

Red Men of the Western World Had a Universal Language Centuries Ago

A white man who visits a foreign nation finds it hard and sometimes impossible to make his most ordinary wants known. The red man has no such difficulty; the problem of a universal language was solved centuries ago by the savage inhabitants of this western world.

Should an Indian from northern Alaska go to Patagonia, he could by means of this universal language converse with his southern brethren almost as easily as he could with his neighbors at home. That would also be the case if he visited Central America or met the tribesmen of our own western prairies and mountains.

When this language was invented no one knows, but every Indian learns it in addition to his own. Recently two chiefs of different tribes met in the geographical society rooms in Washington and held a conversation that lasted nearly three hours, and yet neither one knew a word of the other's language.

This universal language is, of course, made up of signs. For example, if an Indian is passing through a strange country and sees other Indians at a distance, he makes the "peace sign"—that is, he holds up his blanket by two corners so that it covers his whole figure. The same thought is expressed by extending the hands, palms outward, slightly inclined from the face. Any Indian would understand either one of these signs.

Then there are the abstract signs by which the "savages" can express their thoughts with regard to the great spirit, heaven, good, evil, life and death, sickness, health, riches and poverty. Life is expressed by drawing an imaginary line from the mouth and death by chopping this thread off. Another sign of death is to hold the tips of the fingers of one hand against the palm of the other and let them gradually slip downward and at last drop beneath the palm.—Youth's Companion.

Mother's Cook Book.

I have built my house on a hill top, its windows wide to the sun
And under their arching eaves
The highways to liberty run;
A never a cobwebbed corner nor a
Dust spot from the light.
—Wendell Phillips

Food for the Family.
Children delight in the novelty of this new breakfast food. Grind popcorn through the foodchopper with a few raisins and serve as a breakfast food with cream and sugar. The corn may be freshly popped or reheated in the oven.

Cinnamon Buns.
Heat a pint of milk and cool to lukewarm, add one cupful of butter, one teaspoonful of salt, one-half a yeast cake dissolved and two quarts of flour. Let stand over night, then add two well beaten eggs, half a cupful of sugar and roll out thin, sprinkle with sugar, cinnamon and finely chopped currants, roll up and cut in slices, lay flat in a buttered pan, let rise for an hour, then bake.

Chicken Tamales.
Take three cupfuls of cooked chicken meat, six red peppers, a quarter of a cupful of chopped onion, half a cupful of vinegar, one cupful of fine bread crumbs, one cupful of tomatoes, ten chopped olives, one egg, season-

A FEW JOKES

Somewhat Sarcastic.
Smith—My wife has persuaded me to accompany her to church next Sunday.
Jones—Well, you have my best wishes.
Smith—Best wishes for what?
Jones—Pleasant dreams.

Tail to the Kite.
Smith—I lost my identity for two whole weeks this summer.
Jones—How did that happen?
Smith—Spent my vacation among my wife's relatives, where I was simply known as Cordelia's husband.

A Grim Reminder.
"Do you find football more exciting than baseball?"
"Oh, yes, indeed," replied the fair debutante. "I don't know much about

Things You May Not Know.
Mexico is 1,900 miles long.
The word dollar was first thaler.
Mexico has 15,251 miles of railway.
Earthquakes are frequent in Mexico.
Nebraska is adapted to grape growing.

London has a famine in domestic servants.
Japan is buying 40,000 tons of steel in Pennsylvania.

The Roadtown (N. J.) Baptist church is 220 years old.
Louisville, Ky., has 703 saloons, one to every 334 people.

Wilbraham, Mass., has a church founded 175 years ago.

Los Angeles has one saloon to each 1,284 of population.

Woman a New Economic Entity

By ARCHER WALL DOUGLAS.

One of the most significant developments in modern life is the fast-growing recognition, among both men and women, of the distinct personality of woman as a separate entity and not as a mere complement to the dominant sex. It is difficult to say how much of this is due to modern intellectual analysis, born of education, which seeks to order its thoughts and actions on facts rather than the illusions and delusions of the past, and how much to economic necessity, which in this country, in especial, brought woman into the industrial world as man's competitor. Woman as a worker was long known to the old world, but it was largely as a drudge and not as a co-worker and an active competitor. Such participation in industrial activities was confined principally to what we are pleased to term the lower walks of life.

In this country, as is the case in most great industrial movements, the initial impulse came from the great cities. The stress of overcrowding forced the needy woman to seek other channels of livelihood than those of domestic service. Also there were those original and daring spirits among the "weaker vessels," preferring independence by their own hands to dependence on their male relatives, or those in quest of mere adventure, who thus sought to test their own personality in competition with man.

It is obvious enough that woman's entrance into industrial life means an entire recasting of man's mental attitude toward woman—an attitude which, with only slight variations, has come down unrevived from the days of the elemental cave man. It was tintured and softened by chivalry and romance, but especially it still regarded woman largely as a possession, and in the last analysis inferior both physically and mentally to the "lords of creation," though, somewhat paradoxically, possessing certain traits of duty, devotion and unselfishness in which her only rivals were the mythical angels.

None of the former Cassandra-like prophecies of woe have come to pass. Women have not by their invasion of industrial life made it more difficult for men to earn a living. It has been largely a case of readjustment. What seems likely now is that the problem will work out its own solution by each sex gradually adjusting itself to the employment it is best fitted for.

ings of salt, pepper and paprika. Chop the peppers and onion and soak in vinegar one hour. Drain and add the remaining ingredients. Shape like croquettes. Roll in cornmeal and wrap in corn husks. Tie the ends to keep the mixture in. Steam for three hours. Dry in the oven for 15 minutes. Serve hot.

Mutton and Carrot Stew.

A small amount of meat will serve 5 or 6 and give them a most satisfying meal. Take a pound of mutton free from bones or cut it, leaving in small bones, in serving sized pieces. Brown in a little fat, add a half an onion finely chopped, and cook until well browned, season and roll in flour or dredge with flour. When this is browned add a pint or more of finely shredded carrots, add boiling water and simmer for two hours on the back part of the stove. A small piece of meat with a generous helping of carrots with a boiled or baked potato will make a wholesome main dish for the meal.

Bulletproof Jackets Lined With Steel.

The evolution of modern military uniforms and arms has been marked by a return to types of ancient days. By the return of types of ancient days. By the return of types of ancient days. By the return of types of ancient days.

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Strictly Private.

"It does seem strange," said the plain but wealthy maid, "that of all women in the world, you should love me alone."
"Nothing remarkable about matter of fact youth. You certainly don't expect me to make a fool of myself in public, do you?"

Really Simple.

"Why is it that truth will rise again when crushed to earth?" "Because of its elasticity, of course. Don't you know how easy it is to stretch the truth?"—Boston Transcript.

Custom in China discourages the photographing of women.

Smith college, Northampton, Mass., last year received gifts totaling \$43,000.

Canada has a herd of 2,077 buffalo, owned by the Dominion government.

This year's strawberry crop of the United States was worth \$20,000,000.

Wise and Otherwise.

Poker keeps more men awake nights than brain fog.
And kissing is responsible for a good deal of heart trouble.

Taxpayers do not have to settle for the pavements made of good intentions.

Stitches are golden when a girl pursues her lips for the benefit of a young man.

After fortune knocks at a man's door he may be able to prove an alibi—but what's the use?

Clothes do not make the man, but his tailor frequently gives him an expensive appearance.

YOUR MAIL

By DR. SAMUEL G. DIXON,
Commissioner of Health of Pennsylvania.

Do you read your morning mail at the breakfast table? Have you ever used a knife or fork to open your letters? It is not an uncommon practice, and yet an uncleanly and dangerous one.

The post office is essentially a public utility, and it is universally used by all classes of people. A common point of destination may put my lady's dainty note beside a dirty scrawl from the vilest of slaves.

Millions of pieces of mail matter are handled. A certain number of these come from people who are suffering from all kinds of diseases, some of them loathsome and infectious.

Stamps and envelopes, contrary to hygienic rules are for convenience sake, frequently licked. Despite quarantine precautions, small sometimes come from houses where cases of communicable diseases exist which have not been reported.

Mail bags are not subjected to regular disinfection, and are not so cleaned as to make them safe from the danger of becoming a factor in the transmission of disease.

During the recent epidemic of infantile paralysis, many of those working on the disease, formed the opinion that it may be carried by a third person. Is it unreasonable to presume that the disease may be carried through the mail?

For Its Size, Sting of Bee Is Most Effective Infernal Machine Known

In proportion to its size, the sting of the honeybee is probably the most effective infernal machine in existence, says the Popular Science Monthly. The stinging apparatus is smaller than that of a rattlesnake, yet a single sting has been known to kill a man. When we realize that it is almost invisible, and consider what it can do, we cannot fail to be astounded. It seems the very quintessence of devilishness.

The honeybee's sting is complicated—so complicated that many words and much ink have been used in discussing its construction and use. It is generally conceded that the sting consists of three parts, the principal one being a sheath within which move two barbed lancets. Like the barbs of a fishhook, the lancets are not easily extracted from the flesh into which they have been driven. The sheath and the lancets combined form a hollow tube through which the poison flows from the poison sac. Two hairy, soft projections, evidently very sensitive, inform the bee when she is in contact with a stinging object.

During the Kaiser's visit to Mitau two Russian airmen flew over the town and dropped a number of bombs.

Industrial Illness

A recent health report, to which attention is called by the New York Medical Record, estimates that there are from 25,000,000 to 30,000,000 of industrial workers in the United States and that each one of these loses from eight to nine days' work a year from illness.

It proceeds to show that this would make an annual loss of 600,000,000 years and this could make an economic loss of \$300,000,000, supposing the workman's average pay was \$50 a month—a very low estimate. In many cases investigated among industrial workers it has been found, says the Record, that disease has been the result of neglect of personal hygiene rather than of inattention to any sanitary precautions connected with the particular occupation. It is held that the fundamentals of hygiene should be taught in the home and in the school, and that when we consider that about one-third of our school children become industrial workers the importance of including personal hygiene in every public school curriculum becomes evident.

Combination Pie.

Line a pie plate with rich pastry, fill with a cupful of rhubarb and one of strawberries and one of sugar. Sprinkle with a bit of flour, as it is very juicy, put on the second crust and bake until brown. It's a dandy pie.

Removing Stains From Marble.

Apply with a brush a paste composed of equal parts of soft soap, ketchup and caustic potash and leave for several days. Then wash the paste off and dry and polish the marble with soft cloths.

Heavenly Hash.

Three quarts red currants, stemmed; one quart red raspberries, three pounds white sugar, one pound seedless raisins, three oranges, peel and chop all fine. Roll all together until thick. This is delicious with meats.

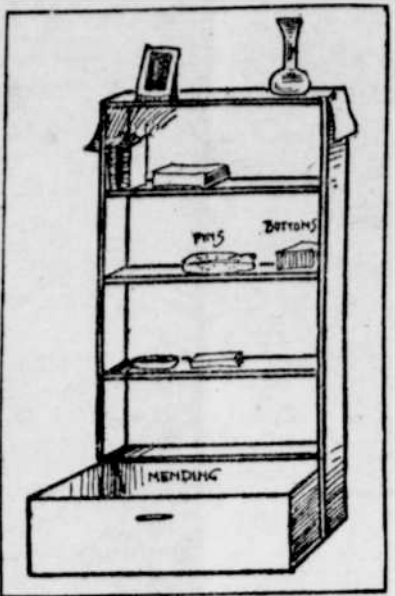
To Avoid Chapped Hands.

After having the hands in soap suds wash them in vinegar to make them soft and white and prevent their chapping.

SMALL BUT HANDY CUPBOARD

Easy of Construction and Perfectly Suited for the Purpose for Which It Was Intended.

Last fall when I found our house was too cold, writes a correspondent of Farm Progress, I concluded to close the sitting room and use the dining room for that purpose, too. In order to keep it in order and be convenient



Completed Cupboard.

for me I had my husband make a small cupboard about four feet high and just as wide as a cracker box.

He fitted three shelves about eight inches wide and eight inches apart, in the top of the cupboard. This I placed in one corner of the room, using the wall for a back. I painted it to match my woodwork. I covered a cracker box with cretonne and placed it in the bottom. I set pictures on top of the cupboard. The shelves I used for sewing articles, magazines, school books, etc. The box held my mending and unfinished articles of sewing.

TRY THIS CREOLE RECIPE

Chicken Sauté That Is Declared to Be Delicious by Those Who Have Partaken of It.

Take a nice, tender chicken, wash and clean thoroughly and cut into small pieces at the joints. Separate the breast from the back and split it first down the center through the bone, and once again crosswise, and season the whole well with pepper and salt.

Put one and a half tablespoonfuls of butter into a stewpan and when it has melted add the chicken. Let this brown for a good five minutes, then add one and a half good-sized onions, sliced, and let these nicely brown, being careful not to let them burn in the least. Add one tablespoonful of flour and let this brown.

Then add three large fresh tomatoes (or one fourth can of tomatoes) and let these brown. Cook very slowly, allowing the mixture to simmer. Add one tablespoonful of chopped parsley, one teaspoonful thyme, one bay leaf and one clove of garlic finely minced. Stir, cover and let the whole smother over a slow but steady fire.

The tomatoes will make sufficient gravy as yet. If you have sweet green peppers, add three, taking the seeds out and slicing very fine and stir well. Let all smother gently for 20 minutes at least, keeping well covered and stirring occasionally. Then add one cupful consommé if you have it, if not, one cupful of boiling water. Let it cook again for a full half hour, very, very slowly, over a very steady fire, and season again to taste. Cover ten minutes more and serve hot. The above is very much esteemed as a famous New Orleans dish.

Chicken a La Dixie.
The following recipe is not a widely known one, but it is an excellent dish and can be served at very short notice.

Chicken a La Dixie—Take two fat slices of ham and place in frying pan, then cut a spring chicken in quarters and fry on ham. When nearly brown add one-half can of sugar corn, season with salt, paprika and a pinch of grated nutmeg. Pour over whole enough cream and tomato sauce to cover. Put in oven for about ten minutes and serve as chafing dish.

Orange Jelly.

Two tablespoonfuls gelatine, one-half cupful cold water, one and a half cupfuls boiling water, one cupful sugar, and a half cupful orange juice, three tablespoonfuls lemon juice.

Soak gelatine in cold water, dissolve in the boiling water, add sugar and fruit juices; serve with whipped cream. Very nice.

Red Peppers Stuffed With Cheese.

Two fresh canned red peppers and stuff them with nicely seasoned cottage cheese to which a few chopped nuts have been added. Allow to remain in a cool place for half an hour. These red peppers are delicious sliced and served on lettuce leaves.

Mountain Muffins.

Pour one and one-fourth cupfuls of scalding milk on one cupful of white Indian cornmeal, cover, let stand ten minutes, add one cupful of cold boiled rice, mix, add one cupful of four mixed corn, two tablespoonfuls of baking powder, two tablespoonfuls of sugar, one teaspoonful of salt, two well-beaten eggs, two tablespoonfuls melted butter. Beat hard. Bake in greased muffin pans in a hot oven.

Bread and Prune Pudding.

Soak a pound of prunes in warm water all day. Butter a baking dish and put in a layer of stale bread cut in thin slices and buttered a little, then a layer of stoned prunes, and so on until the dish is full, the last layer being bread. Beat two eggs with one-quarter cupful of sugar, add a pint of milk, pour over the prunes and bread, and bake one hour.

Swiss Salad.

Mix one cupful of cold cooked chicken cut in cubes, one cupful of chopped English walnut meats, one cupful of French peas, one cucumber pared and cut in cubes. Marinate with French dressing, arrange on serving dish and garnish with mayonnaise dressing.

Good Fudge.

A few drops of molasses in your fudge will prevent it from getting sugary and improves the flavor. To get the best results every ingredient should be accurately measured.

MINERALS IN FOOD

ABSOLUTELY NECESSARY FOR PRESERVATION OF HEALTH.

Physical Ailments Sure to Result When They Are Lacking—Serve Fruit, Vegetables, Milk and Eggs Liberally.

Prepared by Laura Breeze of the Department of Farmers' Institutes of the University of Wisconsin.

Some of the physical ailments resulting from mineral starvation are rickets, scurvy, pellagra and anemia. An anemic person has weakened vitality and resisting power, and is, therefore, a prey to colds, grippe and fevers.

The foods rich in minerals are vegetables and fruits, breads and cereals made from whole grains, eggs, milk and the natural rice. In the milling of the white flours, cornmeal, some oatmeal and most cereals, the parts of the grains containing the greatest amount of mineral substance are eliminated, consequently their value as sources of mineral foods is reduced.

The housewife, however, can always supply her table with fruit, vegetables, milk and eggs. There are such numerous ways of serving these foods that their appearance on the table should never become monotonous.

The following recipe offers suggestions for an attractive way of serving cabbage, the mineral content of which is very high:

Imperial Cabbage.—One medium-sized head of cabbage; two carrots, pared; two potatoes, pared; one cupful of cooked meat or chicken (or more, if desired); two teaspoonfuls of salt, one small onion, one-fourth cupful butter, melted; a little pepper.

Remove decayed leaves of the cabbage; form a basket of the head by removing the center and allowing two layers of the outside leaves to remain attached to the core. Crisp cabbage by allowing it to stand in cold water. Drain well.

Put the cabbage removed from the center, the carrots, potatoes, onion and meat through the food grinder, add butter and seasoning. Mix all well, and fill the cabbage with the mixture. Tie the leaves in place over the stuffing with a clean string, and place the cabbage in a tightly covered baking dish and bake about one hour. There will be no need of adding water, as there is sufficient moisture in the vegetables to steam them.

Apple and Rice Pudding.

Peel small, tart apples, core and put them in a baking dish. Have ready one cupful of boiled rice, mix with it two cupfuls of hot milk, into which has been beaten the yolks of three eggs and one-half cupful of sugar. Stir in one-half cupful raisins, some strips of citron and, if you wish to, one-half cupful blanched almonds. Put one teaspoonful of sugar into each apple and pour this mixture over them. Put in oven, covered, and bake until the apples are tender. This pudding may be frosted with the whites of eggs or served with whipped cream.

Apple Dowdy.

Cut up apples in pudding dish in quarters (in eighths of apples are hard), sprinkle about four tablespoonfuls of sugar over the apples, a few drops of lemon extract and some bits of butter. Add about a tablespoonful of water. Make nice piecrust and cover. Bake about one hour. Eat hot with whipped cream flavored with vanilla or nutmeg. This is quite full of apples, as they shrink in cooking. Can be baked this Saturday and warm over in oven on Sunday.

Hint on Broiling Fish.

Has anyone ever tried broiling fish on paper? Some call it pan-broiled. Everybody knows how fish sticks to broiler pan or any other receptacle it is cooked in, no matter how well greased. Cut thick brown paper, two inches larger than pan, so it will set well upon the sides and ends; butter and lay fish place pan in broiler pan and set quite close to gas. It will cook and brown deliciously and, best of all, leave your pan clean.—Baltimore American.

Tea Rolls.

Dissolve a yeast cake and one tablespoonful of sugar in one cupful of milk, then add two tablespoonfuls of hard or butter melted and a half teaspoonful of salt. Beat until smooth, by adding four cupfuls of sifted flour, and a little more milk if needed. Knead thoroughly, roll out and shape into rolls. Place in a greased pan, and let rise for about two hours. When light, bake in a hot oven ten minutes.

Autumn Demand for Celery.

Tendency to Rush Product to Market Before It Is Well Blended—Loss in Trimming.

The bracing fall weather will stimulate the demand for celery. At this season when it is selling readily at good prices, there is a tendency to rush celery to market before it is well blended. This is a mistake, because it necessitates severe trimming at the market end, and the product goes to the cheaper trade. To catch the best grade, celery must be fully blanched, clear and well trimmed.

"Handling" celery should be finished promptly and the rows ridged as fast as possible. If the soil is allowed to get into the heart of the plants it will cause rot. Celery intended for storage should not be ridged. In some quarters there is a prejudice against blanching celery with boards. It is claimed that blanching with earth makes it crispier and gives it a better flavor. Just the same, much of the product grown in various parts of the country is blanched with boards, and it sells for top prices, too.

PLOWING HEAVY SOD GROUND

Much Time and Hard Labor Saved by Doing Work in Fall—Keep Sandy Soil in Grass.

Heavy sod ground should be plowed in the fall, this saves much time and hard labor in the spring. Sandy and gravelly land and steep hillsides, liable to gully badly, should be kept in sod and only broken up when the grass is run out. Lands of this character should be plowed in the spring, harrowed as fast as plowed and planted. Give thorough culture during the summer, and as soon as the crop is harvested drill in the grain and seed to grass and clover, so as to have a heavy growth of grain and grass before winter sets in.

Fix Up Cow Lot.

Nobody likes to walk about in mud and filth while caring for cattle. With a little work and small expense the cow lot can be made a better place to go into.

VALUABLE AS GREEN FODDER

Opinion of Growers of Sudan Grass Is That It Will Largely Take Place of Millet and Sorghum.

Most of the earlier accounts of Sudan grass failed to make clear that this new crop is nothing more or less than a fine-stemmed, nonsaccharine sorghum. It has most of the characteristics of the ordinary sorghum, and its requirements as regards soil and climate are similar except that the Sudan grass differs from sorghums by maturing earlier and having such fine stems that it is readily cured into hay.

Experiments made at the Kentucky state station in 1915 produced a crop of eight tons per acre of dry hay in two cuttings. This exceptionally high yield was made possible by unusually fertile soil and good culture. The plots were drilled about the middle of May, using 20 to 25 pounds of seed to the acre, seeded with an ordinary grain drill.

The first crop was cut when the Sudan grass was fully headed, and the second crop in time to avoid the first frost.

Where Sudan grass has been grown for two or three years it is the opinion of the growers that it will largely take the place of millet and sorghum for fodder purposes, and also be valuable as a green fodder to cut for supplementing pasture.

SELECTION OF CHOICE SEED

Crops Don't "Run Out," Say Experts at Ames—Fanning and Grading Are of Importance.

The old idea that farm crops "run out" may safely be looked upon as a humbug, say the farm crops men at the Iowa experiment station at Ames; that is, if reasonable care is given to the selection of good seed and proper methods of soil culture each year. Under careless management, of course, crops will deteriorate the same as animals or men.

If, due to careless handling, farm crops do run down or "run out," the best thing to do is to run them out. Dispose of the poor stuff and make a fresh start with good seed from the farm of a thrifty neighbor. Then keep the seed good.

With tests of hundreds of varieties of different classes of crops at the experiment station at Ontario, Canada, Ames and other places, where reasonable attention was given to fanning and grading seed, a tendency of "run out" are practically unknown. This has also been the case on all well-managed farms, also.

With proper management and normal conditions the seed grown on the farm should always be the best seed for that farm.

WHITEWASH OF HIGH VALUE

Government Standard Is Very White and Will Last Well When Used on Outside Jobs.

Following is the well-known standard recipe for "Government Whitewash": Slake one-half bushel fresh lime with boiling water, covering it to keep in the steam. Strain liquid through a fine sieve and add seven pounds of fine salt, previously dissolved in warm water; three pounds of ground rice, boiled to a thin paste and stirred in, boiling hot; one-half pound boiled gliders whiting; one pound white glue, soaked first in cold water until swollen, then carefully melted over fire. To this mixture add five gallons of hot water and let it stand covered a few days.

A pint of the whitewash will serve to cover nearly a square yard. It is very white and will last well when used on outside work.

HANDY HOG SHIPPING CRATE

Timber Used in Construction Should Be Southern Yellow Pine—List of Material Needed.

A strong shipping crate for hogs is an easy thing to make. It should be well built of southern yellow pine. A neatly built crate, a shipping tag bearing the shipper's name and that of his farm often will aid in selling stock.

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Draft of Farm Machinery.

It is estimated that where farm machinery is not kept properly lubricated the draft is increased 20 per cent. Which is cheaper—a fifth more horse and tractor power, or a little good grease?

Cover Farm Implements.

There are a number of farm implements that you are through with all another season. Get them under cover at once and give the polished parts a good coating of oil and paint.

FAITH IN GOOD ROADS

COUNTY SPENDING \$200,000,000 YEARLY ON IMPROVEMENTS.

Ratio Expected to Be Double That Amount in Next Decade—Government Won't Aid Community That Doesn't Help Itself.

The country is now spending well toward \$200,000,000 a year on rural roads—perhaps twice what it was spending for that purpose ten years ago. Faith in good roads probably increased during the decade in an even greater ratio, and it will be surprising if the expenditure ten years hence is not double \$200,000,000.

This is mainly, of course, an effect of the motor car; but a lot of people forget—or do not know—that in all the more prosperous rural regions a gasoline vehicle nowadays is just about as standard an implement as a mowing machine. The day has long gone by when good roads agitation could be discredited by ascribing it to bloated urban plutocrats who wanted to ride comfortably.

By an act that became law last month the federal government purposes to contribute \$75,000,000 for good country roads used by the postal service, sharing the expense equally with the states or their local units. The work is to be done on specifications approved by the department of agriculture, duly inspected and approved.

The federal government ought to contribute, for highways are