

MOTHER! CLEAN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.—Advertisement.

Married Men Trustworthy.

Statistics indicate that married men are more trustworthy than single men in the ratio of 6 to 1, probably because of their increased sense of responsibility.

Wise is the employer who knows how to do the things he hires others to do.



FIFTY YEARS AGO

A young man who practiced medicine in Pennsylvania became famous and was called in consultation in many towns and cities because of his success in the treatment of disease. This was Dr. Pierce, who finally made up his mind to place some of his medicines before the public, and moving to Buffalo, N. Y., put up what he called his "Favorite Prescription," and placed it with the druggists in every state.

Dr. Pierce's Favorite Prescription has long been recognized as a tonic for diseases peculiar to womanhood. After suffering pain, feeling nervous, dizzy, weak and dragged-down by weaknesses of her sex—a woman is quickly restored to health by its use. Thousands of women testify that Dr. Pierce's Favorite Prescription has entirely eradicated their distressing ailments.

More recently that wonderful discovery of Dr. Pierce's, called An-uric (for kidneys and backache), has been successfully used by many thousands who write Dr. Pierce of the benefits received—that their backache, rheumatism, and other symptoms of uric acid deposits in joints or muscles have been completely conquered by its use.

Send 10c to Dr. Pierce, Buffalo, N. Y., for trial pkg. of any of his remedies, or write for free medical advice.

WINS \$5,000

Another big puzzle contest just started by Mr. E. J. Reeser. This fascinating puzzle game is all the rage. Everybody's playing it.

This is the biggest and most exciting puzzle contest of all. First Prize is \$5,000. Second Prize is \$2,500. 103 other big cash prizes. Yes, 103 in all! Win one of them.

Contest is open to all. Costs nothing to try. The picture puzzle is free.

Amazing Health and Beauty Discovery

This great offer is made to introduce Reeser's Yeast Tablets, the great Vitaminic Health Builders. Contain all three vitamins that enable you to get the right nourishment from the food you eat. Vitamins bring about a wonderful change in thin, nervous, run-down people.

If the body is properly nourished, all the vim and vigor of youth come back. Eyes sparkle. Lips and cheeks reflect the color of the pure, rich blood that courses through the veins. A springy step, a maggy walk, the joy of youth are regained. No matter how young or how old you are, you need Vitamins. And Reeser's Yeast Tablets supply them in the pleasantest form.

\$5,000 Prize Picture, FREE.

But you don't have to buy Reeser's Yeast Tablets to enter this contest or win a prize. Just send for the \$5,000 picture "38" puzzle picture. Great, big, clear picture free on request. Hurry! Send today to E. J. Reeser, 9th and Spruce Sts., Dept. 15P, Philadelphia, Pa.

Dr. Kellogg's Asthma Remedy

for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE.

Northrop & Lyman Co., Inc., Buffalo, N.Y.



DRIVE MALARIA OUT OF THE SYSTEM



A GOOD TONIC AND APPETIZER

FEED FURNACE DURING WINTER TO CONSERVE SUPPLY OF FUEL



Of Much Importance That Heating Plant Be Thoroughly Understood.

(Prepared by the United States Department of Agriculture.)

The Average house owner burns too much coal, principally because he does not know how to regulate his heater, say engineers of the United States Department of Agriculture in Farmers' Bulletin 1194, "Operating Home-Heating Plant," published by the department. Many rural homes are now provided with furnaces, and the publication was prepared as a guide to their efficient operation, particularly in getting the most heat out of the fuel used and in making the home as healthful as possible.

The satisfactory and efficient heating of homes, according to the bulletin, requires that the chimney flue be of proper size and in the proper place, that the proper heating equipment be installed correctly, that the plant be understood thoroughly and operated so that it gives the most heat from the fuel consumed, that the house be constructed so that the heat is held in, that the air be kept moist, and that enough fresh air be admitted either continuously or from time to time to avoid the discomfort or unhealthful conditions due to accumulation of carbonic-acid gas. In selecting fuel, the bulletin suggests that different kinds and sizes of coal should be tried out.

Should Be Properly Installed.

The best and highest-priced heater improperly installed may give less satisfaction than the poorest and cheapest put in correctly, says the bulletin. For this reason a man known to understand his business should install the plant. In selecting the furnace, consult owners of homes who have had experience in operating furnaces of different types.

Practically all heating plants have four dampers. A draft damper in the door of the ash pit is opened to admit air through the fire, which causes it to burn rapidly. A check damper located in the smoke pipe is opened to admit cold air into the flue, thus interfering with the draft and retarding the burning of fuel in the heater. The damper located in the feed door is used for the same purpose. Through it cold air is admitted directly over the fire, and if opened wide it acts as a check. When regulated properly

it admits just sufficient air to supplement that admitted through the draft damper and causes more perfect combustion of the fuel. The smokepipe damper is located between the furnace and the check draft and can be used to control the draft above the fuel in windy weather or at night.

Ashes should not be permitted to accumulate in the ash pit, as this retards the draft and the heat causes the grate bars to become warped and bent. As a rule it is not necessary to shake down the ashes more than once or twice a day, except in very cold weather, and shaking should be stopped as soon as live sparks begin to fall into the ash pit. In mild weather coal can be saved by permitting an accumulation of ashes in the grate.

Sealing Cracks Saves Heat.

It is economy to seal the cracks about doors and windows with weather strips, and where the weather is unusually cold, storm sash is recommended. With a wind velocity of 15 miles an hour a crack of three-thirty-seconds of an inch, which is much less than the average for doors and windows, permits the passage of about 1 1/2 cubic feet of air a minute for every lineal foot. An ordinary double-sash window (36 inches wide and 72 inches high) would thus admit 30 cubic feet of air a minute. In a room 10 feet wide by 20 feet long, having two windows of this kind, there would be required approximately 80 per cent more heat units to heat it properly than if the entrance of the air was controlled and a complete change allowed once every hour.

In addition to maintaining a proper temperature, the moisture present in the air is a great factor in heating homes. The water pan in the furnace should always be kept filled, and other means provided for the evaporation of water in the living room. Not only are rooms in which the air has a high percentage of moisture more economically heated, but living conditions are more healthful.

Copies of the bulletin may be had upon request of the United States Department of Agriculture at Washington, D. C.

CALORIMETER SHOWS HARDEST HOME WORK

Washing, Sweeping and Scrubbing Most Laborious.

Series of Experiments Made on Energy Expended by Woman in Performance of Household Tasks—Ways of Lightening.

(Prepared by the United States Department of Agriculture.)

It does not require a laboratory experiment to convince any woman that washing and scrubbing are about the hardest work she has to do; but it will be interesting to many housekeepers to know the order in which their tasks rank when tested under laboratory conditions. For this purpose a specially designed respiration calorimeter was used by the United States Department of Agriculture. The results were measured in calories, for a series of 53 experiments on energy expenditure in the performance of household tasks.

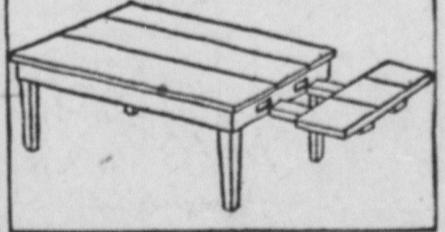
It was found that such light tasks as sewing, crocheting, knitting, darning, and embroidering required an average expenditure of nine calories per hour more than that when the same subject was sitting quietly in a chair. Washing, sweeping, and scrubbing floors caused an increased energy expenditure of about fifty calories per hour over the expenditure at rest. Ironing, dressing a child, and dishwashing each required about twenty-four calories per hour.

Ways of lightening the labor of various household tasks were also studied. It was found, for example, that when the height of the dishwashing table was varied the energy expenditure of energy was 21 calories an hour. It was 25 calories when the wash pan was set too high so that her arms were raised during work, and 30 calories when she was obliged to bend over.

INCREASE SEATING CAPACITY

Extension May Be Added to One or Both Ends of Kitchen Table—Illustration Explains.

An ordinary kitchen table may have an extension at one or both ends that will greatly increase its seating capacity. When not required, the extension is easily removed. Use the same thickness of board from which the table is made for the extension. Cut the



Addition to Kitchen Table.

exact width of the table and as wide as required—about one foot is practicable.

Cut two strips of wood four inches wide, seven-eighths inch thick and two and one-half feet long. Screw the strips to the under side of the extension so they will just come inside the framework of the table. Well fitting slots are cut in the sides of the table through which the strips are pushed to hold the extension securely.



OF INTEREST TO THE HOUSEWIFE

Fine sandpaper is a neat eraser for ink.

Grease in the sink is a very prolific cause of disease.

Salad plants should be planted in relays, so that there is always plenty.

Retain the full flavor of new potatoes by boiling them in their skins.

STRAWBERRY ONE OF BEST FRUITS

Plants Are Easily Handled and Can Be Purchased at Small Cost From Nurseryman.

REQUIRE VERY LITTLE SPACE

May Be Grown in Hills or in Narrow or Wide-Matted Rows—Give Frequent Cultivation and Hoeing During Season.

(Prepared by the United States Department of Agriculture.)

Strawberries are so easily handled and require so little room, that if only one of the small fruits can be grown they should be the one selected. New plants may be purchased at small cost from a nurseryman, or perhaps may be obtained from a neighbor.

Strawberries may be grown in hills or in narrow or wide matted rows, says the United States Department of Agriculture. For very small areas, plants set in hills close together will no doubt produce the most and largest fruit, but will require more care than matted rows.

For hill growing, set the plants one foot apart in the row and have the rows just far enough apart to cultivate easily, say from two to three feet; or set rows a foot apart in double rows and have a space of two or three feet between the double rows. Keep all runners cut off and give good cultivation, so as to make extra strong plants. Some of the choicest varieties for hill culture are the Marshall and Chesapeake of the single crop kind and the Superb and Progressive of the ever-bearing varieties. The everbearing varieties will no doubt be most satisfactory for hill culture.

Starting for Matted Rows.

To start matted rows, set the plants 18 inches apart in rows from three to four feet apart. For a narrow matted row, train the first runners along the row, covering about a foot in width, and cut off all later runners. From four to six new plants from each plant set will make a narrow row. For wide matted rows, save enough new plants to make the row two feet wide, or more, as desired. Do not let the plants crowd each other; have them four to six inches apart.

Set strawberry plants early in the spring, if possible, so they will get the benefit of spring rains and make a strong early growth. Trim off the dead leaves and all but one or two of the live ones and cut the roots to about



Everbearing Varieties Are Most Satisfactory for Hill Culture.

four inches long. Spread the roots somewhat and set the plants just as deep as they were before they were dug. Be especially careful not to set them deeper and do not get earth over the growing tips, for this will probably kill the plants.

Give newly set strawberries frequent cultivation and hoeing during the entire season to keep down the weeds and make strong plants for fruiting the next year. Pick off all blossom buds which appear except in the case of fall-bearing varieties, on which blossoms may be left after August 1 to fruit in the fall. When the ground freezes cover the plants or the entire bed with about two inches of straw or other vegetable matter free from weed seeds. Coarse straw manure, with the fine portions shaken out, is excellent for this purpose. The object of this winter covering is to keep the ground from freezing and thawing with each change in temperature, because this freezing and thawing will slowly lift the plants out of the ground.

Nitrate of Soda Helps.

In the spring when the plants begin to blossom spread nitrate of soda along each side of the row, using one pound to 80 feet of row. If the ground has not been mulched, cultivate and then mulch with vegetable matter between the rows, so as to conserve the moisture from the spring rains.

If the bed is to be saved for another year, rake off the mulch as soon as the crop is gathered, and hoe or pull out the older plants, leaving only enough of the younger ones to send out runners to make a new narrow or wide matted row, as desired.

Old beds may be cleaned up, as just mentioned, by hoeing or plowing the spaces between rows and leaving the youngest plants in the row. It is generally best, however, to start a new bed every second year.

LET TURNIPS FOLLOW SOME EARLIER CROP

Good Stand Depends on Weather and Soil Conditions.

Customary Method Is to Sow the Seed Broadcast and Trust to Luck for Good Yield—Store in Pits or a Cool Cellar.

(Prepared by the United States Department of Agriculture.)

Throughout the greater part of the North, the old settlers say, "Plant turnips the 25th of July whether wet or dry." While this is not absolutely true, it is customary to plant turnips the latter part of July on land from which an early crop of potatoes, beets, or some other early vegetable has been removed. The securing of a good stand of turnips depends, first, upon having the soil in excellent condition and, second, on weather conditions at the time of sowing the seed. Either extremely wet or prolonged dry weather will greatly interfere with getting a good stand of turnips.

The usual custom is to harrow the ground to a smooth, even surface, then sow the seed broadcast, trusting to



Turnips Can Be Planted After an Early Crop of Potatoes, Beets or Some Other Vegetable.

natural agencies to slightly cover it. If a light shower falls shortly after the seed is sown, this will not only cover the seed but give the plants a good start. Sometimes turnips are planted in rows with a seed drill and cultivated. This method is desirable, especially where the crop is grown in a small way, but the customary method is to sow the seed broadcast and trust to luck to bring a good crop.

Turnips may remain in the ground almost until it is cold enough to freeze the soil about them. If left too long, however, they become pithy. The usual method of saving turnips is to first pull them and throw them in piles, then with a sharp knife cut off the tops about one-fourth inch above the turnip. The turnips can then be stored in pits, being covered first with straw, then with earth, or placed in a cool cellar, the same as for Irish potatoes. Turnips in the pits will not be injured by moderate freezing, provided they are not disturbed while frozen. It is best, however, to place enough straw and sell over them to prevent them from freezing to any extent.

IN TAKING FARM INVENTORY

Miscellaneous Collection of All Kinds of Supplies Should be Listed Together.

On every farm at inventory time there will be found a miscellaneous collection of all kinds of supplies, such as purchased feeds, seed, fertilizer, twine, nails and lumber. These, together with the amount of manure on hand, are all listed under the heading "Supplies," according to inventory methods worked out by the United States Department of Agriculture. Nails, bolts, screws and the like can well be listed as one item, regardless of varying sizes and kinds, giving the approximate number of pounds. Where a definite system of carrying such shop supplies is in use, as is the case on some of the well-organized, large farms, the quantities of the different items of this nature are easily counted or weighed and appraised accurately.

This kind of property, like machinery and tools, has been bought by the farmer and should therefore be appraised at cost, plus any expense incurred in getting it to the farm. For example, if a ton of bran is bought for \$44, \$1.25 spent for freight on it, and 75 cents' worth of man and horse labor needed to haul it from the station to the farm, the appraisal should be made at the rate of \$46 a ton.

IMPORTANT ORCHARD SPRAYS

Insecticides Are Made Use of for Killing Insects and Fungicides for Diseases.

Sprays for orchards are divided into two classes—insecticides and fungicides. Fungicide is the name denoting a spray used for diseases caused by fungi. Insecticides are divided into three classes, sprays being made to kill insects of different characteristics. Stomach poisons are for killing chewing insects, repellent sprays are to prevent insects from laying eggs, which hatch out detrimental larvae, contact sprays kill those insects that get their food by sucking. Bordeaux mixture and lime sulphur solution are the most important fungicide sprays. The most important insecticide sprays are the arsenate of lead, paris green, tobacco, kerosene emulsion and soaps.

A Short Time Ago I Weighed Only 80 Pounds---I Now Weigh 112 Pounds and

TANLAC

is what built me up so wonderfully, says Mrs. Barbara Weber, 315 Van Ness Ave., San Francisco. She is but one of thousands similarly benefited.

If you are under weight, if your digestion is impaired, if you are weak and unable to enjoy life to the fullest measure, you should take Tanlac. At all good druggists.



HALE'S HONEY OF HOREHOUND AND TAR

The tried home remedy for breaking up colds, relieving throat troubles, healing and soothing—quick relief for coughing and hoarseness.

30c at all druggists. Use Pile's Toothache Drops.

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in



The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1696. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation.

Rats in the Cellar, Mice in the Pantry, Cockroaches in the Kitchen

What can be more disagreeable than a home infested with pests? Destroy them with Stearns' Electric Paste, the standard exterminator for more than 43 years.

Kill rats, mice, cockroaches, waterbugs or ants in a single night. Does not blow away like powders; ready for use; better than traps. Directions in 15 languages in every box. Order from your dealer.

2 oz. size 35c. 15 oz. size \$1.50.

Garfield Tea Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Shave With Cuticura Soap The New Way Without Mug

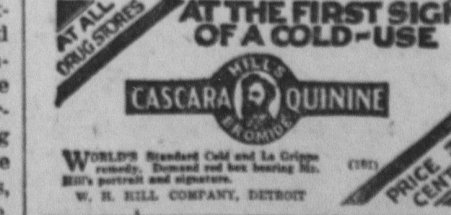
The World's Tonnage. The gross tonnage, including ships afloat and also under construction, is about 62,000,000. The United Kingdom claims just over a third of the world's steam tonnage. There are 2,000 captains idle in England.

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 Dr. J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Naturally. Ethel—She swears she's never been kissed. Clara—Is that why she swears?

Always think twice before purchasing anything offered at a sacrifice.



DROPSY TREATED ONE WEEK FREE

Short breathing relieved in a few hours. Swelling reduced in a few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. Write for Free Trial Treatment. COLLIER DROPSY REMEDY CO., Dept. B. O., ATLANTA, GA.