

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

Crowning Achievement. "Was the inventor of the destroyer rewarded?"

"They knighted him."

"And the inventor of the destroyer-destroyer?"

"He was created a baron."

"But the destroyer-destroyer-destroyer's inventor—what was done for him?"

"He was made an earl."

"One more question, if you please—what reward, if any, fell to the author of the book which proves that war is a biological necessity?"

"He was created a duke."

"A duke!"

"Yes. We are a cultivated nation, and but for his grace's work we should never have had the face to make use of the inventions of the others."

Prudent Woman.

"I thought you said we were going to share everything equally after we got married," said the husband of a rich woman.

"That was merely your own suggestion," she answered calmly. "I have decided to retain the balance of power until I find out what division you are going to make of love and affection."

Oklahoma Man Tells About Kidney Remedy

Several years ago I was taken with severe pains in my back, due to diseased kidneys and was forced to give up my daily labors. I heard of your great kidney remedy and resolved to try it. I did so with wonderful results.

Since taking Dr. Kilmer's Swamp-Root I have had no trouble from my kidneys. I am giving this testimonial of my own free will to let others know the wonderful merits of Swamp-Root.

If you should care to, you are at liberty to publish this testimonial whenever you choose.

Very truly yours,
J. A. PARRISH,
Stillwater, Okla.

Subscribed and sworn to before me, this 8th day of March, 1912.
H. S. HAUSDORF,
Justice of the Peace.

Letter to
Dr. Kilmer & Co.,
Binghamton, N. Y.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores. Adv.

Breaking It Diplomatically.

Little Girl (in disgrace to mother, as she enters nursery)—Do you love me, mummy?

Mother—Yes, darling.

Little Girl—Do you love me very much?

Mother—Of course, darling.

Little Girl—Well, I've frown my pudden under the table.

SOFT WHITE HANDS

Under Most Conditions If You Use Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better or more effective at any price than these fragrant supercreamy emollients. A one-night treatment will test them in the severest forms of red, rough, chapped and sore hands.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

Quite Probable.

Teacher—The passive verb, Johnny, expresses the nature of receiving an action. For instance, "Johnny is spanked." Now tell me what does Johnny do?

Student (with imagination)—Johnny hollers.

It is easy for a shiftless man to tell what wonderful things he would do if he only had a million plunks.

Most particular women use Red Cross Ball Blue, American made. Sure to please. At all good grocers. Adv.

POULTRY FACTS



GREEN FEED DURING WINTER

1 Egg Supply Is Decreasing. Few Feeds of Cabbage or Turnips Will Increase Production.

Are you beginning to feed your hens any green stuff yet this winter? Have you noticed any decline in egg production so far? If they are without green feed and the egg supply is going down it is probable that a few feeds of cabbage or turnips will help increase production.

Of course, there is really very little nourishment in either the cabbage or the turnips, but a hen needs a sort of an appetizer from time to time. I have found it better to stimulate egg laying by feeding some of the commoner vegetables than to pour red or cayenne pepper into the hens.

The point is that hens will eat more when fed green vegetables at regular intervals. The more they eat the better the chances for heavy egg production, says a writer in an exchange. Cabbage, turnips, potatoes and onions help the bird's digestion.

It does not matter much what vegetable we use in midwinter. As a rule I save all the small potatoes from the bins, beginning when the potatoes are dug, storing the small, warty and undersized ones separately for use in chicken feeding. They must be boiled to be of any value, as a raw potato is one of the most indigestible things ever taken into the alimentary tract of bird or beast.

FEEDING THE YOUNG CHICKS

Little Fellows Are Not Fed Anything Until They Are Two Days Old at Minnesota Station.

(By C. E. BROWN, Minnesota Experiment Station.)

We do not feed little chicks before they are two days old, but from the beginning give them water. During this period the hen is given her food out of reach of the little ones. The first feeds are given sparingly every two hours, and are usually wet masses.

After the third day we feed some of the cracked grains, a little at a time, till, at the end of the fifth or sixth day we are giving only two feeds a day of the mash and three feeds of the cracked grain. Occasionally we give a little whole wheat, and by the end of eight weeks we are feeding most of the grains whole. If the chicks are un-



Haven't Scratched Yet.

able to get worms or insects in sufficient quantities, they must be supplied with a substitute, such as milk or beer scraps. Green feed is given in the form of finely chopped lettuce, a piece of potato or turnip or mangel when they are not able to run outside on the grass.

QUESTION OF SHELL COLOR

New York City Is Ready to Pay Premium for White Eggs—Flavor Is Controlled by Feeding.

There is a prejudice in the market regarding the color of the egg shell. It is a prejudice of long standing, and will, without doubt, remain with the buying public. The average American market prefers a brown color, while New York city is ready to pay a premium for white-shelled eggs. The brown egg buyers in particular claim that the eggs are of a richer flavor. All this is imaginary, when we come to understand that it is food and not color of shell that flavors the egg. Is it reasonable to suppose the brown egg of the Brahma fed on onions could be as sweet as the white egg of the Leghorn fed on clover?

Best Ration for Fattening

There is no ration better for fattening poultry for market than sweet potatoes and cornmeal. Cook the potatoes and just before removing from the fire add cornmeal. Feed when cold. About a pound of cornmeal to a half peck of sweet potatoes makes a good ration.

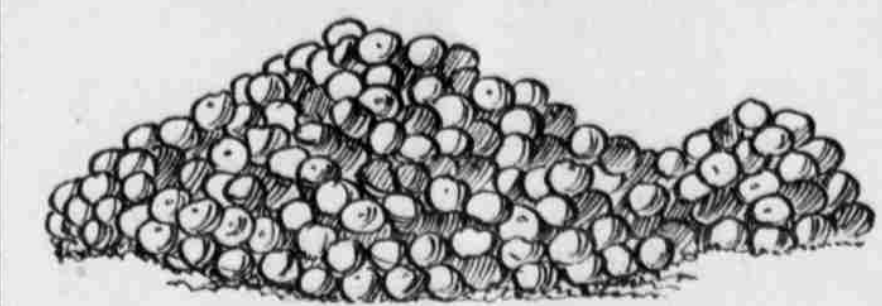
Space for Each Hen.

Allow every hen four to six feet of floor space; better six. Ten inches each of roosting space is not too much. The roosts should be placed at least eighteen inches apart.

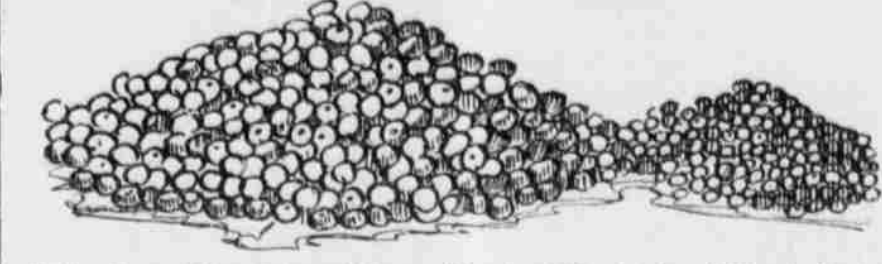
SPRAYING AND DUSTING OF APPLE TREES



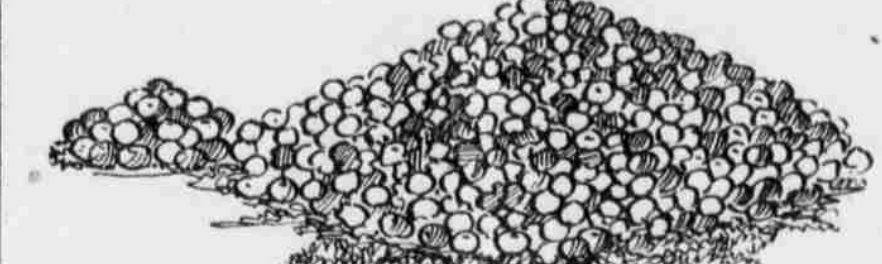
Entire Crop of Six Trees Dusted Thirteen Times With Commercial Dust—Sound Apples, 101 in Basket; Bitter Rot, 3,374 in Pile.



Entire Crop of Seven Trees Sprayed Six Times—Sound Apples, 1,032 at Left; Scabby, 93 at Right.



Entire Crop of Ten Sprayed Trees—Merchantable Apples, 4,357 at Left; Culls and Windfalls, 1,221, at Right.



Entire Crop of Thirty Trees Dusted With Commercial Dust—Merchantable Apples, 137 at Left; Culls and Windfalls, 7,463 at Right.

(By F. W. FAUBOT.)

There is perhaps no phase of orcharding that is being perfected and modernized as rapidly as is the process of spraying. The change which naturally comes from climatic variations, together with the age and growth of the orchard industry, and results in appearance of new troubles and the increased severity of old ones, has made the question of spraying a vital one to apple growers. Consequent to these conditions together with the increasing demand for fruit of fine appearance, comes the necessity and the imperative demand for safe and effective treatments. Conditions vary in different localities and even in different orchards in the same locality, consequently it is difficult to outline a treatment that is applicable to all sections and all conditions. There are effective remedies and preventives for the more important insects and diseases that directly attack orchard fruits but their efficiency depends largely upon the intelligence with which they are applied. The success with which spraying operations are carried on depends more upon the good judgment exercised by the grower in doing the work than upon the remedies used; that is to say, work that is poorly done or done too late, will not accomplish the intended purpose.

In the eastern states, spraying of the apple has been more or less extensively carried on for years. There the development of the process has been governed almost entirely by requirements necessary to control fungous diseases. This has resulted in the adoption and use of apparatus that will produce fine mistlike sprays which may be evenly distributed over the surface of the fruit and foliage, thus affording the most complete protection by the most economical use of mixtures possible.

In certain western states, however, where orcharding as an industry is newer, where through the practice of intensified methods it has been developed to a higher state of perfection than in other sections of the country and where spraying operations have been directed chiefly against codling moth, the tendency in recent years has been to adopt appliances that produce a coarse spray which may be forced under high pressure into the calyx cavities of the young fruits with a view to protect for the entire season that portion of the fruits against the invasion of worms.

In the middle West, where spraying is done at all, the tendency has been to follow the lead of the East. It seems, however, that in this section of the country, where it is frequently necessary to protect fruit against both fungous diseases and insects, the logical and most practical mode of procedure to be followed is to adopt a modification or a combination of the methods in vogue in the East and in the West by using the western method for the first spraying for the codling moth, reducing the fungicide, where necessary to use it, to one-half or even to one-fourth the customary strength because of the greater amount of liquid required for a drenching spraying and adhering to the established method for all other sprayings.

Bordeaux mixture has for years been the standard fungicide for all general purposes. Its efficiency has kept it in favor in spite of the injury it sometimes causes. The question of

ATTEND TO LITTLE DETAILS OF FARM

Care and Attention Now and Then Is All That Is Needed to Avoid Worries.

The little things on the farm have much to do with the comfort and contentment of the manager and his family. The neglect of the little things torments the manager and greatly interferes with his peace of mind, says Farm and Ranch. A leaky roof, a broken gate, harness out of repair or a bad fence may cause considerable trouble and expense. A little care and attention is all that is necessary to avoid this trouble.

All difficulties and worries cannot be anticipated in the numerous duties that fall upon the manager but many of them can be kept up with repairs and anticipate many of the worries and thus prevent them.

In no other business is good judgment and clear thinking more essential than in farming. The manager above all men needs to think logically and plan wisely and everything that would interfere with his peace of mind should be eliminated if possible.

It is a good plan to inspect the fences, the buildings, the roads, etc., occasionally, and see that these are kept in repair. The little things should be carefully done and the larger matters will take care of themselves.

Nests for Hens.

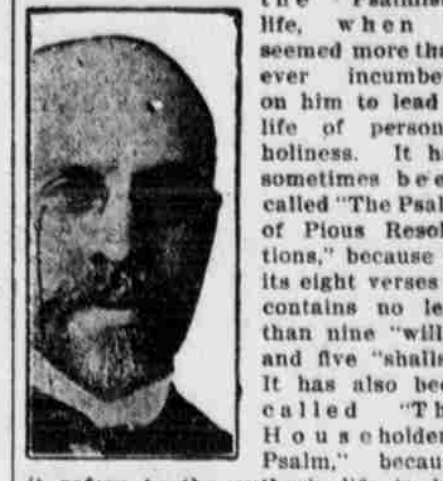
There should be one nest for every four or five hens. If a hen has to wait very long for a chance to lay she is apt to wander off and look up a nest of her own. It costs less to make a few good nests than it does to lose eggs—and maybe hens, too, from weasels or other "varmint."

Family Religion

By REV. JAMES M. GRAY, D. D.
Dean of Moody Bible Institute
Chicago

TEXT—I will walk within my house with a perfect heart.—Ps. 101:2.

1. This Psalm indicates that it was written at some remarkable period in the Psalmist's life, when it seemed more than ever incumbent on him to lead a life of personal holiness. It has sometimes been called "The Psalm of Pious Resolutions," because in its eight verses it contains no less than nine "wills" and five "shalls."



It has also been called "The Householder's Psalm," because it refers to the author's life in his home. To be sure the home is a royal court, and yet the principles which should govern there should govern in a humbler sphere.

2. The text suggests the thought of Family Religion, and the opening of the New Year is a good time to make our resolves in regard to it. The importance of the family in the redemption scheme is seen in this—that of the three fundamental agencies to reform and save the world, the family comes before either the church or the state, for without it neither of them could survive. And then, too, the family is the place where our true character is exhibited and our most potent influence is exercised.

3. The text suggests at least two things that will be true of the home wherein each one seeks to walk "with a perfect heart." First, it will have a family altar. Even the heathen have their household gods representing the deities they worship, and surely we who know the true God should have some acknowledgment of him in our homes. But the family altar can only be sustained where the true Christian life is lived behind it. The odor of true piety manifests itself, not only in words, but in looks and tones and in the general atmosphere pervading everything and predominating over it.

4. We should note particularly that family religion is a personal matter. The Psalmist says: "I will walk within my house with a perfect heart." The husband cannot throw this responsibility upon his wife and relieve himself of it, nor vice versa. It is the obligation of parents no less than children, and of children no less than parents. But it is very clear that if the resolution is to be carried out on the part of any or all, the strength to do it must be looked for only from the Lord. We must do what David did even before he gave utterance to his vow, when he exclaimed, "Oh, when wilt thou come unto me?" It is only as God comes unto us, as he fills us with his Holy Spirit through our faith in Christ, that we can be so instructed and sanctified and quickened as to discharge this solemn duty. Let us then seek him in a new sense and with renewed consecration at the beginning of this year, that dwelling in us individually in power, he may dwell in our households.

O happy house! where thou art loved the best.
Dear friend and Savior of our race,
Where never comes such welcome, honored guest.

Where none can ever fill thy place;
Where every heart goes forth to meet thee.

Where every ear attends thy word,
Where every lip with blessing greets thee,
Where all are waiting on their Lord.

O happy house! where man and wife in heart,
In faith, and hope are one,
That neither life nor death can ever part
The holy union here begun;
Where both are sharing one salvation,
And live before thee, Lord, always,
In gladness or in tribulation,
In happy or in evil days.

5. It has been assumed throughout that Christians were being addressed in this discourse, and by Christians is meant those who have received Jesus Christ as their Savior by a definite act of faith, and by his grace are seeking to follow him as their Lord. Only such as these have a desire to "walk within their house with a perfect heart," and only such as these know the source of power to accomplish it. If at the beginning of this new year therefore, you are not yet a Christian in that sense, let me affectionately plead with you to become such. The things that are happening in the world today must convince us that no abiding hope or help can come from man, and as we look forward to the future serious questions must arise within us. What about that future? Whither am I going? How may I be right with God? O husbands and fathers: O wives and mothers: O parents and children, let me plead with you to accept Christ that you may possess the peace and joy of known salvation. In this way first of all, must God come to you in order to have awakened within you a desire for a perfect heart, and after that there is a continual coming of his grace to you which strengthens you in that desire and helps you to see it realized.

WHEN KIDNEYS ACT BAD TAKE GLASS OF SALTS

Eat Less Meat If Kidneys Hurt or You Have Backache or Bladder Misery—Meat Forms Uric Acid.

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 clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder 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, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast in a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

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

A College Education.
"Is your boy learning much at college?"
"No, but I am."—Indianapolis Star.

A RICH MAN'S ROMANCE.

Would you believe it, the ordinary Potato has made Henry Schroeder, a poor emigrant boy, the Rich Potato King of the Red River Valley and wound around him a romance which every ambitious farmer boy will want to read in Salzer's Seed Catalog.

Among Mr. Schroeder's strong statements are: "In years of Potato plenty, plant plenty Potatoes!" Or, in other words, when Potatoes are plenty and cheap in Fall and Winter, plant plenty Potatoes the following Spring, and look for 70, 80, 90c Potatoes in Summer and Fall. Good common sense advises that. Worth following every time!



Ten bushels enough seed to plant an acre of Schroeder's Famous Ohio—that great Potato—good in early Summer, good in Winter, good in Fall, good all the year around—the 10 bushels blood blue seed stock cost but \$15.00. Order now of us. Headquarters for Alfalfa.

For 10c in Postage
We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass; Teosinte, the Silo Filler, etc.

Or Send 12c
And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 704, La Crosse, Wis., twenty cents and receive both above collections and their big catalog.

A Tip.
"How can I keep my hair from falling out?"
"Don't do anything that annoys it."

TAKES OFF DANDRUFF HAIR STOPS FALLING

Girls! Try This! Makes Hair Thick, Glossy, Fluffy, Beautiful—No More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance.

Get a 25 cent bottle of Knowlton's Danderine from any store, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine. Adv.

He is a poor sign painter who is unable to make a name for himself.

The best way to get out of a tight place is to sober up.