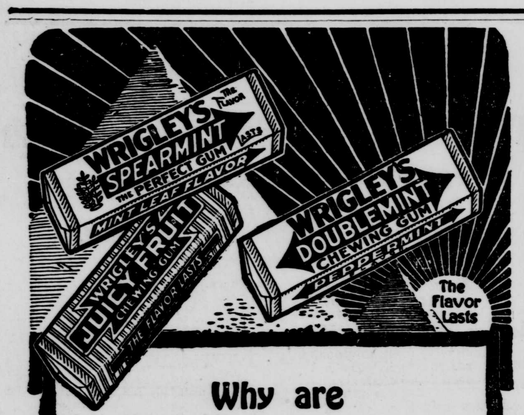

Why are

WRIGLEY'S

flavors like the pyramids of Egypt?

Because they are long-lasting.

And WRIGLEY'S is a beneficial as well as long-lasting treat.

It helps appetite and digestion, keeps teeth clean and breath sweet, allays thirst.

CHEW IT AFTER EVERY MEAL

Sealed Tight—Kept Right

UNITED COUPONS

A10

FOODS NECESSARY TO HEALTH

Science Has Learned That Certain Substances Must Be Included in the Human Diet.

The work of the last half century, besides revealing the vegetable and animal parasite to which most of our diseases are due, has been marked by a new lesson in dietetics. In his review in Nature, Dr. C. J. Martin notes that it has become increasingly apparent that man cannot live on protein, fat and carbohydrate alone, but must have also small quantities of what, until they can be isolated and identified, have been named "accessory food-factors." The best example is the long-recognized antiscorbutic substance in fresh vegetables and fruit. The existence of at least three accessory food substances has been now established, and an insufficient supply of any one brings trouble. If one is inadequate, scurvy results; deficiency of another leads to beriberi; and if deprived of a third, animals fail to grow. Rickets in children, too, appears to be due to a similar cause. This knowledge has been long utilized to prevent scurvy; and where intelligently applied it has eliminated beriberi from coolie camps, the population of jails, and industrial communities of the far East.

Costly Joke.

A certain Times man who was hurrying through Glendale too fast the other day and received the customary summons, overlooked the date and failed to appear until the following day.

Of course the usual explanations, etc., but in the middle of them his honor began to chuckle.

"Well," he said, "we'll make it $5 for being too much in a hurry, and another $5 for arriving too late."—Los Angeles Times.

Suicidal tendency is three times as pronounced in men as in women.

EASY MONEY ALWAYS SOUGHT

No Age in History When Rogues Were Not Lying in Wait to Fleece the Unwary.

The origin of the confidence game is not easy to trace, observes a writer in the Saturday Evening Post. The Vedas and the Mediterranean classics reveal the ancient gods themselves as sad rascals. "Petronius" and the "Gesta Romanorum" contain descriptions of Latin roguery. Chaucer is forever dwelling on the trickery and scoundrelism of his contemporaries and in the succeeding era a whole literature of lawlessness had sprung up in Europe, reflecting the manners and methods of the engaging criminals of the sixteenth and seventeenth centuries, undoubtedly greatly romanticized. Lazarillo de Tormes in Spain, Gil Blas in France and Till Eulenspiegel in Germany are the archetypes.

England's Robin Hood is a quotable but less analogous figure. The early English novelists are, however, brimming with the stories of picaroons who are the progenitors of the modern confidence man. The chaste Richardson has a type in his Clarissa. De Foe's Colonel Jack is of the stripe and so are the numerous picaresque heroes or antiheroes of Fielding. And Smollett in his Roderick Random described with uncanny exactness the work of a bunko steerer.

Evicted.

Mrs. Morningcall—Where is your magnificent big dog? You don't mean to tell me you've sold him?

Mrs. Nickelpinch—Yes, we sold him It seemed a shame for a dog to occupy that commodious doghouse this winter when so many people will be homeless so we disposed of him and rented his house to an artist.

What She Writes.

"What do you hear from your wife?" "Not much, except that she needs money again."

Find Out!

If you suspect coffee is upsetting your stomach or nerves, don't let the matter run along. Find out! Change over for ten days to

Instant Postum

a snappy, invigorating table beverage made from wheat, with a bit of wholesome molasses. Postum has a delightful flavor, much like a high grade coffee, but there are no coffee troubles in Postum.

"There's a Reason"

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

SELECTING HENS FOR INCUBATING

Most Fowls of General-Purpose Breeds Give Very Satisfactory Results as Mothers.

SYSTEM AND CARE REQUIRED

Before Transferring to Permanent Nest Hen Should Be Thoroughly Dusted With Insect Powder—Darkened Nest Is Best.

(Prepared by the United States Department of Agriculture.)

Given proper care and attention, Madam Hen is still the most convenient incubator for the busy farmer who raises a limited number of chickens. Mechanical incubators require regular and frequent care or the eggs in them will become too cold or too hot. The hen requires care and attention, but it is not necessary that she have it quite so regularly.

System and care in the management of sitting hens will result in satisfactory broods of chickens at a comparatively small expense. However, even with the best of care, some hens prove to be fickle mothers and cause trouble and loss in hatching by breaking their eggs, leaving their nests, or trampling on the chickens when first hatched. Most hens of the general-purpose breeds, such as the Plymouth Rocks, Wyandottes, Rhode Island Reds, and Orpingtons, make very good mothers. The heavier class, or meat breeds, including the Brahmas and Cochins, make good sitters, but are inclined to be clumsy on the nest. The Leghorns and other Mediterranean breeds are nonsitters and rarely make good mothers.

How to Set a Hen.

As the time approaches for the hen to become broody or sit, if care is taken to look into the nest it will be seen

Club Boys Are Taught How to Set a Hen Properly.

that there are a few, soft, downy feathers being left there by the hen; also, the hen stays longer on the nest when laying at this time, and on being approached will quite likely remain on the nest, making a clucking noise, ruffling her feathers, and pecking at the intruder. When it is noted that a hen sits on the nest from two to three nights in succession, and that most of the feathers are gone from her breast, which feels hot to the hand, she is ready to be transferred to the nest which has been prepared for her beforehand.

Dust the hen thoroughly with insect powder, and in applying the powder hold the hen by the feet, the head down, working the powder well into the feathers, giving special attention to regions around the vent and under the wings. The powder should also be sprinkled in the nest. The nest should be in some quiet, out-of-the-way place, where the sitting hen will not be disturbed, and it may consist of hay, chaff, or straw. Pack firmly and shape out of it a circular nest which will be deeper in the center than at the sides. Move the hen from the regular laying nest at night and handle her carefully in doing so. Put a china egg or two in the nest where she is to sit, and place a board over the opening so that she cannot get off. Toward the evening of the second day quietly go in where she is sitting, leave some feed and water, remove the board from the front or top of the nest, and let the hen come off when she is ready. Should she return to the nest after feeding, remove the china egg or eggs and put under those that are to be incubated.

If the nests are slightly darkened the hens are less likely to become restless. At hatching time they should be confined and not be disturbed until the hatch is completed, unless they become restless, when it may be best to remove the chicks that are hatched first. In cool weather it is best not to put more than ten eggs under a hen, while later in the spring one can put twelve to fifteen, according to the size of the hen.

Care of the Sitting Hen.

If several hens are sitting in the same room, see that they are kept on the nests, allowing them to come off only once a day to receive feed and water, the feed to consist of corn, wheat, or both. If there are any that do not desire to come off, they should be taken off. Hens usually return to their nests before there is any danger of the eggs chilling, but if they do not go back in half an hour in ordinary weather, they should be put on the nest. The eggs and nests should be examined and cleaned. Remove all broken eggs and wash those that are soiled. In the latter case the soiled nesting material should be removed and clean straw added. Nests containing broken eggs that the hen is allowed to sit on soon become infested with mites and lice, which cause the hens to become uneasy and leave the nest, often causing the loss of valuable sittings of eggs.

Drafts and Fresh Air.

Fowls can stand drafts when they are busy scratching or running around in the daytime, but must be protected when they are on the roosts at night, yet must have plenty of fresh air to breathe.

Ice for Cooling Cream.

Under ordinary circumstances from about ½ to 1 ton of ice per cow is needed annually for cooling cream and from 1½ to 2 tons for cooling milk on a dairy farm.

TIMELY SUGGESTIONS ON PACKING POULTRY

Shippers Can Prevent Heavy Losses by Proper Care.

Specialists of Bureau of Chemistry Have Developed Improved Methods for Bleeding, Killing, Chilling and Storing.

Poultry shippers may avoid heavy losses from spoilage by proper methods of preparing and shipping their birds to market, say the specialists of the bureau of chemistry, United States department of agriculture, who have developed improved methods for bleeding, killing, chilling, storing and packing poultry. If correct methods are followed, poultry can be carried for some time, even under adverse weather and market conditions, with little loss from spoilage. Improperly packed poultry, however, under such adverse conditions, is likely to be a total loss.

The specialists recommend the following methods for handling dressed poultry:

1. Never handle birds roughly, either before or after killing, since such treatment causes bruises, broken bones, scarlet skins and soft places in the flesh.

2. Food in the crop or in the intestines of dressed birds causes loss of flavor and hastens decay which more than offset any gain from extra weight. For this reason a chicken or turkey should not be killed when the crop is full of feed. Give the bird only water for 24 hours before it is killed.

3. Good bleeding is absolutely essential to a good appearance on the market, and retards decay.

4. Dry pick if possible. Scalding is particularly undesirable because it hastens decay.

5. Chill every dressed bird until the body temperature is below 35 degrees Fahrenheit. Never pack or ship an imperfectly chilled bird. More decay is due to imperfect chilling than to any other single factor in dressing. Dry chill, if possible. Chickens cooled in water lose flavor, decay sooner and will not cold-store as satisfactorily as dry-chilled. Refrigerator cars will carry well-chilled birds in good condition, but they cannot chill warm birds to a sufficiently low temperature.

6. Pack in boxes or small kegs whenever possible. A large barrel makes an undesirable package because where poultry is packed in large masses the weight of the upper layers crushes the birds at the bottom.

7. Line all packages with parchment paper and cover the top of the poultry before the lid is put on.

8. Wrap every head in suitable paper so that blood from one bird will not mar the appearance of another.

9. Use only good refrigerator cars and see that they are in good condition. Ice and salt the car 24 hours before loading. The car at the end of 24 hours should show a temperature below 40 degrees Fahrenheit at a point four feet above the floor and between the doors.

Circulars describing in detail the best methods for handling, packing and shipping poultry will be sent upon request to the United States department of Agriculture, Washington, D. C.

SERIOUS POULTRY HANDICAP

Insidious Attack of So-Called "Blue Bug" Discourages Industry in the Southwest.

One of the most serious handicaps to successful poultry raising in the Southwest is the insidious attack of the chicken tick, fowl tick, or so-called "blue bug." In the infested region it is not uncommon for people to dispose of their chickens because of the ravages caused by this pest, and those who retain flocks often do so at considerable financial loss, says the United States department of agriculture, Farmers' Bulletin 1070, "The Fowl Tick," tells how premises may be freed from this parasite.

POULTRY NOTES

See that chicks get plenty of green foods.

* * *

Keep plenty of fresh water before the chicks.

* * *

Do not tolerate mites, for perseverance and strong sprays and insect powders will get rid of them.

* * *

If indoors, keep plenty of scratching litter, for the health of the chick depends upon its keeping busy.

* * *

Find a place with solid foundation and even temperature for the incubator, where the air is neither extremely dry nor damp.

* * *

Feed chicks only after 36 hours. Oatmeal is a good first food, for it can be easily seen and it is easy to teach brooder chicks to pick it up.

* * *

The egg is a high protein product and therefore the feed must contain a high percentage of protein and this protein is preferably supplied in the form of animal matter.

POULTRY

BREEDING PAYS IN POULTRY

Records of Three Flocks of Leghorns Show Specifically Value of Purebred Males.

(Prepared by the United States Department of Agriculture.)

That the value of purebred males counts as much in poultry raising as in stock raising is shown by the records of three flocks of Leghorns, the data for which have been supplied the United States department of agriculture by the North Carolina experiment station. Flock 1, the egg production of which is included in these records, consisted of common hens; flock 2 was

Purebred White Leghorn Cockerel.

produced by breeding these hens to common males; flock 3 was produced by breeding flock 1 to a rooster from a high-producing hen. The following year the original flock laid 89 eggs a hen; flock 2 laid an average of 88 eggs a hen; and flock 3 laid an average of 136 eggs a hen. This increase of 54 per cent in one year tells very specifically the benefits of using a purebred male. But the percentages alone do not tell the whole story, for a big proportion of the increase came at a season—May and June—when the production of flocks 1 and 2 was relatively low and the prices were good.

POULTRY CULLING PAYS WELL

In One Demonstration in Iowa County 609 Hens Out of Flock of 1,548 Were Discarded.

In poultry culling demonstrations held on the farms of the farm bureau members in Emmet county, Iowa, records kept for eleven flocks showed 609 hens were culled out of a total of 1,548 in the flocks, according to the United States department of agriculture. The average number of eggs laid a day by the entire flocks before culling was 401.5, and the average number of eggs laid a day by the 939 hens left after culling was 346.6. The average number of eggs for ten hens a day before culling was 2.6; after culling, 3.5. The average number of eggs laid a day by 363 of the culled hens which were not immediately sold was 14.4.

WASHING WILL INJURE EGGS

Gelatinous Film of Shell That Keeps Out Air and Germs Is Removed—Keep Nests Clean.

Eggs should not be washed as this removes the gelatinous film of the shell that keeps out air and germs. The nests should be kept clean so that the eggs will have no chance to become soiled, as removing dirt by washing will allow molds and germs to enter the egg and hasten its spoiling.—Extension Division, North Dakota Agricultural College.

POULTRY NOTES

Corn is very fattening, and overuse is frequent with poultry, causing the hens to fatten instead of laying eggs.

* * *

As grass makes up the bulk of feed for geese, it is doubtful whether it pays to raise them unless good grass range is available during the summer.

* * *

The hen that has free range on a farm in summer finds these same things and that is one reason why neglected farm flocks lay well in summer and very poorly at other times.

* * *

A well-kept flock of hens means a steady income—enough to keep you in spending money while you are waiting for the crops to grow.

* * *

The results found by experiment seem to prove the contention of some Leghorn breeders that their birds are light eaters in comparison with some other breeds.

* * *

Frost on the walls of the house indicates too much moisture in the air and shows the need of more ventilation, unless the house is overcrowded, in which case the stock should be thinned out.

* * *

If a good lot of well-matured pullets or well-moulted early hens are on hand, and if they are healthy and vigorous, all that is required to obtain a good egg yield is the right kind of care and feed.

* * *

There is no one kind of grain that alone will furnish all of the different food elements required to maintain the body of the hen in good condition and also furnish the material of which eggs are made.

NAME "BAYER" ON GENUINE ASPIRIN

"Bayer Cross" on Aspirin like "Sterling" on silver.

"Bayer Tablets of Aspirin," marked with the safety "Bayer Cross," can be taken without fear because you are getting the true, world-famous Aspirin, prescribed by physicians for over 18 years.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions to safely relieve Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Firms and Families.

A firm is like a family—it is bound together by mutual interests. Just as families quarrel and ruin their homes, so the members of a firm may quarrel and ruin their wages and profits. But a normal family does not quarrel. It develops a family feeling, and all combine to protect each other.

CALOMEL!

It's Mercury! Quicksilver! Shocks the Liver—Danger!

You're bilious, but take "Cascarets"! You have a throbbing sensation in your head, a bad taste in your mouth, your eyes burn, your skin is yellow, with dark rings under your eyes; your lips are parched, your bowels are constipated. No wonder you feel foggy, mean and ill-tempered. You need Cascarets tonight. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and bowels are ended by morning with gentle, harmless Cascarets—they work while you sleep, never gripe, shock, sicken or inconvenience you. They're grand! Adv.

In Confidence.

The ancient Greeks dedicated the rose to Harpocrates, the God of Silence, and garlands of roses were draped over the doors of rooms in which debates or conferences were taking place in token that words which were spoken "sub rosa"—under the rose—were secret and not to be repeated outside. Hence our use of the term to denote something told in confidence.

Playing for Safety.

Jim—You spend too much money on that girl. Remember girls frequently help a chap blow in his coin and then marry the fellow that saves up.

Ed—I know. That's the reason I'm spending mine.

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.

Not So Well.

"I understand your wife treats you like a dog." "Oh, no! She pets and feeds the dog."

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum and you have the Cuticura Toilet Trio.—Adv.

Explained.

"Why do they want to try a play on the dog?" "To see if it will be a howling success."

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. Its action upon the Stomach and Bowels is beneficial. No second dose or after purgative necessary.—Adv.

A teaspoon of vinegar in water in which fowl is boiled makes it tender.

Wise to Avoid Insect.

There seems to be no doubt that the big spider of Arizona, New Mexico, California, Old Mexico, and many other places is a relative of the tarantula of Spain and Italy, and in color, disposition, and the feature of hairy legs a layman might easily mistake him for the tarantula. But perhaps there is not much in a name so far as spiders go, and it is just as well to avoid if possible that particular spider which so many Americans call the tarantula, though it is quite certain that the meanness of its disposition has been exaggerated.

OUCH! MY BACK! RUB LUMBAGO PAIN AWAY

Rub Backache Away With Small Trial Bottle of Old "St. Jacobs Oil."

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right on your aching back, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica, backache or rheumatism so promptly. It never disappoints!—Adv.

Described.

"Pa, what is a skeptic?"

"Anybody who doesn't believe the way you think he ought to."

NEW DRESS FOR OLD WITH DIAMOND DYES

Women Can Put Bright, Rich Color in Shabby, Faded Garments.

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 in package tells how to diamond dye over any color. To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Other Candidates.

"The office should seek the man."

"And not altogether overlook the woman, many think."

Whenever there is a tendency to constipation, sick-headache or biliousness, take a cup of Garfield Tea. All druggists.—Adv.

A toothache will keep your mind on it more persistently than a heartache.

Sure Relief

6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

The Right Way

in all cases of

DISTEMPER, PINKEYE INFLUENZA, COLDS, ETC.

of all horses, brood mares, colts and stallions is to

"SPOHN THEM"

on the tongue or in the feed with

SPOHN'S DISTEMPER COMPOUND

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness dealers or by the manufacturers. 60 cents and $1.15 per bottle. AGENTS WANTED.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

Oh, yes, pitiless publicity is for everybody except the people you like very much.

More young men have achieved success in life with grit as capital than with money capital to start with.

Use MURINE Night and Morning and Keep Your Eyes Clean—Clear and Healthy

Write For Free Eye Care Book Murine Co. Chicago U.S.A.

PARKER'S HAIR BALSAM

Removes Dandruff-Stops Hair Falling

Restores Color and Beauty to Gray and Faded Hair

50c. and $1.00 at druggists.

Hiscox Chem. Wks. Patchogue, N.Y.

HINDERCORNS Removes Corns, Callouses, etc., stops all pain, ensures comfort to the feet, makes walking easy. 15c. by mail or at Druggists. Hiscox Chemical Works, Patchogue N. Y.

LEARN TO PLAY PIANO BY MY EASY METHOD. No teacher required. Special price, 30 days only, $1.00; particulars free. Prof. Muench, Tower Bldg., Patchogue, N. Y.

Ladies—Do envelope addressing at home; $10 to $30 weekly; typewriter or fountain pen copy; complete instructions, 20c. The S. R. A. System, Box 722, Pittsburgh, Pa.