Colds Fever Grippe
Go Stop them today
Stop them quickly—all their dangers and discomforts. End the fever and headache. Force the poisons out. Hills break colds in 24 hours. They tone the whole system. The prompt, reliable results have led millions to employ them. Don't rely on lesser helps, don't delay.
Be Sure It's HILL'S Price 30c.
CASCARA BROMIDE QUININE
Get Red Box with portrait

Paper Money Annoyance

We wish the government would either reconsider its decision to print no more $10,000 bills or else retire those that are already in circulation, as we do hate to carry so much dirty money around all the time, says the Ohio State Journal, on which the Newark (Ohio) Advocate remarks: "And the iceman almost never has the change for it. And only the other day our street car conductor accused us of trying to snatch a free ride when we handed him one."—Indianapolis News.

Many people imagine that Worms or Tapeworm cannot be expelled entirely. A single dose of "Dead Shot" proves that they can. 372 Pearl St., N. Y. Adv.

State Line Juggled

Someone has been moving the state of Pennsylvania. State officials have made the discovery that boundary line jugglers have effected unauthorized revisions in the contour of the Keystone state. In some places investigation showed the state line has been moved 500 feet by shifting the monument markers.

Sure Relief
BELL-ANS FOR INDIGESTION 25 CENTS
6 BELL-ANS Hot water Sure Relief
BELL-ANS FOR INDIGESTION
25¢ and 75¢ Pkg's. Sold Everywhere

Widows and Dependent Ladies—Attention! Representatives wanted in every town to handle exceptionally fine line of toilet requisites. Large earning possibilities. Every lady a prospective purchaser. Build up a business for yourself that will assure you an income and make you independent. Personality Co., 214 W. 92nd St., New York City.

Marvelous New Camera takes and finishes a picture in two minutes. No films, plates or dark rooms required. Complete with full directions only $2. Particulars free. Arthur Terry, 1888 West 5th St., Brooklyn, N. Y.

STAGE CAREER; DRAMA; VAUDEVILLE; motion picture. Your opportunity today. Mail $1 for successful course. Victor Delano, 518 Detroit Sav. Bank Bldg., Detroit, Mich.

FREE—READ THE "ENCYCLOPEDIA OF ETIQUETTE" and avoid embarrassment when attending social functions. If interested, write for details of Free Offer. P. MONT, P. O. Box 157, Claremont, N. H.

MUSIC IN THE HOME Have you a phonograph? If not, we'll help you get one. Do you want the latest records? Answer these two questions, and send us one dime, for which we'll mail the complete Columbia Catalogue, free. Get these popular records. Send for them today:
{ The Camel Walk (Fox Trot) Ted Lewis' Band, 478-D
{ Bam, Bam, Bamy Shore (Fox Trot) " " 75 cts.
{ If I Can't Have You (Solo) Kitty O'Connor, 422-D
{ I'm So Disappointed in You (Solo) " " 75 cts.
WASHINGTON MAIL-ORDER RECORD HOUSE
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Porter's Pain King
A Liniment
54 Years a Favorite Remedy for Coughs and Colds
Nothing Else Like It.

FOR OVER 200 YEARS
haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.
GOLD MEDAL HAARLEM OIL CAPSULES
correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

BLOTCHY SKIN need not annoy you. Pimples blackheads, etc. are quickly dispelled by
Resinol

Boschee's Syrup
HAS BEEN
Relieving Coughs for 59 Years
Carry a bottle in your car and always keep it in the house. 30c and 90c at all druggists.

PASTOR KOENIG'S NERVINE
for Epilepsy Nervousness & Sleeplessness.
PRICE $1.50 AT YOUR DRUG STORE
Write for free Booklet
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HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

(©, 1925, Western Newspaper Union.)

THE CONTROL OF RAW FOODS

PRIMITIVE man picked his fruit from the tree and ate it as fast as he picked it. The fish he ate were those he caught himself. The animal food was of his own killing and preparing. There was little danger of his food becoming infected or contaminated, for it passed through no hands but his own.

So modern problems of food control are of comparatively recent origin, says Dr. Herman N. Bundesen, health commissioner of Chicago. In a recent article in the Journal of the American Medical Association, he discussed the best methods of regulating raw foods so that they may reach the purchaser and consumer in sound and wholesome condition.

Milk is probably our commonest raw food. It is also probably the most perfect natural food. Unfortunately, it is just as well fitted for sustaining other forms of life and so is an ideal medium in which to grow the germs of typhoid, diphtheria, tuberculosis and scarlet fever. These germs may get into raw milk from the cow that gives the milk, from the farm hand who milks the cow, from the pail or can in which the milk is stored or from the milkman who delivers the milk. The danger of contaminated raw milk is now so generally recognized that in practically all large cities today milk ordinances require that all milk sold must be partially cooked or pasteurized before being sold. Even after it is pasteurized it may be infected before it is consumed. So city milk ordinances should include provisions for bottling, capping and handling and housewives should be taught that all pans, crocks, bottles and jars in which milk is kept should also be kept clean.

That this danger is very real is shown by Professor Rosenau of Harvard, who has collected evidence of 317 epidemics of typhoid, 125 of scarlet fever and 51 of diphtheria since 1907. There have probably been many more cases in country districts that were never recognized or reported.

Cream, butter and ice cream, being milk products, are also equally open to suspicion. Oysters eaten raw may carry typhoid, as was shown by the typhoid epidemic last winter in New York, Chicago and Washington. Fruits and vegetables may carry typhoid especially leafy vegetables such as cabbage, celery, lettuce and water cress. This infection may come from the earth in which they are grown, especially from heavily manured ground or from dust or handling in transportation. All fruits and vegetables eaten raw should be thoroughly washed preferably in hot water before eating.

KIDNEY DISEASE

THERE is probably no ailment of the human body which arouses so much public interest as disease of the kidneys. A large share of the space in our newspapers and magazines devoted to so-called "patent medicines" is taken up by various "kidney cures," kidney pills and liquid medicines.

Most of the medicines advertised are of no value and little effect, while the pads, plasters and belts have no effect at all. Putting a plaster on the back, as near the supposed location of the kidneys as you can get, has no more effect on the kidneys than it has on the ribs or the bones of the spinal column. But the idea in the popular mind seems to be that the sufferer has inherited "weak kidneys" or has "strained his kidneys" or "caught cold in his kidneys" and that the nearer he can get some kind of a contraption to his kidneys, the sooner he will get relief.

This all grows out of the idea that in "kidney disease" the kidneys alone are affected and that they are entirely independent of any other part of the body. Both these ideas are wrong.

There is no such thing as "kidney disease." There are, however, several diseases of the human body in which the kidneys are seriously affected and in which the symptoms may point with special emphasis to the kidneys.

Another popular delusion is that pain in the back means disease of the kidneys. It doesn't. In the great majority of cases of real disease of the kidneys, there is no pain in the back or anywhere else. Likewise where pain in the back is present without any other symptom, there is no disease of the kidney. So don't worry about what the advertisements say. It just "ain't so."

There are two common forms of inflammation of the kidneys or nephritis as the doctor calls them. Both of these are the result of infection somewhere else in the body and affecting other parts of the body as well as the kidneys. This infection may follow some acute disease as scarlet fever, measles or diphtheria, or it may be due to slow poisoning from bad tonsils, abscessed teeth, infection of the sinuses or bony spaces around the nose, to running ears or infected gall bladders or to any other kind of long continued infection in which not only the kidneys but the whole body are slowly irritated by the absorbed poisons.

Eggs Carry Well in Good Packing

Series of Tests Made to Show Efficiency Under Commercial Conditions.

(Prepared by the United States Department of Agriculture.)

The economy of careful packing of eggs has been demonstrated in a series of shipments to test the comparative efficiency under commercial conditions of eight different methods of packing eggs in cases and two methods of buffing the cases in the cars. The eggs carried through to market with comparatively little damage.

The tests were made recently under the auspices of the interrelations committee, representing egg case and filler manufacturers, shippers, railway and express companies and receivers in co-operation with the bureau of agricultural economics, United States Department of Agriculture.

Different Methods.

The eight different methods of packing used were as follows:

1. Standard case, standard fillers and flats, four excelsior pads.
2. Standard case, standard fillers and flats, six excelsior pads.
3. Cut down three-eighths inch less in depth than standard, standard fillers and flats, four excelsior pads.
4. Standard case, standard flats, fillers one-eighth inch deeper than standard, four excelsior pads.
5. Standard case, standard fillers and flats, cup flats top and bottom.
6. Standard case, standard fillers, cup flats throughout.
7. Cut down case, standard fillers, embossed flats, four excelsior pads.
8. Standard case, standard fillers, embossed flats, cup flats top and bottom.

Six different shipments of two cars each were made. The different shipments moved from Enid, Okla., to Boston; from Wichita, Kans., to East St. Louis; from Hutchinson, Kans., to East St. Louis; from Clarinda, Iowa, to Chicago; from Columbus, Neb., to Washington, and from Marion, Ind., to Jersey City. Each car was loaded with an equal number of the eight different packs, one car in each shipment being braced with wood and the other buffed with baled straw or hay. The eggs were packed in the cases by employees of Swift & Co. at their plants located at the various shipping points.

Two cases of each pack, in each car, were thoroughly candled and inspected to determine the number of damaged eggs at shipping point and again at destination in order to ascertain the damage occurring in transit. Impact recording instruments were placed in each car to secure a record of the shocks to which the eggs were subjected during shipment.

Damage in Transit.

The damage occurring during transit was reduced to terms of the average money loss per case. On this basis the results show that for all shipments there was a slight, but hardly significant, advantage in favor of the straw and hay-buffed cars over the wood-braced cars. The average loss in the former was 1.49 cents and in the latter 1.82 cents.

The various packs, all shipments considered, ranked as follows in terms of average money loss per case: Pack 6, 0.94 cent; pack 7, 1.22 cents; pack 2, 1.49 cents; pack 4, 1.55 cents; pack 8, 1.62 cents; pack 5, 1.88 cents; pack, 1, 2.9 cents and pack 3, 2.46 cents.

A mimeographed report entitled "Comparative Efficiency of Various Methods of Packing, Loading and Bracing Eggs" has been issued which describes the tests and gives the data secured in detail. Copies of this report may be obtained on application to the Bureau of Agricultural Economics, United States Department of Agriculture, Washington.

Cover to Protect Grape Vines in Cold Weather

Young grape vines should be pruned as soon as the leaves are off and then covered to protect them from extreme cold weather and drying winds which quite often cause winter killing.

Plants set out last spring are usually pruned heavily, leaving but one cane and this from three to four buds long. These small plants are protected by molding about six inches of dirt over them. Two-year-old plants are cut to one vigorous cane from three to five inches long. If the one-year plants have two or three vigorous canes, they may be pruned the same as the two-year-old vines. Vines older than two years may be pruned to a definite system, the Kniffen system being one of the most popular.

In following this system, the trunk is trained to the upper wire of the trellis. The fruitage cane arises from this trunk. These canes are light in color as compared with the old wood and the bark is smooth. From four to six of these canes are chosen to produce the next year's crop.

Better Live Stock

The most enthusiastic corn-grower is the one who has been at it the longest. Corn, alfalfa and sweet clover mean more and better live stock, and this means that your operations will be on a much more profitable permanent basis. Remember these things: Get seed of a variety suited to your climate; test the seed for germination; plant it with an accurate planter; work the soil shallow in the later cultivations, and use your own good judgment as to the best time and manner of harvesting.

Coniferous Trees Good as Farm Crop

Have Assured Market for Lumber or Pulpwood.

(Prepared by the United States Department of Agriculture.)

Profitable crops may be obtained from the poorer areas on many farms by planting coniferous trees. Even in small sizes the conifers may be sold at a profit as Christmas trees, and in the large sizes they have an assured market for lumber or pulpwood. As a class they promise earlier and larger money returns to the farmer than other kinds of trees. Conifers are also very effective as windbreaks. And although they grow best on rich, deep, well-drained soils, some species of conifers—the pines in particular—will ordinarily take hold better than hardwoods on poor soils such as worn-out fields or pastures, sandy areas, cutover woodlands and areas with shallow soil.

Information on how to obtain trees for planting, as well as complete instructions for producing home-grown seedlings, for planting them, and for caring for the plantation, are given in Farmers' Bulletin 1453, just issued by the Department of Agriculture under the title, "Growing and Planting Trees on the Farm."

Eighteen states listed in the bulletin now operate nurseries or provide in some other way for distributing tree seedlings for planting. These states usually furnish the seedlings at cost or free. Good planting stock can also be obtained from commercial dealers.

With the possible exception of two or three species of hardwoods, nearly twice as much saw-log timber can be taken from a fully stocked merchantable stand of conifers as from a similar stand of hardwoods. Conifers can be matured in greater numbers per acre, and their straight, unbranched trunks yield more saw logs. In general, therefore, for timber production conifers are the best choice for farm planting.

Fine Time to Overhaul Farm Machines in Winter

During late winter and early March is a fine time to overhaul farm machinery, or at least send for the needed repairs and put them in place on warm days, also to oil and repair the harness. At this time, plans for spring and summer work are gone over in detail and everything made as handy as possible for the rush of spring. Extra nuts, washers and bolts for the machines, and extra snaps, straps, etc., for the harness are bought and laid in a handy place.

In fact, everything is done that can be done to permit rapid and effective work when spring opens up, and if we use our brains, it is surprising to see how much can be done during the winter season that will pay big dividends later on in the lessening of breakdowns, and in their quick repair if they happen. Remember that the farmer makes more money with the right use of his brains than he does with the use of his hands, or at least it is a 50-50 proposition. Endeavor to improve your brains during the winter and do some regular reading and study.

Good Staying Qualities Needed by Swine Grower

Andrew Boss, vice director of the Minnesota experiment station, told an audience of farmers on Swine Feeders' day, University farm, St. Paul, Minn., that the important thing after getting into the hog business is to stay in and develop a plan that suits the individual farm. He gave five rules for successful hog raising:

Provide suitable quarters for feeding and sleeping.

Lay out a system of lots and fencing fields to give clean fresh forage for brood sows and litters through the summer.

Make use of all dairy products and farm waste possible and provide an abundance of water at all times.

Arrange the farm so that shotes can be turned into the corn fields and fattened.

Provide for a surplus of feed so that stock hogs can be fed out at any time that the market looks especially promising.

Farm Hints

Fat pocket gophers cause leaner pocketbooks.

• • •

The well-fed, well-housed hen certainly knows her eggs.

• • •

Now is a good time to begin planning for next year's garden.

• • •

The feeding value of sorghum grains is about 90 per cent that of corn.

• • •

The chief cause of ropy milk is bacterial growth on utensils. The remedy is careful scalding.

• • •

Potato storage should be dark, and arranged so that it can be ventilated during warm days.

• • •

Cabbage is rich in the green material needed by laying hens. About six pounds of cabbage may be fed per hundred birds per day.

• • •

A strong ram given one liberal grain feed daily, water to drink and with his fleece lightened or off will finish the season in good condition.

Children Cry for

Fletcher's CASTORIA

MOTHER:— Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages 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.

To avoid imitations, always look for the signature of Chas. H. Fletcher.
Absolutely Harmless - No Opiates. Physicians everywhere recommend it.

Warn Against Sports

Another warning against excessive sport in Germany has been sounded by certain members of the Catholic center and German Nationalist parties. It seems that German youth now spend most of Sunday in gymnasiums and on athletic fields.

Where Credit Is Due

Reverend Whitsett—Seven children, eh? My good man, you deserve a great deal of credit for raising a family like that.

Truitt—I certainly do, but I manage to pay most everything eventually.—Philadelphia Record.

For Colds
BAYER ASPIRIN
Proved safe by millions and prescribed by physicians for
Colds Headache Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism
DOES NOT AFFECT THE HEART
Safe 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 Monoaceticacidester of Salicylicacid

Paderewski Likes Billiards

After the piano and politics, billiards stands high in the opinion of Paderewski. He once said it was the only game that enabled him to take complete mental rest.

One Good Reason

Randall—Why is it that you are not eating candy any more?

Rachel—Oh, I kinda got out of the habit since going with you.—U. S. C. Wampus.

"They haven't missed a single day at school!"

"They're well all the time. The doctor says they are the healthiest children he knows.

"He told me *constipation* is what makes so many growing children sickly. Poisons from the waste matter spread through the little bodies, and lower their resistance to disease. So I'm very careful to guard against constipation. I simply give them a little Nujol every night.

"Nujol isn't a laxative at all, you know, but it keeps them just as regular as clockwork. They like it, and the doctor says it's just the thing for them."

Nujol helps Nature in Nature's own way

Mothers are the best friends of Nujol. When their children's health is at stake they seek the remedy that medical authorities approve because it is so safe, so gentle, so natural in its action.

Constipation is dangerous for anybody. Nujol is safe for everybody. It does not affect the stomach and is not absorbed by the body. Nujol simply makes up for a deficiency—temporary or chronic—in the supply of natural lubricant in the intestines. It softens the waste matter and thus permits thorough and regular elimination, without overtaxing the intestinal muscles.

Nujol can be taken for any length of time without ill effects. To insure internal cleanliness, it should be taken regularly in accordance with the directions on each bottle. Unlike laxatives, it does not form a habit and can be discontinued at any time.

Nujol
THE INTERNAL LUBRICANT
For Constipation

Ask your druggist for Nujol today and let your children enjoy the perfect health that is possible only when their elimination is normal and regular.