

BILIOUS, HEADACHY, SICK "CASCARETS"

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, grassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret-to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Rare. Customer—I'd like to see a good second-hand automobile. Dealer—So would I.

Whenever You Need a General Tonic Take Grover's

The Old Standard Grover's Tasteless Chilli Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Contrary Assurance. "Can you get me somebody on this job who is a live wire?" "That's dead easy."

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Grammatically Sure. "Can this actor make a situation tense?" "Certainly, if he's in the mood."

As we grow more sensible, we refuse drug cathartics and take instead Nature's herb cure, Garfield Tea. Adv.

SAINT OF CANDY MAKERS

Macarius, Egyptian Man of Fame, Properly Entitled to Such Honor as That Name Entails.

Probably few of the confectioners and candy makers who enter to the public's "sweet tooth" are aware that they have a patron saint all their own, but such is the case. He is St. Macarius. Macarius was adopted by the confectioners as their protector because he himself followed the occupation of making sweets in Alexandria before he forsook the world and its ways and retired to Thebais in upper Egypt to live the solitary and self-sacrificing life of an anchorite.

Macarius lived in the fourth century, and, if we may believe the traditions concerning him, he was a champion faster. For seven years, it is related, he lived on a diet composed of raw herbs and pulse. During Lent he ate on Sundays, and then but a few cabbage leaves. One of the remarkable tales told about the "candy saint" is that once, having killed a gnat that bit him, he expiated the "crime" by spending six months in a marsh, where great venomous flies abounded, subjecting himself to such torments that he became a mass of sores.

A Logical Conclusion. "Did you really call this gentleman an old fool last night?" said the judge severely. The prisoner tried hard to collect his thoughts. "The more I look at him the more likely it seems that I did," he replied.

Disciple of Jefferson. She—Why have you never married? He—I am opposed to entangling alliances.—Boston Evening Transcript.

Canned fruits are needed in Cuba.

abroad show that the yield from mosaic plants is less than that from healthy plants of the same variety grown under the same conditions or in the same field. The average reduction in yield in trials made by the department with various varieties and in several different sections of the country is approximately 30 per cent.

Rot in Winter. "The late blight of the potato caused by Phytophthora infestans and the rot of tubers which follows in the winter are too well known to call for description. It has recently been shown, however, that the planting of tubers affected with Phytophthora decay affords a means for infection of the growing crop. The development of the disease, however, is entirely dependent upon weather conditions. In dry seasons one may plant affected tubers without incurring the development of the late blight, but it has been shown that the original infections follow up the stems from the seed tubers if the weather conditions are favorable to the development of the fungus. It is, therefore, advisable to avoid infected seed when possible, in addition employing the usual control by Bordeaux mixture, which is a well-established practice.

When a grass crop or a legume crop is grown organic matter is added to the soil. The grasses do not make them more valuable than the grasses. A legume as alfalfa produces more than two times as much organic matter and nitrogen as the grasses do. In the soil in order to grow good crops one must have growing organic matter and nitrogen are wasted. It has been found that in continuous grain growing five times as much nitrogen as the crop uses is lost from the soil. There is also a rapid loss of the organic matter.

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DISEASE OF POTATO

Tendency to Spread in Various Parts of United States.

CAUSE OF 'STREAK' UNKNOWN

Mosaic Assuming Much Importance as Ailment in Certain Sections—Seed Plot Is Best Method of Controlling Disorders.

(From the United States Department of Agriculture.) Potato diseases, which are showing a tendency to become established or to spread in various parts of the country, can best be controlled in most cases through the adoption by farmers of the seedbed method of control, according to Dr. H. A. Edson, truck-crop disease specialist of the United States department of agriculture. In discussing the potato-disease situation and possible control measures in a recent address, Doctor Edson said:

"A disease of the potato which is making its appearance in several sections of the country is the one designated by Orton as streak. The cause of this disease is unknown. It is characterized by the appearance of angular spots on the leaves, which have a tendency to run down the veins through the stems of the leaflets to the main petiole, or leafstalk, producing a streaked appearance. The affected portions of the plant wither and die, the leafstalks break over at the axil of the leaves—that is, their junction points with the branches—with the result that leaves hang directly down, swaying in the wind and attached only by a portion of the epidermis. In severe cases the plants are eventually entirely killed. The trouble is apparently transmitted from generation to generation by means of the seed tubers, and there is some indication that it is transmitted from plant to plant

When your back aches, and your bladder and kidneys seem to be disordered, remember it is needless to suffer—go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for diseases of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This prescription was used by Dr. Kilmer in his private practice and was so very effective that it has been placed on sale everywhere. Get a bottle, 50c and \$1.00, at your nearest druggist.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Poor Fellow Had to Walk. "Tell me of your early educational hardships." "Well, I lived seven blocks from a Carnegie library, and we had no automobile."—Louisville Courier-Journal.

CUTICURA KILLS DANDRUFF The Cause of Dry, Itchy and Falling Hair and Does It Quickly—Trial Free.

Anoint spots of dandruff, itching and irritation with Cuticura Ointment. Follow at once by a hot shampoo with Cuticura Soap. If a man, and next morning if a woman. When Dandruff goes the hair comes. Use Cuticura Soap daily for the toilet.

Extreme Caution. "Jenks' fat is insulating that everything in his life must have flavor." "Yes, he will not even sit down to a table unless sure the wood is seasoned."

MOTHER'S JOY SALVE for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists, GOOSE GREASE COMPANY, MFR'S, Greensboro, N. C.—Adv.

Sense of Justice. "That parrot I bought uses violent language." "Lady," replied the dealer, "I won't deny that he does swear some. But you must give him credit for the fact that he doesn't drink no gambler."

If you suspect that your child has Worms, a single dose of Dr. Peery's "Dead Shot" will settle the question. Its action upon the system is beneficial in either case. No second dose or after-purgative necessary. Adv.

Excessively Polite. "Mary, how tall is a giant?" asked Henry. "Oh, I don't know," said the nurse; "about as tall as a house."

"And how tall is a house?" "How should I know? Don't ask so many questions. I have no idea how tall a house is."

"Excuse me, Mary," said Henry with dignity, "I forgot that you were too poor to know anything about houses."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Man Who Knows. "The doctor says I am working too hard." "I'd put more faith in that diagnosis if it came from your boss."

ACTRESS TELLS SECRET. A well known actress gives the following recipe for gray hair: "To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Sure Enough. "The doctor says I'm eating too much sweet stuff. Says sugar makes you lazy." "Think it does?" "Loaf sugar might."

Only One "BROMO QUININE" To get the genuine, call for full name LAXATIVE BROMO QUININE. Cures a Cold in One Day. See.

It is reported that an Ohio temperance advocate refused to have his portrait painted unless it was done in black.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

A Hint. "Oh, I just love animals; don't you?" gurgled the sweet young thing. "Sure. Let's have a Welsh rabbit," said the accommodating youth.—Town Topics.

SWAMP-ROOT STOPS SERIOUS BACKACHE

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FARM POULTRY

Begin Fight on Parasites

Poor Policy to Wait Until Spring When Insects Become Numerous—Dust Birds Thoroughly.

A common practice among poultry men is to wait in the spring until lice and other parasites have become so numerous that they will be noticeable. By far the better plan is to begin the fight early and keep them from getting a start.

One of the best means of doing this is to dust the birds thoroughly with a good insect powder, at regular intervals, beginning in late winter. There is no harm in giving the hens an application occasionally even in midwinter since they are never entirely free from lice, and everyone of these pests killed before the breeding season may mean a million or two less to fight next summer.

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CHICKENS KEPT IN BROODERS

Much Loss Can Be Avoided by Keeping Everything Clean—Use Cut Straw for Litter.

Much of the loss in raising chicks in brooders can be obviated by keeping the floor of brooders and brooder houses covered with an inch of clean sand.

Cut corn stover or cut straw may be used on the same for scratch litter. Such material as clover or timothy chaff or buckwheat hulls are objectionable in the brooder house. The chicks pick up the particles of the fuzzy stuff and are not able to pass them through the crop.

The young chicks need a daily feeding of fine-cut green grass if they are to do well.

ROOSTER TO IMPROVE FLOCK

In Selecting Young Fowls Use Best Judgment—Certain Characteristics May Be Noted.

The kind of cockerels used is far more important than most farmer-poultry raisers believe. The fact that one bird looks well and is healthy and active is a good indication of a good bird. But this is not enough. The male bird should be of such good breeding that he will improve the flock. If he is not capable of doing this he is not worthy of his place as head of the flock.

When you are selecting the male birds from the young cockerels of your own flock you should use your best judgment and find the best individuals. In this case you must be in-

fluenced by the appearance of the birds, as for the most part the cockerels will be about the same in breeding unless you have trap-nested and kept records on the hens.

It is rather hard to select young cockerels, as they may often deceive one when they are quite young. Like a calf, a colt, or a pig, there is much speculation in selecting for breeding purposes. Nevertheless, there are certain characteristics that may be noted. From these a careful breeder will determine the male birds for his flock.

GIVE CHICKENS GREEN FOOD

During Winter Months Hen Must Be Given Something to Take Place of Bugs and Insects.

One reason why eggs are not laid in the winter months, even where there are pullets, is that the summer supply of worms, bugs and insects is cut off, and no meat substitute is given to take their place.

The hen is an omnivorous feeder, requiring both meat and vegetables.

START IN POULTRY BUSINESS

Spring Is Good Time to Begin—Either Obtain Breeding Pen or File Order for Eggs.

Spring is a good time to start in the poultry business. Either obtain a good breeding pen from someone who is reliable and who raises the breed you fancy, or else send for eggs. You do not have much time to obtain breeding pens, for most breeders of purebred stock have their pens mated by this time and without doubt will have disposed of their surplus choice breeding males by advertising them last fall and selling them to parties wanting good breeders.

The other plan, then, is to send to these breeders and obtain their price lists at once. Even if you do not care to have the eggs for a month or so, send now and obtain the price lists and get your order booked, for others are doing the same thing, and most breeders send out eggs in the latter booked. Delays oftentimes cost due to inability of the shipper to fill his many orders as promptly as many desire.

They Invested Some of Their Spare Money in Canadian Lands.

S. Joseph & Sons, of Des Moines, Iowa, are looked upon as being shrewd, careful business men. Having some spare money on hand, and looking for a suitable investment, they decided to purchase Canadian lands, and farm it.

With the assistance of the Canadian Government Agent, at Des Moines, Iowa, they made selection near Champlain, Alberta. They put 240 acres of land in wheat, and in writing to Mr. Howitt, the Canadian Government Agent at Des Moines, one of the members of the firm says:

"I have much pleasure in advising you that on our farm five miles east of Champlain, in the Province of Alberta, Canada, this year (1916) we harvested and threshed 10,000 bushels of wheat from 240 acres, this being an average of 44 bushels and 10 pounds to the acre. A considerable portion of the wheat was No. 1 Northern, worth at Champlain approximately \$1.85 per bushel, making a total return of \$19,800, or an average of \$81.70 per acre gross yield. Needless to say, we are extremely well pleased with our lands."

It might not be uninteresting to read the report of C. A. Wright of Milo, Iowa, who bought 100 acres at Champlain, Alberta, for \$3,300 in December, 1915. He stubbled in the whole lot of it, and threshed 4,487 bushels Grade No. 2 Northern.

Mr. Wright, being a thorough business man, gives the cost of work, and the amount realized. These figures show that after paying for his land and cost of operation he had \$2,472.67 left.

4,487 bushels, worth \$1.55 at Champlain\$6,954.85
Threshing bill, 11c per bushel\$ 493.57
Seed at 95c 144.00
Drilling 160.00
Cutting 160.00
Twine 50.00
Shocking 40.00
Hauling to town, 3c 134.61

Total cost\$1,812.18
Cost of land 3,300.00
\$4,482.18 \$4,482.18

Not profit after paying for farm and all cost of operation\$2,472.67
—Advertisement.

Not Served There. The applicant for cook in a story told by the Ladies' Home Journal, was untidy and insolent in appearance.

"Don't hire her," whispered Jones to his wife; "I don't like her looks." "But," remonstrated his wife, "just consider the reputation for cooking she bears."

"That doesn't matter," said Jones testily; "we don't want any she-bears cooked; we don't like them."

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.