



SAME PRESCRIPTION HE WROTE IN 1892

When Dr. Caldwell started to practice medicine, back in 1875, the needs for a laxative were not as great as today. People lived normal lives, ate plain, wholesome food, and got plenty of fresh air. But even that early there were drastic physics and purges for the relief of constipation which Dr. Caldwell did not believe were good for human beings. The prescription for constipation that he used early in his practice, and which he put in drug stores in 1892 under the name of Dr. Caldwell's Syrup Pepsin, is a liquid vegetable remedy, intended for women, children and elderly people, and they need just such a mild, safe bowel stimulant.

This prescription has proven its worth and is now the largest selling liquid laxative. It has won the confidence of people who needed it to get relief from headaches, biliousness, flatulence, indigestion, loss of appetite and sleep, bad breath, dyspepsia, colds, fevers. At your druggist, or write "Syrup Pepsin," Dept. BB, Monticello, Illinois, for free trial bottle.



Makes Life Sweeter

Too much to eat—too rich a diet—too too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

Phillips is always ready to relieve distress from over-eating; to check all acidity; or neutralize nicotine. Remember this for your own comfort; for the sake of those around you. Endorsed by physicians, but they always say Phillips. Don't buy something else and expect the same results!

PHILLIPS Milk of Magnesia

When competition ceases, "federal commissions" will be asked to regulate.

Cold Need Cause

No Inconvenience Singers can't always keep from catching cold, but they can get the best of any cold in a few hours—and so can you. Get Pepp's Cold Compound that comes in pleasant-tasting tablets, one of which will break up a cold so quickly you'll be astonished.—Adv.

One Americanism is to assume the man is guilty because he hired such a good lawyer.—San Francisco Chronicle.

COULD NOT GET OUT OF BED

Lyla E. Fishburn's Vegetable Compound Strengthened Her

Richard, Ind.—"I had a tired feeling and was unable to get out of bed without the help of my husband. We heard of the Vegetable Compound and decided to try it. I am still taking it and it sure is a help to me. I can do my work without resting before I am through. I know that if women will give the Vegetable Compound a trial they can overcome those tired and worn-out feelings. I cannot express the happiness I have received and how completely it has made over my life."—Mrs. D. E. Fisher, 1232 Laurel St., Elkhart, Indiana.

Keeping Scales Clean, Essential

Slight Displacement of Poise May Result in Error in Weight.

(Prepared by the United States Department of Agriculture.) A suggestion to weighmasters at public stock yards issued recently by the packers and stock yards division may also serve as a caution to farmers and live stock producers who maintain scales on their farms, the United States Department of Agriculture believes.

Attention to Details. "It is essential," said the statement authorized by Dr. John R. Mohler, chief of the bureau of animal industry, "that weighmasters give careful attention to the smallest details. Alertness on their part may enable them to recognize and prevent the development of conditions, apparently trifling, which, however, may affect the weights obtained over the scales. For instance, it is important that the weighmaster keep the notches of the beam clean. A little dirt, causing a slight displacement of the poise, may result in an appreciable error in the weight. In a recent test it was found that, owing to an accumulation of dust in the notches, one of them was 12 pounds slow. This meant a loss to the seller of 12 pounds for every draft weighed over the scale in which this notch was used.

Using Compressed Air. "It may be of interest to know that compressed air is now being used to clean the working parts of scales at one of the markets. An air compressor operated by a small gasoline engine and mounted on a yard wagon is pulled up to the scales and used for blowing out dust, dirt, and rust from round the pivots and bearings of the scale."

Alfalfa Thrives Best in Well-Prepared Bed

Alfalfa does best sowed in a seed-bed that is firm below the surface but has the surface in good tilth and free from weeds, says John H. Barron of the New York State College of Agriculture at Ithaca, N. Y.

If alfalfa is seeded with spring grain, fall-plowed land gives best results. But if the land was not plowed last fall, it should be plowed early in the spring and seeding should be delayed as long as possible. "Alfalfa cannot do well if the land is plowed today and the seed is sowed tomorrow!" he says.

On land that is plowed this spring, the best practice is to plow early and then wait until June 15 or July 1 to sow the seed. At this time, of course, alfalfa would be sowed alone.

Alfalfa usually does not do well when it is sowed in either fall-sowed or spring-sowed grain, for even though the seed bed is firm, the surface is not in good tilth. Then, too, the grain overshadows the alfalfa and tends to choke it out.

Green Manure Crops Are Becoming of Importance

Green manure crops are becoming of greater importance each year on American farms for the reason that the new land is gone and the old must be maintained in fertility. There is, however, no cash value to a green manure crop and the tendency is to avoid planting one if it is not absolutely necessary. White sweet clover has been pastured successfully with no apparent loss in the improvement value of the crop when plowed under. It does not make as good hay as alfalfa, yet it is tolerable if handled properly. Best of all the seed is not expensive. At 15 to 20 pounds per acre the cost is somewhere around \$2 an acre. Compared with two or three times that cost for other legumes the difference is striking. Even the much talked of soy beans will cost \$4 an acre to seed. All of these factors make white sweet clover stand out as a crop worth becoming acquainted with and worth learning how to handle.

Agricultural Hints

Trees make about 67 per cent of their growth at night, and the rest in daylight.

Usually brood sows which have had rye pasture during the winter will farrow stronger and more thrifty pigs.

The size of the manure pit will depend upon the size of the herd, the method of handling the litter, and how often the pit can be emptied.

Farm machinery will help a lot in this farm relief idea—and you don't have to wait for congress to act, either.

What we need is for these one-horse farmers to find out that they can drive two, three and four horses at one time.

Have you tried working more than two horses to a machine? It pays to have plenty of power and one man direct the work.

One of the best ways to save hard-earned money on the farm is by protecting machinery from rust and ruin. Proper housing as soon as work permits will add years to the life of the machinery.



When the frost is on the pumpkin MONARCH QUALITY FOOD PRODUCTS taste better than ever... There's health in Monarch Cocos and Teenie Weenie Peanut Butter.

MONARCH QUALITY FOOD PRODUCTS

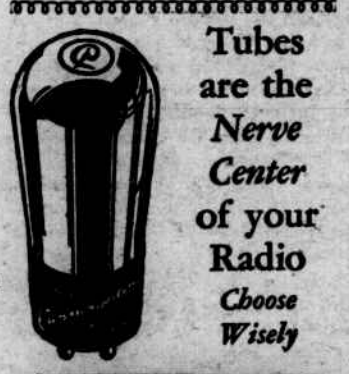
MONARCH CANNED VEGETABLES, every vegetable that grows... and the cream of the crop... MONARCH CANNED FRUITS, the "prime pick" of the world's finest orchards... MONARCH COFFEE, TEA AND COCOA, if you paid a dollar a pound, you couldn't buy finer quality... MONARCH PICKLES, sweet gherkins, dills, sweet mixed pickles, chow and relishes... MONARCH CATSUP AND CHILI SAUCE, made from Monarch tomatoes grown from Monarch seed... and the famous Monarch Teenie Weenie Peanuts.

REID, MURDOCH & CO. (Established 1873) General Office, Chicago, Ill.



Wasn't Positive

Reporter—Are you happily married? Movie Star—I believe so, but to be sure I'll get my secretary to look it up for me when he comes in.



Quinlanham RADIO TUBES

You Know Him Blinks—What kind of a chap is this Bill Borum? Jinks—He's the kind you are lucky if you don't know him.

Necessary "I think sentiment is necessary in business." "Yes, I manufacture greeting cards, too."

Still pops up—the question.

Dr. Hartman said:



Fight Off INDIGESTION and Mr. Powell says:

"I AM a circus clown and about two years ago began to have severe attacks of indigestion—I thought I would have to give up. I lost weight and my appetite was bad. (Anyone who has suffered attacks of indigestion can understand just how Mr. Powell felt.) "A friend told me about PE-RU-NA, so I bought a bottle and started taking it. I have now taken three bottles. My health is restored and my work a pleasure." (For over 30 years, PE-RU-NA has been the key to a renewed health and vitality for hundreds of thousands.) "An earnest desire to help others prompted me to make this statement." (Signed) Albert Powell, Louisville, Ky. (A PE-RU-NA now in use on a PE-RU-NA friend—thousands recommended to others. All druggists have it; get a bottle today.)

ASTHMA KELOGG'S ASTHMA REMEDY

If Kidneys Act Bad Take Salts

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of good water.

INDIGESTION RELIEVED

QUICKLY Carter's Little Liver Pills Purely Vegetable Laxative assist nature in its digestive duties. Many times one of these little pills taken after meals or at bedtime will do wonders, especially when you have over-eaten or are troubled with constipation. Remember they are a doctor's prescription and can be taken by the entire family. All Druggists 25c and 75c Red Packages. CARTER'S LITTLE PILLS

PARKER'S HAIR BALSAM

Restores Color and Beauty to Gray and Faded Hair. All Druggists. H. Y. Parker, Chem. Wts. Patagonia, N. Y.

FLORESTON SHAMPOO

Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and silky. 50 cents by mail or at drug stores. H. Y. Parker, Chem. Wts. Patagonia, N. Y.

Alcohol From Pest

Bengal's pest, the water hyacinth, may be converted into power by a process that has been announced by the Science college of Calcutta. The flower, which has stopped many waterworks by its heavy growth, is being used in connection with the gang-wa free, which also grows wild in Bengal, and can be obtained in large quantities. The new methods which have been worked out to produce alcohol from the water hyacinth not only give a new source of power, but will help toward clearing the waterways.

Just for a starter—"Go!"

When You Catch Cold Rub On Musterole

Musterole is easy to apply and works right away. It may prevent a cold from turning into "flu" or pneumonia. It does all the good work of grandmothers' mustard plaster. Musterole is recommended by many doctors and nurses. Try Musterole for sore throat, cold on the chest, rheumatism, lumbago, pleurisy, stiff neck, bronchitis, asthma, neuralgia, congestion, pains and aches of the back and joints, sprains, sore muscles, bruises, chilblains, frosted feet—colds of all sorts.

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole. Jar & Tubes



Better than a mustard plaster

Wright's Peppermint Cure

Restores regularity without griping. TAKE Wright's Peppermint Cure

Community Building

One's Own Roottree Makes for Ambition

Although home ownership has increased measurably during the last few years as the result of educational programs carried on by realtors and savings associations, the majority of American families still pay rent. Only about 35 per cent of American families are under their own roof-trees. This proportion could be largely increased in the opinion of a city real estate manager, if as much stress were placed on the spiritual values as on the mere financial value of home ownership.

"Assuming that the purchase is properly financed," he says, "the material advantage of home ownership over renting is indisputable. To my mind, however, the greater benefit is the enrichment of life itself that comes with planting one's own roots in the soil.

"A strange and wonderful experience comes to the man, who for the first time, owns his home. Hitherto he has been a nomad, living in other people's houses, subject to their regulations, whims and legal requirements. He may live in them a long time and never become a part of them nor they of him. But let him acquire the land and the house that stands on it—and forthwith he begins to grow in an amazing number of ways. He becomes established. He becomes identified with that piece of land and that house. It is his. He is part of it and it becomes part of him in many senses. It acquires the marks of his tastes. Its design, furnishings, upkeep and gardens all become symbols of himself.

"So many people hope to own their own homes eventually and set it as a goal in their lives, but delay too long. The time to begin owning a home is when you can get enough credit to go into debt for it. This provides a spur to ambition; a point on which he can focus his expenditures so that they bring him the greatest return in health and happiness."

Mass Coloring New Object of Builders

American commercial and domestic life is writing its history in buildings with its own individuality, says Harvey Wiley Corbett, nationally known architect and authority on construction.

Every form of architecture the world has known, Mr. Corbett points out, has resulted from two factors: The needs of the people, and the materials available. But it was the skill with which materials were used to meet the needs, which reflected the art and the ingenuity of the period.

With the development of this new type, Mr. Corbett says, the trend will be more and more away from petty decorative details, and toward the skillful distribution of masses, and the use of color. Instead of minute and purposeless ornamentation, obviously superimposed upon a building, color will be applied logically, over large spaces, as an integral feature of the terra cotta, or other facing materials.

The distribution of masses, Mr. Corbett declares, will meet the needs of the building's occupants, with as much beauty as is possible.

Urge Clean Homes

It is full as important to render the home safe from fire and the depredations of the elements as it is to make it colorful and cheerful for its occupants. The mission of the fall clean-up campaigns is to achieve both of these highly desirable and essential ends.

Each year larger numbers of communities are recognizing the peculiar menaces of the winter months and are holding a clean-up campaign in the fall as well as in the spring in order to safeguard themselves at both times of the year.

City Planning Pays

The present haphazard growth without planning for the future which most American cities experience now involves an annual loss of more than a billion dollars, John Nolen, landscape architect and city planner of Cambridge, Mass., declared before a convention of the International City Managers' association.

More than 200 American cities now have such plans, Mr. Nolen declared, while zoning ordinances have been adopted by 530 cities and planning commissions established by 587.

Game Clubs Are Planting

Towns and cities are doing their part in creating community forests on their idle lands and on the waterbeds of their reservoirs. Wise farmers are setting slacker acres to work growing wood crops, says the American Tree association. Fish and game clubs are planting areas to serve as sanctuaries and to protect the streams. Land owners are beautifying and making more valuable nonworking acres.

Age of Outdoor Life

This is the age of sunshine and outdoor life. Houses are built with many windows, sun parlors, sleeping porches and daylight basements. Homes are brighter, cheerier and healthier. To make a sunlike an old house is to bring the sunshine in with more and larger windows.

It is the well known package It stands for high quality

SIREDD WHEAT 12 OUNCES full-size biscuits

As Made in Shredded Wheat Factories for 34 Years Children like the crisp, crunchy shreds of whole wheat—makes sound teeth and healthy gums.

Winter Vacations Popular

Winter vacations have now come to stay. One large American firm employing several thousands reports that 30 per cent of its employees take their vacations between October and April.

Mrs. James A. McClintock's Appeal For Her Child

"My little girl, 2 1/2 years old, has trouble with her stomach and bowels. She runs a fever and her passages are green—just acts like a bilious attack. I am thinking of giving her Milks Emulsion. Please send me special directions for children. March 22, 1923."

"My little girl has not had any more of those attacks since I started giving her Milks Emulsion, and she didn't have but one cold all last winter and played out every day.

"She is 3 1/2 years old now and just getting along fine. Emulsion has built her up in every way, and I want to thank you for your advice. I will always talk for Milks Emulsion whenever I can." Yours truly, Mrs. Jas. A. McClintock, May 9, 1924, 1330 N. Belleville Ave., Indianapolis, Ind. Guaranteed by all druggists to give satisfaction or money refunded. The Milks Emulsion Co., Terre Haute, Ind.—Adv.

To some people, only dissipation is recreation. If it is, that's their business.

Folks who are never happy unless they are downtown ought to find some way to live there.



Remember all the things people used to do for headaches? Today, the accepted treatment is Bayer Aspirin. It gets action! Quick, complete relief—and no harm done. No after effects; no effect on the heart; nothing in a Bayer tablet could hurt anyone. (Your doctor will verify this.) For any sort of headache, neuralgic pains, rheumatism just try Bayer Aspirin. Taken soon enough, it can head-off the pain altogether; even those pains many women have thought must be endured. At all druggists.

ASPIRIN

Cuticura Distinguished for Excellence for fifty years

The Soap to cleanse, purify and beautify The Ointment to soften, soothe and heal

A world famous and dependable treatment for the skin and hair

Sold everywhere. Buy 25c, Ointment 25c, and 50c. Tablets 25c. Sample each free. Address: "Cuticura," Dept. B.S., Malden, Mass. 02148. Cuticura Shaving Stick 50c.

BARE TO HAIR

If you want to grow hair on your bald head, save the hair you have, stop falling hair, dandruff, etc., write for literature and information.

W. H. FORST, Mfg. - Scottsdale, Penna.