

Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache, each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

Reminder. "Look here," said the indignant house owner to the agent from whom he had bought his home on the installment plan. "The panelling in my dining room is opening up so you can put your finger through the cracks."

ITCHING, BURNING SCALPS

Crueted With Dandruff Yield Readily to Cuticura. Trial Free. Cuticura Soap to cleanse the scalp of dandruff crustings and scalings, and Cuticura Ointment to soothe and heal itching and irritations. Nothing better, surer or more economical than these super-creamy emollients for hair and scalp troubles of young or old.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

The Fad. Knicker—Tired? Bookie—Yes, I was up all night skating the baby.

FARM STOCK

TURNING SILAGE INTO BEEF

It Cannot Be Considered as Substitute for Other Necessary Materials in Animal's Ration.

The word "silage" at one time suggested only brimming milk pails and big milk checks. Nowadays it is as well a big factor in putting the finishing touches on choice steers and hogs. Silos are common in the best feeding sections of Wisconsin. The main reason for feeding silage to beef cattle is economy of production. It cannot be considered as a substitute for other necessary materials in the ration, according to J. L. Torrey, College of Agriculture, University of Wisconsin, who gives a few suggestions as to the feeding of silage for beef production under local conditions.

"Clover or alfalfa hay should be fed along with the silage in the winter. If clover or alfalfa hay is not obtainable, use timothy or mixed hay. In addition to the corn silage and hay allowance, about three or four pounds of cottonseed meal for each 1,000 pounds of live weight of the animal should be fed daily. "Two-year-old steers weighing about 1,000 pounds may be started on about 20 to 25 pounds of silage, 5 to 8 pounds of clover or alfalfa hay, and 5 to 6 pounds of a mixture consisting of six parts of corn to one part cottonseed meal by weight daily. In a period of two weeks the cattle may be brought up to full rations, if carefully watched. At this time they will eat about 15 to 20 pounds of silage, 5 to 6 pounds of hay and 12 to 14 pounds of grain mixture daily. "As cottonseed meal is rather high priced this year, wheat bran or gluten feed may be used instead with almost as good results and at a saving in cost of production."

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, biliousness, stomach trouble, rheumatism; others who have salivary glands, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a proponent of cranberry on the subject of internal sanitation.—Adv.

FARM POULTRY

MIXTURE FOR LAYING FOWLS

Scatter Equal Parts of Cracked Corn, Wheat and Oats in Litter—Make Hens Exercise.

In order to obtain eggs it is necessary to have healthy, vigorous stock, properly fed.

A splendid mixture for laying hens is equal parts of cracked corn, wheat, and oats, which should be scattered in the litter.

Bran or middlings and beef scraps should be kept in receptacles to which the fowls have access at all times.

Plenty of exercise increases the egg yield.

Provide four or five inches of good, clean litter in which to scatter the grain.

Cabbages, mangels, potatoes, sprouted oats, etc., make excellent green feed.

When wet mashies are fed be sure they are crumbly and not sticky.

For the first three days chicks may be fed a mixture of equal parts hard-boiled eggs and stale bread, or stale bread soaked in milk. When bread and milk are used, care should be exercised to squeeze all milk out of the bread. From the third or fourth day until the chicks can eat wheat and cracked corn, commercial chick feed is a good ration.

Plenty of pure, fresh water, grit, shell, and green feed should be available from the first day.

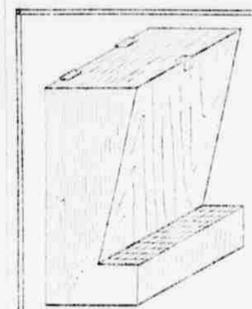
There is very little danger of over-feeding young stock.

Feed the chickens about five times daily and only what they will eat up clean in a few minutes, except at night, when they should receive all they want.

FEED HOPPER FOR CHICKENS

Device is Easily Constructed Out of Old Soap Box—Grain Supply Kept Properly Screened.

A feed hopper for chickens can easily be made by sawing the sides of a laundry soap box as indicated. A lid is fastened on the top by hinges, and the feed is poured in at the top. The front slats, which keep the feed from sliding down as it is taken out.



A Feed Hopper for Chickens.

of the opening. The opening is covered with canvas wire to keep the fowls from stepping into the feed and fouling it. The slatted front shows the original construction of the box.—Popular Science.

GOOD EGG-PRODUCTION HINTS

Presence of Male Bird Has No Influence on Number of Eggs Laid—Infertile Eggs Best.

Produce the infertile eggs. Infertile eggs are produced by hens having no male bird with them.

Removing the male bird has no influence on the number of eggs laid by hens.

The hen's greatest profit-producing period is the first and second years, and unless a hen is an exceptionally good breeder she should be disposed of at the end of her second laying season and before starting to molt.

Few eggs can be expected until the pullets are matured.

If possible, mark the pullets that lay in the fall, and use them in the breeding pen for the following spring.

Soft-shelled eggs are often caused by fowls being confined, becoming overfat, and from lack of mineral matter.

Feed Chickens Plentifully. Feed the chickens plentifully, but not so much that they do not have a sharp appetite for the next meal. Making them work for what they get is one way of getting them to eat large amounts of food without overeating.

Chickens Need Green Food. When green food is given to hens in confinement it should always be cut or chopped fine. A cabbage tied to a stake is excellent, but a variety is better.

White clover, red clover, lawn grass, tops of vegetables, or even young corn fodder, will be relished by the hen if chopped into short lengths so that they can easily eat it.

Long food sometimes causes the hens to become crop bound.

Grit is Necessary. It is absolutely necessary to supply grit, in order to keep fowls healthy, as grit takes the place of teeth.

Exercise is Important. Exercise produces warmth, provides pleasure, and promotes health.

Linseed Meal Helpful. After moulting a little linseed meal added to the mash is helpful.

Food for Evening. Fowls should have a full crop of grain before going to roost.

Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—

North Cranston, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MARY ANN ASSANI, North Cranston, Wis.

Testimony from Oklahoma. Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Hlave St., Lawton, Okla.

From a Grateful Massachusetts Woman. Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSOON, 1 Harnes Park, Roxbury, Mass. If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

ABSORBINE. Trade Mark Reg. U.S. Pat. Off. Will reduce inflamed, swollen joints, sprains, bruises, soft bunions; heals boils, polli, evil, quitters, fistulas and infected sores quickly. It is a positive antiseptic and germicide. Pleasant to use; does not blister or remove the skin, and does not burn. Price, 50c per bottle, delivered. Book 7 free. ABSORBINE, JR., the non-irritating, non-toxic, non-staining, non-drying, non-drying, non-drying, non-drying. Liberal Trial Bottle for 10c in stamps. W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

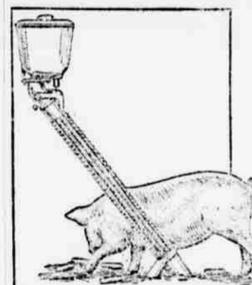
PREVENTION. Better than cure. Tutt's Pills if taken in time are not only a remedy for, but will prevent SICK HEADACHE, biliousness, constipation and kindred diseases. Tutt's Pills FORD TOURING CAR. Two 5400 Upright Grand Pianos Given Free. become owner of either a new Ford touring car or a new Ford automobile. Write for particulars. Acme Specialty Co., Columbia, Tenn. W. N. U., ST. LOUIS, NO. 6-1916.

150 ACR. FARM IN WESTERN CANADA FREE. Farmers pay for their land with one year's crop and prosperity was never so great. Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions." Wheat averaged in 1915 over 25 bushels per acre. Oats averaged in 1915 over 45 bushels per acre. Barley averaged in 1915 over 40 bushels per acre. Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from \$12 to \$30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful. There is no war tax on land, nor are there any conscriptions. For complete information as to best locations for settlement, reduced railroad rates and descriptive illustrated pamphlet, address Superintendent Immigration, Ottawa, or G. A. Cook, 2012 Main St., Kansas City, Mo.; C. J. Brougham, Room 412, 112 W. Adams St., Chicago, Ill. Canadian Government Agents.

OIL ON THE TROUBLED HOGS

Solution of Dipping Problem Solved—Much Added to the General Health of the Animals.

Oiling hogs when and where the hog desires has been found to be the proper solution of the dipping problem and adds much to the general health of the hog. We have presented several of these devices for oiling hogs to our readers, all of which are



Automatic Hog Oiler.

being manufactured in increasing numbers to meet the popular demand for something of the kind. Here is one that works on a little different principle than the others. As the hog rotates the barrel of the cylindrical stem the knobs hit the trip and a little oil is released to run down to the hog's hide. The slope of and angle at which the "post" stands makes it possible for the hog to get oil on any part of its body—top, bottom, sides or ends.—Farming Business.

BUILDING DOG-PROOF FENCE

Most Economically Constructed by Setting Posts Ten Feet Apart—Put Barbed Wire First.

A dog-proof fence can be economically built in the following manner: Posts are set ten to twelve feet apart and a barbed wire is first stapled to them right on the surface of the ground. Three inches above this is placed a panel of close-woven wire, 35 inches high, and about this two strands of ordinary barbed wire. Care should be taken to see that there are no openings between the ground and the lowest barbed wire. An inclosure made in this manner, into which sheep may be turned at night, is inexpensive, and dogs will not go through it. Most of the damage by dogs is done at night.

New Feed for Stock

The stock melon, which is a cross between citron and watermelon, is being fed to stock in the Kansas and Oklahoma experiment stations for experimental purposes. The fruit has somewhat the appearance of a watermelon. The flesh is solid and lacks sweetness.

Prevention is Cheapest

Have little bedding in the pen at farrowing. Wait until the pigs get large enough to take care of themselves before bedding heavily. Have the pen dry and clean and keep it thus. Make liberal use of the well-known disinfectants. Prevention is cheaper than cure.

Shelter Cheaper Than Feed

Of course, it costs some money, more or less, to build warm shelter for the live stock, but it costs more in feed to let them stand exposed to the weather.

Pig's First Business

The pig's first business in life is to grow surface upon which fat can later be laid.

Pig Feeding

In pig feeding, nature tends to be lavish, and science economical.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolts are well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach; and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

For Future Reference

Miss Ribbons (the typist)—What are you marking that baseball schedule with a blue pencil for, Adalbert? Adalbert (the office boy)—Oh! I'm 'jes' fixin' de dates when me granmuder's grandfadders funerals is going ter take place.

KIDNEY TROUBLE NOT RECOGNIZED

An examining physician for one of the prominent Life Insurance Companies, in an interview of the subject, made the astounding statement that one reason why so many applications for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

According to this it would seem that a medicine for the kidneys, possessing real healing and curative properties, would be a blessing to thousands.

Dr. Kilmer's Swamp-Root, the well known kidney, liver and bladder remedy, is remarkably successful in sickness caused by kidney and bladder troubles. It is mild and gentle in its action and its healing influence is soon noticed in most cases. There is no other remedy like Swamp-Root. It will surely and effectively overcome kidney, liver and bladder troubles—and you can depend upon it. Go to any drug store and get a bottle so as to start treatment today. You will soon see a marked improvement.

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.

Up-to-Date

"How is Doctor Wombat as a physician?" "Best ever. When you get exhausted over bridge he prescribes dancing as a rest cure."

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your eyes young and you will look young. After the Movie Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago, Sends Eye Book on request.

A girl may not care to be everything to an eligible young man; she's usually satisfied to become his better half.

BILIOUS, HEADACHY, SICK 'CASCARETS'

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Easy. Mrs. Jones—What would you give a dog to prevent its barking at night? Mr. Smith—Give it away.

No Escape. "Is insomnia catching?" "When the baby has it"—Boston Transcript.

THIS IS THE AGE OF YOUTH. You will look ten years younger if you dares your ugly, grizzled, gray hairs by using "La Creole" Hair Dressing.—Adv.

Archie's Neck. Little Willie's small boy stories the central figure is nearly always named Little Willie—came running into the house, stuttering in his excitement: "Mamma!" he panted, "do you know Archie Sloan's neck?" "Do I know what?" asked his mother. "Do you know Archie Sloan's neck?" repeated her offspring. "I know Archie Sloan," answered the puzzled parent, "as I suppose I must know his neck, why?" "Well," said Willie, "he just now fell into the backwater up to it"—Saturday Evening Post.

A Ringer. Ernest P. Bicknell, national director of the American Red Cross, said on his return from Belgium in a Washington reporter: "It seems to me some such thing must be done here. Advertisers must be made like the girl you know."

"A young millionaire said to a beautiful girl on a moonlit beach between two dances: "Don't you like that Shakespearean sonnet?" "The words show just and the situation tried. Grapple them to thy soul with hoops of steel!" "The girl sighed. "Beautiful," she said, "beautiful, but wouldn't hoops of gold be better?"

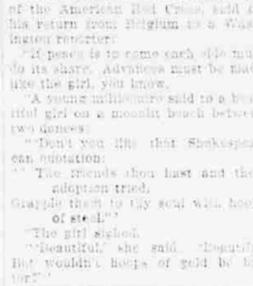
Ret Up on Poultry. On board a ship of his majesty's ship's crew were body engaged in an argument as to the class of animal a pig belonged, one of them asserting it was a sheep and the other saying it was a pig.

Not being able to agree, one of them turned to an old sailor who was standing close by, saying: "Here, old fellow, you've hooked about a bit. What is a hog? Is it a pig or a sheep?"

When the old sailor due consideration, he replied: "Well, to tell the truth, chummy, I don't know much about poultry.—London Fielding.

That New Hat. Maman—How do you like my new hat, sweet? Susan—Lovely, Maman! I had one just like it last year.

Efficiency. In Childhood comes with proper training—a most vital factor in which is right food.



Efficiency. In Childhood

comes with proper training—a most vital factor in which is right food. If a child is to gain physically and expand mentally certain vital mineral elements—grown in the field grains—are imperative. These elements, such as phosphate of potash, etc., are lacking in many foods, but abundantly supplied in the famous pure food—

Efficiency In Childhood

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These elements, such as phosphate of potash, etc., are lacking in many foods, but abundantly supplied in the famous pure food—

Grape-Nuts

Made of whole wheat and malted barley, Grape-Nuts with cream or good milk supplies well-balanced nourishment—not only builds up the growing child, but repairs daily the wear and tear of body and brain.

Grape-Nuts has a delicious nut-like flavour—is specially processed for easy digestion—and is always ready to eat direct from the package. Economical—convenient—and makes for efficiency.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere