Weekly Health Talks

A Word About the Kidneys

BY DOCTOR WATSON.

People are easily frightened when they think something is the matter with their lungs or heart, and well they may be; but few people understand the dangers of diseased kidneys. These organs have a duty of vital importance to perform, and if they are diseased, there is no telling how or where the symptoms may appear. The kidneys are filters, and when they are healthy they remove the poisons from the blood and purify it. When the kidneys are diseased, the poisons are spread everywhere, and one of these poisons is uric acid. The uric acid is carried all through the system and deposited in various places, in the form of urate salts—in the feet, ankles, wrists and back—often forming bags under the eyes. Sometimes the resulting trouble is called rheumatism, lumbago, sciatica and backache. Finally, come stone in the bladder, diabetes and Bright's disease.

Dr. Pierce, of Buffalo, N. Y., in recent years, discovered that a certain combination of remedies would dissolve uric acid (urate salts) in the system. He found this combination to be harmless, so that he made it up in tablets, of double strength, and called them Anuric Tablets. They dissolve uric acid in the human system as hot coffee dissolves sugar. If you have uric acid troubles, don't delay in taking Anuric Tablets, which can be secured in the drug stores. You can write Dr. Pierce, too, and he will tell you what to eat and how to live so that more uric acid will not form in your system. Dr. Pierce will not charge for this advice.

Real War.

Mrs. Willis—Kit married him, but she can't control him.

Mr. Willit—I see. She attained her objective, but was unable to consolidate her position.—Judge.

INDIGESTION, GAS, UPSET STOMACH

HURRY! JUST EAT ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. Here is instant relief.

Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin always make sick, upset stomachs feel fine at once and they cost so little at drug stores.—Adv.

No Benefit.

"That man has a screw loose."

"Well, he isn't mending matters by getting tight."

$100 Reward, $100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.

Druggists 75c. Testimonials free.
F. J. Cheney & Co., Toledo, Ohio.

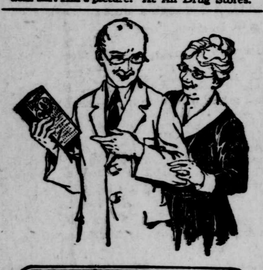
Reflection is the beginning of wisdom.

Spanish Influenza can be prevented easier than it can be cured.

At the first sign of a shiver or sneeze, take

HILL'S CASCARA QUININE BROMIDE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.



"Our Good Old Standby for Over 20 Years"

Yager's Liniment is a good old fashion liniment having *wonderful* penetrative powers and affording prompt relief from pain.

It alleviates quickly pain caused from rheumatism, neuralgia, sciatica, sprains, backache, etc.

Contains twice as much as the usual bottle of liniment.

Sold at the same price; at all dealers, 35 cents.

YAGER'S LINIMENT RELIEVES PAIN

GILBERT BROS. & CO.
BALTIMORE, MD.

MUST PROVIDE FOOD

Duty Devolving on Farmers of This Continent.

Western Canada Well Prepared to Meet the Needs of the Old World—"The Earth Is a Machine Which Yields Almost Gratuitous Service to Every Application of Intellect"—Emerson.

Speaking with one of the commissioners appointed to make a survey of the food situation in the battle-torn countries of Europe the writer was told that the depletion and shortage of food was far greater than anybody had expected. With the investigation, which at that time had merely started, much had been brought to light that had only been surmised. Herds of live stock were completely wiped out, fields that had been prolific yielders of grain, roots and vegetables were terraced and hummocked by bombs and shells, many of them still lying unexploded and dangerous. Until this land can be gone over and cleaned nothing in the way of cultivation can be carried on, and even where that is done the work of leveling and getting under cultivation will take a long time.

Much more devolves upon the farmer on this side of the Atlantic than was at first supposed. Herds of live stock will have to be replenished, and this will take years; the provisioning of the people in the meantime is the task the farmers here will be asked to undertake. Producing countries will be taxed to their utmost to meet this demand; all that can be provided will be needed. This need will continue for some time, and during this period prices will be high. The opinion of those who have given the question most careful thought and study is that food scarcity will be greater than ever before. The Allies will have to feed Germany, Austria, Turkey and Russia and this in addition to the requirements of European neutrals for increased supplies now that there is no submarine menace.

To the Canadian and American farmer this means a demand for his grain fully as great as at any time in the past. Wheat will be needed, meat will be required. The slogan "don't stop saving food" is as necessary today as ever. The purpose of this article is to direct attention to the fact that hundreds of thousands of acres of land in Western Canada are still unoccupied, and this land is capable of producing enough to supply all needs. On its rich grasses are easily raised—and cheaply too—the cattle that will be sought; in its soil lies the nutriment that makes easy the production of the grain that will be needed, and in both the farmer will be assured of a good profit on his investment. The land can be purchased at low prices, on easy terms, and with the abundance of returns that it will give, it does not mean a matter of speculation. The facts as set out are known, and certainly are guaranteed.

These facts, the low cost of the land, and its great productivity, combined with the admirable marketing and transport facilities at the disposal of the farmer make farming in Western Canada an attractive proposition.—Advertisement.

At the Christmas Party.

He—Let me think a minute.

She—Can you keep it up so long?—London Answers.

An Attack of Influenza Often Leaves Kidneys In Weakened Condition

Doctors in all parts of the country have been kept busy with the epidemic of influenza which has visited so many homes.

The symptoms of this disease are very distressing and leave the system in a run down condition. Almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular medium and large size bottles, for sale at all druggists. Be sure to mention this paper.—Adv.

We usually see things as we want to see them; not as they are.

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

People who have nothing to do are usually pressed for time to do it.

To Have a Clear Sweet Skin.

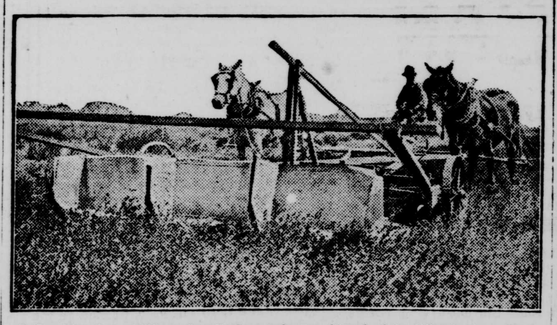
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

The unexpected never happens, because it is always expected.

Dr. Peery's "Dead Shot" not only expels Worms or Tapeworm but cleans out the mucus in which they breed and tones up the digestive. One dose sufficient. Adv.

There is no spur like adversity; no curb like success.

GRASSHOPPERS CAN BE MADE TO HELP FOOD SUPPLIES OF THE UNITED STATES



A Combination of Three Small Hopperdozers Attached to Wheels in a Manner to Be Pushed by Horses Instead of Drawn by Them.

(Prepared by the United States Department of Agriculture.)

There are going to be lots of grasshoppers during the summer of 1919 in Indiana and other states in the grasshopper belt, according to indications found by entomologists of the department of agriculture and the state agricultural colleges. Farmers are urged to start a cleanup campaign against them right away. Plowing to a depth of six inches and subsequent harrowing during the winter, at any event not later than April 10, will cover the eggs so deep that the young will not be able to escape. When grasshoppers make their appearance they can be destroyed by the common poisoned bait method.

But there is another way of getting rid of grasshoppers that makes the pests pay for the trouble of killing or catching them. This method consists of driving a grasshopper catcher through an infested field, catching all the grasshoppers that hop, and then feeding the insects to chickens. They can be dumped into sacks and hung up to dry and fed as dry grasshoppers, or if it is preferred to feed the grasshoppers alive, the machine can be hauled to the poultry yard and placed so that the front will face the light. The insects will find their way out, but not too fast for an ordinary flock of chickens. Thus the grasshopper catcher becomes a poultry self-feeder.

An analysis of grasshoppers shows them to be high in protein, and therefore good chicken feed. It is known that chickens are more productive when insects are a part of their ration and grasshoppers when dried can be used with other feeds during the winter.

How to Make Grasshopper Catcher.

The grasshopper catcher, which has an advantage over the old style hopperdozer, in that the insects can be utilized for chicken feed, is about 16 feet long with an upright but curved piece of tin in front and so arranged that the grasshoppers will strike it as they hop up, falling to the bottom and back through a narrow trap opening into a box behind. The tin front does not extend quite to the bottom, where, just in front of the tin shield, is a strip of tin placed so that there is an opening about 1½ or 2 inches wide. This front strip or lip may be made by using a 16-foot length of gutter, one side of which is flattened outward. The back and top of the box in the rear is covered with wire screen and the top should be so hinged that it can easily be opened and the accumulated grasshoppers shoveled out as needed.

Horses are hitched to the extended beam, one at each end, and the catcher dragged through the infested area, beginning at the sides and working toward the center of the field. Two boys, each riding a horse, can handle the machine nicely. A heavy rope attached to the hames, so that it drags a few feet in front of the shield, is an advantage in that it stirs up, just before the catcher passes, the hoppers not otherwise disturbed.

Plowing Infested Fields.

Where it is not practical to plow infested fields, such as ground in clover or alfalfa, they should be thoroughly disked in the fall or winter and harrowed early in March of the following year. In Indiana clover and alfalfa fields are among the best breeding places for grasshoppers.

The poisoned bait recommended consists of bran or sawdust made tasty and attractive by the addition of molasses and fruit and treated with an arsenical poison. The following formula is recommended:

Bran (half-and-half bran and hardwood sawdust, or sawdust alone), 25 pounds; paris green or crude arsenious oxide, one pound, or white arsenic, 1½ pounds; molasses (cheap feeding grade), two quarts; lemons, bananas or oranges, six fruits, or one ounce of cheap lemon extract; water, about two to four gallons.

The poison should be thoroughly mixed with the bran. The water, molasses and finely chopped fruit or extract are then mixed and added. The mixture should be wet so that it molds in the hands, but is not "soppy." The bait should be scattered broadcast at the rate of seven to ten pounds to the acre, applications being made in the early morning.

In clover or alfalfa much material and labor can be saved by first cutting around the field until there remains a small central uncut area where the grasshoppers will have gathered and may be quickly and cheaply destroyed by the poisoned bait. If the grasshoppers are feeding in corn or young trees, more water, or, better, more molasses and water, should be added and the mixture thrown forcefully so that the particles will adhere to the crops to be protected.

Front View of Hopperdozer for Destruction of Leaf Hoppers as It Is Being Drawn Through an Alfalfa Field.

ISSUANCE OF CROP REPORTS

United States Figures Telegraphed to Each Field Agent—Estimates Given to Papers.

(Prepared by United States Department of Agriculture.)

Each field agent of the bureau of crop estimates, United States department of agriculture, now publishes a crop report from his own territory. Immediately upon the issuance of a crop report in Washington the United States figures are telegraphed to each agent, together with figures for his particular territory. The agent at once issues a mimeograph report with comments on crop and weather conditions in his state, copies of which are furnished to the press and to crop reporters and published in full in many dailies. In some of the states agents now are issuing reports on a county basis. The service is winning warm approbation.

For this service in securing quickly reliable reports along special lines decided improvements have been made in the organization of this bureau. Field agents of demonstrated ability have been employed; their offices supplied with clerks, telephones and other time-saving equipment; and every field agent has a mimeograph and an addressing machine. The field man now is able promptly to make both general and restricted special investigations, either upon his own initiative or upon telegraphic request from Washington.

HORSE FEED DURING WINTER

Not Advisable to Give Liberally of Grain While Animals Are Confined in Barn.

Horses should not be confined to the barn during the winter on a liberal supply of grain. It is far better to "rough" them through the cold months. They should be given the run of the yard or lot during the day. This should be provided with a protected shed, dry and well provided with bedding.

WET LANDS ARE PRODUCTIVE

Most Fertile When Soil Moisture Is Properly Controlled—Drainage Is Recommended.

(Prepared by the United States Department of Agriculture.)

Wet areas in cultivated farm lands usually are the most fertile when the soil moisture is properly controlled, because generally they are depressions in which more or less of the richest soil from surrounding fields has been washed. Farm drainage transfers these unproductive places into highly productive land, thus increasing the profitable area and the acre yield, while removing obstacles that increase the time and effort required for farm operations.

Recognizing the importance of this possible conservation of man power, the drainage division of the bureau of public roads recently has given first consideration to projects looking to the improvement of lands already under some degree of cultivation or needing only drainage to prepare them for the plow.

Feeding Lambs.

Every shepherd knows that there are many difficulties in feeding and taking care of orphan lambs. There is sometimes considerable loss, especially in large herds, from orphan lambs. At present values of sheep and lambs these losses are well worth striving to save.

Age for Breeding Heifers.

If heifers are bred to calve when very young, they remain undersized cows and can never give as great a milk yield as they might otherwise, because they have not the capacity to handle the feed necessary for high production.

Missing Trees in Orchards.

The reason that apple trees die out here and there in the orchard is due to root rot, according to Prof. H. H. Wetzel of Cornell university

FATHER OF THE PARAGRAPH

George D. Prentice, Oldtime Journalist, Once Wished to Use Pistols, as Well.

One hundred and sixteen years ago, on December 18, 1802, there was born at Preston, Conn., George D. Prentice, who became one of the most noted newspaper men of his time, the father of the editorial paragraph, as the short terse pointed comments he made on men and matters were called, and who narrowly missed an editorial career in Ohio.

Prentice toured Ohio in 1830, after he had already made a name for himself in eastern journalism, looking for a location, but passed on into Kentucky, where at Lexington he began work on his "Life of Henry Clay" and ultimately became editor of the Louisville Journal. On his way through Ohio he called on William D. Gallagher, who had already become well known as an editor and who was then publishing his unfortunate venture at Xenia—"The Backwoodsman."

Gallagher was upstairs working with the types that summer day in 1830 and a helper from below announced his caller. Gallagher stopped to make himself a little more presentable, whereupon Prentice shouted upstairs, "Never mind inky fingers; I'm used to them." The two men were in hearty accord then, but it is interesting to note that they came to swords' points twenty years later—or rather to pistol points.

The slavery question coming up, in the early fifties, the two men found themselves editors of the two principal newspapers of Louisville—Gallagher of the Courier and Prentice of the Journal, taking opposite sides. Gallagher was strong for abolition and Prentice defended slavery. Their references to each other soon descended to the level of personal journalism. Finally Prentice went to Cincinnati, where Gallagher had written much for the newspapers, digging up his abolition sentiments for the purpose of retailing them to pro-slavery Louisville. This aroused the lion in Gallagher and he applied opprobrious terms to Prentice.

The next day a Colonel Churchill arrived at Gallagher's rural home with a challenge to him to fight a duel. After reading the challenge Gallagher tore it into bits and said to Churchill, "Tell Prentice that that is my answer to his foolish challenge." Prentice died in Louisville, January 22, 1870.

Too Much Arithmetic.

Uncle Mose Lightfoot approached a clerk in the drug store and inquired:

"Got any three-cent stamps?"

"No," the clerk replied, "we're all out of threes."

"Dat's too bad," said Uncle Mose, "cause dis letter ought to go out tonight."

"We have plenty of twos."

"But dis letter goes out of town."

"And we have plenty of ones."

"But one won't take it."

"Couldn't you put on a two and a one?"

"Huh?"

"Or three ones?"

As the old darky ambled toward the door he scratched his head and answered:

"Maybe I could; maybe I could; but I ain't got no time to be foolin' roun' trying to add up."—Youngstown Telegram.

Food and War.

We went into the war because the German general staff held the conviction that American wheat was more dangerous to the Teuton army than American soldiers could ever be, says Ralph W. Page, whose discussion of the food situation appears in the World's Work. They realized what we soon discovered—"that food will win the war." The ruthless submarine campaign that outraged Christendom was primarily directed against the transatlantic journeys of the Chicago pig en route to the Tommy's haversack. Rather than risk the replenishment of the poilu's larder from the harvest fields of Kansas, William the Conquered elected to defy the republic.

Stepping From Under.

"We mustn't overlook the fact that Austria was against us in this war," says Senator Penrose, adding, "We are in the habit of blaming everything on Germany and if we don't watch out Austria is liable to escape just penalties. Austria reminds me of Percy Jones.

"Percy Jones likes to be called a regular fellow and quite gallant," said a mutual friend to another.

"But is he gallant?" questioned the friend.

"Well, I'm not sure. He changed his mule's name from Maud to Bill so he wouldn't feel ashamed when he licked it."

Origin of the Blanket.

Thomas Blanket, a poor Flemish merchant, residing in Bristol, first invented, in the winter of 1340, the covering which now bears his name. He and his wife suffering from the intense cold by reason of scanty bedding and lack of fuel, he searched for something to put on the bed to increase the warmth, and hit upon a piece of rough, unfinished cloth that had been thrown to waste. Its success as a warmth giver suggested the manufacture of special bed covers of the same material, and these articles brought him a fortune.

German Deterioration.

German doctors estimate that the average person in cities of that country lost about one-sixth of his weight during the war. Men lost slightly more weight than women. Farmers lost no weight at all.

How It Is.

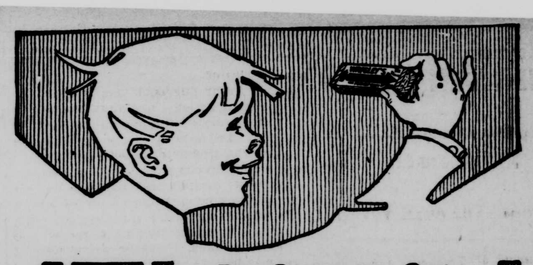
Mrs. Gossipp—I hear the DeJoanses have come to a complete understanding about their divorce proceedings.

Mrs. Gabalot—Huh, from the number of lawyers involved I think it must be a complete misunderstanding.

She Didn't Mind.

"Of course you are paying for my time," said the pretty stenographer, "and if you want to waste it—"

"I do," promptly declared her employer, and kept on wasting it.



Be Sure to Get WRIGLEY'S

THE wax-wrapped sealed package with WRIGLEY'S upon it is a guarantee of quality.

The largest chewing-gum factories in the world—the largest selling gum in the world: that is what WRIGLEY'S means.

SEALED TIGHT KEPT RIGHT

WRAPPED IN UNITED COUPONS

17

The Flavor Lasts!

His Rib.

Eve—"Why don't you say something?" Adam—"I don't feel like talking to myself."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.Adv.

We often hear of the sweet simplicity of childhood, yet every mother considers her baby cunning.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

The fear of love is the beginning of wisdom.

Men who accomplish most never seem in a hurry, no matter how much they have to do.

VIRGINIA FARM OF 200 ACRES.

ALBEMARLE COUNTY, finest wheat and corn land in State. 150 acres in cultivation: 30 acres good timber. Young orchard 1,000 trees. New 6-room house, large bank barn, 2 silos, usual outbuildings. Beautiful, healthful and convenient location. Price $7,500 on easy terms. E. S. Wilder & Co., Charlottesville, Va. Adv.

The patience of the average man doesn't get a chance to rest until after he has acquired a monument.

Take care of your health and wealth will take care of you. Garfield Tea promotes health.—Adv.

No one loves a fat man but the restaurateur.

Grove's Tasteless chill Tonic

restores vitality and energy by purifying and enriching the blood. You can soon feel its Strengthening, Invigorating Effect. Price 60c.

A man's disgrace can always be traced back to himself.

Western Canada's "Horn of Plenty" Offers You Health & Wealth

Western Canada for years has helped to feed the world—the same responsibility of production still rests upon her. While high prices for Grain, Cattle and Sheep are sure to remain, price of land is much below its value.

Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from $15 to $30 per acre—good grazing land at much less.

Many farms paid for from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Railway and Land Companies offer unusual inducements to Home Seekers. Farms may be stocked by loans at moderate interest. Western Canada offers low taxation, good markets and shipping; free schools, churches and healthful climate.

For particulars as to reduced railway rates, location of land, illustrated literature, etc., apply to Supt. of Immig., Ottawa, Can., or

F. A. HARRISON, 210 North Third St., Harrisburg, Pa.
Canadian Government Agent

SPOHN'S DISTEMPER COMPOUND

DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPOHN'S COMPOUND

will do both—cure the sick and prevent those "exposed" from having the disease. Sold by your druggist or the manufacturers. Spohn Medical Co., Mfrs., Goshen, Ind., U.S.A.

The candidate who gets the vote of the fair sex ought to receive quite a handsome majority.

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently. Adv.

It sometimes happens that a man is misunderstood because there is nothing in him worth studying.

For a disordered liver, take Garfield Tea, the Herb Laxative. All druggists.—Adv.

Love intoxicates and marriage sobers.

Your Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

Use Cuticura Soap To Clear Your Skin

All druggists: Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura, Dept. F, Boston."

COUGHS and COLDS disappear in a night and leave the chest free, clean and well when GOWANS Rub-It-On FOR COLDS CROUP PNEUMONIA is applied. A pleasant, soothing, healing external application for just such troubles. Ask your druggist. 25c, 50c, $1.00. Pay no more.

Baby Colds

require treatment with a remedy that contains no opiates. Piso's is mild but effective; pleasant to take. Ask your druggist for

PISO'S

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