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

We Hand You the Package That Puts Health and Cheerfulness in Your Home

Smoked, grimy, papered, painted or kalsomined walls are a menace to health and offensive to the discriminating housewife.

Alabastine is so economical, so durable, so sanitary, so easy to mix and apply that it is universally used in securing proper wall conditions.

Alabastine is used in the homes, schools, churches and on all kinds of interior surfaces, whether plaster, wallboard, over painted walls, or even over old wallpaper that is solid on the wall and not printed in aniline colors.

Alabastine is packed in dry powder in full five pound packages, requiring only pure cold water to mix, with directions on each package. You will readily appreciate the economy of Alabastine over other methods, and remember it is used in the finest homes and public buildings everywhere. Be sure you get Alabastine, and if your dealer cannot or will not supply you, write direct for sample card and color designs with name of nearest dealer.

MIX IN ONE MINUTE WITH COLD WATER

THE ONLY TOOL NEEDED TO APPLY

New walls *demand* Alabastine, old walls *appreciate* Alabastine.

Alabastine Company

1646 Grandville Ave. Grand Rapids, Mich.

Mean Man.

Veritas—How many women do you suppose gave their real ages to the census takers?

Cynicus—Oh, about a third of those under thirty.

How's This?

We offer $100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years.

Price 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Many a man loves his enemy because it comes out of a pocket flask.

Liggett & Myers

KING PIN CHEWING

The tastiest tobacco you ever tasted.

W. N. U., BALTIMORE, NO. 9–1920.

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

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

Western Canada Farm Lands at Low Prices

IN THE WRONG DIRECTION

Colored Soldier Just at That Time Was Not Living Up to His Announcement.

The company had fallen out for a rest on its hike into the Argonne. Nearby negro workers drowsed in the sun. A burly six-foot Numidian driving a big army mule hove into sight on his way to replenish the water supply at the front. For a whip he carried a five-pound hammer.

"Hey, there, Sam, where yo' goin' wid dat new-fangled whip?" called one of the roadside loafers.

"I'se on mah way to build me a bungalow on de Hin'enburg line," retorted the other without a smile.

Just then a shell exploded a few yards from the road. The mule instantly turned tail and proceeded to break all records in getting back where he came from, his driver hanging on for dear life.

"Man alive," mused a darky. "Dat ain't no way to arrive at the Hin'enburg line. Dat baby's done gone toward the Cunard line."—The Home Sector.

Proposing by Telephone.

"Excuse me," said the telephone girl, "but I see the lady refused you."

"That's right," gloomed the young man. "Thank you."

"Pardon me. I think I can give you a number where you'd have better luck."—Louisville Courier-Journal.

Any young girl can tell you that her mother's only fault is the good advice she is constantly giving.

NEW ENGLAND'S COLD SPELL

Period of Frosty Weather That Will Long Be Remembered by Those Who Endured It.

Three or four winters ago, when the whole of New England was buried in snow and gripped in ice, Nantucket had one of its worst ordeals. The cold was intense, ten below zero, in early February. For miles on all sides of the island the ice pack stretched, to old eyes as far as the horizon. Day after day passed and the Sankaty did not run. The harbor was choked with ice, like that of St. Anthony in Labrador. The main ship channel from Monomoy Point light to Nantucket was frozen over. No mails or supplies were received on the island for eight days. The Cross Rip lightship was forced from its moorings when the pack broke and the lonely ship with its tolling bell was carried out to sea and lost, ten men on board. It was a hard winter on the mainland, a season of deep snows and killing cold, and on Nantucket it is an ugly memory. The island is often no longer sea-girt, but ice-locked, and the most imaginative summer loiterer could not believe how dreary the "purple isle" of his summer dreams can be when the snow's blanket lies deep upon it and the gale rages from Tuckernuck to Wauwinet.

Wifey's First Thought.

Benham—I am fighting with my back to the wall.

Mrs. Benham—Well, don't get your head against it or you will grease the wall paper.

The Sweet Cereal Flavor of

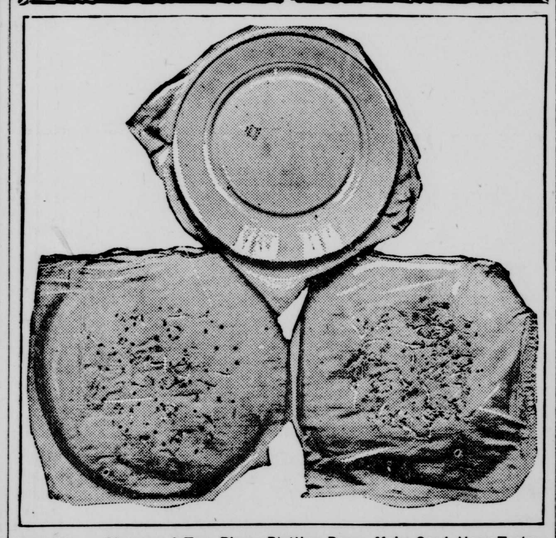
Grape-Nuts

is not produced by adding sugar to this blend of wheat and malted barley.

The sweetness is due to actual grain sugar, self-developed by the processing and long baking of this great food.

"There's a Reason" for Grape-Nuts

FARMER CANNOT AFFORD TO SOW POOR SEED



Two Dinner Plates and Two Pieces Blotting Paper Make Good Home Tester.

(Prepared by the United States Department of Agriculture.)

Red clover seed is selling at approximately 50 cents a pound. At that price a farmer cannot afford to sow as clover seed anything that is not clover seed. Half a dollar a pound for weed seed, chaff, and dirt is too high a price to pay for the privilege of being careless—particularly as seed testing is comparatively an easy and wholly an inexpensive operation.

There is but one factor in crop production over which the farmer has absolute control. Sunshine and moisture are matters that are wholly beyond his power of influence. Measurably, he can control culture, but too much rain or too long a drought at a critical time may place even that beyond his power. But, no matter what happens, the farmer can be sure that he is planting good seed—the kind of seed that, given a fair chance, will produce a full crop. He cannot afford to handicap himself at the outset by planting adulterated or dead seed—the kind of seed that cannot make a full crop no matter how favorable conditions may be.

Labeling of Seeds Promised.

The sale of seeds, in many states, is regulated by law, the seller being required to make certain statements as to quality, but the law is not applicable to seeds that go into interstate commerce. In order to meet this difficulty so far as possible, the secretary of agriculture, in 1917, asked representatives of the seed trade to meet in Washington and secured the consent of most of them to a suggestion that seed men label all farm seeds sold in lots of 10 pounds or more, the label to show percentage of pure seed, percentage of germination, and date of germination test. In some cases the agreement was not lived up to, but the matter has again been called to the attention of seed men and many of them have again announced that they will label all seed they sell.

Practically all large seed houses now have facilities for testing the quality of all lots of seeds that they buy and sell. They have, therefore, the information that the farmer needs, and he should insist upon being given this information when he buys seeds. Few farmers are willing to buy low-grade seed, containing much chaff, dirt, weed seeds, and dead seeds—if they know how poor it is. The dealer, however, almost invariably makes his largest profit on the lower grade of seed he sells and is not always willing to put on a truthful label. The farmer's protection lies in buying only labeled seeds.

Farmer May Protect Himself.

The farmer, however, may do a great deal toward protecting himself by testing seeds at home. "Testing Seed in the Home and in the Rural School," published by the United States department of agriculture as Farmers' Bulletin 426, discusses the subject in detail. It will be furnished free on request.

All kinds of farm seeds may be subjected to one kind of test or another, but the seeds of the crops in most general use and which it is especially desirable to have tested are the true clovers, such as red, alsike, and crimson; alfalfa; such grasses as timothy, orchard grass, and the millets; cereals, rape, flax, vetch, and corn. Much of the seed of these crops, except cereals and corn, is imported and widely variable grades are on the market. Just now a great deal of clover seed is being imported from Italy, and specialists believe that much of it is poorly adapted to American conditions. The prevalence of foreign-grown seed in the market is probably not generally recognized, but it is one of the important elements in making testing necessary.

GETTING PROFITS IN FEEDING LIVE STOCK

Two Tests Conducted on Private Farms in Florida.

Herd of Native Steers Turned on Field of Velvet Beans Gave Better Results Than Those Fed on More Expensive Feeds.

Less gains in weight but greater profits resulted from feeding a herd of cattle in a velvet bean field, compared with another herd fed in a similar field for only a short time and then given more costly feed, including sorghum silage and cottonseed meal. These two feeding tests were conducted on private farms in Florida in co-operation with the bureau of animal industry, United States department of agriculture.

In one case 220 native steers, three to five years old and averaging 582 pounds per head, were turned into an 80-acre field of velvet beans early in November. After 28 days the animals averaged 590 pounds and the feed was changed to sorghum silage, velvet beans in pod and cottonseed meal. On the fifty-sixth day the weight was 589 pounds. On the eighty-fourth day, when the test ended, it was 644 pounds. The average daily grain per head was approximately three-fourths of a pound. The ration was not the typical fattening ration used heretofore but was one used to secure a comparable degree of finish. Had grain been fed in addition probably a greater gain would have been secured. There was a $2 margin and a profit of $4.02 per head.

In the second experiment 116 native steers similar to the first herd were pastured on an 85-acre field of velvet beans for 72 days, beginning at about the same time of year. They lost considerable in weight for a part of the second month, but there was a daily average gain for the whole period of a little more than one-fourth pound per steer. The pasture charge in this case was $9 per acre, and the profit $6.35 per head. The margin was $2, as in the other case.

Plant Food for Garden.

Do not forget that the poultry droppings are rich in plant food and highly desirable for the garden.

Feed and Fertility.

Soy beans serve a double purpose; they are fine for feed and fine for fertility.

Safe Investment.

Fertile soil is a safe and dependable investment these days of strikes and riots.

BUILD HEN HOUSE IN SPRING

Building Then Will Have Chance to Dry Out During Hot Days—Avoid Danger of Colds.

The best time to build a poultry house is in the spring or early summer, for then it will have time to dry out during the hot days. Lumber is often rather damp and it must be thoroughly dried out before winter or the birds housed in the building will be in danger of contracting colds, says the United States department of agriculture. Cement floors and foundation walls, if made in the spring, will also have an opportunity to dry thoroughly, and most of the dampness often attributed to them will be avoided.

Spring or early summer is the busy time on the farm, so those who foresee the need of new poultry houses next winter will do well to build them during the slack time this winter before spring work starts. Do not put the birds into the new building, however, until it has been dried out.

GENERAL FARM NOTES

The livestock farmer owns his own fertilizer factory.

* * *

Mulching tomatoes with straw has been found to increase the yield of fruit.

* * *

Harness are very high in price, so don't forget that good oil prolongs the life of leather.

* * *

Neighborhood clubs for buying garden seeds and field seeds are a source of much saving.

* * *

Keep the vegetable cellar at an even temperature; between 33 and 35 is good for most crops.

* * *

Alfalfa shoots up quickly and makes especially good pasture in late summer—better than clover.

* * *

A few dollars spent in building a shed for your farm machinery will pay mighty good dividends.

* * *

Corn plants are rigid in their demands for plant food and moisture Prepare the land early for corn.

* * *

More humus is the urgent need on many farms. If you have little manure it will pay you to plant cover crops to be turned under on your thin land.

* * *

Save all of the leaves, straw and other rubbish that would make a mold for the garden. This year surely will be a great year for a vegetable garden.

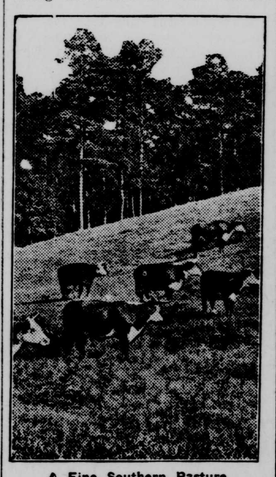
LIVE STOCK

MORE AND BETTER PASTURES

Problem in Coastal Plain Section of South Has Become Increasingly Important.

(Prepared by the United States Department of Agriculture.)

The pasture problem in the coastal plain section of the South must be solved to bring about agricultural utilization of these lands. The problem has become increasingly important since the high prices of feeds are more and more forcing attention to the only cheap feed—pasturage. The bureau of plant industry has recently done a great deal of work along this line. The investigators have confirmed the bluegrass experiments, in which it was shown that heavy pasturing was much the best method



A Fine Southern Pasture.

both agronomically and economically. Unfortunately, say the specialists, facilities for experiments and demonstrations are wholly inadequate in attempting to work out a system of better handling of northern pastures. On the coastal plains of the South, unless the soils are much affected by drought, continue the experts, carpet grass supplemented with lespedeza makes excellent pasture. Golden crown grass is also excellent. Efforts are being made, with the aid of a new stripping machine, to place carpet grass seed on the market in adequate quantity. Several newly introduced grasses are promising as pasture possibilities.

SAFEGUARDING SHEEP FLOCK

Large Number of Animals Lost Each Year From Some Preventable Disorder.

Thousands upon thousands of sheep die each year from a great variety of preventable causes. The killer dog is not the chief cause of loss. He may cause perhaps 1 per cent of the deaths due to accidental causes, but the most serious losses are attributable to ignorance and carelessness upon the part of the owner or his shepherd. Among the chief causes of loss may be mentioned lack of shelter for lambing ewes and their newborn lambs. A sudden snow or rain storm coming at lambing time often finds ewes and lambs exposed, and many deaths result.

PASTURAGE CUTS FEED BILLS

Cost of Pork Production Can Be Reduced by Providing Suitable Pasture for Hogs.

Farmers can reduce the cost of pork production next year by providing a suitable pasture for their hogs, says W. H. Peters of the animal husbandry division, University farm. Most pasture grasses are rich in protein. The call for high grain rations is therefore less urgent a matter to be taken into consideration in these days of falling prices for hogs and pigs. Alfalfa and brome grass are best for growing pigs, but no matter how good a pasture is some grain must be fed if the hogs are to thrive and make profitable gains.

BULL OF CHANGEABLE MOODS

Wise Plan to Play Safe at All Times by Keeping Animal Completely Under Control.

The bull is of very changeable moods, and one never can tell when that mood is going to change. The only wise plan is to take no chances with his moods—play safe at all times by keeping him wholly under control, or where he cannot reach you.

PASTURE FOR GROWING PIGS

Clover, Rye, Rape, Sorghum or Anything Green Is Good—Something Else Is Needed.

Plenty of good pasture is very important in growing pigs. Clover, grass, rye, rape, sorghum—in fact almost anything green that pigs will eat is good for them while growing, but pasture alone will not make big-boned, stocky pigs.

Care for Beef Bull.

The sire breeding the beef herd should have exercise, good feed and good shelter to make him a sure breeder in the spring.

Give Hogs Minerals.

It is a good practice to supply the hogs with mineral mixture of some kind.

Good Place for Sheep.

It is a good plan to turn the sheep in on all unsightly, brushy, weedy places.

GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

One should learn to talk well—also when it is well not to talk.

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

Some women think that a marriage certificate is a license which gives them the right to rule the roost.

PUT CREAM IN NOSE AND STOP CATARRH

Tells How to Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.—Adv.

A Hint.

Senator LaFollette said of a profiteering street railway corporation:

"This corporation could learn a lesson from Japan.

"In a Japanese town a street railway was some time ago set up, and after it had been running a few years a great discovery was made. This discovery, well known to the western world, was that the straphanger pays the dividends.

"But the Japanese street railway line carried the discovery right out to its logical conclusion. Perceiving that a much bigger cargo could be carried standing than sitting, it did away with seats altogether, and now, to the great benefit of the line's exchequer, all its patrons without exception are straphangers."

Tired Out.

There are two young writers in Chicago who are given to chaffing each other with reference to the failure of their writings to sell.

Recently one asked the other: "Is the first edition of your novel exhausted yet?"

"Not yet. Why?"

"Oh, I thought it might be from standing so long on the counter."

Pleasant Information.

Edith—Dear Jack is so forgetful.

Maud—Isn't he. I had to keep reminding him that it's you he's engaged to and not me.

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

The American men and women must guard constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

No, Cordelia, watered milk doesn't necessarily come from the river scow

Since it is worth while to be well, take Garfield Tea, Nature's medicine.—Adv.

Couldn't Wait.

"Did her husband die?"

"No, he resigned."—Boston Transcript.

CONVENIENT!

If Constipated, Bilious or Headachy, take "Cascarets."

Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. Feel bully! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and stomach sour. Why not spend a few cents for a box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? They work while you sleep. Adv.

One and the Same.

Student, farmer, author, politician and reformer, Sir Horace Plunkett is one of the most versatile of Ireland's sons.

He is very witty also. On one occasion he delivered a lecture in Dublin on the best way to improve the conditions among the poor. At that time he was not exactly a finished speaker, and then, as now, a bachelor.

The day following his address he received from a lady a note which read: "What you need are two things—first, a wife; second, lessons in elocution."

To this he replied: "These are only one."

Twice Robbed.

The disgruntled householder reported to the police sergeant that some one had entered his house the night before and stolen a quantity of lead pipe.

"I wouldn't mind it so much," he explained, "only it is the second time I have suffered this week."

"When were you robbed before?" asked the sergeant.

"Last Tuesday by the plumber who collected his bill for putting that pipe in."—Boston Transcript.

Its Case.

"Why don't you break that old boat up? It is an offense."

"Yes, and it's not even a bailable offense."

There is hunger of the heart as well as hunger of the stomach.

Hard Work Tires

muscles and nerves, and then to whip them with coffee, with its drug caffeine, makes a bad matter worse.

POSTUM CEREAL

is a drink for workers that contains no drug, but furnishes a finely flavored beverage, full-bodied and robust, pleasing to former coffee drinkers.

Two sizes At grocers
Usually sold at 25¢ & 15¢

Made by
Postum Cereal Co., Battle Creek, Mich.

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