

 Yet wholly sanitary condltions may
be brought about In the country just as
quickly and easily gs in qulckly and easily as in the citty. The
actual expenditure involved is very
amall, especially when you consider
 In comport tanks, privy valus, proteec
too tor tomeste water supplue, rat. proof outbuildings -all of these can
be provided for a little cost and a litthe work by any man. Full directlons
on how to do it, what is the best struc-
ture for each job, what tools you will require, how much cement, how to mil and place the concrete-all this may
be had free on request to the Portland
Oement Assoclation, 111 West Washngton Street, Chicago. Ask for "Conget it free by return mall.-Adv.


MOTHER! GIVE SICK BABY Hammest Lomation oto clean Liver


## "Yes, I aun ruunning for offlce." "Well, many happy returns."

 Don't cast four lreand upon the wn-
ter today ani explert it to come byyck

Thuusands Keep in Good Heath at bed time. They. cleanse the systems
and purify the blood-Adv.

Great Holp.
"T want a tall trombone player."
"Why tall?",
"Wnow orchestra space is
you knited. if the trombone player tis


Much Depends Upon Care


Sure Relief FOR INDIGESTION and development. If propery fed an
aoused, they should be in a laying con-


Timely Poultry Hints
Fall-hatched chlckens are in
go



WARD OFF HEATY COUGHS AND COLDS
 Gude's Pepto-Mangan


Shlp adult fowls in a box 20 by 18
by 12 inches, to hold 24 birds.
All aulmal heat must be out of the
carcass before packing for sthlyment.
Young fowls in the same package
with old stock, will command the pre valling prices for the latter. . broilers measures 17 by 16 by a 4 loze
ingide measurement. It is inside measures.
half-luch lumber.



SAY "BAYER" when you buy- Ceruine Unless you see the "Bayer Cross" on not getting the genuine Bayer Aspiri
by millions and prescribed by physician
Colds Headache Neuralgia


WHERE WILD GAME ABGUNDS ONLY ONE SUN GUV IA WORL
will make pasible more explicit ree

## Test This Out for Yourself-

M$\left[\begin{array}{l}\text { ANY people who drink coffee regularly are } \\ \text { troubled with insomnia; or they feel nervous, }\end{array}\right.$ eadachy," or suffer from indigestion
It may be hard for such men and women to believe that coffee is responsible for the way they feel. Be cause they have always drunk coffee, it hardly seem possible that this,old habit could cause trouble
But there is one sure way to find out whether co fee is harming you. Just stop its use for a week or so, and drink Postum.
Postum is a pure cereal beverage-absolutely free from caffeine, the drug in coffee, which disturbs the health and comfort of many.
After a week or two on Postum, you will slee better and feel better; then your own good judgmen should decide whether you go back to coffee or con tinue on the Road to Wellville with Postum.

## Sold by grocers everywhere!

## Postum

for Health
"There's a Reason"
$\qquad$


