

**Bad Lighting Cause of Eye Strain**  
 Bad lighting, even so apparently harmless a thing as the glare from an unfrosted electric lamp used night after night, may materially affect the health and happiness of the individual, according to Winifred Hathaway, associate director of the National Society for the Prevention of Blindness.  
 "The eye will often stand, apparently without strain, more abuse than any other part of the body," says Miss Hathaway, "but that does not mean that it is not registering its unhappiness. Many nervous disorders may be attributed to eyestrain."  
 "In the home the light must be adapted to the type of work or recreation for which it is needed; there must be an adequate supply of light; glare must be eliminated; the type of lighting should be in harmony with its surroundings, and the illumination should be well distributed."

**This Mother Had Problem**



As a rule, milk is about the best food for children, but there are times when they are much better off without it. It should always be left off when children show by feverish, fretful or cross spells, by bad breath, coated tongue, sallow skin, indigestion, biliousness, etc., that their stomach and bowels are out of order.

In cases like this, California Fig Syrup never fails to work wonders, by the quick and gentle way it removes all the souring waste which is causing the trouble, regulates the stomach and bowels and gives these organs tone and strength so they continue to act normally of their own accord. Children love its rich, fruity flavor and it's purely vegetable and harmless, even for babies.

Millions of mothers have proved its merit and reliability in over 50 years of steadily increasing use. A Western mother, Mrs. May Snavely, Montrose, California, says: "My little girl, Edna's, tendency to constipation was a problem to me until I began giving her California Fig Syrup. It helped her right away and soon her stomach and bowels were acting perfectly. Since then I've never had to have any advice about her bowels. I have also used California Fig Syrup with my little boy, with equal success."

To be sure of getting the genuine, which physicians endorse, always ask for California Fig Syrup by the full name.

**Says Cats Cure**  
 According to Dr. E. Palmer of the French Academy of Medicine, cats prevent pneumonia. He says every family should keep at least one cat. He thinks the day is not very far distant when the practicing physician will have to keep a cat farm, thus enabling him to answer emergency calls with a cat or two under his arm.

**Differ in Meaning**  
 The expressions "fatally wounded" and "mortally wounded" are commonly used to express the same thing, but mortally is regarded by some as meaning suffering death at the time of, or soon after, the wounding, while fatally wounded conveys the idea that death followed after a considerable lapse of time.

**Fliers Say Courage Varies with the Way they Feel**

**AEROPLANE** pilots tell us that their courage, their whole attitude toward flying, varies from day to day, with the way they feel. If they feel full of pep, healthy, they can try anything—nothing frightens them. Their nerve is unshakable; their skill keen; their flying is machine-like in its perfection.

It is an entirely different story, however, if they wake up in the morning feeling sick, down in the mouth. Then flying becomes a real danger.

What is the matter with these brave people when they are not up to par? The natural poisons in their bodies have not been swept away. They are allowing their brains to be clouded and dulled by poisons which should not be permitted to remain in the body.



Member of the "Caterpillar Club" earns his right to membership by 5000 foot Emergency Jump.

This is the lesson we can learn from airmen. It is the lesson that points to Nujol—the simple, natural, normal way—without the use of drugs or medicines to keep the body internally clean of the poisons that slow it up. Nujol is pure, tasteless, colorless as clear water. It forms no habit; it cannot hurt even a baby.

See how the sunshine floods into your life when you are really well. Get a bottle of Nujol in its sealed package at any drug store. It costs only a few cents and it makes you feel like a million dollars. Find out for yourself what Nujol will do for you this very night. You can be at top-notch efficiency and happy all the time. Get a bottle today.

**Get poisons out of system. . . .**

Doctors know that this modern scientific laxative works efficiently in smaller doses because you *chew it*. Safe and mild for old and young.

**Feen-a-mint FOR CONSTIPATION**



**To Avoid Infection Use Nanford's Balsam of Myrrh**

All dealers are authorized to refund your money for the first bottle if not suited.



**Kill Rats Without Poison**

**A New Extremator that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicks**  
 K-R-O can be used about the home, barn or poultry yard with absolute safety. It contains no deadly poison. K-R-O is made of Squill, as recommended by U. S. Dept. of Agriculture, under the Connable process which insures maximum strength. Two cans killed 573 rats at Arkansas State Farm. Hundreds of other testimonials.

**K-R-O KILLS-RATS-ONLY**

**PARKER'S HAIR BALMS**

**FLORESTON SHAMPOO**—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents per bottle or at drug stores. Illinois Chemical Works, Piquette, N. Y.

**Simple Remedy**  
 Her Husband—My arm is lame from reaching in my pocket for money for you.  
 Mrs. Spendit—You poor dear! I'm sorry. Why don't you leave your money at home so I can help myself?  
 —Boston Globe.

**Just Retribution**  
 Sometimes crime does not pay. One of these times was when a purple snatcher in New York dashed around a corner into the arms of 150 patrolmen leaving a station.

**OF INTEREST TO FARMERS**

**MILK SUBSTITUTE FOR CALVES**

A western experiment station gives results of feeding tests with milk and a more suitable calf meal. In these tests Holstein and Jersey calves were successfully raised on an average of 290 pounds of whole milk and a gruel prepared from the following mixture: 2 parts corn meal, 4 parts wheat middlings, 2 parts four-grain, 1 part linseed oil meal, 1 part bone meal, 2-10 part ground bone meal, 2-10 part salt. Although calves were raised successfully on this mixture it contains more feeds than is desirable. Therefore, another experiment was conducted for the purpose of finding a more suitable calf meal. There were only three ingredients in the calf meals used in the experiment. Calf meal No. 1 was composed of 10 parts of corn meal, 2 parts of linseed oil meal and 1 part of dried blood. No. 2 contained 10 parts of whole middlings, two parts of linseed oil meal and 1 part of dried blood. The calves in each lot were fed whole milk until they were 30 to 40 days old, when the milk allowance was gradually reduced so that they were entirely on milk at 60 days of age. Equal quantities of each calf meal were substituted for the milk. The gruel was made by adding one pound of the calf meal to one gallon of water at about 100 degrees F. and stirring thoroughly. Good quality alfalfa hay and a grain mixture consisting of 40 pounds of wheat bran, 140 pounds of rolled barley and 50 pounds of linseed oil meal were provided as soon as the calves were old enough to eat dry feed. By placing a small quantity of the hay and grain mixture where they are accessible the calves will be nibbling at the dry feed within a few days after birth.

**SEGREGATE WEAKER ANIMALS.**

If you provide separate feed and shelter for weak animals at the midyear to late spring season they will be very helpful and profitable, says an experienced stock man. I refer to the beasts which fail to hold their own against the stronger ones. You will get better results in animal products if they are segregated so that they have a hopeful competition for feed, water and shelter. The weak of the herds and of the flocks are crowded away from feed and water by the strong and suffer also from being bossed about. They are usually so flock minded that they will follow the herd even when they could proceed independently and have a much better living. The more fact that they are subordinated by stronger individuals seems to make them shrink physically and to be unthrifty and unproductive. A little extra feed and a chance for good shelter in addition to freedom from domination by the large and strong will usually make the difference between a puny, stunted runt and a thrifty, vigorous member of the herd or flock. Dairy men are disposed to think that a cow badly cared for during a milking period will come back slowly to full production, if at all, even with good care during a subsequent lactation. Sheep men give much evidence that bad care of a flock for a few weeks may result in a weak place in the wool fiber, usually indicated by an irregular wave in the crimp.

**SUNSHINE AND SUCCESS**

It is a fact that success in poultry raising depends to a considerable degree upon sunshine, particularly the invisible rays known as the ultra-violet. Due to the vitamin D which they impart, ultra-violet rays are essential in causing the proper assimilation of minerals, especially calcium and phosphorus. In the bird's body. Without these, growing chicks develop rickets and become weak in their legs, due to the improper formation of the bony structure. Bleeding combs, soft-fleshed eggs, poor fertility and poor hatchability are all considered today to be traceable more or less directly to an improper mineral metabolism, due to the absence of the ultra-violet rays of the sun. Our practical problem is to work out a system which will avoid a deficiency in vitamin D. The poultry house should have an abundance of openings on the south, so that the sunlight can strike into the house, and these openings should be provided with curtains covered with one of the glass substitutes which admit ultra-violet light. Ordinary glass filters out the rays. Supplementing the limited allowance of sunshine which can be made available to the birds during the winter, the ration should carry an abundance of products rich in vitamin D. Cod-liver oil is by far the best supplement to sunlight known at the present time. Laying birds, breeders, growing chicks and baby chicks should all get cod-liver oil in their feed.

**THE CHEAPEST FEED.**

Livestock production cost studies show that the average feed unit of pastures of all kinds costs only one-sixth as much as that of harvested feeds. And when costs of gains of animals which are summered on pasture and wintered in the feedlot are calculated, a proportionate advantage in favor of pasture is disclosed. An experiment in steer feeding conducted recently illustrates this point. Ninety head of steers, purchased on the range at weaning time, were carried three winters on cottonseed meal and corn silage and three summers on blue-grass pasture. A comparison of the relative economy of summer and winter gains made by these steers shows that each pound of gain in the feedlot cost 24 cents, while each pound of pasture gain cost less than 5 cents. Eighty one and one half per cent of the total gains was made on summer pastures, whereas only 18 1/2 per cent was made during the winter. The average weight of the calves at the time the experiment started was 385 pounds and at the close of the test was 1,258 1/2 pounds. The total number of days

**CANNIBALISM AMONG FOWLS**

Control of cannibalism is effected by slightly darkening the brooder-house so that the chicks are unable to see distinctly enough to attack each other, but not so dark but they can see to eat mash and drink. Another procedure in case of a severe epidemic is to make the brooder-house darker and admit light only three times daily to give the chicks a chance to eat and drink. When the light is admitted, the chicks are so busy eating and drinking they have no time to pick each other. The treatment of the victims of attack is to apply pine tar rather freely to the wound. The tar is

on pasture was 618 and on winter feed 370. Each animal gained an average of 710 pounds while on a pasture as a cost of \$23.23 and an average of 1.24 pounds while in the feedlot at a cost of \$39.37. Experiments have shown that close or heavy grazing of permanent pastures in the humid area gives twice the gains in developing animals as the light pasturing. Light pasturing does light pasturing. Light pasturing does not give other undesirable vegetation a favorable advantage over blue grass and other pasture grasses. When blue grass is shaded by weeds it does not do well; when it is allowed to mature it assumes a dormant stage and is not readily eaten by livestock. Animals in view of the growing realization among livestock farmers of the importance of an abundance of succulent pasturage in livestock production, they are giving as much thought and careful attention to pastures as they do to any other crop.

**CAUSE OF CORN LODGING**

The lodging of corn has become so serious during the past few years as to cause considerable anxiety on the part of the corn producer. The condition has become especially bad on those fields that have been in corn for several years in succession. The lodging usually takes place during the middle or latter part of the summer after the stalks have made their growth. It is generally believed that this lodging results from a lack of potassium or lime in the soil, but under these conditions this is not usually the case, for an examination of the roots of the plants and of the soil in contact with the roots will show that the corn root worms cause the damage. This worm is a small white larva which is about half an inch in length when fully grown. It bores holes throughout the length of the larger roots, feeds within the roots and practically destroys them. The stalks do not bore into the stalk of the plant. The roots are weakened and the plants look unhealthy and lodge quite badly. The decay of the roots following the injury caused by the insect is not responsible for the idea that the roots rot causing the lodging of the crop. The corn root worm is not to be confused with the European corn borer, which has a brown head and grayish body with dark spots and which bores into all parts of the plant. Since the corn root worm feeds primarily on the roots of the corn plant and lives within the roots it is evident that if corn continues to be grown on the land after the insect appears the injury will tend to become more severe from year to year. The most practical means of destroying the insect is that of removing its food supply by using the land for the production of other crops for a period of at least two years. After this change corn should be grown in a rotation with other crops and should not be produced on the same land for more than two or three years in succession.

**FEED COSTS AND PROFITS**

What attention should we pay to the feed cost per 100 pounds of milk? Do we want to strive to keep it low? Frankly, I do not pay much attention to feed costs except to buy quality grain as cheaply as possible, says a successful dairyman. I try, he says, to feed for production, and if we produce and feed to safe capacity of our individual cows—feeding not more than one pound of grain to three pounds of milk—and cull out our poor individuals, our feed costs will take care of themselves. In looking over my association herd book, I see that 60 per cent of my feed cost is kept for grain, running slightly more in the case of the heaviest producers. If I should cut my feed costs by reducing the grain costs, would I increase or decrease my net profits? I notice without exception that the cows with the greatest grain costs charged against them return the most money above cost of feed. This conditions probably would not exist unless every cow's individual production were known every day, and the grain rationed accordingly. Good cows are most profitable kept by feeding to safe capacity without paying much attention to the feed cost per 100 pounds of milk. This assumes that the price of concentrates per pound is not greater than the price received per pound for the milk or the relative quantities of cream or butter sold. Occasionally it happens that grain costs exceed milk prices. Then greater care is necessary in feeding grain, but I believe that most dairymen feed far too little grain for their own greatest net profits. Each individual cow must be considered as a separate factory that we must operate to capacity in order to have the lowest net costs and the greatest profits. It is not the cost we must watch so closely as the value of the product above feed costs.

**CAPITALIZING CHICKENS**

A good many dairy farmers who keep a small flock of hens to supply the family table with eggs, and as a means of converting feed that would otherwise be wasted into food, could make these same hens pay a part of the taxes if they would give them a little better opportunity. A good many of these small flocks are fed nothing but cereal grains during the winter months. Egg production is barely enough for the table. The feeding of skim milk would increase production much beyond that obtained from the grains alone. Leaves from alfalfa or soy bean hay will also stimulate production. Minerals are essential. Salt, calcium carbonate, bone meal, and charcoal are carriers of the essential mineral elements. A dollar from the sale of eggs will go just as far as a dollar from the sale of milk—if one gets the dollar. We should make our hens do better than supply the table and pick up waste feed.

healing and usually prevents further attack. The chicks subject to attack should be removed and treated as soon as possible. If it is only a mild outbreak and the wounds are slight, the treated chicks can be returned to the flock at once. In other cases, the victims should be kept separate for a day or so. By all means prevent cannibalism. If chicks contract this habit, they are very likely to continue it as adult birds.

Water is just as important for stock in winter as in summer, especially milk cows. But it should not be an led drink that we furnish them.



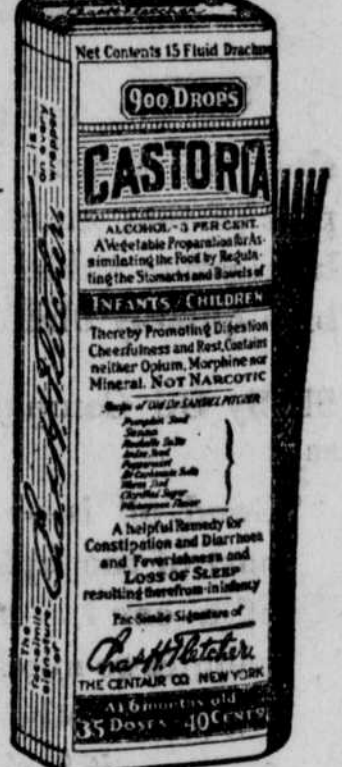
**For COLDS**

We all catch colds and they can make us miserable; but yours needn't last long if you will do this: Take two or three tablets of Bayer Aspirin just as soon as possible after a cold starts. Stay in the house if you can—keep warm. Repeat with another tablet or two of Bayer Aspirin every three or four hours, if those symptoms of cold persist. Take a good laxative when you retire, and keep bowels open. If throat is sore, dissolve three tablets in a quarter-glassful of water and gargle. This soothes inflammation and reduces infection. There is nothing like Bayer Aspirin for a cold, or sore throat. And it relieves aches and pains almost instantly. The genuine tablets, marked Bayer, are absolutely harmless to the heart.

**BAYER ASPIRIN**

Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid  
**Born on Fast Train**  
 A railway conductor, officials of the line, and the doctor in attendance established Huntington as the birthplace of a baby born on the Flying Scotsman traveling sixty miles an hour on its nonstop run from London to Edinburgh.  
**Taking No Chances**  
 "Why the shinguards, old man?" "I'm going out to play bridge with the wife."—Dublin Gaieties.  
 In a dog fight, you might sympathize with the under-dog if he wouldn't yell so.

**Children Cry for it**



Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)  
 When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria

**Famous Library**  
 The Library of Congress contains over 3,900,000 printed books and pamphlets, as well as maps, charts, music, photographs, prints, engravings and lithographs numbering 2,650,000.  
 A church may need a good active debt to keep it awake.

**One Essential Needed**  
 Mother—Well, Nellie, is your doll kitchen completely furnished now?  
 Nellie—No, mamma, I still need a policeman for the cook.  
 A statue of Columbus almost 100 feet high stands at Palos, the port from which he set out on his famous voyage of discovery.



**Miserable with Backache?**

**It May Warn of Disordered Kidneys.**  
**DOES** every day find you lame and aching—suffering nagging backache, headache and dizzy spells? Are kidney excretions too frequent, scanty or burning in passage? These are often signs of sluggish kidneys and shouldn't be neglected. To promote normal kidney action and assist your kidneys in cleansing your blood of poisonous wastes, use **Doan's Pills**. Endorsed the world over.

**50,000 Users Endorse Doan's:**  
 J. F. Parker, 115 Mansion St., Pittsburgh, Pa., says: "I gladly recommend Doan's Pills. My kidneys were not acting normally. The secretions were very irregular and burned in passing. I would get up in the morning tired and stiff all over. I had a constant backache and headaches annoyed me. Since using Doan's Pills I have been in good shape."

**Doan's Pills**  
 A Stimulant Diuretic to the Kidneys



**Insure Him a Healthy Skin through life by using Cuticura Soap**  
 {Cleansing, Healing, Soothing, and Antiseptic}