

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dope" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Seasonal Activity.

Mrs. Knicker—What is your trade? Weary Willie—I shovel rain, mum. New York Sun.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

This, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

Its Transformation.

"This," said the messenger sadly as he looked on the broken form which had been knocked out of his hands, "was once an article on electricity."

"Well, what of it?" asked a bystander.

"And now it is a piece of current pi."

MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You—Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

Uneasy Seat.

"My," said little Alfred, as he looked up from his book, "this sailor must have been some acrobat!"

"Why, dear?" queried his mother.

"Because," replied Alfred, "it says in the book, 'Having lit his pipe he sat down on his chest.'—Youth's Companion.

From the bulldog's point of view this is a very quarrelsome old word.

A man can always attribute his dislike of his neighbor to envy.

HANDLING RUN-DOWN SOIL IN CORN BELT



Field of Oats and Cowpeas.

By CARL VROOMAN, Assistant Secretary of Agriculture.

The best and shortest cut to profitable yields on a run-down farm in the corn belt generally is to be found through legumes and live stock, says Farmers' Bulletin 704 of the United States department of agriculture. This bulletin is the work of Carl Vrooman, the assistant secretary of the department. Its purpose is to suggest to the corn-belt farmer of the middle West some ways of applying scientific agriculture to the practical business of farming. It is intended especially for the farmer whose soil has been run down by continuous grain farming. The early portion of the bulletin, therefore, contains a number of fundamental rules for handling the soil. These are in part as follows:

(1) Put humus into the soil.—That is the first move toward building up a run-down farm. Humus is the stuff with which nature fertilizes uncultivated soils—the rotted remains of dead leaves and grass, of weed stalks, fallen logs, plant roots and the like. Without humus the soil would be merely mineral matter, just rock more or less finely ground and decomposed. Organic matter increases the water-holding capacity of the soil, and as it rots down to form humus it furnishes organic plant food for bacteria and plants, and by chemical action increases the available supply of mineral plant food that comes from the fine rock particles in the soil.

To get humus, plow under all the waste vegetable matter you can obtain—all stable manure, straw, cornstalks, stubble, leaves, weeds and green manure crops, such as clover. Anything vegetable that will rot in the ground makes humus when it has decayed. Legumes should be used for green manure crops when possible, because they add more nitrogenous plant food to the soil, whereas other green manure crops merely make the plant food on hand more available. Never burn straw or cornstalks unless absolutely necessary—it's like burning money. Spread your straw upon the field next to be plowed, or, better still, use it first for feed or bedding or as a mulch for some crop like potatoes, and plow it under later as stable manure or with the refuse of the crop.

(2) Establish a sound and regular rotation of crops.—It is difficult to make a general rule as to crop rotations, because rotations vary with local conditions, but there are some rules in this regard that hold anywhere. A two-year rotation, such as corn and oats, is entirely inadequate. Every rotation should include at least one legume crop. The rotation should be planned with the aid of your county agent or your state agricultural college to fit the individual farm and local conditions.

(3) Select your crops to suit your soil.—Some farms have grown crops that have depleted the humus and diminished the productivity of the soil until it is no longer possible to grow profitable crops of corn, oats and timothy. Yet such soil will often produce good crops of some annual legume, such as soy beans or cowpeas. Where nature grows sweet clover you can grow sweet clover, too, and after you have plowed under a crop of that rank growth you have a good start on the road to fertility. Remember, there's a legume crop for almost every soil, and that no rotation is complete without a legume. Try to find the legume best suited to your soil and conditions, and then make it the basis of your rotation.

(4) Use drain tile freely.—Artificial drainage is a factor of greatest importance in soil improvement; often the factor of greatest importance. It enables us to grow potatoes or onions where nature can grow only cattails, because it insures the even distribution of both the water and the air that our cultivated crops demand. Where the land lacks natural drainage, everything else depends on how thoroughly the soil is ditched or tiled.

(5) Suit your plowing to your soil.—As a rule, the harder the soil is to break the deeper and the more thoroughly it must be broken up to let air in to do its work.

(6) Manure as regularly as you harvest.—Stable manure is the best form

of fertilizer, because it not only adds available plant food but also improves the physical texture of the soil. It tends to lighten heavy soil and to make sandy soil hold more water. Stable manure contains easily available plant food, both organic and mineral, and as it decays in the soil hastens the liberation of other plant food. Green manure is an excellent substitute for stable manure, and is essential to good farming where little or no live stock is kept. Where stable manure is not available, green manure must be used to get results. Not merely stubble, but the entire green crop must be plowed under to make a green manure crop a good substitute for stable manure. In the case of a legume manure crop the seed should be saved, but all the rest of the crop should be returned to the land. (For fuller details on soils, see Farmers' Bulletins 245 and 406.)

(7) Correct soil acidity with lime.—Lime is the one thing most needed by the average run-down soil. It is perhaps safe to say that more poor crops are due to sour soil than to lack of plant food. Certainly most of the failures of clover and other legumes are due to soil acidity. On our soils lime is needed to neutralize the acid. If your soil fields show patches of red sorrel, moss, poverty grass, and the like, scanty or sour-tasting vegetation, and if your legume crops fail to respond readily to application of stable manure, try lime.

(8) Use phosphates when needed.—Phosphorus, next to lime, is the mineral plant food probably most needed by the average unproductive soil. There are three forms of phosphorus in common use—finely ground rock phosphate (floats), acid phosphate and steamed bone meal.

When soil contains an ample supply of organic matter and the object in buying phosphorus is to increase the supply of this element in the soil at the lowest possible cost, this can be done by purchasing finely ground rock phosphate. On the other hand, if the supply of organic matter in the soil is limited or you are anxious to get quick returns from the phosphorus, it is advisable to purchase either acid phosphate or steamed bone meal. As a ton of rock phosphate contains generally about 250 pounds of phosphorus, when sold at the average market price the phosphorus in it will cost the farmer about three cents a pound. Acid phosphate generally contains about 125 pounds of phosphorus to the ton and steamed bone meal about 250 pounds to the ton, and when sold at the average price the phosphorus in either of these forms generally costs from ten to twelve cents a pound.

FEED FOWLS SPROUTED OATS

One of the Cheapest and Best Feeds for Chickens—Feed When Sprouts Are Two Inches Long.

Some people complain that sprouted oats will mold, and the pans of the sprouters are so hard to keep clean and disinfected, that they are more trouble than they are help. If the pans are properly handled, there will be no trouble, and sprouted oats are one of the cheapest and best of feeds for the chickens.

Sunshine in summer and heat in winter are the best possible disinfectants. Where metal trays are used in the sprouters, they should be put in the oven and heated until the corners are thoroughly dry, then brush or wipe it out thoroughly, let dry a minute or so again, and use.

Do not soak the oats too long—do not use moldy or musty oats—soak bright, heavy oats for a day, drain them well, and put in the trays, or in a pan in a warm place. Feed when the sprouts are about two inches long.

Horse and the Car.

Don't take out your whip when an automobile appears in the distance. Very few horses are frightened more than once if allowed to face the car, unless it is signal for a beating.

Decorative Plant.

For decorative or tropical effects, caladiums are perhaps unequalled by any other plant for ordinary planting.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course, Moody Bible Institute.)

(Copyright, 1916, Western Newspaper Union.)

LESSON FOR MARCH 5

THE DEATH OF STEPHEN.

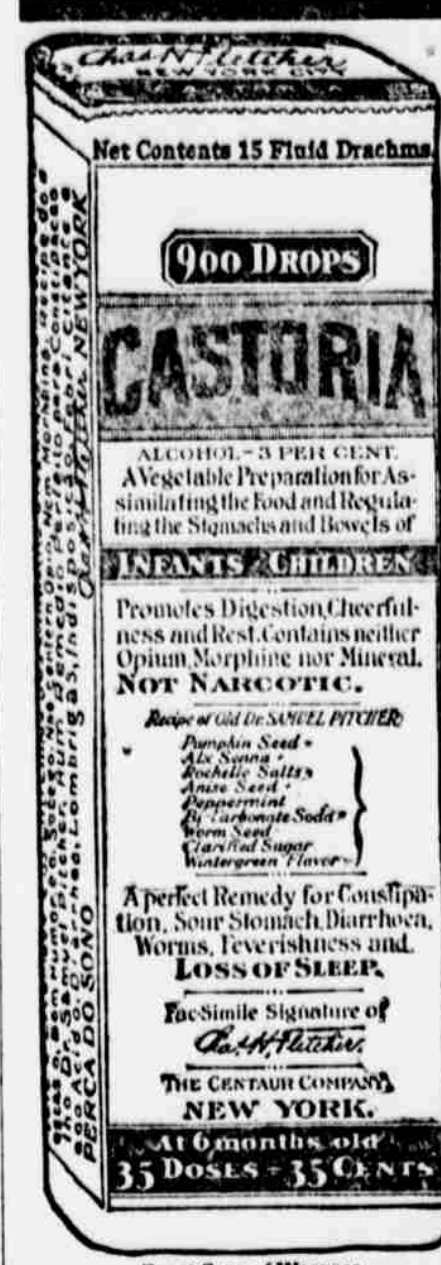
LESSON TEXT—Acts 7:53-60. GOLDEN TEXT—Be thou faithful unto death and I will give thee the crown of life.—Rev. 2:10.

This lesson closely follows that of last Sunday. There are some battles of life that are not fought with fists or weapons. The boy who holds his temper is more manly than the one who goes into a fight simply to win. Paul tells us how and what to fight (Eph. 6:11, 12). We must show the scholars clearly the two great battles Stephen fought and the victory he won as described in today's lesson. The charges made against Stephen were made by "false witnesses." This does not mean men who invented false words, but men who took isolated statements, distorted them and by innuendo used them for their own ends. Stephen was charged with three things: (a) Blasphemy against God (6:11-13), (b) That he had said Jesus would return and destroy the temple (6:14), (c) That he claimed that Jesus would destroy or abrogate the law (6:14). This great passage of Scripture is so profound and so closely connected that we hesitate in trying to separate it into divisions or sections. We much prefer to note the logical argument and presentation Stephen the Spirit-anointed deacon made to the Sanhedrin.

I. Stephen's Defense. Stephen was a Grecianized Jew, whose name means "a crown." He answered the charges these foreign accusers, made before the Sanhedrin, seriatim. His point of contact was to respectfully remind the council that he was an orthodox Jewish believer and worshiper (v. 2). He called the council "Men, brethren and fathers." They were common believers and all were standing before the God-appointed leaders of Israel. Stephen in his reply showed that he revered God and God's prophet Moses, thereby answering the first charge (v. 11), and while he revered the temple he showed that it was not essential to worship (7:47-49). This last was in answer to their second charge (6-14). In answer to their third charge Stephen then turned upon his enemies and by direct and indirect charges he convicted them of certain facts. Indirectly, by skillful repetition of Jewish history, and a review of the prophets, he discloses the vacillation and sinfulness of God's chosen people (23, 29). Directly he accuses these leaders of having been subservient to certain customs as being superior to the law they professed to obey. Stephen's accusers were, as we have seen, from without Jerusalem (6:9, 10), and his first battle was concerning the truth about Jesus. His second great battle, and one of his ultimate victories, was with these avowed enemies of Jesus (6:11-8:3).

II. Stephen's Death. The real contest of this occasion was Satan vs. the Holy Spirit. Stephen put to rout these men from the foreign synagogue, hence the Jewish authorities determined to take hold of the problem themselves and put a stop to this Christian teaching. Stephen's sudden application of the Scripture to his judges caused intense anger. He preached the word of God in the demonstration of the Holy Spirit, and such preaching always either produces conviction of sin, or else arouses anger at the preacher. These men could not deny the truth of his accusation; they therefore turned upon him in anger. Being "full of the Holy Spirit" is an abiding condition and inevitably involves a conflict with Satan. It led Stephen to look up and not about him, and in his hour of testing he saw a wonderful vision of heaven—"The glory of God and of Jesus standing." Let us accept the testimony of this dying man as a literal fact. This sight strengthened him for his suffering and for his witnessing. Death had no more terror for Stephen and he was faithful and steadfast to the end.

III. Stephen's Burial. These men overreached themselves, for persecution simply scattered those who gave the Christian testimony a wider and a more effective hearing (11:19-21). This force of circumstances thrust the early church forth from Jerusalem. Now, after a period of perhaps five or seven years, we see the beginning of the literal fulfillment of the Pentecostal program (Acts 1:8). During this storm of persecution the apostles remained at their posts in Jerusalem. Saul's rage knew no bounds, and not content with disputations in the synagogues, he persecuted the church, sparing neither sex nor age (8:1-3). Stephen's success was in his personal life and his unswerving testimony. Stephen's victory has been a first fruit of the triumph of the church throughout its history. In heaven he wears the victor's crown among "the overcomers." Over the grave of the two Wesleys, in Westminster Abbey, is a tablet bearing these words: "God buries his workers, but carries on the work."



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature

of *Dr. J. C. Ayer & Co.* In Use For Over Thirty Years **CASTORIA**

Exact Copy of Wrapper

THE CENTAUR COMPANY, NEW YORK CITY.

Who Wouldn't Grow? The keeper was feeding the pythons. Several live rabbits were tossed into the cage, and were immediately and greedily seized by the reptiles. The struggling rabbits, although seemingly almost as large as the snakes, were swallowed whole one after another. The ghastly sight prompted the scholarly-looking man to exclaim: "Gruesome, eh, keeper?" The keeper turned a glance of scorn upon the professor. "Yes, and you'd 'a' grew some, too, if you'd eat all that live stock, I guess."—Chicago News.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription, *ethine-double strength*, is guaranteed to remove these homely spots. Simply get an ounce of *ethine-double strength* from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength *ethine*, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

When a leap-year girl attempts to kiss a young man, to his credit be it said, he never threatens to call for help.

Instead of wearing a laurel wreath the modern poet struggles along without a hair cut.

Nowadays we hear more about the shiftless son-in-law than about the prodigal son.

A New Remedy for Kidney, Bladder and all Uric Acid Troubles

Dear Readers: I appeal to those of you who are bothered with kidney and bladder trouble, that you give up the use of harsh salts or alcoholic medicines and in their place take a short treatment of "Anuric." I have taken many of Dr. Pierce's medicines for the past twenty-five years with good results. I suffered with kidney trouble for some years. I recently heard of the newest discovery of Dr. Pierce, namely, his "Anuric" Tablets. After using same I am completely cured of my kidney trouble. A doctor pronounced me a well preserved woman for my age, all due, I believe, to Dr. Pierce's aid. MRS. MELINDA E. MILLER. If you suffer from backache, lumbago, rheumatism, get "Anuric" now.

Its Place. "What shall I do with this rasping letter?" "Put it on file."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

The Laugh That Failed. "Laugh, and the world laughs with you," quoted the humorist with the unbarbered hair, as he handed the editor an alleged joke of the Joe Millar vintage. "Yes," replied the editor. Then, after glancing over it, he handed it back with the comment: "But this is no laughing matter, I'm sorry to say."

Whereupon, the man of humor, with head bowed down, wandered slowly hence into the unexplored hither.

No Cause for Joy. "I am glad we do not have bullfights and bear pits in our country." "Don't we have 'em in Wall street?"

Blown Up. Groans—My uncle lost his life last week in an explosion. Grins—So? Wite or boiler?

A woman has the same ambition to get into society as a man has to keep out of jail.

A dyspeptic can eat his cake and still believe he has it.

After Grip—Winter Colds—Bad Blood

You are pale, thin, weak—with little vitality. Your liver is sluggish and the bad blood causes your stomach muscles to lose their elasticity and become flabby—then indigestion. Dr. Pierce's Golden Medical Discovery, purely vegetable and free from alcohol or narcotics, is the great and powerful blood purifier of today. Extracted from American forest herbs and roots. Contains no alcohol. Ingredients printed on wrapper. Taken as directed it will search out impure and poisonous matter throughout the system and eliminate it.

The Wheat Yield Tells the Story

of Western Canada's Rapid Progress

160 ACRES IN WESTERN CANADA FREE

The heavy crops in Western Canada have caused new records to be made in the handling of grains by railroads. For, while the movement of these heavy shipments has been wonderfully rapid, the resources of the different roads, despite enlarged equipments and increased facilities, have been strained as never before, and previous records have thus been broken in all directions.

The largest Canadian wheat shipments through New York ever known are reported for the period up to October 15th, upwards of four and a quarter million bushels being exported in less than six weeks, and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

Yields as high as 60 bushels of wheat per acre are reported from all parts of the country; while yields of 45 bushels per acre are common. Thousands of American farmers have taken part in this wonderful production. Land prices are still low and free homestead lands are easily secured in good localities, convenient to churches, schools, markets, railways, etc.

There is no war tax on land and no conscription. Write for illustrated pamphlet, reduced railroad rates and other information to Superintendent Immigration, Ottawa, Canada, or

W. V. BENNETT
Room 4, 456 Bldg., Omaha, Neb.
Canadian Government Agent