

Weekly Health Talks
GOING BACK TO NATURE

BY DR. W. LUCAS.

People get sick because they go away from Nature, and the only way to get well is to go back. Something grows out of the ground in the form of vegetation to cure almost every ill. Some of these vegetable growths are understood by man, and some are not. Animals, it would seem, know what to do when they are sick better than men and women. Observers have noted that a sick horse, dog or cat will stop eating food and seek out the vegetable growth in the field or yard, which, when found and eaten, restores appetite and health. Haven't you seen these animals do this very thing yourself?

Dr. Pierce, of Buffalo, N. Y., long since found the herbs and roots provided by Nature to overcome constipation, and he had these vegetables collected and made up of Mayapple, leaves of Aloe, root of Jalap, into little white sugar-coated pills, that he called Dr. Pierce's Pleasant Pellets. You must understand that when your intestines are stopped up, poisons and decayed matter are imprisoned in your system, and these are carried by the blood to every part of your body. Thus you get at the source of your trouble, and you can't sleep, permanently break out, your appetite decreases, you get tired and despondent. As a matter of fact, you may get sick all the time. Don't you see how useless all this "suffering" is? All that is often needed is a few of Dr. Pierce's Pleasant Pellets, which he has placed in all drug stores for your convenience and health. Try them by all means. They are probably the very thing you need right now.

The Glass.
"Speech is a mighty engine of action."
"I must admit it is often a hot-air engine."

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn, or headache you can get instant relief.



No waiting! Pape's Diapepsin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Naturally.
"Are that dead and dumb couple on bad terms?"
"Well, they don't speak."

Don't trifle with a cold—it's dangerous. You can't afford to risk influenza. Keep always at hand a box of

HILL'S
CASCARA
QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red Top with Mr. Hill's picture. At All Drug Stores.

Calf
Enemies
WHITE SCOURS
BLACKLEG

Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggressor, or Cutter's Blackleg Pills.

The Cutter Laboratory
Berkeley, Cal., or Chicago, Ill.
"The Laboratory That Knows How"

Both Beef and Milk

THE one breed that has the best of both beef and milk is the Short-horn. Short-horn steers repeatedly broke the records at the markets in 1918, making the highest record on the open market of \$20.50 per cwt. And Short-horn cows have made records of over 17,000 lbs. per year. If it's the farmer's best, having more milk, quality and quiet temperament.

Good Medicine
WEEKS' BREAK-UP-COLIC TABLETS

W. N. U., Salt Lake City, No. 8-1918.

GIRLS! LOTS OF
BEAUTIFUL HAIR

A small bottle of "Danderine" makes hair thick, glossy and wavy.

Removes all dandruff, stops itching scalp and falling hair.



To be possessed of a head of BEAUTY beautiful hair; soft, lustrous, fluffy wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes, but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this. Adv.

The Kind.
"Have they any soft drinks here?"
"Yes, all but the hard water."—Baltimore American.

Get New Kidneys!

The kidneys are the most overlooked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower part of the back, highly colored urine, loss of appetite, indigestion, irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Hairless Oil Capsules, and save yourself before it is too late. Instant treatment is necessary in kidney and bladder troubles. A delay is often fatal.

You can almost certainly find immediate relief in Gold Medal Hairless Oil Capsules. For more than 200 years this famous preparation has been an unfailing remedy for all kidney, bladder and urinary troubles.

It is the pure, original Hairless Oil your great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes, three sizes.—Adv.

Young America's Question.
"That caps the climax."
"Doesn't the climax ever go bare headed, pa?"

GREEN'S AUGUST FLOWER
Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick head ache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

Opposites Meeting.
"Let that man down easy."
"Why?"
"He's hard up."

Cuticura for Sore Hands.
Soak hands in hot water in the hot ends of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Adv.

When a man compliments a woman, she always admires his frankness.

MODERN BUILDING
FOR LOWLY SWINE

Clean, Comfortable Quarters for Hogs Worth While.

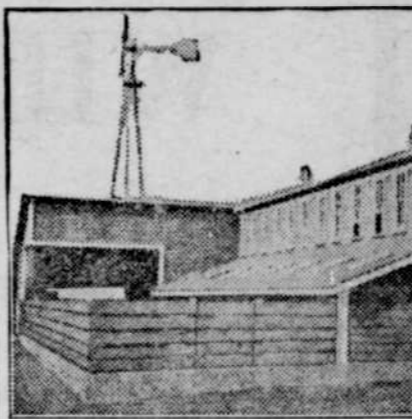
FARMER'S CHANCE NOW HERE

Removal of Government Restrictions Enables Him to Construct Buildings That Are Badly Needed.

By WILLIAM A. RADFORD.
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building work on the farm, for the readers of this paper. On account of his wide experience as Editor and Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1827 Prairie Avenue, Chicago, Ill., and only inclose three-cent stamp for reply.

The farmer, who has been denied during the last two years the new buildings the expansion of his business has required, will hail with satisfaction his chance to put up that new barn, silo, horse barn, or cattle or hog house that he has needed for many months.

But during the time of his inactivity there have been rapid strides made in designing commodious and sanitary



farm buildings. One of the things that the modern idea of farm efficiency demands is that the hogs be housed in a building that can be kept clean and is so arranged that the hogs can be cared for with the least amount of effort.

It may be trite to say it, but hogs are valuable property these days. A little more money spent on the hog house means faster and healthier animals, and each additional pound is worth real money about the time snow flies and the hogs are marketed.

Herewith is shown a modern swine establishment, in which are embodied a corner, granary, feeding platform and scale house. The building is what is known as the saw-tooth hog house. While the floor plan shows the arrangement of these features, it might be explained a little more fully by a description of it.

Room for Eighteen Sows.
The hog house proper was laid out to accommodate eighteen sows; two stalls in one end were used to provide plenty of room around the water place and another stall in the other end for the scale box and small store room; so, as it is arranged now it contains fifteen usable stalls.

The ventilation is taken care of by two combination smoke stacks and ventilators in the roof and a slat ventilator built in the end above the door. This ventilator is fitted with a door on the inside, so that it can be closed tight when necessary. All the gates between the stalls are removable, so that one or more pens can be thrown together.

The feeding platform also can be used as outside yards by putting in the cross gates. Each six feet there is

one place in bad weather for grinding feed, etc. The gate at the outer end of the scales swings out and joins a small gate at the loading chute, making it handy to do the loading.

The sleeping pens, granary and corn crib are all floored with hollow tile with two inches of concrete over them. The corn crib and granary have slatted sockets set in the concrete on top of the wall. The sills in the hog house are bolted down to the top of the foundation wall. There is a slat door between the corn crib and granary, so as to make it tight when the granary is full of small grain.

The roof is shingled with composition shingles and the siding is fir drop siding. Everything is of the best materials and is built in the best possible way. All the foundation walls are reinforced.

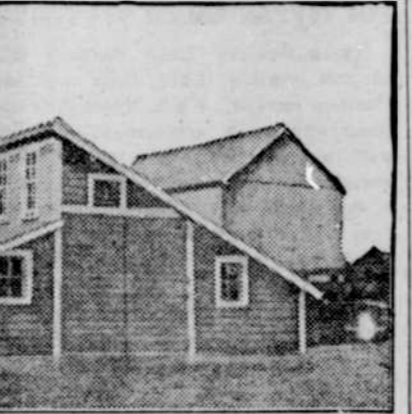
The floor of the hog house slopes to the center, so as to drain into the sewer which runs out under the feeding platform. The feeding platform slopes to the outside and also at one end.

The feed trough also slopes and is fitted with a drain at one end. All Fittings Are Modern.

The fittings of the house are modern in every respect. One of these is a waterer that will not freeze. Concrete floors and feeding troughs make it easy to keep the building clean, and cleanliness has been found to be a prime factor in the successful production of hogs.

This hog house is only one of the buildings that will be erected on the farms this year that contains many up-to-date features in construction and equipment.

There is a growing demand among the farmers for these modern build-

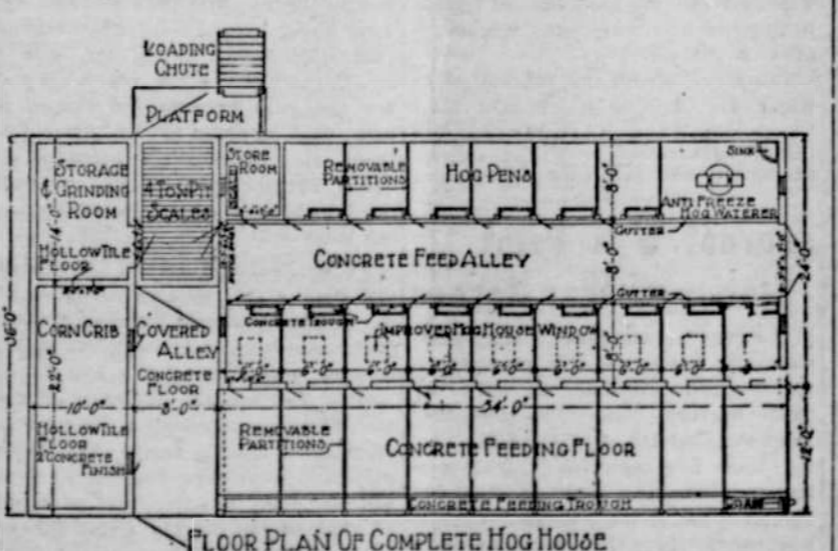


ings, because those who are producing food for this country and for a considerable portion of the rest of the world now realize that their time is worth money and everything that saves even a few steps a day is worth while. At the end of the year this worthlessness is shown by the balance on the right side of the ledger after the season's crop have been marketed and the livestock sold.

GREATEST OF ALL ASSETS

World's Vast Store of Gathered Knowledge Has Not Been Destroyed by the War.

At the one hundred and sixty-sixth session of the Royal Society of Arts the chairman of the council, Mr. Alan A. Campbell Swinton, F. R. S., in an address on "Science and the Future," said that undoubtedly the war had been responsible for an enormous amount of destruction of capital, but when those losses were estimated it was not usually borne in mind that capital did not merely consist of gold and silver, bricks and mortar, furniture and fittings, or even of railways, steamships and machinery, but that the main capital of the modern world consisted of scientific knowledge. The reconstruction of the material things now temporarily destroyed would take only a very small fraction of the labor and time expended when men learned how to bring those things about. When we compiled estimates of losses due to the war we must not forget that our greatest asset, the vast store of knowledge that had been gathered together, was still intact. In



an angle from bolts to the side of the house, which holds one end of a 2 by 4, the other end being fastened to the fence on the outside of the platform. The 2 by 4 acts as a brace to hold the fence rigid and also serves as a means of fastening the top of the gates. The lower part of the gate is held in place by 2 by 4 braces on the gates dropping into holes made to fit them in the concrete platform. In order to remove the gates it is only necessary to loosen two bolts and lift them out.

Scales Under Cover.
The scales are under cover in the passageway between the hog house and the granary and are fitted with a swinging gate at each end, one of them swinging inside so as not to interfere with the sliding door which closes the passageway up tight. This passageway is all under cover and makes a

peculiar Violin.
Abram Moses, a violinist of Baltimore, is the possessor of what might be called a barometric violin. Some time after Mr. Moses bought it, he noticed that at certain times it exhaled a strange and subtle fragrance, like an aroma of Oriental incense. Later, he observed that this fragrance was noticeable only when the weather was about to become damp. He obtained the violin in Paris some years ago when he was studying there.

Forty Five Years of Success
The astonishing
Record of
PERUNA

Not a cure-all, but a rational remedy for catarrh and all inflammation and congestion of the mucous membranes.

Catarrh attacks the mucous linings, in any organ, in any part of the body. It is not, as some imagine, confined to the nose and throat, although nasal catarrh is the most common form and afflicts many people. Unchecked catarrh soon breaks down the tissue and destroys the organs of part. Evidence of the ravages of catarrh are all around us. Without desire to frighten anyone, we say: "Guard yourself against catarrh as you would against the direct plague. Fortify your system. Take Peruna."

INSPIRING WORDS FROM THE SICK FROM THOSE WHO KNOW.
A Good Medicine in the Family.
I had a bad case of catarrh and could get no relief. Peruna cured me. It is a fine medicine. We often use it in the family.
MRS. GENTRY GATES,
1219 14th St., Birmingham, Alabama.

FEELS LIKE A DIFFERENT PERSON.
Peruna has cured my stomach and I feel like a different person. I only took twelve bottles of Peruna and can eat anything without distress, something I have not done for fifteen years.
I recommend Peruna to everybody suffering with catarrh of the stomach.
1219 14th St., Birmingham, Alabama.
J. J. THOMPSON.

FOR ALL FORMS OF CATARRH.
Peruna is indicated for all forms of catarrh or catarrhal inflammation and congestion of the mucous linings in any part or organ, such as nose, throat, bronchial tubes, lungs, stomach, bowels, kidneys, bladder, etc. It is fine for coughs, colds and effects of the grip and an excellent preventive remedy.

If you want health, insist upon having Dr. Hartman's World Famous Peruna. Tonic.
Sold Everywhere.

WRITE FOR THIS BOOK.
All sick and suffering should write The Peruna Company, Dept. S-32, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and contains perhaps just the information you are seeking. It is sent in a plain wrapper to any address.

DO IT TODAY.
IN LIQUID OR TABLET FORM,
Ask your dealer for a Peruna Almanac.

Not So Easy.
"So you are writer?"
"Some so allego."
"It must be nice to put your ideas into print."
"That part is all right. The tough part is in filling space when you haven't any ideas."—Louisville Courier-Journal.

Ask the Chairman, He Knows.
The sweet young thing was visiting the state senate.
"Oh, tell me," she squinted, "where do the standing committees stand?"

Base Ballistically Speaking.
"Do you favor a league of nations?"
"Yes," replied the baseball fan. "But I doubt whether all the nations can get into one league. There always has to be a few minor leagues for the development of talent."

Cruel Suspicion.
"My ancestors came over with the early settlers." "I don't doubt it; they didn't deport them then."
The older a lamb grows the more sheepish he becomes.

Acid-Stomach
Now Quickly
Relieved

Those painful attacks of indigestion, heart-burn, belching, disgusting food-repeating, that purely bloated, lumpy feeling after eating, dyspepsia and stomach miseries—all point to just one awful American disease—commonly known as ACID-STOMACH.
Fortunately there has been discovered a wonderful modern remedy—called EATONIC—that brings instant relief from all these stomach miseries because it absorbs the harmful excess acid in the stomach and drives out the bloated gas. You won't know you have a stomach, so free of pain you'll feel. Besides, it saves you from more serious ailments because it is a scientific fact that ACID-STOMACH frequently creates conditions which are the best medical skill. Many cases of chronic stomach trouble, biliousness, severe headache, general weakness, rheumatism, gout, lumbago, intestinal ulcer, cancer of the stomach, heart

pains and even heart failure can be traced directly to Acid-Stomach. Avoid these dangers—don't let acid-stomach wreck your health. Don't drag out your days feeling all in, down and out, weak and ailing. Keep the vital spark flashing. Eat the things you like and digest your food in comfort. Then you'll feel fine—be fit—mentally alert—have pep and punch—the power and will to do things. Take EATONIC and give your stomach the help to put it in a fine, healthy condition so that it will digest your food perfectly and make every mouthful you eat register 100% in enriching your blood and building up your bodily strength.

Get a big box of EATONIC TABLETS from your druggist today. They taste good—just like a bit of candy. The cost is trifling. It is absolutely guaranteed. If it fails to relieve your stomach misery, your druggist will refund your money.

TAKE EATONIC TODAY FOR YOUR ACID-STOMACH

All Right.
"The man you see yonder is a well-known grafter, but he is never molested."
"How is that?"
"Because he's a skin doctor and grafting is his specialty."

State of Ohio, City of Toledo, Lucas County, ss.
I, Frank J. Cheney, Notary Public, do hereby certify that the above is a true and correct copy of the original of the same, as the same appears from the records of said office.
FRANK J. CHENEY
Notary Public.
A. D. 1918.

Let Cuticura Be Your Beauty Doctor
All druggists: Soap 25c, Ointment 25c & 50c, Talcum 25c. Sample each free of "Cuticura, Dept. 5, Boston."

Stop Losing Calves
You can Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of
DR. DAVID ROBERTS' "Anti-Abortion"
Small Expense Applied. Sure Results Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS' VETERINARY CO., 109 Grand Ave., Waukegan, Wis.

PARKER'S HAIR BALM
A mild preparation of herbs. Helps to eradicate dandruff. For restoring color and beauty to gray or faded hair. 50c and \$1.00 at Druggists.

Stop Your Coughing
No need to let that cough persist. Stop the irritation, and remove tickling and hoarseness by soothing the inflamed throat with
PISO'S

Your Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. Get it at your Druggist or by mail 50c per Bottle. For Book of the Eye free write to Murine Eye Remedy Co., Chicago.