

Riches in Healing Qualities FOR BACKACHE, RHEUMATISM, KIDNEYS AND BLADDER
FOLEY KIDNEY PILLS

THE PAXTON HOTEL
Omaha, Nebraska
EUROPEAN PLAN
Rooms from \$1.00 up single, 75 cents up double
CAFE PRICES REASONABLE

IF YOU ARE COMING SOUTH Write us for particulars of the best Southern Section. We have what you want. Let us explain our Plover proposition to you. Tri-State Land and Investment Co., Atlapalga, Georgia

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature



W. Wood

The Reason. "Poor Hamlet had a dog's life." "Well, wasn't he a Great Dane?"

Red Cross Ball Blue gives double value for your money, goes twice as far as any other. Ask your grocer. Adv.

Complimentary.

"What would you call it in a man to steal all my ideals?" "Petty larceny."

Very Much So.

"James tells me he has a very light work with that hairdresser." "So it is. He bleaches blonde heads."

Youthful Woman Pastor.

Rev. Miss Ina L. Morgan of the Methodist church of Georgetown and Arrowick, Me., is the youngest woman pastor in New England. She is in her early twenties and has been engaged in church work for nearly four years, having received a license in 1908 from Bishop John W. Hamilton of Worcester.

Sailing Ships in Demand.

In consequence of the better outlook for sailing ships, values have gone up considerably during the last year or two. For instance, a four-masted sailing ship of 2,750 tons register, which was sold in January last year for \$32,500, is at present in the market for sale, and the owners have refused a definite offer of \$45,000; they are asking \$50,000.

The Greatest Woman.

Who was or is the greatest woman in all history? Two hundred teachers answered the question and with enthusiasm and unanimity the judges awarded the prize to the one who made this reply: "The wife of the farmer of moderate means who does her own cooking, washing, ironing, sewing, brings up a family of boys and girls to be useful members of society, and finds time for intellectual improvement."

More Schoolboy "Howlers."

"The Sallie law is that you must take everything with a grain of salt." Julius Caesar was renowned for his great strength. He threw a bridge across the Rhine.

"The zodiac is the zoo of the sky, where lions, goats and other animals go after they are dead."

"The Pharisees were people who liked to show off their goodness by praying to synonyms."

"An abstract noun is something you can't see when you are looking at it."

"Algebraical symbols are used when you do not know what you are talking about."—Westminster Gazette.

The Food Tells Its Own Story

It's one dish that a good many thousand people relish greatly for breakfast, lunch or supper.

Post Toasties

Crisped wafers of toasted Indian Corn—a dainty and most delightful dish.

Try with cream and sugar.

"The Memory Lingers"

Postum Cereal Company, Ltd. Battle Creek, Mich.

HOW TO SOW ALFALFA PLANT

Soil Should Be Quite Firm With Good Mulch—Cultivate to Conserve All the Moisture.

(By PROF. ELIAS NELSON, Irrigation Engineer, Idaho.)

Good preparation of the land for planting is important. The soil should be quite firm and should have a mulch of loose soil an inch and a half or two inches deep over the surface. Fall plowing will insure sufficient packing of the soil and in the spring surface can be worked up into good seed bed. The early cultivation should begin as soon in spring as the ground can be worked and be continued to conserve moisture until danger of heavy freezing is over, when seeding may be done. There should be sufficient moisture in the soil to bring up the alfalfa and keep it growing until it is eight or ten inches high, when water may be applied if needed. With spring plowing it is difficult to get a seed bed firm enough and one that will retain moisture well enough for best results. The soil will be too loose and will dry out quickly. It is therefore advisable when the land is plowed in spring to irrigate before seeding, provided there has not been an abundance of rain. Alfalfa may be started at any time during the season until as late as August or even September, provided the land is irrigated beforehand. In some localities where early fall frosts occur seeding in September may not be practicable.

For the best results the seeding should be tolerably early in spring. The particular time will depend upon the altitude and the local climatic conditions. A few degrees of frost will do no injury but a heavy frost is likely to kill alfalfa when just out of the ground.

If the seed bed is in perfect condition and a drill be used, eight to twelve pounds of first grade seed per acre should be sufficient for a good stand.

The use of a seeder that sows in drills and covers the seed is to be recommended as the seeds are covered and each seed is given an equal chance for germination with every other. A drill with press wheels attached is also desirable. The seed should be sown shallow—from one-half inch to two inches deep. If a drill is not to be had, the alfalfa may be broadcasted and harrowed in. The author has seen very good stands from broadcasting with the wheelbarrow seeder. Drilling, however, is the better method.

Seeding without a nurse crop will give best results. Especially is this true on raw sage brush land that has not been in alfalfa before. Sown alone the alfalfa will make a fairly good growth the first year and under favorable conditions may make a light crop. It will become well established and yield well the second year. When sown with a nurse crop on new land it generally makes but a spindling growth the first year and does not produce a root system and a crown strong enough to enable it to make good returns the second year. Thus seeding with a nurse crop is not a good practice, at least not on new land, as the nurse crop does not make up for the loss in yield of alfalfa the second year.

On land that has been in alfalfa once and is in good till, seeding with a nurse crop is allowable, and may give good results. The grain should be sown at the proper time in spring, but seeding of alfalfa should be delayed just before the first irrigation. At that time broadcast and harrow it in. If the furrow system of irrigation is employed run the harrow with the furrows so as not to fill them up. The seeding of alfalfa and the first irrigation must of course take place before the grain gets too high. When sown in this way the irrigation water can be applied according to the grain crop may require, if sown together with the nurse crop it may be in need of irrigation earlier than is ordinarily beneficial for grain.

When the soil is light and heavy winds are prevalent it is necessary to seed with a nurse crop as a protection against the wind. One-half or two-thirds the seed used when the grain is sown alone should be used.

Learning to Graft.

Why not urge the boys to experiment in grafting different kinds of fruit trees? Dig up some small fruit trees, such as plum, cherry, apple or peach. Some of which can be raised by planting the seed. The plum and cherry trees can be found almost any time where the sprouts come from the old tree.

Then get some limbs from a tree of the same kind and of a choice variety, and bury them all in a box of dry dirt in the cellar. At any time during the winter or spring graft them and put back in the dirt until time to plant out.

Nitrogenous Feeds.

While meat is an excellent food for egg production, on account of its nitrogenous quality, there are a number of other feeds which are also high in nitrogen, among which may be found linseed meal, malt sprouts and gluten feeds.

Loss in Eggs.

The loss in this country due to the spoiling of eggs constitutes an enormous waste, which should be saved were eggs given reasonable care from the time of laying until they reach the consumer.

Growing Animals.

Young animals should increase in weight much faster relatively than more mature animals. It never pays to stunt a calf, colt or pig.

OLD-FASHIONED IDEAS WILL NOT DO IN PACKING FRUIT FOR HIGHEST PRICE

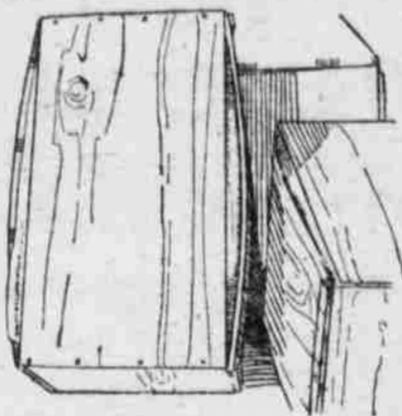
By Careful Attention, Absolute Honesty and Judicious Advertising Farmer Can Create Demand for His Particular Variety of Garden Produce.

(By C. M. SCHULTZ.)

A New York business man who was forced to a New Jersey suburb on account of broken health, is making a splendid living by repacking fruit and vegetables which he buys from farmers and truckers, repacking them and selling direct to the consumer. He drives on an average 20 miles, and the outdoor life has completely restored his health.

Three years ago this man commenced business with a one-horse wagon. He repacked his fruit and vegetables with the aid of a small son, drove his own wagon, and conducted the entire business practically alone.

He now owns two double-team wagons, two single-horse wagons and a light auto truck, covering four routes, each from 12 to 15 miles long. This man is simply doing what the farmers and fruit-growers from whom he buys his supplies ought to do themselves if they would make all the profit there is to be made in the business. Growing the crop is not all of the game. Marketing is a good



Side View of Boxes After Nailing. Showing Proper Bulge in Top and Bottom.

half of it, and perhaps even more. This New York self-made huckster buys fruit and vegetables just as they come from the farmers' wagons. They are delivered at his place often covered with dirt, the fruit bruised and scratched, vegetables untrimmed and all generally unsorted.

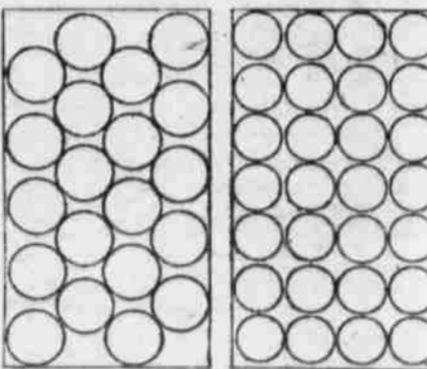
The fruit, particularly the larger varieties, such as apples, peaches and pears, are carefully sorted and graded by the huckster, the apples washed, and the fruit is packed in small boxes or baskets, clean, uniform and highly attractive in appearance. Small fruits such as cherries and berries are often dumped out of their original packages as they come from the farmers, sorted and repacked in clean boxes. Cherries are packed in boxes that hold from one-half peck to one peck, and over the top is tacked gauze to protect them from insects.

All root-vegetables are carefully washed, topped and bound in bunches. Tomatoes are graded and repacked in clean baskets, and no damaged vegetables are offered for sale.

This man can prove by his books that he makes a net profit of from 25 to 100 per cent, by his method of handling and marketing.

There is no reason why the men who grow fruit and vegetables should not make equally as big profit, provided they possess the faculty for organization and the patience and pride necessary to put up their products in a style that will most readily attract the eyes of their customers.

While it is not always practicable for the farmer or gardener to sell direct to the consumer he can, by careful sorting and packing his product, get a much better price when selling to the retail dealer than he can if he follows the old-fashioned methods of dumping everything into boxes, baskets and barrels, regardless of size and condition. The shrewd retail dealer will always make the most of the bad condition of the stuff



Two Styles of Packing Fruit.

offered him, beating down the grower to the lowest possible point, and then add to his profits by the work of a few boys in the basement, who are instructed in the art of cleaning and repacking.

Any farmer or gardener or fruit-grower who is located within reasonable distance of a good retail market will make more money by selling to the retail dealers than by shipping his stuff to the commission men in the large cities. By careful attention, absolute honesty and judicious advertising he can, in a very short time, establish a reputation for his produce which will become known to the consumer who will always demand this particular brand.

A recent visit to the great produce market on South Water street, Chicago, disclosed the fact that hundreds of shippers send their apples—much of it fine fruit of good color and free from rot—to the commission

men, dumped into barrels regardless of size or condition, mixed with dirt, leaves and twigs, all tending to lower the value of the fruit, a condition which the commission men are quick to take advantage of.

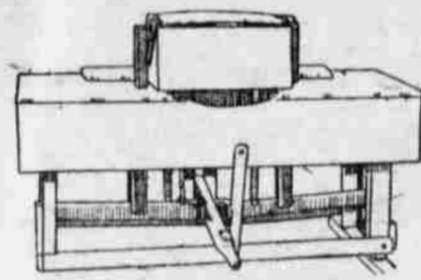
All over the great market district in the basements are men and boys constantly engaged in dumping these apples on huge tables, where they are sorted according to size and color, and repacked in boxes or barrels. In the former the layers are ranged in rows with the stem side up. When packed in barrels the top layer is made up of selected fruit all of the same size and color; and the rows are uniform, so that when the cover is removed the appearance of the barrel is pleasing.

A commission man on South Water street, Chicago, in a burst of confidence said: "Does it pay to repack fruit and vegetables? Well, I should say it did. I pay expert fruit-packers three dollars per day and their work nets me in profit at least three times their wages, and often four and five times. The way shippers send their stuff to market is a fright, and we people who see it coming in here every day by the hundreds of carloads do not make more money than they do. Too many of them lack common business 'gump.' That's about all there is to it."

In packing apples in barrels the first process is to place the barrel with top down with the bottom removed. The grower's label and a paper pad is first placed on the top and then the apples are laid in layers with the stems down and so arranged as to fit in snugly, leaving as little space between the apples as possible.

The next layer is also placed in the same way, great care being taken to get fruit of the same color for both layers so that the second layer will show through the first when the barrel is opened. The barrel is then filled with fruit and gently shaken until nearly filled, when the last few layers must be so laid that the bottom will bear evenly upon it all. The last layer should be about level with the top of the staves, or just a little higher.

The bottom cushion should then be placed on the fruit and the head laid



Nailing Press for Apple Box.

on and forced down with a press for the purpose, the head and hoops then being nailed in place.

A barrel, so packed, can be shipped long distances, and stored a considerable length of time without injury to the fruit. The more closely the fruit is packed the tighter the heads are pressed down—provided the pressure is not great enough to cause bruising—the better will the fruit stand shipping and handling.

POTTED PLANTS IN THE WINTER SEASON

Plant Should Be Made as Nearly Natural as Possible—Air and Sunshine Needed.

It must be borne in mind that a plant in a pot is trying to develop itself under unnatural conditions and it must be assisted in every possible way, and the conditions under which it labors should be made as nearly natural as possible. It must be supplied with fresh air in liberal quantities as frequently as the weather will admit. It must be given the benefit of all sunshine furnished by the short winter days, if it is a sunshine-loving plant, as most flowering plants are.

If it is not particularly fond of sunshine it will require good light in liberal amount. And in order to make development as thorough as possible, and lay the foundation for future good work in the production of flowers, it must be supplied with all the nutriment it can make use of, for no plant can do itself justice unless it is well fed. And water must also be given in proportion to the needs of the plant at this season.

Alfalfa.

Alfalfa is one of the best of all forage plants, both for the land and for stock food. It requires a certain species of bacteria on the roots to cause the plants to grow and this is not present in all soils, but must be applied in soil that comes from a field where alfalfa or sweet clover (melilotus) is growing well. The same bacteria live on the roots of these two plants. It is good for orchards if cut down and the hay allowed to rot on the ground. Alfalfa or any of the clovers should be plowed under after standing two or three years.

THE CHILDREN'S HEALTH

In observing the physical characteristics of her children, the careful mother soon learns that health is dependent on the regularity of the bowels. When the bowels become clogged with the stomach's refuse, loss of appetite, restlessness, irritability, and similar evidences of disorder are soon apparent. Keep the bowels regular and a healthy, happy child is assured.

At the first sign of constipation the mother should administer a mild laxative to carry off the congested waste from the stomach that is fermenting and forcing poisonous gases into the system. A simple compound of laxative herbs with pepsin is highly recommended as being very mild, yet positive, in its action, a teaspoonful at bedtime usually serving to bring an easy, thorough, natural movement next morning. This compound is known as Dr. Caldwell's Syrup Pepsin and is sold by druggists everywhere for 50c a bottle. A larger bottle, put up especially for the family medicine chest, costs one dollar.

The use of salts and violent purgatives and cathartics should be avoided. They are too harsh and drastic, tending to upset the entire system. Write to Dr. W. B. Caldwell, 203 West St., Monticello, Ill., for a trial bottle of his Syrup Pepsin, if you have never used it. He will be glad to send it without any expense to you. Adv.

Vegetable Fiber for Shoes.

A Haverhill (Mass.) shoeman has obtained patents giving him the right to make vamps and tops of vegetable fiber which he has invented and perfected to be used in the manufacture of shoes. A few cases of shoes have been made of this material, which appears to be a good substitute for leather. The fiber is said to be particularly adaptable for warm weather wear because, being of a woven material, air can penetrate the vamp and top. The inventor also claims that a shoe made of this material is waterproof.

Wrong Guess.

Nan—I've seen your new young man, and I should call him a diamond in the rough.

Fan—Well, he's susceptible of some polish, I'll admit, but you haven't classified him correctly; he's a Jasper.

Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Ball Blue, the extra good value blue. Adv.

Exactly That.

"Why does he wear such a swimming suit as that?" "For divers reasons."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle. Adv.

Never do anything concerning the rectitude of which you have a doubt.—Pliny.

Joke on His Clerical Brother.
Two brothers named Chalmers, one a minister and the other a physician, lived together in a western town. One day a man called at the house and asked for Mr. Chalmers. The physician, who answered the door, replied, "I am he."

"You've changed considerably since I last heard you preach," said the man, who appeared greatly astonished. "Oh, it's my brother you want to see; he preaches and I practice."

To Renovate Historic Castle.
Loch Dochart Castle, which was built in the thirteenth century on an island in the loch of the same name and is associated with the famous Rob Roy, has now been taken in hand by the Scottish Historical Antiquarian association, and is being renovated so as to insure its permanency.

The faith that inspires is the trust which comes from our time-trusted friends.—W. S. Royston.

CURES ITCHING SKIN DISEASES.

Cole's Carbolic Soap stops itching and makes the skin smooth. All druggists. 25 and 50c. Adv.

The beauty doctors tell us that rest is a great beautifier—but they never cite the tramp as an example.

Smokers find LEWIS' Single Binder 5c cigar better quality than most 10c cigars. Adv.

A female optimist is a woman who marries a poet.

BE "Progressive"
Don't let a lazy liver put you "in a rut." Make it active, keep the bowels open, the appetite keen and the digestion normal by the daily use of

HOSTETTER'S STOMACH BITTERS
IT DOES THE WORK 60 YEARS THE LEADER

Bettis Eye Salve Quickly Ends Weak, Sore Eyes
W. N. U., OMAHA, NO. 41-1912.

Women

From Forty-Five to Fifty Are Much Benefited by Lydia E. Pinkham's Vegetable Compound.

The "change of life" is a most critical period in a woman's existence, and the anxiety felt by women as it draws near is not without reason.

When her system is in a deranged condition, she may be predisposed to apoplexy, or congestion of some organ. At this time, also, cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

These symptoms are calls from nature for help. The nerves are crying out for assistance and the cry should be heeded in time.

Lydia E. Pinkham's Vegetable Compound is prepared to meet the needs of women's system at this trying period of her life. It invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.



Mrs. Estella Gillispie

ONE CASE OUT OF MANY TO PROVE OUR CLAIMS.

St. Anne, Ill.—"I was passing through the change of life and I was a perfect wreck from female troubles. I had a displacement and bearing down pains, weak fainting spells, dizziness, then numb and cold feelings. Sometimes my feet and limbs were swollen. I was irregular and had so much backache and headache, was nervous, irritable and was despondent. Sometimes my appetite was good but more often it was not. My kidneys troubled me at times and I could walk only a short distance.

"I saw your advertisement in a paper and took Lydia E. Pinkham's Vegetable Compound, and I was helped from the first. At the end of two months the swelling had gone down, I was relieved of pain, and could walk with ease. I continued with the medicine and now I do almost all my housework. I know your medicine has saved me from the grave and I am willing for you to publish anything I write to you, for the good of others."—Mrs. ESTELLA GILLISPIE, R.F.D. No. 4, Box 34, St. Anne, Illinois.

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists.
FOR COUGHS AND COLDS

PARKER'S HAIR BALSAM
Promotes and beautifies the hair. Prevents dandruff. Never fails to restore Gray Hair to its youthful color. Prevents hair falling. 25c and 50c at Druggists.