

CONSTIPATION



Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.



Parker's Hair Balm QUICK RELIEF EYE TROUBLES

W. N. U., LINCOLN, NO. 9-1913.

Figuratively speaking, a man and his wife are one, but the figures on the grocery bill are apt to disprove it.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Pellets. Tiny sugar-coated granules. Adv.

It is far worse for a woman to marry a man she can't love than it is for a man to love a woman he can't marry.

A FREE SURPRISE BOX.

In another part of this paper you will find a large ad of the Loose-Wiles Biscuit Co., Omaha, Neb. They offer to send to any reader a box of assorted biscuits absolutely free. Don't miss this opportunity. Cut out the coupon from their ad and mail it today.

He Knew the Kind.

The guide, in referring to the Egyptian pyramids, remarked: "It took hundreds of years to build them."

"Then it was a government job—eh?" replied the wealthy contractor.—*Youth's Companion.*

Nolle Prossed.

Rastus had caught Sambo red-handed. "Ah'm gwine hab yo' arrested foh stealin' mah chickens, yo' Sambo Washin'ton—dat's jess what ah'm gwine to do," said Rastus. "Go ahead, niggah," retorted Sambo. "Go ahead and hab me arrested. Ah'll mek yo' prove whar yo' got dem chickens yo'self!"—*Harper's Weekly.*

Had None to Spare.

There was a miners' picnic at Butte one Sunday. One of the features was a tug-of-war between a team of Irish miners and a team of Slovaks. The Slovaks were winning and the Irishmen dropped the rope and began to fight. It was a good fight. One brawny Irishman had an opponent down and was pounding him at his leisure, when a friend came along. "Gimme a belt at him," said the friend. "Gwan," replied the other; "go and get one for yourself."

When the Sun Will Die.

It may be said unqualifiedly that the sun, like every other thing connected with the present order, will finally cease to be what it is today. The time will most surely come when the sun will have ceased to throw off light and heat. Long before that happens, however, the earth and other planets will have become "dead worlds," like the moon—no life of any sort upon them. It has been calculated that the sun will cease to throw out its heat somewhere about seven million of years from now.

Ready Cooked Meals

are rapidly growing in popular favor.

Post Toasties

served either with cream or good milk, or preserved fruit, make a most appetizing dish for breakfast, dinner, or supper.

These delicious toasted flaky bits of white corn have a delicate taste that is very pleasing at this time of year.

Post Toasties are economical, make less work for the busy housewife and please everyone at the table.

"The Memory Lingers"

Sold by Grocers everywhere

Postum Cereal Co., Ltd., Battle Creek, Mich.

FARM OF FORTY ACRES

Equipment, Management and Income of Small Place.

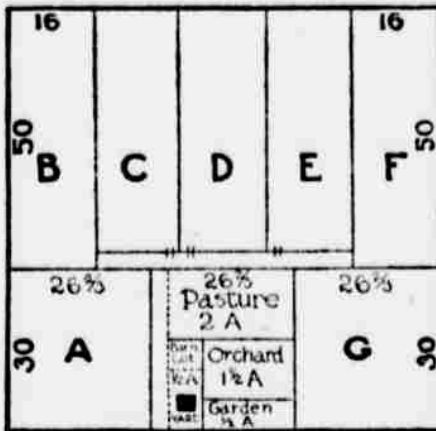
Convenient Scheme for Dividing Land into Five-Acre Tracts—One of These Utilized for Homestead and Garden.

(By W. J. SPILLMAN, Chief of United States Bureau of Farm Management.)

Mr. H. H. Mowry of the office of farm management, has been making a special study of the equipment, management and income of a large number of small fruit and truck farms, many of them run by people who have recently come from the city.

This study has given us somewhat a new point of view. In general these small farmers are not successful. This fact has led us to study the question more closely, and as a result a scheme for the management of a forty-acre farm is outlined below, which seems to be practicable.

Figure 1 shows a convenient scheme for subdividing forty acres to fit it for the cropping system to be outlined below. It will be observed that the forty acres are divided into eight five-acre tracts. One of these is set aside for what may be called the "homestead." These five acres are at the



Forty-acre farm subdivided into eight five-acre tracts. This shows a convenient method of subdivision which gives access to all the fields without wasting much land in roads. Length of lines given in rods.

center on one side, and it is supposed that a public road passes this side of the tract.

Of these five acres half an acre is utilized for the house and yard and the barn and barn lot. This space is ample for what we have in view. One-half acre is devoted to garden, one and one-half acres to orchard and the remaining two acres for a paddock into which to turn the stock for exercise.

By judicious management these two acres can also be made to furnish some pasture and some soiling crops. The other seven five-acre tracts are to be devoted to a seven-year rotation. When this rotation is in full swing the crops on the farm for a given year will be as follows: Field A, potatoes; field B, three acres of cabbage and two acres of onions; field C, corn; field D, cowpeas; field E, corn; field F, clover; field G, clover.

The next year each of these crops would move to another field as follows: The potatoes would go to field G, which was in clover the year before. The cabbage and onions next year would go to field B. The corn on field C would go the next year to field B. Cowpeas in field D would go the next year to field C. The corn in field E would go to D, while E would be sown in clover and F remain in clover.

The next year each crop would move to another field in the same manner, so that each year potatoes are sown after second year clover, cabbage and onions are planted after potatoes, etc.

The potatoes, cabbage and onions on this farm would form the market crops. The two fields of corn, the field of cowpeas and the first year's seeding of clover would furnish twenty acres of forage for the live stock, while the second year clover would furnish pasture for the live stock during the summer.

In each of the two corn fields some winter grain, such as wheat or rye, could be sown early in August at the time when the corn is laid by, that is, when cultivation of the corn ceases. This wheat would furnish fall and winter pasture for the live stock.

In the corn field which is to be followed by clover the wheat would be turned under very early in the spring in preparation for sowing the clover. In the corn field which is to be followed by cowpeas the wheat could remain until the second year clover field is ready to turn stock on, at which time it might be plowed up and sown to cowpeas. We thus have pasture during the whole year in sections where the seasons permit winter pasturing.

In states that are too far north for the cowpeas, soy beans may be substituted for them, and in regions too far north for soy beans, oats can be used on this field, the other crops in the rotation remaining the same. Commercial fertilizers would be required for the potatoes, cabbage and onions.

There is plenty of good literature published by the department of agriculture and by a good many of the state experiment stations relative to the cultivation and fertilization of potatoes, cabbage and onions, and the reader is referred to this literature for further information concerning the growing of these crops.

One fact to which I would call attention is that in the marketing of potatoes, cabbage and onions it is not necessary for the farmer to run to market every day for several weeks as would be the case with most other kinds of truck crops, especially straw berries and tomatoes.

KEEPING BROOD SOW HEALTHY

Preferable to Keep Animal as Near Grass or Vegetable Diet as Possible—Roots Urged.

(By R. G. WEATHERSTONE.)

Grass and vegetable matter are the most natural foods for pigs, although they will eat and can digest a great variety of things. The rearer of a sow can be kept to a grass or vegetable diet the healthier she will be, and this system is preferable to dry, rich foods consisting mainly of grain, barley or other meals.

Bran is most useful when grass is not available, but where it is not possible to give sows a grass run, lucerne, tares and other green forage crops can sometimes be substituted.

Roots, except that mangels must not be given at all freely as farrowing approaches or the pigs are almost certain to be born dead, are useful and where there is a large garden it will provide a great deal of vegetable stuff that can be advantageously employed for in-pig sows—stuff, too, that would be otherwise wasted. Large quantities of dry grain, and especially corn and barley, must be avoided as too heating, and hotel waste, butcher's offal, slaughter-house refuse—indeed animal matter in any form—are also bad, and may, it is said, be an exciting cause of cannibalism.

When at grass or getting green forage or garden stuff, a few old beans or some dry corn may be given once or twice a week.

The food for the in-pig sow for the last week or so of her time should be as nearly as possible that on which she will be fed for three or four weeks after she is farrowed. A well-known breeder says:

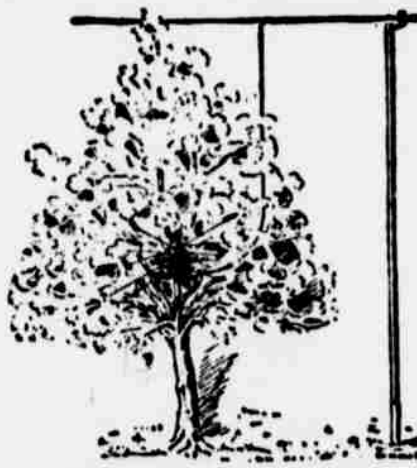
"We have ceased to give barley or other meal to our sucking sows until the pigs are at least a month old. Our newly farrowed sows are fed sharps, or what is locally termed thirds, middlings, etc., and a varying amount of bran, determined by the richness of the sharps, the number of the litter and the age of the sow, also condition." His recommendation for feeding the in-pig sow is: "Vegetable food, with a little dry grass, beans, peas or corn until within a week of farrowing."

PROTECTS BUDS FROM FROST

Colorado Man Conceives Idea of Placing Electric Motor in Tree to Cause Vibration.

A recent invention relates to a new system of motor operated tree vibration for saving buds and blossoms from frost.

The new system aims to create in fruit trees a movement of the sap to the buds and blossoms that tends to vitalize them enough to resist the attacking blight of frost. This movement of the sap might be called a capillary action, and can be likened to the gentle exercising action of an electric vibrator instrument on the



Tree Vibratory in Place.

human system, which stimulates the flowing action of the blood through the veins, especially at the point where the vibrator is applied.

The system of imparting this vibratory action to buds and blossoms has been worked out and patented by Herman L. Darling of Delta, Colo. It comprises the installation in the tree of a small electric motor having a trembling rotary motion and connected by transmitting wires to an electric current.

During the months of April and May when the orchard is subjected to sudden freezes, by means of this system, a vibratory trembling motion is imparted to all limbs of the tree, transmitted to twigs and buds and this motion starts the sap to circulating, invigorates the buds and strengthens them against the killing effects of the frost.

Unfavorable Soils.

Clay soils are unfavorable to vegetation because the soil is too close and adhesive to allow the free passage of air or water to the roots of the plants. It also obstructs the expansion of the fibers of the roots. Sandy soils are unfavorable because they consist of particles that have too little adhesion to each other. They do not retain sufficient moisture for the nourishment of the plants. They allow too much solar heat to pass to the roots. Chalk soils are unfavorable because they do not absorb the solar heat, and are, therefore, cold to the roots of the plants.

Draft Horses Scarce.

A. B. Alford, a transfer man of Philadelphia, states that while statistics show a larger number of horses in the United States than ever before, it is harder to get hold of a good draft animal at a fair price than it was fifteen years ago when he could buy all he wanted for from \$100 to \$125 and today he cannot get horses of the same kind for \$200 or \$250.

Don't Let Catarrh Get the Best of You

If you have catarrh and are neglecting it—you are doing a great wrong to yourself. In time it will undermine your whole constitution. You cannot begin too soon the work of shaking it off. Doesn't require any great effort. Begin today.



"I Feel Like a New Woman"

Mrs. Ezra Ulmer, of Port Hope, Ont., has written: "I have been a great sufferer for years from throat trouble, cough, indigestion, female troubles, bloating, constipation and nervousness—at times I would lie in bed, then able to get up again. Was under many different doctors' care, and would get better for a little while, then I would go down with chronic inflammation all through me. For six or seven years I had this position in my head. After trying nearly everything I got worse. I read in The People's Common Sense Medical Adviser of Dr. Pierce's Golden Medical Discovery and Dr. Sage's Catarrh Remedy. I have taken the Golden Medical Discovery and Pleasant Pellets, and have used the bottles of Dr. Sage's Catarrh Remedy. I am now able to do my work and walk with ease. I feel like a new woman. I enjoy everything around me and thank God for letting me live long enough to find something that made me well again."

Dr. Pierce's Golden Medical Discovery

has a curative effect upon all mucous surfaces, and hence removes catarrh. In Nasal Catarrh it is well to cleanse the passages with Dr. Sage's Catarrh Remedy while using the "Discovery" as a constitutional remedy.

Why the "Golden Medical Discovery" eradicates catarrhal affections, of the stomach, bowels, bladder and other pelvic organs, will be plain to you if you will read a booklet of extracts from the writings of eminent medical authorities endorsing its ingredients and explaining their curative properties. It is mailed free on request.

"The 'Discovery' has been put up and sold in its liquid form for over 40 years and has given great satisfaction. Now it can be obtained of medicine dealers in tablet form as well. A trial box sent prepaid for 50 one-cent stamps. Address Dr. Pierce's Invalids Hotel, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels. Assist nature a little, now and then, with a searching and cleansing, yet gentle cathartic, and thereby avoid many diseases.

VERY LIKELY.



Hazel—Some folks don't know what's good for them in this world. Henry—Yes, but they're better off than the people that know and haven't the price to get it.

HANDS CRACKED AND BLED

St. Clair, Mo.—"My trouble began about fifteen years ago. It was what some claimed eczema. The form the disease worked under was a breaking out with watery blisters on my hands which would then dry and scale, and then would follow the trouble of cracking and bleeding, also itching and hurting. My hands were disfigured at the time, and sore. The trouble was very annoying, and disturbed my sleep. This last February it was ever so much worse than before. I did not do all my work on account of the condition of my hands. I could not put them in water without making them worse. I tried a lot of home remedies, also salves and liniments that claimed to be a cure for the trouble, but I did not obtain a cure. At last I saw the advertisement for Cuticura Soap and Ointment. I sent for a sample. I thought they would cure, so I sent for a fifty-cent box of Cuticura Ointment and some Cuticura Soap. A doctor advised me to keep ahead with the Cuticura Soap and Ointment and they cured me completely. No trace of the trouble remains." (Signed) Mrs. Mary Taylor, Mar. 29, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Plants Need Nourishment.

A German investigator has discovered that plants resist cold best when they are given special nourishment to keep them warm. For instance, to feed a plant sugar stimulates its power of resisting low temperature, much as like food acts upon animals, though in less marked degree.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Some Measure of Love Important.

It is best to love wisely, no doubt; but to love foolishly is better than not to be able to love at all.—Thackeray.

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

If you would strike a man favorably never hit him in the vicinity of the pocketbook.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Pay compliments if you will, but pay your bills first.

In the Day of the Billionaire.

A brilliant New York lawyer said at a dinner at the Lotus Club apropos of certain trust magnates: "Thanks to watered stock—and watered stock is criminal abroad—these men are indeed rich beyond the dreams of avarice."

"If the watering of stock is allowed to keep on we'll hear our billionaires talking like this some day: 'Hullo! There goes Jones in his 300-horsepower car. Do you know him?'"

"Do I know him? Do I know Jones? Why, man alive, Jones and I were struggling young millionaires together!"—*New York Times.*

Loyal to Her Teacher.

Sunday School Teacher—Yes, children, the Lord made everybody. Small Girl—Did he make you, teacher? Teacher—Yes. He made me, too. Small Girl—And he's got nothin' to be ashamed of, either.

Ever notice how eager one doctor is not to boast of the ability of another?

Automobile Aroma.

Farmer Hiram was mending the front fence when an automobile whizzed past, emitting a trail of blue smoke from its oil-choked engine.

Farmer Hiram's hand went to his nose. When the car had disappeared far down the lane and the smell had died away he ventured to address the hired man.

"Sam," he said, "they may be swell city fellers an' all that; but they certainly was smokin' some vile see-gars."

The more a man knows the easier it is to keep his face shut.

BUY **FOLEY'S** HONEY AND TAR COMPOUND. STOPS COUGHS - CURES COLDS. Contains No Opium - Is Safe For Children.

LEWIS' SINGLE BINDER. THE BEST QUALITY STRAIGHT CIGAR ALWAYS RELIABLE.



You will like these

None better ever baked. Crisp and—but try them!

Sunshine Biscuits

are all so good in every variety that you'll like them all—everybody does! That's because they're "The Quality Biscuits of America."

And that's why we want you to try them FREE. Just send the coupon for our gift "Surprise Box" of Assorted Sunshine Biscuits.

LOOSE-WILES BISCUIT COMPANY Bakers of Sunshine Biscuits

Loose-Wiles Biscuit Company Omaha, Neb.

Please send me FREE my "Surprise Box" of Assorted Sunshine Biscuits.

Name

Address

Grocer's Name

Address

WHY INCUBATOR CHICKS DIE

Write for book saving young chicks. Send us names of 7 friends that use incubators and get book free. Kinsall Remedy Co., Blackwell, Okla.