

# 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 will not supply you, write direct for sample card and color designs with name of nearest dealer.

New walls demand Alabastine, old walls appreciate Alabastine.

**Alabastine Company**  
1038 Grandville Ave. Grand Rapids, Mich.

An Inquiry.

"Who are you?"  
"A seeker after truth?"  
"Had any luck so far?"

## FRECKLES

POSITIVELY REMOVED BY Dr. Barry's Freckle Ointment—Free Sample or 25¢. Dr. Barry's Freckle Ointment, 2074 Broadway, N. Y. C.

W. N. W., BALTIMORE, NO. 9-1820.

## Thousands of Happy Housewives in WESTERN CANADA



are helping their husbands to prosper—are glad 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, name description of farm opportunities in Manitoba, Saskatchewan, Alberta, railroad railway rates, etc., write Department of Immigration, Ottawa, Can., or

**F. A. HARRISON**  
210 N. Third St., Harrisburg, Pa.

Canadian Government Agent

## GARDENS AGAIN ARE IMPORTANT

Just as Essential This Year as During War Period, Say Federal Specialists.

## MUST PRODUCE MORE FOOD

Several Hardy Crops Will Withstand Considerable Frost and Should Be Planted Early—Make Plantings at Short Intervals.

(Prepared by the United States Department of Agriculture.)

Gardens are going to be just as important the coming year as during the war period. United States department of agriculture specialists declare. High food costs, they say, are likely to remain until more to eat is grown and distributed. Farm gardens, village gardens, and city back yard gardens all will help. Food produced in the garden not only helps balance the family budget but releases that grown on farms for the use of people who are entirely dependent upon others.

With the lengthening of the days it will not be long until land can be worked, and such hardy crops as peas, onions, lettuce, radishes and beets planted, especially throughout the lower Gulf Coast region. The average date of the last killing frost of the winter in this section is not later than March 15. This zone includes the southern portion of South Carolina, the southern half of Georgia, Alabama and Mississippi, almost the whole of Louisiana and all southeastern Texas. Several of the more hardy garden crops, including those mentioned

above, will withstand considerable frost and may be planted at least a month before the average date for the last frost.

**Take a Chance on Early Planting.**

Irish potatoes are easily injured by freezing, but they require about a month to come up and may be planted at about the same time as lettuce and radishes. It pays to take a chance on the early planting of certain of the more hardy garden vegetables. If they are killed or severely injured they may be replanted. A good method is to make about three plantings at intervals of two weeks, and if the first planting is killed the later ones take its place; if not killed, early vegetables will be produced and the second and third plantings provide a continuous supply.

Keeping up the gardening interest throughout the season is just as important as making an early start. About the time the more hardy vegetables are planted in the garden the seeds of tomato, eggplant, and peppers should be started in a window box indoors. By the time the ground and the air are warm these plants will be of good size and ready to set in the garden. In the meantime a few "frostproof" or hardy cabbage plants may be set out. Next will come the planting of snap or string beans. Then follows the planting of Lima beans, summer squashes, melons of all kinds, and other of the more tender vegetables.

**Remember the Greens, Too.**

And don't forget the greens. We all need more greens in our diet. Spinach, kale, and turnips will keep you supplied with greens during the late fall and early winter, but you should have a bed of spinach planted now, in the Gulf Coast region, for early spring greens. Early turnips and beets are excellent for use as greens and later you can have delicious Swiss chard. Bassella withstands heat and makes satisfactory summer greens. The main point in getting the most out of your garden is to begin early and keep going throughout the entire season, making every foot of land produce to the limit.

**OBTAINING EGGS IN WINTER**

Supply of Bone Meal or Beef Scraps Should Be Kept Before Hens at All Times.

The farmer who wants winter eggs should keep a box of bone meal or beef scraps before the fowls, or give them a feed of freshly-cut bones every few days. In addition, supply them with vegetables occasionally, make them scratch for all their grain feed, and keep the fowls warm at night.

## EARLY PLANTING OF CORN IS ESSENTIAL

Larger Varieties Can Be More Profitably Grown.

Results of Experiments Conducted to Demonstrate Practicability and Value of Method—Better Yields Obtained.

(Prepared by the United States Department of Agriculture.)

Earlier planting of large, productive varieties of corn is frequently much more profitable than the normal planting of early maturing varieties. Proof of this has been obtained in many instances, announces the chief of the bureau of plant industry, in reporting on the results of experiments conducted to demonstrate the practicability and value of the earlier planting of corn. By much earlier than normal planting it has been found that larger varieties can be profitably grown for silage in northern localities with much better yields than can be had from the smaller native varieties planted at the usual date.

In the South, by planting small short-season varieties earlier than normal, much earlier maturity can be secured, affording a supply of corn for very early feeding. Many rather soft varieties that rot badly when planted late produce sound corn when planted early in southern localities. The planting of short and long season varieties in alternate rows has increased yields where moisture is a limiting factor.

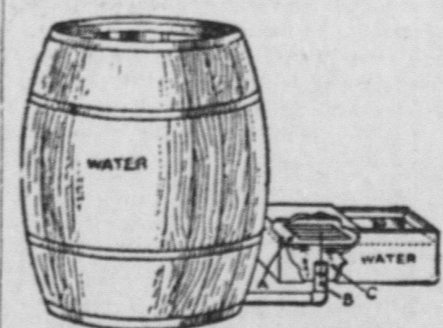
Varieties differ, it has been found, in their ability to adapt themselves and their grain production to varying sands. Prolific varieties, when given increased space, have shown ability to increase their grain production much more satisfactorily than have the single ear varieties, because of their ability to make up for deficiency in stand.

The studies made by the department specialists have resulted in isolating uniform types within a variety. It has been found that so-called varieties of corn are largely conglomerates of many distinct types, and to arrive at basic facts in breeding work it is necessary to segregate these uniform types.

## BARREL FOUNTAIN IS HANDY

Outfit Will Save Lots of Work and Also Insure Constant Supply of Water for Fowls.

The diagram shown is of a home-made poultry fountain. The cistern is a common barrel that is watertight, connected to a drinking tank by a piece of pipe with one elbow as shown, says a writer in *The Farmer*. A big washer or something else of that shape is fastened on the end of the pipe at "C" in order to make a sort of rim on the inside of the pipe. "A" is a piece of board used for a float and connected to plunger, "B," by means of a wire. This makes a self-locking valve so that the water will flow in until the tank goes full when the float pulls the plunger up against the rim on the inside of the pipe and shuts off the water which flows in again as the water is consumed. It is well to have the part of the tank where the valve is boxed off by itself with a lid over to keep



Home-made Poultry Fountain.

the poultry from meddling with the valve. This outfit will save a lot of work and also insure a constant supply of fresh water if the cistern is kept replenished with a couple of pails of water once in awhile, according to the number of chickens.

## CHICKENS NEED GREEN FEED

Greatest Value is Succulence, and Salts it Contains are Great Assistance to Digestion.

In nutritive elements, green foods contain so little strength that if their only claim to poultry favor was on that account they would have been discarded long ago. Their greatest value is their succulence, and the salts they contain, which promote digestion. Green feed in the winter poultry ration helps to keep a laying stock in good tone. It assists digestion, and many poultry keepers use it for that reason and because it increases egg production.

## SUPPLY MATERIAL FOR EGGS

No One Kind of Grain Will Furnish All of Different Food Elements Required by Hen.

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. Certain kinds of food combinations are required to make the yolk of the egg, certain other kinds are required to make the whites, while still other kinds are needed for building the membranes which surround the yolk and the white and the shell which contains all.

## GET READY FOR "FLU"

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

Aluminum metal was first discovered in 1827.

Since it is worth while to be well, take Jarfield Tea, Nature's medicine.—Adv.

An American Imperialist—Old King Coal.

## SHE THOUGHT DYEING WAS OLD FASHIONED

But "Diamond Dyes" Made Her Faded, Shabby, Old Garments Like New.

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 dye any material, have dealer show you "Diamond Dye" Color Card.—Adv.

Sheer Kindness.

Moreover, he was large-minded enough to overlook his poverty for the sake of love. He proved this by proposing to the heiress.

But the heiress was soured by her experiences of the greediness of men, and doubted the sincerity of his affection.

"Are you sure," she asked him sternly, "that it is not merely because of my money that you want to marry me?"

"Of course, not," replied the shabby suitor frankly. "I am anxious to marry you because I haven't the heart to let you become an old maid merely because you happen to own half a million."

The Glamour Remains.

"Why do the Bilttons put on so many airs these days?"

"They got that way by having a second lieutenant in the family."

"I see."

"And despite the fact that he has been mustered out and has resumed his job as shipping clerk in a sardine factory, they can't forget how he looked in his uniform."

Life's Misfortune

Charles came into the house with his clothes literally covered with white dog hairs. On being reprimanded by his mother he said in a grievous tone, "I can't help it, mother. Don't you know Zip is moulting?"

## 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.

Financial circumstances alter legal cases.

You never can know how superior to other preparations Dr. Peery's "Dead Shot" is until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

The Price.

"It took me an hour yesterday to convince my wife that I was right."  
"You succeeded, then?"  
"Oh, yes, but she hasn't spoken to me since."

How's This?

We offer \$100 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.

A Sincere Compliment.

His Wife—What did little Mr. Peck say when you showed him that portrait of his wife?  
Psmear (the portrait artist)—Not a word. The boob just looked at it in silence.

His Wife—Good! It was so lifelike she didn't dare speak in its presence, without permission.—Houston Post.

Three Claimants.

"You may be sharp," said the thread to the needle, "but I notice you are always getting it in the eye."  
"Oh, you can't talk," retorted the needle, "for whenever you get into a hole I have to pull you through."

"Be quiet, you two," chirped in the thimble. "If it wasn't for my push, neither of you would get along."—London Tit-Bits.

And Chilly, Too.

Jimson meant well, but somehow he was always putting his foot in it. At a dance he was presented to a young lady whose proportions were anything but meager. As usual, he asked her for a dance. She replied with a disconsolate air:

"I am only free for the two-step and I cannot pledge myself for that because I'm afraid my people will be leaving before it comes off."

Jimson thought he saw a chance for a compliment, and said:  
"Oh, how empty the room will seem when you have left it!"—Pittsburgh Chronicle Telegraph.

## REALLY TOO MUCH TO ASK ALTOGETHER TOO MUCH LIGHT

Most People Will Feel That Little Tommy Had a Right to Make a Protest.

Tea time in the nursery. Little Tommy sat at the table while nurse watched that he behaved properly.

Presently the little chap took the top off his egg, and then sniffed disdainfully.

"Please, Martha, this egg is bad," he said.

"Never knew such a boy!" said nurse. "Always grumbling at your food, and there's many a child who hasn't got anything to eat this night. Just you get on with that egg, and stop complaining."

"Must I eat it all?" asked Tommy tearfully.

"Yes, every bit!" Martha was firm. "The legs and the beak, too!" wailed Tommy.

The Difficulty.

"Does your boy Josh know anything about how the place ought to be run?"

"Till say he does," answered Farmer Cornrossel. "Till say he knows all about it. The trouble seems to be that the hired man and I are too dumb to follow out instructions as fast as Josh can give 'em."

In chasing the deal one often succeeds in catching up with the material.

Many of life's so called luxuries are sane imitations.

Daddy Endured Conditions as Long as He Could, and Then Entered Protest.

They stood together by the open door. What scattered the cold to these pulsating lovers? What mattered the icy wind that entered from the street outside and threatened to extinguish the flickering hall lamp? What, in fact, mattered anything?

For their last moments had arrived and they would not meet again for 24 long hours.

"Heart of my heart," he whispered, "how I love you!"

"And how I love you," she answered back, "light of my days, light of my thoughts, light of my very existence light—"

"Lucy," shouted her father's angry voice from above, "just put out that light at once and get to bed!"

Back-Handed Stroke.

"May said you were fishing for a compliment the last time you were up at her house, but that you didn't get it."

"Why, I don't recall having said anything that she could have construed that way."

"Well, she says you did."

"Did she say what it was?"

"Yes, she said that you asked her if she considered monkeys intelligent?"—Dallas News.

The spider has no cause for alarm when his life hangs by a thread.

## 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