

### An Attack of Influenza Often Leaves Kidneys in Weakened Condition

Doctors in all parts of the country have been kept busy with the epidemic of influenza which has visited so many homes. The symptoms of this disease are very distressing and leave the system in a run down condition. Almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular medium and large size bottles, for sale at all druggists. Be sure to mention this paper.—Adv.

**In the Pantry.**  
Mother—Is Johnny at the jam again?  
Father—Yes, a case of shelf deterioration.

**GREEN'S AUGUST FLOWER**  
Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

An individual drinking cup is made of aluminum and oiled silk and folds up like a purse.

**A Lady of Distinction.**  
Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

The more money a man has the harder it is for him to convince the world that he is a fool.

**MAULE'S SEEDS**  
ONCE GROWN ALWAYS GROWN

Start Your Garden Right  
Send for Maule's Seed Book, 176 pages of most helpful garden information. Beat the high cost of living with a Maule garden. Maule's Seeds started thousands of new gardens last year—big crops were produced.

**MAULE SEED BOOK**  
176 Pages of Practical Information **FREE**  
Learn what, when, and how to plant and prepare your ground for best results. Paper scarcity has limited our 1919 issue. Send for your copy today.

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Maule's Seeds Mean Productive Gardens  
FOR MARKET GARDEN AND HOME GARDEN

**TILTING TABLE FRAME COMPLETE WITH SAW**

24	\$23.90
26	24.90
28	25.90
30	26.90

**SAWS**

24 inch	\$5.40
26 "	6.40
28 "	7.40
30 "	8.40

**MANDRELS \$4.00 AND UP**

**POND ICE SAWS \$4.00 AND UP**

**AMERICAN SAW & TOOL WORKS**  
14th ST. & WESTERN AVE., CHICAGO

**DON'T KILL YOUR CATTLE BY DRENCHING**  
Salts and oil are DANGEROUS. Few cattle die of constipation; many of PARALYSIS of the bowels. Give

**LAXOTONIC**  
dry on the tongue. Positively prevents and overcomes both. Excellent for loss of appetite.

**AT OUR DEALERS**  
or Postpaid 50 Cents.  
Send for price list of medicines. Consult DR. DAVID ROBERTS about all animal ailments. Information free. Get a FREE copy of "The Cattle Specialist" with full information on abortion in cows. DR. DAVID ROBERTS VET. CO., 100 Grand Ave., Waukegan, Wis.

**PISO'S**  
For Coughs and Colds  
Take a tried and tested remedy—one that acts promptly and effectively and contains no opiates. You get that remedy by asking for

### KEEP DUG WELLS FREE FROM DIRT

Dust and Other Foreign Matter Likely to Gain Entrance From the Top.

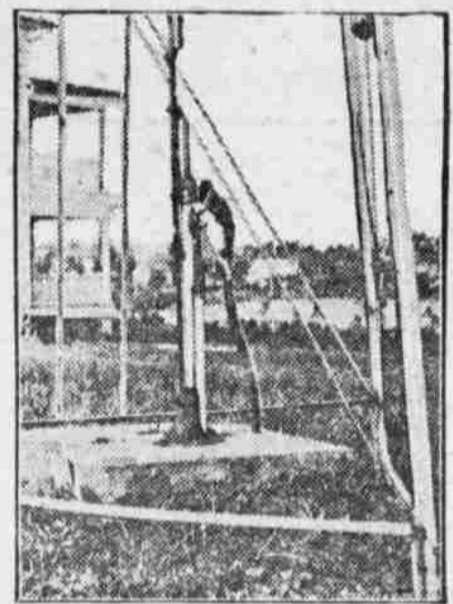
**WATER MADE UNWHOLESOME**  
Thorough Examination Should Be Made of Curb for Defects—Determine if Carbonic Acid Gas Has Accumulated at Bottom.

(Prepared by the United States Department of Agriculture.)  
If properly located, built and protected, dug wells are more likely to be permanently satisfactory than any other kind, but to insure the safety of the water supply they require cleaning occasionally. Even in protected wells dust and other foreign matter, which may pollute the water, are likely to gain entrance at the top, and the washing in of clay and silt with the ground water may make the supply unwholesome.

**First Step in Cleaning.**  
The first step in cleaning a well should be inspection of the curb, which, if weak or defective, may make entrance dangerous. This examination may be made more thoroughly, and even the bottom of the well may be observed by the aid of a beam of sunlight reflected into the well by a looking-glass. Next lower a lighted candle to determine if carbonic acid gas has accumulated in the bottom of the well. Complete or partial failure of the candle to burn indicates that it is dangerous to enter the well. If found safe to enter a ladder should be lowered and the curb from top down scrubbed with wire or other stiff brushes and rinsed thoroughly. The well then should be pumped as low as possible, and any mud, moss or other debris should be scraped up into pails and removed.

**Pump Out After Cleaning.**  
After thorough cleaning the well should be allowed to fill and then be pumped out rapidly. This operation may be repeated to advantage two or three times, and often the whole work results in a freer, larger-yielding well. Many wells can be drained by hand pumping, but in other cases a power pump is necessary.

Unless there are special reasons for so doing there is little use in attempt-



**Tightly Fastened Pump and Curb.**  
ing to disinfect wells with chemicals. The volume of water receiving the chemical solution cannot be known definitely, and the results are neither certain nor permanent.

**HOW TO REMEDY CLAY SOILS**  
Beneficial Results Secured by Making It Loose—Apply Ashes and Dung Liberally.

Physically clay is a mass of very fine, minute grains, stuck together as a cemented substance, and is comparably like putty in texture. Water is impermeable to it.

As a soil clay is very unsuitable, for the land gets in a waterlogged condition and very cold; but as a constituent it is very valuable, as it retains the moisture and holds plants firm. Clay contains a small amount of food substance, and can be absorbed in very small quantities. It also retains the properties of decaying manures.

To remedy heavy clay soils by making it loose and friable, ashes and long dung liberally applied would have very beneficial results.

**STARCH FROM BAD POTATOES**  
Value Not Destroyed by Common Decay-Producing Fungi—Plan to Salvage Spoiled Tubers.

(Prepared by the United States Department of Agriculture.)  
Starch in potatoes is not destroyed by the common decay-producing fungi or by freezing. It has been found in recent studies conducted by the United States department of agriculture in laboratory tests that it is possible to recover most of the starch from frozen and rotten potatoes, which leads specialists of the department to suggest that an attempt should be made to salvage the great quantities of spoiled stock now rejected and dumped on the terminal markets.

### HOW TICK RELEASES FOLLOW DIPPING VAT

Greatest Record Made Since Campaign Was inaugurated.

Number of Cattle Treated Was 39,263,867, Exceeding That of Any Previous Year—No Hope Where There Are No Dippings.

(Prepared by the United States Department of Agriculture.)  
The amount of territory released this year in nine southern states from the federal quarantine against the cattle fever tick was 79,217 square miles, the greatest on record since the state and federal governments began to fight the cattle parasite in 1906.

Another record, too, was broken this year. The number of cattle dippings in all tick-infested territory in the first



Animal Badly Infested With Ticks.

ten months of 1918 was 39,263,867—exceeding the number in any previous year and by more than 10,000,000 the number of the entire year of 1917.

Officials of the bureau of animal industry, United States department of agriculture, emphasize the direct relation between these figures. Where there are many cattle dippings release of territory from quarantine is much more probable than where there are a few. Where there are no dippings there is little or no hope. Releases follow the dipping vat.

### FIGHT CONTAGIOUS DISEASES

Prevent Introduction and Keep the Live Stock Quarters in Sanitary Condition.

(Prepared by the United States Department of Agriculture.)

In dealing with contagious diseases of cattle, the basic principle of prevention is to keep carriers of infection away from the herd. Next in importance is maintaining the surroundings in a sanitary condition. Following this the animal's natural resistance to disease should be increased by natural and occasionally by artificial means. Ordinarily disease stalks about the country only in the bodies of diseased animals or attached to some intermediate object; these may include healthy or recovered animals, contaminated feed and water, infected cars and pastures, or the shoes or clothing of some inquisitive person who insisted on seeing the diseased stock. Avoiding such diseased animals and keeping healthy ones away from carriers of infection are the important methods of preventing disease.

The lack of immediate action upon the part of the farmer when he discovers animals that show symptoms of disease or sickness often is responsible for the loss not only of his own stock but for that of his neighbors. At this time when every step should be taken promptly to avoid losses and to conserve production it is all the more important that the farmer with sick cattle should get in touch at once with the local veterinarian or county agricultural agent.

### AGENTS TEACH CO-OPERATION

Farmers and Bankers of South Give Credit to Initiative of These Representatives.

(Prepared by the United States Department of Agriculture.)

Co-operative buying and selling has taken a firm hold on the farmers of the South, and they say that primarily it is due to the leadership of the county agents. Nor are bankers averse to these representatives of the state colleges of agriculture and of the United States department of agriculture. Here is the opinion of a bank president in Orangeburg, S. C.:

"Co-operation and leadership by this department of government has enabled us to establish a packing house where the farmer can market one hog or a car of hogs any day in the year. This agency has established a Farmers' Co-operative Marketing association in this city, where all surplus corn, hay, potatoes, or any other crop can be marketed in any quantity every day in the year. In its work of generally helping the farmer to increase crop production and its co-operation assisting him to market his crops intelligently, I know of no single agency that has accomplished so much."

### BE PARTICULAR WITH HORSES

Plan Outlined for Keeping Animals in Good Condition—Much Work Required.

Clean your horses at night, water them, give them a good bed and water them again after they have eaten their hay. Let them rest an hour or more before they are groomed. This may seem quite a little trouble, but it will keep the animals in good condition.



### ARMY MOTORIST IN FRANCE

Perils and Pitfalls Are Described by Colonel Tyndall in Letter to Carl G. Fisher.

"There will be a couple of million real 'Road-Boosters' back in the United States when the war is over, as I think all of the men over here appreciate how good roads can be made invaluable. In my mind there is no doubt that the good roads of France saved her in two instances."

Col. Robert H. Tyndall of the One Hundred and Fiftieth field artillery thus writes from "over there" to Chairman Carl G. Fisher of the A. A. A. touring board. It will be remembered that these two were closely associated several years ago in the transcontinental tour from Indianapolis to San Francisco, at which time much of the route of the Lincoln highway was decided upon. Colonel Tyndall is an inveterate road driver and has covered thousands of miles of good, bad, and indifferent American highways. In his letter "home," he goes on to say:

"I have seen movements of troops made in the dark which would have been impossible in any other country



Troops Being Transported in France.

than France. Here the roadmakers have scientifically planted trees that absorb drainage on the side and at the same time shelter the highways so as to keep them just moist enough. In some instances you will find a tall poplar standing higher than the rest of the trees bordering the road, at every kilometer, so that you can readily measure distances with the eye.

"One of the great things they do here is to repair a road and even make an entirely new surface without interfering with the stream of traffic. In one campaign we were in, over a thousand trucks passed my regiment, each carrying 22 soldiers. This was for re-enforcement on the flank and was done without the slightest confusion. One does not find here the little holes that cause so much trouble remaining in a road. The potted places are immediately filled and drained, right up to the front line almost.

"As far as being able to orient one's self, I think from now on I can drive blindfolded any place in the United States, as most of my driving on the front has been at night, and the road wind around considerably over here. I don't have lights and neither do the trucks and other vehicles coming in opposite directions. We are not allowed to use the horn, as this is the method employed for a gas alarm. Sometimes I really wonder how we get through with it all, but it shows how a person can become accustomed to most any thing, and we train ourselves to see in the dark."

### GOOD ROADS IN NEW JERSEY

State Has Standardized Upon Concrete Construction—Will Build Nothing Else in Future.

W. D. Thompson, acting highway engineer of New Jersey, says the macadam-surfaced Lincoln highway in New Jersey has been seen to rapidly disintegrate and fall away under the terrific strain imposed upon the road by the heavy motortrucks now traveling it day and night.

New Jersey has standardized upon concrete construction and hereafter will build nothing else on its main routes of travel. Future building will be of concrete of a minimum width of 18 feet with a foot penetration shoulder on each side and laid upon nothing less than a 30-foot right of way.

Two miles of such construction are now being completed upon the Lincoln highway in New Jersey, near Iselin, the cost of which will be \$146,000, indicating in no small measure the ideas of the New Jersey commissioners that a heavy initial expense is, in fact, economy in the long run.

### Ventilation for Pigs.

See that the pigs get ventilation, and in the ordinary gable roof house openings should be made in the peak and under the eaves.

### Hogs Most Preferred.

The food administration seems to prefer hogs weighing around 210 for shipping abroad. Hogs of about that size will probably command a premium.

### Poultry Essential.

Fresh air is one of the prime essentials in poultry houses.

### TOO WEAK TO FIGHT

The "Come-back" man was really never down-and-out. His weakened condition because of overwork, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and the refreshing sleep essential to strength. GOLD MEDAL Haarlem Oil Capsules, the National Remedy of Holland, will do the work. They are wonderful. Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befall the over-zealous American. The best known, most reliable remedy for these troubles is GOLD MEDAL Haarlem Oil Capsules. This remedy has stood the test for more than 200 years since its discovery in the ancient laboratories in Holland. It acts directly and gives relief at once. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. Accept no substitutes. Look for the name GOLD MEDAL on every box, three sizes. They are the pure, original, imported Haarlem Oil Capsules.—Adv.

Water always finds its level and greatness usually manages to climb where it belongs.

### Look out for Spanish Influenza.

At the first sign of a cold take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

Rather Mixed.  
"There is a movement on foot to toe the mark." "Might as well. What's the use of kicking."

For Constipation, Biliousness, Liver and Kidney troubles, take Garfield Tea. Adv.

Universal brotherhood of man halts because so many people are in doubt whether they want it.



### Do You Want to Know Both Sides?

Swift & Company's 1919 Year Book, just out, tells you

What Swift & Company's profits were in 1918,  
The truth about the Federal Trade Commission's investigation,  
Why the prices of butter and eggs are so high,  
And many other vital facts.

Whether or not you agree with us after reading this Year Book, you will at least know both sides.

You will find it interesting; Americans like to hear about big things done in a big way.

You will also discover that we are merely human beings like yourself, doing in the best possible way a necessary service.

Legislation is pending in Washington; as a good American citizen you want to know both sides of this question. It concerns you, as well as one of the most important industries in the country.

Do not hesitate to send for a copy of this booklet. Your name and address are all we need.

Address Swift & Company  
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**Advo Gold Medal Coffee**  
The Supreme Quality