

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret at night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

His Own Medicine.

A medical practitioner on board an ocean liner administered, rather freely, sea-water among the patients who were ill. No matter what their ailments were, a dose of the briny fluid was quickly handed to them, and they were told to drink it up.

One morning the physician fell overboard, which caused quite a consternation among the passengers. The captain came to the scene and inquired the cause.

"Oh, it's nothing, sir," answered one of the sailors, "only the doctor has fallen into his own medicine chest."

Honors Easy.

With honorific decorations being so generally and generously bestowed upon fighting men, one must expect to hear disparaging comments every now and then upon the individuals who are decorated. Such was the remark of the German colonel who heard that another German colonel had got his third medal. Somebody asked what for?

"Why," was the saturnine reply, "it is perfectly simple. They gave him the third medal because he had two, the second because he had one, and the first because he had none."

In Style, Except for the Shine.

"I read in the fashion notes that short-waisted coats would be in style this season," commented Mrs. Pozozle to her sister, "so your last year's suit will be in vogue."

"Yes," rejoined her sister, "but it did not say anything about the new serges having a very noticeable and brilliant gloss on them, did it? I'm afraid I can't qualify with that shine on my skirt."

MAY BE COFFEE That Causes all the Trouble

When the house is afire, it's about the same as when disease begins to show, it's no time to talk but time to act—delay is dangerous—remove the cause of the trouble at once.

"For a number of years," wrote a Kansas lady, "I felt sure that coffee was hurting me, and yet I was so fond of it, I could not give it up. At last I got so bad that I made up my mind I must either quit the use of coffee or die."

"Everything I ate distressed me, and I suffered severely most of the time with palpitation of the heart. I frequently woke up in the night with the feeling that I was almost gone—my heart seemed so smothered and weak in its action. My breath grew short and the least exertion set me panting. I slept but little and suffered from rheumatism."

"Two years ago I stopped using the coffee and began to use Postum and from the very first I began to improve. It worked a miracle! Now I can eat anything and digest it without trouble. I sleep like a baby, and my heart beats strong and regularly. My breathing has become steady and normal, and my rheumatism has left me."

"I feel like another person, and it is all due to quitting coffee and using Postum, for I haven't used any medicine and none would have done any good as long as I kept drugging with coffee." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

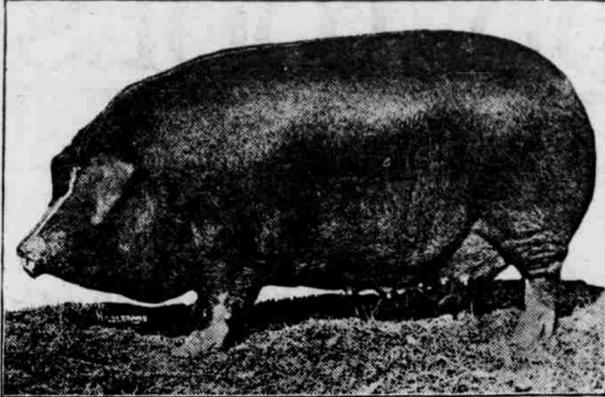
Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious, and cost per cup about the same.

"There's a Reason" for Postum.

—sold by Grocers.

SWINE PROFITABLE ON SOUTHERN FARMS



A Champion Poland China Sow From Missouri.

(Prepared by the United States Department of Agriculture.)

The farmer who is chiefly concerned with making a living for his family will find it cheaper to grow a large portion of his own meat than to buy it all from the store with the cash proceeds of some money crop. Hogs may be raised profitably on practically every southern farm, and if properly managed, should supply money as well food. Early settlers in the corn belt gave the name of "mortgage lenders" to their hogs; they can raise a mortgage in the South as well as in the corn belt.

Four things are necessary if the southern farmer wishes to get a start.

1. A place to raise and fatten pigs.
2. A pig worth raising and fattening.
3. Feed on which to raise and fatten them.
4. The necessary funds.

Let us consider these points in reverse order.

1. This article is written for the man whose principal concern is to supply food for his family. For such a man one or two sows will be enough. Good grade sows can be bought for \$10 or \$15 each; razorbacks can be bought for less and will produce good pigs if bred to a good pure-bred boar. If there is no pure-bred boar in the neighborhood whose services can be obtained, enough men should club together to represent the ownership of 20 to 25 sows and buy a good boar, paying pro rata for the boar, depending on the number of sows owned by each. Boars can be bought for from \$10 to \$25 for weaned pigs, and from \$50 to \$100 for yearling and two-year-old hogs. If 20 men owning 20 sows bought a yearling boar for \$50, each man would pay \$2.50 toward the price of the boar. Put the boar in the hands of one of the members of the club and let each other member agree to pay him one pig at weaning time for the care of the boar for one year, for attending to the breeding, etc. When sows come in heat, they can be loaded on a wagon and carried to the farm where the boar is kept for service.

2. Sows farrow almost exactly 16 weeks after they are bred. When the sow farrows try to be near at hand. Do not worry her with attention, but be there if she needs it. Watch that the buzzards do not carry off the little pigs or injure the sow. Give her a warm, thin slop as soon as she begins to move around. Then leave her alone for a while. That evening give her a slop with a little bran or cornmeal in it. Feed lightly for a few days and increase her feed gradually until the sow is getting about four pounds of grain each day for each 100 pounds of her weight. This will be within a week or ten days after she has farrowed. She should be fed morning and evening. Kitchen scraps and slops will be good for her and will reduce the grain needed somewhat. These slops must not contain any soap or glass.

As corn is the most available grain in most sections of the South, it will have to be relied on for feeding both the sows and pigs. With the grazing crops which are suggested for hogs a fairly well-balanced ration will be obtained.

When you are about ready to wean the pigs reduce the sow's feed so that by the time the pigs are weaned she will have only about two pounds of grain each day for each 100 pounds of her weight. Keep her on a Bermuda pasture and let her have this ration until she is in good condition.

Sows can be made to produce two litters each year. When this is desired they should be bred at the first period of heat after the pigs are weaned. Sows bred twice each year will not produce so many pigs in each litter as when bred only once a year, but more pigs should be raised in a year from each sow.

It does not pay to try to raise hogs on grain alone. In fact, the profit in pig raising, especially in the South, depends directly on the amount of pasture of some kind used to enable the pig to make its gain in weight. Of the southern forage crops peanuts, soy beans, rape and cowpeas are especially valuable. Now, these are not available all through the year, therefore we

use a series of crops. For example, have some winter oats on which the sows can be turned as soon as the pigs are a week or two old. When these are gone put the pigs on good Bermuda and lespedeza pasture. Have a crop of soy beans or cowpeas coming and turn the pigs on this after weaning, keeping the sows on the Bermuda. When these are gone put the pigs in a peanut patch, and finish fattening them on rape.

The pigs should be weaned at ten or twelve weeks of age and should then weigh about 30 pounds. They should have learned to eat a little grain by going to the sow's trough. Then begin to feed them. Give them every day grain equal to 2 per cent of their weight. A pig weighing 30 pounds should have 3-5 pound of grain; ten pigs of this weight, six pounds, etc. Divide this into two feeds, morning and evening. This amount of grain will make them grow nicely on good pasture. As they grow, increase the amount of grain. When they weigh about 125 pounds give them 3 per cent of their weight in grain, and when they weigh about 150 pounds each give them 4 per cent and finish them off, slaughtering in the winter on a cool day. Pigs properly fed should weigh 200 pounds at nine months old. Do not feed cottonseed meal to hogs.

It is not necessary to spend a lot of money to carry out such a plan. Of course, the Bermuda pasture where the sows are turned should have a good fence. The crops on which the pigs are grazed can be fenced with homemade hurdles of lumber or woven wire, which may be moved as desired, and the pigs will stay in it while the pasture is good. Ten pigs can be kept on half an acre of one of the crops mentioned above from four to eight weeks, depending on their size.

3. A poor pig is not worth raising or feeding. Your pigs should be sired by a good pure-bred Duroc Jersey, Berkshire, or Poland China boar. After you have decided which of the three you want, stick to the same breed and in a little while you will have pigs which are very much alike, a model for others, and an advertisement for your community. If you can afford it, start with good grade sows. If not, natives (razorbacks) will do. White pigs should not be used in the South, as they sunburn badly.

4. Expensive houses are not necessary for hogs in the South. Give the sow a dry place to farrow, a pen well bedded and sheltered from cold winds and storms, and both she and the pigs will do well. Little pigs that get chilled or wet soon after birth often die or grow into "runts." If there is no suitable place around the farm for the sow, make a lean-to with poles, about 10 by 12 feet, six feet high in front and four feet high behind, facing it to the south, and thatch it with straw, cheap hay, or even cornstalks, and the litter will be well housed. Make the thatch roof higher in the middle than at the sides and smooth it down so that rain will run off.

Two sows should raise five pigs each, giving the farmer ten pigs to slaughter. These pigs should weigh, when slaughtered, 200 pounds each, making 2,000 pounds of live weight. This costs about 3 1/2 cents per pound to make in the South under the system described above, which is an original cost of \$70. Killing will cost not over \$6. The loss in dressing is about 30 per cent of the live weight, or 600 pounds on ten pigs, so that 1,400 pounds of dressed pork is on hand after slaughtering. If you can get a local ice plant to chill and cure the meat for you, the manager should charge not over four cents per pound, which is \$56. Then the meat loses weight in curing, amounting to about one cent per pound, or \$14. The total cost of the meat is about as follows:

Raising 2,000 pounds, at 3 1/2 cents per pound	\$ 70
Killing	6
Curing 1,400 pounds, at 4 cents per pound	56
Shrinkage on 1,400 pounds, at 1 cent per pound	14
Total	\$146

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Ignorant Teacher!

"What did you learn at school today, dearie?" asked the mother of little Mabel when the child returned from her first day at school.

"I didn't learn anything," was Mabel's disgusted reply. There was a woman there that didn't know a single thing. I had to tell her everything."—Youth's Companion

Salzer's White Bonanza Oats.

Made C. J. Johnson of Lincoln Co., Minn., famous in growing 243 bushels from 2 1/2 bushels sown last spring. Can you beat that in 1915? Want you try?



Pa., N. Y., Kansas and Missouri.

We are America's headquarters for Alfalfa and Potatoes Timothy, Clovers and Farm Seeds.

For 10c in Postage

We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass; Teosinte, the Silo Filler, etc.

Or Send 12c

And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 711, La Crosse, Wis., twenty cents and receive both above collections and their big catalog.

Frank.

"Pa, how do you pronounce—" "It it's the war news you're reading, you needn't go any further. I don't know."

Some coming events cast their shadows in all directions.

IF BACK HURTS CLEAN KIDNEYS WITH SALTS

Drink Lots of Water and Stop Eating Meat for a While if the Bladder Bothers You.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.—Adv.

WELL WORTHY OF MEMORIAL

Proposed Honor to Johnny Applesed Is Cordially Indorsed by Leading Eastern Newspaper.

An association has been formed and incorporated at Columbus for the purpose of erecting a monument to Johnny Applesed over his grave, at Indianapolis.

We trust that this will be done, remarks the Toledo Blade. A generation hence, Johnny Applesed may be forgotten and the wonderful and inspiring mission to which he devoted his life. Some finicky horticulturist may sneer at the results that Johnny obtained. But we may be sure that the settlers of Ohio never sneered. To find apple trees growing in some valley remote from home, to come upon the little clearing and the struggling fruit under the shadow of a forest, must have been to the pioneers like some fragrant breath from home.

One who had been a little girl when this eccentric was in his prime said that for head covering he wore a pasteboard hat of his own making, with one broad side to it; a coat made of a coffee sack, which served him also as shirt, and a pair of ragged trousers, the gift of a settler. He never wore shoes, even when snow covered the ground. He made "a very unsightly object, to be sure, but never one of us children ventured to laugh." Johnny Applesed's biographer in "Howe's Historical Collections of Ohio" says that "his bruised and bleeding feet now walk the gold-paved streets of the New Jerusalem." Aye, and we can believe that because of Applesed Johnny the air of heaven is sweeter with the perfume of apple blossoms.

Its Advantage.

"Real estate investment is making way."

"Naturally, it's gaining ground."

Omar—An epicure, my boy, is a man who would rather eat than see a baseball game.

A simple remedy against coughs and all throat irritations are Dean's Mentholated Cough Drops—5c at all good Druggists.

Vanity makes a cheap chromo feel like an oil painting.

Roofing that must last!

You can't tell by looking at a roll of roofing how long it will last on the roof, but when you get the guarantee of a responsible company, you know that your roofing must give satisfactory service.

The only real test of roofing quality is on the roof.

Buy materials that last

Certain-teed

Ask your dealer for products made by us—they bear our name.

Asphalt Roofings (All grades and prices)
Slate Surfaced Shingles
Asphalt Felts
Deadening Felts
Tarred Felts
Building Papers

Roofing

1-ply guaranteed 5 years
2-ply guaranteed 10 years
3-ply guaranteed 15 years

Insulating Papers
Wall Boards
Plastic Roofing Cement
Asphalt Cement
Roof Coating
Metal Paints
Outdoor Paints
Shingle Stains
Refined Coal Tar
Tar Coating

General Roofing Manufacturing Company

World's largest manufacturers of Roofing and Building Papers.
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