

MONARCH
QUALITY FOOD PRODUCTS

Get 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.

Rold, Mundoch & Co.
Established 1853
General Office
Chicago, Ill.

Turn From War to Peace
Heligoland, the high, rocky North sea island that was the Gibraltar of pre-war Germany, once counted nothing but new guns or submarine mines as valuable additions to its equipment. Now it boasts of a new aquarium where German naturalists and their guests may observe the ways of North sea fish and watch the technique of diving seals and sea birds. One of the special features of the new building is an arena tank large enough to accommodate a large number of mackerel or other swarming fish and permit observations of their behavior when swimming as a school.

Attend the Party
In Spite of Cold!
Don't despair some day your social calendar is full, and you awake with a miserable cold. Be rid of it by noon! You can, if you know the secret: Pape's Cold Compound soon settles any cold, yes, even one that has reached deep in the throat or lungs.—Adv.

Electric Plows in Italy
Plowing by electricity is proving successful in Italy, according to those who have watched the tests. The plow being used is a V-shaped or double-ended type, which is hauled across the fields by means of a cable. The power is taken from an electric transmission line and passed through a transformer. The cost of operating the machine is said to be less than \$8 an acre, but the installation of the equipment is high.

The Darned Undarned
"Those darned socks!" exclaimed the husband angrily as he threw them across the room.
"What's the matter with them?" demanded his wife.
"They're not darned," he growled.—Cincinnati Enquirer.

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-RI-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 50 years, PE-RI-NA has been the key to a renewed health and vitality for hundreds of thousands.) "An earnest desire to help others prompts me to make this statement." (Signed) Albert Powell, Louisville, Ky. (A PE-RI-NA user is always a PE-RI-NA brand—because the name is on the wrapper, and druggists know it just as well as I do.)

ASTHMA

WALKER'S ANTISPASMODIC
For the prompt relief of Asthma, Croup, Whooping Cough, and all other spasmodic ailments. Write for FREE SAMPLE. Walkers & Sons Co., Inc., Buffalo, N.Y.

Garfield Tea
Was Your Grandmother's Remedy

For every stomach and intestinal ailment. This good old-fashioned herb home remedy for constipation, stomach ailments, and other derangements of the system. It is even recommended for children.

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Certain Legumes Improve Soils
Cowpeas and Soy Beans as Effective Fertilizer as Manure.

Anyone having a field which he is not going to use for producing a market crop this year might find it a good plan to improve the soil by sowing cowpeas or soy beans, suggests H. R. Cox, specialist in farm crops at the New Jersey State College of Agriculture, New Brunswick. It is cheaper to grow these crops than to use ten tons of manure to the acre, and they are considered as being practically as effective as this amount of manure if the right kind of fertilizer is used on the market crops of the following year.

Soy Beans Cheaper.
Soy beans are cheaper than cowpeas by about 50 or 75 cents a bushel. Soy beans are, therefore, a better crop to use for this purpose. In the case of soy beans it is desirable to inoculate if the field has never raised them before. One may buy commercial inoculants or he may use the "seed and soil" method. This method consists in mixing a bushel of slightly moistened seed with a quart of soil taken from a field which has raised soy beans successfully in recent years.

Drill or Broadcast.
Soy beans or cowpeas should be drilled, but if a drill is not available, broadcasting by hand and harrowing will do. Five pecks to the acre drilled or six pecks broadcast by hand is a good rate of seeding. An application of a complete fertilizer high in phosphoric acid and potash and low in nitrogen may well be made at the rate of 300 to 400 pounds per acre. When the crop is beginning to mature, plow it under or disk it in and sow rye or rye and vetch as a winter cover crop. A surprising improvement in the fertility of the field will result.

Labor Cost Is Big Item in Production of Milk

In large herds labor is usually the second most important item in the cost of milk production. From the keeping of cost accounts in many sections of the country the amount of labor required in caring for a cow has been found to range from 100 to 175 hours per year. Under average conditions the care of a cow for a year may be considered equivalent to about 15 days' work.
On general farms where only a few cows are kept no additional labor is hired for their care. The work is performed either by the farmer at the time of day when it does not interfere with the field operations or the cows are cared for largely by the children of the family before and after school hours. Thus the keeping of a few cows provides employment for unpaid labor, contributes a considerable proportion of the family living and adds to the farm income. The amount of labor expended depends upon several factors, among which the size of the herd, convenience of barn and milk house, distance from market, and cleanliness of milk produced, are important.

Sell Cream to Creamery Before It Is Real Sour

Allowing cream to become real sour before delivering it to the creamery houses lowers the grade of butter made from the cream and makes the taking of an accurate sample for determining the butterfat content of the cream more difficult.
Cream is not pure butterfat. It contains moisture even when the test runs high. When the cream is exposed to a temperature of 70 degrees Fahrenheit or above, some of this moisture evaporates. This lessens the weight and volume of the original sample of cream. It does not increase the original amount of butterfat which was in the container. When a can is filled with cream which has thus parted with some of the water, it naturally brings a larger income than a similar amount kept at lower temperatures.
Allowing the cream to become real sour may induce more variation in test than if it is cooled after each separation before adding to other cream. There is nothing to be gained from selling very sour cream.—G. A. Williams, Purdue University.

Agricultural Hints

Most wheat growers who use commercial fertilizers commonly drill the fertilizer directly with the wheat.
Calves are like human babies. Some are so husky no abuse could kill them while others must be handled like soft-shelled eggs.
A good time to lime the soil that needs it is when preparing for the corn crop. Plow down the clover and before disk and spread the lime.
An eight-year-old Holstein cow at a farm near Petersburg, Ont., established a record by producing 19,000 pounds of milk and 819 pounds of butterfat in 305 days.
Where alfalfa has winter-killed soy beans can be grown as a substitute for the year, say authorities at the Minnesota Agricultural Experiment station. Soy beans increase best in the fall.

Something Reminded Her of Her Duty

"Today I am reminded of a duty that I have neglected, and that is to let you know how wonderful have been the results I obtained from the use of Milks Emulsion. Nothing could have been more beneficial to me than your Emulsion."

"In the winter of 1917 and 1918 I had a severe case of pneumonia, and in the spring of 1919 I took a cough. I was doing some summer work to prepare myself for a college, but by the time school opened I was too ill to attend. I finally went to bed for the rest cure. I gained a little in strength and got up by Christmas, but my cough never left me, and I caught cold very easily and it would take a month to get over it."

"Finally, in September, 1920, I got a bottle of Milks Emulsion and wrote you for instructions, to which you replied promptly and for which I thank you. I followed the instructions carefully and soon my cough began to disappear. I was able to sleep better than ever before and my appetite was fierce. I could not eat enough. I gained in weight slowly but surely, but continued the use of Milks Emulsion, until I am a well girl today."
"I went through the entire season without a cold or a cough, and I came back into the society circle and played all the big affairs without any ill effects. About a month ago I neglected myself and took a dreadful summer cold and, being at a house party, I could not care for myself properly. But as soon as I reached home I flew in on my old standby, Milks Emulsion, and within a week I was well."

"I have recommended it to many and if at any time I can be of any help to your company by telling what it did for me, let me know. Sincerely, MISS KATY WALLER, 401 Argyle Ave., San Antonio, Tex."

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

Roots of Spruce Tree Valuable to Campers

Not many modern campers have to know very much fine woodcraft, as the Indian did. Only under the most unusual circumstances must they know how to make fires without matches, fashion dishes out of birchbark.

But there is one little wrinkle that comes in handy. Things are forever needing mending, and the greatest lack is for rope, twine, or something similar. Therefore it is well to keep in mind that the roots of the spruce tree make an excellent substitute.

The spruce has long roots with very little taper. These can easily be salvaged from dead and fallen trees. The outer bark of the roots can be easily removed, and the inner root is glossy and smooth.
For most purposes they can be used as they are, but if intricate binding or tying is necessary, they may be soaked in boiling water for a few moments, when they become as pliable as rope.

Held Stationary in Air

Caught by a vigorous ascending current of air at San Antonio, Texas, Private John T. Bush had the experience of getting stuck on a parachute jump and hanging stationary in the air for approximately a minute and a half. He and six other enlisted men leaped from the same plane at the same moment. Bush reached the earth 100 seconds behind his companions because of the upward current.

Seeming Contradiction

Ignorance lies at the bottom of all human knowledge and the deeper we penetrate, the nearer we arrive unto it.—Colton.

Mothers—Try Mild Children's Musterole

Of course, you know good old Musterole; how quickly, how easily it relieves chest colds, sore throat, rheumatic and neuralgic pain, sore joints and muscles, stiff neck and lumbago.

MUSTEROLE
Better than a mustard plaster

NERVES
Do Not Neglect Nerve Pains, Irritability, Stiffness

Paster Kocak's Nerve
Has Been Used Successfully for over 50 years. Sold by all Druggists.
KOCAK MEDICINE CO.
104 N. Wab St. CHICAGO, ILL.

CONSTIPATION
RELIEVED QUICKLY

Dr. Kocak's Little Blue Pills
Purify the Blood, Cleanse the Intestines, and Relieve the Bowels.

CANCER'S PILLS

Peter Served as the Guide

By HELEN R. BARTON
(Copyright.)

PETER hadn't really any intention whatever of serving as a guide at the Mountain house. He had, rather, visions of a quiet retreat where he could wander around in the solitude of forest, mountain, and streams with only his pipe and notebook for company.

Peter, you see, was a somewhat famous playwright, and, as is not unusual with highly successful playwrights, he had found it necessary to take a vacation, far from the mob, or else face a long stay at a sanatorium. A determined husband-hunting society girl had driven Peter Brant to the wilds of Pitcher mountain in search of an interminable vacation.

The first person he set eyes on, as he alighted from the rummy little train at Mountain View, was a gorgeous, vivacious brunette who had rushed frantically up to him and gasped: "You must be the guide! Is this your luggage?" Just as he had been on the point of denying everything, he discovered that he was the only passenger and that unless he pretended to be a guiding spirit, this marvelous girl would be guideless!

So Peter meekly followed the girl to the waiting automobile and, after depositing his luggage in the rear seat, climbed in beside her. Throughout the ten-mile ride over rough country roads he kept stealing glances at the smooth, clean profile so close to him. And Peter, erstwhile woman-hater, began to remodel his theories concerning girls.

When he discovered that Hilda Tulyer owned and ran successfully the Mountain house, Peter couldn't have been prided loose from his job with TNT. Because the Mountain house was the sort of summer resort that just naturally attracted every sort of person as a magnet does steel, and Peter, whose imagination could picture things in every sort of light, was suddenly afraid that the wrong type of person would eventually come to the Mountain house. Peter did not plan on anything like that happening, not while he was there, anyhow!

Thus he arose early and guided glibly girls and women by day, even until dark, over the devious mountain paths, pointing out the interesting views and answering patiently and with infinite courtesy the questions, 90 per cent foolish and 1 per cent idiotic.

He told himself, the first week, that he'd probably die of nervous prostration, but instead of a breakdown, he discovered new powers in his soft body; his muscles hardened and his pale face took on a dark tan, a sort of ruddy glow, and he discovered that he no longer needed the horn-rimmed glasses that made him look so much like a college professor.

Not every day did he manage to get a glimpse of Miss Tulyer; she was a busy young person with all the marketing and buying and planning to do. But when she did cross his path, Peter was warmed for hours after she had gone by the memory of her warm, friendly smile and quick, generous speech. And gradually he began to look forward to these meetings and made strenuous efforts to think up in advance something to say to her that he might keep her in conversation a while longer, just for the sheer joy of feasting his jaded eyes on her fresh, unspiced beauty.

Then, the summer was suddenly gone and most of the Mountain house guests with it, and Peter found himself climbing up to his favorite haunt high above the popular inn, to stare with mutinous, moody eyes at the great golden disk of September moon as it rose slowly over the horizon, trying to get used to the fact that he must go back to town again, and leave all this beauty behind him; this and the only girl that he had ever cared two pins about in all his busy, successful thirty-five years!

Carefully he knocked the ashes from his favorite old briar and sighed a deep sigh. Lowering his head to his folded arms across his drawn-up knees, he sat a long moment, until a soft hand falling carelessly upon his hair roused him with an electric shock. Then he heard Hilda say softly: "Does it affect you like that, too, Peter?" And he would have sworn that she caught her breath softly over his name!

"Yes, partly; that and something else!" he said gruffly, as she stood beside him looking out across the moon-drenched valley.
"The something else being a girl, Peter?" she asked softly, and he thought he must be crazy to fancy sadness in that voice!
"Yes, but she doesn't know I exist. I'm merely a servant!" he said harshly.

"Surely not me, Peter!" she faltered, tears dimming her lovely voice.
"Yes, you, Hilda. Oh, are you blind not to know that I've worshipped you all these months?" he exclaimed, rising and drawing her into his arms so that her face nestled against the rough tress of his old beard.
"Not so blind, Peter," she softly answered, raising her face to his for his kiss, vowing that she must destroy that telegram from the guide who never showed up because the date, which corresponded with Peter's arrival might spoil her romance. It would never do for Peter to find that, after she had acted as well the little part she had made up when her swift team was told her that her own Peter Brant, famous playwright!

ATWATER KENT RADIO

WHEN another Christmas rolls around—and another—and another—your family will still be enjoying this beautiful and sensible gift.

2,000,000 families have Atwater Kent Radio. Many of them made their purchases last Christmas. "We felt this was the thing that would please the whole household—now we know," they say.

You, too, want entertainment without trouble. You want to hear good music and good talks—you always get what you want from "the radio that keeps on working."

All-electric
If you have electricity from a central station, there are several Atwater Kent models you can operate from a lamp socket. If you prefer an all-in-one cabinet set, with receiver and speaker combined, the dealer will let you try the wonderfully compact Model 52. They're all made wholly by Atwater Kent in the world's largest radio factory—as big as a 15-acre field!

Modern battery sets, too
"We haven't electricity, but we want good up-to-date radio just the same." Of course—and no reason why you shouldn't have it! Atwater Kent battery sets have the 1929 refinements. You'll recognize them when you listen. Your choice of two models—one for average conditions, one for unusual "distance."

Either kind—all-electric or battery—gives you the best in radio, at a moderate price. See an Atwater Kent dealer about that Christmas radio—Now!

Battery Sets, \$49—\$68
Solid mahogany cabinets. Panels with-inlaid in gold. Full-vision Dial. Model 48, \$69; Model 49, extra-powered, \$65. Prices do not include tubes or batteries.

MODEL 40
For 110-120 volt, 50-60 cycle alternating current. Requires six A. C. tubes and one rectifier tube, \$77 (without tubes). Model 41 D. C. set, \$97 (without tubes).

ATWATER KENT MANUFACTURING COMPANY
4164 Wissinichon Ave. A. Atwater Kent, Pres. Philadelphia, Pa.

Signal He Didn't "Get"

Put Heart in Speaker
A man stood before hundreds of women in the assembly room of the hotel, feeling tormented and frightened. He was addressing the Indiana Federation of Clubs, and as he progressed he yearned for a familiar face, for a token of recognition from a personal friend.

Then three women in the rear of the room waved their hands at him. He took heart for, although he did not recognize them, evidently they were women he knew. From another part of the hall a fourth woman waved. The speaker began to feel at home. Certainly he must hurry over to those women when he completed and shake hands. They had been as manna to him in the wilderness. Then a fifth woman waved. The chairman of the meeting leaned forward and whispered to the speaker:

"When they wave that way," she explained, "it means they can't hear you."—Indianapolis News.

Straight
"Is my hat on straight?"
"It is fetchingly tilted to one side, grille, if that is what you mean."

Reclaim Barren Island

A barren island off the coast of Fukien, which has never produced a crop of any kind, is being reclaimed by a chemical treatment of the soil to overcome the acid condition, and already rice, potatoes and peanuts have been raised in an experimental way. The island is said to be capable of pasturing 5,000 head of cattle and recently several hundred sheep have been placed on it and soon it is expected the desolate land will bloom. Heretofore the island has been visited by several thousand peasants during the fishing season and these have been compelled to carry all their supplies. After the fishing is over the land is entirely deserted for the remainder of the year.

A First Essential
The first essential for successfully studying any subject is to get away from personal prejudice and personal opinions.—Woman's Home Companion.

Whistling—The transformation of a popular air into an ill wind.
If you answer questions people are likely to question your answers.

~take it! It's Bayer

The nurse tells you to take Bayer Aspirin because she knows it's safe. Doctors have told her so. It has no effect on the heart, so take it to stop a headache or check a cold. For almost instant relief of neuralgia, neuritis, rheumatism; even lumbago. But be sure it's Bayer—the genuine Aspirin. At druggists, with proven directions for its many uses.

ASPIRIN

Cuticura works wonders in the care and prevention of your hair

Massage the scalp with Cuticura Ointment to soften and remove the scales of dandruff. Shampoo with Cuticura Soap to cleanse and purify the scalp and restore its natural gloss and vigor.

Write for the booklet "The Story of the Cuticura Ointment."

New York, Chicago, St. Paul, St. Louis, St. Philadelphia, St. Baltimore, St. Washington, D.C., St. Boston, St. San Francisco, St. San Antonio, St. Dallas, St. Houston, St. New Orleans, St. Memphis, St. Little Rock, St. St. Petersburg, St. Jacksonville, St. Savannah, St. Norfolk, St. Richmond, St. Raleigh, St. Columbia, St. Charleston, St. Mobile, St. Montgomery, St. Birmingham, St. Atlanta, St. Louisville, St. Cincinnati, St. St. Paul, St. Minneapolis, St. Des Moines, St. Omaha, St. Denver, St. Salt Lake City, St. Portland, St. Seattle, St. Tacoma, St. Vancouver, St. Spokane, St. Boise, St. Butte, St. Helena, St. Reno, St. Carson City, St. Sacramento, St. San Jose, St. Fresno, St. Modesto, St. Stockton, St. Redding, St. Eugene, St. Astoria, St. Portland, St. Astoria, St. Seaside, St. Medford, St. Eureka, St. Ukiah, St. Yreka, St. Marysville, St. Willits, St. Eureka, St. Ukiah, St. Yreka, St. Marysville, St. Willits, St. Eureka, St. Ukiah, St. Yreka, St. Marysville, St. Willits.

MEDITERRANEAN Cruise
"Transylvania" sailing Jan. 30
Check the rich cruise of days including Madeira, Canary Islands, Casablanca, Rabat, Capital of Morocco, Spain, Algeria, Malta, Athens, Constantinople, 15 days Palestine, Egypt, Italy, Riviera, Cherbourg (France). Includes hotels, guides, motors, etc.
Savoy-White Star Line, Jan 29, 1930 \$600 up
FRANK G. CLARK, Times Bldg., N.Y.

To Cool a Burn
Use Hanford's Balsam of Myrrh
Money back for first bottle if not satisfied. All dealers.

PEP!
The foe of constipation. The foe of constipation and the friend and ally of PEP is Wright's Peppermint Pills
"THE TONIC-LAXATIVE"

"MURDER ON THE LIMITED"
A Fast Moving Mystery Novel
AVONDALE PRESS
1841 Broadway, New York. \$2.00

Big Opportunity
Become exclusive distributor of LUBERTONE in your own territory. Lubertone positively creates perfect combustion, a clean motor, proper lubrication and eliminates needless wear. With small amount of money and some mechanical knowledge of cars you can make thousands of dollars per year. Write or wire.

Learn to Dance At Home!
New Original Trustworthy Home-study Method teaches dancing in 15 lessons. Personal attention. Dancing in 15 lessons. Personal attention. Dancing in 15 lessons. Personal attention.

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