

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning. Before breakfast.

Why is man mad woman half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness?

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-dressed, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rose-cheeked people everywhere.

They say Bill married on a sheep-skin. "Yes, and now he's on his uppers."

SUFFERED FOR FOUR YEARS.

Mr. J. M. Sinclair of Olivehill, Tenn., writes: "I strained my back, which weakened my kidneys and caused an awful bad backache and inflammation of the bladder.

Do not get discouraged about results, as celery seed germinates very slowly. Keep the top of the earth always moist, and do not look for plants until the third week.

When they do show, give plenty of light, so that they will not be spindling.

What a funny sort of fellow that young surgeon is! "Yes, he's a regular little cut-up."

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "doan's" (doan's) cathartic—castor oil, calomel, etc. How you hated them, how you fought against taking them.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

CLEANSE THE PORES

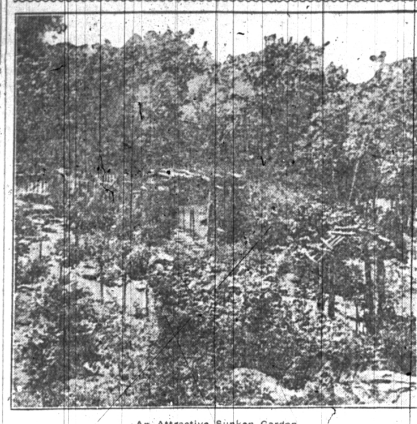
When suffering from pimples, black heads, redness or roughness, smear the skin with Cuticura Ointment.

Nothing Adds to the Attractiveness of the Home Place Like Thrifty Vines.

SPRING WORK AMONG FLOWERS

PRETTY FLOWERING BULBS

THE HOME BEAUTIFUL Flowers and Shrubs and Their Care and Cultivation



An Attractive Sunken Garden.

TO GET BEST PLEASURE AND PROFIT from your garden plan for the garden. A good catalogue from some reliable seedman is necessary.

Order your seeds early, for by the middle of March one can begin ordering by sending tomato, cabbage, and celery seeds in boxes filled with earth.

Celery boxes make a good receptacle for starting plants. They are deep enough and a good size to stand on the window sill. Two hundred plants can be started in one box.

Do not get discouraged about results, as celery seed germinates very slowly. Keep the top of the earth always moist, and do not look for plants until the third week.

When they do show, give plenty of light, so that they will not be spindling. This also applies to cabbage and tomatoes.

As soon as the fourth leaf is under way, they should be planted into flats. Vines are about two feet square and three inches deep. I nailed them out myself, and any woman with a

TUBERCULIN TEST OF CATTLE IN FAVOR



A Fine, Healthy Herd of Dairy Cows.

(control of tuberculosis in animals sold and shipped into other states. Very stringent requirements have been placed on the testing of cattle for tuberculosis that are to be shipped into other states.

Under the plan proposed by Commissioner Gorgard, tuberculin tests of cattle will not only be given gratuitously but they will be increased commensurate value and at the same time a greater protection to breeder, seller and buyer.

Nothing adds to the attractiveness of the home place more than thrifty vines, and for most places perennials vines are best. For temporary creepers annual vines will do.

HOME GROUNDS BEAUTIFUL

By L. M. BENNINGTON.

Nothing adds to the attractiveness of the home place more than thrifty vines, and for most places perennials vines are best.

In an effort to simplify the interstate inspection of cattle and to encourage the use of the tuberculin test the Wisconsin department of agriculture has hereby submitted a plan whereby tuberculin tests and shipments from herds which are

deemed free from tuberculosis, so far as can be judged by a bacteriological, clinical test and the physical examination of such cattle, and where there have been no diseased animals found upon a recent inspection.

The reason for the establishment of such classification is this. The prospective buyer is learning to look for the "clean" label on animals sold, and he realizes that the tuberculin test, which he might well have prior to the time of purchase.

Another reason for the new plan is the encouragement by reason of establishing a list of clean owners heretofore tuberculosis-free herds, designating them as "Class A" the owner who has thus far tested his cattle has endeavored under direction of the state sanitary board to prepare them for the state test for admittance into the certified list of clean herds.

Negotiations are now under way and in some instances have been conducted with a number of states for the acceptance of shipments from such herds to any state in the Union, on a certificate based upon the yearly test of such herds, such certificate to be issued in full of the state veterinary division.

Sheep Kill the Weeds

Many farmers do not start a flock of sheep because they will not stand for the expense of fencing but fencing is not expensive and sheep will soon pay back the cost and a profit.

Duck Breeding

Ducks can be profitably bred in four years. These can be bred first success in a period that seems incredible.

MARKET QUOTATIONS

Live Stock.

DETROIT—Cattle receipts 2,462. Best heavy steers, \$7.50@7.75; best heavy weight butcher steers, \$6.75@7.00; mixed steers, beefers, \$6.50@6.75; mainly light butchers, \$5.50@5.75; light butchers, \$6.00@6.25; best cows, \$4.75@5.25; good cows, \$4.25@4.75; canners, \$3.00@4.00; best fancy bulls, \$4.25@4.50; Holstein bulls, \$4.50@5.00; stock bulls, \$4.50@5.00; feeders, \$3.00@3.75; stockers, \$5.00@5.25; milkers, \$4.00@4.50; calves, \$3.00@3.50.

EAST BUFFALO—Cattle. 300 cars; market 10 to 15 cents higher; choice to prime native steers, \$7.50@7.75; fair to good, \$7.75@8.00; plain and common, \$7.25@7.50; Canadian steers, 1,000 lbs., \$7.75@8.00; do., 1,300 to 1,450 lbs., \$7.50@7.75; light butchers steers, \$7.00@7.25; yearlings, dry to, \$8.50@8.75; best heavy steers, \$5.50@5.75; good heavy butchers and steers, \$7.75@8.00; hump, \$8.00@8.25; hump, \$8.00@8.25; light cows, \$6.50@7.00; butchers cow, \$7.25@7.50; catters, \$7.50@7.75; yearlings, \$7.00@7.25; fancy bulls, \$6.75@7.00; butchering bulls, \$5.25@5.50; sausage bulls, \$6.25@6.50; light bulls, \$1.75@2.00; stockers, \$4.50@5.00; feeders, \$3.00@3.50; springers, \$6.00@6.25.

Grain, Etc.

DETROIT—Wheat—Cash No. 2 red, \$1.20; May opened without change at \$1.27, advanced to \$1.28 and declined to \$1.27 1/2; July opened at \$1.27 and advanced to \$1.28 1/2; do., 100 lbs., \$1.20; No. 1 white, \$1.15; No. 2 white, \$1.10; No. 3 white, \$1.05.

Doan's Kidney Pills

Doan's Kidney Pills, 50c. per box at your dealer or Doan's Medicine Co., Buffalo, N. Y. Doan's Dyspepsia Tablets for indigestion have been proved 50c. per box—Adv.

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MY HEAD NERVOUS TROUBLE

Lydia E. Pinkham's Vegetable Compound Helped Her.

"West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound. It helped me in every way and made me healthy and strong. I feel like a new woman now."

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

Lots of Fun. "Society in Plunkville is a Jollow." Still a lot of folk seem to enjoy themselves rattling around."

Will Interest Mothers. Mother Wray's Soap Suggested for Children.

One Old of a mean kind in one who waits until Saturday night to buy his hair shampooed."

Achy Joints Give Warning

It may also mean that the kidneys are not filtering the poisonous urine from the blood and that rheumatic pains, stiffness, aching joints, headaches, dizziness and irritability are all effects of weak kidneys, and if it is not stopped, a danger of more serious trouble. (The Doan's Kidney Pills) the best recommended kidney pills.

A Michigan Case

Get Doan's at Any Store, 50c. a Box

DOAN'S KIDNEY PILLS

Resolve To Succeed

Throw off the handicap of petty hills that make you grouchy, listless and slow. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order—keep it healthy with

BEECHAM'S PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. They build forming, never grip, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

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