

## Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per

day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for lack of iron.—E. Sauer, M. D.

NOTE.—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, rundown conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$1000 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.



## STRANGLES

Or Distemper in stallions, brood mares, colts and all others is fatal. The germ causing the disease must be removed from the body of the animal. To prevent the trouble the same must be done.

**SPOHN'S COMPOUND**  
Will do both—cure the sick and prevent those "exposed" from having the disease. It cures and kills the germ. All druggists, harness houses, or manufacturers.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

**Knows Her Own Wants.**  
"Mother, may I have some more pie?" said Lucy.  
"No, dear, you have had one piece, and that is enough."  
"Now, mother, you think you know all about my stomach, and you don't at all, for it wants another piece of pie."

## HEAL SKIN TROUBLES

That Itch, Burn and Disfigure by Using Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. Rashers, eczemas, pimples, dandruff and sore hands yield to treatment with Cuticura Soap and Ointment. Relief is immediate and permanent, in most cases, complete, speedy and permanent.  
Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Men sometimes worship women because they are unable to understand them.

Two-thirds of the so-called society "400" are ciphers.

## Drinking of Water

(BY V. M. PIERCE, M. D.)

The general conclusions of the latest Medical Scientists prove that drinking plenty of pure water both between meals and with one's meals is beneficial to health. It has now been proved by means of the X-rays and actual tests upon many healthy young men that the drinking of large amounts of water with meals is often beneficial. Therefore if you want to keep healthy drink plenty of pure water (not ice water), both with your meals and between meals. If you ever suffer from headache, lumbago, rheumatism, or any of the symptoms of kidney trouble—such as deep colored urine, sediment in urine, getting out of bed at night frequently and other troublesome effects, take a little Anuric before meals. These Anuric Tablets can be obtained at almost any drug store.

**Why Labor is Scarce.**  
Here is one reason which you may have overlooked why labor is growing scarcer every day in the United States: We have now in Pennsylvania alone 225,000 automobiles. One-third of them are pleasure cars driven by chauffeurs, an army of 75,000 able-bodied men removed entirely from productive work.  
The army of pleasure car chauffeurs in the whole country must exceed half a million men—all nonproducers. Indeed, there is another great big army of men building pleasure cars to be operated by these other nonproducers of essentials.  
They used to complain in Germany that every taxpayer had to carry a soldier on his back. We vary it in the United States by carrying a chauffeur on our backs, says "Glarq" in the Philadelphia Ledger.

**Losing Game.**  
"I'm sorry I asked the girl to clean the typewriter."  
"Why?"  
"She took fifteen minutes to clean the typewriter and two hours to manure her finger nails afterward."

Tokyo has 2,244,796 inhabitants.

**A MISSOURI MOTHER**  
St. Joseph, Mo.—"I found Dr. Pierce's Favorite Prescription a great help to me during expectancy. I took it with five children. It was the means of my keeping strong and healthy during the whole time and my children were all very healthy. I do recommend the use of 'Favorite Prescription' to prospective mothers."  
MRS. JENNIE MILLER, 2824 S. 19th Street.

Get "Favorite Prescription" today, either in liquid or tablet form, from any dealer in medicines or send Dr. Pierce, Buffalo, N. Y., 10 cents for large trial package.  
Dr. Pierce's Pleasant Pellets are purely vegetable, no calomel.—Adv.



## CLEAN FEED FOR HOGS

Waste From Kitchen and Dairy May Be Fed to Swine.

Compost Heap Is Most Profitable Place for All Refuse If It Is Getting Badly Decayed or Fermented—Animals Are Clean.

During all the cool season of the year, the waste of a clean nature from the kitchen, cellar and dairy departments of the home may be fed to the hogs, large and small. But in warm weather, one must be very careful not to allow the waste or garbage to accumulate so as to set up a fermentation, says a writer in an exchange. That is to say, banish from the back premises any receptacle into which all waste can be dumped and be allowed to sour, ferment or start to decay.

All the pure and clean refuse can be fed to the hogs daily, but omit to mix with this class of feed any of the soapy dishwater, the suds from the family washing, and any fluid in which is incorporated any excess of salt, bleach-



Clean Specimen.

ing powders and other villainous compounds used about the home for any cleansing purpose. Badly decayed fruits and vegetables, while hogs will eat them, should be placed in the compost heap, or buried in the ground.

During the warm months it is especially noticeable that decaying vegetable, highly fermented feed from garbage receptacles and soured and moldy grain or mill products are a very prolific source of worms in hogs.

If there is quite a number of hogs on the farm, and only a small amount of what is termed garbage, it is quite possible the feeding of it may result in no apparent harm. Still it is my opinion from my own and other's experience, that the compost heap is the most profitable place for all the refuse from a home if it is getting badly decayed or fermented.

Hogs are nice animals if given a fair chance, but being always hungry, if they are fed filthy feed in muddy lots and pens, they eat ravenously; and if this kind of treatment is kept up very long, bad results are certain to follow.

## GOOD REMEDY FOR RINGWORM

University Farm Expert Recommends Iodine and Acetic Acid Treatment—Caused by Parasites.

(By M. H. REYNOLDS, Veterinarian, University Farm, St. Paul.)

Ringworm appears most commonly in cattle as a round, slightly raised, bald patch, being seen especially about the head and neck of a calf or yearling. Older cattle, other animals and men are subject to the trouble. It is caused by minute vegetable parasites which grow under the skin, something like mildew in a grape leaf.

Ringworm can be rather easily cured by giving the spots a good scrubbing with soft soap and water, then treating them once each day with equal parts of tincture of iodine and glacial acetic acid. The treatment may be continued for several days, as appears necessary.

## KEEP GARDEN SOIL FERTILE

Without Good Fertility Farmer Cannot Hope to Realize High Profits—Take Care of Manure.

A primary consideration in every gardening project is to make and keep the soil as fertile as possible. Without high fertility we cannot hope to realize high profits.

Use lime occasionally so that the clovers will thrive. See that an ample supply of phosphorus is furnished all crops. Grow green manural crops as much as possible.

Take care of the stable manure produced on your own place and use it where it will do the most good. Buy stable manure when the price is right.

## USE LOW WAGON FOR SILAGE

Although Draft Is One-Third Greater Than High-Wheeled Vehicle, Labor Saved Counts Most.

A wagon with low wheels for use in the harvesting of corn for silage is recommended by H. C. Ramsower of the Ohio College of Agriculture. Although the draft is approximately one-third greater than that of a higher wheeled wagon the saving of man labor is of greater importance. Aside from its use in the handling of silage it can be of great advantage for many other farm operations.

## DRY UP PERSISTENT MILKER

Safe and Simple Process Is: Don't Milk Her—Vacation Is Good for Heavy Yielders.

Occasionally it is desirable to dry up a cow in order to fatten her for beef. The safe and simple process is—don't milk her.

More often the question is asked whether it is wise to dry up a persistent milker a few weeks before calving, and if so, what is the safe and simple process.

It is generally believed that a short vacation period is good for heavy yielders. There are cows that will give several quarts of milk a day up to the time of calving. In the long run these cows will prove to be the profitable members of the herd, even if they do not always start off with a big flow when fresh.

If for any reason it is desired to dry off a cow that is soon to calve, it is safe to milk her once a day for about half of her milk.

drops to a quart a day she will be turned loose with safety and not milked at all, simply watching her to see that no inflammation sets in.

With this treatment should go limited feeding. With a maintenance ration of dry feed only, lactation will ordinarily cease altogether without any injurious results.

## FARM TRACTOR IN OPERATION

Man Handy With Machinery Will Get Much Use Out of Implement—Does Great Many Things.

A farmer who is handy with machinery will get much more use out of his farm tractor than the man who only knows how to start and stop the engine and guide the tractor. It is the most useful piece of machinery one can have about the place, and can be used for a hundred different things.

A modern tractor developing eight to sixteen horse power will go almost anywhere that a horse will go and it will do many things the horse cannot do. It will pump water, grind feed, run the saw, cut silage, do the threshing, the plowing and pull the binder if necessary.

It will pull a road drag and can be used to pull heavy logs or timbers from place to place. Every farmer should try his machine at various jobs so that he will become used to it and get the most out of it.

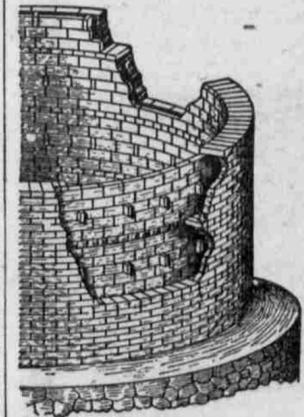
## MUST HAVE AIR-TIGHT WALL

Necessary to Keep Silage in Proper Condition—Tar Paper is Used by Some Owners.

To prevent the air from reaching the silage all silos must have air-tight walls. These must be rigid enough not to be sprung out of shape by the pressure of the silage, permitting air to enter next to the wall.

Not only the walls but the doors also must be perfectly air-tight. To accomplish this they should be well fitted and the joints made more perfect by felt pads or gaskets.

It is a good practice where the silo door is set against a shoulder, to place clay, worked to the consistency of



Double-Wall Brick Silo.

putty, into the joint. The clay is placed on the bearing surface and the door placed over it, and when the pressure of the silage comes against the door an air-tight joint is obtained.

Tar paper is successfully used by some silo owners, either in strips to cover the cracks around the doors or in widths sufficient to cover the entire door and lap a few inches on the silo walls.

Not only should the walls be tight and rigid, but they should also be perfectly smooth on the inside to permit the silage to settle without forming air pockets, which cause a certain amount of the adjoining silage to rot.

## VALUE OF CORN AND SILAGE

Net Profit of From \$50 to \$100 for an Acre Obtained by Many Experienced Dairymen.

Corn that will make 60 bushels of corn to the acre will, as a rule, make 12 tons of silage which will contain about seven pounds of shelled corn in every 100 pounds of silage. Silage can be produced and put in the silo for about \$1.75 a ton. An acre of 60-bushel corn costs the farmer, in the silo, about \$20. This includes rent for his land, and all labor in growing and putting up the crop. Many experienced dairymen assert that they market their silage via the milk route for from \$8 to \$10 per ton. This makes a net profit of from \$50 to \$100 for an acre of good silage.

## W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE" FOR MEN AND WOMEN  
\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.



No Precedent. Little Thomas, aged four, has a will of his own which doesn't unbend easily.

One day it took about five minutes of argument and appliance of the rod by his mother before he was finally induced to obey in a small matter. Even then it was not easy.

"I'll do it this time," he informed her with a lordly air, "but I won't do it next time!"

If some men would work more and hope less they would get along better.

A girl isn't qualified for matrimony until she can spank a baby.

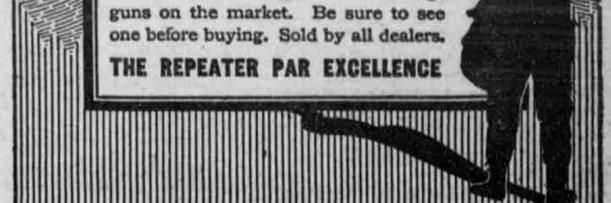
## WINCHESTER

Hammerless Shotguns Model 1912 Extra Light Weight

Made in 12, 16 and 20 Gauges

There's no need of carrying a heavy gun. Winchester Model 1912 shotguns are made entirely of nickel steel, and hence are the lightest and strongest guns on the market. Be sure to see one before buying. Sold by all dealers.

THE REPEATER PAR EXCELLENCE



## TOO KEEN ON THEIR SPORT WHERE DEATH LURKS ALWAYS

Anglers Would Have Done Better to Have Read the Other Side of the Notice Board.

The disciples of Isaac Walton had found a perfect stream for the exercise of their art, and they settled themselves for a day's fishing, undeterred by a notice board. The board, which had been painted by an amateur, read as follows:

"Notiss—These grounds is privet, and yer can't fish 'ere. These fish ain't the kind to be tempted by worms, and there—"

Here space ran out, and the injunction was left uncompleted. For two hours the anglers sat by the stream, tempting the trout, not with worms, but with the very latest and most expensive bait.

But nothing happened. Then suddenly appeared the owner of the grounds and the author of the notice board.

"Hi, you two! 'Ave yer read that board?"

"Well, yes, we did. But—er—we thought you wouldn't mind, and we couldn't find your house, or we would have—"

"Oh, it don't matter! I on'y thought, seen' yer afshin' there, that you 'adn't read both sides of the board. If you 'ave, of course, go on amusing yourselves!"

A hasty glance at the other side of the board showed that it continued the exhortation begun on the front, as follows:

"—ain't no fish."—London Answers.

Invisible patches are seldom used in patching family quarrels.

Tell a plump girl she's getting fat and see what happens!

Japan owns 4,000 islands.

Constant Peril. "Do you fear for the future of your country?"

"Of course," replied Senator Sorghum. "My country has always to face the chance of my landing in the minority or even being retired to private life."

Natural Tendency. "I see soft coal is going up."

"What did you suppose it was going to do when it is put on a fire?"

Think of It—

People cut out tea or coffee before retiring when these beverages interfere with sleep. In the morning they drink freely of them, strangely overlooking the fact that at whatever time of day the cup is drunk the drug, caffeine, in tea and coffee is irritating to the nerves.

More and more people are turning to

Instant Postum the drug-free, nourishing, comforting cereal drink.

"There's a Reason"

## Bumper Grain Crops

Good Markets—High Prices Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle fed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or

W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr. Canadian Government Agent



160 ACRES IN WESTERN CANADA FREE