

Weekly Health Talks

A Word About the Kidneys

BY DOCTOR WATSON.

People are easily frightened when they think something is the matter with their lungs or heart, and well they may be; but few people understand the dangers of diseased kidneys. These organs have a duty of vital importance to perform, and if they are diseased, there is no telling how or where the symptoms may appear. The kidneys are filters, and when they are healthy they remove the poisons from the blood and purify it. When the kidneys are diseased, the poisons are spread everywhere, and one of these poisons is uric acid. The uric acid is carried all through the system and deposited in various places, in the form of urate salts—in the feet, ankles, wrists and back—often forming bags under the eyes. Sometimes the resulting trouble is called rheumatism, lumbago, sciatica and backache. Finally, come stone in the bladder, diabetes and Bright's disease.

Dr. Pierce, of Buffalo, N. Y., in recent years, discovered that a certain combination of remedies would dissolve uric acid (urate salts) in the system. He found this combination to be harmless, so that he made it up in tablets, of double strength, and called them Anuric Tablets. They dissolve uric acid in the human system as hot coffee dissolves sugar. If you have uric acid troubles, don't delay in taking Anuric Tablets, which can be secured in the drug stores. You can write Dr. Pierce, too, and he will tell you what to eat and how to live so that more uric acid will not form in your system. Dr. Pierce will not charge for this advice.

His Nagging Wife.

Dobson—Halloo, Henpeck, how's the wife?

Henpeck—Oh, Peggy's all right.

Dobson—Peggy! I thought her name was Maria?

Henpeck—So it is; but, you see, Peggy is short for Pegasus, the feminine of Pegasus.

Dobson—Who was Pegasus?

Henpeck—He was the Eternal horse, and the Eternal horse was an "ever-lasting nag."—London Tit-Bits.

\$100 Reward, \$100

Catarh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100.00 for any case of Catarh that HALL'S CATARRH MEDICINE fails to cure. Drugists sell. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Natural Idea.

"How was it that criminal managed to make such a slick escape?" "I suppose it was because he looked so smooth, the police thought they needn't iron him."

Magician's Real Object.

We do not learn tricks of magic in order to deceive other people but to entertain them. The magician's object is not to mislead but to amuse.

Spanish Influenza can be prevented easier than it can be cured.

At the first sign of a 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.



"Our Good Old Standby for Over 20 Years"

Yager's Liniment is a good old fashion liniment having wonderful penetrative powers and affording prompt relief from pain.

It alleviates quickly pain caused from rheumatism, neuralgia, sciatica, sprains, backache, etc.

Contains twice as much as the usual bottle of liniment. Sold at the same price; at all dealers, 35 cents.

YAGER'S LINIMENT
RELIEVES PAIN

GILBERT BROS. & CO.
BALTIMORE, MD.

MUST PROVIDE FOOD

Duty Devolving on Farmers of This Continent.

Western Canada Well Prepared to Meet the Needs of the Old World—"The Earth is a Machine Which Yields Almost Gratuitous Service to Every Application of Intellect"—Emerson.

Speaking with one of the commissioners appointed to make a survey of the food situation in the battle-torn countries of Europe the writer was told that the depletion and shortage of food was far greater than anybody had expected. With the investigation, which at that time had merely started, much had been brought to light that had only been surmised. Herds of live stock were completely wiped out, fields that had been prolific yielders of grain, roots and vegetables were terraced and hummocked by bombs and shells, many of them still lying unexploded and dangerous. Until this land can be gone over and cleaned nothing in the way of cultivation can be carried on, and even where that is done the work of leveling and getting under cultivation will take a long time.

Much more devolves upon the farmer on this side of the Atlantic than was at first supposed. Herds of live stock will have to be replenished, and this will take years; the provisioning of the people in the meantime is the task the farmers here will be asked to undertake. Producing countries will be taxed to their utmost to meet this demand; all that can be provided will be needed. This need will continue for some time, and during this period prices will be high. The opinion of those who have given the question most careful thought and study is that food scarcity will be greater than ever before. The Allies will have to feed Germany, Austria, Turkey and Russia and this in addition to the requirements of European neutrals for increased supplies now that there is no submarine menace.

To the Canadian and American farmer this means a demand for his grain fully as great as at any time in the past. Wheat will be needed, meat will be required. The slogan "don't stop saving food" is as necessary today as ever. The purpose of this article is to direct attention to the fact that hundreds of thousands of acres of land in Western Canada are still uncultivated, and this land is capable of producing enough to supply all needs. On its rich grasses are easily raised—and cheaply too—the cattle that will be sought; in its soil lies the nutriment that makes easy the production of the grain that will be needed, and in both the farmer will be assured of a good profit on his investment. The land can be purchased at low prices, on easy terms, and with the abundance of returns that it will give, it does not mean a matter of speculation. The facts as set out are known, and certainly are guaranteed.

These facts, the low cost of the land, and its great productivity, combined with the admirable marketing and transport facilities at the disposal of the farmer make farming in Western Canada an attractive proposition.—Advertisement.

Truly Satisfying Lecture.

A man reported to his friends that a lecture which he had delivered the evening before had proved soothing, rousing, and satisfying to his audience.

His skeptical comrades jeeringly demanded an explanation, which was given in the following terms:

"It was soothing, for half the folks fell asleep; it was rousing, for the other half got up and went away; and it was satisfying, as they all declared that they wished never to hear that man again."

An Attack of Influenza Often Leaves Kidneys in Weakened Condition

Doctors in all parts of the country have been kept busy with the epidemic of influenza which has visited so many homes.

The symptoms of this disease are very distressing and leave the system in a run down condition. Almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular medium and large size bottles, for sale at all druggists. Be sure to mention this paper.—Adv.

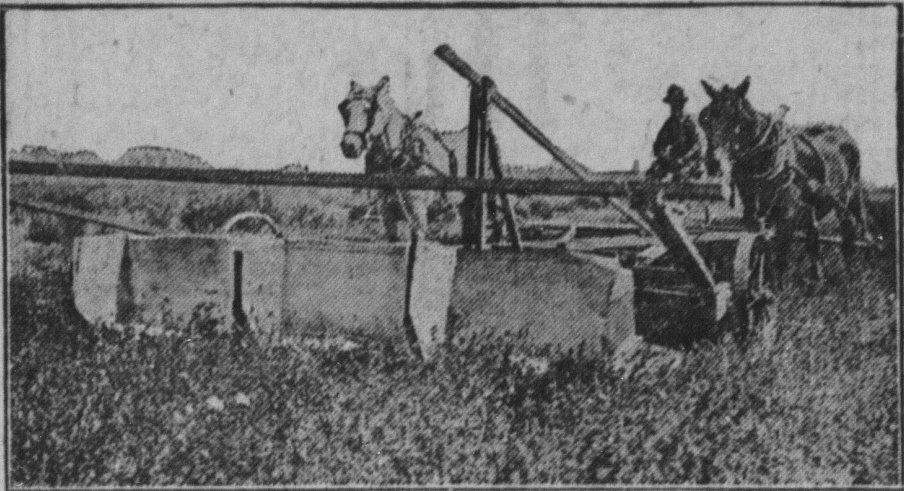
Hitting Only the High Spots.

An Alabama private who was raging because he was kept in a northern camp during the holidays when things were "right smart" down South was asked what he would do if he were suddenly discharged. "Boy, I've gwine to take distance."

Dr. Peery's "Dead Shot" not only expels worms or tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose sufficient. Adv.

Some persons are like one-legged milk stools—no good unless sat upon.

GRASSHOPPERS CAN BE MADE TO HELP FOOD SUPPLIES OF THE UNITED STATES



A Combination of Three Small Hopperdozers Attached to Wheels in a Manner to Be Pushed by Horses Instead of Drawn by Them.

(Prepared by the United States Department of Agriculture.)

There are going to be lots of grasshoppers during the summer of 1919 in Indiana and other states in the grasshopper belt, according to indications found by entomologists of the department of agriculture and the state agricultural colleges. Farmers are urged to start a cleanup campaign against them right away. Plowing to a depth of six inches and subsequent harrowing during the winter, at any event not later than April 10, will cover the eggs so deep that the young will not be able to escape. When grasshoppers make their appearance they can be destroyed by the common poisoned bait method.

But there is another way of getting rid of grasshoppers that makes the pests pay for the trouble of killing or catching them. This method consists of driving a grasshopper catcher through an infested field, catching all the grasshoppers that hop, and then feeding the insects to chickens. They can be dumped into sacks and hung up to dry and fed as dry grasshoppers, or if it is preferred to feed the grasshoppers alive, the machine can be hauled to the poultry yard and placed so that the front will face the light. The insects will find their way out, but not too fast for an ordinary flock of chickens. Thus the grasshopper catcher becomes a poultry self-feeder.

An analysis of grasshoppers shows them to be high in protein, and therefore good chicken feed. It is known that chickens are more productive when insects are a part of their ration and grasshoppers when dried can be used with other feeds during the winter.

How to Make Grasshopper Catcher.

The grasshopper catcher, which has an advantage over the old style hopperdozer, in that the insects can be utilized for chicken feed, is about 16 feet long with an upright but curved piece of tin in front and so arranged that the grasshoppers will strike it as they hop up, falling to the bottom and drop through a narrow trap opening into a box behind. The tin front does not extend quite to the bottom, where, just in front of the tin shield, is a strip of tin placed so that there is an opening about 1 1/2 or 2 inches wide. This front strip or lip may be made by using a 16-foot length of gutter, one side of which is flattened outward. The back and top of the box in the rear is cov-

ered with wire screen and the top should be so hinged that it can easily be opened and the accumulated grasshoppers shoveled out as needed.

Horses are hitched to the extended beam, one at each end, and the catcher dragged through the infested area, beginning at the sides and working toward the center of the field. Two boys, each riding a horse, can handle the machine nicely. A heavy rope attached to the hames, so that it drags a few feet in front of the shield, is an advantage in that it stirs up, just before the catcher passes, the hoppers not otherwise disturbed.

Plowing Infested Fields.

Where it is not practical to plow infested fields, such as ground in clover or alfalfa, they should be thoroughly disked in the fall or winter and harrowed early in March of the following year. In Indiana clover and alfalfa fields are among the best breeding places for grasshoppers.

The poisoned bait recommended consists of bran or sawdust made tasty and attractive by the addition of molasses and fruit and treated with an arsenical poison. The following formula is recommended:

Bran (half-and-half bran and hardwood sawdust, or sawdust alone), 25 pounds; Paris green or crude arsenious oxide, one pound, or white arsenic, 1 1/2 pounds; molasses (cheap feeding grade), two quarts; lemons, bananas or oranges, six fruits, or one ounce of cheap lemon extract; water, about two to four gallons.

The poison should be thoroughly mixed with the bran. The water, molasses and finely chopped fruit or extract are then mixed and added. The mixture should be wet so that it molds in the hands, but is not "soppy." The bait should be scattered broadcast at the rate of seven to ten pounds to the acre, applications being made in the early morning.

In clover or alfalfa much material and labor can be saved by first cutting around the field until there remains a small central uncut area where the grasshoppers will have gathered and may be quickly and cheaply destroyed by the poisoned bait. If the grasshoppers are feeding in corn or young trees, more water, or, better, more molasses and water, should be added and the mixture thrown forcefully so that the particles will adhere to the crops to be protected.



Front View of Hopperdozer for Destruction of Leaf Hoppers as it is Being Drawn Through an Alfalfa Field.

ISSUANCE OF CROP REPORTS

United States Figures Telegraphed to Each Field Agent—Estimates Given to Papers.

(Prepared by United States Department of Agriculture.)

Each field agent of the bureau of crop estimates, United States department of agriculture, now publishes a crop report from his own territory. Immediately upon the issuance of a crop report in Washington the United States figures are telegraphed to each agent, together with figures for his particular territory. The agent at once issues a mimeograph report with comments on crop and weather conditions in his state, copies of which are furnished to the press and to crop reporters and published in full in many dailies. In some of the states agents now are issuing reports on a county basis. The service is winning warm approbation.

For this service in securing quickly reliable reports along special lines decided improvements have been made in the organization of this bureau. Field agents of demonstrated ability have been employed; their offices supplied with clerks, telephones and other time-saving equipment; and every field agent has a mimeograph and an addressing machine. The field man now is able promptly to make both general and restricted special investigations, either upon his own initiative or upon telegraphic request from Washington.

WET LANDS ARE PRODUCTIVE

Most Fertile When Soil Moisture is Properly Controlled—Drainage is Recommended.

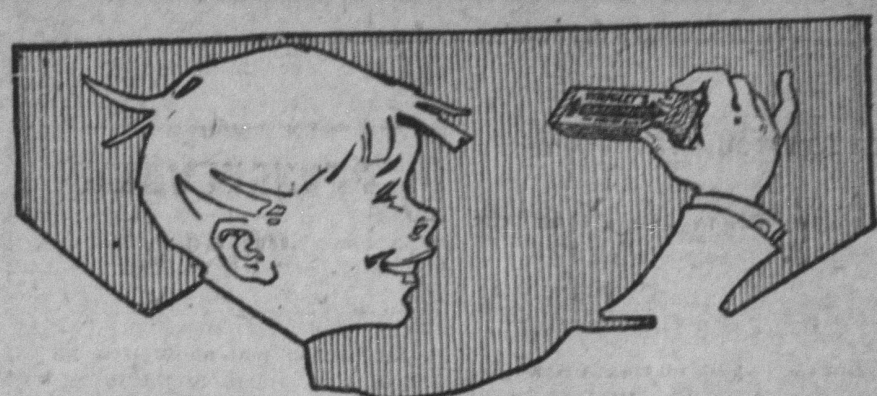
(Prepared by the United States Department of Agriculture.)

Wet areas in cultivated farm lands usually are the most fertile when the soil moisture is properly controlled, because generally they are depressions in which more or less of the richest soil from surrounding fields has been washed. Farm drainage transfers these unproductive places into highly productive land, thus increasing the profitable area and the acre yield, while removing obstacles that increase the time and effort required for farm operations.

Recognizing the importance of this possible conservation of man power, the drainage division of the bureau of public roads recently has given first consideration to projects looking to the improvement of lands already under some degree of cultivation or needing only drainage to prepare them for the plow.

Feeding Lambs.

Every shepherd knows that there are many difficulties in feeding and taking care of orphan lambs. There is sometimes considerable loss, especially in large herds, from orphan lambs. At present values of sheep and lambs these losses are well worth striving to save.



Be Sure to Get

WRIGLEY'S



THE wax-wrapped sealed package with WRIGLEY'S upon it is a guarantee of quality.

The largest chewing-gum factories in the world—the largest selling gum in the world: that is what WRIGLEY'S means.

SEALED TIGHT KEPT RIGHT



17

The Flavor Lasts!

Figuring the Finances.

"Why don't you go into politics?" "Can't afford it," replied the cautious citizen. "It has become almost a custom for a statesman to leave office a poorer man than when he entered it. And I'm in debt now."

How to Do It.

"We have been married ten years without an argument." "That's right. Let her have her own way. Don't argue."—Boston Transcript.

Take care of your health and wealth will take care of you. Garfield Tea promotes health.—Adv.

Many a man has been robbed by his friends while watching his enemies.

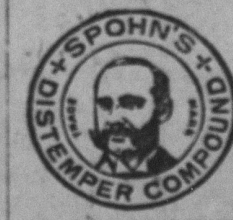
Any man who feeds upon his own greatness is not apt to be bothered with the gout.

The cipher is an example of something for nothing.

Western Canada's "Horn of Plenty" Offers You Health & Wealth



Western Canada for years has helped to feed the world—the same responsibility of production will rest upon her while high prices for grain, cattle and sheep are sure to remain, price of land is much below its value. Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from \$15 to \$30 per acre—good grazing land at much less. Many farms paid for from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Railway and Land Companies offer unusual inducements to Home Seekers. Farms may be stocked by loans at moderate interest. Western Canada offers low taxation, good markets and shipping: free schools, churches and beautiful climate. For particulars as to reduced railway rates, location of land, illustrated literature, etc., apply to Spohn, of Toronto, Ottawa, Can., or F. A. HARRISON, 210 North Third St., Harrisburg, Pa. Canadian Government Agent.



DISTEMPER

or Strangles in stallions, brood mares, colts and all others is most destructive. The germ causing disease must be removed from the body of the animal. To prevent the trouble the same must be done. Spohn's Compound will do both—cure the sick and prevent those "exposed" from having the disease. Sold by your druggist or the manufacturers, Spohn Medical Co., Mfrs., Goshen, Ind., U.S.A.

A Time Saver.

Mistress—I want a maid who will be faithful and not a time-waster. Can you promise that?

Bridget—Indeed'n I can. I'm that scrupulous, un'am, about wastin' time that I make one job of prayin' and scrubbin'—Life.

It behooves those high in political power to provide themselves with parachutes.

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently. Adv.

It is said that liquor improves with age, but some men don't care to wait.

Your Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write to Murine Eye Remedy Co., Chicago.

Use Cuticura Soap To Clear Your Skin

All druggists. Soap 25c. Ointment 25c. 1/2 lb. Tin 50c. Sample each free of "Cuticura, Best, E. Boston."

COUGHS and COLDS

disappear in a night and leave the chest free, clean and well when

GOWAN'S Rub-It-On

is applied. A pleasant, soothing, healing external application for just such troubles. Ask your druggist. 5c. 10c. 25c. Pay no more. Satisfactory guarantee.

Baby Colds

require treatment with a remedy that soothes and soothes. PISO'S is mild but effective; pleasant to take. Ask your druggist for

PISO'S