

PRaises PE-RU-NA
FOR CATARRH OF THE HEAD AND NOSE

"I began using PE-RU-NA Tablets three years ago for catarrh of the head and nose. Was unable to do anything. I saw a decided improvement after one box and after using five boxes believe I am cured as there has been no return of the disease in two years." Fifty years of usefulness is the best guarantee of Pe-ru-na merit.

NO RETURN OF THE DISEASE IN TWO YEARS

Tablets or Liquid Sold Everywhere

Mr. Frank Parley
Crest, Box 16,
Wabaska,
Iowa

LOSSES TO LIVE STOCK ON OPEN RANGES CAN BE GREATLY REDUCED



Cattle Grazing on a Western Forest Range.

(Prepared by the United States Department of Agriculture.)
The utilization of the range in the national forests of the West for the production of wool, beef, mutton and pork is steadily increasing from year to year. Ranchers and stockmen are manifesting a growing appreciation of the advantages afforded by government pasturage. And in the same degree they are all too frequently neglecting their stock after it is turned out on the mountain ranges, state officials of the United States Department of Agriculture.

On all open ranges there are many losses from predatory animals, poisonous plants, disease and accidents, and similar dangers. Unless owners of live stock campaign intelligently and perseveringly against such sources of disaster, their herds and flocks usually suffer a mortality of from 5 to 6 per cent yearly. To illustrate, one ranchman grazed 700 head of cattle last summer on a national forest without a herder. As a result he lost a dozen head of steers worth \$50 each.

Mortality High Last Year.

Last year in forest district 5, which includes California and western Nevada, the total live stock mortality in 17 forests amounted to 1,151 cattle, 5 horses and 5,840 sheep. The total number of permittees who used the federal grazing lands aggregated 3,329. They grazed 234,415 cattle and horses, 633,500 sheep and goats and 5,500 hogs on the forest ranges. Two hundred and seventy-five cattle died of disease; 299 cattle and 1,402 sheep were killed by eating poisonous plants; 91 cattle, 5 horses and 2,745 sheep were killed by predatory animals, and 486 cattle and 1,633 sheep succumbed to accidents and miscellaneous causes of death.

This matter of live stock losses on the government ranges has become of such importance that the United States forest service made a detailed survey of the specific causes of mortality among live stock in the Stanislaus forest of California during a recent year. During the period under discussion a total of 281 head of live stock out of the 20,000 animals pastured in the forest lost their lives. The manner in which these losses were distributed should be of value to stockmen and ranchers who are interested in curtailing these losses and who are anxious to know what the weak points in their present methods of management are. The losses among cattle were distributed as follows:

Under one year old from blackleg, 98; over one year old from blackleg, 57; calves, loss of mother from larkspur poisoning, 10; cattle losses from larkspur, 53; other poisons, 21; predatory animals, 20; accident, 33; in calving, 14; lost, strayed or stolen, 74; from anthrax, 2; from eating giant powder from railroad construction camp, 5; from neck-and-spine disease, 15; killed by hunters, 2; blind aged, crippled and ruptured, 4; losses from contagious abortion, 122; from lack of proper food and starvation, 14, and from unknown causes, 337.

Check Predatory Animals.
The losses from predatory animals are being checked as rapidly as the federal agencies for this work are able to cope with the situation. Whenever the forest rangers note that the predatory animals are causing heavy damage, professional hunters are sent to destroy them. The losses due to disease and accident and miscellaneous causes could be substantially decreased if more herders were employed by the owners. Under conditions which obtain on the national forest ranges one or two herders could handle from five hundred to a thousand cattle without particular difficulty. On the same scale that it pays to herd sheep on the government ranges it also is profitable to herd cattle and, potentially, permittees probably will come to this decision of their own accord.

Poisonous plants—and particularly larkspur—are responsible annually for large losses of live stock throughout the western states. There is only one effective system of ridding the ranges of larkspur and that is to grub the plants out season after season until finally the range will be free of this objectionable growth.

The experiences of a certain rancher whose range abuts one of the California national forests, and who, under the supervision of the United States forest service, has been waging a winning fight against larkspur during the last four years, are illuminative in this regard. After careful trial and study of the control methods and the results, this stockman is enthusiastic about the efficiency of the plan and he urges every other rancher or stockman who owns infested range to give the system

of eradication a thorough and impartial trial.

Ideal Pasturage Infested.

In this instance the larkspur was prevalent in large amounts on a range where the grazing was otherwise exceptionally good. The infested area was on a side hill where seepage from a spring near the top of the hill provided plenty of moisture, so that the grass was unusually luxuriant at all times during the grazing period. The rancher had to have a herder with the cattle constantly in order to keep them off the larkspur-infested area. Not only did he lose the use of excellent range, but he also was under extra expense to protect his cattle from the poisonous plants. During the 1913 grazing season he lost ten steers, which, despite the efforts of the herder, trespassed on the larkspur area and succumbed to the poisoning which resulted. The following season, under similar conditions, 24 head of valuable range cattle were poisoned. The next year only five steers died from larkspur poisoning, while the following year the mortality aggregated eighteen head. In 1917 the larkspur eradication campaign was instituted, and as a consequence of the work of that season the cattle losses were curtailed to only five animals. The next year the work was continued and not a single case of steer mortality from larkspur poisoning occurred. In 1919 only two steers died, while last year the mortality also was limited to two animals. Recently the larkspur area of the range has been grazed by a band of 2,000 sheep.

One Hundred Acres Grubbed.

The first season about one hundred acres of range were grubbed, the poisonous plants being eradicated with larkspur picks and scattered in exposed places to dry in the sun. One man could dig 1.71 acres a day. The total cost of grubbing the one hundred acres the first year amounted to \$450.30, an average of \$4.50 an acre. The losses of cattle were reduced from 18 head the year before to 5 head the following season. The saving of 13 head of cattle was directly due to the larkspur eradication work. Estimating these steers worth \$50 apiece, a saving of \$650 resulted, which paid all the expense of the grubbing and left a balance of \$199.70 to the credit of the work. The following season the range carried 50 more head of cattle as a result of the decrease in the amount and severity of the larkspur infestation.

In passing, it is worthy of mention that the larkspur picks are made from ordinary surface picks by drawing out one point to a chisel form about two inches wide, while the other point is sharpened in a diamond shape. Generally pruning shears and small hand axes are used in cutting out the brush and trees which obstruct the access of the workmen to the larkspur. Ordinarily an average workman can grub out from seventy to eighty larkspur plants an hour. The last two seasons the grubbing work has been continued, the chief attention being devoted to new areas, as the original one hundred acres are now practically free of any larkspur.

BUYING SUITABLE CHICKENS

Possible for City Man to Select His Pullets From Live Poultry Shipped to Town.

Where a town man has no time to go into the country to buy his pullets it often is possible to choose suitable birds among the live poultry shipped into the city markets. The advice of some experienced person should be obtained before buying, says the United States Department of Agriculture. Local poultry associations are glad to help prospective poultry keepers by putting them into touch with members having stock for sale. The board of trade or the chamber of commerce often can bring poultry raiser and buyer together.

FOWLS POISONED BY COCKLE

Ohio Poultry Specialist Says Plant Affects Nervous System, Causing Paralysis.

Hens fed liberally with wheat screenings in which there was a large amount of cockle have been reported as poisoned by the cockle. Prof. G. S. Vickers, poultry specialist of the Ohio State university, reports one case that came under his observation during the middle of May, where 60 hens had died from this cause. The cockle affects the nervous system, causing a paralysis of the legs.

HomeTown Helps

COLONIAL DESIGN ATTRACTIVE

Architects Too Often, However, Do Not Apply Its Details With Courage.

The average house of Colonial design, however attractive may be its general ensemble of graceful form, consistent detail and pleasing color, is, as a rule, not picturesque; that is, according to the common conception of a term which implies more than a modicum of individuality and informality. Indeed, in the design of the majority of new Colonial houses, the keynote is almost invariably a rather rigid formality—and formality is never the ideal foundation upon which to rear a picturesque superstructure.

The low, rambling, English country-houses, the steep-roofed, turreted French chateaux, the characteristic chalets of Switzerland and the low-roofed homes of Italy have usually an indefinable element of picturesque-ness, undoubtedly attributable in large measure to their pronounced informality of composition, as well as to a perfect adaptability to their respective locations. Countless American homes are, of course, also picturesque; nevertheless the average American house to which the possession of picturesque qualities may truthfully be ascribed is, as a rule, a replica after some foreign prototype, rather than an outgrowth of that Colonial style which is, perhaps, our most nationalistic phase of architecture.

The only apparent reason for this phenomenon must lie surely in a lack of courage, on the part of the architectural profession, to apply the details of Colonial precedent to other than a house of symmetrical plan. It cannot be due to any lack of inspiration in the many beautiful examples of early Colonial work which still exist.

In the early days of Pennsylvania, a snug little stone homestead was built by a sturdy pioneer in a bit of a clearing not far distant from now widely-famed Valley Forge. Probably, even though he built his home with strength of construction uppermost in mind, that pioneer was impelled more by thoughts of contemporaneous security than by any altruistic consideration for a coming generation. Whatever the builder's motive, his humble farmhouse was destined to witness the vicissitudes of a century and more, and eventually to become the nucleus of the imposing structure which now adorns an attractive country estate in one of Philadelphia's most aristocratic suburban communities.—Charles Vaughn Boyd in the House Beautiful.

MAKING NEXT YEAR'S LAWN

Except in the Northern Tier of States Autumn Seeding Is Most Satisfactory.

Next year's lawn depends, in great measure, upon this autumn's making. Except perhaps in the northern tier of states and New England, early autumn seeding is much more satisfactory than spring seeding. South of New York and New England states spring seeding should rarely, if ever, be practiced, say specialists of the United States Department of Agriculture.

Young grass, they say, does not stool well in the spring and summer and is not sufficiently aggressive to combat crab grass and other summer annual weeds. After the preliminary preparation, which involves the thorough working of the soil, the surface of the area to be seeded should be thoroughly fined with a rake or similar implement, and bone meal should be applied at the rate of about 20 pounds to a thousand square feet. The bone meal is of much benefit to young grass, since it assists it in making sufficient growth to pass the first winter in good condition. The main point to be observed in seeding is to sow the seed evenly and to cover uniformly but lightly. The covering can be done on a small area with an ordinary garden rake or on a large area with a weeder. Light rolling after covering is frequently beneficial.

Care of Rose Bushes.

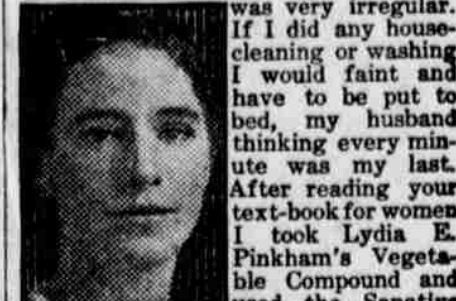
Climbing roses that are apt to be badly winter-killed should be carefully taken down from their supports, the tops tied together, laid along the ground next the porch or wall and covered with litter or manure. In early spring they can be tied up again to their supports and they will have the benefit of all the flowers.

Single specimen hybrid roses simply need manure around the roots. If they are hardy, do not tie them up with straw, for if the winter is moist and warm they will start to put forth new growth at the top and when uncovered in the spring will be so soft that the slightest frost will do them injury. Tender and ever-blooming roses, growing in beds, should have the ground covered six inches in depth with good stable manure. This will protect them, although they are nearly always frozen down to the top of the manure. In the spring take the manure away from them as soon as the danger from frost is over and cut them back to the green wood. They will be all the better for the pruning.

THIS WOMAN'S EXPERIENCE

Brings a Ray of Hope to Childless Women

Lowell, Mass.—"I had anemia from the time I was sixteen years old and was very irregular."



If I did any house-cleaning or washing I would faint and have to be put to bed, my husband thinking every minute was my last. After reading your text-book for women I took Lydia E. Pinkham's Vegetable Compound and used the Sensitive Wash, and have never felt better than I have the last two years. I can work, eat, sleep, and feel as strong as can be. Doctors told me I could never have children—I was too weak—but after taking Vegetable Compound it strengthened me so I gave birth to an eight-pound boy. I was well all the time, did all my work up to the last day, and had a natural birth. Everybody who knew me was surprised, and when they ask me what made me strong I tell them with great pleasure, 'I took Lydia E. Pinkham's Vegetable Compound and never felt better in my life.' Use this testimonial at any time."—Mrs. ELIZABETH SMART, 142 W. Sixth St., Lowell, Mass. This experience of Mrs. Smart is surely a strong recommendation for Lydia E. Pinkham's Vegetable Compound. It is only one of a great many similar cases.

Thirty Feet of Danger

The intestines band and twist and turn on themselves—more than thirty feet of them—and when food waste clogs them up, irritating and dangerous poisons are formed and carried by the blood through the system.

Remove this food waste regularly with Nujol—the modern method of treating an old complaint.



PARKER'S HAIR BALM
Restores Color and Beauty to Gray and Faded Hair
Removes Dandruff, Scalp Itching, Itchiness, and all Hair Troubles
Solely Chem. Wks. Patented, N. Y.

HINDERCORNS Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail or at drug store. Illinois Chemical Works, Patagonia, N. Y.

No Wonder! North—"Dobbs says his wife won't even allow him pin money." West—"Well, he belongs to twenty-eight lodges!"

MOTHER! CLEAN

CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Artless Art. He—"Girls are better looking than men." She—"Why, naturally." He—"No, artificially."

GREEN'S AUGUST FLOWER

The Remedy With a Record of Fifty-Five Years of Surpassing Excellence.

All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming up of food, wind on stomach, palpitation and other indications of digestive disorder, will find Green's August Flower an effective and most efficient remedy. For fifty-five years this medicine has been successfully used in millions of households all over the civilized world. Because of its remarkable merit and widespread popularity Green's August Flower can be found today wherever medicines are sold.—Advertisement.

A man with a large family to support hasn't time to display an artist's temperament.

Use **MURINE** Night and Morning
Keep Your Eyes Clean—Clear and Healthy
Write for Free Eye Care Book Murine Co., Chicago, U.S.A.

Growing Children

are often troubled with Feverishness, Constipation, Headache, Stomach troubles, Teething disorders and Worms. At such times thousands of Mothers use

MOTHER GRAY'S SWEET POWDERS for CHILDREN

and find they give certain relief. They tend to break up colds. Cleanse the stomach, act on the liver and bowels and give healthful sleep. Easy to give and pleasant to take.

Used by Mothers for over 30 years. Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.



DO YOUR TOES SPREAD OUT?

Mary E. Bayley, R. N., Tells What, in an Expert's Opinion, the Feet Should Be Like.

Does the great toe of your foot (or the big toes of both feet) continue in a straight line from the heel? And do your other toes spread apart? If this condition exists you have good understanding feet, according to Mary E. Bayley, R. N., who tells in the De-linestor what feet should be like. Her article has been approved by Dr. Virgil P. Gibney, surgeon in chief of the Hospital for the Relief of the Ruptured and Crippled, New York, and therefore bears the stamp of authority.

Too much care cannot be taken of the feet, Miss Bayley continues, as they are the keystone to correct body position and have much to do with one's health. Particular attention should be paid to shoe fitting between the ages of nine and fourteen, since this is the period of growth and expansion. Stockings, too, come in for discussion, as tight-fitting ones compress the toes and interfere with the circulation.

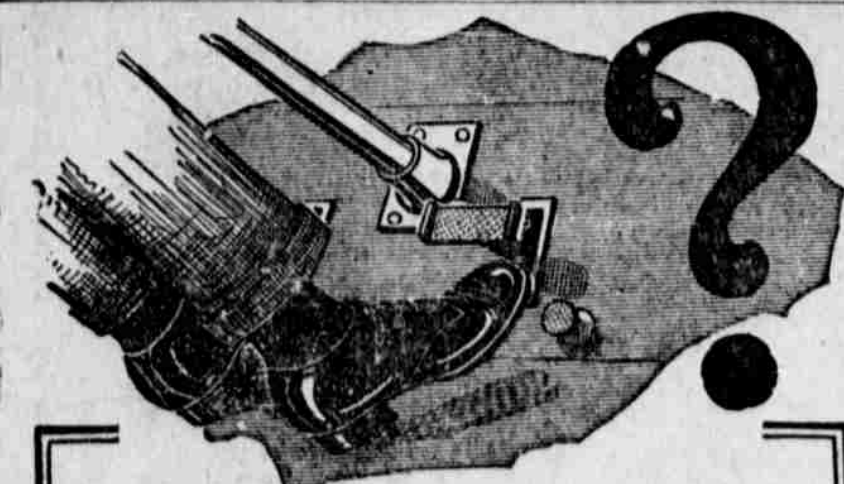
King George's Superstition.
King George, sane, healthy-minded man though he is, owns up to certain superstitions. He can't endure that a wineglass should ring, if accidentally touched, at his dinner table. The ringing will mean a death in his family, so he firmly believes. And if the slightest ring is heard, every member of his family and guest at his table rises up on the instant and stands in silence. It's his wish.—London Opinion.

After Eden.
Adam—"Now we shall have to live in a house." Eve—"Certainly; I'll need a roof to dry my hair on."

Men who invest in watered stock are apt to get soaked.

Breaking the News.
"Mrs. Brown, I got 't' tell yuh, th' sheriff came today an' took your husband's clothes."
"What! Outrageous! I wish you'd find my husband and tell him right away."
"He knows it, M'm. He was wearin' 'em at th' time."

Language All Know.
Ivy—Someone has said that kisses are love's language.
Frank—That so? Let us have a chat.
Other people's troubles always bore us more than our own.
Never swear at an ill-fitting coat. Give it to the tailor.



Are you stepping on the brake or the accelerator?

The food you eat does make a difference.

Heavy, starchy foods often do slow down body and mind—often steal the energy that belongs to the day's work. Grape-Nuts is a go-ahead food. It contains the perfected nourishment of Nature's best grains. It includes all those elements needed to nourish body and brain. It is easy to digest. It gives energy without taking energy.

How about your breakfast or lunch—does it give, or take?

Grape-Nuts is sweet, crisp, delightful to the taste, and is an ideal source of power for a busy and difficult day.

"There's a Reason" for GRAPE-NUTS