

SEVERE CRAMPING SPELLS, PAINS IN BACK AND SIDES

"My trouble has been periodic cramping spells," says Mrs. G. C. Draper, of Atlanta, Texas. "For several years these have come on me so bad that I had to quit my work and go to bed. Every month I would stay in bed from one to two days. The pains in my back and sides were awful. This went on for several months after I was married until, one time when I was having a bad spell, my husband suggested that I try Cardui. I said I would try it, so he got me a bottle at the store and I began to take it."

"It seemed like I improved from the very first dose. When I had taken one bottle I was very much better. I did not cramp so hard the next month and I ate and slept better. I was not nearly so nervous, either. I thought Cardui was fine, so I continued the treatment until I had taken five bottles, at which time I felt completely well. I had no more

cramping spells at all, and my health was as good as anybody's. I am feeling fine now and I give all the credit to Cardui, for I had been suffering for years before I took it."

Cardui is a vegetable extract, containing no harmful ingredients. It is made from mild-acting medicinal herbs with a gentle, tonic, strengthening effect upon certain female organs and upon the system in general. Its users have testified to its special value at the time of entering womanhood at maturity and at the time of the change of life.

For over 40 years, Cardui has been tested in use by thousands of women who have written to tell of the great benefit they have received from it. For over 600 years, medical authorities have recommended one of the principal ingredients of Cardui in the treatment of certain female complaints.

Cardui, the woman's tonic, tested by time, is today the product of many years of experience and investigation. It is manufactured in up-to-date laboratories by the most modern and sanitary methods of pharmaceutical science and is for sale by all druggists.

POULTRY

BREEDING MALE IS OF BIG IMPORTANCE

With poultry, as with everything else, like produces like. Poultrymen, realizing the truth of this, are now making the final selection of their breeders for the coming spring, ever bearing in mind that what they select now will be multiplied in numbers next year.

First of all, says R. E. Cray, assistant specialist in poultry husbandry of the New York State Agricultural college, remember that the male is more than half the flock. The cheapest male is the one with a pedigree record, stamina, and body conformation; the most expensive male is the scrub which you usually get when exchanging with a neighbor. Remember that egg production must be bred in, in order to be fed out.

The good producer has body type of capacity measured by its length, depth, and width of body, a lean face free from wrinkles, and a large, prominent eye. The head should be well balanced, broad and deep, with every line denoting strength. The skin should be soft and pliable and the shanks smooth and flat. Above all, the breeder should show no signs of sickness, but its personality should denote health, vigor and interested activity.

Only use those birds for breeders which have completed at least one year's production and which were culled vigorously during the period. Remember that you culled to eliminate the poor producers so that you would not breed from them, and then decide how many poor birds you would produce if you were to breed from the pullets which you now have.

The comparative number of males and females varies with the breeds, as follows:

Leghorns.....1 male to 15 females
Anconas.....1 male to 15 females
Rocks.....1 male to 15 females
Reds.....1 male to 10 females
Wyandottes.....1 male to 10 females

Give the breeders plenty of exercise, allowing them out in the yards when the weather permits. Keep the litter dry and deep and the house well supplied with fresh air.

High fertility and stronger chicks will result if the breeders are not forced. It is best to keep them below 50 per cent production; 12 per cent animal protein in the mash is sufficient.

Scaly Leg in Fowls Is

Very Easy to Eradicate

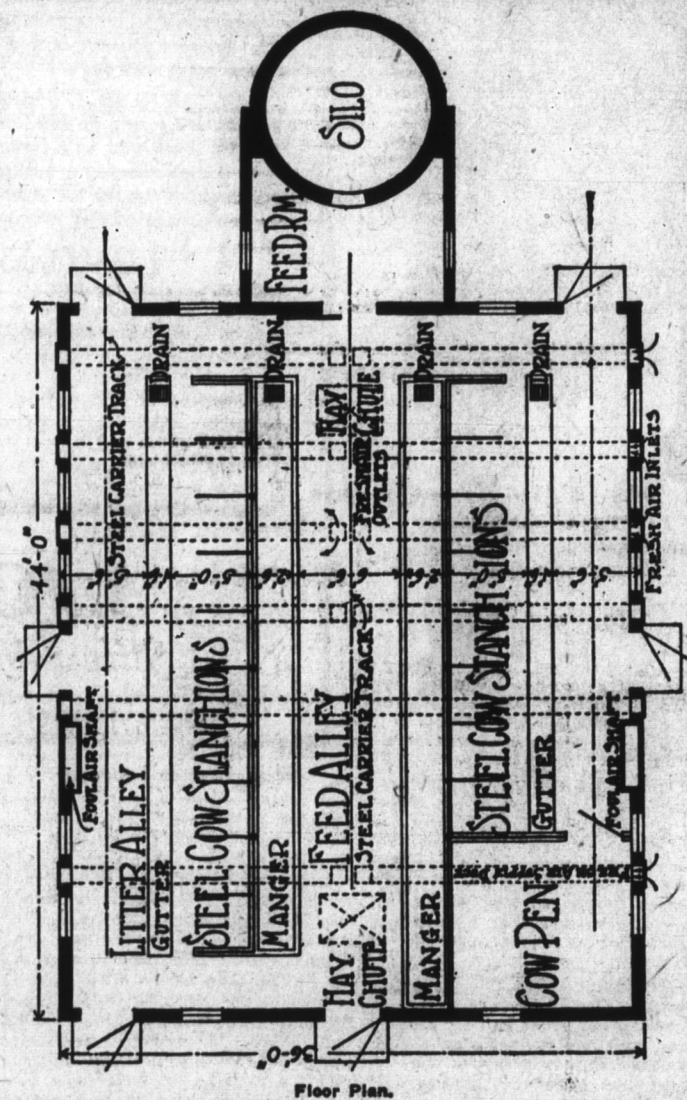
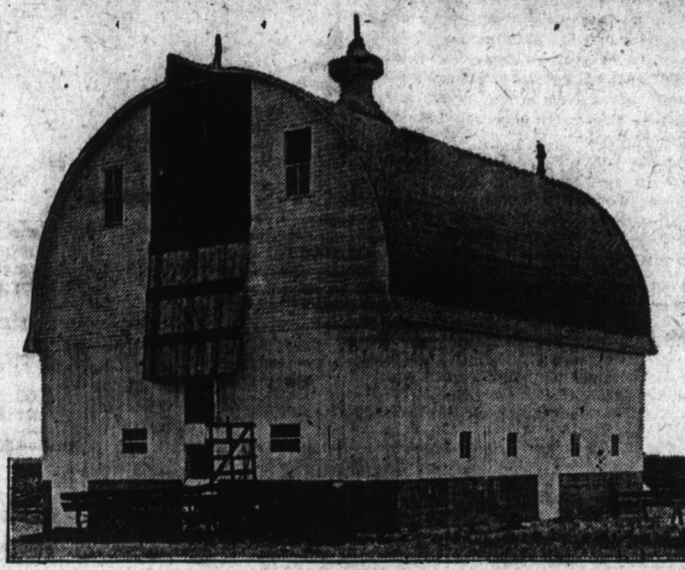
Scales on the legs of fowls are caused by a small parasite which burrows under the small scale-like covering of the legs and once safely imbedded, multiplies rapidly, thus causing the upraising and enlarging of the scales until they become unsightly and, if allowed to progress undisturbed, will result in lameness and irritation.

Treatment for scaly leg is very simple and once thoroughly eradicated, there is little fear of a return provided the quarters are kept clean. First clean the houses well and burn all trash. Give roost poles a thorough cleaning with any sort of crude oil or with common kerosene, being sure that every part is reached. Now catch all fowls infected and dip their legs into a vessel filled half-full of a mixture of lard and kerosene, equal parts. Hold in mixture five minutes.

One treatment usually effects a cure. If not, the treatment may be repeated in four or five days. Sometimes it is necessary to rub the mixture in with a soft brush, or with the fingers; the main point being to see that the oil reaches all parts of the scales. This destroys the parasites, after which the scales drop off and the legs become smooth and natural.

African's River Navigation, Africa has 40,000 miles of river and lake navigation.

Warm Home for Dairy Cows Helps Maintain Milk Production in Winter



By WILLIAM A. RADFORD
Mr. William A. Radford will answer questions and give FREE OF COST on all problems pertaining to the subject of building work on the farm, for the readers of this paper. On account of his wide experience as editor, author and manufacturer, he is, without doubt, the highest authority on the subject. Address all inquiries to William A. Radford, No. 1217 Prairie avenue, Chicago, Ill., and only inclose two-cent stamp for reply.

Comfortable cows are productive cows. When winter comes and the cows are cold, the milk flow decreases. The feed given the cows goes to make body heat instead of milk. When the cows are housed so that they will be protected from the cold, their feed makes milk. Well-housed cows are profitable; those that are in ramshackle buildings are not.

Modern dairy barns are considered the most important of the dairy farmer's equipment. These barns are designed to insure comfort for the cows. The buildings are weather tight. They have plenty of windows to admit sunlight. A ventilating system supplies the animals with fresh air and takes the foul air out of the stables. Water is available at all times. Then, too, the barns are equipped so that the work of feeding, milking and caring for the animals can be done with the minimum amount of labor.

A round-roof dairy barn that contains all the features of the modern dairy barn is shown in the illustration. This barn is designed to house 20 cows. 8 of them in single stanchions and the others in pens. The barn is 36 feet wide and 44 feet long. It is set on a concrete foundation and has a concrete floor in the stable. The balance of the building is of frame construction, the shape of the roof providing more than the ordinary amount of room in the mow where the roughage for the animals is stored.

The floor plan shows how the stable is equipped. Through the center of the building is a feeding alley 6 feet 6 inches wide. This is large enough to permit a wagon to be driven through the building between the stall heads. A concrete manger on either side of the alley holds the feed for the cows in the stanchions. The stall partitions are of steel, which makes for cleanliness.

Back of the stalls are concrete gutters, which make the removal of manure more simple. Overhead is a carrier track on which runs the litter carrier. The track extends out of the building so that the manure can be removed directly to the manure pile or manure pit or be dumped into the

DAIRY

COWS THAT FRESHEN IN FALL PROFITABLE

One of the most important factors in successful dairying, according to C. A. Hutton, dairy specialist for the state agricultural extension service, University of Tennessee, is to have cows freshen in the fall.

Cows which freshen in the fall are most profitable because they produce their largest yield during the time when milk and butterfat bring the highest prices. The average price of butterfat is often from six to twelve cents per pound higher during the fall and winter than during the spring and summer. When fall fresh cows are turned on pasture in the spring they are stimulated to larger production, and therefore make larger yearly records than those which freshen in the spring and summer.

On farms where cows are properly fed on good, home-grown feeds and are comfortably housed, milk or cream is produced about as cheaply in fall and winter as in spring and summer. Besides, the cows have to be fed in winter anyway whether they are fresh or "strippers."

It is less expensive to care for milk or cream in winter where ice is used, for less ice is needed. Milk or cream can be delivered in better condition and at less expense in fall and winter than in spring and summer, and, too, more-time and labor are available in fall and winter to care for cows and calves, milk and cream.

Another advantage is that calves dropped in the fall are easiest to raise, less subject to calf disease, grow out best and develop into the best cows.

Soy Beans Rank High as Feed for Dairy Animals

Soy beans make a valuable addition to the feeds suitable for dairy cows, finds C. H. Eckles, chief of the dairy division at the University of Minnesota. Feeding trials conducted at the university farm last year showed ground soy beans to be equal to linseed oil meal in feeding value. The ration for cows milking up to 45 pounds daily, consisted of alfalfa hay, corn silage, ground corn, barley, oats and ground soy beans. Soy beans carry 33 per cent protein compared with 30 per cent in linseed oilmeal.

Soy bean hay proved a close second to alfalfa. The ration, when soy bean hay was used, consisted of soy bean hay, silage, ground corn, barley and oats. The beans were cut with slightly more mature than usual for hay purposes. While the beans make good silage, Eckles thinks it better to make them into hay. When used for silage, the general practice is to mix one load of beans with two of corn.

Soy bean hay is very palatable and carries a high percentage of mineral matter; one pound having practically the same amount as is found in 100 pounds of corn. Although the hay may seem rather coarse, cows eat it with relish and the coarse stems are usually cleaned up. In chemical composition, it ranks fully equal to alfalfa and carries digestible protein in quantities almost equal to wheat bran.

Common Cause of Odors Found in Empty Cans

Many creamery people are complaining of the large amount of cream that they have been forced to condemn on account of objectionable gasoline or kerosene flavors. Many farmers, not realizing the impossibility of removing gasoline odors from cans, have been in the habit of using empty cream cans to carry gasoline to tractors in the field, or to thrashing outfits.

Sometimes disinterested persons will appropriate empty cans left at the depot for transporting gasoline or kerosene, and later return them to the depot platform. In some instances the shipper has used such cans, never knowing that they had been used for gasoline. As it is almost impossible to so treat a can as to remove the odor or flavor, it is much better to adopt a rule of never using cream cans for the handling of gasoline or kerosene.

Calf Worth Keeping

"No calf should be kept for use later as a milk cow unless it comes from a pure-bred sire and a high-producing dam," say Iowa dairy experts. "Then, if it is worth keeping, it is worth keeping well." They recommend that a calf stay with its dam the first two days after birth. Then it should be taught to drink from a bucket that is clean and frequently scalded. From six to twelve pounds of whole milk daily should be fed for three weeks and then change made gradually to skim milk and a little grain.

Cows Relish Sweet Clover

Dairy cows relish and thrive on sweet clover. For instance, three large cows may be maintained on one acre of this kind of pasture without additional feed, except during the latter portion of the grazing season. Then, when the pasture has been eaten close to the ground, hay should supplement the diminishing clover. Ordinarily, the spring seeding of sweet clover has yielded sufficient growth to be grazed, by the time the old pasture evidences signs



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Aids in the assimilation of Food, promoting Cheerfulness, Rest, and

Natural Sleep without Opiumes

To avoid imitations, always look for the signature of J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

ORCHARD GLEANINGS

WHEN FRUIT TREES SHOULD BE SPRAYED

We find that best results are obtained when spraying for prevention against sucking insect pests such as scurry, San Jose, oyster shell and like scale insects, if the spraying is given twice annually. This requires that the first spraying be given just after the leaves are off the tree, and again before the buds are well started in the spring. When only one spraying annually is given, the work may be done at any time during the dormant season when the temperature is high enough to prevent freezing of the mixture. We prefer a damp or foggy atmosphere when giving this spraying, as it is not desirable to have the solution dry too quickly. The solution should be free from sediment, so that a nozzle that will throw a fine mist can be used. This is just as effective as drenching the tree, and costs far less. Concentrated lime-sulphur solution is commonly used, but we prefer a miscible oil solution that contains a fungicide.

The spraying for worms should be done when the blossom buds are pink, and should be followed by a second spraying just after the petals have fallen. We do not attempt to mix the solution for this purpose. Effective concentrated solutions that are both insecticides and fungicides can be purchased that require only the addition of water to make them ready for use, and the cost is only slightly more than the cost of the ingredients when home mixing is practiced, and their use saves a lot of time in mixing solution and gives more uniform results. We spray stone fruits for the prevention of worms, as well as seed fruits. This is sometimes advised against, but we find that by using a reliable preparation and following the directions carefully, that it is possible to prevent worms in stone fruits successfully.

The same solution that is used to prevent wormy fruit should be used at intervals of ten days to two weeks throughout the growing season, or at least until the fruit nears the ripening stage. If the solution used is both an insecticide and fungicide it will kill such leaf-chewing pests as web worms and others of similar nature, and will prevent the ravages of such fungous diseases as blight, mildew, rot, leaf curl and others of like nature. Whenever these later sprayings are neglected we have a good deal of trouble from stone fruits rotting just before ripening during seasons that are favorable for fungus growth.—Indiana Farmers' Guide.

Cheap trees usually prove to be very dear. Therefore deal directly with some reliable nursery rather than through a tree agent, and insist on having varieties recommended for your section by your horticultural authorities.

Early orders for nursery stock as a rule are most satisfactory. Orders placed later, especially where long distance shipment is necessary, quite often arrive in poor condition caused by heating in package and are often too late for the best results in planting.

Effective Trap for Mice
When setting a mouse trap, try tying the bait in a piece of muslin. There is a certain amount of curiosity in a rodent that compels him to gnaw through the muslin to get the bait, and the tug at the muslin is sure to cause the spring to close the trap.

Pruning Apple Orchard
Is Good Job for Winter
A cold-weather job is the pruning of the apple orchard. Most of this work should be done when the trees are dormant. Pleasant weather is needed, so those days which are suited to the work should be utilized to get the apple trees into shape for the next season's bearing. Young trees which are kept in shape by yearly prunings need but little attention. Occasionally it will be found that there are too many branches and it will be necessary to remove a few.

Among the older trees which are of bearing age it is usually advisable to do little more than a light trimming and thinning. It does not hurt to cut out entire branches, when there are too many. Let the sunlight in. The

Take CARDUI THE WOMAN'S TONIC

Theford's BLACK-DRAUGHT LIVER MEDICINE

Apples will be better next year even if there are not as many in number. It is not always good practice to cut back branches, as this is sometimes likely to induce several sprouts to start—better cut out the branch altogether. It is all right to trim off part of the branches when they are so thick as to keep the sun's rays from reaching all parts of the tree.

Horticultural Facts

Don't forget to clean up orchard, vineyard, and garden.

The task of shaping the head of the young tree is an important one, and, if it is done right, the work of caring for the orchard will be considerably lessened.

Fruit trees may be planted as soon as the ground can be worked and danger of freezing is past. Clean, thrifty trees that have made a good stocky growth are generally best.

See that all dead limbs are removed and that all dead fruits are picked up before spraying is started. This work is well worth while and is vitally necessary, if we are to grow good fruit in this state.

Cheerfulness usually proves to be very dear. Therefore deal directly with some reliable nursery rather than through a tree agent, and insist on having varieties recommended for your section by your horticultural authorities.

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Great Man No Scholar
Lord Robert Clive, founder of the British empire in India, was the despair of his teachers. After being expelled from four schools he was sent by his father for punishment on a cruise in the East.