

New health in Tanlac



"Constant pain for nine years made me fear a malignant intestinal growth and forced me to quit work. Tanlac gave perfect digestion and built me up. Now I eat and sleep like a healthy boy." Emory J. Hinckley, 128 So. Grant St., Scranton, Pa.

This statement merely backs up what over one hundred thousand grateful users have said about Tanlac. Our files are packed with such testimony.

If your system is run down, if you can't seem to eat or sleep, have lost weight or suffer from trying pain, why not let Tanlac start you back to vigorous strength and health.

No long, wretched wait to get results! Tanlac starts right in to build you up. It cleans the blood, revitalizes digestive organs, fixes up the liver and makes you feel like a new person. For constipation take Tanlac Vegetable Pills.

IRRITATING RASHES For quick, lasting relief from itching and burning, doctors prescribe Resinol

Sounds Possible

Teacher—Now, Johnny, what is the plural of louse? Johnny—Lice. Teacher—Correct; and what is the plural of spouse? Johnny—Spice.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off ointment in five minutes with Cuticura Soap and hot water. It is wonderful what Cuticura will do for poor complexions, dandruff, itching and red, rough hands.—Advertisement.

Bee Culture Tragedy

Beekeeping is a part of the curriculum of rural schools in Ontario. In schools in Wentworth county bees are kept in observation hives in the school-room.

If your eyes are sore, get Roman Eye Balsam. Apply it at night and you are healed by morning. 372 Pearl St., N. Y. Adv.

Wallingsford (Vt.) reports that it had no fires, with loss or damage, in 1925. It has a population of nearly 1,000.

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 HILLS' Price 30c CASCARA QUININE Bromide with portrait



Make this Vacation See Count EUROPE Round Trip \$170 up In Tourist Third Cabin

15,000 carried last year—the best possible testimonial to the quality of food and service. Tourist Third Cabin tickets sold only to college students, teachers, professional and business men and women and similar tourists.

WHITE STAR LINE ATLANTIC TRANSPORT LINE RED STAR LINE

W. N. U. BALTIMORE, NO. 13-1928

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

DIPHTHERIA IS NEEDLESS

EVERY mother should know that her child need not have diphtheria unless she wishes. What mother, especially one who has ever seen a child suffer and die from this awful disease, would ever willingly allow her child to have it or fall to do everything she could to prevent it.

Diphtheria is caused by a minute germ or vegetable plant, which is inhaled and grows on the mucous membrane of the throat in little white patches like flower beds. It was discovered in 1883 by Klebs, a German bacteriologist and was first grown outside the human body in 1884 by Loeffler, another bacteriologist.

But every child who has diphtheria does not die. That's because each one of us has in his blood a substance which will neutralize a certain amount of the poison. If we have a large amount we do not take these diseases. If we have only a moderate amount, we may take the disease but we have a chance to recover.

Now in diphtheria we cannot only make this antitoxin artificially but we can also tell exactly how susceptible any child is. A drop of antitoxin injected under the skin shows this just as accurately as a grocer's scale shows how much a bag of tea weighs.

This isn't theory. It's fact. It has been proved in hundreds of thousands of cases. No mother need ever have a case of diphtheria in her household if she will use what we now know to protect her children.

HOW MANY TASTES ARE THERE?

HOW many different things can you taste? A great many, you will say, as many as there are different articles of food. But when you have a bad "cold in your head" why do you complain that everything tastes alike? Because when one's nose is not on the job, practically everything of the same kind tastes alike.

What does an apple taste like? Like an apple, of course. But there is no such thing as apple taste. The apple may taste sweet or sour. The characteristic impression you get from eating an apple is not taste but smell.

Many of our foods really have no taste. That is why the cooks put in flavoring and seasoning. We are very apt to fool ourselves by our prejudice and preconceived ideas.

Castor oil, which most of us dislike to take, is tasteless. What we don't like about castor oil is the odor. That's why the doctor or the nurse told us to hold our nose when we swallowed it.

Even in the five tastes mentioned, the difference is in the part of the tongue stimulated, rather than in the substances themselves. You can taste a sweet liquid by touching it with the tip of your tongue, but you can't taste bitter except in the back of your mouth.

New Variety of Dasheen Is Out

Sacramento of Greater Uniformity in Size and Shape Than Trinidad:

Prepared by the United States Department of Agriculture

A new variety of dasheen, the Sacramento, which has been under observation and test by the United States Department of Agriculture for several years and was distributed two years ago, is being marketed this season for the first time.

The development of the dasheen industry, has given the people of the United States a third distinctly starchy vegetable that is home grown, the potato and the sweet potato being the only vegetables of that nature heretofore commonly grown in this country.

With continued improvement in cultural methods and the development of newer and better varieties under the direction of the department, the industry has become established. Continuous effort by growers and others in the South to make the excellence of this fall-maturing vegetable known to winter tourists and care in marketing to bring about a largely increased demand.

Difference in Yield of Red Clover and Alfalfa

Under some soil conditions there is not much difference in yield of red clover and alfalfa. If the surface and subsoil are both sour, and the dark-colored soil is not very deep where the clovers must get their food from the decomposing humus, the red clover may make as much or more growth than alfalfa.

Alfalfa is the better feed. It usually contains more mineral food elements and is richer in protein and vitamins than red clover, and hence will enable a cow to produce more milk as well as making more bone and tissues on growing animals.

Best Soy Bean Variety for Production of Seed

Fifteen years of experimental work at the Iowa station show manchu to be the best variety for seed production while pekling has given the best results for silage and hay purposes.

The best yields of both seed and hay have been secured with drilled seedings. The best rate for drilling was two bushels per acre. This allows for a thorough harrowing and still leaves enough plants for a high yield.

Control of weeds was found to be the most important point in successful culture. It is suggested that soybean ground be plowed before the corn ground and then harrowed frequently to kill as many weeds as possible. After the crop is up, harrow first when the beans are one and one-half inches high, again when they are three inches high and the last time when they are six inches high.

Farm Hints

Make a garden plan and then follow it.

Save broomsticks for stakes. You will never have too many of them.

You can start the hardest seeds in the cold frame on the first warm thawing day.

Pick out a few novelties in both flowers and vegetables but let the proved varieties be your main crops.

How about investing in a fertility pump this season that will draw up plant food from the subsoil and down out of the air, depositing it in the top soil? Alfalfa does that.

The plant food in manure is by no means all its value. Professor King found that manured fallow land had eighteen tons more moisture to the acre in the top foot than similar land not manured.

Spring Plowing Is Need of Emergency

Soil Should Be Fairly Firm for Best Results.

Fall plowing is best for the crop, but emergency crops often call for spring plowing. The soil should be fairly firm for best results. It is important that the seed be put in as early in the spring as it is possible to work the land.

In these days of the disk and shoe drill the seed should be sown two to three inches deep after the soil has been mellowed by thorough disking. The peas could well go deeper but the oats do best when sown not more than an inch and a half to two inches in depth.

After sowing the oats and peas no attention need be given the crop until ready to cut for hay. This will be in ten or twelve weeks after sowing. The crop should be cut when the oats are in the milk and the peas just beginning to form in the pods.

Some Excellent Rations for Idle Farm Animals

"It is a mistake to feed horses that are idle or doing only light work a ration that contains too much heavy, concentrated feed," says W. C. Skelley, assistant animal husbandman of the New Jersey agricultural experiment station.

Two good daily rations for idle horses, per 1,000 pounds of live weight, would be: Corn stover 9 pounds, and clover or alfalfa hay 8 pounds; or else oat straw 6 pounds, clover or alfalfa hay 10 pounds, and corn 1 pound.

When the horses go into the hard work of the spring they will not be able to use as much roughage as when they are idle because they have not the time needed to thoroughly chew and digest it.

Since sudan grass is not sown until after corn-planting time, it will not take the same place in any grazing system as rye pasture, which furnishes good pasture in the early spring.

Mange Mites Controlled by Liberal Use of Oil

Occasionally a bunch of unthrifty, scrubby-looking pigs are seen. Usually the pigs are many, due to small insects which burrow into the skin along the hair. An irritation arises which causes the pig to rub a great deal.

Add Weight to Steers

Peaf steers sired by good pure-bred bulls will often weigh 200 pounds more per head as two-year-olds than steers from the same cows sired by scrubs.

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