

**WHEN IN
NEED OF A
TONIC OR
APPETIZER**

**You
Should
Try**

**HOSTETTER'S
STOMACH
BITTERS**

The widow's mite is used too often as an excuse for small contributions.

Indigestion produces disagreeable and sometimes alarming symptoms. Wright's Indian Vegetable Pills stimulate the digestive processes to function naturally. Adv.

True Enough.

"What does this sentence mean," asked the teacher: "Man proposes, but God disposes?"

A small boy in the back of the room waved his hand frantically.

"Well, Thomas," said the teacher, "what does it mean?"

"It means," answered Thomas with conscious pride, "that a man might ask a woman to marry him, but only the Lord knows whether she will or not."

To Drive Out Malaria

And Build Up The System
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Robbing the Cradle.

Reports from Maine show that 1,750,000 young balsam firs were shipped from the state last year to be used as Christmas trees. The first shipment of Christmas trees from Maine began about a dozen years ago and the number sent out was about 500. Maine is a large state and her forests are vast, but if the Christmas tree industry continues to grow or, indeed, keeps on at the present rate, it will not be many years before this wholesale destruction of the young trees and the extensive lumbering that is going on will exhaust her forest resources. It is well to begin to have an eye to the future.—Springfield Union.

Pay Up Your Debts.

If you have \$5, or more or less, for which you have no pressing need, go and pay a debt with it. That is the best use you can make of money, unless you are naked or starving. Now is the time to obey the Bible injunction, "Owe no man anything." That is in the Bible, but from the way some debtors spend money they don't seem to know it or care for it. If they have a dollar extra, it goes for a pleasure or a convenience. The duty to pay someone they owe never occurs to them. Nor does it occur to them that every unsettled debt is a drag on a community. Everybody has to pay interest on it.

People have to pay more for their sugar and coffee because other people owe the grocer and won't pay, according to the editor of the Ohio State Journal. It is one of the items in the high cost of living. And then there is a wholesome public policy in scattering the money around. It will help find work for some poor man and help some other debtor pay his debt. So pay up now.

**Old Fashioned
Ideas**

are being supplanted daily by newer and better things. This is particularly true where health and efficiency are concerned.

In hundreds of thousands of homes where coffee was formerly the table drink, you will now find

POSTUM

It promotes health and efficiency, and the old time nerve-frazzled coffee drinker soon gives place to the alert, clear-thinker who drinks delicious Postum and knows

"There's a Reason"

No change in price, quality or size of package.

DAIRY

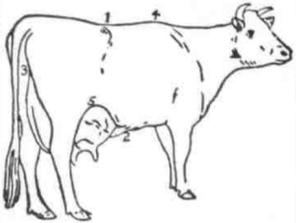


POINTS OF IDEAL DAIRY COW

Excellent Hints Given Which May Help Farmer in Selecting Animal for His Herd.

In selecting cows for dairy herds there are several essential points to consider.

The cow should have great stomach capacity; avoid a round bodied cow whose ribs are short, and a flat-ribbed cow. There should be ample room for the udder, which should extend well forward and not hang down. The



Ideal Dairy Cow.

The dairy cow should be deep and wide from 1 to 2 as this gives her large capacity for rough feed. The back from 1 to 4 should be sharp, with little flesh, when she is in good condition. She should be well cut up behind so that the udder can extend well up, as at 3. Her flank should be well arched, as at 5, to provide room for a large udder.

milk veins should be large and the further they go the better. The udder should be loose and pliable, when empty—not fleshy.

The eyes should be large and bright and project well out from the face. This is a strong indication of the nerve force needed for strong digestion and large milk secretion.

LACK OF SHELTER FOR COWS

Exposure to Cold Rains Causes Big Drop in Milk Production—Cleanliness Is Important.

(By C. H. ECKLES, Missouri College of Agriculture.)

The dairy cow often suffers the most from exposure to the weather before real winter has begun. After steady cold comes the cow is generally stalled. Exposure to cold rains is often more injurious to the animal than the colder but dry weather in winter.

The dairy cow is not like the fat steer, protected from cold by a layer of fat. As a result, bad weather causes a big drop in milk production. So long as the weather is dry it is just as well to leave the cow outside nights, but every cold rain should find her protected. It is not necessary in the climate of Missouri to go to any great expense on most farms in order that the barn may be warm. The main thing is to have tight walls so there is no draft or wind, and a good roof. Care should be taken in arranging the stalls in the form of a platform of the right length and a gutter of sufficient depth to hold the manure. The cleanliness of the milk depends to a considerable extent upon having the barn built so the cow will keep herself clean.

TROUBLE WITH CALF SCOURS

Overfeeding, Sour Milk Pails and Irregularity in Feeding are Usually the Causes.

Probably the greatest difficulty with which the calf feeder has to contend is scours. Overfeeding, sour milk pails, cold water and irregularity in feeding are usually the causes, says a writer in Field. As soon as signs of scours are noticed it is recommended that the milk be reduced to one-half, and that a teaspoonful of dried blood be added to the milk fed. No dried blood that has not been thoroughly sterilized should be used. In severe cases of scours, the addition of one or two eggs with the dried blood has been found to be very effective. In severe cases, it is recommended that the calf be given one or two ounces of castor oil in the morning which is followed in about 12 hours by 15 drops of laudanum and a teaspoonful of dried blood.

CLEANLINESS IN DAIRY BARN

Two Hours Should Elnapse After Feeding, Bedding or Brushing Before Milking Is Begun.

Feeding, bedding or brushing up should never take place within two hours before milking. The dust raised by these operations takes a long time to settle, and if these operations are conducted shortly before milking, a very considerable quantity will of necessity find its way into the milk cans and pails.

For this reason, also, uncovered cans and pails, with or without milk in them, should never be left standing in the barn, but should be removed to the milkhouse where the air is clean.

IMPORTANT USES FOUND FOR SOY BEAN



FINE FIELD OF SOY BEANS ON PURDUE FARM.

(From the United States Department of Agriculture.)

Few agricultural products can be utilized in such a great variety of ways as the soy bean. The whole beans may be used for food as are the seeds of other legumes, or the oil alone may be consumed. The oil resembles that of cotton seed in many ways, but is of a more pronounced drying character. In addition to its availability as a food, soy-bean oil has found important uses in the markets of the world for making paints, varnishes, soaps, rubber substitutes, linoleum, waterproof goods and lubricants. It is also used in the Orient for lighting and in the manufacture of printing ink.

In Japan the soy bean forms one of the most important articles of food in use. It is one of the principal ingredients in the manufacture of shoyu (soy sauce) miso (bean cheese), tofu (bean curd), and natto (steamed beans). The beans are eaten also as a vegetable and in soups; sometimes they are pickled green, boiled and served cold with soy sauce, and sometimes as a salad. A "vegetable milk" is also produced from the soy bean, forming the basis for the manufacture of the different kinds of vegetable cheese. This milk is used fresh, and a form of condensed milk is manufactured from it. All of these foodstuffs are used daily in Japanese homes and for the poorer classes are the principal source of protein.

Used in "Diabetic" Foods.
The use of the meal remaining after the oil is extracted from soy beans has become an important factor in several European countries during the last few years, and to some extent in America, as a food of low starch content. Soy beans contain at the most but a slight trace of starch, and extensive experiments in America and Europe indicate the value of the bean and its products as the basis of foods for persons requiring a low starch diet. Soy-bean flour enters largely as a constituent in many of the so-called diabetic breads, biscuits and crackers manufactured as food specialties. The flour or meal can be used successfully in the household as a constituent of muffins, bread and biscuits in much the way in which cornmeal is used.

Soy-Bean Milk.

An artificial milk like that manufactured in the Orient has been produced in small quantities in the United States, and recently a factory has been equipped to make this product. Such milk can be used for cooking in the household, and by bakers, confectioners and chocolate manufacturers. If, however, the milk from the soy bean is used in the manufacture of products as a substitute for milk, the labels of

CLASS SORGHUMS IN GROUPS

Saccharine Used for Manufacture of Sirup—Grains Are Adapted to Semi-Arid Regions.

(By J. F. NICHOLSON, Agronomist, University of Arizona.)

The sorghums are generally classed into two groups: The saccharine, a mild sorghum used for sirup making or for forage, and the nonsaccharine sorghums, sometimes called grain sorghums, used for grain and forage. The grain sorghums are of tropical origin, and possess the ability of flourishing best in hot climates. They are particularly drought resistant, and admirably adapted to the semi-arid regions of the South. They reach their best development under eight to ten inches of rainfall during the growing season.

There are three general types of grain sorghums classified according to the character of head:

1. Kafir, with compact, erect heads.
2. Durra, with compact, pendant heads.
3. Broomcorn type, with loose, spreading heads.

The varieties of grain sorghums profitably grown in Arizona that belong to these types are as follows:

- Black hull white kafir, dwarf and standard.
- White milo or durra.
- Yellow milo, generally called Milo Malze, dwarf and standard.

GREEN STUFF BIG NECESSITY

Among Other Things Give Fowls Cabbage, Mangel Beets, Etc.—Steamed Alfalfa Is Good.

As the winter wears on, the fowls have more and more need for plenty of green stuff. Among the best things are cheap cabbage, mangel beets, specked apples, and so on. Other good green foods are green cereal clover, and alfalfa freshened by steaming.

such products should indicate that the substitution has been made; otherwise it would constitute adulteration under the food and drugs act.

In addition to its use for flour and milk, the soy bean can be prepared as human food in numerous ways. The green bean, when from three-fourths to full grown, has been found to compare favorably with the butter or lima bean. The soy bean has been utilized not only in the United States but in European countries as a substitute for the coffee bean. When roasted and prepared, it makes an excellent substitute for coffee. In Asia the dried beans, especially the green-seeded varieties, are soaked in salt water and then roasted, this product being eaten after the manner of roasted peanuts.

Stock Feed.

The value of soy-bean meal for producing meat, milk and butter is well established. It is one of the cheapest of the highly nitrogenous feeding stuffs and is therefore one of the most economical for balancing rations deficient in nitrogen. Its use in America is confined at the present time almost entirely to the Pacific states, where it is considered a valuable feed not only by dairy men but also by poultry men. Owing to its high content of protein, the meal should be used with the same precautions as are observed with other highly concentrated feeds, to avoid digestive troubles. As regards digestibility, soy-bean meal compares very favorably with other oil meals.

As a Fertilizer.

The utilization of soy-bean meal for fertilizing purposes has been confined almost entirely to Asiatic countries. Following the recent production in the Southern states of bean cake and oil from American-grown beans, however, fertilizer manufacturers have taken an active interest in the fertilizing possibilities of the meal. Analyses by the United States department of agriculture have shown that while soy-bean meal, like cottonseed meal, has a high fertilizing value when applied directly, a more economical practice would be to feed the meal to stock and apply the resulting manure to the soil.

Soy-Bean Oil.

In the United States two methods of extracting oil from soy beans—the hydraulic and the expeller processes—are used by oil mills, the latter producing the highest yields. Extensive tests with domestic beans indicate that one ton of seed will yield by the expeller process an average of 30 gallons of oil and 1,600 pounds of meal, the difference (about 175 pounds) representing the loss due to cleaning and the evaporation of moisture driven off after the beans have been crushed and heated.

POULTRY MANURE IN GARDEN

Droppings Make Vegetables Grow as They Never Grew Before—Apply During Spring Work.

In the garden, poultry droppings will make the vegetables grow as they never grew before.

In the spring when we spade up the garden in preparation for seeding, we work in a liberal quantity of the droppings, which have been saved during the winter months for this purpose, says a writer in an exchange. Many people throw the droppings on the garden during the winter, thinking they are doing the right thing. However, the nitrogen in the droppings is lost when this course is followed.

SUCCESSFUL AS A HAY CROP

Acreage Now Planted in Middle and Southwestern States Is Large—New African Varieties.

Sudan grass, introduced by the department of agriculture and first distributed in 1912, has proved remarkably successful as a hay crop in the Middle and Southwestern states, and the acreage now planted is very large.

Numerous related varieties have now been secured from Africa and are being tested, especially the dwarf varieties, with larger grain that may be harvested like oats.

BREAKING HORSE TO STAND

Put Him Into Cart and Simply Hold Him If He Rears and Falls—Cure Excess Energy.

To break a horse to stand while getting in the rig, put him into a breaking cart and simply hold him if he rears and falls. When he gets up continue to hold him as if nothing had occurred. Plenty of use is helpful as it takes up the excess energy until habit is overcome.

**UGH! CALOMEL MAKES YOU SICK!
CLEAN LIVER AND BOWELS MY WAY**

Just Once! Try "Dodson's Liver Tone" When Bilious, Constipated, Headachy—Don't Lose a Day's Work.

Live up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work. Calomel is mercury or quicksilver, which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal name.

The Game Keeper.

It was the morning after the night before and he was not in bed reaching for a pitcher of ice water.

He was behind the bars of the city prison and he gazed outside with a woeful look in his eyes.

"Hey, there," he shouted, as he grabbed the bars. "I want to see the game keeper."

"What do you think you are?" asked the turnkey. "This is not a zoo, it's the city prison, as you will find out before you get out."

**THICK, GLOSSY HAIR
FREE FROM DANDRUFF**

Girls! Beautify Your Hair! Make It Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

Much Worse.

"No doubt you have often been wearied by two men bragging about the merits of their respective timepieces?"

"Oh, yes. That's a common falling, I believe."

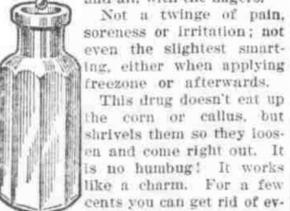
"But my sense of ennui at a time like that is as nothing compared to the way I feel when one of my neighbors begins to boast about the amount of heat given out by his marvelous furnace from a single shovelful of coal."

**PAIN? NOT A BIT!
LIFT YOUR CORNS
OR CALLUSES OFF**

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezezone or afterwards. This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezezone yet, tell him to get a little bottle for you from his wholesale house.—adv.



Wise is the chap who catches on at the proper time and lets go at the psychological moment.

back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning, because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular.

Dodson's Liver Tone is entirely vegetable, therefore harmless and cannot salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

Explanation.

"James, what is the meaning of this they call the Pan-American policy?" "Just like a woman's stupidity to ask such a question. Americans are getting panned all right, ain't they?"

After 10 Years of Suffering, Show Man Finds Relief in Tetterine.

"I have been troubled with a severe case of Tetter for ten years. In Columbia last week a druggist recommended Tetterine. I bought a box; it gave me relief, so I bought another and am entirely well."

Low Vren, Chicago. Tetterine cures Eczema, Tetter, Itching Piles, Ring Worm and every form of Scalp and Skin Disease. Tetterine 50c; Tetterine Soap 25c. Your druggist, or by mail from the manufacturer, The Shurtline Co., Savannah, Ga.

With every mail order for Tetterine we give a box of Shurtline's 10c Liver Pills free. Adv.

Every square mile of the sea is estimated to contain 120,000,000 fish.

When a little man wants to make an impression he wears a silk hat.



Backache

Yager's Liniment is excellent for any kind of pain or congestion. It quickly relieves backache and rheumatic pains, and is a splendid remedy for Neuralgia, Sciatica, chest pains, sprains, strains, swellings and enlargements.

Keep a bottle in your home for emergencies—you never can tell when you will require something of the sort.

The 25 cent bottle of Yager's Liniment contains four times as much as the usual bottle of liniment sold for that price.

AT ALL DEALERS

**YAGER'S
LINIMENT**
GILBERT BROS. & CO.
BALTIMORE, MD.

Rheumacide
GET AT THE JOINTS FROM THE INSIDE

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system.

"RHEUMACIDE OF THE INSIDE PUTS RHEUMATISM ON THE OUTSIDE"

At All Druggists
Jas. Bailly & Son, Wholesale Distributors
Baltimore, Md.

Frost Proof Cabbage Plants

April 1st delivery. Varieties, Early Jersey and Christiano Wakefield; Succession and F. H. Dutch. 500 for \$1.25, 1,000 for \$2.00, 5,000 at \$1.50. F. O. B. here.

Tomato Plants

Livingston Beauty, Earlmaster and Stone, 500 for \$1.00, 1,000 for \$1.50, 5,000 at \$1.25, postpaid 40c per 100. F. O. B. here.

Pepper Plants—Egg Plants

500 for \$1.00, 1,000 for \$1.50, 5,000 at \$1.25, postpaid 40c per 100.

Sweet Potato Plants

1,000 at \$1.25 per 1,000, 10,000 up \$1.25 per \$1,000. F. O. B. here. Dr. J. J. Johnston, Sumnerville, N. C.

PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 bottles.

KODAKS & SUPPLIES

We also do highest class of finishing. Prices and Catalogue upon request. S. Galeski Optical Co., Richmond, Va.

CANE SEED, Millet, Soy Beans, Peas, Cotton Seed, Seed Potatoes, Seed Corn, Seed Beans, Chick Hens, Seed Potatoes, Seed Corn, Seed Beans, Chick Hens, Seed Potatoes, Seed Corn, Seed Beans, Chick Hens. Write us for price list. Kirby Seed Company, Galley, N. C.

"ROUGH ON RATS" Ends Rats, Mice, Bugs. Die outdoors. 10c and 25c.

APPENDICITIS

If you have been threatened or have GALLBLADDER INFLAMMATION, GAS or PAINS in the RIGHT FLANK, write for FORTABLE Book of Information. L. S. BOWEN, DEPT. W-2, 219 S. DEARBORN ST., CHICAGO.

W. N. U., CHARLOTTE, NO. 10-1917.