know that it is very important that these chickens have certain foods in certain amounts during the different stages of their development. So, too, with the families. It is not of greater importance that they are fed correctly with the right kinds of foods to help them develop correctly and to have their bodies function efficiently? One of the best and most perfect foods known is fresh milk. In allowing the daily amount for the family, a quart for each child and a pint for each adult should be used. This need not be used only as a beverage, but the amount can be used in soups, custards, or in any other form of cooking or baking. Hereafter, we will give you a simple guide for meal planning. If some food from each group is used in each day's meals, the meals will be well balanced and your family will get those things they need to develop and maintain their bodies correctly. In cooking greens, vegetables, never throw out the water in which they were cooked as the valuable vitamins are lost by so doing. The following is a simple guide for meal planning:

Energy-Giving Foods—Carbohydrates! Starchy—Breakfast foods, bread, crackers, macaroni, rice, potato, housing, corn meal, corn starch, tapioca, sago, beans and peas. Sugar—Molasses, honey, dried fruits, jellies, jams, ice cream, syrup, sugar, candy, cake and desserts.

Fat—Butter, lard, cheese, ice cream, bacon, meat fat, hard vegetable oil, peanut butter and nuts. Body Building Foods—Muscle Protein—Eggs, meat, liver, fish, meat, fish, beans, peas, cereal and nuts. Lime and calcium—Milk, cheese, buttermilk, cottage cheese, thin leaf green beans (string) and peas. Bone, Teeth, Regulating Iron—Eggs, yolks, molasses, spinach, all greens, red meat, lentils, cereals, prunes, raisins, eggs, dates, milk, carrots, onions and liver.

Roughage—Spinach, cabbage, raw fruits, celery, turnips, onions, squash, prunes, figs, baked potatoes, raisins, apples, cantaloupe and bran. Protective Foods—Vitamin "A"—Butter, cream, eggs, yolks, spinach, greens, liver, kidney, cabbage, carrots, tomatoes, corn and sweet potatoes. "B"—Eggs, spinach, milk, whole grain cereals, cabbage, peas, tomatoes, carrots, turnips, beans, fruits and nuts. "C"—Oranges, tomatoes, cabbage, lemons, grape fruit, citrus cereals, rutabaga, hogs, lettuce, onion and milk.

HOW MUCH SHOULD COW GET? How much butterfat must a Jersey cow produce to be considered profitable under present conditions? Best authorities state that a 900-lb. Jersey producing 25 lbs. daily of milk testing five per cent fat (1.25 lbs. fat) will need 11 lbs. of corn fodder, 9 lbs. of soy bean hay, 3 lbs. of corn, 3 lbs. of ground wheat, 2 lbs. of wheat bran, and one-half pound of linseed meal. With the fodder shipped at \$12 per ton, soy bean hay at \$12, corn at 50 cents a bushel, ground wheat at 90 cents, wheat bran at \$15 a ton, and linseed meal at \$30 a ton, the feed cost of a pound of butterfat is 18 cents. If we want pay for labor and all other costs of raising a cow, we must add 10 to 15 cents to this. Credit for skim milk, a calf and manure, makes this cow profitable. At the rate of 1.25 lbs. daily for 305 days this cow would produce 381 lbs. fat. From this we see that any cow not capable of averaging a pound of fat a day at least 305 days is on the border line when it comes to making an actual profit. It would be unwise to sell at this time a cow capable of making 300 lbs. fat a year. There are plenty of cows to sell below that production. One will not make any mistakes by feeding all the good roughage cows will clean up. When it comes to feeding grain one should know something about the production of each cow and feed grain accordingly. Testing for a cow's milk is a valuable aid to economical feeding.

Ten bushels of corn blight to make a hog weigh 300 pounds.

nut, seradella, soy bean, spurry, velvet bean, and vetch. The most common legumes used for hay are alfalfa, red clover, soy bean, sweet clover, lespedeza, cowpea, and vetch. The legume hays as a group are distinguished from all others by their high protein and lime content. One hundred pounds of alfalfa hay contains 10.6 pounds of digestible crude protein, and an acre provides about 463 pounds. One hundred pounds of timothy hay is a 200-grain hay and 3 pounds of digestible crude protein, and an acre provides about 90 pounds of this valuable feeding material. Ten times more lime is found in alfalfa than in timothy.