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QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take tablespoonful of Salts if Back hurts or Bladder bothers—Drink lots of water.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning 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 clogged kidneys, to neutralize the acids in uric acid so it is no longer a source of irritation, thus ending urinary and bladder disorders. Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

should be disked and harrowed to kill all weeds and make a fresh seed bed. Very sandy soils (that may blow if plowed) can be prepared by diskings to kill the new weeds, any litter that may be on the surface being left as protection from blowing. The ideal seed bed is one that is mellow on the surface and firm underneath. A loose, open seed bed allows too free circulation of air and will quickly dry out under directly conditions.

Varieties.
The common Navy bean and a Mexican variety known as the Pinto are well adapted to the conditions of central and western Nebraska. In eastern Nebraska the navy beans are better adapted than the pinto. Both the navy and Pinto have a relatively short growing season and will mature in time for the land to be sown to winter wheat.

Planting
When the acreage is sufficient to warrant it, a bean planter should probably be procured for planting. Beans can be planted with a corn planter by obtaining bean plates. If no planter is available, a grain drill with corrugated force feed may be used by plunging enough holes to get the proper distance between rows.

Beans will not stand frost, and planting should be delayed until all danger of frost is past. This means that they may be planted in central and western Nebraska from the middle of May until the middle of June.

The experience of many growers indicates that 10 to 15 pounds of seed per acre should be used under dry land conditions. This will allow about one plant every 12 inches or two plants spaced 24 inches in the row, provided the rows are the same distance apart as corn rows. Upon irrigated land and nonirrigated land in eastern Nebraska, from 20 to 30 pounds of seed should be used per acre. The rows may be closer together and the plants 12 to 15 inches apart in the row. Bean growers in the irrigated sections of the west have received their largest yields when approximately 30 pounds of seed have been used.

Navy and Pinto beans should be planted about 2 inches deep in average soil (or 3 inches in sandy soil or where necessary to put the beans in moist soil.)

Cultivation
Sufficient cultivation should be given to keep the surface soil loose and prevent weed growth. Weeds not only retard the crop development but if abundant seriously interfere with harvesting. A harrow or weeder may be used when the plants are young if the soil is not too moist and the plants are dry. Beans should not be cultivated when the plants are moist as they are more brittle and break easily at this time. This not only reduces the stand but injured plants are more susceptible to certain diseases. The first cultivation may be comparatively deep, 3 or 4 inches as the young plants will not have extended their roots far this time. This loosened soil will tend to make the roots form below it. Later cultivation should be somewhat shallower to avoid any destruction of the roots.

Irrigation
Where beans are grown under irrigation, care should be taken not to give too much water. On rather heavy loam soils two irrigations have given better results than a greater number of irrigations. Soils which have a lower water holding capacity will probably need more frequent irrigation. When the plants have a dark green color and wilt during the heat of the day, they are in need of water. Water should not be applied after the blooming season under ordinary soil conditions. Later irrigations are apt to prolong the growing season and endanger the crop from frost before it is ripened.

Harvesting
Where only a small area is grown beans can be harvested by pulling them up. Larger areas can be harvested by using some instrument that will cut the plants just below the soil surface. This is sometimes done with a plow or cultivator. Implements much like a row sled are provided with knives on either side of the bottom of the runners. These will cut off two rows at a time. Arms are also provided to throw the vines from the two rows together. Special bean harvesters are also on the market, but their purchase might not be advisable except where beans are grown extensively. Vines pulled or cut off are put in shocks with forks.

Beans should be harvested when the majority of the pods are turning yellow, but before the pods are dry. If allowed to fully ripen before harvesting the loss from shattering is too great. By harvesting at the time mentioned, the bean will complete ripening in the shock. Shocks should be rather small so that all vines can dry thoroughly. They may be built as high as they will stand without blowing over. Beans should remain in the shock until thoroughly cured and dry enough to thresh. Where possible they should be threshed as soon as they are in proper condition in order to avoid loss thru handling. If it is impossible to thresh at that time they should be stacked to prevent discoloration and loss from exposure. They should be handled carefully in stacking to avoid loss. The vines are usually a little tougher in the early part of the day when they are still moist with dew, and there will be less shattering if handled then. Stacks should be kept off the ground by using boards or straw beneath. The ground should be covered with hay, straw, canvas or anything that will keep out the rain.

Threshing
Where only small areas (up to several acres) are grown beans may be beaten out with a flail. In this way very few beans are cracked, and all may be saved. One man can thresh from one to two acres a day with a flail. With larger areas or where neighborhoods can go together, a bean huller is preferable. A grain separator may be used if most of the concave teeth are removed and the cylinder is run at a low rate of speed; but even then there is apt to be a heavy loss from cracking the beans and from failure to get all of the beans out of the pods.

Bean straw is valuable as a feed and should not be wasted.

Diseases
Anthracnose is our most important bean disease. Fortunately seed selection will do much toward its control.

Before planting examine the beans for the presence of diseased seeds. When attacked by anthracnose, the seeds will have reddish brown spots on the surface. Discard all diseased seeds.

Go thru the fields as soon as the first true leaves appear on the seedlings. If any anthracnose spots appear on the leaves or stems, pull up these seedlings.

Do not cultivate or walk thru the fields when the plants are wet.

For further information address the College of Agriculture, Lincoln, Nebraska.

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A bad back makes you miserable all the time—Lame every morning; sore all day. It hurts to stoop—it hurts to straighten.

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Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Williams had. Foster-Milburn Co., props., Buffalo, N. Y. Adv.—May 3-10

POULTRY FOR EACH FAMILY
Three hens set now with 15 eggs each will make the average family independent of the cold storage egg merchant next winter, according to College of Agriculture poultry husbandry specialists. These eggs will hatch, on an average, 25 live chicks of which 12 will be pullets. With proper care, they will lay 4 dozen eggs weekly, the amount consumed by the average family.

Two piano boxes placed back to back make a poultry house large enough to winter 12 pullets. Such boxes cost \$2 each. The cost of feed required to raise the pullets will be offset by the income from the sale of cockerels. Moreover, table scraps (nearly) a million dollars worth of which is wasted annually in the United States can be utilized.

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—IN THIS PAPER

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GROW BEANS IN WESTERN NEBRASKA

Nebraska University Farm Extension Service Advises Western Nebraska Farmers to Try New Crop

The Nebraska college of agriculture advises the growing of beans in central and western Nebraska as an emergency "war crop" and in order to help out in seed shortage has secured two carloads of seed beans to be sold to the farmers of this section of the state at cost. Bean seed will be furnished as long as the supply lasts. The price will not exceed 22 cents per pound for Navy Beans and 18 cents per pound for Pinto Beans. The Navy Beans price is f. o. b., Lincoln and the Pinto bean is f. o. b., Sidney.

Many western Nebraska farmers and gardeners have advised the Herald that they expect to plant beans this year and have asked for advice regarding the securing of seed and the planting of the same. The following statement, issued by Prof. C. W. Pugsley, director of the Extension service, will give the information desired:

"We are having many inquiries for Navy and Pinto bean seed. Pinto beans are especially adapted to central and western Nebraska. We have made an effort to locate bean seed in quantities and have succeeded in locating a limited amount. The seed is very scarce and it will be necessary to book the orders at once in case we are to take advantage of the prices quoted. When the beans are laid down it may be found possible to scale the price a few cents a pound. The seed is being located by the college of agriculture (Nebraska) for sale to farmers at cost.

"It is necessary that cash accompany the orders, and in case the orders cannot be filled, the cash will be returned and the party notified at once. I would suggest that the beans be ordered in quantities a number of farmers clubbing together. This will reduce expense in handling the beans."

"Orders may be sent to the extension service, college of agriculture, Lincoln. No definite date for delivery can be given, but within a few days we hope to be notified of the approximate date for delivery. Bean seed is advancing very rapidly in price, and our orders for two cars could only be placed subject to the ability of the parties to locate beans. A new circular on "Bean Culture" Emergency bulletin No. 4, has just been issued by the extension service. It will be sent free upon request.

Bean Culture
The large acreage of crops winter killed in Nebraska necessitates the substitution of other plants for these standard crops. Beans have always been an important article of human diet. They are rich in protein and are a very valuable substitute for meat. Being concentrated as well as peculiarly nourishing, beans are extensively used, especially in war times.

Fortunately the climate and soil of Nebraska, particularly of the western part of the state, are very favorable to bean production. Beans do well on almost any kind of soil; but they do best on sandy loams. A soil which is not too sandy for potatoes and which has a sufficient amount of fertility for plant growth will grow beans well. They can be grown following almost any crop excepting legumes. Beans should not follow beans on account of the increased danger of disease. Where winter wheat has been killed out, little labor will be necessary to get the ground in excellent condition for beans. On alfalfa or clover land the tendency is for the beans to grow too much to vines unless the season from the outset is pretty dry. An excellent place to grow beans is on sod or backsetting.

Seed Bed Preparation
Beans respond to good seed bed preparation. Land is best prepared by diskplowing. If the land was plowed in the fall, it should be worked down firm with disk and harrow. Where spring plowing is done, the plow should be followed by the disk set rather straight to pulverize the soil and at the same time make it firm. Land that was fall plowed for wheat need not be plowed for beans. It

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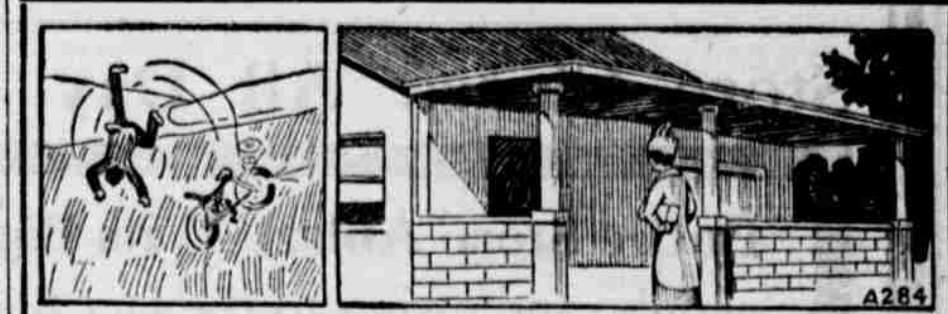
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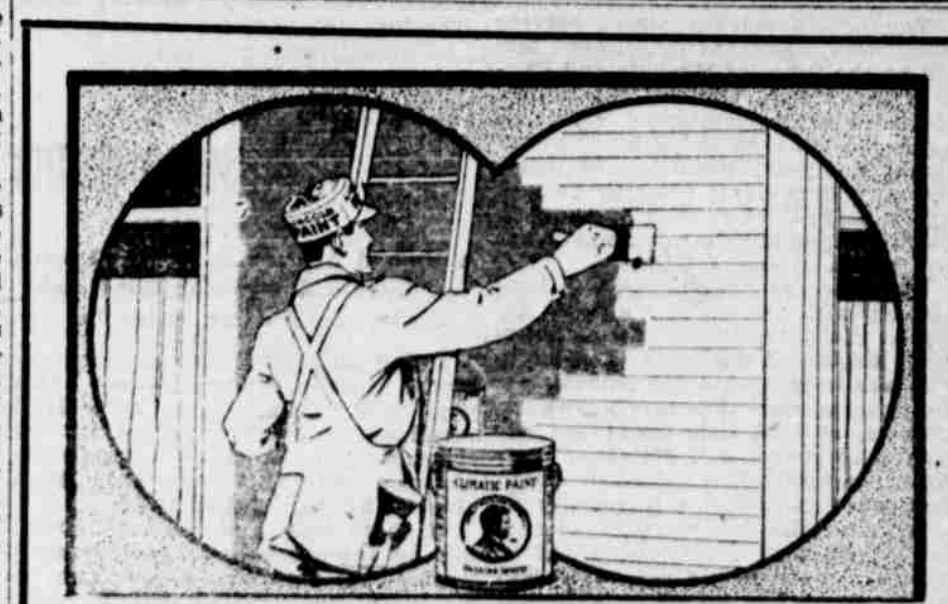
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