

# CASTORIA

For Infants and Children.

**Mothers Know That Genuine Castoria**

Always Bears the Signature of

*Dr. J.C. Santal*

In Use For Over Thirty Years

# CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

## Pure, Rich Blood Will Keep Your Body Vigorous and Healthy

When impurities creep into your blood the first symptoms are usually a loss of appetite, followed by a gradual lessening of energy, the system becomes weaker day by day, until you feel yourself on the verge of a breakdown.

Nearly everybody needs a few bottles of S. S. S., the great vegetable blood remedy, to cleanse out all impurities about twice a year. It is an excellent idea to take this

precaution to keep the system in a vigorous condition so as to more easily resist disease to which every one is subject. S. S. S. is without an equal as a general tonic and system builder. It improves the appetite and gives new strength and vitality to both old and young.

Full information and valuable literature can be had by writing to Swift Specific Co., 156 Swift Laboratory, Atlanta, Ga.

### WHY ONE'S TEETH "CHATTER"

Certain Set of Muscles, Affected by the Cold, Get to Work, Irrespective of Will.

The little muscles which close the jaw are acted upon by the cold in such a way that they pull the jaw up and then let it fall by its own weight.

This, repeated many times, causes the teeth to click together and produce what we know as "chattering."

We think of it in connection with our teeth because it is the teeth which make the sound, but the cause lies in the muscles which we use in chewing or in opening our mouth when we speak.

The chattering occurs in spite of the will or brain. We have little control over it, and can stop it only by clenching the teeth. It is really a mild variety of spasm caused by the cold, which acts on the jaw muscles in much the same way that some poisons produce muscular spasms which cannot be controlled.

#### Mild Movie.

"Wuz it a good show, Buddie?" "Naw, only four killed!"—New York World.

Habits are hard to break, so it is best to form good ones.

### HOW ONION AFFECTS EYES

"Gas" Given Off Causes Smarting and the Organ Hastens to Take Relief Measures.

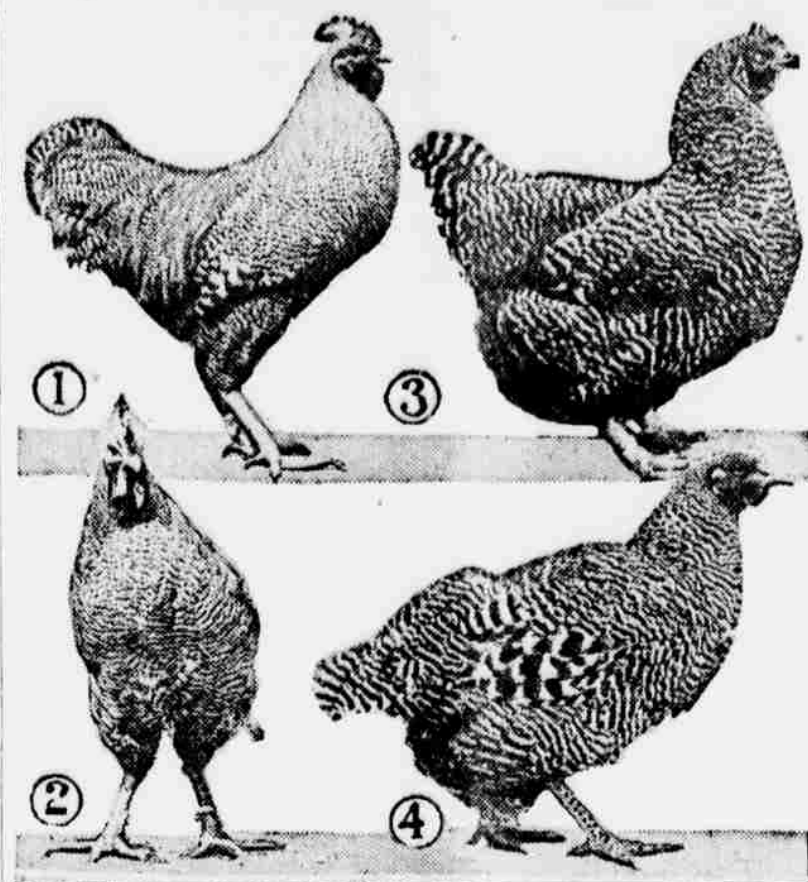
The "gas" given off by a freshly peeled onion makes itself apparent in two ways—by a strong aroma which is at once apparent to the sense of smell, and by a smarting of the eyeballs, which, being very sensitive, are hurt by this substance to which they are not accustomed.

The nerves of the eye immediately signal the brain to turn on the tears or liquid which is secreted by the body as a natural eye-wash. This, flowing over the eyeball, forms a curtain which prevents the onion "gas" from coming in direct contact with the nerves and thus injuring them.

Tears are present in the eye at all times. When we wink, a tiny drop of the tear-liquid is smeared across the ball of the eye and washes off particles of dust which may have accumulated. But when this liquid is produced so rapidly that it cannot be carried off by the trough at the lower part of the eye, the tears overflow and run down the face.

In "getting even" the chief requisite is to wait; and then it isn't worth while.

## SPRING IS PROPER TIME TO PUT HEN FLOCK ON PROFITABLE BASIS



(1) Standard-bred Plymouth Rock rooster of good type; (2) poor type with knock-knees; (3) hen possessing good appearance; (4) poor type and weak constitution.

(Prepared by the United States Department of Agriculture.)

Late in the winter or early in the spring the poultry owner should select and mate his best hens to use for reproducing his flock. To do this he must choose the season's breeding stock with care.

Progress will be made most quickly by selecting and using the best individuals in the flock as breeders rather than by breeding the flock as a whole. Standard-bred roosters of the right type should be used with the selected birds; the chickens then will be of a much higher quality than the birds of last year's flock.

#### Selecting Healthy Roosters.

The selection of a male should be influenced largely by the character of the females used. Any general weakness in the hens should be offset, so far as possible, by strength in that particular in the male.

Only by continuous selection for health and vigor is it possible to build up a flock that will produce fertile eggs, strong chicks capable of making quick growth, and pullets with sufficient stamina to stand the strain of heavy egg production.

The appearance of a bird is not always a sure indication of its vigor, but appearance and action taken together are a fairly reliable guide, say poultry specialists of the United States Department of Agriculture. The comb, face and wattles should be of a good bright color, the eyes bright and fairly prominent, and the head broad and short, having a fairly short well-curved back and showing no tendency to be long, "snaky," or "crow-headed."

The bird should be alert and have a strong, vigorous carriage; the legs set well apart and strongly supporting the body, with no indication of weakness or knock-knees. The bone in the shank should be strong and not too fine for the breed, with the toes strong, straight and not too long. Clean, smooth plumage is desirable, as a lack of condition often accompanies

soiled, roughened plumage. Choose a bird in good flesh, as a very thin bird is usually in poor health. Sick fowls, or those apparently recovered from sickness, ought never to be used for breeding.

In selecting stock for mating, the purpose of the breeding must be kept clearly in mind. To produce table fowls, select a breed that has a standard type, or a body shape suitable for carrying an abundance of meat. This type has a broad, deep body, good length of back and keel, and especially a broad breast well covered with meat.

To breed for eggs, choose birds, as far as possible, that are good producers or are the offspring of such birds and that conform to the standard requirements of the breed. The best layers in the hens should have been banded or marked in some way in the fall, at which time their production is fairly well indicated by their appearance. The earliest maturing pullets should be banded when they start to lay in the fall and early winter, as these early maturing birds usually make the best producers and may be used for breeding this year if desired.

#### When to Mate the Birds.

Mating should be made at least two weeks before beginning to save the eggs for hatching. It is often desirable to mate even further ahead, so that a few eggs can be incubated for five or six days to see whether they are fertile. If they are not fertile, there is still time to change the male bird.

The breed of birds influences the size of the matings. If the fowls are confined to a yard, it is usually desirable to run from 12 to 15 females of a small breed with one male, while the females of the heavier breeds, only eight to ten are mated usually with one male. When the fowls have free range and the male is strong and vigorous, it is often possible to obtain fertile eggs with a much greater number of females to each male.

## POINTS CONSIDERED IN STANDARD-BREDS

Size, Shape and Color Are Outstanding Factors.

Desirable Uniformity of Excellence Can Be Maintained in Every Practical Quality by Careful Selection of Breeders.

Standard-bred poultry, as the phrase is commonly used in America, is poultry bred to the standards established by the American Poultry Association. The principal points considered are size, shape and color, say poultry specialists in the United States Department of Agriculture.

Size and shape are breed characteristics and largely determine practical values of poultry. Many standard breeds are divided into varieties differing in color, but identical in every other respect. Color is not a primary utility point, but as a secondary point often comes in for special consideration. For example, a white variety and a black variety of the same breed are actually identical in table quality, but because some black birds do not dress for the market as clean and nice looking as white ones, it often happens that they are not as salable.

When a flock of fowls is kept for egg production only, uniformity in color is much less important than approximate uniformity in size and type, yet the more attractive appearance of a flock of birds of the same color justifies selection for color as far as it can be followed without sacrificing any material point.

When a poultry keeper grows his own stock year after year, he should by all means use stock of a well-established popular standard breed. By doing so and by selecting as breeders

only as many of the best specimens of the flock as are needed to produce the chickens reared each year there is maintained a highly desirable uniformity of excellence in every practical quality and a pleasing uniformity in color.

### HOT WATER AIDS TREE SEEDS

Sprouting Can Be Hastened by Soaking in Water Heated Nearly to Boiling Point.

Seed coats of certain hardwood trees which are almost impermeable to water often cause delay in sprouting. Fall sowing or the cold moist storage of the seed over winter gives a long period for absorbing moisture, say specialists of the United States Department of Agriculture. The seed then usually sprouts promptly the following spring or summer. Sprouting sometimes is hastened by soaking the seed for several days in cold water. If stored dry and intended for sowing in the spring, the bony-coated seed of black locust, honey locust and Kentucky coffee tree should be placed in water heated nearly to the boiling point just before planting. After the seed has swollen it should be removed and sown at once. The operation should be repeated when the seed does not swell at the first immersion.

### MAKING PLANS FOR GARDENS

Well to Remember That Quick-Growing Salad Plants Will Not Thrive in Poor Soils.

When laying off the garden it is well to remember that lettuce, radishes, turnips, onions, beets, cabbage and all of the quick-growing salad plants will not grow satisfactorily unless planted in rich soil. Quick growth is necessary to avoid their being tough and unpalatable. But tomatoes, beans, sweet corn and pole and lima beans will grow well on any fairly fertile new soil.

# WRIGLEY'S

"After Every Meal"

Get thrice-daily benefit from this low-cost aid to appetite and digestion

It keeps teeth white  
breath sweet  
and throat  
clear

Makes your  
smokes  
taste  
better

Still  
5c



## The Flavor Lasts

#### Easily Fixed.

She—"The man I marry must have a fortune equal to my own." He—"Well, make half of yours over to me."

#### January Grist.

"How are things coming, old man?" "If you refer to bills, they are coming thick and fast."

Half the battle is in making up your mind to fight.

One's friends, of course, are of his own creation, and most of his enemies, also.



## Ask Your Dealer

ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

## Alabastine

Instead of Kalsomine or Wall Paper

Alabastine is a dry powder; mixes with cold water; directions on each package. Used on plaster, wall board and all wall surfaces. White and artistic, durable tints. Cross and circle printed in red on each package.

#### SPECIAL STENCIL OFFER

We will supply cut stencils to any user of Alabastine—one stencil for each room requiring not less than two packages, if you will send the large words ALABASTINE cut from the face of the packages over the cross and circle, accompanied by 15c in stamps or silver for each stencil desired, covering postage and packing. Write for free booklet, "Nature's Beautiful Tints."

THE ALABASTINE COMPANY

1648 Grandville Avenue

Grand Rapids, Michigan



#### HORSES COUGHING? USE

## Spohn's Distemper Compound

to break it up and get them back in condition. Twenty-six years' use has made "Spohn's" indispensable in treating Coughs and Colds, Influenza and Distemper, with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive, acts equally well as a cure. 60 cents and \$1.15 per bottle at drug stores.

SPOHN MEDICAL COMPANY,

Goshen, Ind.



Harmless, purely vegetable, Infants' and Children's Regulator, formula on every label. Guaranteed non-narcotic, non-alcoholic

## MRS. WINSLOW'S SYRUP

#### The Infants' and Children's Regulator

It is the safest and best combination of purely vegetable ingredients that medical skill has ever devised and endorsed as this complete open published formula shows. Read it.

Senna, Rhubarb, Sodium Citrate, Oil of Anise, Fennel, Caraway, Licorice, Syrup, Sugar Syrup.

It costs more to make Mrs. Winslow's Syrup than similar preparations. Yet it costs you no more than ordinary baby laxatives. At all Drugists.

ANGLO-AMERICAN DRUG CO., 215-217 Fulton St., New York

General Selling Agents: Harold F. Ritchie & Co., Inc., New York, London, Toronto



## Children May Share the health drink — INSTANT POSTUM

This pure cereal beverage is made of prime wheat, bran and molasses.

Satisfying, pleasing, and nothing in it to do harm.

Instant Postum has a rich, coffee-like flavor.

*It is economical and convenient*

Postum comes in two forms—Postum Cereal (in packages) is made by boiling a full twenty minutes.

Instant Postum (in tins) made instantly in the cup by the addition of hot water.

**"There's a Reason"**

Sold by grocers everywhere

Made by Postum Cereal Co., Inc., Battle Creek, Mich.