

'Miss America' Declares Tanlac Wonderful Health Giving Tonic



Miss Campbell in "Miss America" crown which she has won on two occasions.
—Photo by Atlantic Photo Service.

Miss Mary Katherine Campbell, twice proclaimed "Miss America," has taken TANLAC and endorses it in a statement recently given to the women of America. In this statement, Miss America declares that Good Health is the basis of all Beauty, and advises women who would be beautiful to "first find good health."

Her complete statement as given is as follows: "I consider it a great privilege to be able to tell the thousands of women everywhere what a wonderful tonic TANLAC is. Health is the basis of all beauty. Without good health, one is apt to be run-down, nervous, underweight, high-strung, anemic. Indigestion drives the roses from a woman's cheeks and robs her of that radiant quality of womanhood that is real beauty."

"I have taken TANLAC and I do not hesitate to say that it is a wonderful health-giving tonic. It has brought relief and good health to many women, and with good health one may have a measure of beauty that will overcome shortcomings in face and figure."

"Rosy cheeks, sparkling eyes, a well-rounded figure, a lovable disposition, go hand in hand with good health. To those searching for beauty, I would say—'First of all, Find Good Health.' The TANLAC treatment has proven itself a boon to womanhood, and I recommend it."

Miss Campbell has written a booklet on Health and Beauty which may be secured by filling out the coupon below.

INTERNATIONAL PROPRIETARIES, INC.
Department..... W. N. U. ATLANTA, GA.
Gentlemen: I herewith enclose 10 cents (stamps will do), for which send me a copy of Miss Mary Katherine Campbell's Booklet on "Beauty and Health."
Name..... Street.....
Town..... State.....

Radio Station Uses Mountains for Masts

A wireless station using mountain peaks for antennae masts has recently been put into service in Upper Bavaria. The wires are supported by a strong cable and extend from one peak 5,100 feet high, a distance of about a mile and a half across country to the top of a smaller hill of some 2,820 feet elevation. The station is designed to communicate directly with the Far East. Special arrangements were necessary for the fixing of the cable ends and to allow for its stretching. The end of the cable is fastened to a small carriage weighted with stones and running on rails. When the cable is bent by

snow or wind the carriage is pulled forward. When the stress ceases it rolls backward on its sloping railroad.

Practical Jokes Unsafe.
Practical jokes are not always safe. There is a tale of a naval officer who noticed that his decanter of sherry grew steadily emptier. With a view to prevent the "evaporation," he filled it up with the vilest decoction he could compound. The sherry still decried; and at last he called up the steward. His explanation was thoroughly satisfactory. "I give the cook two wineglasses for the soup every evening," he said.

Inspiring fathers make aspiring sons.

Why Doctors Warn Against Coffee or Tea for Children

THE reason is simple. Coffee and tea contain drugs which tend to irritate the delicate nervous system of children, and so upset health.

The Federal Bureau of Education includes in its rules to promote health among growing school children, the warning that "children should not drink tea or coffee at all."

Why confine the warning to children?

You are careful to protect the health of your children; why, then, take chances with your own health, when a change from coffee or tea is made so easy by Postum.

Postum is a delicious, pure cereal beverage—ideal for children and satisfying to adults.

Postum for Health

"There's a Reason"

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 the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.

Sold by grocers everywhere!



Ration Devised for Dairy Calf

Substitute Suggested Where Whole Milk Is Profitably Disposed Of.

(Prepared by the United States Department of Agriculture.)
In dairy herds whose entire output is sold as whole milk at high prices, there is need for a means of raising the calves on other feeds. A number of substitute rations have been worked out at various experiment stations which have proved fairly satisfactory. On the experimental farm of the United States Department of Agriculture, at Beltsville, Md., a mixture has been devised as the result of experience, which is suggested for use in raising calves where the whole milk is more profitably disposed of through other sources.

Department's Ration.
The department's recommended ration is as follows: Take 50 parts finely ground corn, 15 parts linseed oil meal, 15 parts finely ground rolled oats, 10 parts dried blood flour, 10 parts skim milk powder, one-half part salt. Stir up with warm water at the rate of 1 pound of the meal mixture to about 6 pounds of water. Increase gradually as the whole milk is decreased, until at the time the calf is fifty days old it should be getting only the gruel. At this time 1 1/2 to 2 pounds of the meal mixed with water will constitute a day's feed. The total quantity of milk used is about 300 pounds; if less is fed the calves are likely to be unthrifty.

The time at which calves can be put on milk substitutes alone, say department dairymen, depends upon the same factors as in the use of separated milk, namely, the breed, development, and vigor of the calves, etc. It is hardly safe, as a rule, even with the most vigorous ones, to attempt to put them on milk substitutes alone within one month after birth; and with calves below normal in vigor some milk for two months or more may be necessary to raise them.

Feeding Schedule.
The department suggests, as a guide for feeding the above substitute to large, vigorous calves, the following schedule: First 10 days, 10 pounds of whole milk daily; second 10 days, 8 pounds of milk and 0.4 pound of meal (mixed up in 6 times its weight of warm water); third 10 days, 6 pounds milk and 0.8 pound meal; fourth 10 days, 4 pounds milk and 1.2 pounds meal; fifth 10 days, 2 pounds milk and 1.6 pounds meal; after 50 days, 2 pounds meal and no milk. Smaller and less vigorous calves should be fed somewhat less, and the milk feeding should be continued a little longer. In any event, a total of 300 pounds of milk should be sufficient. Grain and roughage should be fed with milk substitutes the same as with separated milk.

Whole milk is the best food for a calf; skim milk ranks second. Calves fed the substitute as stated above have been subject to no more digestive troubles than the skim milk fed calves and the gains in weight have not been materially less.

Clover or Alfalfa for Boars Is Satisfactory

Herd boars are more often overfed than underfed, say Iowa swine experts. When an animal enters the breeding season overfat, the results are seldom satisfactory.

For the young boar, provide a ration high in protein and mineral matter, so he may develop a large frame. Clover or alfalfa in a rack makes a satisfactory winter feed and will keep the animal in good condition.

A ration consisting of 40 pounds of ground oats, 40 pounds of corn, 15 pounds of wheat middlings and 5 pounds of tankage is good. Make a slop of the ground feed by mixing it with warm water. A boar should drink ten pounds of water for each 100 pounds of body weight, but will not do so unless he has part of it furnished in his feed.

Plenty of exercise and sunshine pay. Boars dislike cold, stormy weather and it is usually necessary to place the feed trough at the opposite side of the pen in order to make them stir themselves.

Henhouse Ventilation Is Quite Serious Problem

Much of the sickness and loss which occurs in poultry flocks during the winter from roup and colds is due to flocks being confined in houses that are close and damp, or that permit the other extreme of being cold and drafty because they are too high and the openings are improperly placed. The ventilation of the poultry house has to be solved differently for every type of house and locality. Also poultry-house ventilation has been subject to much change in the last decade, going from extreme closed warm houses to extreme open-front houses. The tendency now is to modify the notion and the tendency is to strike a course that is rather mediate.

Feed Chicken Flock Warm Mash on Cold Mornings

A warm mash on cold mornings will help the chicken flock. Mix your regular mash with equal parts of chopped beets or sprouted oats. Do not feed over two ounces per bird. When this is done feed a quart and a half of grain per 100 hens at ten o'clock and all they will clean up in an hour before dark. Keep dry mash before them all the time.

Continued Spread of Alfalfa Pest in West

Damage by Weevil Cause of Apprehension.

(Prepared by the United States Department of Agriculture.)

Continued spread of the alfalfa weevil throughout the Great Basin states and the increasing damage which it is causing in some of these states, notably Idaho, have caused great apprehension, especially throughout the more newly infested regions. The insect, according to the United States Department of Agriculture, now occupies practically all the alfalfa-growing regions of Utah and Idaho, and is found in parts of Colorado, Wyoming and Nevada. It has also been discovered in eastern Oregon and more recently has been reported from Sierra county, Calif.

An efficient means of control has been evolved by the bureau of entomology of the department in the use of an arsenate of lead spray which usually gives satisfactory control when applied once during the season. In southwestern Idaho, however, it was discovered that two sprayings are necessary in order to obtain satisfactory control, because of the fact that the weevil continues laying eggs throughout a longer period than elsewhere. The one thing apparently needed in the aid of artificial control of the pest, says the department, is some more efficient means of placing the available information on control before the alfalfa growers who are most vitally concerned.

As an additional means of control, insect parasites of the alfalfa weevil will be introduced from Europe. An expert who was sent to France to complete arrangements for the introduction of these parasites has recently returned after accomplishing his mission, and shipments of parasitic material will begin to arrive in this country next spring. It is hoped by these means to supplement the good work of a parasite already introduced from France, and thus eventually to restore the balance of nature and secure natural control.

Favor Cultural Method for Eradicating Garlic

The cultural method for the eradication of wild garlic that is advocated by the Purdue University Agricultural Extension department has been used with marked success by Walter Landers, Indiana.

At a recent field-meeting called by County Agent Horace Copeland, Mr. Landers explained the method to the farmers present. The meeting was held in a field heavily infested with garlic a year ago. According to Landers, he plowed the field in November, being careful to turn the tips of the garlic plants completely under in order to kill the tops. During early April he plowed again and planted the field to corn. By this means he has reduced the amount of garlic about 75 per cent.

Three years of plowing and cultivation are necessary to eradicate the garlic but the results secured by Landers are very striking.

Details of the cultivation method of eradicating wild garlic can be secured by addressing the Purdue University, Lafayette, Indiana. The work should be started about the middle of November.—Indiana Extension Dept.

Worthless Filler Adds to Cost of Plant Food

The farmer who wishes to buy plant food for his crops most economically will consider three things—filler, freight and fertilizer.

This is a statement from the New York College of Agriculture at Ithaca. The soils men at the college point out that farmers who buy low-analysis fertilizers not only pay a good round price for the filler, which of course contains no plant food, but they also have to pay freight on this worthless material, thereby making it a double liability.

The use of high-grade acid phosphate, where phosphate alone is needed, the purchase of high-composition chemicals for home mixing, and the use of high-analysis mixtures when factory mixed goods are used, will go far to eliminate freight and fillers and at the same time furnish the best of fertilizers.

Steam-Sterilizing Milk Cans Destroys Bacteria

That it pays to steam-sterilize milk cans has been shown conclusively by tests made by the United States Department of Agriculture. Unsteamed cans having a bacterial count of 154,000,000 contained 18,000,000,000 at the end of 24 hours, while steamed cans having a count of 3,400 immediately after steaming and left practically dry had 7,900 in the same time. The bacteria count on steamed cans left damp for 48 hours increased from 4,400 to nearly 6,000,000.

Economical Practice in Feeding Mature Horses

It is an economical practice to feed mature idle horses largely on fodders, straw and hay during the winter, but the same practice is poor economy when applied to growing colts. Colts need a large supply of available protein and mineral matter to develop their muscles and bones. If these nutrients are not supplied at this time when the incentive for growth is greatest, the result will be small and weak animals.

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Genuine Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocroticacidester of Salicylicacid

Record Catch of Fish.
The Lunenburg (Nova Scotia) fish-boat fleet landed a record catch of 312,375 quintals of fish during the last season. This is 18,925 quintals in excess of the 1919 record. The estimated value is over \$2,000,000. The average catch a vessel was 3,151 quintals. The Marian Belle Wolfe, with 5,600 quintals, was high liner.

Children Cry for Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants and Children all ages.



To avoid imitations, always look for the signature of Dr. H. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

Spoke the Truth. She—I'd like to see the man I would marry. He—I'll bet you would!
It Does Shock Some Folks. Mother—But what enjoyment do you obtain from smoking? Daughter—The effect on others.
The foundation of justice is good faith. Trying to please people can go to a foolish extreme.

Get rid of constipation by internal cleanliness



THERE is no reason why you should suffer from constipation. Headaches, biliousness, sleepless nights, heaviness, are nature's warning that intestinal poisons are flooding your system. If allowed to continue, you may become a victim of serious organic disease.

In constipation, say intestinal specialists, lies the primary cause of more than three-quarters of all illness including the gravest diseases of life.

Laxatives Aggravate Constipation
Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favor Lubrication
Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage out of the body. Thus Nujol brings internal cleanliness. Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine of laxative and cannot gripe. Like pure water it is harmless. Get rid of constipation and avoid disease by adopting the habit of internal cleanliness. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.



Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

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Famous since 1847