

The Farmer

Green Feed for Laying Hens

Feeding the laying hens green feed tends to keep them in good health and to promote egg production, says the United States Department of Agriculture. Green feeds are one of the best sources of vitamins for poultry. Mangels and turnips provide some succulence, but very little green feed. When cabbages are available at reasonable cost some may be fed, but good quality alfalfa also should be supplied. Alfalfa is valuable, not so much because of its protein content, as formerly believed, but because alfalfa leaves are rich in minerals and vitamins, which are lacking in the mash ration. Alfalfa leaf meal is a good substitute for fresh green feed and is much better than germinated oats.

Planning for Canning Means a Full Pantry

What can be accomplished by planning during the growing season for the food of the succeeding winter is strikingly shown in a re-

port received by the United States Department of Agriculture from Young County, Texas. Following the suggestions of the county home demonstration agent in the spring, Mrs. Ed Martin, a member of a home demonstration club and wife of a tenant farmer, made a "garden and canning budget," to take care of the needs of her family of four this winter. As a result, she now has foods in her pantry valued at \$467.50.

These include 120 cans of fruit, 108 cans of starchy vegetables, 194 cans of leafy vegetables, 150 containers of meat, and 96 containers of other foods, such as jams, jellies, and pickles. Three years ago, Mrs. Martin obtained permission from their landlord to plant 8 peach trees, 24 berry plants, and 4 grape vines, which cost \$4.80 altogether. She has since set out 40 more berry plants.

During the year she has sold 412 dozen eggs and used 414 dozen (some of which were put down in waterglass for the winter); sold 354 pounds of butter and used 64 pounds; sold \$205 worth of cream and used \$32 worth at home.

Culling

By PROF. H. D. MUNROE

There is a tendency among poultrymen and farmers to become careless about the management of their poultry flock during the summer when egg prices are low. It is at this time that the greatest care should be taken.

Management problems that effect summer egg production are lice and mites, mash consumption and culling.

Even with low prices it is possible to have a profit on a flock if egg production is maintained above fifty per cent. Heavy production can be maintained during the summer only by culling.

Results with Syrup Better than Cottor.

RALEIGH, N.C. (ANP)—In addition to supplying a tasty food for the winter table, sorghum syrup has paid farmers well for the time and labor invested in the crop this past season.

C. R. Hudson, in charge of extension work with colored farmers for State College, has insisted that growing sorghum cane and converting it into syrup be a part of the program on every farm now.

Some indication of the value of this plan is given in a report received by the extension worker from McKay McNeill, local agent in Johnston County. During the past year, McNeill placed eleven demonstrations in sorghum growing. The average yield was 104 gallons an acre at a cost of 32c a gallon. At present price of 50c a gallon, this syrup returned a profit of \$18.72 an acre.

The average yield of cotton is about one-half bale an acre, which at a price of 8 cents a pound gives a total return of only \$20 an acre. It costs about the same to grow cotton as it does syrup. Figured on this basis, therefore, the cotton hardly paid the cost of production, while the syrup gave a profit of \$18.72 an acre.

BEAUTY HINTS

Graceful Walk is Result of Pointing Toes Straight Ahead.

As we look back now that extremely short skirted era was a test, all right. But, at that, I don't think it was as hard on the youthfulness of a woman as today's long skirted one. She had an idea in the old days, at least, that she was fooling folk with the kiddish skirt. And a lot of other women were toing out, so if her feet looked funny she had company in that respect and plenty of it.

But today, with no leg to speak of to distract the eye of man (and woman), the feet come in for a heap of staring. That's one reason why we think this a harder period for the woman who'd like to appear younger. The other is that the lengthened skirt calls imperatively for a smart, snappy, young walk. Otherwise you're sunk into middle agedness, at least.

Women of the grandmother age, let's say, might be excused for the habit of walking with feet turned out. Many of them were taught to walk that way. Once taught and practiced for years, it's no easy trick getting the toes to point straight ahead. But women of the young matron age and younger certainly have not the excuse of faulty teaching to keep on turning those feet out at the ugly forty-five degree angle.

I warn you all that this walking business is going to be pounded into you by every beauty and health adviser from now on. The beauty preachers simply can't let you go on turning those feet out when you move or when you stand still, for that matter. You can't get any lightness in your step if you turn the feet out. You can't come up and down on the ball of the foot easily. And the chances are ten to one you're now suffering some arch strain, if not out and out flat footedness from walking with the feet turned out.

You never saw a graceful woman, a smart stepping one, a chic person with feet acting that way. Feet have to be placed directly in front of you and walked on lightly to get any style in your movements. You've got to keep them pointing directly in front of you when you stand. In fact, it is better to turn

in a little than out for appearance sake and for the good of your foot action.

Check up on those tootsies of yours and see if you're making them do right by your appearance. Stand them and walk them before a pier of glass and don't let them off practice until you have them going straight ahead every time. It makes your feet look a couple of sizes larger to turn them out wide when you walk. And that ought to cure them, eh what?

Congressman's Daughter

Continued from Page One

ing his master was now so apparent that no one of us could doubt his guilt, vanished into the hallway.

Police whistles blasted. The inspector rushed to the window and shouted orders to his men on the sidewalk below. A cordon of scout cars closed about the hotel, in readiness to prevent the butler's escape from the hotel in case he reached the ground floor.

But all these precautions were unnecessary. Hutchinson got no further than the hallway. Patrolmen stationed there captured him and lugged him, shaking a'l over, back into the room.

The inspector faced him accusingly. "Hutchinson," he said, "this is the second time you've tried to escape what's coming to you. Twice you have admitted that you are the person we're looking for. Now there's no question about it — you killed Paul Lucas!"

The beaten little man nodded his head in assent. "I guess you've got me," he said. "What Lucas's son just said was the truth. I did love the Congressman's wife. But she didn't love me. I figured it was because he was still alive, and all her love was still for him. I was crazy about her; I wasn't in my right mind at all. The only solution I could see was to kill him. I never dreamed I'd be found out. Lucas always had those heart attacks. He would have died soon anyway. And if that damned reporter hadn't happened in here—" He shook his fist at me.

I grinned. And then, all of a sudden, I remembered that I was a reporter. I jerked out my watch, whirled, and shot out into the hall for the telephone. And what a story I gave Jimmy Stewart! Inside stuff, I mean. Jimmy gave it an eight-column head over three editions. And he saw to it that I got not only a raise, but a promotion. I'm reviewing burlesque shows these days. Hot dog!

THE END

Advice to the Lovelorn

"Dear Suzanne: What is your opinion of a person who enjoys clipping items (uncomplimentary to receiver) and mailing them anonymously?"

An anonymous sending of "uncomplimentary" correspondence is a cowardly deed. Such communication should be ignored.

"Dear Suzanne: I am 18, considered good looking, have personality, and am popular with girls. I attract boys, but they soon grow tired. What is the trouble? Edy"

Ask one of the girls who knows you to tell you what's wrong, but don't get mad at what she says.

"Dear Suzanne: I love a girl. We quarreled. Later, we talked to each other, but when I asked her to go out with me she always had an excuse. Brokenhearted."

I wouldn't pursue that girl any longer when there are so many other girls in the world.

TRY THIS NEW, MODERN WAY OF RAZORLESS SHAVING



Magic Shaving Powder simply mixed with water—spread on the face—and washed off. Your beard is off quicker and closer than you can shave with a razor. Magic Shaving Powder retards growth of hair; it is antiseptic; clears skin of bumps and pimples; prevents ingrowing hair. Used by women for removing superfluous hair. 35c at drug stores. Or, send 35c in stamps TODAY for big, full-size can. Write Magic Shaving Powder Co., Dept. E, Savannah, Ga.

THE HUMAN THING TO DO

Satin, velvet and crepes are always good form for evening wear. This year, however, the couturiers have approved of several materials heretofore unheard of for that purpose. Our three models have chosen evening dresses of jersey, corduroy and fine broadcloth.

In this country, pedestrians abide by the traffic rule of "Keep to the right."

When walking on a city street, a lady never takes a gentleman's arm unless the pavement is in bad condition or the thoroughfare is very crowded.

At tea time no one sits at the table. If there is no small table on which to put the plate it is balanced on the lap. Note that in holding the teacup, the little finger is NOT crooked.

AGENTS WANTED

GO INTO BUSINESS—Sell new and used clothing, 100% to 300% profit. Satisfaction guaranteed. We start you. IDEAL RUMMAGE SALE CO., L-4804 State, Chicago.

BRACE UP! Try this "nightcap"

Lazy muscles mean that poisonous intestinal wastes are sapping your energy. Why continue feeling run-down and sluggish? A "nightcap" of Garfield Tea, for several weeks will put you "on your feet." (At all druggists).

Sample 10c: Garfield Tea Co., P.O. Brooklyn, N.Y. **GARFIELD Tea** A Natural Laxative Drink



Anyone Can Now Have a Lighter Skin

When skin is satiny, soft and light, then smiles beguile and your beauty is charming. Dr. Fred Palmer's Skin Whitener Ointment softens and lightens the darkest skin, clears up pimples, blotches and tan marks, and does away with that "oily, shiny" look. Use this preparation regularly to make your skin soft, delicate and charming. This amazing Ointment is made in the famous Dr. Fred Palmer's Laboratories where are also made those other beauty aids you know so well: Dr. Fred Palmer's Skin Whitener Soap, Skin Whitener Face Powder, Hair Dresser and Hid Deodorant, which may be had at all drug stores for 25 cents each or will be sent postpaid upon receipt of price. Dr. Fred Palmer's Laboratories, Dept. D, Atlanta, Ga.

Send 4c in stamps for trial sample of Skin Whitener, Soap and Face Powder.

DR. FRED PALMER'S Skin Whitener 'KEEPS YOUR COMPLEXION YOUTHFUL'

CHICAGO WOMAN DREADED CHILDBIRTH

Told She Might Die, Woman Almost Crazy With Fear

"When little Joan was on the way," reports Mrs. Marshall of Chicago, Illinois, recently, "I was sick and run-down. I just felt tired and mean all the time. My mother and friends told me it was very dangerous for a woman to have a baby when she felt that way.

"I was plenty scared. Even if I lived thru it, I was afraid my baby would be weak and ailing. I was so frightened I just had the misery. My skin was terrible. I had an awful backache and was constipated. I could scarcely do the chores. Even my husband looked at me with pity. Everybody kept telling me what a chance I was taking. I scarcely knew what to do. "About that time an old school friend who has four strong, lovely children, and is the picture of health herself, dropped in to see me. She was shocked by my condition.

"Why Ruth," said she, "This is all your own fault entirely. It is so easy to help nature and protect both yourself and child!"

"But how can I, Martha?" I asked. "Just broke down and cried.

"Then she told me about a Doctor Caldwell, who attended more than three thousand births in fifty years of family practice without losing a single mother or child!" (The official Platt County records in Illinois prove the truth of this astonishing statement.)

"He originated a wonderful medicine, based on years of experience. Expectant mothers who do not dare use strong, habit-forming cathartics can take Dr. Caldwell's Syrup Pepsin at any time. It drives the body poisons out of the system,



MRS. RUTH MARSHALL

permitting sound sleep and healthful digestion. Nature does the rest. Why don't you try some, Ruth, and see how it picks you up almost at once?"

"I began noticing the benefits of taking Syrup Pepsin almost at once. My liver became more active and bowel muscles stronger. Even my complexion began to clear up. Everyone noticed it. It was just like a miracle.

"I am so grateful for my present good health and my fine strong girl. We are all so very happy we are looking forward to having another lovely baby soon."

Mothers! You are only as strong as your organs. When these become run-down and your liver and bowels are weak, you should act at once. Dr. Caldwell's Syrup Pepsin is not expensive and it is put up conveniently in large-size bottles carried by most good druggists. Don't take a lot of patent medicines which may be dangerous and weakening. And don't "Just give up." Get a bottle of genuine Dr. Caldwell's Syrup Pepsin, take it according to directions, and feel the new energy and strength returning to your entire system! Don't be subject to colds, heartburn, biliousness and other evidence of run-down system. Dr. Caldwell's prescription is perfectly safe, and very pleasant to take.

THE OTHER NIGHT SHE WAS The Belle of the Ball SIX MONTHS AGO A "WALLFLOWER"

It was hard to realize that she was the same girl. Six months ago she was a wallflower. Women avoided her. Men called her "the girl who liked to sit down." She really deserved that name too because she was always complaining about how bad she felt.

Famous Tonic Helped Her

Her mother first told her about St. Joseph's G.F.P. Results started from the first. Soon she was developing pep and energy. A new light came into her eyes. It was the sparkle of health, the desire

to enjoy life. The other night at one of the big social events she was "the belle of the ball."

Money Back Guarantee

St. Joseph's G.F.P. is a famous tonic that has helped womankind for over fifty years. It contains roots and herbs that aid in building up abundant energy and strength. Women thrive on it. It is so invigorating, so beneficial. Today, ask your druggist for the big dollar bottle of St. Joseph's G.F.P. He sells it on a money-back guarantee.

IF YOU WANT MONEY

LOVE SUCCESS

I guarantee to help you get a new start in life. No case beyond hope. Stop worrying! Write me today. Information FREE!

M. WILLIAMS, 901 Bergen Ave. Jersey City, N.J., Dept. F.