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 Wheat Belt of America

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.

REGULAR CARE MUST BE GIVEN INCUBATOR

For Success, Reliable Eggs Are Needed Quite as Much as a Reliable and Well Regulated Incubator.

(Prepared by the United States Department of Agriculture.)

Success or failure in using an incubator depends in ninety-nine cases out of a hundred on the attention given to its operation. The ordinary incubator is easy to operate, but for good results regular and painstaking care must be given to it from the time the machine is started until the last hatch is out and in the brooder.

Incubators have been and can be operated in a great variety of places with success, but where only a few small machines are used they are generally run in a room or in the cellar of the house. A special cellar or incubator house should be provided if the incubator equipment is extensive or mammoth machines are used. The main essentials are to provide for good ventilation and against great variations in temperature.

Setting Up the Incubator.

The incubator should be set up according to manufacturer's directions, with care that the machine is perfectly level. If a spirit level is not available, a long, shallow pan of water set on top of the machine will serve its purpose. Be sure that all parts of the incubator are in their proper positions and that the regulator works freely. If the door sticks do not plane it until the machine has been heated and thoroughly dried.

The machine should be run at about 102 degrees F. for 24 hours before the eggs are put in. It takes several hours for the machine to come back to its correct temperature after the eggs are first put in; therefore, the regulator should not be touched in that time. It is best to see to the regulation of the temperature before opening the door to attend to the eggs, but do not change the regulator any more than is absolutely necessary. The eggs tend to throw off more heat as the embryo develops, so that it may be necessary occasionally to change the regulator slightly during the latter days of incubation. The manufacturer's directions regarding temperature should be followed unless considerable experience indicates they can be improved.

Turn and cool the eggs according to the directions furnished with the incubator. The eggs are usually turned for the first time at the end of the second day of incubation and twice a day through the eighteenth or nineteenth day, or until the chicks commence to pip. After turning the eggs, reverse the egg trays end for end, and from one side of the machine to the other in two-tray incubators. Keep the incubator door closed while turning the eggs, unless the directions state that it should be left open.

Cool Eggs Evenly.

The length of time to cool eggs depends upon the temperature of the incubator room. A good general rule is to leave the eggs out of the incubator until they feel slightly cool to the hand, face, or eyelid. Place the trays of eggs on the top of the machine or on a table in such a position that they are not in a draft, and so that the tray does not project over the edge of its support, which would allow part of the eggs to cool much more quickly than the rest.

Nineteen Days Nominal Time.

In a good hatch the eggs will start to pip on the evening of the nineteenth day, and most of the chickens will be out of the shell on the morning of the twenty-first day. If the hatch is much earlier or later than this it indicates that conditions during incubation have not been right. A high temperature may hatch eggs too quickly and produce weak chickens, while a continuous low temperature throughout the hatch will delay it for several hours.

After the eggs begin to hatch, leave the machine alone until the hatch is well over. Do not open the door to see how the eggs are hatching, as it allows the escape of moisture which is essential at this time.

Keep the incubator dark at hatching time by covering the glass in the door with a cloth or burlap sack, so that the chicks will not be attracted to the front of the machine by the light and become restless. When the chicks are all hatched, remove the egg tray and open the ventilators. After the hatch keep the chicks in the incubator from 24 to 36 hours before removing to the brooders.

EXTENSION WORK IS HELPFUL TO FARMER

County Agent and Farm Bureau Give Greatest Aid.

Opinions Gathered in Survey Made by Officials of States Relations Service in Number of Northern and Western States.

What extension agency is most helpful to the farmer?

Among 2,300 farmers of whom that question was asked 38 per cent said that they received most help from the county agent and the farm bureau. The agricultural press was given first place by 31 per cent. Three per cent of the farmers interviewed said they received most help from farmers' organizations other than the farm bureau and 3 per cent said they received most help from bulletins and agricultural reports. Twenty-two per cent had no definite opinion as to which agency was most helpful to them.

These opinions were gathered in a survey made by officials of the states relations service, United States department of agriculture, in a number of northern and western states. The purpose of the survey was to get the viewpoint of the farmers themselves as to the relative efficiency of various phases of agricultural extension work and to learn the outstanding problems of rural districts as viewed by the farmers of those districts.

An indication of the efficiency of farm bureau work is found by contrasting the replies in states where the farm bureau is organized and in those where it is not. In the former 66 per cent of the farmers interviewed placed the county agent and farm bureau first among the agencies that are of service to them, and only 13 per cent placed the agricultural press first. In states that have no farm bureaus 26 per cent placed the county agent first and 39 per cent placed the agricultural press first.

One of the questions asked was, "What is the biggest problem of farmers in your community today?" The farmers who answered this question were divided as follows: Labor, 682; improved farm practices, 637; marketing, 309; better organization of farmers, 55; financial assistance, 21; roads, 14; repeal of the daylight-saving law, 9; schools, 1.

Of the farmers visited two out of every three were acquainted with the county agent and his work, and 90 per cent of them were favorable to it. One farmer out of every three was receiving the bulletins of the United States department of agriculture, and two out of every five the bulletins of the state college of agriculture. Four farm families out of every five were taking both a daily and an agricultural paper, and one out of every two a magazine, usually a woman's magazine. One farmer in every three visited was a member of the farm bureau and one of every four was a member of some other organization.

POULTRY NOTES

Considerable weed pests are destroyed where fowls have access to them.

* * *

The time has come when attention must be given to the feeding and care of hens if they are expected to be profitable.

* * *

Milk, meat scraps and insects furnish the elements that make blood, skin, muscle and feathers.

* * *

New windowpanes where those broken ones are will cost only a few cents and a few minutes of time to put in, but they'll keep out a heap of cold.

* * *

If you are getting an incubator, remember most dissatisfaction comes from a cheap machine. You should experience no difficulty with the standard makes.

Space for Poultry.

With regard to space, your poultry need all they can get or all you can afford to give them. This is especially the case on the farm.

Light in Hen House.

The importance of light in the poultry house has not been properly emphasized in the past.

Most Excellent Dressing.

Wood ashes make a most excellent dressing for orchard and garden soils.

POULTRY

POOR HATCHES IN INCUBATOR

Carelessness in Manipulation of Machine Is Sure to Bring Disastrous Results.

Many causes for poor hatches of chicks in incubators can be traced to the operators not educating themselves on what is necessary in the way of fertile eggs, saving eggs for incubation and taking care of them. Eggs for incubation should be kept in a well ventilated room with medium temperature. All eggs should be turned at least once every 24 hours, and no eggs should be over ten days or two weeks old at the outside.

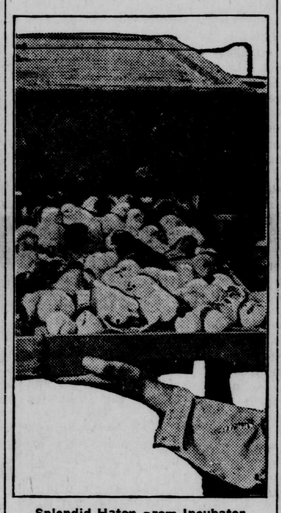
One should be careful to strictly follow the directions accompanying the incubator. The directions for one make of machine do not always do for that of another make, for the ventilation, regulation, etc., may be different.

The principal reason why young chicks die in the shell about the eighteenth day is a poorly ventilated room.

Other causes than poorly ventilated rooms are poorly ventilated incubators, and eggs are not properly fertilized. An egg poorly fertilized will start to grow and die for lack of vitality. Opening up the incubator during the latter part of the hatch, or about the time the chicks begin to pip, lets out the moisture and dries the chicken up in the shell, or, in other words, stops the pores of the shell, and causes a great many to die. Under no condition should the incubator be opened after the eighteenth day until the chicks are entirely hatched.

As a rule, beginners with incubators do not read the book of directions properly. Many a person who has seen an incubator, and probably run a hatch of some other make thinks he knows all about it, does not read the directions and makes a flat failure every time. Sometimes no consideration is given to the ventilation of the room in which the machine is placed. Possibly there may be decayed vegetables therein, or the air is stale.

There are few failures nowadays by poorly regulated incubators, except in the cheaper line of machines where the temperature will change 10, 12 and 15 degrees. One point I have noticed here at home by having a green hand set an incubator, says a writer in an exchange. He reads the directions, maybe thinks he has learned them by heart, sets his regulator as soon as the thermometer gets to 103, turns the thumb screw where he supposes is right, and places the eggs in the machine.



Splendid Hatch from Incubator.

Now, the thumb screw and regulator is a very tender affair, and one turn of the thumb screw will cause a change in the atmosphere inside the incubator of three to four degrees. It should be turned slightly, about one-fourth of the way round, so the temperature stands just at 103.

A great mistake is made by paying too much attention to an incubator. I never see to my machine more than twice a day, once in the morning and once in the evening. I see that the regulator is set properly and everything running nicely before putting in the eggs, and then place the eggs in it and do not touch the regulator. At first it will lower the temperature a little when the eggs are put in, but if the regulator is properly set, the temperature will rise to the proper degree.

TREAT POULTRY FOR VERMIN

Bath of Road Dust, Tobacco and Sulphur Is Excellent—Dipping Is Also Favored.

One of the best methods to keep poultry free from lice is to provide a "dust bath." This may be made of a box large enough to accommodate several fowls at a time and partly filled with road dust, tobacco dust and sulphur, according to the following proportion: Road dust, six parts; tobacco, one part; sulphur, two handfuls.

Dipping chickens in a two per cent solution of chlorine is also recommended for the control of lice.

BEST PROTEINS FOR POULTRY

Meat Scrap, Milk and Tankage Are Most Available and Should Be Fed During Winter.

Milk, commercial meat scrap and tankage are the animal proteins most available for feeding poultry, and no flock owner can afford to neglect feeding one of these throughout the winter.

GET READY FOR "FLU"

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