

Helps Sick Women

Cardui, the woman's tonic, helped Mrs. William Eversole, of Hazel Patch, Ky. Read what she writes: "I had a general breaking-down of my health. I was in bed for weeks, unable to get up. I had such a weakness and dizziness, . . . and the pains were very severe. A friend told me I had tried everything else, why not Cardui? . . . I did, and soon saw it was helping me . . . After 12 bottles, I am strong and well."

TAKE

CARDUI

The Woman's Tonic

Do you feel weak, dizzy, worn-out? Is your lack of good health caused from any of the complaints so common to women? Then why not give Cardui a trial? It should surely do for you what it has done for so many thousands of other women who suffered—it should help you back to health.

Ask some lady friend who has taken Cardui. She will tell you how it helped her. Try Cardui.

All Druggists

POULTRY FACTS

BREEDING POULTRY IN YARDS

More Difficult Than Keeping Small Flock of Hens for Family Table.

(Prepared by the United States Department of Agriculture.)
The average city family will, perhaps, do best by keeping hens for eggs alone, but a considerable degree of success can be attained in breeding poultry in back yards and in many instances it may be desirable.

By breeding poultry is meant mating a male and one or more females to reproduce the parent type; hatching the young, and so rearing them that they will attain the full development of good typical specimens of their race. In a small way this can be done in quite a limited space. It is more difficult than keeping a small flock of hens for eggs for the table, or growing a few chickens for the table in the same space, but with regular attention and good care very satisfactory results are obtained. Good work under adverse conditions often gives better results than poor work under good conditions.

The smallest breeding pen for work on this scale and with only one mating should have a male and two females. With two hens, the pen will provide eggs for hatching at the rate of a sitting every week or ten days, thus making it possible to set all eggs while the germ is strong. If a small flock is kept also for eggs for the table, hens for the table that sock may be used to hatch and brood the chicks. If the laying hens lay eggs of a different color from those laid by the breeding hens, all may be kept together. The layers may not produce as many eggs while fed as breeders should be, but there is a saving in space and work, and the net result may be as good as if more eggs were secured.

Rations for breeding stock differ from laying rations in that much smaller proportions of commercial animal foods are used, and special atten-



tion is given to supplying green feed regularly and abundantly. Heavy egg production is not desired. The object is to have the birds in perfect physical condition and at the height of vitality, that they may more surely transmit these qualities to their off-

spring. The greatest difficulty in back-yard breeding is rearing the young birds to secure their best development. As growing birds are more susceptible to adverse conditions than mature birds, and birds in close confinement are less rugged than those at liberty, the backyard breeder must give the most scrupulous attention to every detail of the care of his young chickens. Shortcomings which might have no bad consequences with the adult birds, or with young chickens under more favorable conditions, may have very serious ill effects upon his young stock. However, by looking properly after all their wants and taking care not to overcrowd them in any way, fine specimens may be grown in yards where the space allowance is not more than 20 to 30 square feet per bird.

War gardens are now called Liberty gardens, a more fitting term. Liberty is freedom, and a good garden means liberation from store vegetables, the free use of fresh food right from the garden, easily worth double the price of store stuff to a particular person.

Work in the garden means freedom in God's sunlight and pure air. Plenty of fresh vegetables and exercise in the open air mean freedom from disease and the necessary toll insured sound refreshing sleep. If a garden is a good garden, surely it is a Liberty garden, without consideration of the food it may save to send to those who are giving their all for liberty.

FAMILY STOCK

SANITARY HOUSES FOR HOGS

Quarters and Immediate Premises Should Be Thoroughly Disinfected Every Month.

(Prepared by the United States Department of Agriculture.)
Hogs should be provided with clean, dry, well-ventilated quarters. Feeding places should be kept clean and the water supply pure. Hogs should be allowed access only to streams the sources and courses of which are known to be uncontaminated. Wallows should be kept clean and supplied constantly with clean water. The quarters and immediate premises should be thoroughly disinfected once a month with air-slaked lime or a 5 per cent solution of crude carbolic acid.

LIBERTY GARDEN

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COMMUNITY LIFE IS BEST

Under That System Every Citizen Has an Equal Interest in His Own Home Town.

Community life is the ideal life. People have more time to spend in their own homes and as a result take greater interest in the development of their immediate neighborhood. They are more congenial and neighborly; they take greater pride in keeping their homes and yards in good condition; they are contented, more prosperous; their children are raised and educated in the proper moral environment; they associate with good companions and grow up to be sound, healthy, clear-thinking men and women of the type that make the best citizens.

Much more could be said of the community proposition, but I believe I have said sufficient to prove beyond a doubt that the development of community on a broad, systematic basis will have a tendency to increase the number of home lovers and home owners.

Real estate companies should avoid as much as possible the placing of a mere allotment on the market. It takes considerable time, trouble and money to get a house on the market, but the results achieved make the extra effort and expense well worth while.—Exchange.

PRETTY ORNAMENT ON PORCH

It is Just Things Like This Floral Urn That Add Attractiveness to a Town.

A large granite bowlholder hollowed out as a receptacle for a potted plant is the ornament which adorns the porch at the home of Paul Brochier, on West Adams street, Los Angeles.

The rock is practically round, except that it is slightly flattened on the base to give it a firm setting. With an ordinary rock drill the inside of the stone was hollowed out so that a large flower pot would fit in exactly. A small drainage hole was drilled through the bottom and a ground pipe was planted in the flower pot.—Popular Science Monthly.

Don't Let Weeds Get Started.

If the garden is not neglected too long it can be rehabilitated again to some extent, but this means a long, hard job, which will not be a pleasant job under the hot weather. On the other hand, if a little judicious work is done at frequent intervals the weeds and pests can be kept down—and so the garden kept up—without burdensome effort. Never let the weeds grow tall. Kill them with some kind of cultivating tool when they are small and before they are stirring the ground from time to time before they appear at all; for you may be sure that if the ground is not stirred frequently they will appear. Do not let the pests get a start. It is safe to use the arsenical sprays on late cabbages, cauliflower and tomatoes. No part of the late cabbages that are grown will be eaten, and furthermore, they develop from the inside so that even if arsenic is used on them late, the edible portion is protected by the coarse outer leaves. Cauliflower may be so sprayed until the curd begins to form. Anything that is peeled may be sprayed. Tomatoes may either be peeled or washed and thus freed from any dangerous effects.

Fatal to Neglect Garden.

Neglect of the garden during the hot weather is fatal to a good crop, says W. E. Lommel of Purdue university, assistant county agent leader, in charge of garden work. More work in the garden is necessary now than at any other time of the year, if full value from earlier efforts is expected. Enthusiasm of the war gardeners must continue till frost.

"Vegetables require moisture and food for their proper development, and the food is not available for plant use if water is not present in the soil," said Mr. Lommel. "A good supply of soil moisture in the garden, therefore, is vital to the success of the growing season. The soil thoroughly, as frequent light sprinklings do more harm than good. Seeds which are planted during hot dry weather especially need artificial watering, as do the young plants."

BUY A LIBERTY BOND.

Hogs Kept Under Conditions Here Shown Are More Susceptible to Disease Than Those Kept Under Sanitary Conditions.

Animals that show indications of sickness should be immediately isolated and the premises thoroughly disinfected. New hogs brought to the farm should be isolated or quarantined for several days before they are permitted to run with the herd.

Hogs, and especially young pigs, often suffer much from lice. When lice are on the hog, the animal suffers from it. Lice are a serious pest of fattening, fattening is prevented by them, and hogs so affected are very much more subject to disease. To eradicate lice, dip, spray, or rub hogs with crude oil, emulsion of kerosene-oil emulsion every ten days for three or four applications.

A very troublesome affliction with hogs is caused by a mite or parasite that pricks the skin of the hog to get tissue fluid. This injury produces a red spot which finally results in a scale under which mites may be found. The symptoms are itching followed by a loss of hair and thickening and cracking of the skin. Treat same by applying lime sulphur or nicotine dip every ten days for three dippings.

Hogs should be washed thoroughly with soap, water, and brush before dipping, to remove the scales.

SWINE USE WASTE PRODUCTS

It is Necessary to Have Number of Pigs on Hand to Consume All of Perishable Feeds.

(Prepared by the United States Department of Agriculture.)
Under ordinary conditions hogs return the largest profit when raised to utilize waste products, and when kept for this purpose alone the number will depend upon the quantity of waste products to be consumed. Skim milk from dairy herds; shattered grain from grain fields; unmarketable products from the truck farm; undigested grain in the droppings of fattening steers, and many other minor wastes on the average farm are examples of foodstuffs which would be wasted were it not for their utilization by the thrifty farmer for the production of pork. In order to utilize some of these products, it is necessary to have a number of pigs on hand for a relatively short time, on account of the perishable nature of these feeds. The rest of the year the fattening pigs and the breeding stock must be maintained upon feed raised expressly for their consumption, and while they are not kept at a loss during this time, still the greatest profit is derived when they are eating their cheap feed in the form of waste products, and the number of hogs which can utilize the waste to the best advantage should be the limiting factor in determining the number of hogs to the farm. On farms in the corn belt where hogs are raised simply to market the corn crop on the hoof, the number is controlled by the amount of corn which can profitably be raised to fatten them.

TO ERADICATE HOG CHOLERA

Present Object of Government and State Authorities Is to Gain Control of Disease.

(Prepared by the United States Department of Agriculture.)
The federal government and the state authorities aim at the ultimate eradication of hog cholera. At present the object is to bring it under strict control so as to reduce losses to the minimum. Prevention, however, is better than cure. Methods for prevention, as well as care may be found in "Hog Cholera: Prevention and Treatment" (Farmers' Bulletin 834).
Losses from tuberculosis may be serious also, and in order to be forewarned and forearmed, "Tuberculosis of Hogs" (Farmers' Bulletin 763) should be studied.
There are two distinct types of swine, the lard and the bacon types.

Hair Gray? Read This!

This is a message of importance to all who have gray hair. Science has made a great discovery in Q-ban.

Gray or faded hair changes to a natural, uniform, lustrous, beautiful color made simply by applying Q-ban. Works gradually and defies detection. Safe, sure, and guaranteed. All ready to use. See a large bottle money back if not satisfied. Sold by Hayes Drug Company and all good drug stores. Try Q-ban Hair Tonic, Soap, Liquid shampoo, also Q-ban Depilatory.

Q-ban

Hogs Must Have Water.
Hogs must have water to drink, and if they cannot get fresh clean water in the trough or fountain they will drink wherever they find water, so guarders of its condition.

IS YOUR MONEY SAFE?

Perhaps You Think So. But Listen—

One day a group of day-laborers sat together enjoying their noon-hour rest and emptying their dinner pails, when their talk drifted to the question, "Is your money safe?" It started from a newspaper headline, "Workman Robbed of All His Savings," which one of the men read from a scrap of paper wrapped about his sandwich.

"My money is safe all right," said Bill Jones. "My wife is that smart that she can hide it where no thief can find it. I never worry over it after turning it over to her."

"Yes, but suppose your house burned?" broke in Joe Brown. "That you'd be in a fix. I know a fellow who lost \$2,000 that way, and for that reason I carry mine right here," and he slipped his trousers pocket with his grimy hand. "I don't care who knows it, the fellow that gets it from me has got to fight for it."

"What if a hold-up on his way with a lead pipe from behind?" said Sam Hill, who never spoke unless he had something to say. "You have less sense than Bill Jones who hides his in his house. Your money is not safe, and you know it."

There was a pause and then Sam Hill spoke again, thinking a long time over what he had to say, his friends listened.

"Say fellows," he said, "my money is safe. It is in the hands of the strongest man in the world. Everybody knows that he is square and everybody knows that he can pay his debts, for he is the richest man in the world today. And never yet has he tried to back out when the money was due. Every week I lend him \$4.20. In 1923 he will pay me \$5.00 for that amount and if I need it any time before then I can get it, and I'll get it, interest, too. You know who I am talking about. It's Uncle Sam."

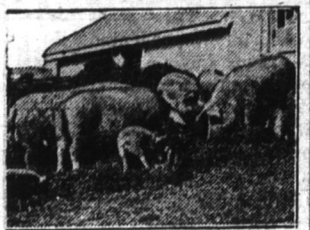
"That sounds pretty good," said Pete Smith who had said nothing but who had heard every word. "I may lend him some of mine. Tell me how you go about it."

"Haven't you heard about these War Savings Stamps that you buy for \$4.00 and a few cents, and get for it in five years a \$5.00 bill. Well, he sides best the safest and best investment anybody can make, the best part of it is you are helping Uncle Sam to win the war. And who is it that doesn't want to get a lick at those Germans who murder innocent women and children and blow up hospitals filled with sick and wounded soldiers?"

"That's just it," put in Pete Smith. "I've been itching to get at those Germans, but being out of age, I saw no chance of getting to fight 'em, and I didn't think that there was anything that I could do that would count."

"That's just where you are mistaken," said Sam Hill. "When you lend your money to Uncle Sam by buying War Savings Stamps he uses it to build ships, to feed and clothe the soldiers, and to do everything needed to help win the war. Furthermore, the money that you lend saves your home from being burned and your life and livelihood being run through with bayonets over and over, for unless we beat the Germans over there now we will have to beat them over here later. It also keeps you from being a slave to Kaiser Bill, like those Belgian workmen. And what is best, Pete, it helps to buy food and clothes and cartridges for boys just like mine who are now on the battlefield in France. Do you see now why I lend my money to Uncle Sam by buying War Savings Stamps?"

Sam Hill had never made such a speech before in his life. His friends looked at him in astonishment, but they were convinced that he was right and that he had not only put his money where it was safe but had made the best investment that any American citizen who stays at home while the boys are fighting for their lives in France can make. They wanted to know even more about the War Savings Stamps and the investment that would make them feel the satisfaction that Sam felt. When Sam explained the plan of buying War Savings Stamps and made them see that besides the best investment any government had ever offered its people it gave them the opportunity to serve their country and help win the war, they lost no time in making sure that their money was safe by investing it in Uncle Sam's best security, War Savings Stamps. They then felt that they were 100 per cent American citizens.



Home Town Helps

Residents There Escape the Discomforts That Are Inevitable Accompaniments to Crowded City.

"Americans do not yet know how to live," is the constant cry of visiting Europeans. The spectacle of people of wealth and culture enduring the indignities and discomforts of existence in crowded quarters in a crowded city is to them the proof of this, says a writer in *New York Sun*.

But we are learning. The pioneers from the city to the suburbs have gradually created the things needed to make life livable from a social as well as from a material standpoint, and now life in any up-to-date suburban locality is as full and complete as in the most favored city.

Take my own locality. We have golf, tennis and squash clubs. We have literary, musical and art societies. We have churches of the leading denominations. We have assembly rooms for public and semipublic meetings. During the year there are numerous public entertainments—concerts, lectures, amateur theatricals, where the audiences are like one large family gathering, and for the idle evenings we have the inevitable moving picture house. We are 32 minutes from the subway station at Grand Central, the heart of the club and amusement district of New York. We get trains in or out every few minutes during the busy hours—less frequently but still sufficient at other times.

The rent which we pay to ourselves as landlords (and insist upon paying ourselves 6 per cent net on our cash invested) is less than one-half of what we would pay for the same living space in the city, in addition to which we have light, air, space and that freedom which money cannot purchase in the city.

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The substitution of two-thirds of the cottonseed meal in a ration with corn did not prove profitable when corn cost 70 cents a bushel and cottonseed meal \$28 a ton.

In one test it was profitable to replace one-third of the cottonseed meal with corn-and-cob meal, but in a second test nothing was gained by the introduction of corn-and-cob meal. The first year the calves which received corn-and-cob meal made slightly larger daily gains and sold for more than did the calves which received cottonseed meal as the sole concentrate. The second year the addition of corn-to the ration did not increase the rate of the daily gain, nor did the calves which received corn sell for any more per pound than the other calves.

In a third test 52 high-grade Aberdeen-Angus calves fed on a ration of about three pounds of cottonseed meal, two pounds of coarsely hay and as much cottonseed hulls as they would eat made daily gains at a cost of \$5.55 per hundred pounds and returned a net profit of \$3.50 each.

In a fourth experiment 34 calves which were fed 132 days in the dry lot and then fed 89 days on pasture made good daily gains, but the profits were not as large as they would have been if the calves had been sold at the end of the winter. The gains made during the summer were good and were made cheaply, but the price of calves was so much lower in the summer than in the close of the winter that the continued feeding into the summer months was not profitable.

DULUTH SUBURB IS A MODEL

Carefully Planned and Laid Out, It Furnishes an Object Lesson for Other Communities.

In Morgan Park, a suburb of Duluth, owned and operated by a subsidiary of the United States Steel corporation for the use and benefit of employees, the government has found good reflection with respect to town planning and housing. It is analyzed by Laird Messinger, a housing expert of the bureau of labor statistics, in the bureau's monthly review, wherein Morgan Park is described as "an example of a modern industrial suburb intended to serve as a nucleus of a permanent industry."

"It has been developed," it seems, "in an orderly and systematic manner, town-planning principles have been observed in its layout, educational and recreational facilities have been provided, and houses of a permanent and substantial character erected."

The latter, indeed, are of concrete, though variety has been secured and the usual monotony of company towns avoided. There is more than 100,000 sq. ft. of housing space, the number of rooms and character of dwellings provided in the different designs in order that both high and low paid labor may be accommodated.

In addition to the variety of houses to meet all purposes there are boarding houses for the unmarried employees, and the taking of roomers and boarders in private families is permitted to a limited extent. No land or houses have been sold, the title to the whole townsite remaining in a housing and maintenance company organized for the purpose. Special blocks have been set aside for business purposes, as well as for recreation and parks, and a block has been given by Duluth for a school site.

Parasites Are Troublesome.

External parasites are extremely troublesome on live stock. They do most injury when the animals are low in condition, for strong stock can resist them better than the weak ones.

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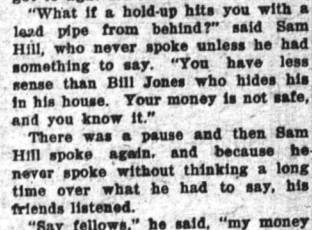
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"What if a hold-up on his way with a lead pipe from behind?" said Sam Hill, who never spoke unless he had something to say. "You have less sense than Bill Jones who hides his in his house. Your money is not safe, and you know it."

There was a pause and then Sam Hill spoke again, thinking a long time over what he had to say, his friends listened.

"Say fellows," he said, "my money is safe. It is in the hands of the strongest man in the world. Everybody knows that he is square and everybody knows that he can pay his debts, for he is the richest man in the world today. And never yet has he tried to back out when the money was due. Every week I lend him \$4.20. In 1923 he will pay me \$5.00 for that amount and if I need it any time before then I can get it, and I'll get it, interest, too. You know who I am talking about. It's Uncle Sam."

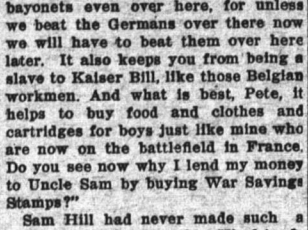
"That sounds pretty good," said Pete Smith who had said nothing but who had heard every word. "I may lend him some of mine. Tell me how you go about it."

"Haven't you heard about these War Savings Stamps that you buy for \$4.00 and a few cents, and get for it in five years a \$5.00 bill. Well, he sides best the safest and best investment anybody can make, the best part of it is you are helping Uncle Sam to win the war. And who is it that doesn't want to get a lick at those Germans who murder innocent women and children and blow up hospitals filled with sick and wounded soldiers?"

"That's just it," put in Pete Smith. "I've been itching to get at those Germans, but being out of age, I saw no chance of getting to fight 'em, and I didn't think that there was anything that I could do that would count."

"That's just where you are mistaken," said Sam Hill. "When you lend your money to Uncle Sam by buying War Savings Stamps he uses it to build ships, to feed and clothe the soldiers, and to do everything needed to help win the war. Furthermore, the money that you lend saves your home from being burned and your life and livelihood being run through with bayonets over and over, for unless we beat the Germans over there now we will have to beat them over here later. It also keeps you from being a slave to Kaiser Bill, like those Belgian workmen. And what is best, Pete, it helps to buy food and clothes and cartridges for boys just like mine who are now on the battlefield in France. Do you see now why I lend my money to Uncle Sam by buying War Savings Stamps?"

Sam Hill had never made such a speech before in his life. His friends looked at him in astonishment, but they were convinced that he was right and that he had not only put his money where it was safe but had made the best investment that any American citizen who stays at home while the boys are fighting for their lives in France can make. They wanted to know even more about the War Savings Stamps and the investment that would make them feel the satisfaction that Sam felt. When Sam explained the plan of buying War Savings Stamps and made them see that besides the best investment any government had ever offered its people it gave them the opportunity to serve their country and help win the war, they lost no time in making sure that their money was safe by investing it in Uncle Sam's best security, War Savings Stamps. They then felt that they were 100 per cent American citizens.



Home Town Helps

Residents There Escape the Discomforts That Are Inevitable Accompaniments to Crowded City.

"Americans do not yet know how to live," is the constant cry of visiting Europeans. The spectacle of people of wealth and culture enduring the indignities and discomforts of existence in crowded quarters in a crowded city is to them the proof of this, says a writer in *New York Sun*.

But we are learning. The pioneers from the city to the suburbs have gradually created the things needed to make life livable from a social as well as from a material standpoint, and now life in any up-to-date suburban locality is as full and complete as in the most favored city.

Take my own locality. We have golf, tennis and squash clubs. We have literary, musical and art societies. We have churches of the leading denominations. We have assembly rooms for public and semipublic meetings. During the year there are numerous public entertainments—concerts, lectures, amateur theatricals, where the audiences are like one large family gathering, and for the idle evenings we have the inevitable moving picture house. We are 32 minutes from the subway station at Grand Central, the heart of the club and amusement district of New York. We get trains in or out every few minutes during the busy hours—less frequently but still sufficient at other times.

The rent which we pay to ourselves as landlords (and insist upon paying ourselves 6 per cent net on our cash invested) is less than one-half of what we would pay for the same living space in the city, in addition to which we have light, air, space and that freedom which money cannot purchase in the city.

Home Town Helps

Residents There Escape the Discomforts That Are Inevitable Accompaniments to Crowded City.

Stock Raisers Will Find It to Their Advantage to Take More Pains to Find Out Needs of Their Animals and Feed Them Accordingly.

cottonseed hulls proved to be a good fattening ration for calves for a short feeding period.

When fed in conjunction with cottonseed meal, corn silage of rather poor quality produced the same daily gains on calves as did cottonseed hulls and cheapened the cost of the daily gain.

The substitution of two-thirds of the cottonseed meal in a ration with corn did not prove profitable when corn cost 70 cents a bushel and cottonseed meal \$28 a ton.

In one test it was profitable to replace one-third of the cottonseed meal with corn-and-cob meal, but in