

Nice Thought

Over the players' entrance to the center tennis court at Wimbledon, England, is a quotation from Kipling's "If": "If you can meet with triumph and disaster, and treat those two imposters just the same . . ."

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.

Silence Is a Remedy

We all make many mistakes—most of them in what we say.

When You Want to Alkalize Stomach Fast



Try This Amazing Fast Way—The "Phillips" Way Millions Are Adopting

On every side today people are being urged to *alkalize* their stomach. And thus ease symptoms of "acid indigestion," nausea and stomach upsets. To gain quick alkalization, just do this: Take two teaspoons of PHILLIPS' MILK OF MAGNESIA 30 minutes after eating. OR—take two Phillips' Milk of Magnesia Tablets. Relief comes almost at once—usually in a few minutes. Nausea, "gas"—fullness after eating and "acid indigestion" pains leave. You feel like a new person.

Try this way. Get either the liquid "Phillips" or the remarkable, new Phillips' Milk of Magnesia Tablets. Each one equals a teaspoon of the liquid. Only 25¢ a box at all drug stores.

ALSO IN TABLET FORM:

Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.



PHILLIPS' MILK OF MAGNESIA

WHAT'S HAPPENING in Hollywood?

HEAR JIMMIE FIDLER TUESDAY! 10:30 P.M., E.S.T., N.B.C. Red Network

LU DEN'S
MENTHOL COUGH DROPS 5¢
WITH ALKALINE FACTOR

Miserable with backache?

WHEN kidneys function badly and you suffer a nagging backache, with dizziness, burning, scanty or too frequent urination and getting up at night when you feel tired, nervous, all upset . . . use Doan's Pills.

Doan's are especially for poorly working kidneys. Millions of boxes are used every year. They are recommended the country over. Ask your neighbor!

DOAN'S PILLS

POULTRY

CULLING LEADS TO PROFIT FROM EGGS

Reducing Size of Flock to Fit House Important.

By H. H. Alp, Extension Poultryman, University of Illinois.—WNU Service.

With feed prices soaring, farmers who are counting on eggs as a source of cash revenue will need to watch closely those practices which tend to lower production costs.

Feed is usually considered to be 60 per cent of the total cost of producing eggs. However, it will be folly for most flock owners to attempt to concoct cheap rations by using unsatisfactory substitutes for some of the standard grain ingredients.

It will pay in most cases to stick with the regular proved rations and to look elsewhere for ways of lowering the cost of production.

Culling the flock to eliminate all birds except those in top physical condition is one method of lowering production costs. Culling not only helps to eliminate wasteful feeding, but also tends to lessen chances of future mortality.

Reducing the size of the flock to fit the house so that each bird has four square feet of floor space is also important. Special attention to an adequate supply of water, especially during cold weather, will also go a long way toward lowering production costs.

Cleanliness of the water is as vital as the abundant supply. Keeping the water clean, not by pills but by clean dishes and stands, is one of the chief methods of obtaining efficient egg production. Furthermore, the value of good care and cleanliness around the poultry house can not be overestimated.

Concrete Floor Is Best for the Poultry House

Concrete makes the most satisfactory type of poultry house floor, advises the Missouri experiment station. It is easily cleaned, ratproof, and provides a dry, durable floor. Where the sand and gravel are obtainable, a thin section concrete floor can be installed for two cents per square foot.

The success of such a floor is dependent upon having a dirt or rock fill eight to ten inches above the ground level. This fill must be tamped well to prevent it from settling. If a dirt fill is used, it is desirable to place a layer of cheap paper on top of the fill to prevent any capillary water seeping through the concrete.

The use of good quality concrete is important in making the floor. In order to have a water-tight floor, it is necessary to limit the water to five or five and one-half gallons to each sack of cement. Creek gravel can be used if there is enough sand in the mixture to make the concrete smooth. A mixture of one part of cement to four and one-half or five parts of gravel, or a mixture of one part of cement, two parts of sand and three parts of gravel can be used. After the concrete has been poured, it should be smoothed as much as possible in order to facilitate cleaning.

Poultry Hints

Poultry ailments are prevented much easier than cured.

Eggs are high in food value, but rather low in fuel value.

Wisconsin hens lay one billion, 210 million eggs in a year.

Several Wisconsin counties have more than half a million chickens.

The dwelling house basement or cellar, if available, will probably be one of the best places on the farm to store eggs to protect them against heat.

Uncle Phil Says:



Chaff or Flint

Vagrant winds blow the chaff, but the flint is undisturbed. Which are we?

More that boys are expected to be perfect, the more dissembling there will be.

If one could only learn not to be afraid he would escape 75 per cent of his worry.

If one must sneer, let him not indulge in cheap ones. They're so trying among people of intelligence.

Outstanding trait of the great common people is their humanity.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Balancing the Chip

A person easily insulted is one who cares too much about trifles.

TODAY THE DIONNE QUINS HAD QUAKER OATS

Famous doctors prove how to make children thrive



Young and Old, Alike, Need Vitamin B for Keeping Fit.* Supplied in Quaker Oats

Nervousness, constipation, poor appetite know no age limits. They prey upon the energy of thousands when diets lack a sufficient amount of the precious Vitamin B so richly supplied by a Quaker Oats breakfast. So serve the whole family a bowl of Quaker Oats every morning.

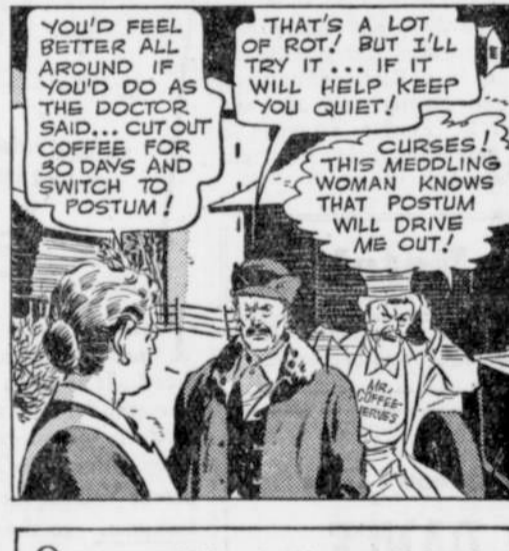
*Where poor condition is due to lack of Vitamin B



QUAKER OATS

Interesting Ads for Interesting People

JOHN BECOMES A FIRST CLASS SCOUT!



OF COURSE, children should never drink coffee. And many grown-ups, too, find that the caffeine in coffee disagrees with them. If you have headaches or indigestion or can't sleep soundly... try Postum. It contains no caffeine. It is simply whole wheat and bran, roasted and slightly sweetened.

You may miss coffee at first, but after 30 days you'll love Postum for its own rich, satisfying flavor. Postum comes in two forms—Postum Cereal, the kind you boil, and Instant Postum, made instantly in the cup. Either way it is easy to make, delicious, economical, and may prove a real help. A product of General Foods.

FREE—Let us send you your first week's supply of Postum free! Simply mail coupon. COPR. 1936, G. F. CORP.

GENERAL FOODS, Battle Creek, Mich. W-PO 11-21-36
Send me, without obligation, a week's supply of Instant Postum Postum Cereal (check kind you prefer).
Name _____
Street _____
City _____ State _____
Fill in completely, print name and address.
If you live in Canada, address: General Foods, Ltd., Cobourg, Ont. (Offer expires July 1, 1937.)