

BUILDING UP OUR WOMANHOOD

Given Up to Die by Her Friends, a Young Lady Recovers Her Health and Increases Weight—45 Pounds.

A Powerful Nation Needs Strong Healthy Women.

A nation is no stronger than its women. Hence, it is the duty of every woman whether young, middle age, or in advanced life to preserve her health. If you are sick and suffering do not wait until tomorrow but seek relief at once—today. Tomorrow your illness may take a chronic turn.

There is a remedy for almost every ill. Thousands have found Peruna to be that remedy as did Miss Clara Lohr of 21 N. Gold St., Grand Rapids, Michigan. She writes a friend: "I don't need Peruna any more. I am all well after taking six bottles. I weighed ninety pounds before I started and was poor and weak. I had such a cough and spitting all the time that I never expected to recover. My friends gave me up. I could eat nothing. Now I can eat and weigh 135 pounds. I most thankfully recommend Peruna to my friends."

Miss Lohr's letter is an inspiration, a message of hope to suffering women. It tells you that you too may be strong and well and vigorous.

Peruna may be had in either liquid or tablet form. Ask your dealer. If you value health, do not accept a substitute. Dr. Hartman's World Famous Peruna Tonic is what you want. The Peruna Company, Dept. 79, Columbus, Ohio, also publish Dr. Hartman's Health Book. The book is free. Write for it. Your dealer will give you a Peruna Almanac.

American Half-Cent Pieces.

Joseph Powell, the curiosity shop keeper at the zoo, has added a collection of United States half-cent coins to his already large coin exhibit. They date from 1800 to 1856. The government stopped coining half cents a good many years ago, but they are still real money and will be accepted at their face value. Of course, the fact that half cents are now worth 25 cents to 75 cents each, because of their scarcity, is another matter.—Cincinnati Star-Times.

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

Cheerfulness is like money well expended in charity; the more we dispense of it the greater our possessions.—Victor Hugo.

Ten days' intimate acquaintance with poverty will satisfy any man for the rest of his natural days.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft, curved lines of health and beauty, there are evidently thousands of men and women who keep feeling their excessive thinness. Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear. Dull eyes ought to brighten, and pale cheeks glow with the bloom of perfect health. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

Kodak Finishing

Expert work. Prompt return. Special mail order department. We pay return postage. Write for price list. The Robert Demster Co., Box 1132, Omaha, Neb.

Cuticura
For Baby's Itchy Skin
All druggists. 50c. 10c. Sample each free of "Cuticura," Dept. 5, Boston.

DRAINAGE HELPS YIELD OF CROPS

How to Plan and Install a Profit-Paying System on a Valuable Fertile Farm.

TILE DRAINS ARE FAVORED

Where Money is Not Available to Drain All of Land, Start Where Profits Would Be Greatest—No Rule for Size of Tile.

(Prepared by the United States Department of Agriculture.)

A good drainage system on a fertile farm that is not naturally well drained is a permanent improvement which continues to pay dividends in the form of increased crop production. (City gardens and lawns frequently need drainage, and if properly tiled, would be greatly improved.) Tile drains usually give more thorough drainage than open ditches. They occupy no land surface and do not interfere with farming operations. If properly constructed they require almost no expenditure for maintenance.

Economic Arrangement.

The most economic arrangement of the drainage system is one that permits the use of long laterals and requires the shortest total length of main drains. No hard and fast rule can be given for determining the size of the tile to be used. Drains should be large enough to remove the surplus water before the crops are injured. It is better to use sizes too large than too small, and no tile less than four inches in diameter should be used. On common dark silt loams where the average rainfall is approximately 36 inches, eight-inch tile having a fall of two inches to 100 feet will provide outlet drainage for 10 acres; seven-inch tile for 30 acres, six-inch tile for 19 acres and four-inch tile for six acres.

The proper depth for drain tiles depends upon the soil and varies from two to four feet. In heavy silt loams the depth should be from two to three feet. In this case the laterals should be placed from 30 to 40 feet apart. In open soils that give up water readily, and where the drains are three to four feet deep, the laterals may be from 50 to 150 feet apart. In the more porous soils the space may be even greater.

Secure Proper Fall.

The drainage should have a fall of not less than one inch to 100 feet if possible and greater fall than this is very desirable. Where little fall is obtained, particular care must be taken to secure a proper grade. The drainage ditch should be started at the outlet and its course should follow a line



Using a Level to Lay Off a Drainage System.

which has previously been laid out. Keep the ditch clean cut and as straight as possible. If the direction is changed it should be done by easy curves. Sharp turns must be avoided.

Laying the tile, like digging the ditch, should begin at the outlet. Under ordinary conditions tile should be laid and blinded or primed every day after the ditch is made. Any delay in laying may cause injury to the ditch by rain or by particles falling into it. If the banks are likely to cave, the tile should be laid as fast as the ditch is completed. The smaller sizes are laid from the bank with a hook. Large sizes must be laid by hand from the bottom of the ditch. All misshapen and badly cracked tile should be discarded. If a tile does not join closely with the preceding one, it should be turned over until it fits at the top. Cover all large cracks with pieces of tile or with cement.

After the tile are laid and inspected they should be covered with a little dirt from the sides, which process is called priming, and left to settle. The purpose is to hold the tile in position and prevent breakage when the remainder of the ditch is filled. After the tile are primed they may remain without injury for several days or until all of the ditches are ready for filling. If the soil is close and it is desirable to aid the water in reaching the tile quickly, the ditch can be partially filled with straw or brush or with stones and pieces of brick if they are available. Under ordinary conditions the ditch is most easily filled with a turn-plow equipped with an even 12 or 14 inches long. Another method is to place the team on one side of the ditch and pull the dirt in with a scraper from the other side.

BIG CORN CONTEST IS NOW ORGANIZED

Sixty-Five Counties in Indiana Have Been Enrolled.

Demonstration to Show Each Community How Proper Methods of Planting, Cultivation, Etc., Increase Yield of Crop.

(Prepared by the United States Department of Agriculture.)

Sixty-five Indiana counties have organized for the five-acre corn-growing contest, the biggest event of the kind held by any state, and indications are for the largest enrollment ever obtained. A state-wide campaign has been completed by practical corn-growers, and they report interest this year keener than ever. This contest is conducted each year by the Indiana Corn Growers' association, working in cooperation with Purdue university and the county agents.

The contest this year is arranged also as a demonstration to show each community how proper methods of planting, cultivation, fertilizing and other factors increase the yield. The only requirements for entrance to the contest are that the contestant join the



Well-Cultivated Corn Field, Free of Weeds—Food, Not Waste, Produced on This Land.

corn-growers' association and agree to keep a record of the cost of production of the crop on one of his fields from which the five-acre plot is later selected.

The association will give a bronze medal to each person producing 75 to 85 bushels of corn to the acre, silver medals to those producing 85 to 100 bushels, and gold medals to those growing 100 bushels or more. Each county also offers a minimum prize of \$25 or its equivalent in prizes to be divided in the county, 70 per cent being given on the basis of yield and 30 per cent on the basis of cost of production.

ADHERE TO FEED STANDARDS

Necessary That Feeder Exercise Good Judgment and Intelligent Observation.

(Prepared by the United States Department of Agriculture.)

Good judgment and intelligent observation on the part of the feeder are necessary in the application of feeding standards, as the calculation of economical rations is not merely a matter of applied mathematics. The local conditions as regards the feeding stuffs which can be grown and purchased economically, and the value of the products, will have much to do in determining how closely the feeder can afford to adhere to the standard. But such standards or formulas, used in connection with the feeder's observation of his animals and the markets, are very useful, and have served a good purpose in improving the practice of feeding. It is in their abuse that chief danger lies.

BEST SELECTION OF PULLETS

Buyers Should Choose Fowls of Same Breed and Variety as Shown by Size and Color.

(Prepared by the United States Department of Agriculture.)

As far as possible the buyer should select pullets of the same breed and variety as shown by the size, color of plumage, and form of comb. It is not advisable, however, for one who keeps only a small flock to supply eggs for the family table to select for uniformity in comb or color if to do so leads to marked inequality in size.

FEED YOUNG PIGS PROPERLY

Trough Should Be Constructed So That Each Little Porker Gets His Full Share.

(Prepared by the United States Department of Agriculture.)

Young pigs should be given their feed in such a manner that each individual pig gets his share. The simplest way to accomplish this is to allow the pigs to eat from a properly constructed feed trough, one that will keep the pigs out of the feed and will lessen the possibility of crowding.

DAIRY



PRICES OF DAIRY PRODUCTS

Do Not Fully Respond Immediately to Advance in Cost of Feed—Lag Was Felt in 1917.

(Prepared by the United States Department of Agriculture.)

Higher prices of the crops eaten by live stock should find their way into higher prices for live stock products. Eventually they may, but there is what the bureau of crop estimates of the United States department of agriculture calls a "lag." Product prices do not fully respond at once to advance in feed prices. Such was the situation of farmers with regard to the prices of dairy products and other animal products from 1915 to 1918, and the lag was heavily felt by farmers in 1917.

From 1915 to 1916 crop prices increased 47 per cent, and from 1915 to 1918 about 120 per cent. During the same time the total value of animal products on the farm did not correspondingly gain, although a tendency to overtake the lag appeared in 1918.

In the meantime live stock has increased in number and price, and enormously in total value, although not enough to hold its place in the procession, and it is interesting to compare the total value of live stock products with the total value of live stock itself year by year during the war. In each of the three years, 1913-1915, the aggregate value of live stock products was 65 per cent of the aggregate value of live stock. The ratio went up to 88 per cent in 1916, made a great advance to 78 per cent in 1917, and 84 per cent in 1918. Live stock value, compounded of increasing number and increasing price, lagged behind the advancing value of live stock products.

That there should have been a lag in the advance of live stock value, compared with the advance in the value of live stock products, is in ac-



Good Pasture Is the Cow's Best Feed.

cordance with experience, but these products themselves lagged in price behind the price of the crops eaten in their production. Consequently some unprofitable production of animal products may have accompanied the lag of live stock value behind value of products.

TO AVOID MOTTLED BUTTER

Defect Is One of Workmanship and Can Be Prevented by Application of Proper Methods.

(Prepared by the United States Department of Agriculture.)

Mottled butter is frequently found on the market at this time of the year, and, even though it may be of very good flavor, it is strongly discriminated against by the purchaser. As this defect is one of workmanship, it can be overcome by the application of proper methods on the part of the buttermaker.

Mottles are caused primarily by an uneven distribution of salt in the butter. This may be produced by insufficient working of the butter or by churning, washing, and working it at a very low temperature, or by washing or working it at a temperature several degrees higher or lower than the churning temperature.

When the quantity of butter made in one churning is much less than usual, it is necessary to work it a greater number of revolutions of the churn than usual in order to produce the same results on the butter.

Extremely low temperatures of churning, washing, and working should be avoided, because they produce so firm a butter that it is only with great difficulty that the salt can be worked uniformly into it. High temperatures of churning, washing, and working must also be avoided to prevent an abnormal loss of fat in the buttermilk and also the making of a greasy, leaky butter.

Great variations in temperature during the manufacturing process should always be avoided. Under normal conditions the temperature of the wash water should be the same as, or within 2 degrees of, that of the buttermilk.

WRIGLEYS



KEPT secret and special and personal for you is

WRIGLEYS

In its air-tight sealed package.

A goody that is worthy of your lasting regard because of its lasting quality.

Three flavors to suit all tastes.

Be SURE to get

WRIGLEYS

Sealed Tight Kept Right

The Flavor Lasts



OLD NAMES RETURN TO FAVOR HAD ONE BOLSHIEVIT TRAIT

Nomenclature in England Shows Effect of War's End on Minds of Parents.

Parents are giving their "Peace Year" babies much prettier names than those who were born during the war period.

Investigation of the registers at Somerset house shows some of the most popular names for boys and girls now are Ronald, Edward, George, Gordon, Joan, Kathleen, Irene, Marguerite.

Lillian is another popular name for girls today, and among Welsh people "Megan" is a great favorite.

Names of flowers are more in vogue now, and politics and royalty are not without their influence upon the registers' books. Oddly enough the early Victorian names are cropping up again—Susannah and Letitia are occurring more frequently than they have for many years, but except in remote rural districts Biblical names have not held sway for some decades.—London Chronicle.

Would Spell Disaster.

Secretary Franklin K. Lane was urging more harmony between capital and labor and more co-operation between the various forms of labor. "Every industry is interlocked with every other," he declared, "and for real and lasting prosperity there must be perfect understanding and sympathy. We are all in the same fix as the farmer. A friend had just congratulated him on the handsome new car he had purchased and remarked:

"Do you think the motor will entirely supersede the horse before long?"

"I hope not," said the farmer. "There must be some market for hay. You see, I depend on what I make on my hay to buy gasoline for the auto."

The perfume of the violet has been found to be particularly injurious to the voice.

But the rank outsider in a race often has the inside track.

Police Captain Was Right in Thinking That Mr. Smith Had Not Acted Naturally.

Police Captain McKinney said in New York:

"The bolsheviks tell us we should not love our own country better than any other country, but should love all countries alike. That seems unnatural to me.

"Yes, not to prefer your own country seems as unnatural as the conduct of Mr. Smith.

"Mr. Smith was informed by William, his office boy, that a lady wished to see him.

"Is she good-looking, William?" Mr. Smith asked.

"Yes, sir, very," said William.

"Then show her in, my boy."

"The lady made her visit, and after she was gone Mr. Smith growled to William disgustedly:

"A fine judge of beauty you are, I must say."

"Well, you see, sir," said William, "I didn't know but what the lady might be your wife."

"So she is my wife," growled Mr. Smith."

Made Her Nervous.

"Do you know of a good dog dealer?" asked Banks, as he met his friend in the street. "My wife wants to sell her toy terrier."

"What? That one you gave her?" exclaimed the other man. "Why, I thought that it was said to be the smallest dog in the world!"

"That's just the trouble. It's so small she keeps mistaking it for a mouse!"—London Answers.

Mutual Admiration.

Mrs. Newsdays—My husband admires everything about me; my voice, my eyes, my form, my hands!

Friend—And what do you admire about him?

Mrs. Newsdays—His good taste.

They can conquer who believe they can.—Mazzini.

A Health-Bringer!

Make your morning cereal dish a strengthener.

Grape-Nuts

is not only most delicious in taste, but is a builder of tissue.

"There's a Reason"