

BACK ACHE TERRIBLY

Mrs. Robinson Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound



Amarillo, Texas.—"My back was my greatest trouble. It would ache so that it would almost kill me and I would have cramps. I suffered in this way about three years; then a lady friend suggested that I try Lydia E. Pinkham's Vegetable Compound. I have had better health since, keep house and am able to do my work. I recommend the Vegetable Compound to my friends as it has certainly given me great relief."—Mrs. C. B. ROBINSON, 608 N. Lincoln St., Amarillo, Tex.

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 pains 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.

USE Glenn's Sulphur Soap

Soft, Clear Skin

Teasing, indeed. Sweet Young Thing (in parlor)—Mamma! Mamma! Come here and make Harold quit teasing me! Mamma (from stairway landing)—What is he doing, dear? "He's sitting at the other end of the sofa."—Judge.

FOR OVER 40 YEARS

HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh. HALL'S CATARRH MEDICINE consists of an Ointment which quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists. F. J. Cheney & Co., Toledo, Ohio.

An undertaker has to look sad no matter how much it pleases him to get the job.

When the wife's away the husband may not get gay.

Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 25¢ CENTS

6 BELLANS Hot water Sure Relief

BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

Skin Eruptions Are Usually Due to Constipation

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 secures regular bowel movements by Nature's own method—lubrication.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol

A LUBRICANT—NOT A LAXATIVE

Cost of Working Horses on Farms

Department of Agriculture Survey Places Figure at \$100 Yearly.

(Prepared by the United States Department of Agriculture.) The cost of using work horses on corn-belt farms in 1921 was about \$100 per head, according to a survey made by the United States Department of Agriculture. The total yearly cost of keeping six horses on farms of approximately 160 acres amounted to about \$600. Feed and bedding was about 60 per cent of the total cost of maintenance. Other costs in order of importance were chores, interest, stabling, depreciation, harness costs, miscellaneous costs, and shoeing. The total gross cost was \$106.08 per head from which a deduction of \$6.87 was made for the manure produced, leaving a net cost of \$99.21. Exclusive of pasture, the annual ration per head consisted of 40 bushels of corn, 26 bushels of oats, 1.3 tons of hay and 1.8 tons of straw and corn stover. During the year, 66 hours of man labor were required to care for each horse. The average farm value of the work stock was about \$123 per head. Actual cash outlay and salable feeds, including corn, oats, hay, straw, depreciation, shoeing and miscellaneous cash costs, amounted to \$64 per horse, or about 60 per cent of the total cost.

Average Work in Year.

During the year each horse worked an average of 723 hours. On the basis of a ten-hour work day, the average cost was \$1.37 per day, or 13.7 cents per hour of actual work done. The horses on some farms worked from two to three times as many hours as those on other farms. Such variations indicate the degree of efficiency with which horses are employed on different farms, and have considerable effect on the cost per hour of work performed. The point is made, however, that, while it is not always possible to keep the horses at work continuously, nor advisable to do so for the mere sake of keeping them busy, too many horses or a lack of productive work will invariably result in a relatively high cost for their use. If conditions are such that it is necessary to keep a surplus horse or two, the practice may not be objectionable if the animals so kept are brood mares and raise a colt each year.

Details of the department's survey are contained in Farmers' Bulletin 1298, entitled "Costs of Using Horses on Corn-Belt Farms." In the bulletin the authors, M. R. Cooper, assistant farm economist, and J. O. Williams, senior animal husbandman, discuss the different phases of horsepower costs and present suggestions for reducing these expenses.

Largest Cost Item.

"Feed and bedding is the largest item in the maintenance of a horse, and hence deserves first consideration in an attempt to reduce costs," says the bulletin. "Although the exact quantity is variable, a good, practical guide for the farmer to follow in feeding his horses is to allow 1.1 pounds of grain and 1 1/4 pounds of hay per 100 pounds of live weight for horses at moderate work. For horses at hard work the grain should be increased to about 1 1/4 pounds daily per 100 pounds live weight, but the hay should not exceed 1 1/4 pounds daily per 100 pounds live weight, unless of very poor quality. The use of good pasture in place of the grain and hay ration is not only an economical practice, but also will have a good effect upon the system of the horse. The use of nonsalable feed for the horse is to be recommended. The raising of colts to take the place of worn-out work stock will often aid in keeping down the depreciation cost. With the business established the number of horses kept must be adjusted to the nature of the business and form of management developed. A smaller number than are needed properly to carry on the farm operations may mean a decrease in farm profit greater than the expense of carrying the extra animals needed. A greater number than are needed simply add unnecessary expenses."

Experiment With Live Stock at Many Points

At 26 principal points outside of Washington the United States Department of Agriculture is conducting experimental live-stock work. Problems in feeding and breeding of live stock, in the prevention and control of insects, parasites and predatory animals harmful to live stock, and other subjects related to the welfare of the live stock of the United States are studied. The stations have been so located that it is possible to study problems confronting live stock men under conditions similar to the actual conditions on the farm or range. This makes the results of greatest value, because the live stock grower can apply them without great modification.

Plant Some Rhubarb and Asparagus Early

A dozen hills of rhubarb and a row of asparagus, 25 to 50 feet in length, are indispensable in every home garden. They not only give large yields of tender shoots very early in the spring, but also furnish laxative elements generally much needed at that season of the year.

Find Tuberculosis in Hogs Killed in 1922

One of Every Seven Animals Had Dread Disease.

(Prepared by the United States Department of Agriculture.) Federal meat-inspection records for the year 1922 show that an average of one hog out of every seven slaughtered in establishments under federal inspection during the year showed lesions of tuberculosis. Altogether, 39,416,439 hogs were slaughtered under federal inspection in 1922, and 5,640,061 of them showed lesions of the disease. Hogs are infected principally by following diseased cattle in the feed lot and by drinking milk from tuberculous cattle. Because of the short feeding period of hogs, the tuberculous lesions are usually localized; the head and glands of the neck are most commonly affected. However, it is estimated that in 1922 more than \$2,000,000 worth of pork was condemned as unfit for human food on account of tuberculosis. This is but a part of the total loss sustained by the nation on account of tuberculosis in hogs. Animals affected with the disease cannot make the best gains, and the danger to human health is a factor always to be considered.

The vigorous campaign being conducted for the eradication of this dread disease has resulted up to March 1, 1923, in 24,132 accredited herds in the United States, in which more than a half million cattle have been pronounced free from tuberculosis. Every herd that is freed reduces the menace to the hog industry.

Soy Beans With Corn Do Not Lessen Yield

There is no decrease in yield of corn when soy beans are planted with the corn. Judging by results at the Ohio experiment station. Over a period of three years each acre of soy beans and corn, planted for hogging down, made 180 pounds more grain to the acre than corn alone.

When planted for silage, corn and soy beans showed even more decided advantages. Corn alone averaged 8.2 tons of silage to the acre; the corn-soy bean combination, 11.2 tons to the acre. The combination proved most profitable in wet seasons. The poorer the soil, the more likely are corn and soy beans to be good business. The corn and soy beans can be drilled together at the same time. The soy-bean seed should be inoculated. Lime the soil, if sour.

Dairy cows receiving corn-soy bean silage need less bran and oilmeal than those receiving corn silage. Figuring the protein at 5 cents a pound, and the carbohydrates at 1 cent a pound, the mixed crop has been found worth about \$6 more to the acre than corn alone.

Advantages of Motor Trucks in Corn Belt

The experience of other farmers who have owned motortrucks is the best guide in determining if one will prove profitable on a farm and if so what size will prove most profitable, according to the United States Department of Agriculture. Farmers' Bulletin 1314, "Motortrucks on Corn Belt Farms," by H. R. Tolley and L. M. Church of the division of agricultural engineering, is just off the press and gives data based on the experience of over 500 grain and live-stock farmers located in the Corn Belt who have owned motortrucks for more than two years. From these men there has been collected information on size of truck used, cost of operation, amount of hauling done and the advantages and disadvantages of owning a truck. The bulletin is intended for use primarily in the section where the data were collected but will be of interest to farmers in other sections. Copies may be obtained upon application to the United States Department of Agriculture, Washington.

San Jose Scale Pest Attracting Attention

The San Jose scale is attracting increasing attention in Rhode Island, Ohio, Georgia, Indiana, Illinois, Idaho, Texas and New Mexico. The lime-sulphur spray, according to reports received by the United States Department of Agriculture, is not proving as satisfactory as formerly, probably on account of less thorough applications. Well-sprayed orchards, however, have some infestation. In Illinois a large percentage of unsprayed scale was found alive, in some localities as much as 60 to 80 per cent. Some states are recommending lubricating-oil sprays as developed by the bureau of entomology. In Idaho there is very heavy infestation of the scale along the shores of the Snake river and on islands in the river. Fruit orchards adjoining are repeatedly reinfested. At Emmett and Parma apple orchards are infested, even in the best-cared-for orchards. In Boise the pest occurs on currants, pear, cherry, apple and rose.

Good Returns Can Be Secured From Garden

Most farmers don't think much of the garden, yet this is perhaps the most profitable acreage on the average farm. A good farm garden will almost support a family and leave a surplus of eatables for sale. The front-door market isn't a bad proposition where folks travel by automobile.

PITNEY STATES IT DID THE WORK

Waterford Resident Declares He Feels Like New Man Since Taking Tanlac.

"Tanlac has proved its merits in my case and I'm glad to tell others about it every chance I get," declared William S. Pitney, Box 412, Waterford, N. Y. "I suffered so badly with stomach trouble I was actually afraid to eat. Gas bloated me till I felt like I was being smothered, heartburn kept me in misery and sometimes the pain in my stomach was so awful I would be doubled up in agony. "But Tanlac has done the trick for me and I feel like a new man. My appetite is a wonder, and the hearty meals I now eat never give me the slightest touch of indigestion. I consider Tanlac without an equal." "Tanlac is for sale by all good druggists. Accept no substitute. Over 87 million bottles sold.—Advertisement.

A pretty woman knows best the value of a smile, but all smiles have intrinsic worth.

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds	Headache
Toothache	Lumbago
Earache	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monocetate diester of Salicylic acid.—Advertisement.

Chinch Bug Pest.

The mild weather has favored the successful overwintering of the chinch bug, according to reports received by the United States Department of Agriculture. It is now found to be present in winter quarters in threatening numbers over the greater part of southern and central Illinois, in 65 counties; in southern Nebraska, from Jefferson county west at least to Furness county, and in the northeastern corner of the state in Boyd county, where it is a southward extension of a serious manifestation in southeastern South Dakota; in eastern Kansas it seems to be more abundant than during average years. The temperatures have been above normal and very dry. Burning of hibernating quarters is being practiced throughout the state of Kansas.

Trouble never fails to come to the man who waits for something to turn up.

Wall HARMONIES

The Cross and Circle is printed in Red on every genuine package



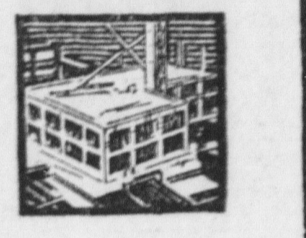
HAVE your interior walls tinted the exact color. Exercise your own good taste in just the color tones to bring out the best features of every room. There is only one sure way.

Alabastine

Instead of Kalsomine or Wall Paper

ESSENTIAL in all building—

EVEN in the average reinforced, all-concrete building the cost of the cement used is only 6% of the total cost. Yet Portland Cement is lower in price than any other manufactured product.



Your building material dealer can advise you where it is best to use cement, and where to use other materials. His experience should be utilized in your plans and you can rely on his judgment in the selection of the best brand in any building material line.

ATLAS PORTLAND CEMENT

"The Standard by which all other makes are measured"

GENIUS OF THE SIGN BOARD

After All, What is the Small Matter of an Apostrophe "Between Friends"?

Some years ago I watched a sign-painting genius while he put the final touches on a masterpiece: "Ladie's and Gent's Restaurant." "Pardon my inquisitiveness," said I, "but why do you put the apostrophe before the s?" "The which before the what?" he questioned courteously. "The little curly-tailed mark after that e and that t. Some call it an apostrophe." "Posserphie, is it? Well, young fellow, I seen and I make that dingus a hundred times, and I never knew that it had a name. Posserphie! That's a good one; I'll have to spring it on the gang. Some painters always paint it after the s, but I always put it before the s, because I think that it looks more artistic there. Otherwise, it don't make no difference where you put it."—De Laval Monthly.

Pepys Born 280 Years Ago. Samuel Pepys, writer of the famous diary, was born 280 years ago.

To stop a wagging tongue, stop your ears.

Too Late to Recall It. Blake was talking with his friend Scribber, the well-known English journalist of Fleet street. "Do you believe in writing anonymously?" he asked the hero of the pen. Scribber looked to see that the door of his study was shut ere he replied in a confidential whisper: "Well, I've often wished that one of my productions had been anonymous." "What was that?" asked Blake. "A letter proposing to Mrs. Scribber," groaned the famous writer.—London Answers.

The Fishing Hog.

I have my loves and my hates. No words can record my aversion for the person (is he man or devil?) who shares the little fish under size, whose abortive selfishness leads him to continue when the creel is full, and who catches the mother at spawning-time. To me he is the human wolverine, the fish glutton; and for him I have loathing as well as hate.—From "Old Black Bass," by Albert Benjamin Cushingham.

A woman always selects a good listener when she wants an entertaining companion.

It's now up to some genius to inaugurate a correspondence course in lawn mowing.

No "kick-back" in this mealtime cup

WHEN you find that coffee makes you nervous, keeps you awake at night, or causes frequent headaches, it's time to change to Postum.

This delicious, healthful cereal beverage gives you all the comfort and satisfaction of your usual morning cup. It has charm without harm to nerves or digestion—cheer without fear of a dangerous "kick-back."

Postum FOR HEALTH

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Mich.