

Weekly Health Talks  
A Word About the Kidneys

BY DOCTOR WATSON.  
People are easily frightened when they think something is the matter with their lungs or heart, and well they may be; but few people understand the dangers of diseased kidneys. These organs have a duty of vital importance to perform, and if they are diseased, there is no telling how or where the symptoms may appear. The kidneys are filters, and when they are healthy they remove the poisons from the blood and purify it. When the kidneys are diseased, the poisons are not removed, and one of these poisons is uric acid. The uric acid is carried all through the system and deposited in various places, in the form of urate salts—in the feet, ankles, wrists and back—often forming bags under the eye. Sometimes the resulting trouble is called rheumatism. It is also deposited in the bladder, diabetes and Bright's disease.

Dr. Pierce, of Buffalo, N. Y., in recent years discovered that a certain combination of remedies, known as Anuric Compound, is the system. He found this combination to be harmless, so that he made it up in tablets, of double strength, and called them Anuric Tablets. These dissolve uric acid in the human system as hot coffee dissolves sugar. If you have uric acid trouble, don't delay in taking Anuric Tablets, which can be secured in the drug stores. You can get Dr. Pierce's Compound, if you will tell us what to eat and how to live so that more uric acid will not form in your system. Dr. Pierce will not charge for this advice.

Natural Ice.  
"How was it that I managed to make such a little ice?"  
"I suppose it was because he looked so stoical, the 'police' thought they needn't hurt him."

RECIPES FOR GRAY HAIR.  
To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any drugist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not dry the scalp, is not sticky or greasy, and does not rub off.

Any man who frowns upon his own grayness is not apt to be bothered with the gout.

Beauty is a Blessing

to every woman, but good health is vitally important. Attention to liver, kidneys and bowels will improve beauty and health.

Beecham's Pills

are a boon to women, because they regulate the functions of all these organs without any irritation or disagreeable effects.

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c and 25c.

YOU CAN'T CUT OUT TUBERCULIN  
but you can clean them out promptly with

**ABSORBINE**  
TRADE MARK U.S. PAT. OFF.  
and you work the horse same time. Does not blister or remove the hair. \$2.50 per bottle, delivered. Will tell you more if you write. Book 4 for free. ABSORBINE, JR., the antiseptic liniment for wounds, burns, scratches, various skin diseases, hemorrhoids, etc. Prepared by W. F. YOUNG, P. O. F., 517 Tenth St., Springfield, Mass.

COME TO THE SHORTHORN CONGRESS AT CHICAGO, ILL. FEB. 18, 1920  
\$5,000 IN CASH PRIZES

**BROODER DOLLAR**  
With all the care of a hen. Complete tin group and 18. A convenient size for any farm. Greatly reduces the loss of chicks. Made of galvanized iron. Resists rust. No painting required. 10x10x10. 10x10x10. 10x10x10. PATENT BROODER CO., 501 Bank Bldg., Detroit, Mich.

Baby Colds  
resists infection with a remedy that soothes and relieves. "Baby" is a mild, effective medicine for colds. All your druggists have it.

PISO'S

The Housewife and Her Work

(Special Information Service, United States Department of Agriculture.)  
SUITABLE DIET FOR THREE-YEAR-OLDS.



The Child Who Has Never Been Allowed Adult Food Does Not Tease For It.

PLENTY OF MILK VERY NECESSARY

Do Not Expect Children to Thrive on Meals Selected Primarily for Adults.

INCLUDE PROTEIN IN RATION

Little Forethought and Planning Needed to Enable Sulfate Food Being Served to Youngsters—Some Recipes Given.

Many parents make the mistake of allowing their children to eat what ever has been prepared for the grown members of the family, no matter how unsuitable it may be. Sometimes this is from ignorance of the results to the child, but more often because the mother and housekeeper feels she is too busy to prepare a special diet for the small members of the family.

Often times, even all of the food in the child's ration may be selected from the family meals. When unsuitable food, however, comprises the adult menu, only a little forethought and planning will be needed to enable suitable food being served to the children, according to specialists of the United States department of agriculture. The sturdiness of the youngsters will be more than compensated for the extra work.

The meals given below have been found to provide food sufficient in amount and variety for the average healthy child of three years of age. They are examples of well-balanced meals. Many others equally satisfactory could be planned.

Milk Always Advised.  
One, at least, of the foods called for in each meal, milk, is needed by all children; in others, the string beans and the beans and the prunes, for example, can safely be replaced by other foods of the same general kind.

- 1/2 cup milk or 1/2 oz. of sterilized buttermilk or 1/2 cup of cereal (dry level) or 1/2 oz. of dry table-spoonful or its equivalent in other equivalent amount
- 1 oz. or 2 cubic inch of fat
- 1 egg beaten
- 1 small onion finely cut
- 1 tablespoon fat
- 1 teaspoonful salt
- 1 teaspoonful pepper

Mix the ingredients and use in place of ordinary bread stuffing. This recipe is one recommended by the department of agriculture.

Stand Washing.  
A cloth plain weave shows soil quickly, but if it is firmly woven it stands rubbing well and the dirt is easily removed by washing. On the other hand, a loosely woven plain cloth must not be rubbed hard and must be gently handled in drying so that the threads will not be pulled out of place.

A twilled cloth does not show soil as readily as plain, but it seems to hold the dirt more tenaciously. Materials of soft weaves do not stand the goods, keep its original shape and size. Loosely woven materials, of all kinds have greater absorption powers than the closely woven varieties; this means less bluing for the loosely woven goods. These are suggestions made by home economics experts in the department of agriculture.

Feeding Fowls in Winter.  
Feed grain in deep litter on the floor and make the hens exercise for it. The mash may be fed either wet or dry, and should be so regulated that the fowls will get about equal parts of mash and dry feed, and the grains. It is necessary to give the fowls plenty to eat to get good results, but the birds should always be eager for each feed. In cold weather feed about one-third of the scratch grain in the morning and two-thirds at night. In this way the hens are forced to exercise more than if they receive all the grain they desire at the morning feed. Scratch grain, mash or feed, grain and shell should be supplied in the winter. A good scratch mixture may be made of equal parts, by weight, of cracked corn, wheat, and two parts cornmeal and one part each of wheat bran, wheat middlings and beef scrap. Green feed, such as cabbage, mangold wurzel, beets, but alfalfa, or sprouted oats, should be supplied—to replace the green feed which the fowls have been securing in the fields; and beef or fish scrap, skim milk, cut green bone, or some similar feed is needed to replace the rigs which the fowls have been getting on the range. Beef scrap or feed of this nature is very essential in securing a good supply of eggs during the winter months.

A little ginger, such as a 1/2 tsp. of ground ginger, is pleasant flavoring.

BIG INCREASE IN HOG PRODUCTION

Cholera Treatment Is Great Assistance in Filling Pork Barrel of Nation.

MANY ANIMALS IMMUNIZED

It is Estimated That More Than 37,500,000 Pounds of Pork Were Added to Supply During Fiscal Year Ending June 30.

Advance of the serum and virus treatment for hog cholera is credited with being largely responsible for recent great development of the traffic in stocker and feeder hogs. It is estimated that more than 57,500,000 pounds of pork were added to the nation's supply by this traffic in the fiscal year that ended June 30, although regulations were modified to help the industry only by January 22, further notable growth of the traffic is expected.

During the fiscal year ending June 30, there were 25,473 head of swine inspected and immunized against hog cholera by inspectors of the bureau of animal industry at public stock yards and shipped to country points for feeding and breeding purposes. The average weight of these animals at the time of immunization was approximately 100 pounds. Probably 250,000 of the number were shipped for feeding purposes and later were returned to the markets at an average weight of 220 to 270 pounds, giving an approximate total increase of from 37,500,000 to 43,500,000 pounds of pork.

How Hog Cholera Spreads.  
Many years ago light-weight hogs and pigs were sold at the markets as feeders and breeding animals, respectively, and shipped indiscriminately to all sections of the country. This spread hog cholera infection throughout the entire hog-raising country, and was one of the causes of the stagnation.

Breadless Stuffing for Fowl.  
Often you may not have dry bread or crusts on hand to stuff a fowl or chachou on the range, but you can get a change. In either event try:

- Potato Stuffing.  
2 cupfuls mashed 1 stalk celery finely chopped  
1 egg (beaten) 1/4 teaspoonful salt  
1 small onion finely cut 1/2 teaspoonful fat  
1 tablespoonful fat 1/2 teaspoonful pepper

Mix the ingredients and use in place of ordinary bread stuffing. This recipe is one recommended by the department of agriculture.

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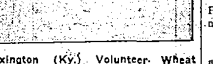
LOCAL BUSINESS MEN AND FARMERS LEARN

Co-Operation and Sympathetic Understanding Established; Especially Helpful in Providing Harvest Labor Needed in Constantly Enlarged Agricultural Program in All Sections.

(Prepared by the United States Department of Agriculture.)

One of the greatest achievements of the farm labor activities conducted by the United States department of agriculture during the past year in farming sections all over the country where labor was needed, was the establishment of cordial co-operation and sympathetic understanding between farmers and local business men, department specialists state.

As a result of this co-operation crops have been harvested by aid of the business men from cities and towns in hundreds of localities where large losses would undoubtedly have resulted from lack of labor. About 50,000 town and city dwellers helped harvest



Lexington (Ky.), Volunteer Wheat Threshers.

In Kansas, 15,000 in Nebraska, 20,000 in Oregon, 10,000 in Missouri, 12,000 in Indiana, 25,000 in Illinois, and proportionate numbers in practically all other states. The farmer has thus learned that local town and city folks can assist greatly in this emergency work and has begun to look with favor upon their cooperation. The effect has been to bring farmer and town resident into more cordial relations.

The results achieved along this line are especially helpful toward providing the harvest labor needed to a constantly enlarging agricultural program. Too much emphasis, it is believed, cannot be placed on the phase of the movement that has to do with bringing into close co-operation and alignment all the forces which have more or less to do with the labor problem and framing a program that will eliminate as far as possible the loss due to having an oversupply of labor during peak periods and shortages at other times, and that will make possible the use of all the local labor to the fullest extent and thus save transportation of workers from distant areas and necessary loss of time occasioned in such travel.

The success in dealing with the farm labor situation during the past year is thought to justify confidence in meeting any situation that may develop in 1919.

FIGHTING ASH-WOOD BORERS

Investigations to Prevent Serious Losses of Forest Timber from Damage by Pests.

(Prepared by the United States Department of Agriculture.)

Special investigations to prevent serious losses of forest resources from damage by wood-bark-boring insects has been a part of the important war-time work of the bureau of entomology, United States department of agriculture. Recent investigations of logging and manufacturing operations in Mississippi to meet the demand for ash, handles, and other supplies required by the war service showed that one company had lost more than 1,000 feet of ash logs through failure to provide for prompt utilization after the trees were cut and thus prevent the attack of destructive ash-wood borers. The general neglect of the methods advised by this bureau has resulted in a continued reduction of the heretofore hardwood losses of seasoned ash and other heavy sap material from powder spoil.

BARBERRY IS DISAPPEARING

Campaign for Control of Stem-Rust of Wheat Has Resulted in Removal of Noxious Plant.

(Prepared by the United States Department of Agriculture.)

The campaign for the control of stem-rust of wheat through the eradication of the noxious barberry has aroused a widespread and effective sentiment against the shrub. This has resulted in the actual removal of the following estimated percentages of the sites located by a survey conducted by the United States department of agriculture: Northern Illinois, 90 per cent; Wisconsin, 80 per cent; Minnesota, 80 per cent; North Dakota, 90 per cent; South Dakota, 80 per cent; Nebraska, 75 per cent, and Iowa, 75 per cent. The work has been well begun in the states adjoining those named. Safety from stem-rust of wheat lies only in the complete eradication of the noxious barberry plant, specialty of the department say.

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Suffered by—Proof that Lydia E. Pinkham's Vegetable Compound Can Be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to the annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, and I would try it. I soon began to gain in strength and the annoying symptoms disappeared and my Vegetable Compound has done for me a work similar to what I did for my own household. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women suffering through the Change of Life."



Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women suffer from nervousness, "heat flashes," backaches, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

His Nagging Wife.  
Dobson—Halloo, Henpeck, how's the wife?  
Henpeck—Oh, Peggy's all right.  
Dobson—Peggy! I thought her name was Maria!  
Henpeck—So it is; but you see, Peggy is short for Regassa, the feminine of Pegasus.  
Dobson—Who was Pegasus?  
Henpeck—He was the Eternal horse, and the Eternal horse was an everlasting nag.—London Tri-Bitt.

INDIGESTION, GAS, UPSET STOMACH  
HURRY! JUST EAT ONE TABLET OF PAPER'S DIAPEPSIN FOR INSTANT RELIEF.

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. There is instant relief.



Just as soon as you eat a tablet of Paper's Diapepsin all the dyspepsia, indigestion and stomach distress epds. These pleasant, harmless tablets of Paper's Diapepsin always make sick, upset stomachs feel fine at once and they cost so little at drug stores.—Adv.

A Time Saver.  
Misses—I want a maid who will be helpful and not a time-waster. Can you promise that?  
Bridget—Indeed I can. I'm that scrupulous, ma'am, about wastin' time that I make one job of prayin' and scrubbin'—Life.

To Have a Clear Sweet Skin.  
Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, the battle with Cuticura Soap and hot water. Blisters dry quickly and crust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

Doan's Backache Kidney Pills.  
"A little good advice goes a long way before anybody takes it."

Confined to Her Bed Days at a Time  
But Doan's Brought a Quick and Lasting Cure.

Mrs. Herrman Rueschke, 177 Fourth St., Long Island City, N. Y., says: "The pains in my back were almost unbearable. I always felt tired and listless and it almost impeded my ability to attend to my household. Gradually the pains increased—day by day my suffering became worse. One of the ten babies of light and pink pasted over my eyes and dicky spells would come over me. My back ached, my feet were swollen and my head pained me so, that I thought I was dying. My kidneys annoyed me, and I was compelled to get up. Some times I would have to take to my bed for three or four days at a time, but I had the good fortune to hear of Doan's Kidney Pills, so I began to use them and was soon back in perfect health again. My cure has stood the test of time, so I can only too glad to recommend Doan's to other kidney sufferers."

Doan's Backache Kidney Pills.  
"A little good advice goes a long way before anybody takes it."

Use Cuticura Soap To Clean Your Skin  
All druggists have it. Cuticura Soap is sold in boxes and in bulk.