

Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher*

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Some men who boast of calling a spade a spade would pass a snow shovel by without recognizing it at all.

HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or nasty catarrh.—Adv.

Suspicious Youngsters.

"I got to admit," said Sol Mannheimer, theatrical manager, "that I've been handed one."

"How's that?"

"I gave a hundred dollars apiece to my three nephews today. They inherited it under a will that I was executor of. I took the money up to them in nice new bills, and after I'd passed it out, I said:

"Now, boys, I've given each of you a hundred dollars, which is your own, to do as you please with. I want you to tell me what's the first thing you're going to do with it." And they all said: 'Count it.'"—Cincinnati Times-Star.

Squashed the Salesman.

"Pardon me, sir," said the salesman, in his superior way, "but this is not the hat you should have, at all. Now here is one much more becoming to you. The price is only two dollars more, and—"

"If a colored man with a wooden leg should ask for a seventy-five cent pink, purple or polka-dotted hat you would sell it to him if you had it, wouldn't you?" interrupted old Festus Pester.

"Yes, sir, but—"

"Then please treat me as kindly as you would a colored man with a wooden leg."—Kansas City Star.

A great many men reason in a circle; that's why there is no end to their arguments.

Get up with the lark, but don't disturb others with your larkings.

Appropriate.

He—"But why call her a self-made woman?" She—"Because her face is her fortune."

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription.

Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

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 New One.

They were still out in the conservatory and Tom had just asked Sally to marry him. She had said, "I don't care if I do," and thus they were engaged.

"Tom, dear," she began, "am I the only girl—"

"Now, look here, Sally," he interrupted, "don't ask me if you are the only girl I ever loved. You know as well as I do—"

"Oh, that wasn't the question at all, Tom," she answered. "I was just going to ask if I was the only girl that would have you?"

Prospective Revelations.

"My activities as a molder of public opinion and chronicler of events in this community will terminate very soon," said the able editor of the Torpidity Torch of Liberty and Tocsin of the Times. "I am selling out, and if there is no hitch in the arrangements I shall turn the Torch over to my successor on next Friday afternoon. On Saturday morning I shall begin to tell my fellow citizens by word of mouth what I really think of them."—Kansas City Star.

Opportunity's Door.

"A man cannot always tell when he reaches the door of opportunity."

"That may be true, but the fellow who tries every door he comes to will open one sooner or later."—Birmingham Age-Herald.

Good advice is the kind you remember too late that you forgot to take.

Sleep Is Sweet

—so if coffee plays tricks with your nerves and breaks your rest *try*

INSTANT POSTUM

This economical beverage has a rich coffee-like flavor that truly satisfies.

Made by
Postum Cereal Co. Battle Creek, Mich.
Sold by Grocers and General Stores.

ART OF MILKING FULLY OUTLINED

Chief Object of Milker Should Be to Increase Quantity and Keep It Clean.

FIRST COMES CLEANLINESS

Cow Should Be Curried and Given Sponge Bath—Harshness Should Be Avoided and Work Done Rapidly—Weigh Milk Daily.

(Prepared by the United States Department of Agriculture.)

Do you know how to milk?

The question is neither irrelevant nor impertinent. In sober fact, a great many persons who milk cows twice a day really know little about the true art of it, and a great many more could add to their present knowledge.

The writer of this article met one of the men in the dairy division of the United States department of agriculture who knew how to milk. He was a tall, quiet gentleman.

"I'll just drive the cow in the office here," he said. And he did. She was a pasteboard cow, to be sure, but she served very nicely to illustrate several things about milking. And following are a few of the essential things that this man who knows how to milk said about milking.

First Comes Cleanliness.

The first essentials are clean, healthy cows and a clean, healthy milker.

The next, perhaps, is a clean and sterilized pail with a narrow or partially covered top.

The cow should be curried before milking to remove loose hairs, dirt and dandruff. This should be done, if possible, an hour before milking to allow all dust to settle before milking is begun.



The Good Milker Gets the Larger Yield.

The next thing in order is a sort of sponge bath for the cow. It is a very simple matter, though, for all that is required is a pail of clean water and a cloth. Wash off and wipe the udder, the flanks, the thighs and the switch.

That done, everything is ready for the actual milking—which process, by the way, should be approached with hands that are not only clean, but dry.

The milker sits down on a stool placed on the right-hand side of the cow. It is not very clear just why the right side is universally the milking side. Perhaps it is partially due to the fact that the great majority of persons are right handed. The milker on the right side of the cow, if she starts to kick or to move, is in a better position to yank the pail out of harm's way before she can upset it.

The milker then grasps a teat in the palm of each hand. He squeezes the teat by closing the fingers around it and at the same time pulling the teat slightly downward. Then the fingers are loosened around the teat and the hand raised slightly to allow the teat to assume its original form and position, while the other hand squeezes and pulls slightly downward on the other teat. Thus each hand alternately gives a downward squeeze, in rhythmic order.

Getting Rid of Bacteria.

It is wise to milk about two squirts out of each teat before allowing any milk to go into the pail. Bacteria appear to accumulate around the end of the teat, and to be got rid of largely in this way.

Then clasp the small-top milk pail between the knees, with the covered portion of the top nearest the milker. If held in this position the covered portion will prevent hairs and dirt from falling into the milk.

Milk quietly but rapidly. The milker makes use of the mother instinct in the cow. Harshness is against that instinct and the cow does not secrete as much milk as she would if she were milked and handled quietly.

It must be remembered that not all the milk is in the udder when the milking process is begun. The cow secretes milk more rapidly during the milking process; and the milking, to be be successful, must be done in such a way as to promote that secretion If it is done so as to give pain to the cow or to alarm or disquiet her, she will not give so much milk.

Keep milking as long as it is possible to get any milk. The last milk is the richest. The first milk drawn is always comparatively low in butterfat. It is the "strippings," or last milk given, that contain the highest per cent of butterfat.

Milk Should Be Weighed.

Well, that is about all there is to the milking process. A great many things are related to it. The department of agriculture recommends that the milk should be weighed daily. There are several reasons for this. One is that the ration should be adjusted to the weight of milk. A safe rule, the department experts say, is one pound of grain to every three and one-half or four pounds of milk. Another, and perhaps more accurate, rule is to feed as many pounds of grain a day as the cow gives pounds of butterfat in a week; but this latter rule is not so conveniently applied in the case of the family cow, because of the necessity of making a Babcock test for butterfat.

The weight of milk produced, in proportion to the grain ration, is of particular importance during the first 30 days after the cow freshens. She is at that time most easily able to establish her working basis. She has just had her vacation. Her milk-secreting glands are sensitive, her digestive apparatus active. A few days after she becomes fresh, increase her grain one-half or three-quarters of a pound a day, and see how much milk she gives the following day. Keep up the increase from day to day as long as she responds with enough increase in milk to pay for the increased grain. When the point is reached where the milk flow fails to increase with increased feeding, reduce the grain ration a pound or two, and keep along this line until the point is found at which the cow produces the greatest and most economical flow of milk. Then fix this as her regular grain ration as long as she produces that amount of milk.

Watch for Army Worms.

Young cut and army worms pass the winter hibernating in grass roots of uncultivated lands. Watch for them in the early spring.

Unblanketed Horses.

Not so many unblanketed horses are to be seen as formerly, but they are yet too numerous.

Hardwood Ashes.

Hardwood ashes are fine for giving strength to the bones of a hog.

INFERIOR SIRES ELIMINATED

First Count of Scrub Purebreds Over Considerable Area—More Profit From Herds.

(Prepared by the United States Department of Agriculture.)

Of particular interest in a live stock survey recently completed in South Dakota are figures on the quality of purebred sires, as well as on the number of scrubs and grades in that region. Fourteen counties typical of live stock conditions in the state were included in the survey. Of the sires in herds of cattle 65 per cent were grades or scrubs, and about 25 per cent of the purebred sires were classed as inferior, according to a part of the reports. This is the first count of scrub purebreds, over a considerable area, received by the United States department of agriculture.

It was found that when purebred sires were used, the average herd of 20 grade cows returned $540 more profit during 1918 than when grade or scrub sires were used. It has been estimated that the elimination of inferior purebred sires would increase the average profit in each herd from $540 to $800 annually.

CLUB MEMBER PRIZE WINNER

Junior Poland China Sow Ascended to Reserve Championship at Colorado County Fair.

One of the largest and best exhibits of registered pigs ever shown in Colorado was brought together at the Larimer county fair, Loveland, by the boys and girls of pig clubs organized by the United States department of agriculture and the state agricultural college. Sixty-six registered pigs, Poland Chinas and Duroc Jerseys, were shown. Only nine club pigs entered were graded. The club pigs competed successfully with the entries of the best swine breeders in the state. A Junior Poland China sow, the property of a club member, ascended to the reserve championship, any age, any breed, being second only to a Duroc sow raised at the Colorado Agricultural college.

GENERAL FARM NOTES

Guard against wear by continuous repair.

• • •

All high-protein feeds are high in price this year.

• • •

Leaves which fall from trees are beneficial to garden soils.

• • •

As with all live stock, it pays to have purebred ducks and geese.

• • •

Good alfalfa seed is now very scarce and commands a high price on the market.

• • •

Leaves are especially valuable when barnyard manure is scarce and hard to obtain.

• • •

Crimson clover does not succeed unless either the seed or the ground is inoculated.

• • •

To rid land of Bermuda grass or salt grass, plant Napier fodder next spring or fall.

• • •

Uniform new bags, tightly packed and neatly sewed, give the shipment of wool a good appearance that brings a better price.

• • •

Alfalfa is the only hay crop that we have which responds to cultivation It is a heavy feeder on soil plant food and uses lots of moisture.

• • •

Sweet potatoes deserve as careful handling as apples. In fact, they will not stand the rough handling that apples are often subjected to in grading and packing.



GET some today! You're going to call Lucky Strikes just right. Because Lucky Strike cigarettes give you the good, wholesome flavor of toasted Burley tobacco.

Guaranteed by The American Tobacco Co.

It's toasted

If With Due Care.

"Now, be careful. These canoes tip over very easily."

"Would it be safe," began the girl timorously, "to—to——"

"Yes?"

"To shift my chewing gum to the other side of my mouth?"

SHE DYES HER OLD GARMENTS LIKE NEW

"Diamond Dyes" Make Faded, Shabby Apparel So Fresh and Stylish.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods,—dresses, blouses, stockings, skirts, children's coats, feathers—everything.

Direction Book with each package tells how to diamond dye over any color.

To match any material, have dealer show you "Diamond Dye" Color Card. —Adv.

Puts It Over the Boss.

The office boy had made his hundredth mistake. The boss sent for him.

The Boss—Have you anything to say for yourself? If I made mistakes like you I'd never be where I am.

The Boy—Yes, but if we were all like you, you wouldn't be where you are, either.

(The boy is still on the job).—Boys' Life.

The Difference.

"A traveler relates that in Peking if a wife dies and the husband follows her remains to the grave he is not permitted to marry again," didactically stated Professor Pate. "If he stays at home it is an intimation that he has further matrimonial ambitions. Here in America if the bereaved husband weeps all the way to the cemetery and then it requires the united efforts of several strong men to keep him from precipitating himself howling into the grave the experienced onlookers allow that in less than three months he will be stepping about the girls and declaring that a man is only as old as he —ee-hee! hee!—feels."—Kansas City Star.

Artificial Scents.

The great bulk of perfumes are chemical productions. The Wall Street Journal says the commercial problem is whether the American perfumer of the future is to be an artisan or an artist. Shall he deal with the fragrance of flowers or chemical odors and scents? The idea of the layman is that the cosmetic chemist seeks the odor of flowers; but as a matter of fact synthetic chemistry not only crowns his work with the crushed oil of roses, violets and jessamine, but seeks to rival the fragrance of flowers with superior scents originating wholly within the laboratory and trademarked as such.

FATES ATTEND BABY'S BIRTH

Peculiar Superstition That Has Strong Hold on the Poorer Classes of Greece.

Almost every nation has some particular superstition or belief about babies, and these result in actions which vary all the way from the utterly absurd to the terribly tragic. The peasantry of Greece firmly believe that the future of every child is determined by three fates, known as the Moral. In the popular mind these fates are three old women, whose habitation is a mountain cave and they come together to a house where there is a new-born child. In preparation for them, all furniture is set aside, that their tottering footsteps may not be impeded, and refreshments in the shape of honey, bread, cakes and wine are set out for these important though invisible guests. Money, too, is placed on the table, as a bribe, for it is believed that in the gift of these fates are all good things as well as bad. Under no circumstances must a child's beauty be alluded to while the Moral may be in the house, or they will certainly make its good looks disappear.

THEATER'S "GOOD OLD DAYS"

Example of Rough-and-Ready Methods of Stock Companies of the Olden Times.

David Belasco said at a theatrical supper in New York:

"I hear a lot of praise bestowed on the old stock companies. Well, the old stock companies were all right in their rough-and-ready way. They'd hardly go down with us nowadays.

"Once in the '80's I dropped in at a stock performance in a western town. The company had a score of plays in its repertory, and this play I had dropped in on went very raggedly.

"In the third-act climax the hero forgot his part, and after an embarrassing silence of about two minutes hissed audibly to the prompter:

"'What's the line?'

"'What's the play?' the prompter hissed back from his little box, as he grabbed up a stack of two or three dozen books and began to run through them feverishly."

What Doctors Laugh At.

In the last 50 years the science of medicine has advanced more than in the previous 50 centuries. But the average man still thinks he knows an infallible cure for a cough.—Journal of the American Medical Association.

Never Sees It Now.

Mae—If we get a divorce I want a chance to see the child once a month.

Rae—But that would break your record.

If a man would have an untarnished name he should keep his doorplate well polished.

A New Style.

"Does that author burn the midnight oil with his toil?" "No, but he burns the roads with his 'gas.'"

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ½ oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Your secret is your servant, but give it liberty and it becomes your master.

Granulated Eyelids, Sties, Inflamed Eyes relieved over night by Roman Eye Balsam. One trial proves its merit. Adv.

Wealth and happiness are not always on the best of terms.

INFLUENZA starts with a Cold

Kill the Cold. At the first 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

HORSE OWNERS

Keep a bottle of Yager's Liniment in your stable for spavin, curb, splint or any enlargement, for shoulder slip or sweeny, wounds, galls, scratches, collar or shoe boils, sprains and any lameness. It absorbs swellings and enlargements, and dispels pain and stiffness quickly.

YAGER'S LINIMENT

At all dealers. Price 35 cents.

The large 35 cent bottle of Yager's Liniment contains twice as much as the usual 50 cent bottle of liniment.

GILBERT BROS. & CO., Baltimore, Md.

HEADACHE

Often Caused by

Acid-Stomach

Yes, indeed, more often than you think. Because ACID-STOMACH, starting with indigestion, heartburn, belching, food-repeating, bloat and gas, if not checked, will eventually affect every vital organ of the body. Severe, blinding, splitting headaches are, therefore, of frequent occurrence as a result of this upset condition.

Take EATONIC. It quickly banishes acid-stomach with its sour bloat, pain and gas.

It aids digestion—helps the stomach get full strength from every mouthful of food you eat. Millions of people are miserable, weak, sick and ailing because of ACID-STOMACH. Poisons, created by partly digested food charged with acid, are absorbed into the blood and distributed throughout the entire system. This often causes rheumatism, biliousness, cirrhosis of the liver, heart trouble, ulcers and even cancer of the stomach. It robs its victims of their health, undermines the strength of the most vigorous.

If you want to get back your physical and mental strength—be full of vim and vigor—enjoy life and be happy, you must get rid of your acid-stomach.

In EATONIC you will find the very help you need and it's guaranteed. So get a big 50c box from your druggist today. If it fails to please you, return it and he will refund your money.

EATONIC

FOR YOUR ACID-STOMACH

FRECKLES

The entire food values of wheat and malted barley are found in

Grape-Nuts

A food in every sense: *nourishing, delicious, economical.*

Easy to digest because of twenty hours baking.

Ready-to-serve.

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