MONARCH

Not sold by chain stores

QUALITY for 70 years

No coffee sold reaches your table with so little waste or lost motion as does Monarch. Quality considered, Monarch is the most economical coffee you can buy. Order a supply today from your Regular Retail Grocer.

"Perfect Satisfaction"

"We sell more Monarch Coffee than all other brands combined. It gives perfect satisfaction to both dealer and consumer." B. V. MILES, CORYDON, IOWA

REID, MURDOCH & CO.
Established 1858
Chicago — Boston — Pittsburgh — New York

40 MONARCH FAVORITES

Cocoa, Tea, Sweet Pickles, Sweet Relish, Catsup, Chili Sauce, Preserves, Mince Meat, Mayonnaise Dressing, 1000 Island Dressing, Pork and Beans, Peanut Butter, Prepared Mustard, Grape Juice, Fruit Salad, Pineapple, Cling Peaches, Sliced Peaches, Apricots, Pears, Loganberries, Red Raspberries, Strawberries, Blackberries, Cherries, Beets, Red Kidney Beans, Lima Beans, Asparagus Tips, Corn, Tomatoes, Peas, Hominy, Pumpkin, Stringless Beans, Sweet Potatoes, Sauer Kraut, Spinach, Salmon, Milk

American Gottingers

Beginning with a visit by Benjamin Franklin in 1766, the flow of Americans to the famous University of Gottingen had resulted in 1910, according to the Gottinger Koloniebuch, in a list of American students numbering 1,196, of whom twenty had become college presidents and five ambassadors.

DON'T DO THIS — TRY THE WATCH TEST

Can You Hear?
Place watch to ear then draw away. You should hear tick at 56 inches. Does a ringing in your ears prevent your proper hearing?
LEONARD EAR OIL
relieves both Head Noises and Deafness. Just rub it back of ears and insert in nostrils.
For Sale Everywhere.
Interesting descriptive folder sent upon request.
A. O. LEONARD, Inc.
70 5th Ave.
New York

ITCH!
Money back without question if HUNT'S SALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 75c at druggists, or direct from A. B. Richards Medicine Co., Sherman, Tex.

For the Duration

Oscar—Ma, what's mooly chewing all the time?

Ma—Her cud, darling.

Oscar—Well, how long does the flavor last?—Farm Life.

Silk Worms for Poor

Silk worm eggs and mulberry plants for the expected worms are to be distributed among the needy peasants of Constantinople by the Turkish public debt administration.

The Dogmatic

Those who refuse the long drudgery of thought, and think with the heart rather than the head, are ever most fiercely dogmatic.—Bayne.

It is as easy to draw back a bullet after discharging the gun as it is to recall an unkind word.

Many protest that they are democratic, though they like to be told they are aristocratic.

Unexplored Land

One of the largest unexplored areas in the United States lies in a triangular space between the Colorado and the San Juan rivers in southeastern Utah. An expedition of the National Geographic society has begun a survey of the region, primarily to determine whether it was once generally inhabited by the ancient cliff dwellers. The country consists mostly of canyons and sandstone cliffs and is of fantastic beauty. An area as large as some of the smaller eastern states still remains quite unknown to white men.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness are oftentimes symptoms of kidney trouble.

Don't delay starting treatment. Dr Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation, send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing, be sure and mention this paper.—Advertisement

Appropriate

Mrs. Pester—Can you suggest an appropriate sentiment to embroider on my new guest towel?

Her Husband—Yes; "Hands Off" in big red letters.

Yes, Be Sure

To keep young, feel young is all right, but be sure folks understand your motive when you are cutting up antics.

No Reason To

"Aren't you staying at home again tonight, dear?" "Why should I? I am quite well!"

Eye infection and inflammation are healed overnight by using Roman Eye Balsam. Ask your druggist for 35-cent jar or send to 372 Pearl St., N. Y. Adv.

Essence of taking exercise is that you've got to be interested. That's what so often ails walking.

The livelihood of thousands of men is threatened by the appearance of the white pine blister rust in the forests in the West.

Children Cry for "Castoria"

A Harmless Substitute for Castor Oil, Paregoric, Drops and Soothing Syrups — No Narcotics!

Mother! Fletcher's Castoria has been in use for over 30 years to relieve babies and children of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep without opiates. The genuine bears signature of

Chas. H. Fletcher.

DUTCH VASES for flowers and our artistic optic glass vases to beautify your home. Blue, Green, Amethyst, 12 inches high postpaid $1.25; 14 inches high, postpaid $1.50.

CRACKLED ICE TEA SETS
Innovation style, 1 covered Jug, 6 Touraine Tumblers, 6 colored Berry Sippers, postpaid $5. Special "Narcisse" Presentation Perfume Set, postpaid $3.50. Write for our free special lists for genuine imported and domestic perfume sets. Money refunded if not satisfactory. AGENTS WANTED.
CHRISTMAS NOVELTY CO., 432 EAST 71ST STREET, NEW YORK, N. Y.

Improved Fruits Increase Trade

American Farmers Adding to Income From Various Crops Sold Abroad.

(Prepared by the United States Department of Agriculture.)

Each year adds to the income which American farmers are realizing from various crops which have been introduced from foreign countries and developed and fostered by the United States Department of Agriculture and the various state experiment stations. Some of these crops have been here for so many years that we are inclined to look upon them as our own. Most of them, however, got their start in some other country.

Raisin Industry Grows.

Take, for example, the raisin industry of California which has grown to such great size in recent years. Varieties of grapes were introduced from Europe and tried out under Pacific coast conditions. For many years the department has maintained experimental vineyards in various parts of California. Within the last three years it has acquired titles to two vineyard tracts, one in Napa county, and one in Fresno county, which are exclusively devoted to the problems of grape culture in that state. Research work by the federal department and the state experiment stations, along with others, have helped greatly in making it possible for raisin producers to develop the product which is now an important factor in our export trade with a number of countries. According to the Department of Commerce, for the eight months ending with February, 1924, more than three millions pounds of raisins were marketed in China, which is more than four times as many as we marketed in that country for the same time the preceding year. The trade with Japan is about twice as great as that with China, and Canada, which is our biggest purchaser, used practically thirty million pounds of our raisins during the eight-month period in 1924. Within the same time the United Kingdom took about fifteen million pounds.

Apple Developed.

The apple may be taken as another example of a fruit, not native to this country, which has been developed to a high state of commercial perfection. It is largely because of plant introduction and improvement, together with development of effective cultural methods, including the prevention and control of destructive diseases and insect pests, that it has been possible to build up an extensive trade in this fruit, a trade which is increasing greatly. The export of apples in the eight months ending with February, 1924, was 4,719,371 boxes and 1,688,114 barrels, a movement much in excess of that in 1923, according to the Department of Commerce reports.

Although the apple was not indigenous to this country, so far as the list of modern varieties is concerned those which figure extensively in our commercial trade are practically all of American origin.

Soil Requirements for Good Crop of Soy Beans

Soy beans are very similar in their soil requirements to the common bean but are frequently grown on poorer land for soil improvement purposes. For feeding purposes, they can best be handled as a hay crop, planting from six pecks to two bushels per acre with an ordinary grain drill on clean ground. If ground is weedy, drill in rows twenty-eight inches apart, and cultivate, using one bushel of seed per acre. For hay, soy beans should be cut when the pods are formed and beginning to fill. They can best be cut with a mowing machine. The crop is cured for hay in much the same way as alfalfa is handled, allowing to wilt in the swath and throwing into windrows or small cocks for curing.

Large Silage Corn and Common Field Variety

Large, late silage corn and common field corn for silage have been compared in feeding tests with dairy cows, at the Ohio experiment station. The Blue Ridge silage corn yielded more dry matter per acre than the Clarage field corn, but the Clarage produced more grain and seemed a little more palatable than the larger variety. In all the feeding tests the Blue Ridge silage proved more efficient for milk and butterfat production. But the Clarage produced the larger gains in weight. The results of the five tests indicate that there is much less difference per acre between the large silage varieties and the ordinary field corn than is commonly supposed.

Pure Bred Sires Signs Are Being Distributed

Upon request of live stock owners, or extension workers applying in their behalf, the bureau of animal industry, United States Department of Agriculture, has distributed 4,500 farm signs "Pure Bred Sires Exclusively Used on This Farm." These sires are lithographed on waterproof cardboard and resemble a metal tablet. To be eligible to receive and display the sign, farmers must use pure bred sires exclusively for all kinds of live stock kept, as shown by enrollment in the "Better Sires—Better Stock" campaign. This plan of live stock betterment is conducted jointly by the various states and the United States Department of Agriculture.

Successful Fights Made Against Rats

Campaigns Put On in New Jersey and Massachusetts.

(Prepared by the United States Department of Agriculture.)

Noteworthy antirat campaigns were conducted during the latter part of January and early in February by county agents L. B. Boston of Barnstable county, Mass., and Ellwood Douglass of Monmouth county, N. J., in co-operation with the biological survey, in which outstanding organizing ability was shown by these agents.

The campaign in Massachusetts was noteworthy from the educational side in the quantity and type of newspaper publicity given it, in addition to the destruction of about 10,000 rats. In New Jersey, in a well-organized and well-conducted campaign, 40,000 rats were estimated to have been killed at a cost of $275 to the county conducting it, or about seven-tenths of a cent a rat. With the average rat causing a loss which has been estimated to be $2 a year, the theoretical saving of $80,000 in Monmouth county gives an approximate return of about $290 on every dollar invested in the campaign.

Dodder Dangerous Weed in Alfalfa and Clover

Dodder, the parasitic weed which starts from a weed but soon detaches itself from the soil to live entirely upon the juices of the plants which it attacks, is dangerous in clover and alfalfa fields, and, according to A. C. Arny of the farm crops section at University farm, at St. Paul, has obtained a foothold in a few sections of Minnesota.

Dodder is a plant with stems about the size of the lead in an ordinary pencil," says Mr. Arny. "These stems twine around and take their food from alfalfa and clover plants. As the dodder plants become mature, they turn a golden yellow and are easily seen. They should be watched carefully and destroyed before they have opportunity to produce seed.

"Clover and alfalfa seed containing dodder should not be purchased or planted anywhere in the state. Particular attention should be given to keeping fields free from dodder in all seed producing sections."

Anthracnose Is Dreaded Disease of Watermelon

Anthracnose is the most dreaded of all diseases on the watermelon crop. It first appears as small dark spots on the old leaves. These spots spread very rapidly, and soon cause the whole plant to die. If one vine becomes infected, the whole field may soon die, for this fungus is spread by wind, rain and insects, any of which may carry the organism to uninfected plants. From the infected vines the spores of the fungus fall on the young melons (if any), and these in turn soon show small scabby spots which make the melons unfit for market. If infected melons are shipped the spots may spread so rapidly that the whole car will be lost before it reaches its destination.

Fertilizer Is Important Largely for Plant Food

Plant food makes the fertilizer. In other words, fertilizer is important largely for the plant food it contains. Thus, it has become the custom to speak of a fetilizer as a "2-12-2" or a "4-8-4," referring to the proportion of plant food it carries. Doubtless there are few, outside of the wholly uninitiated, who do not really know that fact. Still it may be helpful to state again that in the symbol, for example, "2-12-2," the first figure designates the per cent of the ammonia, the second figure designates the per cent of phosphoric acid, and the third the per cent of potash, in the fertilizer.

FARM FACTS

A farmer is judged by the farm he keeps.

• • •

Turn hens out to pasture. They also are live stock.

• • •

Though scrub sires will die eventually, why not let it be now?

• • •

Tickle the garden soil thoroughly and it will laugh with an abundant harvest.

• • •

Make your farm and your farming up-to-date and progressive, and your boys will more likely want to stay on the farm.

• • •

Allow two plants of squash, cucumber and melons to remain in each hill. The thinning should be done as soon as the plants have formed the third leaf.

• • •

Velvet beans, soy beans, or cowpeas, depending upon local conditions and individual preferences, should be planted as a companion crop in every acre of corn.

• • •

If lettuce is grown from seed thin out the plants so as to allow them to be 8 to 12 inches apart in the row. Use thinnings for transplanting and supplementing a broken stand.

• • •

Thin out the beets and carrots, allowing the plants to stand from one to three inches apart in the row. Also thin out salsify, allowing the plants to stand one inch apart in the row.

Mercury in Japan

Near the village of Kita, in the Upper Goto archipelago of Japan, it is reported that an exceptionally rich vein of mercury ore has been discovered. It is said to extend for more than seven miles on the surface and to vary in width from two to six feet. Assays show the ore to be very rich, containing 18 per cent of mercury, and preliminary excavations indicate that the vein increases in thickness the deeper it is followed. It should make Japan independent of the rest of the world for its supply of mercury.

Don't hesitate

Dress burns, bruises, wounds and cuts, rashes and sores with soothing "Vaseline" Petroleum Jelly. It keeps out dirt and air and hastens healing. For coughs or sore throats take a teaspoonful several times a day. It is tasteless, odorless and absolutely harmless.
CHESEBROUGH MFG. CO. (Cons'd) New York

Vaseline
REG. U.S. PAT. OFF.
PETROLEUM JELLY
Look for the trade-mark "VASELINE" on every package. It is your protection.

New Food Product

Wheat, sugar and apples are the basis of a new food product to be brought out at Kentville, Nova Scotia. The new product will have a distinct apple flavor, and it is estimated that the industry will provide a market for 300,000 barrels of apples annually. A name suggested for this product is "Apple Krisp." The apples, chiefly windfalls and No. 3s, will undergo evaporation before entering the final stage of manufacture.

Acid stomach, heartburn and nausea are corrected with the use of Wright's Indian Vegetable Pills. 372 Pearl St., N. Y. Adv.

Old Vehicles in Favor

Yucatan clings to antiquated means of transportation, which include the carreta, the coche, the volan and the volante, although the introduction of automobiles bids fair to eliminate these vehicles, says the Detroit News. The carreta is a heavy two-wheeled truck; the coche, a light four-wheeled, rubber-tired, rigid-topped carriage, with body supported on heavy leather straps, for travel on the rocky country roads, similar to the stage coach of America's old West, and the volante, a very heavy four-wheeled vehicle, somewhat like a victoria, but with the body supported on heavy leather straps, used for rough travel in the rural districts.

To Clean a Watch

To keep the works of a watch clean cut a piece of white paper the size of the cover and, after soaking the paper in petrol, place it within the inner case. The paper should be periodically removed and a fresh piece, also soaked in petrol, substituted. The same plan may be adopted for small and medium-sized clocks.

Poverty brings us strange bedfellows and riches bring us queer nightmares.

Shake Into Your Shoes

And sprinkle in the foot-bath **Allen's Foot-Ease,** the antiseptic, healing powder for Tired, Swollen, Smarting, Sweating feet. It takes the friction from the shoe, prevents blisters and sore spots and takes the sting out of corns and bunions. Always use **Allen's Foot-Ease** to break in new shoes and enjoy the bliss of feet without an ache. Those who use Allen's Foot-Ease have solved their foot troubles. Sold everywhere. Trial package and a Foot-Ease Walking Doll sent **Free.** Address
Allen's Foot-Ease, Le Roy, N. Y.

FARMS—SEND FOR MY DESCRIPTIVE price list; it will interest you. H. D. FUNK, ROYERSFORD, PA. Phone 266.

Parents, Teach Yourselves, Your Boys and girls, age no barrier, to swim in a sure, safe, quick way. Send for instructions. Brandon Sales Co., 197 Harrison, St., Paterson, N. J.

MOST WONDERFUL SALVE FOR ALL SORES. Good for man or beast. 35c and $1.00. THE NELSON REMEDY CO., Not Inc. 821 Lincoln Avenue, Highland Park, Illinois.

AGENTS WANTED—Everlasting and practical article needed in every home and office. Excl. territory allowed. Quick seller. Large profits. Heller, 5828 Washington, Philadelphia.

KEEP EYES WELL! Dr. Thompson's Eye Water will strengthen them. At druggists or 1157 River, Troy, N. Y. Booklet.

Kill All Flies! THEY SPREAD DISEASE
Placed anywhere, DAISY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed.

DAISY FLY KILLER at your dealer or 5 by EXPRESS, prepaid, $1.25.
HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

W. N. U., BALTIMORE, NO. 24—1924.

Big Traffic in Cocaine

Cocaine is derived from coca, and is produced chiefly in the Andean sections of Peru, Chile, Bolivia and the Argentine Republic. The province of Yunga, Bolivia, is the chief producing territory, the output aggregating more than $200,000,000 annually. The production is constantly increasing, and it is believed that the total crop of the South American countries for the past year exceeds $375,000,000. Among its addicts it is better known as "snow," and some authorities hold it to be the curse of the Occident.

May Harness Shannon

The Free State government of Ireland has entered into an agreement with an engineering concern for a comprehensive survey of the hydro-electric possibilities of the River Shannon. A detailed scheme is to be worked out for harnessing the Shannon and for the distribution of power over the twenty-six counties of the Free State. If the findings are favorable, the government may develop the project as a state enterprise.

Good for Him

"John talks in his sleep."

"How's that?"

"He recited in class today."

Faint heart that ne'er won fair lady may have been partial to brunettes.

Appalling Problem Confronts Americans, Life Tables Show

Average health span extends only from age 18 to age 31—Earning power dwindles rapidly after 40

Health—physical freedom and full vigor—ends at age 31 for the average person. Maximum usefulness ends at 40. These facts, shown by the United States Life Tables, 1920, form the most appalling problem every human being has to face!

What are the years after 40 going to mean to you? Will they be worth living? Can you earn your way during those years?

Not if you are "the average individual." What sort of person is "the average individual" in America? He works hard. He eats unwisely. He loads his body with drug stimulants, which appear to *give* energy, but actually *borrow* this energy from his own reserve.

Age 31—and he begins to slip. The reserve strength which his body sought to store up against these later years, has bit by bit been robbed. Age 40—he suffers loss of income. Age 50—what?

Remember the simple laws of health which everyone learned in school. Avoid stimulants. Avoid the sleepless hours, upset digestion, warning headaches, taut nerves and muddy complexions which so often accompany the use of the drug caffein.

Caffein is classified as a poison. Like strychnin, it is sometimes given by doctors in cases of heart failure. The average cup of coffee contains the usual dose of caffein administered in such cases. The alarming foolishness of taking this poison regularly into the system is borne out by the frightful limitation of health and usefulness as compared with the length of life.

You need the digestive aid and comfort of a hot drink. You can get such a drink without drugs. You can get it with a flavor which millions of people consider more delicious than any other. You can get it in a form which contributes, rather than robs, reserve strength.

Change to Postum! Whole wheat and bran, skillfully roasted, with a little sweetening. Nothing more. A *wholesome* drink—an *enjoyable* drink. Try Postum for thirty days—you can't rid yourself of the effects of a habit of years in a few days.

We will start you on your thirty-day test, with a week's supply of Postum—free. Either Postum Cereal (the kind you boil) or Instant Postum, the easiest drink in the world to prepare. Either kind costs less than most other hot drinks. Just indicate the kind you want for your week's free supply—and we will also have Carrie Blanchard, famous for the goodness of her Postum, send you her own directions.

Are you interested in the years after 40? Accept this offer *now!*

TEAR THIS OUT—MAIL IT NOW

POSTUM CEREAL CO., INC., Battle Creek, Mich.
I want to make a thirty-day test of Postum. Please send me, without cost or obligation, one week's supply of
INSTANT POSTUM . . . ☐ Check which
POSTUM CEREAL . . . ☐ you prefer
Name _____
Address _____
City _____
State _____
WNU Baltimore 20