Men! Ages 40 to 44 What You Should Weigh

At the above ages a man's normal weight at these heights should be—according to Dr. Leonard Williams—

5 Ft.	6 Inches	150	Pounds
5 Ft.	7 "	154	"
5 Ft.	8 "	159	"
5 Ft.	9 "	164	"
5 Ft.	10 "	169	"
5 Ft.	11 "	175	"
6 Ft.	0 "	181	"
6 Ft.	1 "	187	"
6 Ft.	2 "	194	"

Weights given include ordinary indoor clothing. Get on the scales and see if you are overweight—and how much.

The modern way to take off fat is known as the Kruschen Method and is well worth a 4 weeks trial.

Cut out pies, cakes, pastry and ice cream for 4 weeks—Go light on potatoes, butter, cheese, cream and sugar—eat moderately of lean meat, chicken, fish, salads, green vegetables and fruit—take one-half teaspoon of Kruschen Salts in a glass of hot water every morning before breakfast—don't miss a morning.

An 85 cent bottle of Kruschen Salts lasts 4 weeks—Get it at any drug store in the world.—Adv.

KILLS 103 RATS ON NEBRASKA FARM

A Nebraska farmer killed 103 rats in 12 hours with K-R-O (Kills Rats Only), the product made by a special process of squill, an ingredient highly recommended by the U. S. Government. It is sure death to rats and mice but harmless to dogs, cats, poultry or even baby chicks. K-R-O is today America's most widely used rat and mouse exterminator. Sold by druggists on money back guarantee.

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Ask your merchant to show you the Harris Zero King Brand of Fur Coats, sheep lined — leather, mackinaw, and sport coats for men, women and children or send us your dealer's name and we will send you our free illustrated catalog.

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That'll Hold Him

He—"You know your mother thinks I'm quite a wit." She—"Well, she's half right."—Capper's Weekly.

Repentance is second innocence.—De Bonald.

that sluggish feeling

Put yourself right with nature by chewing Feen-a-mint. Works mildly but effectively in small doses. Modern — safe — scientific. For the family.

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No Taste But the Mint
Chew It Like Gum
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FOR CONSTIPATION

FARM WOMAN BENEFITED

After Taking Lydia E. Pinkham's Vegetable Compound

Lickdale, Pa.—"Before I was married, my mother and sister and I did all the farming work on a 64-acre farm for eleven years. I married a farmer and now in addition to my housework and the care of my children I help him with the outside work on our farm. After my last child was born, I began to suffer as many women do. Finally our family doctor told me to try Lydia E. Pinkham's Vegetable Compound. I did and now I am a new woman and I know that good health is better than riches."—Mrs. Clyde I. Sherman, R. #1, Lickdale, Pa.

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 Cree & Chaffey

PALM SPRINGS
California

Sioux City Ptg. Co., No. 49--1930.

Out Our Way

By Williams

GOOD SIRES AID DAIRY FARMERS

More Than Mere "Luck" Involved in Procuring Butterfat Returns

Ames, Ia.—When 84 Iowa dairymen develop herds producing 400 pounds or more butterfat per cow, compared to an average of 289 pounds for all cows in cow testing associations and 175 pounds for all Iowa cows, there is undoubtedly some reason for this record.

When 29 of these 84 owners also had 400-pound herds last year it is evident that something more than "luck" places the herd in this group.

A comparison of the methods used by the owners of the 400-pound herds with those used by all dairy farmers in Iowa Cow Testing associations, as contained in the annual report, recently completed, shows that a larger per cent of the 400-pound herds used approved methods.

Use Purebred Sires

All except two owners of 400-pound herds used purebred sires. Only 88 per cent of all dairymen in associations, which includes the 400-pound herds, used purebred sires. Almost half of the cows in the 400-pound herds were purebred. The practice of the 400-pound herd owners during the last few years, in using sires of known high producing ancestry is undoubtedly one of the reasons for the high production.

Other facts which help explain the difference in the herds follow: 99 per cent of the 400-pound herds received legume hays, as compared to 96 per cent of all herds in associations; 98 per cent of the owners of 400-pound herds fed grain on pasture, compared to 74 per cent of all others; 98 per cent of the high herd owners fed grain to dry cows, compared to 69 per cent of all herd owners, and 100 per cent of the 400-pound herds were fed a balanced ration, compared to 73 per cent of all herds.

Another important reason for the difference between the herds is the fact that 74 per cent of the 400-pound herd owners fed silage, compared to 63 per cent of all herd owners in associations. The survey shows that cows fed mixed hay, grain and silage produced 279 pounds of butterfat, compared to 248 pounds produced by cows fed only mixed hay and grain.

Herds Culled Closely

The owners of the 400-pound herds culled an average of two cows per herd during the last year, which indicates that even good herds must be culled to increase efficiency of production.

The 400-pound herds have been in cow testing associations for an average of four years, indicating that the owners not only use the right sires and good breeding, feeding and management methods, but are watching the production records over a period of years.

Although cows in the 400-pound herds produce an average of 128 per cent more butterfat and 288 per cent more income, above feed cost, than the average dairy cow, this does not mean that the owners of these herds are actually putting more butterfat on the market than before. Before the herds reached this production a large number of the cows had been culled out and, in most cases, the size of the herds had been decreased.

These dairymen, in general, are putting less butterfat on the market, but are producing more butterfat per cow and making a larger income than before. Higher production per cow enables some of the lower producing cows to be culled and sold on the market. The high producing cows, such as are found in the 400-pound herds, make a good profit for their owners when butterfat is at a reasonable price and enable butter to be sold at a low enough price so that the public will maintain a reasonably high rate of consumption.

Wells Leaves You Dizzy.

Harold Laski in London Daily Herald.

H. G. Wells' energy of mind and body is quite incredible. Spend a day with him, and its alternations of thought and action will leave you dizzy with fatigue. You will be compelled to argue about every point you make. You will have to share in every game he plays.

Every other sentence of his will stimulate some train of thought which sets you galloping along. The thin, high voice will punctuate every sentence of yours with doubts, affirmations, execrations, encouragements, until, as you crawl up to bed, you feel that you have lived a year in a day.

Mr. Wells has not only energy and curiosity; he really sees things for himself. As Bertrand Russell is a natural anarchist, so Mr. Wells is a natural original. He must see things through his own eyes. You cannot convert him except by convincing him. He has no reverence for anything that does not prove itself to him.

That is why there is always something new in what he has to say. For whoever sees the world genuinely through his own eyes challenges the world. And Mr. Wells has callnged it forthrightly.

Mr. Wells is essentially a pragmatist, so that no outlook of his but is in a state of flux. All you can say is that at any given time the scale of his thinking will take in the planet, and that he will hold its principles with religious intensity.

The chances are that, by the time you have come to agree with him, he will be interested in something entirely different; and you will wonder why he cannot share your enthusiasm for a thing he has passed by.

Publicly Owned Railroads .

From Canada Bulletin.

North Bay, Ontario—An estimated profit of $850,000 was made by the Temiskaming and Northern Ontario Railway for the year ended October 31, 1930. A cheque for this amount has been sent to the Ontario Government, owner of the railway, taking present general conditions into consideration.

The Temiskaming and Northern Ontario Railway, which is administered by a Commission, operates over 500 miles of railway in Northern Ontario. The main line extends from North Bay to Coral Rapids, a distance of 351 miles, and is being rapidly extended to Moose Factory, on James Bay, a further distance of nearly 100 miles. It is expected that the railway will reach the northern seaport in 1931. The extension of the railway is intended to aid in the government development of the mineral deposits and other resources of this area. Moose Factory, Ontario's new ocean seaport, is about 600 miles directly north of Toronto, the capital city of the province. The principal section of the main line North Bay to Cochrane, and the branch lines operate through the rich gold, silver, copper and other mineral areas of Northern Ontario

MAN WHO TOOK GREELEY'S ADVICE NOW ONE OF SOUTH DAKOTA'S LEADING FARMERS

BY FRANCIS T. MARTIN

When Horace Greeley, many years ago said, "Go west young man," he gave utterance to magic words, that stirred the imaginations of the restless spirit of the times, and men of those days, regardless of location, were fired with optimism for the future for they knew the "west," as a land toward the setting sun that beckoned them on because of alluring possibilities and great opportunities.

William Dailey of Pipestone, Minn., but whose land is across the state line in South Dakota, was a young man living with his parents in northeastern Iowa, where he was born, when that classic of Greeley's electrified the nation and it didn't take him long to make up his mind that, he, too, would go west. But, he didn't go far. As a matter of fact, in those days he didn't have to, for the door of opportunity was ajar at his elbow, and his trek, therefore, was short.

In South Dakota, Dailey found a land to his liking. Today, after 54 years of residence within its borders, this pioneer's achievements is an illuminating chapter in the field of agriculture and in the development and maintenance of high ideals in livestock improvement.

Takes Lead in Field

As a farmer and a breeder of Shorthorns, Dailey was foremost in every progressive movement. He introduced meritorious seedstock at the outset of his career, and in the production and dissemination of such seed, he can be rated as a benefactor in a true sense of the term. His Shorthorn herd is one of the ranking herds of the country.

One thing about Dailey's operations as a Shorthorn breeder, he was a thorough believer in the principle that a herd's standing hinges upon the use of good bulls, and his insistence on keeping in service sires of recognized standards kept the herd at a high peak during all the years of its existence.

For years, farmers and ranchmen have bought their bulls from Daily and they gave a full measure of satisfaction when they were put into service for they were of the right stamp. The herd has earned its prominence, and its future is bright. Its foundation was laid upon the solid rock of individuality and pedigree, and herds of such character never lose the public's favor.

Aided by Son

Dailey has an able co-worker in his son, Lawrence, who occupies an adjoining farm, and he, too, has an assistant in a son whose tendencies in calf club work should make his influence felt in future Shorthorn history.

The Daileys, in their combined holdings, have 1,420 acres, and livestock breeding and feeding is their big business. Cattle, hogs and sheep are the great triumvirate in the Dailey program in converting into cash the grains and grasses grown upon their farms. They do not deviate from this plan, it's a safe and dependable business, and the Daileys have never been chance takers.

In seed corn improvement, they have made great strides. Twenty years ago, Dailey senior, selected the Iowa Silver King as best adapted to his particular section, and the improvements he has added have been of great benefit, and the type known as Dailey's White Dent has long been in favor.

William Dailey's name is written large in South Dakota's agricultural development and livestock improvement. Posterity will hold his name in kindly remembrance. His worthwhile accomplishments are an example for the coming generation of farmers.

BEAN ROWS 180 MILES LONG

College Station, Tex.—(AP)—Pinto bean rows on the farm of Fowler McDaniel in Mitchell county are 180 miles long. There are circular terraces on the field and the rows follow the terraces.

WHITE TOMATO

A soldier farmer of Vancouver, B. C., has produced a white tomato which is non-acidic and has been cultivated for its medicinal purposes.

Cougars have been inflicting heavy damages on sheep and cattle in Curry county, Washington.

such as Porcupine, Kirkland Lake, Cobalt, Kenora and other places famous among the mining fraternity. Most of the gold produced in Canada comes from the Porcupine and Kirkland Lake areas.

Experience.

From Leeds Mercury, England.

Customer: I want a nice present for my husband. What do you advise?

Clerk: May I ask how long you have been married, madam?

Customer: Oh, about 25 years.

Clerk: Bargain counter in the basement, madam.

OF INTEREST TO FARMERS

WHEAT AS STOCK FEED

Wheat can be substituted for corn to advantage in feeding live stock when prices are as low as they are at present in some sections of the country, says the United States department of agriculture. "The average farm price of corn for the United States last month was about 79 cents per bushel. At this price for corn, wheat is worth about 85 cents for feeding to poultry and sheep, and about 89 cents for feeding to hogs and beef cattle. The average farm price of wheat was about 80 cents per bushel. Based on digestible nutrients, wheat and corn are of practically equal value pound for pound. Hence, a bushel of wheat is worth more than a bushel of corn in feeding value, as a bushel of wheat weighs 4 pounds or 7 per cent, more than a bushel of shelled corn. But corn and corn products alone make a better ration for cattle than wheat and wheat products alone. It is not necessary to grind corn as a hog feed, but wheat should be coarsely ground or crushed. Wheat, according to experiments recently made has proved 5 per cent more efficient than corn for fattening steers when fed with alfalfa hay, a little prairie hay, and straw, bran and linseed meal. Wheat dies not give the best results when fed alone, but should be mixed with corn. Wheat may take the place of corn in rations for dairy cows. Wheat for horses should be ground or preferably rolled, and must be mixed with other feeds because of its stickiness when chewed, and also because, if fed alone, it may cause digestive troubles. On the practicability of using wheat as a hog feed, the department says about 5 per cent less grain is required in the case of wheat, and that with corn at 70 cents a bushel and wheat at 79 cents, gains can be made with wheat and tankage at about 15 cents less per hundred pounds than with corn and tankage. The value of wheat as a live stock feed compared with corn at various prices ranging from 50 cents to $1 per bushel is shown in the following table:

Relative Values of Corn and Wheat Based on their Relative Feeding Values

Price of corn	Value of wheat (not including grinding as feed for—Poultry and sheep	Hogs and cattle
50	54	56
55	59	62
60	64	67
65	70	73
70	75	79
75	80	84
80	86	90
85	91	96
90	96	101
95	102	107
100	107	112

MINERALS ESSENTIAL

Generally speaking, the feeding of mineral supplements to farm animals aids in increasing the strength and denseness of the bones. Minerals are also used in the digestive system of farm animals. When the mineral content of the intestine is out of balance, digestion does not proceed in a normal manner. If too little mineral matter is present, digestion is interferred with and when an oversupply is taken in, too much water rushes into the intestine from the blood. This is more true of some minerals than of others, but all minerals have some effect upon the composition of the different fluids of the body, including the blood. Ordinarily we look upon the bones as a sort of framework of the animal, which needs to be up to standard in strength. This is all right so far as it goes, but bones have other important functions. They are not inert matter that merely serve as a frame on which to hang flesh. The marrow in the bones is the seat of blood generation. At the growing points of the bones, different mineral constituents are deposited as reserve material for sustained growth. These reserve minerals are drawn upon when the ration fed does not contain mineral matter enough for the proper functioning of the animal's digestive and assimilative systems. Before our present knowledge of the function of minerals in the animal economy was developed, our livestock frequently suffered from diseases, the nature of which were either not understood or entirely misunderstood. A few years ago, for example, posterior paralysis in swine was thought to be due to the presence of kidney worms. It is now definitely known that these worms bear no relation whatever to posterior paralysis of hogs, but that this disease is the result of mineral deficiencies in the ration, especially to a shortage of lime and phosphates. A great many dairy cows are underfed on mineral matter. Milk is rich in minerals and, unless a cow's ration is supplemented with a mineral mixture, her only means of getting the needed amount is through her feed. The more milk a cow produces the greater her need for mineral matter. The fact is that for a very large proportion of our cows the production of milk is limited by lack of mineral matter—especially of calcium and phosphorus. In a bulletin issued by the United States Department of Agriculture it is stated that in many cases lack of sufficient mineral matter in the feed limits milk production to the extent of 37 per cent, even when the ration is rich in legume hay. Not only does lack of mineral matter in the ration limit milk production, but also does it bring about disorders in reproduction. In fact, nutrition deficiencies in the ration are responsible for many disorders that are interpreted as diseases of various kinds. One reason why minerals are needed in greater quantities in livestock rations nowadays than they were 15 to 20 years ago is because today most of our soils are lacking in minerals and the result is that both grain and roughage crops produced on our poorer soils carry less mineral matter than they did years ago. There is another important factor in connection with mineral feeding. A ration may contain an abundance of all the necessary minerals, but when there is a lack of certain vitamins in the ration the animal may not be able to assimilate the minerals it has taken in with its feed. Mineral assimilation depends largely upon the presence of vitamin D—the vitamin found in abundance in cod liver oil. This vitamin is also produced in the body of animals when exposed to the direct rays of the sun or to ultra-violet light. Referring again to the present greater use of mineral matter in livestock rations as compared with earlier times, it may be said that we are feeding our stock much more heavily than we formerly did. Our dairy cows are producing more milk, our beef cattle are fattened at 12 to 15 months of age instead of at the age of two to four years, our hogs are fattened for market at six to seven months old instead of at the age of 10 to 14 months, and pullets are brought into lay months before they were in years gone by. This forced feeding is one of the big reasons why more mineral matter is needed in feeding rations now than formerly and that, partially at least, accounts for the steady growth and development of the mineral feed industry. More farmers are being convinced that supplementing rations with minerals pays.

HEATED LAYING HOUSES

The use of heat in poultry houses has gained tremendously in popularity the last year or so. Poultrymen have recognized that its use has a great advantage in maintaining dry floors and preventing frozen combs in unusually cold, damp weather. Poultry keepers, therefore, in sections of the country where such weather is likely to occur, will be interested to know more about this practice. Heat was installed in the pens of the New York State Egg Laying contest, on Long Island, and figures have recently been issued on the results for a period of a little over six months. The cost of fuel for 190 days, based on coal at $15 a ton and on the maximum number of birds a commercial poultryman could house in the corresponding space, was 3.3 cents per bird. The grain consumption from November through March with the use of heat was 15.5 pounds per bird as compared with a three-year average without use of heat of 21.4 pounds per bird, a saving of 13.6 cents per bird, based on the average price of their grain during last winter. Thus savings in feed consumption almost equal the fuel charges. Other charges amounted to 6 cents per bird. An increase of 10 eggs per bird at last winter's prices, would cover all charges, it is stated. The management lists these advantages from the use of heat "More uniform temperature, no windy corners, drier litter, less frequent cleaning, no special egg collections in freezing weather, no frosted combs, no removal of ice from water pans, no problem in giving birds comfortable drinking water at 4 a. m. in winter when lights are used, no cost of operating water heaters, and increased activity of birds during early morning hours."

WINTERING BEES

Bees are different from all other insects, as they require special care in order to survive the wintering period. In providing this care, beekeepers observe three requisites which include having the colony in proper condition, an adequate store of honey, and satisfactory shelter during the winter. A large proportion of young bees is one important requisite. It is the young bees that survive the winter, and any colony that has been headed by a young, vigorous queen will be properly equipped with plenty of young bees. The condition of the colonies and the amount of stores for winter should be looked into early. A splentiful supply of honey for colony use during the winter is important, and each hive should have at least 50 pounds of honey left with it for the wintering period. Any smaller amount than this is liable to cause starvation before the nectar flow comes on the following spring. Protection of the colony requires that it be insulated against cold weather. It makes little difference whether the insulation is provided by placing all the hives in a well insulated cellar or placing an individual packing case around each hive. Most bee-keepers have found by practical experience that a good cellar offers the best protection for their bees. Other requirements of a good bee cellar besides insulation are drainage and ventilation. Darkness should be provided, as daylight disturbs the bees to activity. Never close up the entrance of the colony when it has been placed in the wintering quarters, as this will cause a bee panic and death to large numbers of them.

BEST EGGS HATCH BEST

The best eggs hatch the best chicks—no question about that. And yet the desired number for hatching often is adhered to regardless of quality. This is short-sighted procedure, for 150 well selected high-quality eggs are worth more to both the producer and hatcheryman than 300 eggs sold for hatching. The following points should serve as a guide in care and selection of eggs for hatching. An egg scale should be used for checking weight of eggs. (1) Select only clean, unwashed eggs of standard size and color. (2) Discard under or oversized eggs, ill-shaped and weak-shelled eggs. (3) Handle eggs carefully to avoid checks or cracks—such eggs are ruined for incubation. (4) Gather eggs noon and evening daily. (5) Store in a cool, dry place where temperature is 40 to 60 degrees F. —never in the kitchen. (6) Deliver or set weekly or oftener. (7) Set no egg weighing less than two ounces. The size of the egg determines the size of the chick.

WATCH THE MALES

After two or three months in the breeding pens, there is to be expected a lack of efficiency in some of the males. Dispose of any male which has been worsted in a scrap and is being picked on by the others, for he is useless. Other cockerels may be sick or out of condition, or suffering from injuries due to freezing. Now is an excellent time to go through the breeding pens and check the males carefully, removing any that are out of condition, and if necessary replacing them with others. If new males are placed in the pens with other cockerels, it should be done at night, when the latter are on the perches, so as to cause as

fighting the following days as possible. The wise poultryman puts in the pen at the beginning of the season enough excess males to permit of some being removed later. Hatchability and fertility of eggs are often observed to drop decidedly in late March and early April. The cockerels may be the cause of the trouble.

INSIST ON A TEST

Hog tuberculosis is declining. This is shown by the smaller number of hogs condemned by federal inspectors. Credit is given for the decline to the work in tuberculosis eradication among cattle.