

WATCH OUT FOR GOLDEN LUNGS; ITS DANGEROUS

Headaches, Chest Soreness and Cough Will Quickly Pull You Down in Bed.

SIMPLE HOME TONIC QUICKLY STOPS IT

With pneumonia, grippe and other dangerous ills all around—it is risky to have a sore, congested, inflamed chest, lungs and throat. Read what this Baltimore man, E. H. Ellerman, says: "I had a cold on my lungs and pains in my chest so bad I could hardly breathe. Headaches nearly drove me wild and finally I had to quit my job and go home at noon and from then on I lost a lot of time feeling with that cold until I saw an advertisement in the paper and got hold of the right remedy. "I found out that Hypo-Cod was just what I needed. It relieved my cold and then it built me up and fortified me so fine I haven't had any throat or winter cold troubles since. It makes you feel so strong and well that work is a pleasure. I gained ten pounds and I haven't had a headache or an off-day since. It is the only real permanent cure I ever found for colds. I honestly believe if your lungs are weak it will help you," continued Mr. Ellerman, 7 E. Williamson St., Baltimore, Md.

Hypo-Cod is the most powerful strength-building, reconstructive tonic made. It tastes fine. Costs little and does the work days and weeks sooner than weaker, old-fashioned preparations. Don't risk weak, sore lungs and stubborn winter coughs and stuffy colds. All druggists have Hypo-Cod. Avoid substitutes. Hypo-Cod is pure, harmless and wholesome.—Advertisement.

Good Excuse.
The boss sent the bookkeeper out to buy him a ticket to Chicago. After several hours the bookkeeper came back with the ticket. "Took you a long time," granted the boss. "Well, I was just behind a girl who was planning her next summer's tour."—Louisville Courier-Journal.

Happy.
"Do you have much trouble with patients in your asylum?" "No, they are all busy writing scenarios."

Human mouth naturally stays shut. Whose fault is it if it is open too much?

Sure Relief FOR INDIGESTION



BELLANS FOR INDIGESTION
6 BELLANS Hot water Sure Relief
25¢ AND 75¢ PACKAGES EVERYWHERE

WHAT FUN IT IS TO BE HUNGRY!

YOU can't be well and hearty unless you are properly nourished—you can't be strong unless your appetite is good.
For a keen appetite, good digestion, rich red blood, and the "punch" and "pep" that goes with perfect health. You need Gude's Pepto-Mangan.
Take Gude's for a short time and note the big difference in the way you look, eat and feel.
Your druggist has it—liquid or tablets, as you prefer.

Gude's Pepto-Mangan Tonic and Blood Enricher

BEFORE THE DRUG STORE ORIGINATED



The forest and field were the Indian's drug store. When he suffered from constipation, indigestion and similar troubles, he knew the plants and roots which were provided as a relief by Mother Nature. Today you can get the riches of Nature compounded in Wright's Indian Vegetable Pills. The formula has not been altered since it was first devised 85 years ago. At all druggists, 25c.

Wright's INDIAN VEGETABLE PILLS

ASTHMA

DR. J. D. 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.
Dr. J. D. KELLOGG'S
ASTHMA REMEDY
Northrop & Lyman Co., Inc., Buffalo, N.Y.

Tutt's Pills

SPEEDY RELIEF FOR CONSTIPATION

RYE FRIEND OF HOME GARDENER

Decreased Number of Work Animals Makes It Difficult to Maintain Soil Fertility.

PLANT SOIL-BUILDING CROPS

Clovers and Other Legumes Are Good, as They Gather Nitrogen From the Air—Lime Will Prevent Any Sourness.

(Prepared by the United States Department of Agriculture.)

Years ago, when manure was plentiful around cities and on farms, the question of keeping up the fertility of the back yard or farm garden was very simple, but with the decreased number of work animals now being kept, especially in cities, it is no longer possible to get manure in sufficient quantity to maintain the fertility of our gardens. The farmer has been compelled to plant soil-building crops in order to keep up his fertility and the back-yard gardener must necessarily resort to some similar method. Clovers and other legume crops are considered best for this purpose, as they gather nitrogen from the air, but legume crops are subject to a good many limitations and do not always fill the bill for the home gardener. Possibly old-fashioned rye comes nearer answering the requirements of the home gardener than any other crop. Rye grows anywhere from North to South, or in the Northwestern sections; barley may be used instead, suggests the United States Department of Agriculture.

Work During Winter.
One home gardener who always has a good garden follows the practice of buying a small supply of seed rye along in August and keeping a palletful of this seed hanging inside the door of his garage, where his garden tools are kept. Beginning about the middle or 20th of August, this gardener follows the practice of sowing rye on every foot of his garden that becomes vacant. In fact, he goes further than this and sows rye between practically all of his fall crops. The rye makes a good start in the autumn and gets a firm hold on the soil before winter sets in. All during the winter, whenever the ground is not frozen, the roots of the rye are developing and, working their way between the soil particles and are picking up every choice morsel of plant food that nature sets free in the soil.

This gardener keeps chickens and all during the winter, when the ground is not covered with snow, he turns his laying hens out upon the growing rye in his garden for a short time before they go to roost in the evening. This gives the hens the necessary green feed to stimulate egg production and costs practically nothing.

Rye Turned Under.
In the springtime, as soon as the soil is dry enough to be plowed or spaded, and before the rye has made any appreciable growth, the land is completely turned over and the roots of the rye have formed almost a perfect mat or sod in the top three inches of soil. In turning under the rye the important thing is to see that it all goes under, because if any of the tops are left sticking out of the soil they will grow and have to be worked out with a hoe later. In ten days to two weeks after the rye is turned under the roots decay and, as there is not enough of the tops of the rye present to give any difficulty, the soil breaks down in a loose mellow loam and every particle of the plant food that the rye has picked up during the winter time becomes available for the summer garden crops.

The rye not only prevents the garden soil from washing during the winter, but adds organic matter or green manure to the soil. A very little lime should be sprinkled over the surface after the rye is plowed or spaded under, to correct any possible sourness that might be caused by the decay of the rye itself. If more gardeners would plant rye or barley or even wheat on their garden soil during the fall of the year, we would hear less about the scarcity and need of manure for gardens.

SEED BED FOR SWEET CLOVER

Seems to Germinate Much Better and Make Quicker Growth on Well Packed Soil.

A deep, well worked seed bed such as other crops demand, is decidedly unfavorable to growing sweet clover, as it seems to germinate much better and make a better growth on well-packed soil, a simple covering of the seed being all that is necessary, and many a good stand has been secured by sowing on unbroken land or on that put to small grain the previous year.

Rebuild Poor Fences.

There is no economy in trying to make a poor fence do duty once it has outlived its usefulness, and every man who has had experience in repairing fences containing a lot of decayed posts and rusty wire knows this to be a fact.

Rotate to Avoid Diseases.

To avoid diseases that affect tomatoes it is well to rotate crops. There is always danger that there will be some infection in the soil, so it is best to not grow tomatoes on the same ground year after year.

GOOD QUALITY SIRE OF BIG IMPORTANCE

Influence of Male Is Greater Than That of Female.

Figures Collected by Department of Agriculture Show Economy of Beginning Improvement With Use of Purebred Sires.

(Prepared by the United States Department of Agriculture.)

Although the sire and the dam contribute equally to the heredity of an animal, the influence of the sire in a herd or flock is much greater than any one of the females because in practically all cases a sire is the parent of a much larger number of offspring than the dam.

Figures kept by the United States Department of Agriculture, representing the proportion of males to females on more than 8,900 farms in 46 states, show that the male has from 13 to 30 times more influence than the female, among all classes of animals, in determining the character of the offspring.

These ratios are based on more than a million head of breeding stock listed with the department in the "Better Sires—Better Stock" campaign.

The figures show that on the average farm where purebred sires only are kept, there is one bull to 18 cows; one stallion to nearly 20 mares; one boar to 13 sows; one ram to nearly 30 ewes; one buck to 25 does; and one rooster to 21 hens. These figures show at once the economy of beginning improvement in animal breeding with the use of purebred sires.

The history of the nationwide movement for better live stock shows, however, that the use of purebred females quickly follows the use of purebred males. More than one-third of the female live stock and more than two-thirds of the female poultry listed in the better-sires campaign are themselves purebreds. This promises much more rapid improvement in the quality of the country's live stock than if purebred sires alone were used.

PURCHASING POWER GOES UP

Agriculture Continues to Mend Financially According to Index Figures Just Released.

(Prepared by the United States Department of Agriculture.)

Agriculture continues financially on the mend according to Department of Agriculture index figures just released. The index number of the purchasing power of farm products in terms of other commodities that farmers buy is placed at 68 for December, as compared with 66 for November. The average for the year is 69, compared with 67 in 1921, and with 83 in 1920.

The improved condition for December is brought about by an increase of 5 points in the index number of the average farm prices of ten leading crops, and a decrease of 1 point in the prices of commodities, excluding farm and food products, that farmers buy.

For the year the average farm prices of ten leading crops is given an index number of 113 as compared with 109 in 1921 and with 238 in 1920. The average farm price for the year of live stock is placed at 111 compared with 107 in 1921 and with 168 in 1920. The average index number of prices of commodities other than farm products which farmers buy is placed at 103 for 1922 compared with 161 in 1921 and with 234 in 1920.

MAKING HONEY FROM HUBAM

Iowa Specialist Says It Is of Excellent Quality and Has Fine Color and Body.

Hubam, the annual sweet clover developed at the Iowa experiment station, is the best of the sweet clovers for honey production, according to W. A. Jenkins, apiarist, of Shenandoah, Ia. He says that the honey made from Hubam is of excellent quality and has a fine color and body.

Mr. Jenkins planted some Hubam in 1921 and has found that it keeps blooming from June until frost comes, and that it gives bees something to work on when other clover is gone. Forty-four hives of bees owned by Mr. Jenkins made a total of 4,262 pounds of honey from Hubam clover during the period from July 25 until the end of the season last year. During 1922 he got practically as good results.

TIMOTHY AND SWEET CLOVER

When Grown Together Will Make More Per Acre and Is an Advantage in Curing Later.

Timothy and sweet clover grown together will make still more per acre and is an advantage in curing the sweet clover. To cure sweet clover hay well it should be stirred often and never allowed to sunburn. Sweet clover and alsike make a still richer feed when grown together, but this mixture is harder to cure.

MRS. M. SNYDER GAINS 20 LBS.

Declares Tanlac Overcame Rheumatism and Stomach Trouble, Restoring Full Vigor.

"Tanlac built me up twenty pounds, and I am as happy over my new health as my little boy was over his Christmas toys," declared Mrs. Mary Snyder, 838 Estes St., Charlottesville, Va.

"For two years I suffered from stomach trouble, rheumatism and a nervous, run-down condition. I was almost a skeleton and got to the point where, when I went to bed nights, I wondered if I would be able to get up in the morning. Rheumatism in my shoulders was so painful, and I was so thin and weak that I did little of anything except try to get well. "I was in despair when I started taking Tanlac, but now my troubles are all gone and I am as healthy and happy as I could wish to be. Tanlac has earned my undying gratitude." Tanlac is for sale by all good druggists. Over 35 million bottles sold.—Advertisement.

Ambitious Wild Geese.

Only one native species of wild geese breeds well in captivity. That is the Canada goose, which, under suitable conditions, can be bred as easily as the barnyard varieties. The New York zoological park has reared several Canada geese every year until its flock now numbers many pairs. The usual number of pairs nested last spring, but one curiously acquisitive and equally pugnacious pair, apparently dissatisfied with their own brood of five, decided to increase it. By combined browbeating and persuasion they succeeded in abducting the goslings of other birds until, they had 15, a number entirely without precedent.

Had Precedence.

Small Boy—Mother, me and Harry fell through the ice.
Mother—You should say, "Harry and I."
Boy—Yes, mother, I and Harry—
Mother—No, put yourself last instead of first.
Boy—Well, I fell in first.

Looking Him Up.

"Why are you going to the title guarantee company?" "Papa is talking of buying me a duke."

10 Cents

MARY ALMOST HAD IT RIGHT

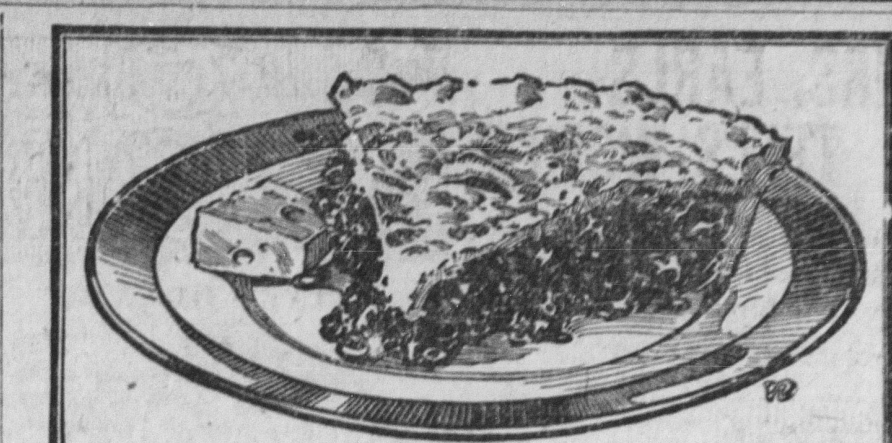
Small Girl Knew Mrs. Blank's Acquisition Had Something to Do With a Tree.

Little Mary, eight years old, came rushing into her home from school one afternoon recently and exclaimed to her mother: "Oh, mother! Mrs. Blank has a new twig."
"A new twig?" inquired her mother. "Why, Mary, what do you mean?" "Why, a twig. Don't you know? The thing that grows on one's hair."
"Oh! You mean a switch," said the mother.
"Yes, that's it!" said Mary. "I couldn't remember the word, but I knew that it had something to do with a tree."

The Bachelor's Opportunity.

"I wonder how a bachelor feels at a wedding celebration?"
"Glad to have a chance to kiss a girl without incriminating himself."—Judge.

It is easier to raise a disturbance than a mortgage.



Try these Bakers' Raisin Pies —save baking at home

THERE are luscious raisin pies just around the corner, at your grocer's or a bake shop.

Baked to a turn—a flaky crust filled with tender, tempting raisins, the rich juice forming a delicious sauce.

Once try these pies that master bakers bake fresh daily in your city and you'll never take the trouble afterwards to make raisin pies at home.

Get a pie now and let your men folks taste it. Made with tender, thin-skinned, meaty, seeded Sun-Maid Raisins.

SUN-MAID RAISINS The Supreme Pie Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:



CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Fresno, California

Please send me copy of your free book, "Recipes with Raisins."

NAME _____
STREET _____
CITY _____ STATE _____

10 Cents Gives Cheerful New Color Tone to Old Curtains PUTNAM FADELESS DYES—dyes or tints as you wish

EMPHATIC IN HIS DENIAL RELIEVED BIDDY OF DUTIES

Youngster Wanted It Distinctly Understood That He Had Not Eaten at the Harper's.

Young Jack K., age six, of Staunton, had the habit of slipping away to a neighbor's house frequently for his favorite food. He usually neglected to tell his mother, but the mother learned of his visits. Recently he failed to eat dinner with his usual guests, practically passing it up. This caused his mother to question him.
"Jack, haven't you been eating at Harper's today?"
"No, mamma."
"Are you sure?"
"Sure, mamma."
"Jack, do you tell me you did not eat there today?"
Jack, emphatically: "Mamma, you can pray to heaven I didn't eat there today."
He really had not.—Indianapolis News.

Amateur Poultry Raiser Saw Nothing Else to Do, Since She Didn't Want Ducks.

An actress, who had retired from the stage and had bought a little house in the country, decided to start a poultry farm.
She bought a burnbird fowl and a sitting of thirteen eggs.
As she had no knowledge of poultry, she wrote to a poultry journal asking how long the eggs would take to hatch out. The paper replied:
"Three weeks for chickens and four for ducks."
Some weeks later she wrote again to the paper:
"Many thanks for your advice. However, at the end of three weeks there were no chickens hatched out, and as I did not want ducks, I took the hen off."

Many a man leaves the latchstring out after barring the door from the inside.
Laziness is next to ungodliness.

How often have you heard the expression, "I can't drink coffee; it doesn't agree with me!" Yet there is an undeniable satisfaction in having a hot drink with meals.

Postum supplies satisfaction and safety, both. No need to deny yourself the pleasure of this fragrant, invigorating cup through fear of nervous disturbance afterward. Postum is rich and comforting, and there's nothing in it that can harm anybody.

Why not follow the example of the thousands who have left off the risks of coffee, for the assured satisfaction and safety of Postum?

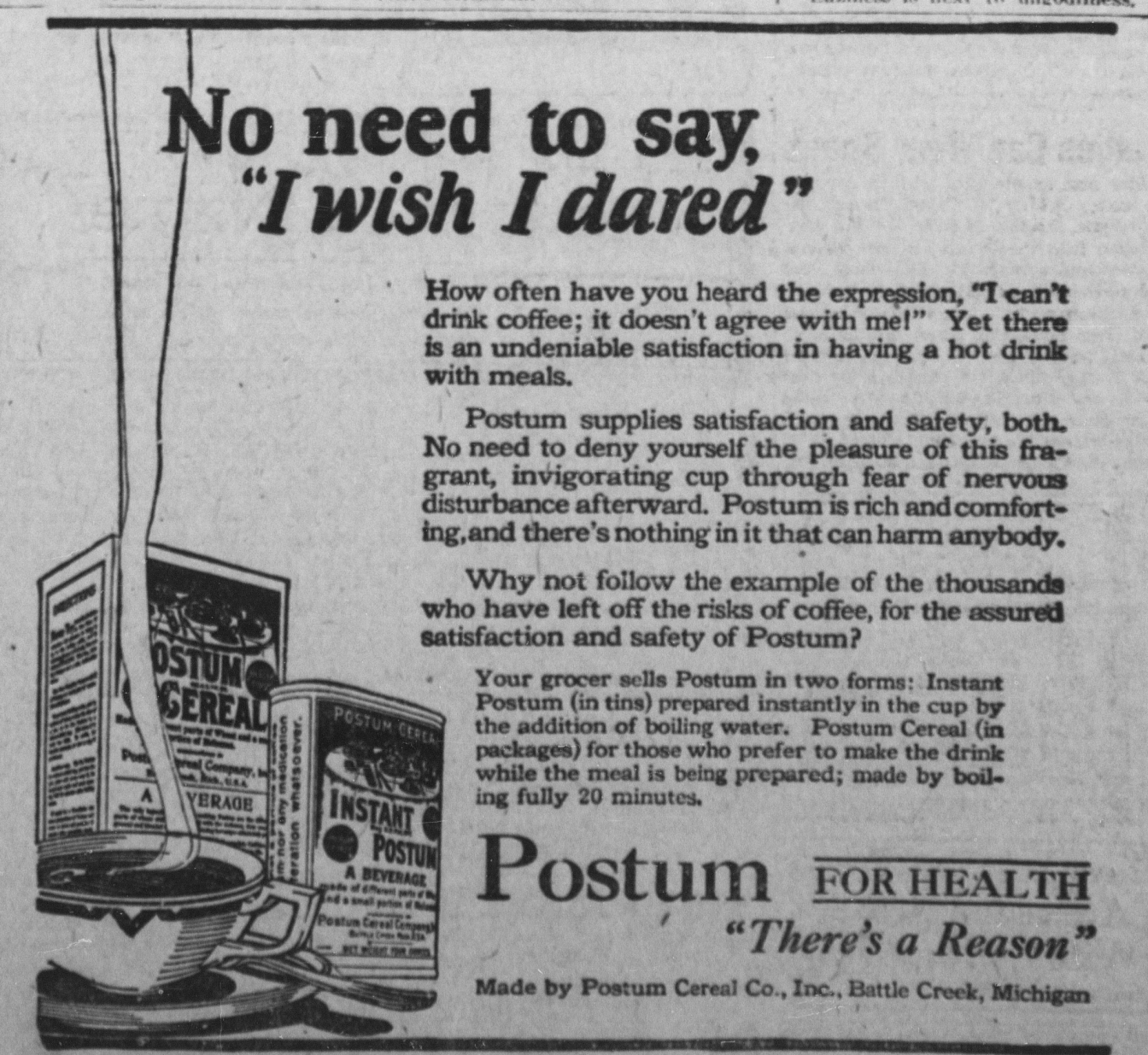
Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.

Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Michigan

No need to say, "I wish I dared"



Postum Cereal
INSTANT POSTUM
A BEVERAGE