

FARMERS' COLUMN

PROTECTS USED AT HOME BIG ITEM IN FARM INCOME

Dairy products constitute the most important group of foods, measured in money value, consumed by the average farm family, says the United States Department of Agriculture. Milk cows are kept practically on all farms. The average farm family uses annually about 2,600 quarts of milk in the form of milk, butter, cheese or cream.

In dairy regions where milk is shipped or sold to creameries or cheese factories, practically all the butter and cheese used is bought instead of made on the farm. Very few farmers buy whole milk. About four-fifths of the dairy products consumed by farmers are produced on the home farm.

In the South dairy products are used very freely. The common practice is to churn the whole milk for butter, producing a large quantity of buttermilk. The average annual consumption of butter per family is about 230 pounds in the South while for families in the North and West it is less than 150 pounds. It is not unusual for the averaged-sized family in the South to consume 2,000 quarts of buttermilk a year. Buttermilk is a cooling and healthful drink for that climate.

Most market men are close to the selling end so are well informed. As a rule they are ready to aid by giving information. It is to their interest to serve the growers' interest.

ADVERTISING HELPS FARMING

Not long ago a South Dakota farmer gave a country editor in his vicinity one of the surprises of his life. Stepping into the editor's office he announced briskly: "I want to contract for some space in your paper weekly for one coming year." The editor gasped but then smiled happily.

"I always have something to sell or trade or else I want to buy something," the farmer continued, "and

so I want this space reserved for me. That will save my running to town every time I have an advertisement to insert. Regular advertising is the sort which gets results."

That editor is losing no opportunity to point out that in one very real sense a farmer is a business man and can promote his business by intelligent systematic advertising.

SOLVING MARKET PROBLEMS

Keep market reports, reviews, and special articles on file. They will help in following and understanding the markets. Producers are invited to submit their marketing questions to the representative at the nearest market station. If he can not answer them he knows some one in the Bureau of Markets, United States Department of Agriculture, who probably can supply the desired information. If the inquirer does not know the address of the nearest Federal representative, he should write to United States Department of Agriculture, Washington, D. C.

FARM LABOR EFFICIENCY

Are the man-labor requirements of the productive enterprises of the farm as organized sufficient to make the best utilization of the time of the regular men necessary to operate the farm?

"If on a given farm we find the number of days necessary to do the contract and miscellaneous day wage work and subtract the amount from the total number of days' work required by all the productive enterprises, the remainder will be the number of productive days' work required of the regular men of the farm.

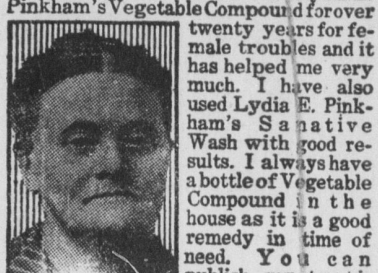
"If we divide this number of productive days' work required of the regular men of the farm by the number of days available for field work at their command, we will get a number expressing the percentage of efficiency with which their time has been utilized.

"For example, a group of five best farms has an average of 4.8 regular men per farm. These men had a total of 1,016 days available for field

DEPENDENT UPON IT 20 YEARS

Lydia E. Pinkham's Vegetable Compound
This Woman's Story
All That Time.

Omaha, Neb.—"I have used Lydia E. Pinkham's Vegetable Compound for over twenty years for female troubles and it has helped me very much. I have also used Lydia E. Pinkham's Sanative Wash with good results. I always have a bottle of Vegetable Compound in the house as it is a good remedy in time of need. You can publish my testimony as every statement I have made is perfectly true."—Mrs. J. O. ELmqvist, 2424 S. 20th Street, Omaha, Nebraska.



Women who suffer from these distressing ailments peculiar to their sex should be convinced by the many genuine and truthful testimonials we are constantly publishing in the newspapers of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health. To know whether Lydia E. Pinkham's Vegetable Compound will help you, try it! For advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

There was a total of 1,184 days' work required by the productive enterprises. Of these, 512 were cared for by contract and miscellaneous hired and family labor, leaving 671 days for the regular men. This means 212 days available per regular man, of which 140 days, or 68 per cent, were required for and utilized on productive enterprises."

This is the system used by farm management specialists of the United States Department of Agriculture in arriving at the percentage of efficiency attained in the use of man labor.

States Department of Agriculture in arriving at the percentage of efficiency attained in the use of man labor.

FAMILY AND FARM SUPPLIES

Is the farm producing such of the family foods as are adapted to local conditions in ample quantities for the welfare of the family?

The value of the family living furnishes directly from the farm is one of the important factors determining the amount of income of the farm and the degree to which the farm business is safe and profitable, says the United States Department of Agriculture. This is especially true of the smaller farm.

The garden and live stock which supply the larger part of the family food are usually cared for at times that interfere comparatively little with the regular farm commercial enterprises, and by labor which otherwise would not be utilized. Further it has been found that up to a considerable size of farm business, when the family food is produced on the farm, this item, plus the fuel and shelter furnished by the farm, amount to an equivalent of the rent for the entire farm or interest on the whole farm investment.

The natural earth silt will yield just as good results for beet-top silage as the perpendicular structure, but greater care in packing is necessary.

Has Had Stomach Trouble for Seven Years

Theodore Sanford of Fenmore, Mich., has had stomach trouble for seven years and could not eat vegetables or fruit without pain in the stomach and restless nights. By taking Chamberlain's Tablets he is now able to eat vegetables or fruit without causing pain or sleeplessness. If troubled with indigestion or constipation give these tablets a trial. They are certain to prove beneficial. 3-3-5t

Why not use the best? Martin's Sanitary Dairy, West Donegal St. Mount Joy, Pa. mar.3-2t

Mrs. C. M. Jone
25 S. Market Street
Elizabethtown, Pa.

Announces the Opening of Fine

up to date
Milliners
On March 21st, '20

10 per cent. off
For Opening Day
Only

It will pay you to attend this opening if you want to save money and get the right thing to wear.

A DESIRABLE HOME
Situated in the Best Residential District of FLORIN, PA.



A ten-room frame house, steam heat, electric lights, first quality bath room outfit, many outbuildings, including garage for four cars. Electric lights in garage. This home must be sold within the next few weeks. Price \$4,000.

S. NISSLEY GINGRICH
FLORIN, PENNA.
mar.10-2t

Sleep?
Does a dry cough keep you awake?
KEMP'S BALSAM
Will stop the tickle that makes you cough.
GUARANTEED

We Have Just Added
**TRUNKS, TRAVELING BAGS
and SUITE CASES**
They Are On Display In Our Window

Eshleman Bros.
QUALITY SHOP
49 East Main Street Bell Phone 66-4

GOOD FURNITURE
Is the only kind I sell—Furniture that is Furniture
Rockers, Mirrors, Hall Racks,
Picture Frames, Ladies' Desks,
Extension and Other Tables,
Davenport, China Closets,
Kitchen Cabinets.
In Fact Anything in the Furniture Line
**UNDERTAKING
AND EMBALMING**
H. C. BRUNNER MOUNT JOY, PA.

TO OUR PATRONS
I wish to announce to the public that I am prepared to supply you with a line of GOOD FEED, SALT, LIME, FERTILIZER, CEMENT, COAL, ETC.
I Handle in Cow Feed Lanc. Dairy 20 per cent Protein Red Rose 20 per cent Protein Also My Own Make Feed
I have a special Good Pig and Hog Feed to carry your pigs all through the season. I have quite a large lot of friends on this Feed. I also have Hog Tankage that will do them good (try it).
I have Chicken and Chick Feeds in 100 lbs. or ton lots, either Laying Mash or Scratch, Beef Scrap, Oyster Shells, Oats, Corn, Cracked Corn and Wheat.
FOR HORSES, I have a molasses feed that horses like and do well on. Try it and you will be convinced. Also Bran, Middlings, Cotton Seed Meal, Gluten, O. P. Oil Meal, Barley, Buckwheat, Oats, Straw, Hay, Cement and Land Lime.
Call Bell Telephone 81R2 and get my prices. I deliver in town Also take outside draying by truck. I solicit your business.
E. H. ZERCHER
At P. R. R. Freight Station East End of town MOUNT JOY, PENNA.

CHAS. A. WEALAND
Painter and Paper Hanger
LARGE STOCK OF WALL PAPER
Always on hand at reasonable prices.
Estimates Cheerfully Furnished
Agent for
VICTROLAS AND RECORDS. ALSO BICYCLES
21 EAST MAIN STREET MOUNT JOY, PENNA.

LOSE YOUR HEADACHE QUICK
USE THE DEPENDABLE
LIQUID REMEDY
(EASY TO TAKE—SPEEDY RELIEF)
CAPUDINE
GOOD FOR GRIPPE AND BACKACHES, TOO
NO DOPE—NO ACETANILIDE

**Wear them all day—
Your feet stay dry and comfortable**

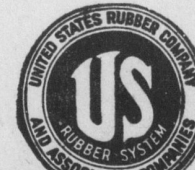
A new rubber shoe for farmers—the "U. S." Bootee

WHEN the ground is wet, and your job means a lot of walking, what do you wear on your feet?
Ordinary leather shoes get soaked and caked with mud in no time. What you need is something that will give you the *comfort* of a leather shoe, combined with the *protection* of a rubber boot.
Here at last is a shoe specially designed to meet this need—the U. S. Bootee. It's a water-tight lace rubber shoe—designed originally for miners, and now becoming popular with farmers everywhere.
Solid comfort all the time—that's what the light, pliable U. S. Bootee means for you. It fits smoothly over your sock like an ordinary shoe. It gives you perfect freedom of movement, yet in the wettest weather—over the muddiest ground—it keeps your feet *absolutely dry*.

Ask your dealer today to show you a pair of the new U. S. Bootees. Note their waterproof, smooth rubber surface—feel how pliable and comfortable they are—examine for yourself their wonderful built-to-wear construction. Every point of strain is heavily reinforced.
Look over the rest of your dealer's U. S. line—boots, rubbers, arctics—whichever you need.
Tough, heavy soles—special reinforcements at toe and heel—and always the highest quality rubber—these points are winning U. S. rubber footwear thousands of new friends every year.
Ask for U. S. rubber footwear—it means solid wear and long service for your money.



"U. S." BOOTEES—made in all sizes and styles—the Knee, Half Hip, and Hip—in red, black, and white.



Ask for "U.S." RUBBER FOOTWEAR
United States Rubber Company