

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine.

Syrup of Figs & Elixir of Senna
manufactured by the
CALIFORNIA
FIG SYRUP CO. ONLY
SOLD BY ALL LEADING DRUGGISTS
one size only, regular price 50¢ per bottle

Banana Ink.

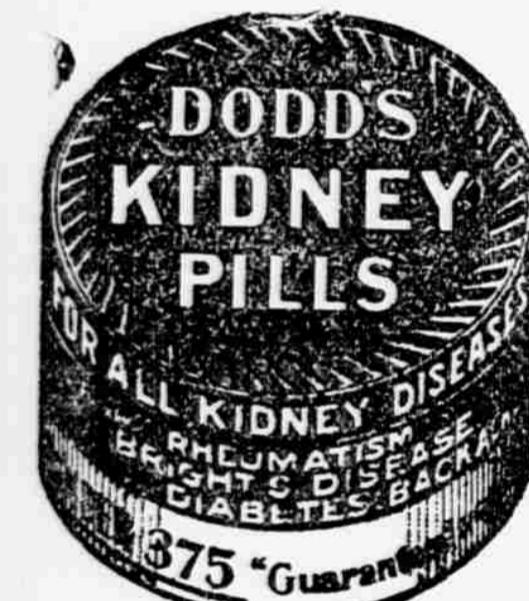
"The banana furnishes us with ink, with handkerchiefs, with wax, with blacking, with excelsior, with oil, with flour, with window cord, with brushes."

The speaker, a banana planter from Jamaica, paused and smiled.

"You don't believe me, do you?" he said. "Yet truly the banana tree is a wonderful thing. Every part of it serves some good use. Thus the long leaves make a fine excelsior. The juice, being rich in tannin, furnishes a good indelible ink, and a good shoe polish. The stems yield a fine quality of hemp, and from this hemp there are made lace handkerchiefs, cords and ropes of all kinds, mats and brushes. The oil is used in gilding. Of banana flour, the flour ground from the dried fruit, there is no use speaking—you are too familiar with it!"—Los Angeles Times.

Naming His Babies.

A farmer near Wigtown has eight daughters, who are named to represent his feelings at the time of their birth. The eldest is called "Joy," and the second bears the name of "Summer" as she was born in July. The third arrived at a time of financial difficulties, and would have been called "Sorrow," but her mother refused to have the name. So Sarah was substituted. Things were brighter when number four came, and "Hope" was her portion, while five and six—twins—were respectively "Spring" and "April," this last being their birth month. The seventh was styled "Harvest," and the youngest "Content."



Libby's Veal Loaf

is made of the best selected meat, scientifically prepared and evenly baked by damp heat in Libby's Great White Kitchen. The natural flavor is all retained. When removed from the tin it's ready to serve.

It can be quickly prepared in a variety of styles and nothing makes a better summer meal.

in the home, at the camp, and for the picnic Libby's Veal Loaf is a satisfying dish, full of food value that brings contentment.

Libby, McNeill & Libby,
Chicago.



The best composted manure produces the quickest results.

Best breeds do not insure most profit without proper treatment.

Pasture makes the cheapest hog feed on the farm, and clover makes the best hog pasture.

When grass seed is sown see that you have a rich, well-pulverized seed bed, and sow liberally.

The industrious hen is no longer overlooked when it comes to figuring up the income from a well-regulated farm.

The pig hardly ever celebrates his second birthday on the farm, so it is quite in order to make his first as pleasant as possible.

"Making good" and "a square deal" are slang expressions that carry a whole sermon with them if given the right amount of thought.

While plowing on his California ranch a Spaniard ran his plowshare into a box containing \$4,000 in the eight-sided gold slugs used years ago in California by the Spanish people.

In London they hold what is called a cart-horse parade. It stimulates interest in the not-always-happy lot of the work horse. The idea is becoming fashionable in some of our own eastern cities.

If there is anything that will make a man's mouth water, it is to see a neighbor's hogs picking their living on a fine alfalfa pasture, while you have been pessimistic enough to pooh-pooh the idea of growing this legume.

Spraying grain fields as a means of killing mustard is an idea which is gaining great prominence in the grain-raising region of the Northwest. It seems to be a pretty well established fact that the scheme is practical.

The last-minute plan of buying a farm machine is a lax one. It gives opportunity for the loss of time and money, for a bad temper to generate, the postponement of chores hours into the night, and the inducing of a bad digestion.

To remove cockleburs quickly and easily from horses' tails, the following recipe is efficient: Dip the tail in a bucket of hot water or, if this is not advisable, apply a thin oil. In either case the burs can be picked out easily after waiting a few minutes.

The average farm garden might well be larger. It ought to be ample enough so that almost all of it could be cultivated with a horse and team. One can tend more garden with a horse and cultivator in an hour than he can with a hoe in two days—and do it better. The hoe has its place, but the place is in the flower bed or corners and the tool shed most of the time.

Several weeks may be gained by starting many of the flower and vegetable seeds in boxes in the house, hotbed or other protected quarters. Glass is the best protection for plants, but when glass is not procurable thin white cloth makes a fairly good substitute. Market gardeners grow nearly all of their lettuce and some other vegetables under thin cloth. It admits both light and air.

Insecticides.

A layer of lime applied to the surface when the ground is dry and the weather clear, will sometimes drive ants from their villages.

A watering of hot cayenne pepper tea, as hot as the hand will bear, will rid plants of ants and many other pests if applied at their roots.

To do away with rose pests mix by rapidly stirring a tablespoonful of coal oil with a pint of very hot, strong soap suds and when well mixed add this to enough hot suds to make a gallon. Mix a pint of unslaked lime with a quart of water, and when settled pour the clear lime water into the coal oil emulsion, adding to this a teaspoonful of paris green, stirring it all rapidly and thoroughly. Keep this mixture well stirred when using and spray or sponge the leaves, under and upper sides, with plenty of the mixture. It will be "good" for the bush, if not healthy for the bugs and slugs.

Controlling Cabbage Insects.

The growth of cabbage plants for late setting has been a very uncertain venture in parts of New York State for several years. Maggot-flies and flea-beetles have become so plentiful in cabbage sections that only small fractions of the seed sown give plants worth setting; so that many growers have had to import large numbers of plants from other States, with greatly increased expense and liability of introducing disease. A simple and, so far as tested, a feasible and cheap method for controlling insects on seed beds was tested, not originated, by the Geneva Station last year, and the details of the experiment are given in

Bulletin No. 301. A small bed was covered with cheesecloth screening and the plants completely protected from maggots. From 1,800 square feet of bed 50,000 sets were taken, while from a check plot intended to set forty acres only plants enough for a little over four acres were secured. By taking off the cover for a week before setting, the plants were "hardened" so that there was no more wilting than with plants grown in the open air. The screening method is very inexpensive, and is apparently more promising than any spraying or soaking of the soil with insecticides.

Dry Farming Reclaims Desert.

Dry farming will eventually make the so-called arid region of the western highlands blossom like a rose. In half a dozen Wyoming counties it is being adopted with complete success. The State is encouraging it, and has provided a department of dry farming, with Dr. C. V. Cook at its head.

"With proper irrigation and irrigation," says Commissioner Cook, "the desert of the West will in time disappear. The possibilities of redemption in this arid territory are being demonstrated more and more every year. Land that was valueless ten years ago now produces bountiful crops."

Dry farming is the irrigation part of it. It is simply the science of using to its utmost the meager rainfall of this arid region. The secret lies in storing up every bit of moisture possible. It merely consists of keeping the surface of the ground covered with a dust mulch or blanket, which retains the moisture.

You have noticed that after a rain the earth forms a crust. You would think this crust would prevent the moisture from escaping, but it does not. It is full of little holes through which the sun and air, especially in high altitudes, draws the moisture.

Here is where dry farming comes in. This moisture-releasing crust is pulverized into a dust blanket by frequent harrowing or discing. The soft earth is made floury and close lying, and neither the sun nor the air action can draw the moisture through it.

No expensive equipment is required. A 14-inch gang plow for four horses, so that the plowing may be deep, the deeper the better, is used mostly. A boy with four good horses and three-section disc harrow can cover thirty to thirty-five acres of plowed ground a day. This harrowing must be done several times until the ground is thoroughly pulverized upon the surface. Plowed ground must be harrowed after each rainfall.—Cheyenne, Wyo., Cor.

Poisoning Gophers Is Best.

Strychnine is the most effectively known poison for killing the pocket gopher, and this method is recommended by the United States Department of Agriculture for general use.

Strychnine sulphate is the most convenient form of the poison, since it is freely soluble in hot water and in the natural juices used for bait. To disguise its bitterness so that the gophers may not be deterred from eating the bait sugar is often used. A sugar syrup is prepared as follows: Dissolve an ounce of strychnine sulphate in a pint of boiling water. Add a pint of thick sugar syrup scented by adding a few drops of oil of anise, but this is not essential. If preserved in a closed vessel the syrup will keep indefinitely.

The above quantity is sufficient to poison a half bushel of shelled corn or other grain, but corn is recommended. The grain is steeped in hot water and allowed to soak over night. It is then drained and soaked for several hours in the poisoned syrup. Before using cornmeal may be added to take up the excess of moisture.

The prepared bait is introduced into the underground runways of the gophers with a long-handled spoon. A spade handle sharpened with a metal point, makes a good dibble for making holes into the runways. Having located the runway with the dibble, move it from side to side to firm the soil about the hole and then withdraw. This will leave a hole for the bait to be dropped into. Some prefer to cover the holes, but it is better not to do so.

Bait should be placed in the main runways and not in the short laterals near the mounds. A skillful operator can go over twenty to forty acres of badly infested land in a day, and if the work is carefully done at a time when the gophers are active all animals should be destroyed by the first application.

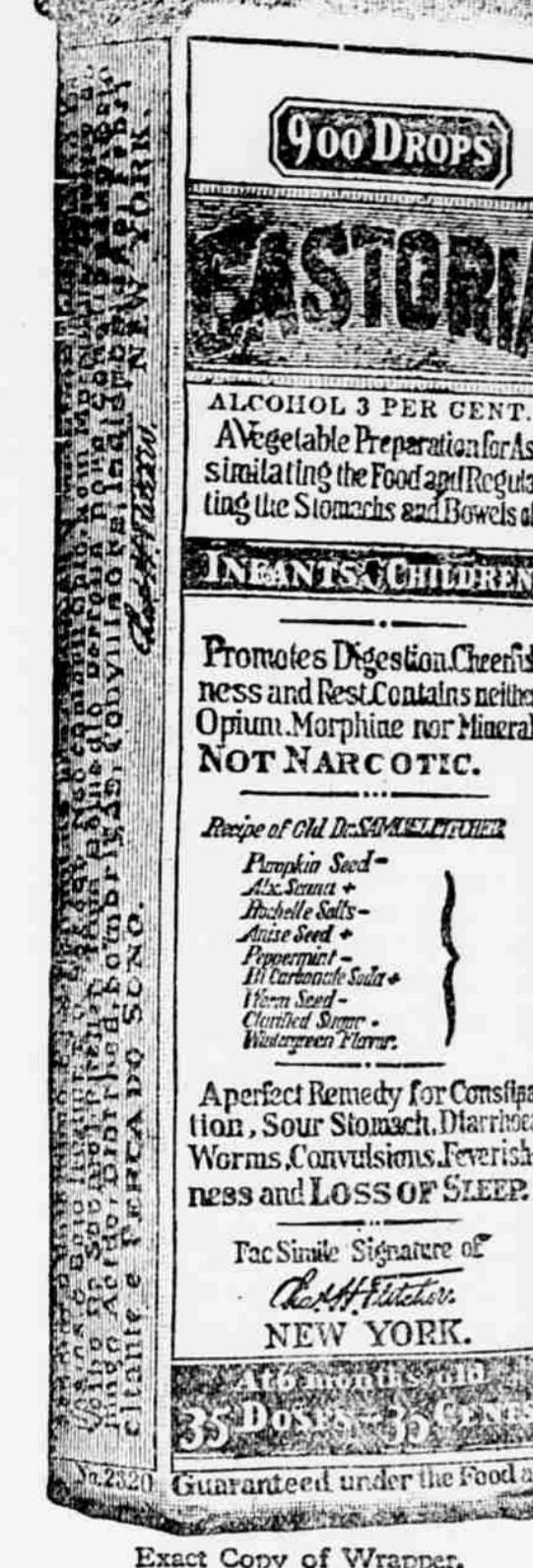
Under favorable conditions the use of carbon bisulphide can be made successfully, but extreme care must be exercised in handling the stuff, as it is very inflammable and must be kept away from all fire. It forms a heavy gas that goes into the burrows and kills the animals. An ounce of carbon bisulphide for each burrow is sufficient, but even at that it is rather an expensive method. The chemical is poured over a bunch of rags or cotton waste and this pushed into the burrow, which should be quickly closed.

Traps are also used by some with good results. The ordinary steel traps, as well as special gopher traps, are used. However, the poisoning with strychnine is undoubtedly the best and cheapest method of ridding one's farm of the pests.

Control Mag Cabbage Insects.

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CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulence. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

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In Use For Over 30 Years

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The Handy Doctor in Your Vest Pocket

IT'S a thin, round-cornered little Enamel Box—

When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

It will not purge, stoken, nor upset the stomach.

Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all other Cathartics and Laxatives.

Cascarets act like exercise. If carried in your vest pocket, (or carried in My Lady's Purse,) and eaten just when you suspect you need one, you will never get a sick day from the ordinary ills of life.

Because these ills begin in the Bowels, and pave the way for all other diseases.

"Vest Pocket" box 10 cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCG."

Glean of Hope.

Orville Ardup—Ah, here comes that fellow bill collector!

Calber (producing folded document with alacrity)—I am glad to hear you say so. Mr. Ardup. I have been here nine times without having been a collector, you know.

S. C. N. U. — No. 26—1908.

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