

## Cramping Spells

"FOR MORE THAN A YEAR I had been in a very bad condition," says Mrs. R. E. Kimbrell, of Route 1, Dorchester, Texas. "I suffered with cramping spells which gave me bad pains in my back and sides. Sometimes I would have to catch at something, I would get so suddenly dizzy. I had to quit doing my work. I tried many remedies, but none of them seemed to do me any good."

"In April I went up to Arkansas to visit my sister. . . . She said to me, 'Willie, if you are going to take anything, take Cardui. It will really help you.' I came home and told my doctor what she had said and he said I could not take any better tonic, so my husband immediately got me a bottle and I began it. . . . My case was a pretty tough one, I know, so I kept on faithfully. After the fourth bottle, I began to feel very much better, so much so that I was surprised at myself. I have taken six bottles now and I can truly say I feel like a different woman. . . . I feel fine and I owe it all to Cardui, which I took faithfully."

TAKE

# CARDUI

The Woman's Tonic

## DAIRY FACTS

IMPROVEMENT SEEN  
IN BREEDING STOCK

(Prepared by the United States Department of Agriculture.)

More than 1,600,000 head of breeding stock on farms in the United States are undergoing systematic improvement through the use of pure bred sires, according to a report just issued by the bureau of animal industry, United States Department of Agriculture. Persons participating in this work at the close of the year 1924 numbered 15,137 exclusive users of pure bred sires, widely distributed among 46 states. The department, in conjunction with state and county extension workers, is aiding these stock owners to improve their methods of breeding and feeding.

This organized plan known as the better-sires-better-stock campaign has resulted in noticeable rivalry among counties and states, where agricultural leaders have used it as a means of bettering farm live stock. Ohio, Kentucky and Virginia each have more than 2,000 farmers enrolled in the campaign. Largely through the activities of county extension agents, 40 counties in nine states each, have the distinction of possessing 100 or more live stock owners who are using pure bred sires exclusively in all their live stock breeding operations. Pulaski county, Virginia, leads the list with 592 such breeders, and Union county, Kentucky, is second with 457 participants. The chief advances in the progress of the work during the last three months of 1924 occurred in Kentucky, Vermont and Ohio. A conspicuous new center of interest in this field of live stock betterment was in Lee county, Iowa. Altogether 235 additional stock owners affiliated themselves with the cause during the three-month period.

In commenting on the keen interest which live stock owners are taking in systematic improvement by the better-sires route, specialists of the bureau of animal industry call attention to the most important result of the work—namely, the superior types of animals which these breeders are raising and the substantial market benefits they are deriving. As a typical example, an Oklahoma stock owner reported to the department that "the difference in price on the market more than pays to keep pure bred even though we sell no breeding stock." Scores of similar reports show that the benefits are practically the same in all parts of the country. The department's records, showing the gradual growth of the better-sires movement, appear to be an index to the growing prevalence of good live stock on farms and in market centers.

But before good live stock can be produced in large numbers, the specialists add, there must be a wide appreciation of the utility value of good breeding coupled with the actual use of high-class pure bred sires at the head of the herds and flocks. The better-sires-better-stock campaign undertakes to supply this need in an educational way.

Any live stock owner who replaces his inferior male breeding animals with good pure bred sires is eligible to take an active part in this work. The department grants each participant a barn sign, "Pure Bred Sires Exclusively Used on This Farm," besides furnishing helpful information on the breeding, feeding and care of farm animals.

The new report on the progress of the work contains summaries of state and county activities, statistics on number, kind and breeding of animals, announcements and terse facts on the practical value of improved stock. It contains nine pages and is in mimeographed form. Copies may be obtained, as long as the supply lasts, from the bureau of animal industry, United States Department of Agriculture, Washington.

## POULTRY FACTS

EXPERIMENTS SHOW  
HIGH FEED VALUES

The results of the feeding experiments conducted during the past three years by the poultry department of the Idaho Agricultural college show that the ration containing peameal and sour skim milk was outstanding in making hens lay. A ration in which the dry mash contained 20 per cent peameal and unlimited sour skim milk gave higher percentage egg production, more eggs per pullet, cheaper eggs and greater profits over feed cost than any of the other rations in the experiment. This ration made the hens lay a large number of large eggs.

Pens are available or may be grown in nearly every part of Idaho. The expense of grinding them into peameal and placing them in the dry mash is small.

During the present year, the pen in the feeding experiment getting peameal and sour skim milk gave an average egg production of 49.6 per cent. Eggs were produced the year around at a feed cost of 14 cents. The pullets averaged 181.2 eggs each, consumed 39 pounds of grain, 21.8 pounds of dry mash and 148.2 pounds of sour skim milk each and made a profit over feed cost of \$2.33 each. Forty-four per cent of the eggs laid by this pen weighed 24 to 25 ounces to the dozen, 39 per cent from 22 to 24 ounces, and only 17 per cent below 22 ounces. When the results of this pen are compared to those of one not getting the peameal or sour skim milk, they show that the peameal and sour skim milk pen laid over three times the total number of eggs, over seven times as many marketable eggs, or eggs over 22 ounces per dozen, gave \$1.67 greater profit over feed cost per pullet and produced eggs at 7.5 cents cheaper feed cost per dozen.

## Undersized Pullet Will Make Poorest Egg Layer

"Experience is the keynote in profitable egg production," declares J. G. Halpin of the University of Wisconsin poultry department.

As in many other things, it is easy to say it should be done, but quite a different matter when it comes to doing it. It is just like feeding cattle—two men may divide a herd equally, and both feed the same kind of feed; yet one will lose, while the other will make a profit.

"Immature and undersized pullets are the cause of low egg production in many flocks," continues Halpin. "Some people try to make themselves believe that they have a flock of good-sized pullets by weighing the largest ones. A pullet which is under-size or immature will not lay enough to be profitable. What one man considers a small pullet, may be considered large enough by another man. But there are standards of weight which are about right for egg production."

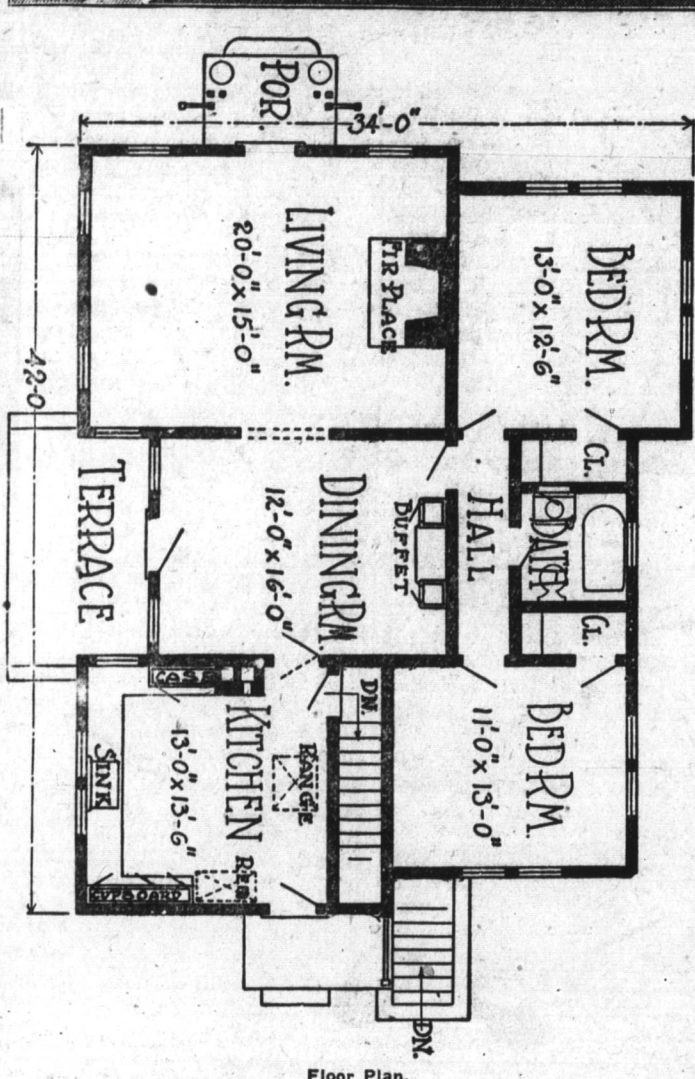
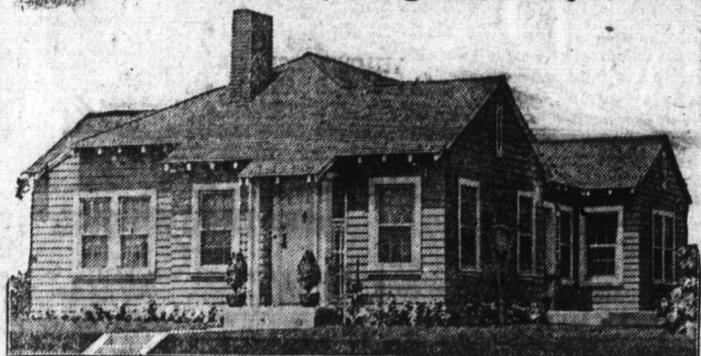
The time which the chicks should be hatched depends upon the man who is doing the feeding. Chicks under one man's care may mature much earlier than under the care of another. Pullets should be matured at a time when they will come into laying in the early winter months when egg prices are highest, advises the poultryman.

## A Bad Lot

Dr. Woods Hutchinson, disembarking from a liner in New York, said that Europe was in a deplorable state. "Let us hope the Dawes plan will better things," he went on, "but Europe as I saw her was such a Hades that she reminded me of Spurgeon's stricture on mankind."

"Spurgeon, you know, said that mankind was the limit, that the history of man was a history of sin, that in the beginning there was only one commandment—only one—and yet it was one too many for our first parents."

## Five-Room Bungalow Ideal Design for Small, Single Family Home



Floor Plan.

By WILLIAM A. RADFORD

Mr. William A. Radford will answer questions and give advice FREE OF COST on all problems pertaining to the subject of building, for the readers of this paper. On account of his wide experience as editor, author and manufacturer, he is, without doubt, the highest authority on the subject. Address all inquiries to William A. Radford, No. 1827 Prairie avenue, Chicago, Ill., and only include two-cent stamp for reply.

Every report which has appeared since the first of the year further verifies the prediction that the greatest bulk of building for 1925 would be small, single family houses. Even in the cities this type of house is coming rapidly to the front once more and with the improvement of highways and development of suburban property the tendency will undoubtedly be still more marked.

Outside of the larger cities the supremacy of the small, single family dwelling is unquestioned. For these reasons the bungalow, as an ever popular type of small house, will command the interest of the prospective home builder. Because of its construction, the bungalow makes possible a most convenient, comfortable and roomy house at a comparatively small cost. At the same time, if properly designed it can be made very attractive. No better proof of this can be found than the fact that in California, the original home of the bungalow, this type of construction is used for some of the finest and most artistic homes.

The attractive little bungalow illustrated here occupies a space only 34 feet wide and 42 feet deep. It is an inexpensive home to build but offers ample space for a small family and should appeal to people of limited means who desire a really comfortable and convenient home which will make a good appearance for the money invested.

A little ornamental latticework, flowering shrubbery and, perhaps, a tree or two in the yard, relieve what would otherwise be a somewhat plain exterior. The exterior itself, however, is well finished off by the overhanging eaves with exposed rafter ends and the novel cemented terrace side entrance. The terracing of the yard with short flights of steps in the walk gives an appearance of added height which makes up for what is lost by setting the house low to the ground, without visible foundations.

This house has a small porch with the front entrance giving access directly into the large living room with its cheery fireplace. Directly behind the living room is the dining room. This is a large room and has a built-in buffet. Besides the door from the living room and the outside door which opens from the side terrace, there is a door entering the kitchen and another to a hall at the side. The kitchen is a smaller room but with plenty of working space and an efficient arrangement which saves many steps for the housekeeper. A stairway to the basement is provided, opening from the kitchen as well as an out-

side stair beside the rear porch. From the hall one reaches the two bedrooms and the bathroom which is placed just between them. Each bedroom has a large closet and these closets are placed to isolate the bathroom from the bedrooms.

The entire plan and appearance carry an atmosphere of homeliness and hospitality and is the sort of home which inspired the pride of its occupants to the constant care which goes to keep the house and surroundings always in perfect condition.

## Kitchen Sink Aids Important Features

Kitchen sink accessories are important features to consider when planning a home. The sink cabinet, when placed above the sink or near it, if by chance the sink is installed beneath a window, does much toward keeping the unsightly sink cleaners—mops and so on—under cover and still near at hand.

A good sturdy dish drainer placed on one of the drain boards is a valuable addition to the equipment. It may be stacked with dishes, hot water poured over, and all left to dry while the glasses and silver are being wiped and put away. Several moments a day may be saved by adopting this plan. Its success depends upon good hot rising water.

Built-in china wall accessories above the sink, such as soap holders, water glass holder and towel rack are sanitary, convenient additions to any kitchen and are easy to keep spotlessly clean.

## Wood Exteriors

Frame or wood exteriors are usually of two kinds. The first is that in which wide siding and similar forms of lumber are employed to give the characteristic exterior finish most common in frame houses. Another type of frame exterior which is gaining rapidly in public favor is that obtainable by the use of wooden shingles to completely cover the walls.

A combination of these two also is employed, in which the first-story finish may be of wide siding with shingled gables, or vice versa. The wall construction used for the frame house is that of studding over which sheathing and building paper are placed in preparation for the exterior covering.

## Creeping of Varnish

The creeping of varnish is caused by the under coat being softer than the subsequent coat. It may be brought about by dampness in the wood occasioned by an unnoticed leak.

Plenty of time should be allowed between coats, for if the first coat is not thoroughly dry, the second is kept soft and consequently the third coat is bound to crawl. The best preventive of creeping is to see that each coat of varnish is thoroughly dry and hard before another coat is applied.

## FARM STOCK

### INSPECTION SHOWS HEALTH OF STOCK

(Prepared by the United States Department of Agriculture.)

Of approximately 80,000,000 meat animals passing under the scrutiny of federal inspectors, during the last fiscal year, the vast majority proved to be healthy and went into the various channels of the meat trade. But the fact that slightly more than a third of a million carcasses were condemned at slaughter indicates the searching character of the inspection. The report of the chief of the bureau of animal industry, United States Department of Agriculture, recently issued, gives the latest comprehensive information on the health condition of cattle, sheep and hogs.

Though designed primarily to safeguard the wholesomeness of meat offered to the public, meat inspection renders a valuable service to live stock producers also in keeping them informed of the health of their animals at time of slaughter.

Of the 35 principal diseases and ailments that affect live stock, tuberculosis is by far the most serious. It was responsible for about two-thirds of the condemnations of cattle carcasses and near half those of swine. Tuberculosis conditions were found also among a few sheep, though these animals rarely are affected. The next most serious disease, according to meat-inspection records, is hog cholera. Actual losses are considerably heavier than those records show, since hogs affected with that disease usually die on the farms.

Pneumonia, peritonitis, and a group of similar ailments rank next in the damage they cause, followed by septicaemia. In the case of calves, immaturity is an important reason that many fail to pass inspection. Among the figures for cattle, injuries and bruises rank high, causing the condemnation of the meat of more than 4,000 entire carcasses.

## Sheep Shearing Clipper Does Its Work Rapidly

When the cold spring rains have gone and the warm weather comes on, flock owners should give attention to shearing their sheep. Shearing is best accomplished by the use of machines rather than hand shears. By investing a few dollars, it is possible to get a machine which has one attachment for shearing sheep and another for clipping horses and mules. The machine clipper, does work more rapidly, the fleece is cut closer, and the sheep are not injured so frequently.

In doing good shearing, the livestock specialists say, it is necessary to get the fleece without tearing it apart. After setting a sheep on its rump, an experienced shearer will hold it comfortably and there will be very little struggling. The sheep's body should be tilted toward the operator so that it cannot get a footing and thus attempt to rise. It is customary to shear first the head and neck, then down the belly, then the sides and back, and last the rump.

After shearing the fleece should be carefully arranged with the inside out and tied into a neat pack. This adds much to the appearance and thus makes a better market.

The use of the wrong kind of tying twine causes more trouble than any other one thing. Blinder twine or any other twine which sheds its fiber should not be used. Hard glazed twines, or paper twine should be used.

## For Fattening Cows

Silage is the cheapest feed which can be used for fattening cows. Two or three pounds of cottonseed cake, together with corn fodder, prairie hay, or other roughage is recommended in addition to the silage. May is usually the best time of the year to sell fat cows. The price next spring might justify the feeding of corn for the last 30 days of the feeding period, according to Dr. C. W. McCampbell, Kansas State Agricultural college.

## Live Stock Squibs

- Cull out inferior animals.
- Dock and castrate lambs when seven to fourteen days old.
- Get the sow accustomed to handling before farrowing time.
- Keep ewes with young lambs separate from the regular flock.
- See that all young growing animals have room to take plenty of exercise.

"A man should not go into the stock business, but should grow into it," is an old saying, but one never more true than today.

Pure bred animals must be sold. The idea that pure bred animals are expensive and a luxury in the farmer's hands must be dispelled.

A satisfactory ration for 1,000-pound steers consists of all the ground ear corn, silage, and hay they will eat, and 2.5 pounds of cottonseed meal per head per day.

Children  
Cry for



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## Fertilizers Are Getting Better

Colleges and Experiment  
Stations Given Credit for  
Improvement.

There is ample evidence to indicate that the quality of fertilizer which farmers are buying is getting better each year. This improvement can be traced to the work which the agricultural colleges and experiment stations have been carrying on for several years in co-operation with fertilizer manufacturers through the soil improvement committee of the National Fertilizer association. The following brief summary of the situation in a few typical states should be of interest:

### Increase in Indiana.

In his last report, Prof. E. G. Proulx, state chemist of Indiana, says, "Indiana in four years has changed from a low-grade fertilizer state to a high-grade fertilizer state and has learned that plant food makes the fertilizer." During these four years, the total quantity of nitrogen sold in Indiana increased by 29 per cent and potash by 186 per cent, while phosphoric acid decreased by 4 per cent.

Figures for Ohio, compiled by Professor Bear, show that in one year, 1923 compared with 1922, high-analysis fertilizers increased 68 per cent and that the sale of those included in the "Ohio Standard Dozen" list increased 171 per cent.

In Maryland, those analyses of which 1,000 tons or more were sold show an increase of 24 per cent for ammonia and 56 per cent for potash in 1923 as compared with 1921.

### Progress in Missouri.

The following statement by Director Mumford, which appears in the latest fertilizer inspection bulletin issued by the Missouri experiment station, is indicative of the progress that is being made in that state:

"The experiment station has also conferred directly with the manufacturers of fertilizer material and has encouraged them to manufacture the brands of fertilizers that ought to be used in this state. The result of these efforts has been very gratifying. The manufacturer on one hand has pushed the sale of good fertilizers adapted to Missouri conditions, and the farmer on the other hand has followed the advice of the experiment station, to his great profit."

Progress in Michigan is clearly indicated by the following statement made by Prof. O. B. Price in a recent issue of the Michigan Farmer:

"In 1912 50 per cent of the brands sampled were low-analysis material; in 1917, 68 per cent were low analysis; in 1922, 31 per cent, and in 1923 only 17 per cent."

Manufacturers are rapidly reducing the number of grades offered for sale and increasing the actual plant-food content of those fertilizers that are sold.

## Crops to Follow Early Vegetables in Garden

Spinach, mustard, lettuce and radishes are off the ground early and the ground is released for other crops, but we should plant something that will not be troubled by the insect pests that are common to any of these. A second planting of beets will be good for this purpose, for the aphids is the worst pest that is likely to be on these early vegetables and the beets will not be troubled. After the bean crop is picked follow it with sweet corn, planting even before the beans are off. After any crop coming off in early June plant rutabagas, and in July

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plant turnips, Chinese cabbage, winter radishes, or set any of the midsummer cabbages to head in the fall. The potatoes may be dug in July and followed with sweet corn of an early variety, which would be planted earlier and be large enough to permit the potato digging to serve as a cultivation.

## Potatoes Are Attacked by Different Diseases

Potatoes throughout the United States are attacked by quite a large number of diseases, which are transmitted either within the seed tuber, or upon it. Certain ones of these are now recognized by the botanists and plant pathologists as "deterioration" diseases. It has always been a theory of farmers and experienced growers that potatoes "run out," says Professor Bolley of the North Dakota College of Agriculture.

The best experts in the potato business also admit that potatoes often do "run out," become quite worthless as to type, etc. These deterioration diseases which are now being studied have always existed, but were not recognized. They are of such nature that under ordinary methods of cultivation and handling, potatoes may be expected to run out. We are, however, quite hopeful that potatoes can be kept from running out.

## Some Garden Mistakes

There are a number of mistakes frequently made which have a tendency to reduce the value of a garden. The first one is in making a plan which covers too large an area. It may be that when the first warm days of springtime arrive, in the first flush of enthusiasm we will plan a larger garden than we can properly care for. In course of time the rush of farm work comes on, the weeds in the garden get the start of the vegetables, and we let the whole thing go.

## Remarkable Fruit

The agricultural explorer is the name given to a scientist who is sent to little-known parts of the world by the United States Department of Agriculture in search of new fruits and plants.

One member of this unique profession has discovered in Ecuador an interesting group of fruits. One of these, the cherimoya, is described as vegetable ice cream, because of its white flesh, which has the consistency of a firm custard. It has the combined flavors of pineapple, strawberry, and banana.

## America Far in Lead

Automobiles shipped to other countries or assembled abroad by American manufacturers last year numbered 327,000, which is 77,000 more than were made in all the rest of the world.