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.

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

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 s wonderful what Cuticura will do for poor complexions, dandruff, itching and red, rough hands.-Advertisement.

Bee Culture Taught

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

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.

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

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.

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POINTS ON **KEEPING WELL**

DR. FREDERICK R. GREEN Editor of "HEALTH"

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(©, 1926, Western Newspaper Union, 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 fail to do everything she could to prevent it. The fact that this disease, which for centuries has been one of the worst scourges of child life that we know, can be practically completely controlled, is due to the other fact that more is known of this disease and its causes than of any other enemy of human life.

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. These little plants, by themselves, do little harm ordinarily, unless they happen to grow in the larynx or windpipe, in which case they sometimes form a membrane which fills up the larynx and chokes the child. But growing in the throat, they make a poison or toxin, which the child absorbs, and if enough of the poison is absorbed. the child is poisoned and dies.

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. But if we have only a little antitoxin in our blood then we are "susceptible" to that disease.

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. So we can separate the susceptible children from the immune. Then if each susceptible child is given a dose of toxin-antitoxin it is artificially changed from a susceptible child to an immune-child and is protected against diphtheria.

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. Every case of dipatheria today is the result of either ignorance or carelessness. Your family doctor or your local health officer can make your child safe against diphtheria if you wish, It's up to you.

HOW MANY TASTES ARE THERE?

HOW many different things can you taste? A great many, you will say, as many as there are different riety. articles of food. But when you have a bad "cold in your head" why do Best Soy Bean Variety you complain that everything tastes alike? Because when one's nose is not on the job, practically everything of the same kind tastes alike. For we really taste with our noses rather than with our tongues. According to while peking has given the best re-Professor Harris of London, roast turkey, roast beef and roast horse meat all taste alike and really have no taste at all. We distinguish one from the other by their smell rather than by their taste

Yet there are five real tastes which we recognize by our tongues, regardless of the smell. These are acid or sour, alkaline or soapy, sweet, bitter and salt. As examples, Professor Harris says that vinegar is sour, baking ful culture. It is suggested that soypowder is alkaline, sugar is sweet,

quinine is bitter and salt is salty. 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. Try holding your nose while you eat a slice of apple with your eyes shut and see if you can tell it from a slice of potato.

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. When the Volstead act went into effect, there was much objection raised to the "near beers" by beer drinkers, because, they said, near beer had no taste. Yet alcohol has no taste at all. In most cities for a year or two before pro- thawing day. hibition most saloons had been serving near beer as real beer and no one noticed the difference.

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. Weak electric currents applied to different parts of the tongue will W. N. U. BALTIMORE, NO. 13-1926. give all five of the tastes mentioned.

*** 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 greater uniformity of the tubers in size and shape not only makes the Sacramento easier to prepare for market, but gives It a higher value than the Trinidad variety now generally grown.

Third Starchy Vegetable. 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. Dasheens have been grown by gradually increasing number of people in the southern states since 1913. It was introduced from Porto Rico a few years earlier for cultivation there, primarily to supplement the small supply of home-grown potatoes. It is believed to have been brought from China to the western hemisphere, perhaps two or three centuries ago, and has been cultivated under various names in many of the islands of the West Indies.

Industry Established.

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 o winter tourists and care in marketing only the best dasheens are calculated 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 darkcolored 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, because the root system of red clover is a little better adapted to getting food from decaying humus than is alfalfa. But when the subsoil contains the proper mineral food supply or when it has been applied to the soil, the alfalfa will make much more growth under comparable conditions than red clover. When soil condition are favorable for its growth the alfalfa makes two or three times as much yield of hay as red

Alfalfa is the better feed. It usually contains more mineral food elements and is richer in protein and vitamines than red clover, and hence will enable a cow to produce more milk as well as making more bone and tissues on growing animals. After one gets a taste of growing and feeding alfalfa he is not satisfied to go back to red or any other clover va-

for Production of Seed

Fifteen years of experimental work at the Iowa station show manchu to be the best variety for seed production

sults 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. Planting from early May until June 1 gave equally good results.

Control of weeds was found to be the most important point in successbean 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.

Make a garden plan and then folow it.

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

You can start the hardiest seeds in the cold frame on the first warm

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 eighteen tons more moisture to the aot 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. The peas especially do best in cold weather and will make the best growth and the best quality of hay when early sown.

In these days of the disk and shoe drill the seed should be sown two to three inches deep after the solf 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. And since both are usually seeded with the same implement, peas can go at the shallower depth. One to one and one-half bushels of peas should be sown with a bushel and a half of oats per acre.

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. Owing to the green, succulent nature of the crops, difficulty is sometimes experienced in curing the crop on low, heavy land when large growth has been made. In bright sunny weather the difficulty is less than when rains are frequent. The hay is coarse and fluffy and does not shed rain well. If wet a few times it loses color and palatability. If left in the cocks any length of time after becoming wet it may mold badly.

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. "The concentrates are rich-in protein, a very little of which is needed when the horse is idle. Feeding it in excess just adds to the cost of the horse's keep, as protein is the most expensive nutrient in our feeding stuffs."

This is the time to feed some of the waste products of the farm-such as oat straw and corn stover, the latter preferably shredded to reduce the wastage, advises Professor Skelley. These should be supplemented with a certain amount of protein-bearing feeds, such as legume hay, linseed oil meal and wheat bran.

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. By feeding these cheap roughages with a small amount of protein feeds the horses can be easily maintained at a minimum expense.

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. For this reason the roughage should be reduced and the grain concentrates increased as soon as they begin to work. This should be done gradually so as not to cause colic or other digestive troubles.

Sudan Grass Is Useful

as Good Emergency Crop Since udan grass is not sown until after corn-planting time, it will not take the same place in any graz-

ing system as rye pasture, which furnishes good pasture in the early spring. Sudan grass is a good pasture grass, and it is used principally as an emergency crop, much as is millet in the corn belt. Care must be used in pasturing the crop after frosts in the fall. After the frosts, prussic acid develops in the plant, which may prove poisonous to stock. It is also reported that in very dry seasons the acid develops in the plant, but the danger from this source is remote in the corn belt. It should be seeded at the rate of about 20 pounds to the acre. It may be either broadcast or drilled.

Mange Mites Controlled

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

Liberal use of crude oil or crankcase oil over the hogs will get rid of this pest and also lice. In bad cases repeat two or three times and clean up the sleeping quarters and oil so that any mange mites in the dirt may be killed. Coal tar disinfectants are not usually effective in controlling this parasite.

Add Weight to Steers

Beef 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. And they bring a better price because means all its value. Professor King they dress out more of the expensive found that manured fallow land had cuts. In one comparison the purebred offspring brought a profit of \$6.51 acre in the top foot than similar land | each against a loss of 46 cents a head from the scrubs.

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