

A TEMPERANCE WORKER.

Says Peruna is a Valuable Nerve and Blood Remedy.



MISS BESSIE FARRELL.

MISS BESSIE FARRELL, 1011 Third Ave., Brooklyn, N. Y., is President of the Young People's Christian Temperance Association. She writes:

"Peruna is certainly a valuable nerve and blood remedy, calculated to build up the broken-down health of worn-out women. I have found by personal experience that it acts as a wonderful restorer of lost strength, assisting the stomach to assimilate and digest the food, and building up worn-out tissues. In my work I have had occasion to recommend it freely, especially to women."

"I know of nothing which is better to build up the strength of a young mother, in fact, all the ailments peculiar to women, so I am pleased to give it my hearty endorsement."

Dr. Hartman has prescribed Peruna for many thousand women, and he never fails to receive a multitude of letters like the above, thanking him for the wonderful benefits received.

Man-a-lin the Ideal Laxative.

BUY THE BOOT
WITH THE
SUPREME QUALITY
TRADE MARK
BUFFALO BRAND

WHY They fit better—wear better—last longer—rubber that should ever be put in a rubber boot. They stretch and give without cracking, and are always comfortable to the wearer.

Some rubber boots are made of old junk rubber—dead and lifeless—that cracks and leaks after a few weeks' wear. Don't spend your money for that kind. Buy only the boots with the Buffalo Brand—the yellow label that's put on every boot we make. It guarantees service, comfort and satisfaction that can't be found in any other make.

Free booklet "K" explains how we make them. Write for it today.

Established Over Fifty Years
WM. H. WALKER & CO.,
71-83 3rd Ave.,
Buffalo, N. Y.

Alabastine
THE ONLY
Sanitary Durable
WALL COATING

It is marvellous what a beautiful color effect can be secured in a room when the wall is tinted with Alabastine. There is a richness as well as a freshness and a daintiness about it that no other material gives.

ALABASTINE CO.
GRAND RAPIDS, MICH.
NEW YORK CITY

16 Beautiful Tints. 1 piggy covers 300 to 400 square feet of wall.

All Good Dealers Sell It. Do Not Take Any Substitute.

DO YOU KNOW
THE WET WEATHER
COMFORT AND
PROTECTION
afforded by a

TOWERS' FISH BRAND

SLICKER?
Clean—Light
Durable
Guaranteed
Waterproof
\$3.00
Everywhere

HICKS' CAPUDINE
CURES
ALL ACHES
And Nervousness
Treats 10c At Druggists

PATENTS Watson S. Coleman, Patent Attorney
1000 Washington, D. C. Advice
free. Terms low, Highest cost.

THE DAIRY



CEMENT WATERING TROUGH.

Permanent Improvement Which One Farmer Put In Himself.

Locust Grove farm, which belongs to my wife, possesses a good spring of crystal water. Years ago her father piped the water to a log trough, near the farm buildings. This primitive trough lasted for many years, but finally sprung a leak, which soon made an ideal wallowing place for the pigs. I did not cherish this sort of spot and cast about for something of a permanent character to make a water trough. I decided upon cement and concluded to construct it myself. I secured all the material, including sand, gravel, boulders and cement, and set to work upon the frame.

The frame was made of one-inch plank of different widths. The accompanying line cut gives a good idea of the method used in constructing this frame. The outside frame was ten feet long and 2 1/2 feet wide, with the ends bolted together, as indicated in E. The ends measured four feet ten inches by 2 1/2 feet. The length of the inside frame at the top was eight feet 7 1/2 inches, at the bottom eight feet 1 3/4 inches; the ends at the top three feet ten inches and the bottom three feet four inches. This frame was 2 1/2 feet deep. The figure shows how the cleats are put on to hold the ends in place. I used eight one-half inch bolts for the outside and set two by twos, so the bolts would reach.

By making the top of the crate larger than the bottom the wall at the bottom is thicker, thus making the inside wall slope out. This gives the thawing ice a chance to rise. Wedges should be used on end boards of inside crate and small nails for nailing on the cleats for the ends of the inside crate. These should be nailed just so they hold the boards in place. I used rough lumber for building the crates, but would advise the use of planed lumber instead.

After getting the material in shape be sure the tank is properly located, as it cannot be moved about when once in place as a wooden or steel tank. Place the pipes where they cannot freeze. This is very important. Level off and stake the foundation about six inches larger than outside measurements of inside crate and dig six or eight inch trench about this, deep enough to be below frost. This will leave a block of dirt. Take enough off this to leave the foundation five or six inches deep, when concrete is put on, and see that there are no soft places in it. In this trench put a layer of clean boulders and concrete, using unscreened gravel in parts of one to ten; then another layer of boulders and concrete, and so on, almost to the top of the trench, making the concrete richer of cement as the top is neared. The top should be made of concrete in the proportion of one to six or seven. After the trench has been filled concrete alone should be used, one to six, and filled to the proper height for the bottom of the tank. This should be leveled off and the crate set on this foundation.

After the space between the inside and outside crates has been divided, it is ready to fill. Mix enough concrete, one to six, to make a six-inch layer around the space. Do not use coarse gravel for this. After the concrete has been tramped down place a No. 9 galvanized wire around the space, so it will be about the center of the wall when completed, as shown at A. Secure the ends and see that the wire does not come close to the edge of the wall any place. Put in the next layer of concrete and the wire in the same way, and so on to the top. Tamp each layer well, so there will be no holes in it. Let this stand about 24 hours, then remove the inside crate, being careful not to break the wall in any place.

The outside wall should not be disturbed until the inside is finished, says the writer in Orange Judd Farmer. Plaster the inside one-fourth inch thick with sand and cement, one to three, beginning at a corner and going around the tank. Plaster the bottom next. Care must be taken in plastering the corners where the sides meet not to leave any place where it is liable to leak afterward. The bolts can then be removed from the outside and the crate taken off. The outside should be plastered, including the top of the walls. With a brush and a little pure cement and water the entire surface should be washed; this to stop any small pores in the wall. Let this stand for about 12 hours before letting in the water. If the work has been carefully done there will be no leakages and the tank will be one that will last a century and still be in good condition.

Try to deliver a superior article and keep your standard up. A good reputation—is it not worth striving for?

Low wages and frequent changes of butter makers will ruin any creamery. Plan on attending the state dairy convention in your state. It will do you a whole lot of good!

Do your cows like to see you come around? If so, then they like the treatment they are getting.

Cool cream immediately after separating, no matter what disposition you intend to make of it.

Make preparations to attend the Northfield convention in January if you are a Minnesota dairyman.

Don't neglect to keep the cows clean and to strain the milk, just because it is going to the creamery.

If our cows were as poor cows as their owners are dairymen the annual production per cow would be a great deal lower than it is.

It's a great deal easier to keep the cow up to her flow of milk by proper feeding than to bring her back again if the flow is allowed to drop off.

Don't feed a lot of high-priced corn to cows and expect them to return a profit. Corn is not a milk making food, and should only be used in balancing a ration.

If you have ten cows and you know five of them are scrubs, sell them and devote your attention to the five good ones. There's more money in running the business that way.

TO HOLD BARN WINDOWS OPEN.
Simple Device Which Makes Ventilation Easy.

The accompanying illustration shows a device for keeping the barn or hog house windows open for thorough ventilation. The windows should be hinged in their frames to open from the top. A piece of wood of the desired length may be beveled at one end and fastened to the frame on the other. This will be found an easy and effective method.

DAIRY NOTES.

THE DAIRY BUSINESS.

Four Important Factors in Development of Industry.

It is well for the land fertility that there is much increased interest in the dairy business. There is more inquiry for good cows now than ever before. C. L. Beach mentions four important factors in this development:

First. The co-operation in the manufacture of butter and cheese. Then there is education, including the investigation of the experiment stations and the instruction contributed by the dairy press, dairy schools and dairy instructors. Third, are the results of inventive genius—the separator, the Babcock test, refrigerating cars, also and the milking machine. Fourth, the importation and spread of pure-bred dairy cattle.

These four factors are in full swing to-day and will result in still greater development. But special advance in the near future will be along the line of more economy in production.

The man who can produce a pound of butter fat at the least cost will be the public benefactor. The dairy farm may hope to produce the dairy products at less cost by study and application of the four following problems:

First. Intelligent feeding.
Second. Kindness and regularity in the care, feeding and milking of his dairy animals.
Third. Selection of the cow.
Fourth. More intelligent breeding.

IMPROVE THE FARM DAIRIES.

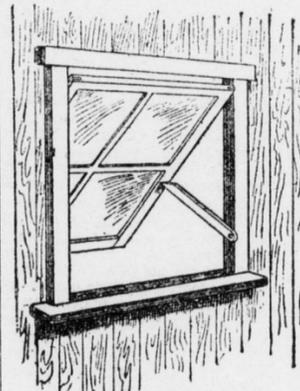
Aim of Farmer Should Always Be for Better Cows and Methods.

The farm dairies should be improved, and that, too, as rapidly as possible. There are many reasons why the farm dairy under proper management can be made more serviceable than any other means of taking care of the milk produced on the farm. When the milk can be made up into products on the farm, and when the products will bring the highest market price, the farmer that keeps cows will be in a position to take life easy. Taking all things together, says the Farmers' Review, the making of butter on the farm has less complications than in any other place. The farmer does not then have to arrange for his milk or cream to be hauled to market or go himself, to the detriment of the other work on the farm. But we have to face the fact at this time that the difference in price between farm butter and creamery butter is so great that the farmer cannot afford to make his own butter. That is the reason why the farm dairies must be improved if the farmer is going to make butter.

TO HOLD BARN WINDOWS OPEN.

Simple Device Which Makes Ventilation Easy.

The accompanying illustration shows a device for keeping the barn or hog house windows open for thorough ventilation. The windows should be hinged in their frames to open from the top.



A Window Catch.

A piece of wood of the desired length may be beveled at one end and fastened to the frame on the other. This will be found an easy and effective method.

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LITTLE VISITS



Fatty Gets Gay.



Fatty is fooling around with Ruth. I will knot tell what I saw Friday nite! It was enuf though 2 make me put down Fat as the Ficklest friend in thee town! why doesn't he git a girl of his own. loving thee Won that I Worship alone? last Friday nite I gist happened 2 B up by HER house seeing what I cood see while I wuz fooling around on thee Grass I seen a Feller go by with a Lass. next thing they walked through thee Light in plain site— He wuz Fat Brown and thee Girl wuz Ruth White!

Saturday Fat bought a Valentine, too— it wuz a Hart with a Dart sticking through! "who are yew sending it 2, Fat?" I sed. "never yew mind," sed he, shaking his hed. when I went over 2 play with Stub White, there wuz Fat's Valentine, Saturday nite!

what do yew think of thee Nerve of thee Cuss. loving mi Girl gist 2 kick up a muss? there wuz sum Valentines down at thee Store— I heerd that Fatty is feeling quite Sore. "Say, did yew send me a Comic?" he sed. "never yew mind," sed I, shaking mi hed!

Close to Shore. Seldom believe a widow when she says she never has been kissed.

It is always surprising how much tougher than Willie is the boy next door.

No matter how crowded the street car, there is always room for the disease germ.

Some people who would scorn to tell a lie, can look a whopper without ever raising a blush.

Schemes are numbered as the stars, but there is born among all of these only an occasional moon of success.

Doesn't it make a man feel like a colt to find five dollars in a suit of clothes he didn't know he had. Yes, I know—I mean the suit.

If life is a weary grind, the same thing day after day, try buttoning the other end of your collar first for a few mornings and change the monotony.

A Chicago writer says the time is coming when fair women no longer will care for fashionable Easter hats. What a shame to speak thus disrespectfully of the dead.

Every newly married man should remember that it is just as cheap to send a ten-word telegram to "dearie" as a seven-word. To send seven instead of ten is to invite needless trouble. Go the limit, young man—especially during the first few years. After that, don't telegraph—write!

I am growing weary of being dependent upon my pen—er, I mean my typewriter, and I think I shall invent a book for buttoning ladies' gowns. I refer particularly to gowns that button up the back and ladies who have no maids or hobbies to button 'em up.

Isn't it tough these cold nights, just after you have warmed the bed, to remember you have left the electric light turned on in the cellar, or the draught wide open in the furnace? Then you get up and go downstairs in your nighty to fix it. But isn't it a blamed sight tougher to go down and find everything all right, after all? Imagination is a great disturber of comfort.

Items from Spinks' Corners. The dicker for the sail by the weakly Clarion from Editor Eben Springsted to Arenas Clegg, the well-known littererist of this midst, ain't cum to no bed yet, the bitch bein' on the off's cat. Eben wants to put her in at a dime an' so correspondent is holdin' out fer a nickel. If a comperize ain't affected afore the 13th inst. a board of arbertashun may be called in. Last Sunday mornin' at the M. E. meetin' house Miss Little "Toots" sung "Jerusalem" by request. Quire leader Purkett requestin' her to quit after the 1st verse & on Monday sent her a ball of putty by mail to whitewash a tide a year readin' "To putty up the crack in your voice with." It give her hystericks an' she ain't bin able to fill her job sortin' at the apple dryer since. She sez she sung opratik but them as heerd her say she sung rheumatik...Grandma Butts took a overdose of slippery elium fer her blood a few days sints an' now they huff to ty her in bed nights to keep her from slippin' out in her sleep an' freezin' to deth...Dal Pepper run over a rabbit with his bobbed tother day & says it wuz the quickest hare cut he ever seen.—A. Clegg, Cor. per Harlan Babcock.

Every Lover of Good Music should take advantage of the offer the Jerome H. Remick Co. of New York make in the advertising columns of this paper to send for 25 cents the words and music of nine of the best pieces of the Merry Widow Opera, all the rage at present in London, Paris and New York.

It is her winning ways that often enable a woman to get the better of a man in the matrimonial game.

Digestive Difficulties? Headache? Sallow complexion? The remedy is Garfield Tea, the Herb Laxative. Write for samples. Garfield Tea Co., Brooklyn, N. Y.

An average yield of ginger in Jamaica is about 2,000 pounds an acre.

WHAT CAUSES HEADACHE. From October to May, Colds are the most frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 25c

If wishes were coal heaps we'd none of us freeze.—Detroit Free Press.

PILES CURED IN 6 TO 14 DAYS. PAIN OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 5 to 14 days or money refunded. 50c.

Why do people who pick quarrels always select such ugly ones?

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough. 25c a bottle.

It is possible to smile and smile and be a hypocrite still.

There is Only One
"Bromo Quinine"
That Is
Laxative Bromo Quinine
USED THE WORLD OVER TO CURE A COLD IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c. E. W. Grove

HER GOOD FORTUNE.

After Years Spent in Vain Effort.

Mrs. Mary E. H. Rouse, of Cambridge, N. Y., says: "Five years ago I had a bad fall and it affected my kidneys. Severe pains in my back and hips became constant, and sharp twinges followed any exertion. The kidney secretions were badly discolored. I lost flesh and grew too weak to work. Though constantly using medicine I despaired of being cured until I began taking Doan's Kidney Pills. Then relief came quickly, and in a short time I was completely cured. I am now in excellent health."

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

His First Banquet. Friend (in whisper)—The toastmaster wants you to get off a good joke. The Bashful Man—Beg pardon—er—I didn't know I was on it.

MIX FOR RHEUMATISM.

A prominent specialist gives the following as a never failing remedy for rheumatism, and says if followed up it will effect a complete cure of the very worst cases. "Mix one half pint of good whiskey with one ounce of Toris Root Compound, and add one ounce Syrup Sarsaparilla Compound. Take in tablespoonful doses before each meal and at bed time." Toris Root Compound is a product of the Globe Pharmaceutical Co., Dayton, O. The ingredients can be procured at any drug store and easily mixed at home.

We are told that a good name is more to be desired than great riches, but great riches will be more successful in keeping a man out of jail.

REDUCED COLONIST RATES.

One-way tickets at special low rates on sale daily throughout March and April, from all points on The North Western Line to San Francisco, Los Angeles, Portland and Puget Sound points.

Daily and Personally conducted tours in tourist sleeping cars via the Chicago, Union Pacific & North Western Line. Double berth only \$7.00 through from Chicago. For full particulars write S. A. Hutchison, Manager, Tourist Dept., 212 Clark St., Chicago, Ill., or address nearest ticket agent.

The best acting at an amateur performance is always done by the people who sit down in front and act as though they enjoyed it.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a running sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness caused by Catarrh that cannot be cured by Hall's Catarrh Cure. Send for circulars free. J. C. HENNEY & CO., Toledo, O. Sold by Druggists. Take Hall's Family Pills for constipation.

The end and object of our existence should be work, or the legitimate employment of all our faculties.—H. R. Haweis.

In a Pinch, Use ALLEN'S FOOT-EASE. A powder. It cures painful, smarting, nervous feet and inrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

No man realizes how silly it is possible for him to be until his love letters are read in a breach-of-promise suit.

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WINTER WHEAT CROP

HE REALIZED \$38 PER ACRE. HIS OATS \$37 PER ACRE IN SOUTHERN ALBERTA, WESTERN CANADA.

Coaldale, Alta. Can., Nov. 19, 1907. Sir: I beg to say that this year we had 349 acres of grain, consisting of 197 acres of spring wheat and 152 acres of oats. The average yield of wheat was 38 bushels per acre and oats 74 bushels. We were offered \$1.00 per bushel for wheat and 50 cents for oats, making the acre values for the two crops \$38.00 and \$37.00 respectively.

We also had 50 tons of hay worth \$13.00 per ton, and 500 bushels of potatoes, worth 60 cents per bushel, the latter off 2 1/2 acres of ground.

Our best yields this year were 107 acres of wheat, making 41 bushels per acre at \$1.00 per bushel, would be \$41.00 per acre; 47 acres of oats, yielding 95 bushels per acre were sold for 50 cents per bushel. Proceeds, \$47.00 per acre.

I might add that 50 acres of our oats were "stubbled in."

During the spring of 1906, we hired about 300 acres broken by steam. We put in and harvested 55 acres of grain last year, did the remainder of our breaking, worked up the ground and seeded this year's entire crop, put in seven acres of alfalfa and five acres of garden potatoes, trees, etc., all with one four-horse team. During harvest we hired other teams, but, aside from this, and part of the breaking, the one team did the work of raising practically 19,000 bushels of grain, worth \$12,000.

Yours truly,
W. H. PAWSON, JR.

WINTER WHEAT 25 TO 30 BUSHELS TO THE ACRE IN SOUTHERN ALBERTA.

Warner, Alta. Canada, Jan. 9, 1908. Dear Sir: This is the first year of farming in this settlement. Mr. A. L. Warner raised twenty-five hundred and fifteen bushels of fine winter wheat on one hundred acres of breaking and Tenny brothers had sixty acres that went thirty bushels per acre. The winter wheat that is in this year looks fine.

Spring wheat here went thirty bushels per acre, oats fifty to eighty, barley fifty, and flax ten to fifteen on sod.

The settlers here are all well pleased with the country. The stock have not required any feed except the grass up to this date and are all fat.

Yours truly,
F. S. LEFFINGWELL.
(Information as to how to reach these districts, rates, etc., can be secured from any agent of the Canadian government, whose advertisement appears elsewhere.—Ed.)

Whatever we really are, that let us be in all fearlessness. Whatever we are not, that let us cease striving to seem to be.—Toybee.



After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. Sallie French, of Paucanua, Ind. Ter., writes to Mrs. Pinkham: "I had female troubles for seven years—was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.