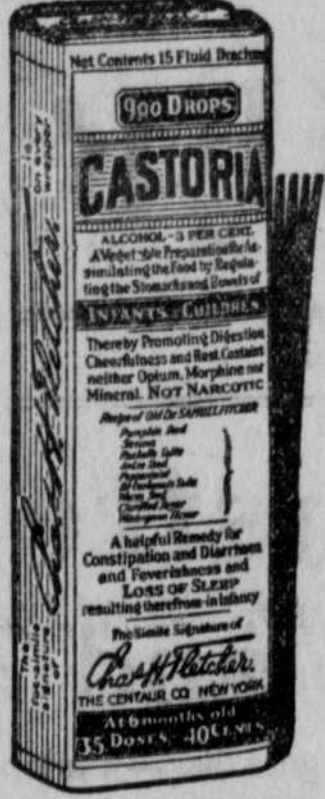


# Restless Children



Children will fret, often for no apparent reason. But there's always one sure way to comfort a restless, fretful child. Castoria! Harmless as the recipe on the wrapper; mild and bland as it tastes. But its gentle action soothes a youngster more surely than some powerful medicine that is meant for the stronger systems of adults.

That's the beauty of this special children's remedy! It may be given the tiniest infant—as often as there is any need. In cases of colic, diarrhea, or similar disturbance, it is invaluable. But it has everyday uses all mothers should understand. A coated tongue calls for a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed to set everything to rights. Genuine Castoria has Chas. H. Fletcher's signature on the wrapper. Doctors prescribe it.

It is easier to know mankind in general than man individually.—La Rochefoucauld.

Automobiles enable farmers to get to town four hours before the circus parade.



## A COLD

As soon as you realize you've taken cold—take some tablets of Bayer Aspirin. Almost before your head can stuff-up, you feel your cold is conquered. Those aches and pains you felt coming on will soon subside. Relief is almost instantaneous! Even if your cold has gained headway, and your temples throb and your very bones ache, these tablets will bring prompt relief. It is better, of course, to take Bayer Aspirin at the very first sneeze or cough—it will head-off the cold and spare you much discomfort. Get the genuine, with proven directions for colds and headaches; neuralgia, neuritis, sore throat, and many important uses.

# BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacture of Monocetacidester of Salicylicacid

Entertainment: "What do you want with four gallons of horse liniment?" "It's for a hunt ball." Possible Scandals: Ella—Atlas supported the earth. Stella—I hope Mrs. Atlas didn't hear about it.

## 5218 Happy People Give up Their Secret

JUST suppose you could get 5000 joyously happy people together in one big hall and could ask them what made them all so full of pep. Suppose, strangely enough, that all of them had discovered the same way to be happy. You would feel that here, if anywhere in the world, was the secret of how to get joy out of life.



They have found the way to Buoyant, Zestful Health, and the Joy that goes with it

This is just what has happened during the last few weeks. We knew there were millions of people who had found the secret of happiness in the same way, and we asked them in one or two small announcements in the magazines and newspapers to tell us their story. Letters came to us from practically all over the globe. All of them said "The secret of happiness is health."

How to get this health? The way that all of these people had discovered was not some magic medicine, not some powerful drug, not some difficult course of training—but only a simple, harmless, natural method. It was to keep the body internally clean, sweeping its natural poisons away each day, regularly as clock work—by the use of Nujol.

These people had made a great discovery. They had found out that Nujol contains no drugs; that it is as tasteless and colorless as pure water; pleasant to take and forms no habit; that it cannot hurt you, no matter how much you take; that it is non-fattening; not absorbed by the body;

that it is only the internal lubrication your body needs, just like any other machine. It sounds like a fairy tale, doesn't it, to be well and happy so easily? Well, all you need to do to find out if these people have made a real discovery is to get a bottle of Nujol today at any drug store and take it for two weeks. It costs but a few cents and it makes you feel like a million dollars. The sure way to happiness is through health.

## Use Cuticura

A household preparation for over half a century.

Those who know the secret of skin health and beauty use Cuticura Soap and Ointment regularly to keep the skin and scalp in good condition.

They also find Cuticura Talcum ideal for every member of the family.

Soap 25c, Ointment 25c, and 50c, Talcum 25c. Proprietors: Potter Drug & Chemical Corporation, Malden, Mass.

## OF INTEREST TO FARMERS

### IMMUNIZE AGAINST LOSSES

While the immunization of hogs against hog cholera has been an established procedure for many years, we still find a large percentage of swine producers who still believe that they can produce hogs successfully without immunizing them. The result is that at frequent intervals these farmers who do not immunize their hogs experience an outbreak of this disease which often results in extremely heavy losses. There has been a considerable amount of hog cholera this past year in many communities where I have been privileged to travel, and it would seem that since history repeats itself so often with reference to this disease, that the swine producer would no longer attempt to produce hogs without immunizing them against this disease. A few years ago we were of the opinion that swine immunization was a hog's world but secured if the pigs were not immunized until weaning age. Many veterinarians preferred to immunize the pigs shortly after they were weaned. Experimental work has demonstrated that pigs can be immunized when only few days old with satisfactory results.

I have frequently immunized pigs, says a leading veterinarian, as young as one week with very satisfactory results, in fact apparently as satisfactory as those pigs that were 8 or 10 weeks of age. But just this fall I immunized one litter of pigs that were only 72 hours old. The results were uniformly successful and these young pigs suffered no ill effects from the immunization. There is no doubt in my mind but that a careful veterinarian can very successfully immunize pigs under field conditions at 2 or 3 weeks of age without experiencing any difficulty. Immunizing pigs at such a young age does not give them any setback, because they are depending entirely upon nursing the dam, and the expense is considerably less than it would be if the pigs are immunized after they have been weaned.

### SOME SANITATION RULES

A recognized authority on poultry raising has laid down ten rules for poultry sanitation, which, if followed, will help to keep flocks healthy and free from disease. The rules are as follows: (1.) All mature birds should be confined to a limited area by the double yarding system, and not allowed to range with the young stock. (2.) Houses for mature birds should be equipped with concrete or board floors. (3.) Houses for mature birds should be equipped with dropping boards and a one-inch wire mesh should be attached to the bottoms of the perches. (4.) Houses for mature birds should be cleaned regularly and the dropping boards should be cleaned twice a week. (5.) All mature birds should have access to the outside during the afternoons of fall and winter. (6.) All mature birds on the farm should be tested for bacillary white diarrhea by the agglutination test. Those which react should be removed immediately and the poultry yards and houses cleaned by thorough cleaning. (7.) Eggs from blood tested stock should not be hatched in the same incubator with eggs from untested stock. (8.) All brooder houses should be thoroughly cleaned before placing chicks in them and should be cleaned once a week thereafter. (9.) All chicks should be grown on ground where no chickens of any age were allowed to run the previous year. A three year rotation is preferable. (10.) The droppings and litter removed from all poultry houses should be placed on ground that will never be used for poultry.

### THE HOG BUSINESS

For 100 years hog production has been an industry of considerable prominence. With the development of the corn-growing section, the hog became the most profitable animal upon the average Cornbelt farm. But still hog improvement has for all this time been upon hit-or-miss basis. We know approximately the type of finished hog the markets want, and, within a wide range, we can recognize profitable and unprofitable feeding hogs. But hog producers are not aware of the fact that carcass values of hogs vary a great deal. They do not know that sometimes two hogs of the same weight are sold at the same price there may be as much as \$1.50 difference in the value of the carcasses. We have had no accurate means of measuring the value of hogs. We have been selecting and breeding hogs on pedigree and external appearances. No one can determine the money value of a hog carcass until it has been cut up, and there is no argument contradictory to the statement that the principal reason we raise hogs is because of the value of the meat they produce. It is equally clear, after a little thought, that we have not been going about the improvement of hogs in this country with an accurate measuring stick. We have used superficial instead of fundamental standards to guide us in hog production. Denmark has demonstrated the great value of accurate guides in getting more profit from hogs. Why not take a few lessons from them?

### GROW BEST FEED CROPS.

It takes time to discover and weed out inferior farm animals and it takes time to tune up a farm for the production of large yields per acre of the best crops for feeding live stock. If one has not already made a beginning in this he will continue to find his business on the short end of his purse strings. In each section of the country some feed crops are better suited to soil and climatic conditions than others. It is good live stock farm management to find out which crops will supply the most nutrients per acre of desirable kind and set about producing them. In this connection it

### EGG YIELDS AND PROFITS

There is perhaps no better single indicator of probable profits from a poultry flock than average yearly egg production. Unless a favorable egg yield is obtained the profits are sure to be rather low, whether the flock in question is a small farm flock or one of commercial size. As an illustration of the close relationship between egg yield and profit, the results obtained on 234 farm flocks in Illinois may be mentioned. The average number of hens per flock on these farms was 167. When the records were sorted on the basis of egg yield it was found that the

is important to bear in mind that legume hay is the most important single feed crop for dairy farmers to produce. Fortunately one or more legumes will do well in almost every section where dairy cows are kept. To be successful in the production of feed crops and then penalize one's success by feeding these crops to scrub stock or in such a manner as to get the greatest good from them is the mark of economic folly. Some dairy farmers keep too many animals for the feed producing capacity of their farms. Among the animals on these overstocked farms are many of such quality as to make profits impossible. In such cases the problem of intelligent adjustment is to reduce the number of animals by weeding out those that have inherited poor talent for converting feeds into products in a profitable manner.

### HEALTHY FOODS.

The discoveries of dietitians in recent years have meant much to the people of this nation. They have pointed out that certain foods, which may be termed "protective," are essential in a well balanced diet. The physical condition of our young men who were examined for army service revealed that while this nation had an adequate supply of food and people were eating liberal quantities, many diets were not well balanced. The outcome was that about 30 per cent of these young men examined were found to be physically unfit. Diet, of course, was not responsible for the entire number, for inheritance and other factors were responsible. However, the stubborn fact remains that if we take the protective foods, which are milk, fruit and vegetables, and use them in the diet in the proper quantities, we have, so far as our knowledge goes at present, provided a balanced ration for human beings. Leading medical authorities advocate a quart of milk a day for growing children and a pint a day for adults. They also recommend eating green vegetables and salad twice a day. This done, any person, unless he has some physical defect, may eat such things as will satisfy his taste. The people on the farm find meats, potatoes, and bread staple foods and highly desirable. Certain food lists are available, but this is a mistake. There is no real reason that this important product should not be used in bread making. It, of course, does not contain all the elements necessary for a properly balanced diet but we do not know of any food that does except milk, and that is only a partial list of mineral substances; and milk sugar, one of its constituents, is a food par excellence. Bread made with white flour and powdered skim milk is one of our best food products and there is little rhyme or reason for discouraging people from using white flour or a liberal use of potatoes or meat. What we should emphasize in all our diets is the use of a proper quantity of milk, vegetables and fruit. If we will but supply the diet with a sufficient quantity of these health foods, we need have little worry about the other foods in the diet, providing, of course, they are nourishing and palatable.

### STOP SOFT SHELLED EGGS.

Thin and soft shelled eggs are a constant problem to poultrymen and to those who ship to market. Thin shelled eggs break in transit and cause loss of profit and goodwill. Eggs of this type are a sure indication that an important element is lacking in the diet. This element is calcium carbonate, a mineral that makes eggshell. It is present to a certain extent in food and water, but for maximum production of thick shelled eggs it should always be available to your poultry as a separate element. Keep a plentiful supply of crushed oyster shell in the hopper. By doing so you give your hens free access to calcium carbonate in its purest form. It is not wasteful to do this, because the hens will eat only as much as they actually need. Be sure to get properly washed, dried and screened oyster shell. It will be clean, pure and economical. If it has been correctly sterilized, it will be free from rat-gathering odor. The daily use of pure crushed oyster shell increases egg production by 30 to 50 eggs per hen in a year. Its important bearing on your profits emphasizes the importance of getting the best. Soft shelled eggs indicate a lack of eggshell material in the diet. Keep pure crushed oyster shell before your birds all the time and soft shelled eggs will disappear. Egg production also will increase.

### FEEDS THAT POISON HOGS

There are two feeds that are very fine for hogs when given in suitable quantities, and yet which, if given in excess, will, in many instances, poison the animals. One of these is salt, a very essential element in the upkeep of the herd, but it can be overfed, especially when the hogs fall to obtain an abundance of water. When salt poisoning occurs, the hogs exhibit intense thirst and restlessness, and become weak even to the point of prostration. They should immediately be given a strong emetic and then a dose of castor oil. Cottonseed meal is highly nutritious, but if hogs eat too much, the system becomes poisoned and they lose their appetites. They are only weakened, but suffer blindness and manifest several nervous symptoms. In rare cases they overcome the trouble, but there is no known cure. Hogs which have access to plenty of green feed and wood ashes are rarely affected by cottonseed meal.

### top one fifth of the flocks, with an average yield per hen per year of 125 eggs or more, showed a profit per hen of \$1.66. The corresponding profit per hen in the low one fifth, those flocks with an average egg yield of 80 or less, was only 65 cents.

These results, and similar data from other groups of farms in other sections of the country, seem to justify the conclusion that the flock owner who has mastered the principles of feeding and breeding for egg production so that he can get a high egg yield from his flock is reasonably certain to make a good profit.

## Japan Comes First in Crusade Against Kiss

The antikissing crusade, which started in Russia some time ago, appears to be spreading. Kansas has now taken up the cudgels against the kiss. "Don't kiss in crowded places or in badly ventilated rooms," is one of the warnings that has been issued to the citizens of this American state. Another is: "Don't kiss a person who has a chill or is fevered." But Japan is still the real paradise of those who want to abolish kissing. The kiss is in such disfavor there that it cannot even be shown on the cinema screen. Some day, perhaps, the anti-kiss crusaders will publish statistics to show that in Japan people are much healthier than anywhere else in the world. That would be a big point in their favor—if the figures could really be interpreted in this way. But perhaps they can't; and, anyway, it isn't likely to make any difference.—Montreal Family Herald.

## Girl at the Top in Health Test



Millions of boys and girls all over the world, thousands of them right here in the West are being restored to health and strength by the purely vegetable tonic and laxative known as California Fig Syrup and endorsed by physicians for over 50 years.

Children need no urging to take it. They love its rich, fruity flavor. Nothing can compete with it as a gentle, but certain laxative, and it goes further than this. It gives tone and strength to the stomach and bowels so these organs continue to act normally, of their own accord. It stimulates the appetite, helps digestion.

A Kansas mother, Mrs. Dana Allgire, 610 Monroe St., Topeka, says: "Bonnie B. is absolutely the picture of health, now, with her ruddy cheeks, bright eyes and plump but graceful little body and she stands at the top in every health test."

Much of the credit for her perfect condition is due to California Fig Syrup. We have used it since babyhood to keep her bowels active during colds or any children's ailments and she has always had an easy time with them. She always responds to its gentle urging and is quickly back to normal."

Ask your druggist for California Fig Syrup and look for the word "California" on the carton so you'll always get the genuine.

### Alaskan Bears' Winter Quarters Steam Heated

Lured into the valley of many smokes by volcanic warmth, some of Alaska's big brown bears delayed going into hibernation over two months, reports a hunting party returned from the Alaska peninsula.

Just as dogs pick for their beds the hottest place behind the coal range, tracks and signs showed plainly that bears likewise selected warmed rocks in the steamed area for lounging quarters.

Ground around the moist fumaroles held the claw marks of the big brutes when the hunters passed them. It was not unusual to find bear tracks leading straight up to one of the large open vents. In one place the hot ground apparently excited a bear's curiosity, for he had clawed away the cast-off minerals about the hole, leaving deep claw marks.

It is believed many bears have taken up winter quarters in the steam-heated region.

### Cussedness?

Several contemporary authors have admitted that they dislike to write. We have suspected that some of them do it out of pure cussedness.—Florence (Ala.) Herald.



## As We Grow Older

We Should Keep Careful Watch of our Kidneys.

KIDNEY disorders are too serious to ignore. It pays to heed the early signals. Scanty, burning or too frequent kidney excretions; a drowsy, listless feeling; lameness, stiffness and constant backache are timely warnings.

To promote normal kidney action and assist your kidneys in cleansing your blood of poisonous wastes, use Doan's Pills. Used and recommended the world over. Sold by good dealers everywhere.

50,000 Users Endorse Doan's:

Mrs. Alice Gunnis, 3440 Harrison Ave., Detroit, Mich., says: "I suffered with a dull ache across my back that bothered me a great deal when I was doing my housework. When stooping, it was so painful that it was a task to straighten up again. My kidneys acted very irregularly, but after taking Doan's Pills I felt fine again and the backache left me. I gladly recommend Doan's."

## Doan's Pills

A Stimulant Diuretic to the Kidneys

## NERVOUSNESS

Helpfully treated with this Famous Aid. If your nerves are jumpy and every noise or irregularity annoys you—YOU NEED KOENIG'S NERVEINE. This well-known, tried and tested medicinal aid has successfully proved its great beneficial worth in the treatment of Sleeplessness, Nervous Indigestion and Nervous Irritability. Agencies All Over the World. AT ALL DRUG STORES. GENUINE FREE SAMPLE BOTTLE SENT ON REQUEST. Koenig Medicine Co., Dept. 33, 1045 No. Wells St., Chicago, Ill. Formerly "Pastor Koenig's Nerveine"

## Cuts, Burns, Bruises

Try Hanford's Balsam of Myrrh. All dealers are authorized to refund your money for the first bottle if not suited.

### Coined New Word

Add rheology to your vocabulary. It is the name of a new branch of science, the science of flow. Chemists and physicists interested in why and how paints, lacquers, oils and other plastic substances deform and flow gathered at the United States bureau of standards in Washington recently and christened the new science by organizing the Society of Rheology.—Kansas City Star.

### New England Land Idle

We have millions of idle acres in New Hampshire and in all New England says the forestry primer of the American Tree association. The foresters will tell you this is fitted only for forest growing, but it is idle, doing nothing. There can be no prosperity for long where there is idleness, whether it be the idleness of man or of land.

## CONSTIPATED?

Take NR—NATURE'S REMEDY—tonight. Your eliminative organs will be functioning properly by morning and your constipation will end with a bowel action as free and easy as nature at her best—positively no pain, no gripping. Try it. Mild, safe, purely vegetable—of druggists—only 25c. FEEL LIKE A MILLION, TAKE NR TO-NIGHT TOMORROW ALRIGHT

## Sunshine

—All Winter Long

At the Foremost Desert Resort of the West—marvelous climate—warm sunny days—clear starlit nights—dry invigorating air—splendid roads—gorgeous mountain scenes—finest hotels—the ideal winter home. Write Croe & Chaffoy

## PALM SPRINGS California

### BUY A SPOTTED POLAND CHINA SOW

Produce large litters, good mothers, easy to fatten, supported by the third largest and wealthiest recording society in America. Send for one year's subscription to The Bulletin, our breed paper (owned by our breeders). We buy breeding stock for young, busy or inexperienced men, without charge for that service. Write for full information. THE NATIONAL SPOTTED POLAND CHINA RECORD, Indianapolis, Ind.

### Father of Many Honored

Chakaldayi, ninety-five-year-old forest keeper at Eskishehr, Turkey, who has 50 children and grandchildren as well as many sons-in-law and daughters-in-law living under one roof, has been given a money grant by the government. Chakaldayi is known as "the terror of the jackals." He started to work at 12 and is still bright, robust and vigorous. His memory is good, but he cannot remember the names of all his progeny.

### Setting Pop Right

Pop—"You kissed my daughter under my very nose." Percy—"Pardon me, sir, under her nose."