


# IT STARTS in the STOMACH

HAVE YOU ever suspected that most of the common illnesses of men and women have their beginnings in stomach disorders? That lost vitality, those frequent headaches, that cold you can't shake off—your stomach is probably responsible. Everyone needs the soothing, regular action of a reliable stomach remedy like PE-RU-NA—known for over fifty years as the World's Greatest Stomach Remedy. It clears away that congested, catarrhal condition which afflicts so many people who never even suspect their real trouble! One bottle of PE-RU-NA will soon tone up your digestion—and give you a new joy in life! Your druggist has this time-honored remedy. Don't wait—buy a bottle and begin taking it today.



## For Old Sores

### Hanford's Balsam of Myrrh

All dealers are authorized to refund your money for the first bottle if not satisfied.

**MEDITERRANEAN Cruise**  
\$600 up  
as "Transylvania" sailing Jan. 30  
Clark's 8th cruise, 66 days, including Madeira, Canary Islands, Casablanca, Rabat, Capital of Morocco, Spain, Algeria, Malta, Athens, Constantinople, 16 days Palestine and Egypt, Italy, Riviera, Cherbourg, (Paris). Includes hotels, guides, motor, etc.  
Hornby-Whitcomb, June 25, 1929, \$600 up  
**FRANK G. CLARK, Times Bldg., N. Y.**

### Is It Love?

Mable—Do you think Clarice really likes Bobby?  
Alice—She doesn't know yet. She's going to that famous Vienna psychiatrist to find out.

### Will Cold Worry You This Winter?

Some men throw-off a cold within a few hours of contracting it. Anyone can do it with the aid of a simple compound which comes in tablet form, and is no trouble to take or to always have about you. Don't "dope" yourself when you catch cold; use Pape's Cold Compound. Men and women everywhere rely on this amazing little tablet.—Adv.

### Good Motto

Charles M. Schwab, who after many years as a leader in steel, is beginning to take things easier, said to a group of gentlemen farmers who were admiring some of his prize stock at a Pennsylvania county fair:  
"Raising prize stock is something I've wanted to do for a long time but I've been too busy. Divided attention seldom leads to success and all through my business career my motto has been:  
"All work and no play makes jack and a lot of it."

### Keeping It Moving

The Walter—What's this, sir?  
The Guest—Your tip. It's a trouser button I found in my stew.

# Are You Ready



## When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—give a few drops of plain Castoria. No sooner done than baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

# CASTORIA

## PREPARED BY

## Laying Hens Now on a Night Shift

### Artificial Lights Deceive Pullets Into Increased Egg Production.

The hens that lay New York's breakfast eggs are about to go on the night shift again.

The recently introduced practice of increasing egg production by lengthening the short autumn and winter days with artificial light in the hen houses has proved so successful that it is expected to become almost universal this year among the thousands of suburban poultrymen in New Jersey, Connecticut and on Long Island.

Hens Respond Profitably.

Proof that the hens respond profitably to the system of lengthening the winter days by electricity has been produced by Leslie M. Black, poultry expert of the New Jersey Agricultural college, who publishes the results of tests in the Farm Journal.

Black has tested 168 flocks of pullets over a six-month period. Of these, 48 flocks were tested without the aid of lighting and were found to average 72.9 eggs per hen. The others, tested under three different lighting systems, all ran profitably ahead of that figure.

Three Lighting Plans Used.

The three methods used to convince the hens that winter days are as long as summer ones, and so keep production artificially stimulated when prices are high, are these:

First—The evening lunch system, when the houses are lighted for an hour at night, between eight and nine, or nine and ten. Second—The morning lights plan, when the houses are lighted before dawn. Third—The use of lights both morning and night so that the length of the day is made to equal absolutely that of the night.

"This last system seems to give the best results of the three," the Farm Journal's expert reports. It produced 10.7 more eggs per pullet than when no lights were used, 6.5 more eggs than under the evening lunch plan, and 1.3 more than the morning lighting system.

## Barley Produces a High Percentage of Nutrients

Barley should be more widely used as a stock feed, not only on account of its high yield per acre but also because of its nutritive value, says the United States Department of Agriculture.

The only feed crop that can be compared readily with barley in farm economy is oats. Barley produces more pounds to the acre than oats and has a higher percentage of digestible nutrients. Success in feeding barley depends somewhat upon how it is fed. Barley fed whole is too coarse for best results, and if fed too finely ground is pasty and unpalatable. The best way of preparing it for live stock is to have it coarse ground or rolled, the latter way of preparation being common in the West.

## Ewes Need Extra Good Care at Lambing Time

The success of the sheep flock depends largely on the management. Good feed and care materially influence the subsequent lamb crop. Pregnant ewes should be separated from the main flock and carried along in good thrifty condition until lambing time. They may be fed such succulent feeds as roots and ensilage, the latter in limited quantity, together with some alfalfa hay, for the purpose of stimulating milk production. Good water is essential during the pregnant period. Potassium iodide should be given in the salt kept before the ewes at all times. Ewes in good, thrifty condition are more likely to give birth to strong vigorous lambs.

## Agricultural Notes

Fences and gates tell what kind of folks live with them.

It doesn't cost any more to build a good looking building than the other kind.

If good results are to be expected with the 1928 lamb crop, the bred ewes must be handled properly.

Sweet clover should be sown broadcast on a well-settled seedbed at the rate of 15 pounds of good seed per acre.

Good, clean range will be of little value in preventing disease trouble as long as the ground adjoining the house is dirty.

Wherever cholera occurs it must be presumed that the disease has been carried to the hogs in question because there is no other way for it to reach the herd.

Four or five weeks before lambing each ewe should have one-half pound daily by weight of the following grain mixture: Corn, six parts; oats or bran, three parts, and linseed oil meal, one part. After lambing, the ration should be doubled.

Corn belt farmers are confronted with the problem of utilizing the roughage produced on the farms as well as the corn produced. There is no more economical and desirable method of doing this than establishing a herd of breeding cows on the farm.

## Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all the advantages of grandmothers' mustard plaster without the burn. You feel a warm tingle as the healing ointment penetrates the pores, then a soothing, cooling sensation and quick relief.

Made of pure oil of mustard and other simple ingredients, Musterole is recommended by many nurses and doctors. Try Musterole for bronchitis, sore throat, stiff neck, pleurisy, rheumatism, lumbago, croup, asthma, neuralgia, congestion, pains and aches of the back or joints, sore muscles, sprains, bruises, chilblains, frost-bitten feet, colds of the chest. It may prevent pneumonia and "flu."

Jars & Tubes

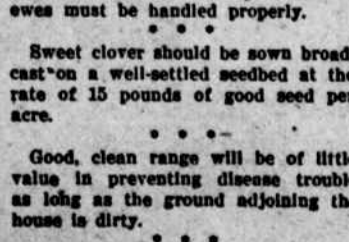
## Or a Hippo

Bottle—Could you tell me what nonsense is, uncle?  
Uncle—No.  
Bottle—Well, it's an elephant hanging over a cliff with its tail tied to a daisy.—Boston Post.

Another Profiteer  
Customer—"How do you sell these furs; by measure?" Merchant—"No, we sell them by the hair now."

## The Easiest Way to Keep in Style

By MAE MARTIN



No woman would wear dresses, or blouses, or stockings of a color that's decidedly out of style or faded, if all of us knew how easy it is to make things fresh, crisp and stylish by the quick magic of home tinting or dyeing.

Anybody can tint or dye successfully with true, fadeless Diamond Dyes. Tinting with them is as easy as bluing, and dyeing takes just a little longer. New, stylish colors appear like magic, right over the old, faded colors. Diamond Dyes never spot, streak or run. They are real dyes, like those used when the cloth was made. Insist on them and save disappointment.

My new 64-page illustrated book, "Color Craft," gives hundreds of money-saving hints for renewing clothes and draperies. It's Free. Write for it now, to Mae Martin, Dept. D-142, Diamond Dyes, Burlington, Vermont.

# MONARCH

## QUALITY FOOD PRODUCTS

Set the standard. If you paid a dollar a pound you could not buy better food products than those you find packed under the Monarch label.

Sold, Wholesale & Co. Established 1853 General Offices, Chicago, Ill.



## HALE'S HONEY of DOGWOOD & TAR

At the first sneeze, banish every symptom of cold, chills, etc. with HALE'S Relief at once—Breaks up cold positively. 30c at all druggists

## Garfield Tea

### Was Your Grandmother's Remedy



For every stomach and intestinal ail. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

## Pilot Flies 250,000 Miles

Paul Witte, an air pilot of the German commercial air service, recently completed a total distance of 400,000 kilometers, which is equal to nearly ten times around the world, in scheduled air service. On his arrival at the Hamburg airdrome he was given an official welcome during which he was presented a gold scarf pin and many floral gifts.

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## DR. CALDWELL'S THREE RULES



Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of great importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation is a mild vegetable compound. It can not harm the most delicate system and is not habit forming.

The Doctor never did approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. Use Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crampy stomach, bad breath, no appetite, headache, and to break up fevers and colds. Get a bottle today, at any druggist and observe these three rules of health: Keep the head cool, the feet warm, the bowels open. For a free trial bottle, just write "Syrup Pepsin," Dept. BB, Monticello, Illinois.

## MEDICINAL HERBS AND ROOTS

FOR ALMOST ANY DISEASE

We Carry Every Herb Known, and are known the world over as the Largest Dealers in America.

FREE Our 88-page Catalog and little Herb Doctor book, which gives valuable recipes for most any disease.

SEND FOR THIS BOOK AND Cure Yourself With Nature's Herbs

INDIAN HERB GROWERS  
1427 South St. Philadelphia, Pa.

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## A Sour Stomach

In the same time it takes a dose of soda to bring a little temporary relief of gas and sour stomach, Phillips Milk of Magnesia has acidity completely checked, and the digestive organs all tranquilized. Once you have tried this form of relief you will cease to worry about your diet and experience a new freedom in eating.

This pleasant preparation is just as good for children, too. Use it whenever coated tongue or field breath signals need of a sweetener. Physicians will tell you that every spoonful of Phillips Milk of Magnesia neutralizes many times its volume in acid. Get the genuine, the name Phillips is important. Imitations do not act the same!

# PHILLIPS Milk of Magnesia

W. H. S., BALTIMORE, NO. 45-1128

## The Kitchen Cabinet

(© 1928, Western Newspaper Union.)

When I behold what pleasure is pursued, What life, what glorious eagerness it is: Then mark how full possession falls in this, How fairer seems the blossom than the fruit—I am perplexed. —T. B. Aldrich.

SOMETHING ABOUT SAUCES

A good sauce will often make a very plain dish quite an elaborate one. The sauce should be appropriate to the food with which it is to be served. The cook who knows the value of a good sauce, always has on hand the materials for making such sauces as white sauce, brown, tomato or bechamel and with these as a foundation is able to serve a variety of sauces.

The sauce of average thickness which is most commonly used is prepared with two tablespoonfuls each of flour and butter and one cupful of milk, stock or tomato.

For a brown sauce the flour is browned and a larger quantity is needed to thicken the liquid, as browning lessens the thickening quality of flour, by dextrinizing the starch.

Tomato Sauce.—Take one-half a can of tomatoes, two tablespoonfuls of sugar, eight peppercorns, a bit of bay leaf and salt. Cook twenty minutes, rub through a sieve and add one cupful of brown stock, and four tablespoonfuls each of browned flour and butter cooked together. Gradually add the hot liquid.

A delicious sauce to serve with fish of any kind is:

Piquant Sauce.—To one cupful of brown sauce, add one tablespoonful of vinegar, one-half of a chopped onion, one tablespoonful each of chopped capers and pickle and a dash of cayenne.

Here is another good fish sauce or one especially good to serve with fresh oysters:

Horseshoe Sauce.—Mix three tablespoonfuls of grated horseshoe with one tablespoonful of vinegar, add one-half teaspoonful of salt and a half teaspoonful of sugar, then stir in four tablespoonfuls of heavy cream beaten stiff.

Maitre d' Hotel Butter.—This is a delicious sauce to serve with broiled beefsteak. Put one-fourth cupful of butter in a bowl and mix with a wooden spoon until creamy. Add one-eighth teaspoonful of pepper, one-half teaspoonful of finely chopped parsley and three-fourths teaspoonful of lemon juice very slowly.

Lemon Butter.—Cream one-fourth cupful of butter and add slowly one tablespoonful of lemon juice. This sauce is especially good with steak or fish.

Luncheon Dishes.

A dish which will be sufficiently nourishing and at the same time attractive is:

Spanish Salad.—Arrange tender nests of lettuce on a chop plate. In each place half of a hard-cooked egg, covered with mayonnaise dressing; arrange stuffed olives, slices of ripe tomato and sardines. This dish the hostess will serve, passing French dressing to each, when served.

Bavarian Salad.—Use two heads of lettuce washed, drained and pulled into pieces. Add two small onions chopped fine, one boiled onion cut into small pieces, cover with chopped boiled beets which have been mixed with mayonnaise dressing and serve with a snappy French dressing.

Lettuce With Peanuts.—Arrange the lettuce in a salad bowl, sprinkle over it enough fresh peanuts rolled with the rolling pin to make like coarse crumbs, add a bit of chopped green onion if desired and cover with French dressing. This will be found a most satisfying salad; served with whole wheat bread and a hot drink it will make a good meal.

Baked Ham and Potatoes.—Put through the meat chopper any leftover ham; butter a baking dish, add a layer of thinly sliced potatoes, cover with some of the chopped ham, a sprinkling of minced onion or parsley, repeat until the dish is full. Cover and bake; no moisture is needed.

East India Salad.—Mash two cream cheeses and molsten with one-half cupful of heavy cream beaten stiff and one-half tablespoonful of gelatin soaked in one tablespoonful of cold water and then dissolved by adding one tablespoonful of boiling water. Season with salt, paprika. Place this mixture all around the edge of a dish, making a roll of it. Fill the center with lettuce leaves, dressed with French dressing to which a half teaspoonful of curry powder has been added.

Deviled Chestnuts.—Blanch chestnuts by slitting one side and putting them into a hot frying pan to burst the shells. Remove the brown skin and put into a pan with a tablespoonful of butter, stirring until well covered, then sprinkle salt and a dash of cayenne over them. Serve with a salad or as a relish at any meal.

Nellie Maxwell

# Genuine BAYER ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago  
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocellulose at Elberfeld

## 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.

## All Comforts of Home

Mr. Littlehat—Can't you hurry and get through with the bathroom, I want a bath?  
His Wife—I have four more waists and six pairs of stockings to wash. If you're in a hurry for a bath you'll have to go down to the laundry.

## Mother and Baby Gain Health, Strength and Flesh

"I am so grateful for what Milks Emulsion has done for me that I am writing you this letter.

"I had a terrible cough and for four months was so weak that I had to rest on the bed several times while dressing. In fact, after putting on one stocking I would have to lie down and rest before putting the other on. People thought I had tuberculosis, but they don't think so now. I was so weak that I could not care for my baby, who was not getting sufficient nourishment to give him any strength. But after taking your Emulsion for a few months I regained my health and now I weigh 145 pounds. My baby is one year old and weighs 30 pounds. We are both in perfect health and we thank Milks Emulsion for it.

"You can publish this letter if you care to. I shall always praise Milks Emulsion." Yours truly, MRS. ED. ROUSE, Shelbyville, Ind., R. R. No. 3.

Sold by all druggists under a guarantee to give satisfaction or money refunded. The Milks Emulsion Co., Terre Haute, Ind.—Adv.

## Part Played by Table in Uplift of Mankind

There was a time when not a table existed in the whole wide world. But one day primitive man, weary of sprawling on the ground, rose and ate his first meal from a broad hewn slab laid on bowlders, and from that day his upward climb to civilization began.

Today we do not stop to think how much we depend upon tables, but what a dull and inconvenient place a house would be without them. Not only are they at our elbow everywhere to keep things within reach, but how they delight the eye—their lovely designs and beautiful woods.

They minister to our comforts, and please our senses with their grace and charm. Each year they increase in variety and cleverness, and each year, because of them, our homes grow more attractive.

According to a leading London hatter, five times as many silk "stove-pipe hats" are being sold this year as in 1923.

## Last Resort

Homebody—So you must catch the 11:40 train west? Is it important?  
Holmies—It's vital. My doctor says I must miss my regular sleep, and a berth on that train is the only lodging I can find for tonight.

A green grocer is one who trusts the family that has just moved into the neighborhood.

## SCHOOLGIRLS NEED HEALTH

Daughter of Mrs. Catherine Lemuth, 227 Madison St., Madison, Wis.

"After my daughter grew into womanhood she began to feel rundown and weak and a friend asked me to get her your medicine. She took Lydia E. Finkham's Vegetable Compound and her nerves and she has a good appetite now and sleeps well. She has gone to school every day since beginning the medicine. I will continue to give it to her at regular intervals and will recommend it to other mothers who have daughters with similar troubles."—Mrs. Catharine Lemuth.

Daughter of Mrs. Ben Wood House, 1200 South 11th Street, Danville, Ill.

"I praise Lydia E. Finkham's Vegetable Compound for what it has done for my fourteen-year-old daughter as well as for me. It has helped her growth and her nerves and she has a good appetite now and sleeps well. She has gone to school every day since beginning the medicine. I will continue to give it to her at regular intervals and will recommend it to other mothers who have daughters with similar troubles."—Mrs. Ben Wood House.

# Lydia E. Finkham's Vegetable Compound