

EXPERIENCE OF WESTERN GIRL

Found Cannery Work Too Tiring

The fertile valleys of Oregon help to supply the tables of America. This is possible through the magic of the humble tin can.



In one of the canning establishments, Julia Schmidt was employed. It was complicated work because she did sealing and other parts of the work. It was strenuous work and she was not a strong girl. Often she forced herself to work when she was hardly able to sit at her machine. At times she would have to stay at home for she was so weak she could hardly walk. For five years she was in this weakened condition.

She tried various medicines. At last, a friend of hers spoke of Lydia E. Pinkham's Vegetable Compound and she gave it a trial.

"Everyone says I am a healthier and stronger girl," she writes. "I am recommending the Vegetable Compound to all my friends who tell me how they suffer and I am willing to answer letters from women asking about it." Julia Schmidt's address is 652 North Front St., Salem, Oregon.

Girls who work in factories know just how Miss Schmidt felt. Perhaps they, too, will find better health by taking the Vegetable Compound.

Garfield Tea

Was Your Grandmother's Remedy



For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

INSIST UPON KEMP'S BALSAM for that COUGH!

Wayside Lunch
"Dad, I'm hungry."
"We'll soon reach a filling station."
—Louisville Courier-Journal.

DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear if You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 28 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Heart disease, which causes so many deaths after forty years of age, is often traced to illnesses in childhood.

COUGHS Throat tickle, sorethroat, huskiness and similar troubles quickly relieved with **LUDEN'S MENTHOL COUGH DROPS** 5¢

Handiest thing in the house
RELIEVES COUGHS
Take a teaspoonful of "Vaseline" Jelly. Stops the tickle. Soothes irritation. Helps nature heal. Tasteless, odorless. Will not upset you.
Chesebrough Mfg. Company
State St. (Corner) New York
Vaseline
REG. U. S. PAT. OFF.
PETROLEUM JELLY

Baby Loves A Bath With Cuticura Soap
Blend and soothe to tender skin.

PASTOR KOENIG'S NERVINE
for Epilepsy Nervousness & Sleeplessness.
PRICE \$1.50 AT YOUR DRUG STORE.
Write for free booklet
KOENIG MEDICINE CO.
1045 N. WELLS ST. CHICAGO, ILL.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

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OCCUPATION AND VISION

WHAT is the relation between a man's work and his vision? The United States public health service has just completed a ten years' study on this point with some interesting results.

The workmen studied were taken from ten various occupations. They are pottery, post-office, glass, gas foundry, steel, chemical, cement, cigar and garment workers. In these ten lines thirty thousand workers were examined as to their eyes, ten thousand men and twenty thousand women. This number naturally included men and women of all races and nationalities, yet no essential differences were found in the different races. They ran about the same proportion of normal and defective eyes.

But when the different occupations were compared there were striking differences. The two groups which showed the highest percentage of defective vision were the garment workers and the post-office employees.

Not only did the figures show a surprisingly close relationship to the individual work but also to the length of service in that particular line. Normal vision in both eyes in the group of workers of less than five years' service varied from 24 per cent in garment workers to 73 per cent among foundries. But in persons who had worked ten years and over, normal vision in the garment industry was only 22 per cent, or 2 per cent less than after five years, and in the foundries only 65 per cent after ten years' service instead of 73 after five years' work.

Age naturally had a marked influence. Taking all the thirty thousand workers in all industries, it was found that 77.2 per cent of all under twenty years old had normal vision. That is about the percentage one could expect from any large group of young people. In persons from thirty to forty years old, 69 per cent had normal vision. In those from forty to forty-four, only 48.5 per cent had normal eyes. From fifty to fifty-four, the normal eyes had gone down to 22 per cent, while of those over sixty years of age there were only 5.5 per cent who had normal vision in both eyes.

This tabulation shows as graphically as any figures that have ever been compiled the wear and tear of present-day industry on vision.

A curious point which developed was that in most industries, one good eye was nearly as good for practical purposes as two. Many workers with normal vision in only one eye were entirely unaware that only one eye was of any use to them.

LONG RANGE WEATHER FORECASTING

CIVILIZED man has learned to do much to control his surroundings. He seems almost independent of outside conditions. But one thing he as yet can neither foresee nor control—the weather. As Mark Twain said, in one of his after-dinner speeches, "Everybody talks about it but nobody does anything."

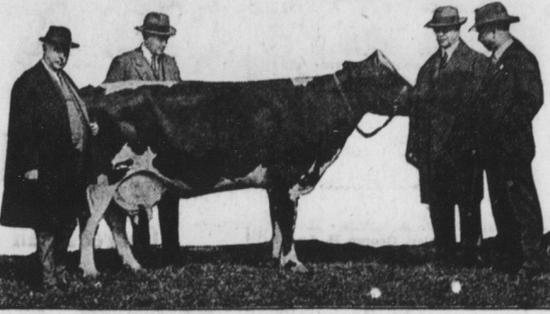
Yet the weather is what determines our crops and our food. Apparently, it is the one thing man cannot foresee or control. Our weather bureau can now forecast the weather with fair accuracy for a day or two in advance, but cannot alter it in any way. That, at least, is some advance. A cousin of mine in Alabama, near Mobile wrote me a graphic letter after the recent Florida hurricane, telling how she and her husband sat for hours by the radio, listening to the broadcaster in Pensacola telling of the progress of that great storm as it swept across Florida straight toward them, yet powerless to check it. At least, they had sufficient warning to get into another house in a more sheltered location from which they saw their roof blown out to sea. But giving a few hours' warning is at present the limit of our knowledge of the weather.

At a convention of the National League of Commission Merchants of America at New York recently, Mr. Herbert J. Browne of Washington delivered an address on "Long-Range Weather Forecasting," in which he claimed that, by careful study, it might soon be possible to forecast weather conditions, not only days but years ahead.

This new field is only about five years old. Up to that time, 36 hours was the weather bureau's limit. Mr. Browne bases his whole system on the fact that weather conditions, the world over, are controlled by the heat absorbed by the ocean. In a desert, the sand is very hot by day but rapidly cools off when the sun sets, so that one needs a blanket to sleep at night. But water absorbs heat slowly and gives it off just as slowly. The ocean in the tropics absorbs heat from the tropical sun and the heated water causes the great ocean streams like the Gulf stream which then control climate and weather.

What determines the amount of heat which the Gulf stream absorbs? Sun heat. What controls the amount of the sun's heat? Sun spots. And these, says Mr. Browne, run in cycles. So the observer can accurately predict weather months and years in advance.

Champion Cow Yields Much Milk



Larrobelle, Grade Holstein Cow, Crowned Queen.

Larrobelle was crowned champion grade Holstein cow at the recent National Dairy show at Detroit. This cow was purchased four years ago by James E. Larrowe of Detroit, for experimental purposes on his research farm. She then weighed but 985 pounds. She was built up by proper feeding to weigh 1,200, her weight when she won the title of champion in her class. In the last year she produced 13,032 pounds of milk and in the four years on the farm her record was 47,572 pounds. She not only made a remarkable production record, but almost doubled the milk record of

the average pure bred in cow-testing associations. The milk given by this champion during the four years on the farm would be amply sufficient to supply 10,291 average families for a day.

In the picture, from left to right, are W. E. Skipner, secretary of the National Dairy association; Charles L. Hill, president of the association; Larrobelle, the champion grade Holstein cow; James E. Larrowe, owner of the champion cow, and Prof. H. H. Kildee of Iowa State college, noted cattle judge, who awarded the championship.

Legume Plants Benefit Soils

Test Shows Some Types of Bacteria More Efficient Than Others.

(Prepared by the United States Department of Agriculture.)

All the cultivated legumes—peas, beans, vetches, clovers, alfalfa and related plants—benefit the soil, whereas a continuous growth of cereals and other nonlegumes leads to a decline in soil productivity. This difference is due mainly to the fact that the legumes take their nitrogen partly from the air, whereas the nonlegumes take it from the soil.

Make Use of Nitrogen.

It is the presence of certain bacteria in the soil that enables the legume plants to make use of the atmospheric nitrogen. It is not the legume itself, but these bacteria that gather the nitrogen from the air and transform it into compounds that are taken up by the plant roots. The laboratory where these bacteria perform this wonderful transformation, that no chemist has been able to imitate, is in the root nodules which may be seen on healthy legume plants. Non-legumes do not have such "nodule laboratories," hence they cannot gather free nitrogen from the air.

In the absence of bacteria in the soil, naturally it is common practice to supply them by transferring soil from fields already containing them or by artificially prepared cultures from the laboratory. These cultures are prepared by growing the bacteria in liquids, or upon jellies, or directly in the soil. It is interesting to note that despite the minute size of the bacteria every strain has its own peculiarities, a higher or lower efficiency, just as with breeds of higher organisms. It is important, therefore, says the United States Department of Agriculture, to select and propagate only the most active and efficient strains.

Legumes in Groups.

Numerous tests, says the department, have shown that for practical purposes the legumes commonly cultivated may be divided into seven groups, each of which has its special bacteria. The seven groups are those capable of using the alfalfa bacteria, the red-clover bacteria, the vetch bacteria, navy-bean bacteria, lupine bacteria, cowpea bacteria and the soybean bacteria.

Best Materials to Make Poultry Scratch Litter

According to the Nebraska College of Agriculture, chopped or shredded corn or sorghum fodders make ideal litter for the poultry house during the winter months, suggests Extension Circular 1419, "Farm Poultry Houses," of the agricultural college at Lincoln. These materials do not break up as quickly as straw. The floor should be well covered at all times and the house cleaned several times during the winter.

A slope of about five inches in 20 feet of a hard surface floor will tend to keep the hens from piling the litter up in the back of the house. Windows near the floor at the back of the house will do the same thing, since a hen generally faces the light when she scratches.

Pullets Need Special Care in Winter House

Pullets need special attention when first placed in winter quarters, says Cora Cooke, a poultry specialist of the agricultural extension service, University of Minnesota. They do not relish being shut up and on that account often fail to relish their rations. Miss Cooke says they can be coaxed along by frequent grain feedings and by the serving of a moist mash once a day. The specialist counsels two "don'ts": "Don't try to get more than 50 per cent production from the pullets before the first of the year, and don't let them get thin."

Ancients Still Hold Record for Stadiums

When 140,000 persons entered the stadium at the Sesquicentennial in Philadelphia to see the Dempsey-Tunney boxing match, a record was made for modern amphitheatres. The next largest stadium is the one at Grant park, Chicago, with a capacity of 100,000, says the Detroit News.

However, the ancients have not been surpassed in this respect. The largest structure in history for accommodating assemblies of spectators doubtless was the familiar Circus Maximus at Rome. The original structure was built as early as 329 B. C. It was made of wood and was burned in the fire that destroyed Rome. It was rebuilt with more durable material. According to the historian Pliny it had a seating capacity of 250,000 and often was crowded to capacity. Some writers of ancient Rome place the capacity of the circus as high as 485,000.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 85 cents.—Adv.

Some men are like pigs; they have their good points, yet they are likely to stick you.

A cheerful liar must be great comfort to himself.

When a Girl at Home—

Charleston, W. Va.—"Ever since I was a girl at home I have known of Dr. Pierce's medicines, for my parents always kept a supply on hand. My first personal experience with Dr. Pierce's Favorite Prescription was when I was 21, and inclined to be sickly. After a few months' treatment I grew strong and well. Since then, 'Prescription' was my great helper and friend, and through the critical time of life it was a great comfort in soothing my nerves and strengthening my entire body."—Mrs. W. J. Robinson, 1730 Bigley Ave.



All dealers. Tablets and liquid.

Summer Strategy

"Strange that Mrs. Brown should close up her delightful house."
"She left home, my dear, for the same reason many other women leave home in the summer time."
"For change and recreation?"
"No; to visit some other woman who would otherwise visit her."—Boston Transcript.

It doesn't take a very bright woman to dazzle the average man.

How slight a chance may raise or sink a soul!—Bailey.

Every family needs a car

Within the General Motors line there is "a car for every purse and purpose."

And those who wish to buy General Motors cars out of income are offered a sound credit service at low cost. This is known as the GMAC Plan, operated by a member of the General Motors family and available through General Motors dealers only.

The GMAC Plan can be comfortably fitted to the individual circumstances of those with assured income; and the standard price of a General Motors car bought on the GMAC Plan is the cash delivered price, plus only the low GMAC financing charge.

Any General Motors dealer will gladly explain the GMAC Plan.

GENERAL MOTORS ACCEPTANCE CORPORATION

operating the GMAC Plan for the purchase of
CHEVROLET · PONTIAC · OLDSMOBILE
OAKLAND · BUICK · CADILLAC
FRIGIDAIRE—The electric refrigerator
DELCO-LIGHT—Electric light and power plants

Unlike Stocks and Bonds

Friend—No doubt you find golf a great change from your regular business. Broker—in one particular a most radical change—"above par" in golf means depreciation.

Kitchen on Every Floor

A new hotel in Detroit, twenty-nine stories high, will have an electrical kitchen on each floor and its daily consumption of electricity for all uses will be about 35,000 kilowatt hours, according to careful estimates.



Thanksgiving

Thanksgiving dinner three times a day for those who have discovered Monarch Cocoa. Rich and delicious—invigorating and satisfying. A single trial reveals its matchless quality. Its low price makes it doubly attractive.

MONARCH
Quality for 70 Years
Never Sold Through Chain Stores
REID, MURDOCH & CO.
Chicago · Boston · Pittsburgh · New York

MONARCH
COFFEE
and
COCOA

FARM NOTES

Cow, sow, and hen—a good combination.

So-called waste land will cheerfully earn its way by growing trees.

The road through the land of poor soils leads to uncomfortable homes.

The growing of lettuce on the same ground year after year leads to disastrous results.

Money saved in buying cheap lubricating oil is spent (with some more) in making repairs.

After alfalfa has been well established, say, three years, it will stand a lot of pasturing, and to some extent even before that time.

Since 1921 the European corn borer has spread an average of from 40 to 60 miles southward and westward in the United States each year.