GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseales 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.)

Honor thy wife and thy children, and thy neighbor, and his wife and his children.

SWITCH OFF!

Put aside the Salts, Oil, Calomel, or Pills and take "Cascarets."

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely whipping them into action every few days with Salts, Cathartic Pills, Oil, or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets gently cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the colon and bowels all the constipated waste matter and poisons so you can straighten up.

Cascarets tonight will make you feel great by morning. They work while you sleep—never gripe, sicken, or cause any inconvenience, and cost so little too.—Adv.

Nearly every male quartet exists because it was lucky enough to find a tenor.

BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschee's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

Speaking of crude taste, sovietism is the big jazz that puts harmony out of business.

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

If everybody is really doing his best there are a lot of mighty poor workmen in this world.

Why buy many bottles of other Vermifuges, when one bottle of Dr. Peery's "Dead Shot" will act surely and promptly? Adv.

Oftentimes hard kicking will remedy a case of "cold feet."

Was Going Down-Hill

Mrs. Bergman's Friends Were Worried, but Doan's Brought Remarkable Recovery From Kidney Complaint.

"I couldn't sit down without putting a pillow behind my back," says Mrs. Ole Bergman, 820 Pennsylvania St., Gary, Ind. "When I bent over it felt as though somebody had stuck a knife right into my back and I would often fall to the floor. The kidney secretions made me get up four and five times a night. There would be only a small amount, which would burn so that I would almost scream. Before long my body bloated and my feet were so swollen that I couldn't wear my shoes. My skin looked shiny and when I pressed it down it left a dent. I had chills and fever. Sometimes I would sweat so that I could fairly wring the water out of my clothes. Everybody said I was going down-hill fast. In two months I lost fifteen pounds and was discouraged. By the time I had finished three boxes of Doan's Kidney Pills I was entirely cured and I have enjoyed the best of health ever since."

Mrs. Bergman

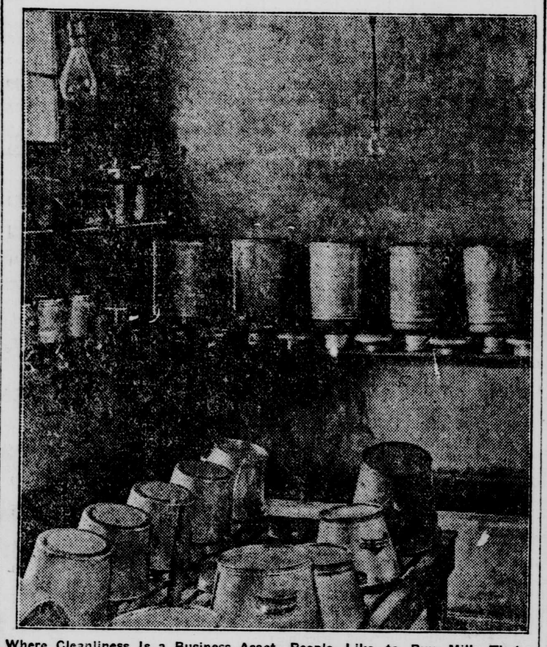
Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

HIGH STANDARDS OF CLEANLINESS ARE DEMANDED OF ALL PRODUCERS OF MILK



Where Cleanliness Is a Business Asset—People Like to Buy Milk That Comes From a Clean, Sanitary Milk House Like This.

(Prepared by the United States Department of Agriculture.)

To unnumbered city folk the bottle of milk they find on the porch each morning represents practically the sum of their daily contact with rural people. And this prominence of the milk bottle, or rather of its contents, has a financial significance not fully appreciated by the many farmers living within the zones from which the city's milk supply comes. The condition in which the milk arrives at the consumer's kitchen depends upon the carefulness of several agencies, but as dairy experts of the United States department of agriculture and others have repeatedly emphasized, the dairyman's position in this matter is particularly important, for laxness on his part may carry ill effects to the consumer despite all subsequent precautions by others who handle the milk. The public understands this pretty clearly and is placing increasing importance on the condition of dairies, large and small.

Consumers Demand Cleanliness.

If they display any tendency toward laxness, farmers who supply most big milk dealers are speedily required to correct their practices and conform to high sanitary standards. But there are a great many who do not have the advantage of such advice and regulation. Experience has proved that no milk dealer, small or large, can afford to jeopardize his market by insanitary practices. The day is almost sure to come, perhaps unexpectedly early, when some village or city inspector, or inquisitive, aggressive customer will start out to ascertain conditions at the source of his milk supply. When that time of reckoning arrives, experienced milk dealers point out, the farmer who has been alert to keep his daily equipment in approved fashion will profit in dollars and cents.

That milk must come from clean, healthy cows and be milked by clean, healthy persons into clean utensils cannot be emphasized too often, according to the United States department of agriculture specialists. As soon as the cows are milked the milk should be taken to the milk house. On a well-ordered farm this structure is conveniently near the barn, but so placed as to be free from dust and stable odors. Under some circumstances it is permissible to have the milk house in the same building as the stable, but in such a case it should be provided with a separate entrance, and the walls separating the two should have no openings.

A properly constructed milk house preferably is divided into two rooms, one where the utensils may be washed and the other where the milk is handled. A plentiful and convenient supply of water is a necessary feature, and its purity is an obvious requisite.

To make sure that utensils are properly washed, convenient arrangements for heating water should be provided. The sanitary dairyman rinses his utensils in cold water immediately after using them, and then washes them in hot water to which soda or some washing powder has been added. Brushes are preferable to cloths for washing as they are more easily kept clean and do better work. Utensils should then be sterilized by means of some form of steam sterilizer.

The milk should be weighed, strained, and cooled in the milk house shortly after it is brought from the stable. Straining is intended to remove the dirt that may have fallen into it, and is best done with a layer of sterilized absorbent cotton placed between two cloths, or by using filter cloth or similar material. Such cloths should be washed just as the utensils are, boiled five minutes, and then hung in a clean place to dry.

Cold Checks Bacteria.

Relatively high temperatures promote the multiplication of bacteria. Therefore, it is essential that the milk be cooled as soon as possible to 50 degrees F. or lower. Ordinary cooling can be done satisfactorily by placing the cans in a tank, preferably of concrete. If the farmer has a supply of ice the tanks can be filled with ice and water. If he has no ice fairly good results can be obtained from a well or spring of running water. In either case the cans should be immersed well up to the necks. Stirring with a clean stirrer will also hasten cooling. A more rapid method is to run milk over a cooler in the interior of which is cold, running water; but if the air is not pure the milk will be contaminated by this process.

The United States department of agriculture is glad to supply any farmer engaged in dairying with a variety of pamphlets relating to sanitary dairy methods, as well as other equally important questions, such as keeping the herd free from tuberculosis. While the observance of the suggestions offered relating to sanitary practices may involve some additional expense, experience has proved repeatedly that the direct benefits to the farmer in the greater demand for his product more than repay him for the outlay involved. Every farmer engaged in dairying will find it profitable to do his utmost to make the full milk bottle, so familiar to city folk, a symbol of purity.

Cooler Designed for Use on Farm—Bacteria Do Not Thrive in Cold Milk.

GENERAL FARM NOTES

Plant a tree.

* * *

Live farmers believe in live stock.

* * *

Autumn leaves collected in piles, in out of the way places, will furnish a valuable supply of leaf mold for garden work.

Seed corn is going to be scarce next year.

* * *

There is some luck in farming, but pluck counts for more.

* * *

Any mixed fertilizer with less than 14 per cent total plant food is a doubtful buy.

* * *

Many pastures never have a chance on account of being stocked too early in the spring season or because they are overstocked.

EFFICIENCY IN FARM BUILDINGS

Modern Dairy Barn and the Auxiliary Structures.

LABOR SAVING ARRANGEMENT

Cow Stable, Implement House, Silo and Milk Hobe Are Grouped So as to Mke Farm Work Easy.

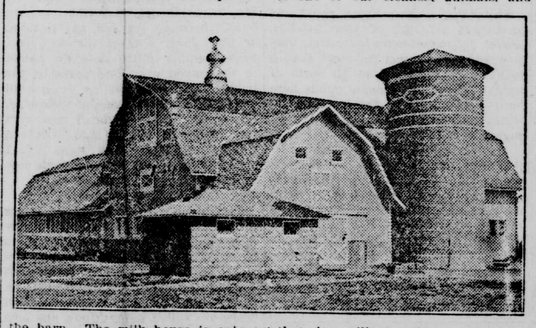
By WILLIAM A. RADFORD.

Mr. William A Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building work on the farm, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Fairie avenue, Chicago, Ill., and only incuse two-cent stamp for reply.

Efficient grouing of farm buildings has come to be ooked upon as one of the most importnt phases of erecting farm structures. In reality, it is applying to the buildings that house the various farm activities the modern factory system of aligning the various steps in the process of manufacture so that there is no lost motion.

Such a group of farm buildings is shown in the acompanying design for a dairy barn, animplement house, silo and milk house. Here the buildings are combined so that the work of caring for a herd of 30 or more cows can be accomplished with a minimum of labor and the feed for the animals stored right at hand.

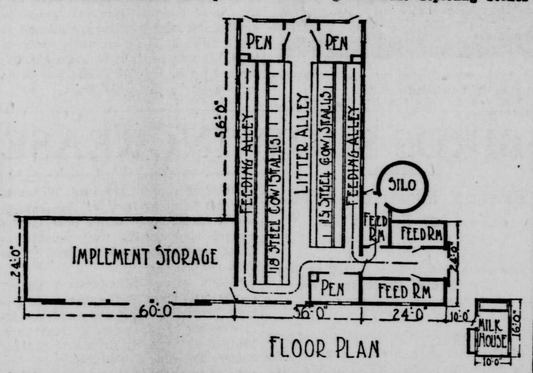
The barn, implement house and feed rooms all are joned under one roof. The silo is so plaied that it is a part of



the barn. The milk house is only a few feet away from the other building. Thus are the dairyman's various jobs grouped so that the work can be performed easily and with an economical expenditure of energy.

The main portion of the structure is the dairy barn. This is a frame building 36 by 80 feet, with single stalls for 33 cows and three pens. As will be seen by the floor plan, the stalls are placed so that the animals face feeding alleys running through the center of the building. This part of the building is equipped with modern stall partitions and movable stanchions, while over both the feeding alleys is an overhead carrier track. The dot and dash lines on the plan show the location of the track. It connects all parts of the stable with the feed room and provides a mechanical means of transporting the feed to the mangers at the stall heads.

The second floor of the wing of the barn, wherein the feed rooms are located, can be used either as a part of



FLOOR PLAN

the haymow or for the storage of small grains for the animals. This wing is 24 feet square and is connected with the silo by an inclosed runway, so that taking the ensilage out of the silo and carrying it to the mangers all is done under cover.

The implement house is a story and a half wing attached to the barn on the side opposite from the feed room. This part of the building is 60 by 24 feet and will provide space for all the farm implements and farm machinery. Keeping the costly machinery necessary to economical farm operation under cover saves the cost of such a building in a few years in preventing depreciation of the implements.

The buildings described are of frame construction set on concrete foundations. The silo is of brick on a concrete foundation. The milk house is of hollow block construction, the air spaces in the block providing insulation against both heat and cold. The milk house is 10 by 16 feet and is provided with a concrete vat, which is supplied with running water. Here the milk is chilled to the proper temperature before it is put into the cans to be delivered to the shipping platform.

Such a building, or rather such a group of buildings, is what the modern farmer wants and has the money to pay for. During the last season labor costs have been high, and buildings that will enable the farmer to do his work with less labor are economical in the long run. They also provide insurance against the shortage of labor that it is certain will prevail during the next few years.

With their troubles of the last season still fresh in their minds, farmers should seriously consider their building necessities this winter. They need to get their work done more economically and with less help. And while they are considering this problem the advisability of erecting new farm structures should be given the consideration it merits. New buildings, weather-tight and healthful, and equipped with the modern labor-saving devices that every farmer can obtain from his hardware dealer, or through the contractor who builds his building—such buildings are most profitable.

This design for a modern building group will appeal to every business farmer. The arrangement of the buildings is such that a great saving of labor can be effected.

BEGINNING TO VALUE GOAT

Unreasonable Prejudice Against Animal Is Slowly Dying Out in the United States.

For centuries the Swiss milch goats have been furnishing food to thousands of families in European countries, but ignorance and prejudice against the goat in the United States have prevented them from generally being kept in this country. However, in California they are gaining ground and in other states they are gradually but slowly being introduced. But if the people only knew that the goat is one of our cleanest animals, and that its milk is almost tubercular proof, and richer than cow's milk, and that one good milch goat will give enough milk to supply one average family, a goat in each family would soon be the rule. And then the goat eats little, for one goat will eat about a sixth as much as a cow and will give about a third as much milk. If a doe gives three quarts of milk per day, she is considered an excellent milker.

South American Stamps.

Now that the scarcity of paper and pigments due to war conditions is less marked, a number of South American republics are once more issuing stamps in great variety. The most elaborate of the new issues comes from Uruguay—a panoramic view of Montevideo, reproduced from a telephotograph.

None of them, however, can compare in the way of minute detail with a series issued ten years ago by the Chilean government depicting scenes in the history of Chile, such as the signing of the oath of independence and a number of battles on land and sea. Another Chilean series comprises portraits of men famous in the annals of the country, ranging from Columbus to Balmaceda.—Detroit News.

Music and Bomb Making.

Music and the making of bombs do not go together, and the man who is radically against his government has no music in his soul. These facts are both evident, say reports of those who have investigated the homes of "suspects" for the government.

"No musical instrument, not so much as a harmonica, has ever been found in a home that was raided by government authorities in connection with bolshevism," says M. M. Roemer, member of a music goods sales corporation.—New York Mail.

Not That.

"Has your son any histrionic ambitions?"

"He's not bothering about history at all, or any other study. He wants to be an actor."

Clutch Lubrication.

One of the most commonly neglected parts of the car, as far as lubrication goes, is the clutch operating mechanism.

Care of Springs.

Truck springs have heavy burdens to bear, and they must be kept up to bearing them.

Oil and Tires.

Oil and gasoline are deadly enemies to gasoline tires.

One of the causes of an engine missing explosions which is sometimes very mysterious is water in the carburetor.

* * *

Automobile licenses issued in this country show a jump of from $193,000 to more than $51,000,000 in the last 12 years.

* * *

Do not forget that the very best water with which to fill up the cooling system is rain water or water produced by melting snow.

ASPIRIN

Introduced by "Bayer" to Physicians in 1900

You want genuine Aspirin—the Aspirin prescribed by physicians for nineteen years. The name "Bayer" means the true, world-famous Aspirin, proved safe by millions of people.

Each unbroken package of "Bayer Tablets of Aspirin" contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis and for Pain generally.

Always say "Bayer" when buying Aspirin. Then look for the safety "Bayer Cross" on the package and on the tablets.

Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger packages.

Aspirin is trade mark of Bayer Manufacture Monoaceticacidester of Salicylicacid

PILOCURA

CURES PILES

The only INTERNAL Remedy

Sent by mail prepaid, 50c and $1.00 a box.

AGENTS WANTED

PILOCURA COMPANY, WASHINGTON, D. C.

Agents Wanted

Sell 40 Packets fine Garden Seeds of our selection. We trust you with Seeds until you sell them. Return $4.00 collected and receive valuable Premiums such as fine German Mouth Organs, Watches, fine Dress Ginghams, Percales, Table Linen Cloths, etc., or cash commission.

Order 40 Packets today. Premium list free. Standard Seed Co., Paradise, Pa.

BELCHING

Caused by

Acid-Stomach

Let EATONIC, the wonderful modern stomach remedy, give you quick relief from disgusting belching, food-repeating, indigestion, bloated, gassy stomach, dyspepsia, heartburn and other stomach miseries. They are all caused by Acid-Stomach from which about nine people out of ten suffer in one way or another. One writes as follows: "Before I used EATONIC, I could not eat a bite without belching it right up, sour and bitter. I have not had a bit of trouble since the first tablet."

Millions are victims of Acid-Stomach without knowing it. They are weak and ailing, have poor digestion, bodies improperly nourished although they may eat heartily. Grave disorders are likely to follow if an acid-stomach is neglected. Cirrhosis of the liver, intestinal congestion, gastritis, catarrh of the stomach—these are only a few of the many ailments often caused by Acid-Stomach.

A sufferer from Catarrh of the Stomach of 11 years' standing writes: "I had catarrh of the stomach for 11 long years and I never found anything to do me any good—just temporary relief—until I used EATONIC. It is a wonderful remedy and I do not want to be without it."

If you are not feeling quite right—lack energy and enthusiasm and don't know just where to locate the trouble—try EATONIC and see how much better you will feel in every way.

At all drug stores—a big box for 50c and your money back if you are not satisfied.

EATONIC

(FOR YOUR ACID-STOMACH)

W. N. U., BALTIMORE, NO. 3–1920.

ENJOYED WELL-WON HONORS

Some Men of Genius Who Lived Many Years After Their Fame Had Been Assured.

Sophocles, the famous Athenian dramatist, lived to be ninety. The author of "Ajax" is the oldest writer, and he is unique in his degree of longevity. The next in point of age is Thomas Carlyle, the author of "Sartor Resartus" and "The French Revolution," and other works of noble conception, undoubted brilliance, and lofty aspirations. He died at the age of eighty-six.

Jeremy Bentham, whose disciple was John Stuart Mill, and who is the author of works on government, "The Principles of Morals and Politics," and other lucid expositions of the utilitarian system, underlived Carlyle by one year; while Voltaire, whose "Philosophical Letters" and "Discourses of Man" make his name to live, died at the age of eighty-four.

Kept Waiting.

"Better not keep that man waiting any longer."

"Why not?" demanded the magnate.

"He's been waiting so long that he has become acquainted with your stenographer. Their acquaintance has ripened into friendship; love is a natural sequence, marriage follows, and then you'll be shy a good stenog."—Kansas City Journal.

If one has "pep," he does something, whether it is worth doing or not.

Heavy Shipments From Seattle.

During the first half of 1919 Seattle, the American gateway to Siberia, shipped $15,785,796 worth of goods to this once obscure land, as compared with only $987,381 worth of goods in the same period last year.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Womens' complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

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.

The fact that he couldn't get people to listen to him has made many a man a writer.

Pneumonia often follows a Neglected Cold

KILL THE COLD!

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

She Was a Peach.

Three-year-old Mary Ellen demands a reason for everything and some of the reasons are mother's sudden inspirations. Sometimes she passes them on to other children. The other afternoon a group of children was talking to the wee miss, all giving her that sort of confection known as "taffy." Mary Ellen ate it with relish. Suddenly she turned to the child nearest her, "Do you think I'm pretty? Don't you think I'm sweet?" she asked

He answered in the affirmative. "Well," she smiled sweetly, "my mamma found me in a peach basket."

Two or three of the children giggled but twelve-year-old Arthur sprang gallantly to the rescue. "No wonder you're such a little peach," he returned.

Magnanimous Conduct.

"You call yourself a public-spirited citizen?"

"I do, sir," replied the fussy little man.

"On what ground?"

"Ti'l give you an example of my public spirit. Last night at a fire some firemen turned a hose on me. Did I get mad? Did I threaten to sue the city or break somebody's head? I did not, sir. I shook myself and said: 'Don't apologize, boys, I know you didn't mean it. Resume your battle with the flames and think no more about it!'"

Half-Finished Job.

"Sir, I am a self-made man."

"Who interrupted you?"—Boston Transcript.

Why pay high prices for coffee when

POSTUM CEREAL

costs less and is better for you!

There's been no raise in price.

Usually sold at 15¢ and 25¢

Made by Postum Cereal Co. Battle Creek, Mich.