

MISS LEOPOLD, SEC'Y LIEDERKRANZ.

Writes: "Three Years Ago My System Was In a Run-Down Condition. I Owe to Peruna My Restoration to Health and Strength."



MISS RICKA LEOPOLD. 137 Main Street, Menasha, Wis., Sec'y Liederkranz, writes:

"Three years ago my system was in a terrible run-down condition and I was broken out all over my body. I began to be worried about my condition and I was glad to try anything which would relieve me.

"Peruna was recommended to me as a fine blood remedy and tonic, and I soon found that it was worthy of praise. A few bottles changed my condition materially and in a short time I was all over my trouble.

"I owe to Peruna my restoration to health and strength. I am glad to endorse it."

Per-na Restores Strength.

Mrs. Hettie Green, R. R. 6, Iuka, Ill., writes: "I had catarrh and felt miserable. I began the use of Peruna and began to improve in every way. My head does not hurt me so much, my appetite is good and I am gaining in flesh and strength."

Elephants Large as Mastodons.

If the mammoth and the mastodon were larger than the biggest elephants of this period, the difference was slight. Their tusks seem to have been somewhat longer and heavier, as a rule, but their skeletons do not indicate that the biggest of them were much superior in size to the late lamented Jumbo.

DOCTOR CURED OF ECZEMA.

Maryland Physician Cures Himself—Dr. Fisher Says: "Cuticura Remedies Possess True Merit."

"My face was afflicted with eczema in the year 1897. I used the Cuticura Remedies, and was entirely cured. I am a practicing physician, and very often prescribe Cuticura Resolvent and Cuticura Soap in cases of eczema, and they have cured where other formulas have failed. I am not in the habit of endorsing patent medicines, but when I find remedies possessing true merit, such as the Cuticura Remedies do, I am broad-minded enough to proclaim their virtues to the world. I have been practicing medicine for sixteen years, and must say I find your Remedies A No. 1. You are at liberty to publish this letter. G. M. Fisher, M. D., Big Pool, Md., May 24, 1905."

Rice Eaters.

In China and its dependencies, with a population of 400,000,000, or 25 per cent. of the total population of the world, rice is the principal food supply. The same may be said also of India, with its population of 275,000,000, and Japan, with its 40,000,000. In addition to these it is a chief article of diet with other peoples of Asia and Africa, whose population is estimated at 100,000,000. The total reaches 815,000,000, or 50 per cent. of the total population of the earth.—Boston Globe.

Australia's War on Rabbits.

Australia is now going to make war on her rabbit pest scientifically, having raised \$75,000 for experiments on Broughton island, off Newcastle, writes Consul Goding. Dr. Danysz, of Paris, will be in charge, and it is proposed to infect rabbits with such contagious diseases that will spread among their kind, but do no harm to other animals or humanity.



DO YOU WANT A JOB? Structural steel and cement crowd the railroad yards and wharves of San Francisco. The banks are crowded with the money of the people anxious to put it into buildings. The commonest kind of labor commands from \$2.75 to \$4 a day; carpenters get from \$5 to \$8 a day; bricklayers and painters from \$7 to \$10 a day. If you want the facts direct enter to the Bureau of Emigration, 1144, Union Trust Bldg., San Francisco, and get full particulars.

WHOOPIING COUGH DUNHAM'S SPECIFIC Shortens and Lightens the Fitful Cough. Guaranteed to Cure. Used in the Cleveland Division, Ashtabula. Sold by Physicians. Being by druggists or mailed, 50c. bottle 50c., 12 oz. bottle \$1.00. Lickes Drug Co., Mfrs., CLEVELAND, O.

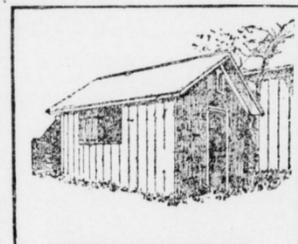


BUILDING AN ICE HOUSE.

Not So Expensive or Difficult That Every Farmer May Not Have One.

If a farmer live in a section where there is ice every winter, there should be no reason why he should not have an ice house, and have it filled each winter. Where ice has been used in summer the housewife soon regards it as a necessity.

The accompanying illustration was made from a photograph taken by a representative of the Prairie Farmer and shows an ice house that has been in use for some 20 years. It has been filled regularly every year, and the owner feels that it is as much a part of his farm work as planting corn in the spring. It furnishes a supply for the refrigerator in the kitchen and



The Farm Ice House.

insures comfort and economy of food during summer.

This house is 12 feet wide, 16 feet long and seven feet to the eaves. It is built of good lumber, and sided with only one thickness. The door in front is seldom used, since the ice is put in and removed from the door shown on the side.

Formerly the ice was packed in sawdust, but as the supply became scarce marsh hay has been substituted in part with success. Such a house is cheaply made and if painted is attractive. Put up with reasonable care it will last for a generation with very little repair. If such a luxury is to be enjoyed next summer, now is the time when plans should be made for building, so as to have everything ready when the ice harvest comes next winter.

MANAGEMENT OF MILK.

The Rules Which Should Govern in the Dairy to Insure a Pure Product.

Hoard's Dairyman says that the essential matters in the management of milk are comprehended in the two words—cleanliness and cooling.

Milk should be drawn from clean cows in a clean place, into clean pails and stored in clean cans.

Milk pails and cans should be cleaned every time they are used, and scalded at least once every day. To do this successfully, first rinse in cold or moderately warm water, then wash in hot water, using a brush and not a cloth, and then scald with boiling water and let them dry without wiping. Store these, when not in use, in a clean place away from dust, and preferably where air and sunlight can reach them.

Do not stir up manure or litter or hay just before milking. Brush udder and flanks of cows before milking and if necessary slightly dampen these parts to prevent dirt and hairs falling into the pail.

Strain the milk into cans, and if cloth strainers are used, have them washed first in warm water and then boiled again before used a second time.

Do not leave cans of milk in stable, but remove to a clean, cool place; leave cover partly off or cover with thin muslin so that heat may pass off. Set cans in cold water when possible, and stir two or three times so that cooling may be uniform.

Do not mix warm milk with the cooled milk.

It is also desirable, and in the long run economical, regard being had to the life and appearance of the cans, to cover them with a blanket or canvas while in transit from farm to factory.

BLIND FOR JUMPING CATTLE.

Piece of Heavy Leather Hung Before Eyes Will Prove Effectual.

A good preventive for the jumpers is a piece of heavy leather hung in front of the eyes by a string or wire around the horns. They can see to eat anything upon the ground, says Farm and Home, but cannot see high enough to jump a fence. It is also a good thing to put on animals that are cross and liable to attack anyone.

A Suggestion.

Some of the buttermakers who enjoy using the "big stick" with their patrons in attempting to get good milk and cream, could well profit by accepting the plan of the preacher, says the Northwestern Agriculturist, who said that he had made up his mind to "thunder less and lighten more in the pulpit." "Lightening" pays better than thundering any time.

GOOD COLORS FOR HOUSES.

It is not generally known—not even among painters—why certain tints and colors wear much better than others on houses, and the knowledge of just what tints are best to use is, therefore, rather hazy.

One writer on paint, in a recent book, says that experiments seem to show that those colors which resist or turn back the heat rays of the sun, will protect a house better than those which allow these rays to pass through the film.

Thus red is a good color because it turns back, or reflects, the red rays, and the red rays are the hot rays.

In general, therefore, the warm tones are good and the cold tones are poor, so far as wear is concerned. In choosing the color of paint for your house, select reds, browns, grays and olives which, considering the various tones these tints will produce, will give a wide range from which to choose.

Avoid the harsh tints, such as cold yellows (like lemon), cold greens (like grass green, etc.), and the blues.

It must be understood that no virtue is claimed for tints in themselves, irrespective of the materials used in the paint. Any color will fade, and the paint will scale off, if adulterated with white lead or canned paint is used, but if one is careful to use the best white lead—some well-known brand of a reliable manufacturer—and genuine linseed oil, the warm tints mentioned above will outwear the same materials tinted with the cold colors.

When the average man does you a favor he never lets you forget it.

PUTNAM FADELESS DYES color more goods, brighter colors, with less work than others.

Gen. Mercier in England.

Gen. Mercier, who has fled from Paris to England, where he hasn't been enthusiastically received, once delivered in the French senate an elaborate speech on the feasibility of invading England.

Chinese Ingenuity.

Many attempts have been made to find an unfailing supply of pearls. The Chinese, it is said, have solved in their own way the problem of how to make a mussel "lay" pearls. Five or six small beads, made of mother-of-pearl and strung together by a thread, are dropped at the proper season into the open mouth of the shell. Two years later the mussel, when recovered, is made to disgorge the beads, now covered with a pearly crust, indistinguishable from the naturally made pearl.

His Interest Was Personal.

An eccentric member of the British parliament who died recently endeavored vainly during a quarter of a century to get passed into law a bill for preventing persons from standing outside windows while cleaning them. During his last session the old fellow complained to a colleague that his object in introducing the bill had been quite misunderstood by the house for these 25 years. "I introduced the bill," said he, "not for the sake of the window cleaners, but for the sake of the people below, on whom they might fall. The idea of the bill was suggested to me by the fear that a window cleaner might fall on myself."

Butler's Stolen Fee.

The late Hon. Joseph Q. Hoyt, formerly of Boston, when a lad attended a circus and his silver watch was stolen. The supposed thief was arrested, and was defended by Benjamin F. Butler, who proved he did not take the watch, and never was at the circus.

During the civil war Hoyt was introduced to Butler at a dinner at the Astor house, in New York, and the latter remarked: "This is the first time I have had the pleasure of meeting you."

"Oh, no!" said Hoyt, who then related the circus incident.

"Was that you, Hoyt?" asked Butler, and, being answered in the affirmative, Butler laughed and said: "That was an awful good watch, Hoyt. That is all I got for defending the thief."

SALLOW FACES

Often Caused by Coffee Drinking.

How many persons realize that coffee so disturbs digestion that it produces a muddy, yellow complexion?

A ten days' trial of Postum Food Coffee has proven a means, in thousands of cases, of clearing up bad complexions.

A Washn. young lady tells her experience:

"All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles more or less.

"We were all sallow and troubled with pimples, breath bad, disagreeable taste in the mouth, and all of us simply so many bundles of nerves.

"We didn't realize that coffee was the cause of the trouble until one day we ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that.

"Although we started to make it, we all felt sure we would be sick if we missed our strong coffee, but we were forced to try Postum and were surprised to find it delicious.

"We read the statements on the pkg., got more and in a month and a half you wouldn't have known us. We were all able to digest our food without any trouble, each one's skin became clear, tongues cleaned off and nerves in fine condition. We never use anything now but Postum. There is nothing like it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville" "There's a reason."

COULD NOT KEEP UP.

Broken Down, Like Many Another Woman, with Exhausting Kidney Troubles.

Mrs. A. Taylor, of Wharton, N. J., says: "I had kidney trouble in its most painful and severe form, and the torture I went through now seems to have been almost unbearable. I had back-ache, pains in the side and loins, dizzy spells and hot, feverish headaches. There were bearing-down pains, and the kidney secretions



passed so frequently, and with a burning sensation. They showed sediment. I became discouraged, weak, languid and depressed, so sick and weak that I could not keep up. As doctors did not cure me I decided to try Doan's Kidney Pills, and with such success that my troubles were all gone after using eight boxes, and my strength, ambition and general health is fine."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Facts About Alaska.

Alaska is an interesting region. In area she is twice as large as Texas, with California thrown in, but her resident white population numbers only about 30,000, though in summer she has from 10,000 to 20,000 more whites. In fur, fish and minerals she is rich. Since her annexation she has furnished \$50,000,000 of furs, \$60,000,000 of fish and \$70,000,000 of minerals, chiefly gold and silver. Her output of gold, which was \$9,000,000 in 1904, was \$16,000,000 in 1905, and will be fully \$25,000,000 in 1906.—Leslie's Weekly.

How Emperor William Is Battling Against a Dangerous Heredity.

Emperor William's father died of cancer of the throat.

Emperor William himself had infantile paralysis, and has had to struggle with many infirmities.

It has been whispered that he himself is troubled with the same malady which carried off his father. Royal blood is unfortunately more generally deteriorated blood. Emperor William knows this as well as anybody, and is doing his best to eradicate the bad blood from himself and his family by the adoption of simple life principles.

Through the visit of a countryman of his to Battle Creek, Michigan, while in this country, visiting the World's Fair in Chicago in 1893, Emperor William became acquainted with the Battle Creek idea of simple living and has to a large extent adopted the methods in his family. His wife and children live the simple life and take Battle Creek light baths. Their uncle, King Edward, also has these baths installed in his Windsor and Buckingham Palaces for the use of himself and Queen Alexandra.

Among other things GOOD HEALTH, the oldest health journal in the world, tells about the Battle Creek idea and the simple life. Every number is brimful of up-to-date ideas. Sample copy 10 cents. One dollar a year.

If you will cut this out and send to GOOD HEALTH PUBLISHING CO., Battle Creek, Mich., with a quarter you will receive a trial three months' subscription to this handsome illustrated monthly health magazine. Write to-day.

Ian Maclaren's Successor.

The Rev. Alexander Connell, who succeeds to Ian Maclaren's pulpit at Sefton Park, Liverpool, has been pastor of Regent Square Presbyterian church, London, since 1893. He was born in the Scotch Highlands just 40 years ago.



For Infants and Children In Use For Over Thirty Years The Kind You Have Always Bought



enable you to enjoy your meals without having to spend half your time between them over a hot cook-stove. All the cooking is done in Libby's Kitchen—a kitchen as clean and neat as your own, and there's nothing for you to do but enjoy the result.

Libby's Products are selected meats, cooked by cooks who know how, and only the good parts packed. For a quick and delicious lunch any time, in door or out, try Libby's Melrose Pale—with Libby's Camp Sauce. Baked free, "How to Make Good Things to Eat." Write Libby, McNeill & Libby, Chicago



SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear Fac-Simile Signature

REFUSE SUBSTITUTES.

Indian Territory Land

All the news of the new state. All the land laws and rules in THE NEW STATE TRIBUNE, a twelve page weekly—with more than three times the circulation of any other paper in the Territory, for \$1.00 per year. MUSKOGEE, INDIAN TY.

SALESMEN WANTED.

We want a live, active and thoroughly experienced salesman in this locality with sufficient money to buy outright his first month's supply of our Simply Low Pressure Hollow Wire Gasoline Lights. A utility needed in every store and home and fully complying with insurance laws. To such a man we will give exclusive sales right and guarantee to refund money if goods not sold in 60 days. Further particulars on request. The Standard Light Co., 930 N. Halsted St., Chicago, Ill.

PIMPLES BLACKHEADS



Cuticura SOAP

To treat Pimples and Blackheads, Red, Rough, Oily Complexions, gently smear the face with Cuticura Ointment, the Great Skin Cure, but do not rub. Wash off the Ointment in five minutes with Cuticura Soap and hot water, and bathe freely for some minutes. Repeat morning and evening. At other times use Cuticura Soap for bathing the face as often as agreeable. No other Skin Soap so pure, so sweet, so speedily effective.

Cuticura Soap combines delicate medicinal and emollient properties derived from Cuticura, the great skin cure, with the purest of cleansing ingredients and the most refreshing of flower odors. Two Soaps in one stone price, viz., a Medical and Toilet Soap. Depot: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Boston, 117 Columbus Ave.; Potter Drug & Chem. Corp., Sole U.S. Franch. Agents, "How to Beautify Your Skin."

60 Bus. Winter Wheat Per Acre

That's the yield of Sizer's Red Cross Hybrid Winter Wheat. Send in request for free sample of seed, as also catalogue of Winter Wheat, Eye, Barley, Clover, Timothy, Grasses, Hays, Trusses, etc. for full planting. SIZER SEED CO., Box W. K. La Crosse, Wis.

If afflicted with sore eyes, use Thompson's Eye Water. A. N. K.—C (1906—34) 2140.

Large advertisement for 'THE LAXATIVE OF KNOWN QUALITY' featuring an illustration of a woman and detailed text about the benefits of the Fig Syrup of Figs.