

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Footing the Bill. Mr. Newman had just recovered from an operation and was talking to a friend.

"The surgeon," he remarked, "said he'd have me on my feet again in three weeks."

"Well, he did it, didn't he?" asked the friend.

"He did, indeed," responded Mr. Newman. "I had to sell my motor car to pay his bill."—Christian Register.

WELL, STRONG AND HEALTHY

Doctor Recommended Cardui to Build Up Her Strength. Said It Was a Fine Medicine.

Mandarin, Fla.—"About 18 years ago, after the birth of my child," writes Madame C. Billard, of this place, "I was in a very low and run-down state of health, and was very weak."

"I highly recommend it as a tonic. I have never had bad health since, have been well and strong and healthy ever since."

Cardui, the woman's tonic, is a medicine prepared from vegetable, medicinal ingredients, which have been found to exert a tonic, building influence.

A silk gause face shield has been invented to keep dust out of the eyes and noses of motorists.

WOMEN SUFFERERS NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer a great deal with pain in the back, headache, loss of ambition, nervousness and may be despondent and irritable.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, restores health to the kidneys and is just the remedy needed to overcome such conditions.

Get a fifty cent or one dollar bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

A girl may be able to pose as an angel during courtship, but after marriage she sheds her wings.

RECIPE FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade.

Even a chattering woman will give money the right of way when it wants to talk.

If some men fail to get their just deserts they have cause for rejoicing.

Farmers' Educational and Co-Operative Union of America

Matters of Especial Moment to the Progressive Agriculturist

The man who can't be counted on don't count.

In the best farm homes order is law and orders few.

There's no way of getting around not being on the square.

You can't teach an old girl new tricks—she knows 'em all.

Some men in going to the devil take up entirely too much time on the way.

Keeping the polish on a moldboard may be better than shining in society.

Education and service are yoke-fellows. Don't attempt to separate them.

Health is natural, disease is unnatural, health is contagious as well as disease.

A determined fool is more pleasant to contemplate than a hesitating philosopher.

More money spent on the hearthstone might mean less required for the tombstone.

A plan in order to be workable must be practical; that it may be practical calls for that.

No man can ever gain a practical knowledge of the world by pursuing his studies in a rocking chair.

Make up your mind what you intend to do, make your plans accordingly and carry out your ideas.

Do something, read something, study something or think something during the time you are in the habit of doing nothing.

The man who has more dollars than sense may not, however, have more dollars than a man of more sense ought to have.

Do not forget that farmers are realizing that there is much more in being an up-to-date farmer than most of us used to think.

Take an interest in other people. Then you will always have friends who are interested in you. That makes it compound interest.

Most farmers are reasonable in their wants, and are patient when they can't get it just when they need it.

The young farmer who sticks as closely to his business as the city man has to do, to make a living, will have a homestead of his own some day.

SEVEN REMEDIES FOR USURY

Plundering of Poor Can Be Stopped by Encouragement of Habits of Saving and Economy.

As we see it, the remedies needed to stop the plundering of the poor through usury are these:

1. Habits of thrift, economy and saving must be encouraged, and parents must teach these habits to their children by precept and example.

2. Farmers who need money to purchase supplies must borrow it from banks at legal rates of interest instead of paying ten times the legal rate of interest in the form of "time prices."

3. Banks, whether state or national, must be treated as public-service corporations, which they are, and rigidly regulated by law as other public-service corporations are.

4. In every state stringent anti-usury laws must be enacted and enforced.

5. The crop-lien must be repealed, or where this cannot be done, the rate of advance which merchants may charge on "time prices" as compared with cash prices must be strictly limited to a rate not exceeding one per cent a month.

6. The national government must establish a modern system of rural credits in harmony with European models.

7. To supplement the long-term land credit system, we must work out a new system of personal or short-term credits by encouraging and stimulating credit unions, co-operative savings and loan associations, Reifelsen banks and all other practicable agencies of betterment.—The Progressive Farmer.

Use of Opportunity. The successful man is the man that knows how to make the best of his conditions.

The man who, instead of wasting time and money trying to get rid of Johnson grass, pastures it with good stock is making good use of an opportunity.

The man who grows cotton simply because he has never tried to grow anything else is not making use of his opportunity.

Why not think over opportunities and begin to make use of them?

Rural Progress Demands. Greater co-operation in national and neighborhood matters by farm people everywhere.

A system of national highways or good roads, built and maintained by the government.

That margin gambling in farm products shall be stopped.

That local option laws be extended to and enforced in all communities.

Working for Wages. The men who work for wages on the farm need not be ashamed of their work nor their wages.

One is easier than it used to be, and the other better.

Demand for Instruction. The demand for instruction in agriculture in the United States is increasing at a tremendous rate.

This is seen in the attendance of thousands at the many winter sessions held at the various agricultural schools and colleges of the country.

Develop a Laying Strain. The trap nest will also help you discard the nonlayers.

Even the prettiest lookers don't pay if they don't produce. Try to develop a heavy laying strain of your own.

Work of the Gizzard. Grit enables the gizzard to prepare the food for digestion.

READING ON WINTER NIGHTS

Farmers Can Take Advantage of Season for Planning Their Work and Storing Up Knowledge.

During the bad weather of winter, when it is almost impossible to work outdoors and when there is little work to be done in the fields in comparison with other seasons, farmers have an opportunity to give some of their time to two things that many of them neglect almost entirely.

One of these things is to plan carefully for the next season, the other is to absorb knowledge from the printed matter that is now to be had in such abundance.

Most business men would shortly be bankrupt if they planned their affairs as little as the average farmer does. It is reasonable to believe that forehandedness and prudence will be as profitable in farming as in merchandising or banking.

There is almost no subject on agriculture on which he cannot get free literature either from Clemson college or from the United States department of agriculture at Washington.

For example, bulletins that may be secured from Clemson college on some of the subjects mentioned above are as follows:

Farmers' Reading Course Bulletin No. 17, Buying and Using Fertilizers.

Experiment Station Bulletin No. 182, Potash.

For the first two, address the extension division; for the other, write to the experiment station.

PROTECTION FOR THE COTTON

Where Farmer Does Not Take Out Insurance He Should Store Staple in Well-Sheltered Place.

Farmers who are holding cotton at home are reminded of the great loss caused by bad weather.

The fall has been so free from wet weather that cotton lying out so far has not been damaged very much, but this ideal weather cannot be expected to continue indefinitely.

An insurance agent suggested the other day that where a cotton owner will not take out insurance he ought at least, in justice to himself, to place his cotton so that it will be least exposed to sparks and other agencies that start blazes.

He suggested that if cotton bales are to be left out of storage that they be placed on timber of some kind for protection from the wet ground and far apart so that, if one bale catches fire, the blaze will not spread to the others.

This sounds like pretty good advice to us.—Laurens (S. C.) Advertiser.

REDUCE ACREAGE OF COTTON

Strong Evidence That Boll Weevil Will Return Next Year and Do Much Damage to the Crop.

Another reason why the cotton acreage should be reduced next year is that there are strong evidences that the boll weevil will return in numbers sufficient to destroy cotton that cannot be given more than ordinary time and attention.

Therefore the farmer who has a big acreage has good reason to see that the weevil will visit heavy loss upon him. Another reason is that the cotton is threatened with a blight which if it comes will also result in heavy damage and a damage that cannot be overcome just as is the case with the weevil.

Some certain are authorities on cotton growing that these two obstacles will stand in the way of a big cotton crop that warnings to that effect are already being sent out and are being published in the papers.

A small cotton acreage and general diversification is the best road.—Corvairs Star.

Community Co-Operation. The best business and agricultural brains in every community ought to be united in a county organization which could afford to have a traffic manager, a legal department, a standardization department, etc., to look after the affairs of all the residents of that county.

It should be the business of this association to see that every dollar that belongs to the county is collected and that the right man gets it.

Making Progress. Progress can only be made when we study the business of farming, find the weak points in our plans and make improvements.

Before we can expect to better ways we must find the unsatisfactory, the unprofitable ways. When we find our faults it will be a very easy matter to correct them.

Business or Occupation. Skill in marketing determines whether farming is a business or simply an occupation.

Feed Cows After Milking. Owing to the dust and odors which arise from the feeding of hay, grain, and silage in the stable, it is best, from a sanitary standpoint, to feed after milking rather than before.

Sources of Potash. Wood ashes and cotton-hull ashes are sources of potash. The potash in them is in the form of carbonate.

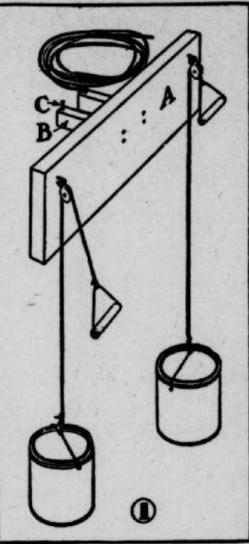
Work of the Gizzard. Grit enables the gizzard to prepare the food for digestion.

HANDICRAFT FOR BOYS AND GIRLS

By A. NEELY HALL and DOROTHY PERKINS (Copyright, by A. Neely Hall)

A HOME-MADE CHEST-WEIGHT.

The objection to the common form of chest-weight exerciser because it cannot be fastened to a wall without marring the plaster, is eliminated in the set shown below by reason of

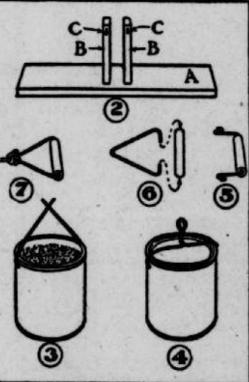


its being attached to the edge of a door.

The cross board A, to which the pulleys are attached (Fig. 1), should be prepared first. Cut this about 5 inches wide and 18 inches long. Get a pair of clothes-line pulleys, not screw-pulleys, but the kind with "eyes" that fasten with staples.

Attach these pulleys to the cross board one inch from the ends and the same distance down from the top edge.

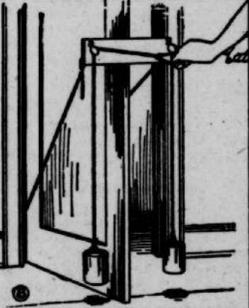
Fasten a pair of strips 8 inches long to the back of board A (B, Fig. 2), placing them in the center of the length of the board, one inch above what will be the lower edge of the board, and spacing them two inches apart, or just far enough to allow the door to slip between. Strips B are provided to rest upon the door knobs for support of the cross board. Fasten



them with nails driven through board A into their ends. Drive a nail into each of the strips near the outer ends (C, Fig. 2), and tie the end of a six-foot length of clothes line to one of these nails (Fig. 1).

To attach the chest-weight to a door, it is necessary to rest the bottom edge of board A upon the door latch, and strips B upon the door knobs, then run the rope attached to one of the nails C around the face of the door, under the hinged edge, beneath the lower hinge, back to the second nail, and then tie securely to the nail. To prevent board A from scratching the edge of the door, tack a piece of heavy cloth over the back.

The weights are made of tin cans filled with sand or earth, preferably



sand. Sirup cans with covers that fit down into the tops are the best kind to use. Pierce two holes through each can, locating them directly opposite one another, and near the top, and run-through them a wire long enough to extend up over the top and be bent into a loop (Figs. 3 and 4).

The handles for the chest-weights are made from a pair of package-carrying handles (Fig. 5), with the hooked wires removed, and V-shaped wire loops inserted in their stead (Fig. 6).

Car for Each One. "Are the Grabcoons having a party?" "No. Why do you ask?" "I see half a dozen automobiles in front of their houses."

"Oh, that means all the members of the family are at home for a while."

G. E. D. Lawson—I don't believe in the control of mind over matter.

Dawson—You don't, don't you? Did you ever see a fat man going down a flight of icy steps?—Somerville Journal.

FOR A SAINT VALENTINE'S DAY PARTY.

Ask each one invited to your St. Valentine's day party to bring a valentine for sending through Cupid's post office. The names of the boys and girls must be placed upon the back of their valentines, and the valentines dropped into Cupid's mail box immediately upon entering your home.

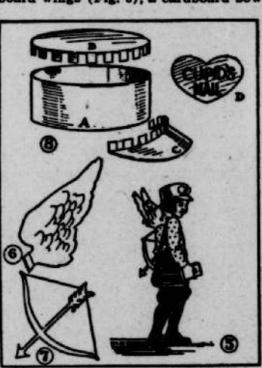
Cupid's mail box is easily constructed out of a cardboard box. Cut a piece from the cover equal to one-third of its length, and with a strip of cloth hinge together the two parts (A and B, Fig. 2), and sew the rim of part B to the sides of the box.



Part A is hinged to provide for the removal of mail. In the end of the box at C, cut a slot for the letter-drop.

The arched top of the box is made by fastening the pieces of cardboard D (Figs. 2 and 3) to each end of the box, and then attaching a bent piece of cardboard to the tops of these. Slash the curved edge of pieces D, and turn them down for flaps to glue the curved piece E to.

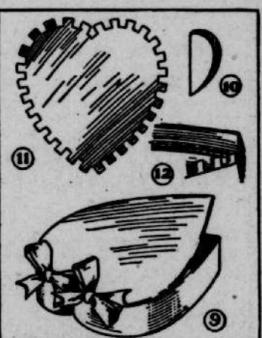
Have your little brother or some small boy friend play the part of Dan Cupid's postman (Fig. 5). A school-bag for a mail sack, a pair of cardboard wings (Fig. 6), a cardboard bow



and arrow (Fig. 7), and a postman's cap (Fig. 8) are needed.

Make the cardboard band A of the cap to fit the boy's head, and cut tabs on the edge of the top piece B to turn down and glue to the inside of the band. Also cut tabs on the upper edge of visor C, and glue them to the inside edge of band A. Make the heart D of red paper, letter "Cupid's Mail" upon it, and glue it to band A.

The postman should collect the mail previous to the serving of refreshments, and sort it over, placing in one pile the valentines posted by girls, and in another pile those posted by boys. Then taking the girls' valentines in his bag, he should distribute them among the boys. Each boy's supper partner will be the girl whose name is written upon his valen-



time. When the partners have been selected in this way, the postman should deliver the boys' valentines to the girl partners of the boys whose names are written upon the backs.

A heart hunt is a jolly game for beginning the fun at the valentine party. There should be large hearts, small hearts, half hearts and quarter hearts, and these should be concealed in every accessible hiding place, prior to the guests' arrival. Count one point for each heart recovered.

Make heart-shaped candy boxes like that shown in Fig. 9 each place at the supper table. Cut the top and bottom out of heavy red paper, making them heart shaped by a pattern folded and cut as indicated in Fig. 10. Cut little tabs upon the edge of the bottom piece (Fig. 11), bend up these tabs, and paste a strip of paper to them to form the sides of the box (Fig. 12).

Impossible Task. Editor—Sorry, young man, that you are a failure in this business, but we can't treat you as we can an article here.

Aspirant (haughtily)—How is that, sir?

Editor—Put a head on you.

A Seat in the Senate. "But," protested Senator Wombat, "if women get into politics they will be wanting office next."

"Well, would you decline to give up your seat to a lady?"

ON FIRST SYMPTOMS use "Removine" and be cured. Do not wait until the heart organ is beyond repair. "Removine" is the heart and nerve tonic. Price 50c and \$1.00.—Adv.

It's unlucky to wish too much—just look at what the turkeys get for having a wish-bone.

PREPAREDNESS!

To Fortify the System Against Grip when Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients, destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S signature on box, age.

Some people seek pleasure abroad and find it waiting for them on their return home.

Most particular women use Red Cross Ball Blue, American made. Sure to please. At all good grocers. Adv.

The closer you get to some people the more distant they are.

Although the moon stays out nights, she isn't full as often as the sun.

Rest Those Worn Nerves

Don't give up. When you feel all unstrung, when family cares seem too hard to bear, and backache, dizzy headaches and irregular kidney action mystify you, remember that such troubles often come from weak kidneys and it may be that you only need Doan's Kidney Pills to make you well. Don't delay. Profit by other people's experiences.

An Arkansas Case

Mrs. L. M. Kinney, Atkins, Ark., says: "I suffered from a dull, steady ache in my kidneys, a bad shoulder and mornings felt stiff and lame. My back pained in a when I stooped and I was subject to a dizziness and dizzy spells. There were puffy sacs under my eyes that I warned me I must do something for relief. I used Doan's Kidney Pills and they soon fixed me up in good shape."

Get Doan's at Any Store, Or a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature

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SPECIAL NOTE FOR THE JURY

How Young Lawyer, Since Among the Most Prominent at the Bar, Belittled Evidence of Witness.

Joseph H. Choate, when a novice at the practice of the law, was engaged in defense of a case, and was told to trip up the plaintiff's star witness, who continually insisted, under examination, that his mind was above the ordinary.

"Now," said Mr. Choate, suddenly, "explain to the court why you objected to the noise this defendant made."

"Well," replied the bragging witness, "men of brains cannot bear noise; it disturbed my peace of mind."

"You say it disturbed your peace of mind?" queried the attorney.

"Yes," answered the witness. "Your honor," cried the young lawyer, triumphantly, "have the jury note this witness admits having only a piece of mind."—London Tit-Bits.

Undeserved Punishment. "Gadsworth is suffering from a psychological jag," said the first citizen of a dry town.

"What do you mean by that?" asked the second citizen.

"He spent three hours last night in a vain attempt to locate a quart of liquor."

"Well?" "And this morning he woke up with a headache."

A Ton at a Time. "Do you think coal will be high this winter?" "Not very high, in my coal bin."

FOOD FACTS

What an M. D. Learned. A prominent physician down in Georgia went through a food experience which he makes public:

"It was my own experience that first led me to advocate Grape-Nuts food; and I also know from having prescribed it to convalescents and other weak patients that this food is a wonderful restorer and restorer of nerve and brain tissue, as well as muscle. It improves the digestion and patients gain, just as I did in strength and weight, very rapidly.

"I was in such a low state that I had to give up my work entirely and go to the mountains, but two months there did not improve me; in fact I was not quite as well as when I left home. My food did not sustain me and it became plain that I must change.

"I began to use Grape-Nuts and in two weeks I could walk a mile, and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life.

"As a physician who seeks to help all sufferers I consider it a duty to make these facts public."

Trial 10 days on Grape-Nuts when the regular food does not seem to sustain the body will work wonders.

There's a Reason. Name given by Postum Co., Battle Creek, Mich. Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Forgiving without forgetting is a good deal like giving a receipt for money without signing your name to it.

The famous Onelda Community Par Plate Silverware FREE with—

SKINNER'S MACARONI or SPAGHETTI

Cook this delicious, healthful, economical food often, live better at less cost and at the same time save signature of Paul F. Skinner on each package. The signatures are valuable and will obtain you beautiful silverware absolutely free.

Drop us a postal asking for free particulars and we will reply by return mail, sending you, in addition, a handsome 36-page book of recipes.

SKINNER MFG. CO. Omaha, Neb. The Largest Mealware Factory in America

Seeds and Plants

Over 100 Acres Frost Proof Cabbage Plants of the HIGHEST QUALITY. GUARANTEED to give satisfaction. Price, 10c per plant, \$1.00 per 1,000; \$5.00 a 1,000 for \$50.00 or more. Varieties Jersey Wascadero, Christmas Wascadero, Early Succession, Early Fat Dutch, Late Fat Dutch, Early Succession, Late Succession, Best Lettuce and Onion plants \$1.50 per 1,000. All plants by mail \$25. per 100. For a prospectus, crop buy your plants from ALFRED JOUANNET, Mt. Pleasant, S. C.

LEE'S SEEDS

ESTABLISHED 1898

You will be pleased with the results of LEE'S SEEDS. For 15 years the standard seeds in the South and West. Buy them from your dealer or write for 1916 catalogue.

ARTHUR G. LEE FORT SMITH, ARKANSAS

"How to Make War Impossible" Written by C. L. Delbridge, most noted mathematician in the world. Plan now to be adopted by all nations. Price 5c. Selling agents wanted. DELBRIDGE CO., ST. LOUIS, MO.

\$3 PREPAYS 500 seeds, 5c per 100. Many varieties. Prepared especially for the farmer. List 10c. G. M. Coon, Cincinnati, Ohio.

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