

Keep Yourself Fit

You can't afford to be laid up with kidney trouble in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropsy, or Bright's disease. Doan's have helped thousands back to health.

An Illinois Case
Chas. Mason, Depot St., West Chicago, Ill., says: "Sitting in one position so long at a time brought on kidney trouble. There was a dull ache in my back day and night and often I had to stop work. The pain nearly killed me. My kidney secretions were very scanty and I had to get up at night to urinate. I was nervous and lost flesh. In fact, I was a physical wreck. Doan's Kidney Pills cured me completely and I have worked hard ever since."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
POSTER-BELBURN CO., BUFFALO, N. Y.

WESTERN RANGE EWES FOR FARM FLOCKS



BENGAL SHEEP ENJOYING LIFE AT BELTSVILLE, MD.

(From the United States Department of Agriculture.)
The demand for breeding ewes has exhausted the local supply in many sections, the United States department of agriculture finds. Western range ewes are being used to start farm flocks in the corn belt and in the East. In the corn belt these ewes have already proved their ability to produce market-topping lambs when mated to good rams of mutton-breeds and when well cared for during the winter and after lambing. They may be expected to do well on the farms east of the corn belt and on hilly pastures of the Appalachian mountain system.

Use Care in Selecting Ewes.
In purchasing these ewes care should be taken to obtain those with sound teeth, udders that are soft and pliable, and tests that are sound and have no hard cores. Ewes from one to three years of age are to be preferred. These ewes may be in thin condition but should suffer no discrimination on this account alone. If thin they cost less per head than if fat, and the flesh needed to put them in good condition can be put on by the purchaser more cheaply than it can be bought in the open market.

These ewes are usually free from stomach worms, and, thanks to the regulations governing the interstate shipment of sheep, are free from sheep scab or other communicable diseases. They can ordinarily be purchased through commission men on such central markets as Chicago, Omaha, Kansas City, East St. Louis, St. Paul, St. Joseph, etc., or direct from the ranch breeders. Organizations interested in effecting an increase in farm flocks have arranged to sell Western ewes to Eastern farmers at cost.

Regardless of how they are purchased, the buyer should insist that the stock be healthy, sound of teeth, and have good udders and teats.

Publications of Value.
Farmers' Bulletin No. 570, entitled "Breeds of Sheep for the Farm," will assist the owner of grade ewes in the selection of a purchased ram to head the flock. This bulletin discusses the different breeds, their characteristics and adaptabilities. Advice on the different kinds of equipment to be used on the sheep farm can be obtained from Farmers' Bulletin No. 810 dealing with "Equipment for Farm Sheep Raising." These bulletins can be procured free by writing to the department of agriculture, Washington, D. C.

DAIRY FACTS

FEEDING THE DAIRY CALVES

First Aim is to Cut Down Whole-Milk Period—Results of Tests at North Dakota Station.

In feeding the dairy calf, the aim is to cut down the period of whole-milk feeding. At the North Dakota experiment station, two lots of four calves each were fed as follows: Whole milk first three weeks, both lots. From then on lot A was fed one-half whole milk and one-half skim milk till six months old. Lot B, after three weeks old, fed skim milk with flaxseed; just enough flax was added to supply as much fat as was given the calves in A in their whole milk. Each calf was given two gallons of milk a day.

The whole-milk calves made the best gains the first three months, but during the next three months the skim-milk calves nearly caught up, the four being but 15 pounds of weighing as such as the whole-milk calves. Several expert cattlemen who examined the two lots pronounced the calves in lot B in as thrifty a condition as those in lot A. The saving in using skim milk and flax in place of the whole milk amounted to \$19 per calf for the six-month period. The grain and hay cost the same for both lots.

The United States Government Food Administrator Says:

"Baking Powder Breads of corn and other coarse flours are recommended"

ROYAL BAKING POWDER

ABSOLUTELY PURE

Makes delicious muffins, cakes and coarse flour breads

CORN MEAL MUFFINS
1/2 cup corn meal
1/4 cup flour
1/2 teaspoon salt
1/2 level teaspoon Royal Baking Powder
2 tablespoons sugar
1 cup milk
2 tablespoons shortening

NUT BREAD
2 cups graham flour
1 level teaspoon Royal Baking Powder
1/2 teaspoon salt
1/2 cup milk and water
1 cup sugar or corn syrup
1 cup chopped nuts (not too fine) or 1 cup raisins, washed and drained

Mix together flour, baking powder and salt; add milk and water; sugar or corn syrup and nuts or raisins. Put into greased loaf pan, allow to stand 30 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

Mix thoroughly dry ingredients; add milk and melted shortening and beat well. Bake in greased muffin tin in hot oven about 20 minutes.

Our red, white and blue booklet, "Best War Time Recipes" containing additional similar recipes, sent free on request. Address Royal Baking Powder Company, Dept. W, 135 William Street, New York

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Do You Want to Know About Mines and Oil?

We will mail free of all costs our monthly market letter, the most conservative and complete published in the West. WRITE FOR IT NOW.

Reliable and unprejudiced reviews of any mining or oil property situated in Wyoming, Utah, Nevada and Idaho absolutely free.

Members: Salt Lake and Kansas City Stock Exchanges.

FALL PLOWING WILL PROVE PROFITABLE

Puts Soil in Proper Condition for Coming Season—Destroys Grubs and Cutworms.

(By L. M. BENNINGTON.)
It will soon be time to demonstrate to the amateur the value of the late plowing that the months of last year. There is much of the fancy natural setting about the fall work that is found in the spring, but the man who thought ahead and prepared his ground will soon enjoy an advantage in the form of a much earlier crop, and in the satisfaction of having completed the job while he was at it that the less energetic and thoughtful farmer will not know.

During the first favorable days of spring the disk and harrow work will be done, and the earth will be broken with all of the riches that the fall work bestowed. There are so many workers who do not understand the value of this initial work that of the opening of the new year the resolution ought to be made to take a leaf from the book of experience and make this year count on scientific lines.

The fall work will put the ground in proper condition for the coming season. Grubs and cutworms and all of the big tribe that come to harass and annoy the farm worker will get short shrift when the plow turns them up to the mercy of the cold weather that is to follow. And then the vegetable matter that is plowed under will have time to decay and blend with the soil thoroughly. Where the plowing is done on rough, hilly soil the furrows will catch and hold a large amount of moisture that would otherwise be lost by reason of the conformation of the ground.

DRYING UP A COW DIFFICULT

Milking Habit in Some is So Strongly Developed They Give Milk Up to Calving Time.

(By W. S. CUNNINGHAM, Assistant Animal Husbandman, University of Arizona Experiment Station.)
Many times certain cows are very difficult to dry up. The milking habit is so strongly developed that they tend to give a large quantity of milk right up to calving time. The proper way to dry up most cows is to cut off all grain in the ration and milk only once a day for a few days. Then lengthen the periods between milkings by milking only once in two or three days until the secretion of milk is nearly stopped. In very persistent cases the feed supply may have to be cut down more severely. However, there is little danger of injuring the udder if reasonable attention is given.

GUERNSEY IS HIGH PRODUCER

In General Appearance Breed Has Plain Attractiveness That Appeals to Dairyman.

The Guernsey shows various colors, so red, light lemon, orange and yellow fawn may be expected, sometimes solid, but more often with white markings. The white color markings are found on the face, flanks, legs and sometimes on the body. In general appearance the Guernsey has a plain attractiveness and an even balance that makes a strong appeal to the dairyman. Larger than the Jersey, but not as large as the Holstein, the

A National Blessing.
According to Dr. B. F. Griggs, who just came back from Katal, the latest "largest volcano," its 1912 eruption will be the last for thousands of years. Wouldn't it be a comfort if some explosive human beings would blow off one and shut up for a like period?—New York Sun.

Diplomacy Necessary.
A man doesn't care how little a woman thinks he knows if she doesn't try to convince him that she's right.

Sunday piety will not make up for six days' depravity.

Melancholy Thoughts.
"The falling leaves fill me with melancholy thoughts," said the poetical person. "They used to have that effect on me," said the unpoetical person. "What changed you?" "I moved into an apartment and don't have to rake them any more."

Heard of an Office.
"I see Price has joined the army." "Good! If he doesn't advance rapidly, he'll be different from all the other prices."

Chicago restricts religious meetings in the streets.

No Such Thing.
There is no such thing as solitary happiness. If you object to matrimony, try a dog.

How's This?
We offer \$100.00 for any case of Catarrh that cannot be cured by CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the mucous surfaces of the bladder. Sold by druggists for over forty years. Price 50c. Testimonials from F. J. Cheney & Co., Toledo, Ohio.

Many Mohammedans.
In Egypt and the Sudan, nine out of every ten men, women and children are Mohammedans.

Every Woman Wants Pastine

ANTISEPTIC POWDER

FOR PERSONAL HYGIENE
Disinfects in water for douches, vaginal, pelvic, catheter, ulceration and infantile matters. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Sold by druggists. 50c a tin. Prepared by The Pinkham Patent Medicine Company, Boston, Mass.

W. N. U., CHICAGO, NO. 43-1917.

Only Ones Who Haven't

Willis—You're more of a historical scholar than I thought you were. How did you know that Aabria Media and Carriage are dead nations?
Gliss—Well, I hadn't seen anything in the papers about their declaring war.

HELPING HONEY BEE IS ACT OF KINDNESS

Neglect to Provide Water is as Culpable as to Cut Off Food Supply—Other Hints.

(By W. H. UNDERWOOD.)
We take pleasure in kindness in various ways to the higher domestic animals, well knowing that there is profit in this humane treatment, but that it should extend to bees may come as a new thought to many.

Neglect to provide drink is as culpable as to cut off the food supply and yet the bees are, in many instances, wholly disregarded in this respect.

Yet the insects piously shift for themselves in such cases, and they may be found congregated about the vilest places, if they happen to contain moisture, not because they do not prefer pure water but because it is not convenient to obtain.

You may have noticed how they invariably flock about the watering trough, if it happens to stand in the neighborhood of the hives, showing plainly that water is necessary, and can you fail to appreciate how many are drowned in this effort to get a drink?

A fountain for their special accommodation is so easily made that it is really wicked as well as wasteful to neglect it. Cover a pan or other shallow dish with wire screen cloth and keep the dish filled with water, placing it in a shady place where it will keep as cool as possible. The bees can get the moisture through the screen and yet there is no possibility of their drowning.

Another hardship through pure neglect, and one which often results disastrously, is a failure to keep the grass mowed in front of the hives.

How would you like to have such an obstacle in your path when coming home tired and heavily laden?

PLENTIFUL SUPPLY OF WATER

One of Most Important Problems That Confronts Up-to-Date Farmer—Factor for Health.

The plentiful supply of good, wholesome fresh water in the home, instable and the feed lot is one of the most important problems that confront the up-to-date farmer. Its successful solution will be a factor in keeping him and his family in good health and "at home" on the farm.

Overworked Women must learn not to neglect their health



How Women are Restored to Health

Spartanburg, S. C.—"For nine years I suffered from backache, weakness, and irritability and I could hardly do my work. I tried many remedies but found no permanent relief. After taking Lydia E. Pinkham's Vegetable Compound I felt a great change for the better and am now well and strong so I have no trouble in doing my work. I hope every user of Lydia E. Pinkham's Vegetable Compound will get as great relief as I did from its use."—Mrs. B. D. McKean, 122 Dewey Ave., Spartanburg, S. C.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 125 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. J. M. Quinn, 122 Dewey Ave., Chicago, Ill.

YOU CAN RELY UPON

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Declared on Rats by U. S. Gov't

The government at Washington is preparing a campaign that should be effective in killing the rats that are so destructive both to lives and property. A conservative estimate places the loss of food stuffs from rats at over two hundred million dollars annually, and in the present scarcity of food, this loss must be prevented. The most efficient way to "kill the rat" is by the use of Stratus Paste and thousands of dollars worth have been brought by the government. Every house-keeper troubled with rats, mice, cockroaches or waterbugs should buy a small box of this reliable and efficient rat poison for a few cents and stop further loss of food in her home. Adv.

USE SPECIAL CARE IN CURING ALFALFA

If Crop Has Been Cut and Still Green, Best Not to Turn It While Wet With Rain.

Particular care should be used in curing alfalfa under adverse weather conditions, asserts R. K. Bonnett, instructor in crops in the Kansas State Agricultural college.

If alfalfa has just been cut and is still green, it is best not to turn it when wet by rain. It should be left in the swath until favorable weather conditions prevail. Providing hay has dried enough on top it should be turned, preferably with a side delivery rake and allowed to dry in the windrow. Allow the surface to become dry before turning the alfalfa under and keep turning until all the hay is dry. Important points to observe, if hay has been bunched and is wet by rain, open up the bunches as soon as the top is dry and allow sun and wind to blow through it.

Under the weather conditions of the last few weeks, shocking hay is good

Denotes Healthy Horses.
Aside from the fact that necessary strength is derived from eating heartily the fact that a horse has a good appetite indicates that his digestive organs are in good order and that he has a good strong constitution.

Comfortable Hog House.
If the hog houses are not well-battened and rendered rainproof, the pigs will suffer later on. Warm houses are cheaper than corn, and cold takes off the fat.

Trim Hoofs of Colts.
Hoofs of colts should be trimmed in case they become crooked or larger on one side than the other. If they are neglected, the hoof may crack and lameness will result. A knife or rasp may be used for trimming them.

Select Seed in Field.
Select your seed corn in the field from strong, healthy stalks; dry it thoroughly and store in a dry place for the winter. Cheap seed corn saves the very dear.

Get Dodd's Pills for Kidney Ills. See 3 D's in Name

No Substitute Assures the Relief You Get From DODD'S KIDNEY PILLS.

Wise persons accept no substitute for the old, genuine DODD'S KIDNEY PILLS; their remedial qualities are too well known to thousands of users who have saved themselves from the ravages of kidney troubles and Bright's disease by the timely use of this famous old remedy.

From the slightest backache, pain in joints, stiffness in stooping or lifting, you must take warning of the insidious approach of disease. Immediately begin preventive measures by the use of DODD'S KIDNEY PILLS. They are recognized to be the most dependable and effective kidney regulators and reconstructors procurable. Thousands use them and praise them.

But you must take no risk of fallure through the use of a substitute. You are protected by the name on the box—DODD'S KIDNEY PILLS. Look for Dodd's—DODD'S—the name with the three D's—for diseased, disordered, deranged kidneys. No article of similar name will do.

Every druggist sells DODD'S under a rigid satisfaction-or-money-back guarantee. Get yours today and start on the road to health.

No Great Loss.
"Why, ma'am," said Private Soggers, "the roar of them big guns was so fierce in the trenches we couldn't hear ourselves think."
"Dear me!" exclaimed the interested old lady. "That must have been terrible. Still, I understand your officers are put there to do your thinking for you."

The best place for a man to have a hole is in the teakettle.

Milwaukee merchants will cut down free deliveries of merchandise.

MURINE Guaranteed Eye-Liniment
Cures Eye Pain, Redness, Itching, Swelling, and all Eye Troubles. It is the only eye-liniment that is safe for the eyes.

Train Your System

through the liver, to act naturally, at a fixed time every day. The best habit in the world is the habit of health.

Take one pill regularly (more only if necessary) until you succeed. Then you can stop taking them without trouble or annoyance.

This has been the good-health-rule for fifty years.

PALLID PEOPLE Usually Need Iron in the Blood. Try CARTER'S IRON PILLS

Fits a... Stop to all Distemper

CURES THE SICK

And prevents others having the disease by contact. It is a sure cure. All good druggists and turf goods houses.

Spoeh Medical Co., Manufacturers, London, Eng., U.S.A.

WHEATLESS MEALS!

DON'T BOTHER ME WITH POST CARDS

Robby

Gas Coal in Venezuela.
Some of the best gas coal in the world has been discovered in Venezuela.

An industrious person seldom has a busy leisure.

Insurance Fancy Prices.
Insurance fancy prices for butter by having a clean, attractive package of good quality. A neat wrapper more than pays for itself.

Use for Scrub Bull.
No one but a scrub dairyman should use a scrub bull. Progress and scrub stock were never yet found on the same farm.

Insurance Healthy Calf.
Feeding the cow well before calving insures a strong, healthy calf.

TO HURRY BUTTER GRANULES

If They Do Not Form After Churning Reasonable Time, Small Amount of Salt Will Help.

When the butter granules do not form after churning a reasonable time, try putting a small amount of table salt in the churn. A little warm water has the same effect of hastening the granules. Too much warm water makes soft butter.

TREATING CALF FOR SCOURS

Reduce Ration One-Half, and if no Improvement Give Dose of Substrate, Salol and Soda.

First, reduce ration one-half. If calf does not improve within 12 hours treat as follows: Mix one ounce of Bismuth subnitrate, one-half ounce of salol and three ounces of Bicarbonate of soda and give one teaspoonful three or four times a day until recovered.

Canadian Farmers Profit From Wheat

The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near 50 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She offers settlers to make money and prosper in the new world. She offers progressive homes for themselves and their families. She offers a better life than any other country. She offers a better future than any other country. She offers a better world than any other country.

160 ACRE FARM IN WESTERN CANADA FREE

You can get a 160-acre farm in the heart of the West for free. The land is fertile and the climate is perfect. You can make a fortune here. Write for more information.