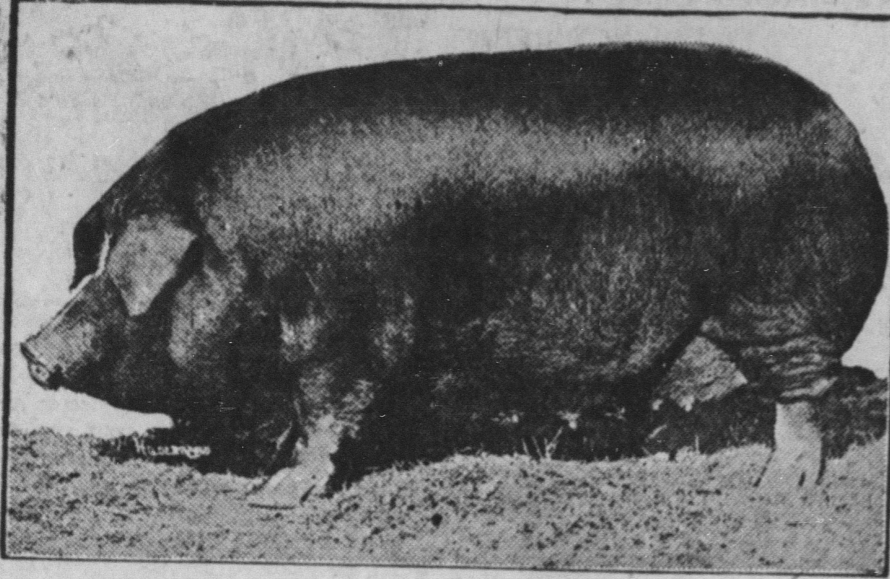


### GOOD FOUNDATION HERD IS ESSENTIAL TO OBTAIN ANIMALS OF UNIFORM TYPE



A FAT OR LARD TYPE HOG OF POLAND CHINA BREED.

(Prepared by the United States Department of Agriculture.)

In feeding hogs for the market, as also with any other class of meat animals, larger returns are obtained when the stock is as nearly uniform as possible, and as it is very profitable for each farmer to breed his own feeders, particular attention should be given to the selection of the original breeding stock. Uniformity is of primary importance, for to have a uniform crop of pigs there must be uniformity in the breeding herd, and to obtain this must be one of the first considerations in selecting the original herd.

#### Selection of Sows.

The females of the herd may be obtained by purchasing bred sows or gilts safely in pig to a boar of recognized worth. As it is often difficult to obtain a sow which has shown herself to be a good breeder by the previous litters she has produced, it is advisable for economy's sake to purchase bred gilts. These should be about 12 months old, being bred after the age of eight months, and if possible all should be in pig to the same boar. Here is the first opportunity to practice selection for uniformity; whether pure-bred or not, the sows should be similar in color, marking, type and conformation. The type of the sows selected should be the one which the market demands. While there is some variation between the different breeds, it is largely a matter of characteristics, as a good individual, no matter what breed it represents, if properly fed and managed well will make economical gains.

If possible, the first purchase of sows should be made from one herd, for in this manner it is easier to get uniformity.

### FOOD QUALITIES OF PETAIS OVERLOOKED

Highly Recommended as Supplement of Head Lettuce.

Chinese Cabbage Can Be Grown Throughout Whole United States—Has Advantage of Being Most Economically Grown.

(Prepared by the United States Department of Agriculture.)

Petais is a supplement of lettuce recommended by the department of agriculture, not a substitute for it.

Petais can be grown throughout the whole country and at about half the expense of lettuce.

It keeps better than lettuce, and, pound for pound, probably contains as much of the valuable substance for which we eat lettuce.

In transit it "holds up" better than lettuce.

Petais is one of the staple ingredients of chop suey, a dish that thousands of Americans have eaten and liked.

Technically petais is not a cabbage and the unfortunate use of the name Chinese cabbage should not create prejudice against it.

As a garnish it is preferable to lettuce; it retains its crispness in flavor as well as in appearance.

Petais is grown from seed, just as lettuce is grown. It attains the height of 12 to 14 inches, and when ready to serve it resembles the heart of lettuce.

Apply to your seedsmen for seed.

The poet who said "What's in a name?" evidently had no idea that, in so far as the important matter of food is concerned, prejudice could be aroused to such a point as to cause a mental aversion to, if not a positive condemnation of, a really delectable article of diet. Take the case of the Chinese cabbage for example. Instinctively the gourmet shudders at the attempt to associate that name with a delicacy. Call it petais—the Chinese name for it—and most probably his prejudice will change to desire; he will try it, like it.

Petais was introduced by the United States department of agriculture from China. It is now grown in considerable quantities in Illinois, New Jersey, California and other sections.

The testimony of unprejudiced people who have eaten petais is all in its

### WORLD NEEDS FOOD

Demand Makes Opportunity for Returning Soldiers.

Thousands Will See Glorious Possibilities in Settlement of Available Farm Land in This Country and in Canada.

The war is over, peace will soon be signed, the fighting nations have sheathed their swords, and the day of reconstruction has come.

What of it? Hundreds of thousands of men, taken from the fields of husbandry, from the ranks of labor, from the four walls of the counting house, and the confines of the workshop, taken from them to do their part, their large part, in the prevention of the spoliation of the world, and in the meantime removed from the gear of common everyday life, will be returning, only to find in many cases old positions filled, the machinery with which they were formerly attached dislocated.

Are they to become aimless wanderers, with the ultimate possibility of augmenting an army of menacing loafers? If they do it is because their ability to assist in laying new foundations, in building up much-needed structures, is underestimated. Men who fought as they fought, who risked and faced dangers as they did, are not of the caliber likely to flinch when it comes to the restoration of what the enemy partially destroyed, when it comes to the reconstruction of the world, the ideals of which they had in view when they took part in the great struggle whose divine purpose was to bring about this reconstruction.

Inured to toil, thoughtless of fatigue, trained in initiative and hardened by their outdoor existence, they will return better and stronger men, boys will have matured and young men will have developed.

They will decide for themselves lines of action and thought, and what their future should and will be. On the field of battle they developed alertness and wisdom, and they will return with both shedding from every pore.

Action was their watchword, and it will stand them in good stead now that the din of the battle no longer rings in their ears, or the zero hour signals them to the fray, and it will continue during their entire existence.

But if they return to find their old avocations gone, their places filled, the institutions with which they were connected no longer existing, new walks of life and employment must be opened to them. It may be that the workshop will have lost their attraction. The returned soldier will look elsewhere for employment; within his reach there is always the "Forward-to-the-Land" necessity. In this lies the remedy that will not only take care of a multitude of those who may not be able to return to their former occupations, whose desires are not to do so, whose health prohibits them from indoor life or whose outdoor habits from the past one, two, three or four years have given them such a taste and desire for it that confinement would be unbearable. Farm life will thus appeal to them, and the indications are that it will be taken advantage of by thousands. It means much to them as well as to the continent of America that provides the opportunity to the world at large, and to the stricken and famished nations of Europe, who, not only today, but for years to come, will require the sustenance that can only largely be supplied by the United States and Canada. By following the pursuit of agriculture the returned soldier will continue the cause he so greatly advanced when fighting on the field of battle. Both countries have undeveloped areas yet open to settlement.

There is little need here to direct attention to the wealth that has come to the farmers of Canada within the past few years. It is not only in grain growing that unequalled and almost unequalled success has followed honest effort, but the raising of horses, cattle, sheep and hogs has been a large source of profit. These are facts that are well known to the many friends and acquaintances of the thousands of farmers from the United States who have acquired wealth on the prairies of Western Canada. Farms of from one hundred and sixty to six hundred and forty acres of the richest soil may be secured on reasonable terms, and with an excellent climate, with a school system equal to any in the world, and desirable social conditions, little else could be asked.

Canadian statesmen are today busily engaged planning for the future of the returned soldier with a view to making him independent of state help after the immediate necessary assistance has been granted, the main idea being to show in the fullest degree the country's appreciation of the services he has rendered.

But now that the war is ended, and the fact apparent that of all avocations the most profitable and independent is that of the farmer, there will be a strong desire to secure farm lands for cultivation. Canada offers the opportunity to those seeking, not as speculation but as production. The deepest interest is taken by Federal and Provincial authorities to further the welfare of the farmer and secure a maximum return for his efforts. Large sums of money are spent in educational and experimental work. Engaged on experimental and demonstration farms, and in the agricultural

colleges, are men of the highest technical knowledge and practical experience, some being professors of international reputation. The results of experiments and tests are free and available to all. Educational opportunities for farmers are the concern of the government and appreciation is shown by the number of farmers who attend the free courses.

Agriculture in Canada has reached a high standard, notwithstanding which lands are low in price.

Thus upon the United States and Canada for many years will rest the great burden of feeding the world. With free interchange of travel, difficulties of crossing and recrossing removed, Canada may look for a speedy resumption of the large influx of settlers from the United States which prevailed previous to the war. During the war period there was a dread of something, no one seemed to know what. If the American went to Canada he might be conscripted, put in prison, or in his attempt to cross the border he would meet with innumerable difficulties, most of which, of course, was untrue. These untruths were circulated for a purpose by an element, which it was discovered, had an interest in fomenting and creating trouble and distrust between two peoples whose language and aims in life should be anything but of an unfriendly character. The draft law of the United States, adopted for the carrying out of the high purposes had in view by the United States, kept many from going to Canada during the period of the war. The citizen army of the United States was quickly mobilized, and contained a large percentage of the young men from the farms. In this way many were prevented from going to Canada.

That is all over now. There are no real or imaginary restrictions; there is no draft law to interfere. On the contrary, there is an unfathomable depth of good feeling, and the long-existing friendship is stronger than ever. This has been brought about by the knowledge of what has been done in the recent great struggle, each vying with the other in giving credit for what was accomplished. In thought and feeling, in language, in aims in life, in work, in desire to build up a new world, there has been bred a kinship which is as indissoluble as time itself.—Advertisement.

#### Bought a Larger One.

Mary Ellen's father was a garden enthusiast last summer. His onions could not be used until they were larger than his neighbors; his cabbages had to become mammoth heads before they could be harvested. In every way his slogan was, "Let things grow until they reach their limit."

The other day Mary Ellen's aunt took her to town to buy a toy piano. She looked at several, and auntie had almost decided to buy one of medium size, when she noticed that her small niece wished to tell her something. Obligingly she leaned over to have this warning whispered into her ear: "Don't you think we'd better let that one stay here and grow a while?" Then auntie brought the larger one.

#### Of Latin Derivation.

Corps is a French word derived from the Latin corpus, a body, either civil or military, as a police corps, marine corps, etc. It does not signify any particular number, but an organized body. In the United States army a corps consists of two or more divisions, each containing three brigades and each brigade three regiments. The term first came into use in this country during the Civil War period.

Grove's Tasteless Chill Tonic restores vitality and energy by purifying and enriching the blood. You can soon feel its strengthening, invigorating effect. Price 50c.

It is in accord with the eternal fitness of things that ghosts should walk in the dead of night.

### Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower "art" - he back; highly colored urine; loss of appetite, indigestion; irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal disease, Bright's disease, for which there is said to be no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarlem Oil Capsules, and give yourself before it is too late. Instant treatment is necessary in kidney and bladder troubles. A delay is often fatal. You can almost certainly find immediate relief in Gold Medal Haarlem Oil Capsules. For more than 200 years this famous preparation has been an unflinching remedy for all kidney, bladder and urinary troubles.

It is the pure, original Haarlem Oil your great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

### STRIVE FOR CONCENTRATION

Short Period With the Mind Keenly Focused on a Subject Will Produce Amazing Results.

A college professor said to his faithful but poorly prepared class: "Judging from your worn and tired appearance, young people, you are putting in twice too many hours on study." At this commendation the class brightened up visibly. "But," he continued, "judging from your preparation, you do not study quite half hard enough."

Ten minutes of really hard concentration are worth an hour of fitful effort, and are actually less tiring, because of the satisfaction felt at the results obtained. This is another reason the beginner in attention training should at first be content with exceedingly short exercise periods, of frequent occurrence.

His real need is to acquire not simply the ability but the habit of keen rather than prolonged concentration. He wants to accustom his mind to focus instantly and vigorously on any subject presented to it for concentration.—Chicago News.

### Little Things Count in Thrift.

The reason so many Americans have not been thrifty was because they failed to appreciate the power of little things. It is yielding to the little impulses to spend small amounts foolishly that keeps many a family hard up from one year's end to another.

It was the thorough appreciation of the value of little things that made many a man wealthy and powerful. In these war days learn to prize highly the little things. To understand their value is to know one of the chief secrets of success and happiness.—Thrift Magazine.

### She Didn't Know.

Dora—Oh, I'm in such distressed mind, and I want your advice. I am loved by three men, and I don't know which to accept.

Clara—Which one has the most money?

Dora—If I knew that, do you suppose I'd waste precious time running around for advice?—Minneapolis Journal.

### Had Its Drawbacks.

Mrs. Carter's maid had been married three months, and she was visiting at her former mistress' house. "Well, Emma," asked Mrs. Carter, "how do you like being married?" "Oh, it's fine, ma'am, getting married; yes'm, it's fine," replied Emma. "But lor, ma'am," she added, "ain't it tedious?"

When a husband and wife are of the same mind it is a pretty safe bet that the mind belongs to the wife.

One man in every sixty is partly or wholly color blind.

### Men of Iron.

Capt. Edward Beck of South Bend, Ind., at present in France with the black Senegalese troops, recently wrote home concerning them.

"They are just like our own colored troops," he writes. "No wonder they're great fighters. They never feel any pain. They remind me of a colored laborer in South Bend. One day, to test the hardness of this fellow's head, a mason on the upper floor of a building dropped some mortar on it. The fellow never moved; in fact, he didn't feel a thing. So the mason dropped a brick.

"Crash!"

"The brick hit his head the colored man looked up at the mason languidly:

"'Look out whar you'all's done droppin' dat mortar,' he said."

### 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

### Real Optimist.

The Optimistic Guy (who has upset his fishing boat four blocks from the shore of a seaside resort)—Oh, well, my physician has often told me I ought to gargle my throat with salt water.

### Accurate Knowledge.

"Say, Jim, what are them seismographs?"

"Why, they're the signal for earthquakes to start going, bo."

A single application of Roman Eye Balsam on going to bed will prove its merit for inflammations of the Eyes, external and internal. Adv.

Even when a woman knows her husband is lying she keeps right on asking questions.

Dr. Pierce's Pleasant Pellets put an end to sick and bilious headaches, constipation, diarrhea and indigestion. "Clean house." Adv.

Faith will move mountains if backed up with sufficient work.

Aims are the salt of riches.

### Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take

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.

### Cold Breezes Cause Sneezes

and warn you that you are taking cold. Don't let it settle in your head or throat. Drive it out with Hale's Honey of Horehound and Tar. Clears head and throat and relieves coughs and hoarseness. All druggists, 25c. a bottle.

When it itches again—try Pike's Toothache Drops

All druggists; Soap, Ointment, 25c. Tube, 50c. Wholesale each from Cuticura, Dept. E, Boston.

W. N. U., BALTIMORE, NO. 1-1919.

## ATTENTION! Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my household work, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. ELISE HELM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try LYDIA E. PINKHAM'S VEGETABLE COMPOUND



LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.