

A CHEST COLD EASY TO STOP

Clear Throat of Congestion, Phlegm, Mucus and Hacking Cough.

SLEEP, EAT, BREATHE AND FEEL BETTER

Coughing in theaters, church and in your sleep weakens your whole system. Makes you pale, chilly, feverish and bad. It is easy to stop winter coughs and stuffy colds. Read what this man says: "I had a cold on my chest and a cough that wore me out. I couldn't sleep nights, but since I began taking Hypo-Cod, a few days ago, I'm feeling fine. The cough and cold went away, and it built me up great. I sleep fine," declared Joseph A. Neal, 309 Poppleton St., Baltimore.

Everybody knows that Cod Liver Oil extractives, Malt, Wild Cherry, Iron and Hypophosphites are good for chest, throat and bronchial tube troubles. Hypo-Cod is simply a more modern, more powerful and very nice tasting combination of these sensible ingredients. (See formula and full directions for using at home on each bottle.) Clear throat, chest and head of mucus, phlegm and congestion. Breathe easy, sleep good, eat hearty, fortify yourself. Winter is here. Don't risk it. Drop in at nearest drug store. It costs very little—does work quickly.—Advertisement.

Serious trouble might be avoided many times if the second thought were to come before the first.

MRS. G. W. HALL SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Lima, Ohio.—"Indeed, your medicine is all you say it is! I had very severe troubles such as women often have, and could do no heavy work. I was sick for several years, and from reading your ads. I finally decided to take Lydia E. Pinkham's Vegetable Compound. I am now doing my own washing, which I haven't done for several years, and can walk long distances without those dragging pains and weak feelings. The Vegetable Compound is fine, and I never forget to say a good word for it to other women when they say they need something."—Mrs. G. W. HALL, 639 Hazel Avenue, Lima, Ohio.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Hall's experience is but one of many.

Stop Laxatives

Which Only Aggravate Constipation
Nujol is a lubricant—not a medicine or laxative—so cannot gripe.
When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it. Try it today.



BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The national remedy of Holland for over 200 years; it is an enemy of all pain resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation

STOP COUGH

the safe easy way before worse troubles follow. Take
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.
Size of all druggists
Use Hale's Tootsie Drops.

BIG-TYPE HOGS ARE FAVORITES

Department of Agriculture Gives Brief History and Origin of Various Breeds.

LARGER ANIMALS FIND FAVOR

Owing to Increasing Demand for Cured Hams and Bacon of High Quality Size of Hog Becomes Matter of Importance.

(Prepared by the United States Department of Agriculture.)
There is no "best" breed of swine, but within the different breeds the "big-type" hog is now finding most favor in nearly all parts of the country, says the United States Department of Agriculture in a recent Farmers' Bulletin, 1263, "Breed of Swine," by E. Z. Russell. The bulletin, which is well illustrated with photographs of specimens of all the leading breeds and of some minor ones, gives a brief history of the origin of all the breeds now found in the United States, descriptions of their characteristics, and names of the record associations, with names and addresses of the secretaries.

Lard and Bacon Types.
The usual classification under lard and bacon types is given. The breeds included under the first are the Duroc-Jersey, Poland China, Chester



Omaha Bob, First Prize Poland China Boar.

White, Berkshire, Hampshire and Spotted Poland China. The Tamworth and the Yorkshire are the only breeds of the bacon type grown to any extent in this country and are the only ones included. The minor breeds given a place in the bulletin are the Mule-Foot, Large Black, Kentucky Red Berkshire, Cheshire, Essex and Victoria.

Most Profitable Hog.
The big-type animals, says the author, are found in all breeds, but are more numerous in some breeds than in others. Owing to an increasing demand for cured hams and bacon of high quality, the type of hog becomes a matter of much importance. Hams weighing from 12 to 16 pounds are more likely to cure with high quality and flavor than lighter or heavier pieces. Neither hams nor bacon should carry excessive quantities of fat, but should be "well marbled." The opportunity for producing meat of this character is greater in the quickly grown big-type hog than in the distinctly small type. The most profitable hog is the one that can be grown to the required market weight in the shortest time. Well-bred and well-fed animals of the right type will make the market weight in from seven to ten months. The best market weight is generally from 175 to 225 pounds.

Copies of the bulletin may be obtained free by addressing the department at Washington, D. C.

SILAGE CART IS CONVENIENT

Considerable Time and Labor Saved by Use of Homemade Device, Says Iowa State College.

Building of a home-made silage cart to be used in distributing silage in the feed lot will save considerable time and labor.

Some men at Iowa State college have planned a cart which can be made from an old pair of cultivator wheels fitted on a gas pipe axle on which a heavy packing box has been mounted. By measuring your silage chute the cart can be made to run under the chute and filled directly from the silo.

Grain can also be distributed by means of the same cart and considerable lifting of heavy materials can be avoided in the feeding operations through its use.

LEGUMES QUITE BENEFICIAL

Furnish Rich Feed, Improve Soil and Are Drought Resisting—Alfalfa Is Leader.

The leguminous plants are among the most important of field crops, for they furnish rich feed, enrich soil and are, at least some of them, the best drought-tolerating plants known. The best-known legumes are alfalfa, clovers, beans, cowpeas, soy beans, peanuts, lespedezas, lupine, medic, mellilot, sainfoin, serpydella, spurry, velvet beans, vetch, berseem, beggar weed.

PEAT HAS LOW VALUE AS SOIL FERTILIZER

Not to Be Compared With Stable Manure or Minerals.

Many Investigations of Subject Have Been Made by Department of Agriculture—Shows a Decided Lack of Uniformity.

(Prepared by the United States Department of Agriculture.)

Peat, in recent years widely advertised as a fertilizer is not to be compared with stable manure or with mineral fertilizers as a means of increasing crop production. This is the essence of a statement that has just been made by the United States Department of Agriculture as a result of many investigations on the subject.

Special processes, such as the "bacterization" of peat, occasionally are alleged to give it unusual fertilizing powers but tests have not substantiated these claims. An English investigator a few years ago reported good results with the use of "bacterized" peat, but experience in this country has not supported his theory. No laboratory process for the "bacterization" of peat has been discovered which materially improves it for fertilizer.

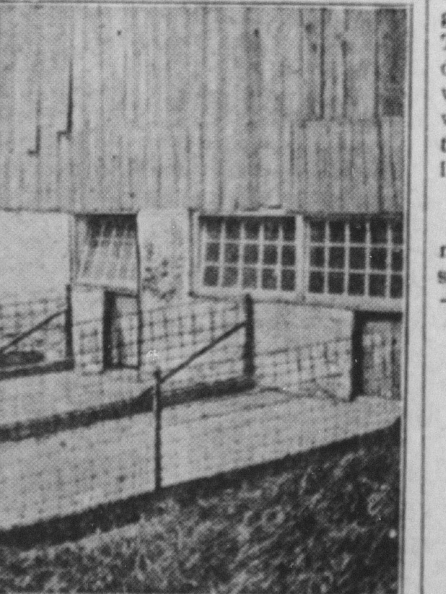
The peat or "humus" that has been marketed in this country as a fertilizer or plant stimulant has shown a decided lack of uniformity, but this is to be expected when it is known that peat deposits are the slow accumulation of layers of plant material of different kinds. The rather high percentage of nitrogen occasionally found in peat and muck is due not to the presence of available nitrogen, but the accumulation of nitrogenous material that is not available for the use of plants, the more soluble substances having been lost.

Some kinds of peat are very useful for stable litter and for composting. While peat is too bulky and too poor in available plant food to serve as a substitute for manure or mineral fertilizers, certain kinds of peat appear to be suitable in the growing of specialized crops or as potting soil in greenhouses. In the manufacture of mixed fertilizers the use of peat as a conditioner, as well as a filler, appears to have been satisfactory to the mixer. Several varieties of peat and muck soil are farmed, frequently showing high productivity for many kinds of truck crops or as grass land. Many peat deposits, however, are agriculturally unsatisfactory and some peats contain substances distinctly injurious to plants.

HOG HOUSE FROM OLD BARN

Necessary Sunlight Admitted by Ingenious Arrangement of Large Windows in Walls.

Ordinarily it is not considered good practice to house swine in a barn, because of the difficulty of getting the large amount of light which is necessary for the welfare of the animals. An ingenious arrangement which overcomes this difficulty is shown in the illustration. The barn is of the basement type with masonry walls. A section of ten feet wide along the south side of the basement is set off by partition and divided up into pens. Large windows are in-



Sunlight Admitted to Hog Pens.

serted at intervals in the upper half of the exterior walls, to admit sunlight. They are hinged at the bottom so that they can be opened to provide ventilation also. Doors three feet square are cut in the lower part of the wall to provide access to the runways outside, which are paved with concrete, making it a simple matter to clean them thoroughly with a hose.

TELLS OF GOOD RAT POISON

Department of Agriculture Recommends 20 Per Cent Mixture With Food as Bait.

Studies of barium carbonate as a rat poison made by the United States Department of Agriculture indicate that a 20 per cent mixture with food makes a satisfactory bait. With this percentage rats ordinarily need to eat only about one-third to three-eighths of a meal to get a fatal dose.

Experiments by various persons as to the deadliness of barium carbonate to other animals shows untrue the common belief that this material is poisonous only to rats and indicates that a bait which will be fatal to rats is more or less dangerous to small domestic animals also.

"Every Picture Tells a Story"



Is Winter Time Your Backache Time? Does Your Back Foretell Every Change of the Weather? Do You Feel Old and Stiff and Suffer Sharp, Rheumatic Pains? Then Look to Your Kidneys!

ARE winter months your backache months? Does every cold, chill or attack of grip leave you lame, achy and all worn out? Does your back throb and ache until it seems you just can't keep going another day?

Then look to your kidneys! Grip, colds and chills throw a heavy strain on the kidneys. They overload the blood with poisons and impurities that the kidneys have to filter off. The kidneys weaken under this rush of new work; become congested and inflamed.

"Use Doan's," Say These Good Folks:

W. J. HAWTHORNE, plasterer, Glover St., Abingdon, Va., says: "I had a severe lame back caused, I think, from a cold settling across my kidneys. It seemed that every muscle in my back was affected. I had heard a lot about Doan's Kidney Pills and that they were good for such ailments, so I tried them. I am glad to say they proved themselves to be all that is claimed for them, by fixing me up in fine shape."

MRS. A. V. GRAY, 431 Jackson St., Bedford City, Va., says: "A few years ago I began to suffer with my kidneys and I think the trouble was brought on from a cold which settled in the small of my back. My back pained me nearly all the time and it was so weak I could hardly bend over and I often had dizzy spells. I started taking Doan's Kidney Pills and that medicine helped me after taking one box. I was cured and have stayed cured."

Doan's Kidney Pills

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

10 Cents Insures Fresh Charm to Old Shawls

PUTNAM FADELESS DYES—dyes or tints as you wish

A Heavy Hand.

Prof. Barrett Wendell, Yale's brilliant and famous critic, was talking at a tea about a new novelist. "He has a heavy, awkward hand," said Professor Wendell. "When he wants to be impressive he reminds me of the divine who went to the jail to administer the last comforting rites of the church to a murderer. 'Dugald, mon,' he said—for he was a Scot—'Dugald, mon, the gallows is ready, the rope's ready, the hangman is ready—Dugald, are you ready?'—Exchange.

Fatal Artillery Practice.

While a battery of Swiss artillery was at practice near Sursee, north of Lucerne, a shell ricocheting from the ground struck the house of a peasant. The peasant's wife who was having dinner with her daughters and a workman, was killed, but the others were not harmed. The shell entered through the kitchen and buried itself in a loft without exploding.

It is easy to believe in your fellow men if you will just refrain from signing notes.

CROWDED OUT, AS IT WERE

Under the Circumstances, Batter's Complaint Did Seem Just a Little Bit Unreasonable.

An Englishman was persuaded to act as umpire in a ball game between an American and an Australian team in France. In the first inning, with three men on bases, the star batter of the American team stepped up to the plate.

"One ball," called the umpire.
"Two balls," called the umpire.
"Three balls," called the umpire.
"Four balls, batter out," called the umpire, who was immediately mobbed by the members of the American team. "What d'ye mean by calling me out, you big boob!" shouted the irate victim of the ruling.
"But, my dear fellow," explained the Englishman, "can't you see I have no place for you?"

It isn't easy to keep on trying—but it pays.

To be original is excellent—to try to be, is foolish.

Sufficient Cause.

"How did you happen to quit sparking Miss Tootsie Bender?" asked an acquaintance.

"I don't like music; that's why!" disgruntledly replied an Ozark swain. "Every night I was over there just as soon as I got seated old man Bender would come in, take down his infernal fiddle and begin to play. The longer he'd play the tireder I'd get and then finally when only about seven o'clock he'd begin to saw off 'Home, Sweet Home.' I couldn't stand any more of it and lit out. And I ain't going back there, neither!"—Kansas City Star.

Comedy and Tragedy.

Comedian—Drop into my place and let us see your face occasionally, old man.

Tragedian—But, laddie, your good wife likes me not.

Comedian—Oh, that's all right—it amuses the children.—London Tit-Bits.

Making It Snappy.

"He doesn't like the words of our song."
"Give him the air."—Columbia Jester.



Something to think about

When lying awake at night, stop counting imaginary sheep and think what is probably the cause of your sleeplessness.

Both coffee and tea contain a drug element that irritates a sensitive nervous system, often causing restless nights and drowsy, irritable days.

A delicious, hot cup of Postum contains nothing that can deprive you of restful sleep

at night, or hamper your days. But it does supply all the warmth, comfort and satisfaction that can be desired in the mealtime beverage.

Your grocer sells Postum in two forms: instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.



Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Company, Incorporated
Battle Creek, Michigan

