FALSITY INCREASES FEAR

When the truth cannot be clearly made out, what is false is increased through fear .- Quintus Curtius Ru-

Dr. Pierce's Favorite Prescription makes weak women strong. No alcohol. Sold by druggists in tablets or liquid.-Adv.

A Friend Will

A friend should bear his friend's Infirmities.



The Coleman is a gen-uine Instant Lighting Iron.

All you have to do is turn a valve, strike a match and it lights instantly. You don't have to insert the match inside the iron—no burned fingers. the match inside the Iron—no burned fingers.

The Coleman heats in a jiffy; is quickly ready for use. Entire ironing surface is heated with point the hottest. Maintains its heat even for the fast worker. Entirely self-heating. Operates for jig an hour. You do your ironing with less effort, in one-third less time. Be sure your next iron is the genuine Instant-Lighting Coleman. It's the iron every woman wants. It's a wonderful time and labor saver—nothing like it. The Coleman is the easy way to iron.

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DON'T SLEEP ON LEFT SIDE, **AFFECTS HEART**

Gas Pressure May Cause Discomfort. Right Side Best

If you toss in bed and can't sleep on right side, try Adlerika. Just ONE dose relieves stomach GAS pressing on heart any disease or parasite present. so you sleep soundly all night.

Adlerika acts on BOTH upper and lower bowels and brings out foul matter you would never believe was in your system. This old matter may have poisoned you for months and caused GAS, sour stomach, headache or nervousness.

Dr. H. L. Shoub, New York, reports: "In addition to intestinal cleansing, Adlerika greatly reduces bacteria and colon bacilli."

1 1 1 to

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Mrs. Jas. Filler: "Gas on my stomach was so bad I could not eat or sleep. Even my heart hurt. The first dose of Adlerika brought me relief. Now I eat as I wish, sleep fine and never felt better."

Give your stomach and bowels a REAL cleansing with Adlerika and see how good you feel. Just ONE dose relieves GAS and chronic constipation. Sold by all druggists and drug departments.

No Need to Suffer "Morning Sickness"

"Morning sickness" - is caused by an acid condition. To avoid it, acid must be offset by alkalis - such as magnesia.

Why Physicians Recommend Milnesia Wafers

These mint-flavored, candy-like wafers are pure milk of magnesia in solid formthe most pleasant way to take it. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly, then swallowed, they correct acidity in the mouth and throughout the digestive system and insure quick, complete elimination of the waste matters that cause gas, headaches, bloated feelings and a dozen other discomforts.

Milnesia Wafers come in bottles of 20 and 48, at 35c and 60c respectively, and in convenient tins for your handbag containing 12 at 20c. Each wafer is approximately one adult dose of milk of magnesia. All good drug stores sell and recommend them.

Start using these delicious, effective anti-acid, gently laxative wafers today

Professional samples sent free to registered physicians or dentists if request is made on professional letterhead. Select Products, Inc., 4402 23rd St., Long Island City, N. Y.



The Original Milk of Magnesia Wafers

Joulte Cows of Today Good Investment

FEAR DEATH LOSS IN MANY FLOCKS

Stringent Methods Must Be Used, Specialist Says.

By H. H. Alp. Poultry Extension Specialist, College of Agriculture, University of Illinois. - WNU Service

Although the outlook for poultry and eggs is mostly favorable for the first half of the year, heavy mortality losses still loom as a threat to the poultry industry.

Some flock owners last year lost as high as 47 per cent of their mature flocks, and there will be ruinous losses again this season unless poultrymen adopt more stringent methods than they have used in the

The drive against poultry mortal ity losses might well start with greater alertness on the part of flock owners in detecting birds out of condition, in destroying and removing quickly from the pen all sick birds and in a real appreciation of cleanliness,

Certainly drugs and so-called remedies have failed to solve the problem, much as they have been used.

There is too much "doctoring" of sick chickens and not enough clean feeders, waterers and houses. It is useless, of course, to clean the droppings board and leave a side rail to a feeder or waterer filthy dirty. Dirt around the feed and water helps to give the birds every possible chance of thorough exposure to

Faulty sanitation or flock management is probably not wholly responsible for heavy mortality losses now being suffered by flock owners. There is considerable evidence that certain strains of poultry may be lacking in vitality. Future breeding may need to be done more with two-year-old stock and less with yearlings. More consideration might well be given to the effect of breeding on mortality.

Raising Ducks

Why are there not more ducks raised on American farms? The greatest objection given by most farmers and poultrymen is that they do not have a pond or stream near the house. Although a pond or stream is a valuable feature, it is not essential. All that is necessary is to provide sufficient water for drinking purposes. An ordinary trough with a board about four inches wide fastened along the top will prevent the ducks from splashing the water out. - Wallace's

Selections of Eggs for Size

Selection of eggs for egg size can be augmented immeasurably by using cockerels that hatched from large eggs. Constructive breeders use cockerels that hatched from eggs weighing a minimum of 25 ounces per dozen. The sire has a strong influence in passing egg size to daughters, says a writer in the Missouri Farmer, and where such a sire is used in addition to the selection of eggs of proper size rapid progress can be made and it will pay big dividends.

Worming the Flock

Birds that are heavily infested with parasites are usually quite thin, there is a drawn appearance of the face parts, and sometimes a fading of the eye. The birds are also sluggish and are invariably poor producers. When this condition appears in the flock, several birds should be killed and the intestinal tract checked for worms. Worming a flock must be done carefully to prevent the birds going into a moult, and should have early atten-

Good Investment

Milk Producers of Years Ago.

By J. G. CASH, Dairy Specialist, College of Agriculture. U. of Illinois --

Current models in milk cows are quite as much of an improvement over their ancestors of 1925 vintage as the sleek, streamlined cars of today are over the cumbersome automobiles of a few years back.

Setting the standard for advancements in the milk-cow "models" have been the dairy herd improvement associations. These are organized and sponsored by the extension service of the agricultural college as a means of furthering better breeding, feeding and management of farm dairy herds. At the present time there are 58 of these associations in which 20,000 cows are being tested for milk and butterfat production and otherwise handled under approved methods.

Value of these methods in putting dairy berds on a more efficient and more profitable basis is evident from a review of past records, it is pointed out. In 1925 dairy nerd im provement association cows in Illi nois averaged only 282 pounds of butterfat. In 1934 member cows averaged 324.9 pounds. On the basis of 1934 prices the late model cow cleared \$64 above feed costs On this same basis the 1925 cow would have cleared \$52, or \$12 less.

If dairy berd improvement asso ciation farmers had obtained no bet ter production in 1934 than they did n 1925, the total net return above feed costs in 1934 would have neen \$240,000 less for the 20,000 member cows of the state.

Most members are confident that their herds are continuing to im prove in efficiency. It is expected that the amount of butterfat produced for each pound of feed will be maintained because of better cows and more careful feeding and berd management.

Farmers have been able to devel op this higher production efficiency among their herds mainly through testing, culling, feeding of better ra tions and improved breeding pro grams advocated by their improve ment associations. Those who in tend to "keep up with the models in milk cows" will find it to their advantage to be members of their local associations during the coming year. Through these improvement associations they will be able to dis tinguish the star boarders from the paying producers and cull out the poor cows. In addition they will have access to the latest information on rations. Also accurate herd records will help them locate proved herd sires.

Down on the Farm

Doubling the speed of flowing water multiplies its eroding power

The sow should receive no food for 24 hours after farrowing out should be given plenty of lukewarm

Women on farms in this country work an average of 64 hours each week, and many of them work as high as 77 hours.

Strawberries are one of the few fruit crops from which the grower may obtain a return of his investment in a comparatively short time

Small amounts of bonemeal mixed with the wet mush or even the dry will be of decided benefit in supplying the bone growth for any and all farm animals and poultry.

The champion and reserve champion carload lots of cattle at the 1935 International were fed corn on pasture until August 10 and September 1, respectively, and then finished in dry lot,

SKEPTICAL YEGGS

Pasted next to the knob of the safe in the Liberty Oil company office in Des Moines, Iowa, was a placard which stated, "There is no money in this safe." As a clincher. Big Improvement Over the the placerd bore the combination. But burglars ignored the sign, blasted open the safe, obtained \$10.

Week's Supply of Postum Free

Read the offer made by the Postum Company in another part of this paper. They will send a full week's supply of health giving Postum free to anyone who writes for it.-Adv.

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