

A Voice From Sioux City, Iowa, says

PE-RU-NA

Worth Its Weight In Gold

You cannot mistake the words of Mr. W. W. Northrup, of 908 Fourth Street, Sioux City, Iowa. He is enthusiastic about his present health and the merits of PE-RU-NA and wants everyone to know it. Here is a recent letter from him:



"PE-RU-NA is worth its weight in gold and then some. I used to think it only a woman's remedy but have changed my mind. I had a cough, especially in the morning. After using half a bottle of PE-RU-NA was much better. I would cough up chunks of phlegm and mucus, my eyes itched and bothered me. Judging from the symptoms given in your almanac it was catarrh. My stomach is in much better condition since using your medicine."

"Use this testimonial, if you wish. Don't hesitate to advertise the merits of PE-RU-NA."
(Signed) W. W. NORTHROP.

There are thousands just like Mr. Northrup, skeptical at first but convinced by a trial of PE-RU-NA. DON'T BE AN UNBELIEVER.

If your trouble is of a catarrhal nature, try PE-RU-NA, then tell your friends. It is fine after an attack of grip or Spanish Flu.

Sold Everywhere Tablets or Liquid FOR CATARRH AND CATARRHAL CONDITIONS

Making a Start.

I heard an amusing story the other day concerning Sir John Lavery, the famous society artist.

It seems that one day he was engaged in painting the portrait of a beautiful but very shy little girl, when he chanced to find a threepenny bit in his color box.

"Do you collect threepenny bits?" he inquired of the child, showing her the coin.

"Yeth," she lisped.

"Here's one for your collection. Now how many have you?"

"One," replied the little sister.—London Tit-Bits.

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisitely scented face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum). 25c each everywhere.—Adv.

Tough on the Patient.

Nurse—Oh, doctor, what shall I do? Your patient followed your directions perfectly.

Doctor—Well, there's nothing to worry over.

Nurse—Yes, there is; the directions blew out the window and he jumped out to follow them.

While You Wait.

A fur shop in one of the Japanese cities has the sign: "Ladies and gentlemen's skins repaired while they wait."

Handy Sprayer.

A new pump for spraying flowers or fruits is operated by attaching it to an ordinary fruit jar, several of which can be provided to hold different spraying solutions.

LOOK AT ASPIRIN

If the name "Bayer" is on tablets, you can get relief without fear.

When the Bayer Company introduced Aspirin over eighteen years ago, physicians soon proved it a marvelous help in relieving Rheumatism, Colds, Headache, Neuralgia, Earache, Toothache, Lumbago, Neuritis, Aching Joints, and Pain in general.

To get this same genuine, world-famous Aspirin, you must ask for "Bayer Tablets of Aspirin," marked with the "Bayer Cross." You will find safe and proper directions in every unbroken package.

Handy tin boxes of 12 tablets cost only a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Mononitrobenzoic Acid of Salicylic acid.—Adv.

Insinuating.

"This ain't the draft; it's the census."

"How's that, boss?"

"You needn't dodge."

A brilliant orator is one who always uses the right word in the right place at the right time.

You Can't Rub It Away; Rheumatism is in the Blood

Liniments Will Never Cure.

If you are afflicted with Rheumatism, why waste time with liniments, lotions and other local applications that never did cure Rheumatism, and never will?

Do not try to rub the pain away. Try the sensible plan of finding the cause of the pain, and go after that. Remove the cause, and you remove the pain.

You will never be rid of Rheumatism until you cleanse your blood of the germs that cause the disease. S. S. S. has never had an equal as a blood purifier and scores of sufferers say that it has cleansed their blood of Rheumatism, and removed all trace of the disease from their system.

Get a bottle of S. S. S., and get on the right treatment to-day. Special medical advice free. Address: Medical Director, 111 Swift Laboratory, Atlanta, Ga.

The Right Way

in all cases of
**DISTEMPER, PINKEYE
INFLUENZA, COLDS, ETC.**

of all horses, brood mares, colts and stallions is to

"SPOHN THEM"

on the tongue or in the feed with

SPOHN'S DISTEMPER COMPOUND

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers, 60 cents and \$1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

Thousands of Happy Housewives in WESTERN CANADA

are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save paying rent, and reduce cost of living—where they could reach prosperity and independence by buying on easy terms.

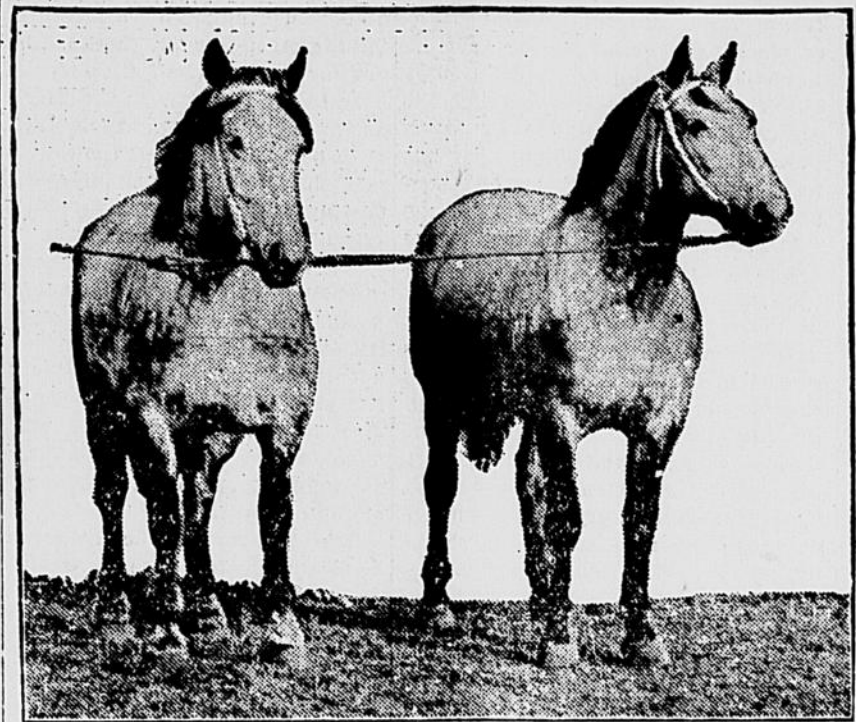
Fertile Land at \$15 to \$30 an Acre
—Land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

Farm Gardens—Poultry—Dairying
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

W. E. Black, Chief Clerk, Great Falls, N. D.; E. Blackman, Dunn, Minn., Great Falls, Minn.
Canadian Government Agents.

GRADUAL DECREASE IN SUPPLY OF HORSES ON FARMS AND RANCHES IN RECENT YEARS



Keep Only the Best Mares and Breed Them to Sound, Purebred Stallions of the Same Breed.

(Prepared by the United States Department of Agriculture.)

Horses in this country reached their maximum in 1918 and since then have been gradually decreasing, according to data compiled by the bureau of crop estimates, United States department of agriculture. While this statement applies to the United States as a whole, the information secured by the bureau relates primarily to the supply of horses on farms and ranches, the gradual decrease of which is attributed to motor vehicles. That the decline of the horse on farms is not due merely to the use of passenger automobiles is indicated by a survey recently undertaken by approximately 36,000 crop reporters representing the bureau in all sections of the country. They have reported the names of more than 49,000 farmers who use motor trucks on their farms. But the extent to which these trucks displace horses is problematical. In many cases the introduction of a truck on a farm indicates provision for increased hauling rather than an actual reduction in the number of horses used.

Estimated Value of Horses.

The estimated number of horses on farms and ranches January 1 of this year was 21,100,000, a decrease of 373,000 head, or 1.7 per cent, compared with a year ago. The total value of these animals this year is estimated at \$1,982,542,000 as against \$2,114,897,000 last year. This means an average value per head for horses of all ages of \$94.39, compared with \$98.45 a year ago. The average value per head ten years ago was \$108.03. From these figures it is not difficult to understand why the horse market is regarded as unsettled and the future equally uncertain. The best demand during the past year has been in the South, while decreases have occurred on the western ranges. During the past two years the increased demand for feed for high-priced meat animals has made it

relatively more costly to keep a horse on the farm.

Comments in the reports of field agents to the bureau of crop estimates throw interesting light on the decrease in the number of horses. The agent in South Dakota writes: "With the competition of the gas tractor there has been a diminishing demand for the horses of the class largely grown in this state." The agent in Tennessee states: "The raising of horses and mules has declined to some extent in the past few years. The auto is taking the place of the horse in many instances. With the mule the decline is not so marked, as he is the mainstay of the farm, though a few mules are being replaced by the tractor."

According to the field agent in New Mexico there are no longer any wild horses on the range in his state and the number of small Mexican cow ponies is rapidly diminishing. The field agent in Utah states that horses are liabilities rather than assets in his section. Speaking of the decrease in certain sections of Washington, the local representative in that state says: "Where a notable reduction has occurred in any county it seems due to replacement of horsepower by motor-power."

Increase of Mules.

While the number and value of horses has declined, there has been a slight increase in the number of mules in this country, compared with a year ago. Most of these animals are in the Southern states, and the prosperity of that section is reflected in the increased demand and high prices paid for mules. The average value per head is \$147.10 (all ages included), compared with \$135.83 a year ago and \$120.20 ten years ago. The total number of mules on farms and ranches the first of this year was 4,995,000, an increase of 41,000 head, or 0.8 per cent.

MODERN WAREHOUSES IN NORTHERN STATES

Give Onions as Little Artificial Heat as Possible.

Provision Should Be Made for Ample Ventilation to Throw Off Moisture—Dry Cellar Will Give Satisfactory Results.

In the northern states onion warehouses should be built with the purpose in mind of keeping the temperature just above 32 degrees Fahrenheit during severe winter weather with as little artificial heating as possible. This necessitates walls consisting of a number of thicknesses of lumber and one to several air spaces, says the United States department of agriculture. Provision is necessary for ample ventilation, since the bulbs are continually giving off moisture which must be removed. This can be increased materially on clear days by opening doors and windows for a few hours. In very cold weather it is necessary to heat the house during this process, in order to prevent the freezing of bulbs. A steam or hot-water heating system or stoves placed at intervals is satisfactory. Large bulbs are stored in slatted bushel boxes or folding crates, while bottom sets should be placed two to four inches deep in shallow crates.

Where a modern warehouse is not available a dry cellar which can be held at 32 to 35 degrees Fahrenheit can be used with good results.

HOW TO PLANT POTATO SEED

Like All Other Garden Crops Success Depends Largely on Manner of Planting.

Irish potato seed should not be cut until everything is ready for planting. Cut the potatoes, open the furrows, drop the seed and cover it—all quickly, so that neither the seed nor the soil will become dry during the operation. The success of any garden crop depends largely upon how it is planted. It pays to make a good start.

HOME CLOVER SEED BEST

Home-grown seed is more likely to make a good stand than Italian. American clover is less liable to disease than Italian. Insist on knowing what you buy.

MAKE SUCCESS WITH GARDEN

Failure is Inevitable if Proper Cultivation and Care Is Neglected in Summer.

A good start for a garden is often lost about the time that the weeds appear. No matter how carefully the garden may be planned or how rich the soil or costly the seeds, failure will surely follow if the proper cultivation and care is not given during the growing season.

VALUE OF BEET-TOP SILAGE

One Ton Is Equal to Half a Ton of Alfalfa Hay When Fed to Stock as Mixed Feed.

It is safe to conclude that one ton of good beet-top silage is equal to half a ton of alfalfa hay when fed as a mixed feed. Many feeders think that the silage has a value almost equal to good hay, ton for ton.

LIVE STOCK NOTES

A thin sow hasn't the vitality to raise strong litters.

Livestock reproduce very rapidly if given a fair chance.

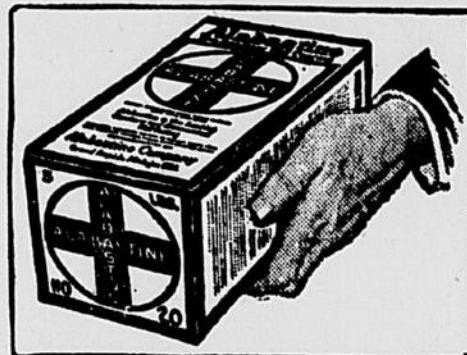
The self-feeder is especially desirable in the feeding of young growing pigs.

Livestock have helped many farmers to farm more intelligently and profitably.

Sows that eat their pigs as a usual thing have not received enough bone building material during pregnancy.

Alabastine

Instead of kalsomine or wallpaper



No Package
Genuine
Without Cross
and Circle
Printed in Red

To Get
Alabastine
Results You
Must Ask for
Alabastine
by Name

You Can Not Be Deceived! This Package Protects You

You want Alabastine. Alabastine results alone will satisfy you. Alabastine results can be secured with no other material.

The Cross and Circle printed in red on the package is your guarantee of quality and results.

Alabastine is artistic, sanitary, durable and economical. Alabastine will permit you to put your own individuality in your home, match your rugs and furnishings and have complete color harmony in all your rooms. Combining and intermixing the different tints enables you to secure unlimited color effects.

Alabastine requires only pure, cold water to mix and can be used on all interior surfaces, plaster, wallboard, over smoked and grimy painted walls, or even over wall paper that is solid and has no raised figures or aniline colors. Best paint dealers everywhere sell Alabastine. Write us direct rather than take a substitute.

Alabastine Company

547 Grandville Road Grand Rapids, Mich.

The Ruling Passion.

A submarine attack was on. The sea heaved and rolled. The destroyers were dropping depth bombs. The deck of the troopship was lined with Yankee soldiers. All was silent. Suddenly the tension was broken by a small, weary-looking soldier.

"Say," he said in a hoarse voice, "Is there anyone here who wants to buy a nice watch and chain?"—Everybody's Magazine.

BILIOUS!

Quick! Get Liver and Bowels Right with "Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food, which sours and ferments, forming acids, gases, and poisons. Cascarets tonight will give your bilious liver and constipated bowels a thorough cleansing and straighten you out by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or griping Pills. They work while you sleep.—Adv.

LAUGHS AT GREENLAND COLD

In His Primitive Abode, Eskimo Dwells in Comfort Through the Monotonous Arctic Winter.

The Eskimo of Greenland, no matter what his station in life may be, always has both a summer and winter home. The winter house is described by Roger Pocock in the Wide World Magazine as being a dugout with an upper structure built of turf and beams of driftwood. It has but one window, as winter in Greenland occurs during the four-month-long arctic night. Entrance to the one large room of which the house consists is gained through a long tunnel about five feet in height, in which the dogs live. In the rear of the living room is a raised dais on which the entire family sleep, and in the front part stands the stove. This stove consists of a hollow stone filled with seal oil in which burns a rug wick, which lights and heats the house and cooks the meals.

Suspicious Adolf.

She (as her lover is about to start on a journey around the world)—My dear Adolf, will you be true to me when you are far away? Promise me that you will write to me from every town you visit! He—Oh, Ada, is it love that prompts you to say this? Ada, swear to me, do you really love me, or are you merely collecting foreign postage stamps?

NOT MUCH STUDY INVOLVED

Grandma Evidently Didn't Think Highly of the Doings at Women's Debating Club.

Tiny Timothy had to be very quiet on certain days in the week. Sunday mornings were bad because then father had to study his lesson for the afternoon Sunday school. Tuesday evenings he had to tiptoe around while brother John studied his lodge ritual. Friday evenings sister Nellie went to a debating club and it was often preceded by the last look at her part in the debates.

Then one day mother announced that she had been invited to join a bridge club. Every one was anxious for her to join but little Timothy, who sighed: "Oh, mother, now will you have to study, too, before you go there? What do they recite at your club?"

Everybody smiled but dear old grandmother, who did not approve of bridge clubs. "Oh, she won't have to study much," she retorted tartly. "She can just listen at the first few meetings until she learns how to gossip like the rest of them."

A Long War, Too. Civvy—How often do they pay you in the army? Demobbed—About once a war.

Get acquainted with your neighbor; you might like him.

FOOD FORTIFIES

against exhaustion and illness—if it's the right kind of food.

Grape-Nuts

is easily digested and with cream or good milk is a well balanced ration that builds tissue and increases strength of body and mind.

"There's a Reason"