

Don't Let That Cold Turn Into "Flu"

That cold may turn into "Flu," Grippie or, even worse, Pneumonia, unless you take care of it at once.



Better than a mustard plaster

Porters Pain King Alignment for Lame Back for Soreness for Aches for Pains Use It Today!

The Op. H. Remedy Co. Agents, 222 E. 10th St., St. Paul, Minn.



New Kitchener Story

The surgeons of a big liner must gather a fund of stories about prominent people. Dr. J. C. H. Beaumont, senior surgeon of the Majestic, who has just written his reminiscences, relates that on one occasion Lord Kitchener, who was on board, was worrying the other passengers by his unsociability.

For overnight relief to inflamed eyes and sties use Roman Eye Balsam. Once tried, always preferred. 272 Pearl St., N. Y. Adv.

Ask thyself, daily, to how many ill-minded persons thou hast shown a kind disposition.—Marcus Aurelius.

Colds By millions ended

Hill's stops millions of colds every winter—and in 24 hours. They end headache and fever, open the bowels, tone the whole system. Use nothing less reliable.

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FITS Convincing Evidence

A former judge of the Wis. Supreme Court in a written statement highly recommended the Towns Treatment for epilepsy. A severe case in his own family responded quickly to the treatment. In use 52 years. We will prove its value by mailing you FREE a trial treatment, also a copy of our Treatise on Epilepsy.

Towns Remedy Co. Dear Sir: I gladly send this testimonial about your remedy. After exhausting practically all remedies at my disposal, also physicians services, my father noticed an ad. in our church paper (Christian Observer) and he decided to give it a trial which he did.

(NOTE)—Mr. King is a member of the Board of Education, Newton Co., Ga., and also Justice of the Peace, District 461.

Towns Remedy Co., Inc., Milwaukee, Wis.

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Pure-Bred Sires Grade Up Herds

Increasing Interest Shown in Many Localities in Improving Stock.

(Prepared by the United States Department of Agriculture.)

An increasing sentiment toward the breeding of improved live stock is apparent from frequent reports and inquiries received by the United States Department of Agriculture. These deal particularly with methods by which some localities are introducing pure-bred sires and rapidly grading up their herds and flocks.

Colorado county, Texas, is engaged in an energetic drive for better cattle. The Texas Hereford association and progressive cattlemen are co-operating in the work, the time being considered ripe for the introduction of more good pure-bred bulls on the range.

Plans in North Carolina. Roman county, N. C., is planning rapid improvement of all its live stock and has as its first goal the enlistment of 100 or more live stock owners who will pledge themselves to use pure-bred sires exclusively.

Union county, Ky., which has 100 per cent pure-bred bulls, is now directing its efforts toward the banishment of scrub and grade sires of other kinds. So far as known all boars, stallions, and jacks also are pure bred. A recent field day attended by a representative of the Department of Agriculture showed that public interest in improved domestic animals is already resulting in an improved high quality of young stock, especially beef calves.

In Campbell county, Ky., more than ninety dairymen are using pure-bred bulls exclusively. Local bank deposits have been so satisfactory that bankers in the locality are actively supporting the better live-stock efforts.

Improvement in Connecticut.

New Haven county, Conn., is also rapidly improving its live stock, among which poultry are especially prominent. A total of 747 persons are using pure-bred sires for the larger animals and standard-bred roosters for improving their poultry flock. Numerous other localities are similarly interested.

According to records of the Department of Agriculture, in the last few years 43 counties in the United States have attained the distinction of having 100 or more live stock owners that are using pure-bred sires exclusively and have adopted breeding methods leading to still further improvement.

Fall Plowing Will Help Condition of the Soil

Fall plowing for spring crops will improve the physical condition of the soil, help control many insects, and relieve the pressure of early spring work. Blank fall listing for sorghum is an excellent practice for central and western Kansas.

A good growth of alfalfa left on the field over winter will protect the plants during cold weather, catch and hold snow, strengthen the plants, and increase the yield of hay next season.

Manure applied as a top dressing to alfalfa protects the plants during the cold weather and increases the yield to a marked extent. At the Kansas Agricultural Experiment station an annual application of manure at the rate of five tons per acre increased the average yield of hay 3,395 pounds per acre over a period of 14 years.

Carelessness Is Cause of Trouble in Tractor

Many of the troubles experienced with the engine and other parts of the tractor are due to a lack of knowledge, or carelessness on the part of the operator. If the tractor operator would read and apply every word of the instruction book, the tractor would give much longer service at much less expense, according to R. I. Shaw, farm mechanics department, college of agriculture, University of Illinois. Keeping the tractor well lubricated, all the adjustments set properly, and the bolts tight is too often overlooked. The operator should spend at least an hour every day in the care of the tractor.

Farm Hints

Before painting a floor fill the cracks with putty.

Plan your garden this fall. It will save time next spring.

Fall plowing calls for plenty of power—don't overlook your horses or tractor.

Corn ears selected for seed should be properly dried out without loss of time.

Scrubby trees in the woodlot might well be cut for fuel, thus at the same time making room for the young, valuable timber.

Broken and split heads of cabbage won't keep well in storage. Better turn them into sauerkraut and add vitamins to many a meal.

Farmers Are Given Old Fertility Test

Pennsylvania Plots Show Results of Treatment.

"The fertilizer experiments at the Pennsylvania State college were started in 1881 and have been in progress ever since," Prof. F. D. Gardner, head of the agronomy department, told the Crop Improvement association at the Maryland Farm Bureau Federation meeting held recently. "And it is now possible to draw some rather definite conclusions as to what may be expected from long-time fertilizer treatment."

"When applied at the rate of six tons per acre on these plots manure has been worth \$3.85 per ton, but at the rate of 10 tons has been worth only \$2.72 per ton, showing that the most profitable use of manure is to spread the limited amount over a larger acreage rather than applying it more heavily on a smaller acreage."

In the light of these oldest of all fertility experiments in the United States, Professor Gardner draws the conclusions that complete fertilizers have maintained crop yields approximately as well as manure and just as economically if cost of the manure is taken as \$1.87 per ton. His recommendation to farmers is to use manure and commercial fertilizer, according to the soil needs, and practice a good rotation. He enumerates the definite practices that farmers of his state could profitably follow on the basis of the Pennsylvania experiments:

For corn, six tons of manure supplemented with acid phosphate.

For oats, on depleted soils, 200 pounds of acid phosphate.

For wheat, complete fertilizer, 400 to 500 pounds per acre.

For clover and timothy hay, nothing.

For timothy, topdressing with nitrate of soda.

Sufficient lime in some form to grow good clover.

Wheat Winter-Killing Caused by Soil Acidity

Additional light is shed on the cause of winter-killing of wheat. A. W. Blair, soil chemist, writing in the New Jersey Agriculture, states that soil acidity is a potent condition for this loss.

Experiments conducted by Professor Blair at the New Jersey experiment station showed that plots receiving sufficient lime to overcome the natural acidity of the soil came through the past winter with a good stand of wheat. Plots not receiving lime were practically divested of wheat because of winter-killing.

Barnyard manure was found to a small degree to reduce the losses, but not sufficiently to warrant dependence on it for this purpose.

Surveys taken throughout New Jersey by the soil department of the experiment station indicate that a large proportion of the soils of the state have reached a condition of acidity that warrants application of lime. This treatment would considerably enhance the chances of carrying good stands of wheat through the winter.

Origin of Federal Aid for Road Construction

Federal aid for highways originated in wartime, though not a war measure primarily, being established nine years ago. The road bureau of the Department of Agriculture reports in these nine years over 52,000 miles of state highway completed with federal aid. That the construction of surfaced roads by federal and state co-operation is going strong, says the Topeka Capital, appears from the fact that 10,628 miles were completed in the last year, as compared with an average of but 6,000 since federal aid became a policy.

Last year's completed mileage, to June 30, 1926, cost \$226,000,000 in round figures, or at the rate of \$21,316 a mile on the average. A little over \$100,000,000 of this sum came from the federal treasury, the remainder from the states. It is rather surprising to note that the South was well up in this work, Texas leading and Alabama not far behind. The largest mileage completed during the year, after Texas, was in South Dakota. This has nothing to do with new projects, but refers to contracts completed during the year.

Cropping Has Effect on Wheat Protein Content

In these days when wheat with high protein content is selling at a premium on the markets farmers will strive to produce such wheat. A study of the effect of cropping systems on quality of wheat at the Kansas Agricultural college showed that certain crop rotations produced wheat of very high protein content.

Experiments in crop rotation covering a period of ten years were made in a rotation plan of four years of alfalfa, one year corn and two years wheat, alternating the corn and wheat as to the one or two year period, produced an average protein content of 15.3 per cent from the period 1916 to 1924. A rotation plan carried on at the same time and under the same conditions, but substituting brome grass for alfalfa, produced wheat of only 12.1 per cent protein. A plot planted to wheat continuously resulted in a relatively high protein content, 14.2 average for the period. This is accounted for by the fact that land plowed early has sufficient time for nitrate accumulation.

The Kitchen Cabinet

If I cannot do great things, I can do small things in a great way.—James Freeman Clarke.

THREE UNUSUAL DESSERTS

Every woman likes to have at her finger tips a few "sure-fire" company desserts—to give confidence in times of stress. These three are simply delicious and they're so easily made that you can treat the family any day in the week without waiting for Sunday.

Lady-Finger Pudding.—Split twelve lady fingers, spread with jam or jelly, and put together again. Make a soft custard of one-half cup of sweetened condensed milk diluted with one and one-half cups of hot water, three egg yolks, one-eighth teaspoonful of salt and one teaspoonful of vanilla. Place a layer of the lady fingers in bottom of buttered dish and cover a meringue custard; repeat. Make a meringue of two egg whites, stiffly beaten, and four tablespoons of granulated sugar. Cover top of pudding. Bake in a slow oven until meringue is slightly browned.

Southern Pecan Pie.—Dilute three-fourths cupful sweetened condensed milk with one and one-fourth cups hot water and bring to scalding point in a double boiler. Cream two table-spoonfuls butter, add four table-spoonfuls flour gradually, then two egg yolks slightly beaten and one-fourth teaspoonful salt. Pour scalding milk over mixture gradually, stirring constantly; return to double boiler and cook fifteen minutes. Remove from fire, and add three-fourths cupful pecan meats cut into small pieces, and one teaspoonful vanilla. Pour into a baked pastry shell and cover top with meringue made of two egg whites stiffly beaten and four table-spoonfuls sugar. Brown lightly in a moderate oven.

Pineapple Tapioca With Custard Sauce.—Dilute three-fourths cupful sweetened condensed milk with two and one-fourth cups hot water, stirring well. Bring to scalding point in a double boiler. Add three table-spoonfuls quick-cooking tapioca, one cupful grated or crushed pineapple, and one-fourth teaspoonful salt. Cook one-half hour. Remove from fire and fold in two stiffly beaten egg whites. Chill. Make sauce as follows: Dilute one-half cupful sweetened condensed milk with one cupful hot water. Bring to scalding point in a double boiler. Pour slowly over two beaten egg yolks to which one-eighth teaspoonful salt has been added. Return to double boiler and cook until mixture coats spoon, stirring constantly. Strain, cool and flavor with one teaspoonful of vanilla.—Mildred Maddocks Bentley, Formerly Director of Good Housekeeping.

GOOD EVERYDAY DISHES

On the day that fresh gingerbread is baked, serve it with cottage cheese and apple sauce as a dessert.

Casserole Chuck Steak.—Cut a slice or two of chuck at least two inches thick and large enough to fill a casserole. Brown well in a little suet, place in the casserole with enough hot water, meat or vegetable stock to cover. Cover closely and simmer until tender in a hot oven. An hour before serving add six small whole onions, a few sliced carrots and potatoes; continue cooking until the vegetables are tender. Thicken the gravy and serve from the casserole.

Prune, Raisin and Cheese Salad.—Clean and steam two cupfuls of prunes. Remove the pits and fill with a mixture of chopped raisins, using one cupful; one-half cupful of grated cheese and one-half cupful of chopped nut meats. Arrange on lettuce with stalks of shredded celery and serve with boiled dressing.

Pineapple Delight.—Rub a salad bowl with a cut clove of garlic, then add one cupful of finely shredded cabbage, one-half cupful of finely cut celery and one-half cupful of diced pineapple. Arrange on lettuce, serve with French dressing and garnish with slices of red pepper.

Stuffed Cabbage.—Remove the outer leaves of cabbage and wash them thoroughly. Heat two table-spoonfuls of oil and brown one chopped onion and a clove of garlic, also chopped. Add one-half cupful of washed rice, stirring carefully until the rice is brown. Add one cupful of chopped mutton and enough stock to cover the rice. Simmer slowly until the rice is tender, season with salt and pepper. Fill the cabbage leaves with the rice mixture; if too crisp wilt them in hot water. Roll up and let, simmer for thirty minutes, turning occasionally. Serve with the gravy poured over the rolls after removing the strings.

Hash.—A well prepared and cooked dish of hash is a food that should be treated with respect, for it is a most tempting, savory and wholesome dish. A hash prepared from the meat and vegetables left over from a boiled dinner is hash par excellence.

Neelie Maxwell (© 1926, Western Newspaper Union.)

CHILDREN CRY FOR



Fletcher's CASTORIA

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

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

Playing Safe "Pears like the baby is pretty slow about learning to walk?" commented the brother-in-law. "Nope," replied the brother. "He knows that as soon as he can walk he won't get carried no more."—Kansas City Star.

Despises Himself "I would like to get your idea of a true statesman," said the chap with the notebook. "Young man," replied the senator, "I am willing to give you an interview, but I haven't time to spare for a full biography."

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France Has Plan to Harness Ocean

France is ahead of other nations in efforts to derive power from the tides. On the north coast of Brittany, at Aber-Vruch, an experiment in harnessing the ocean is to be made shortly on a large scale. The tidal flow up and down the small River Douiris is extremely strong, with a height of 25 feet. This in itself, of course, is not exceptional, but it is sufficient for the object in view.

French engineers expect to obtain from this river a constant supply of electricity of 3,800 horse power, and this in two years would pay for the construction of the two dams which are to impound and control the tidal water and other mechanical installations necessary.

If success is attained at Aber-Vruch, there is no doubt that similar enterprises will spring up in other countries. The fjords of Scotland and Scandinavia and the inlets of New Scotia furnish favorable natural conditions.

Cuticura Soothes Baby Rashes That itch and burn, by hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each.—Advertisement.

Restaurant Repartee He—"You're too pretty to be working here." She—"Well, if I get tips enough, I'll retire."

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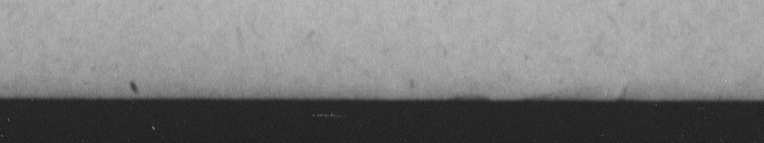
When you have any trouble with your stomach such as gas, heaviness and distention, why fool with things which at best can only give relief.

Why not get a medicine that will build up your upset, disordered stomach and make it so strong and vigorous that it will do its work without any help.

Such a medicine is Dare's Mentha Pepsin, a delightful elixir that is sold by your local dealer and druggists everywhere with the distinct understanding that if it doesn't greatly help you your money will be gladly returned. It has helped thousands—it will no doubt help you.

W. N. U., BALTIMORE, NO. 47-1926.

The Unkind Cut "I was cut out to be a bachelor." "Who cut you out?"—Dorffbarber, Berlin. Time discovereth all things.



Problems FOR instance, the problem of what is best for the children's diet. One of the best things, so dieticians say, is cocoa. And of all cocoas—Monarch. Rich, delicious, high in quality, low in cost. MONARCH Quality for 70 Years Never Sold Through Chain Stores REID, MURDOCH & CO. Chicago - Boston - Pittsburgh - New York