

What is Pe-ru-na.

Are we claiming too much for Peruna when we claim it to be an effective remedy for chronic catarrh? Have we abundant proof that Peruna is in reality such a catarrh remedy? Let us see what the United States Dispensary says of the principal ingredients of Peruna.

Take, for instance, the ingredient hydrastis canadensis, or golden seal. The United States Dispensary says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes lining various organs of the human body.

Another ingredient of Peruna, corydalis formosa, is classed in the United States Dispensary as a tonic.

Cedron seeds is another ingredient of Peruna. The United States Dispensary says of the action of cedron that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a substitute for quinine.

Send to us for a free book of testimonials of what the people think of Peruna as a catarrh remedy. The best evidence is the testimony of those who have tried it.

FULLY FILLED THE BILL.

Aunt Mandy was Thoroughly Satisfied with New Husband.

Aunt Mandy is an old colored woman who for years has done washing for several families. She has had several matrimonial experiences, and when her last husband died one of her customers attempted to console with her.

"I was very sorry to hear of your husband's death, Aunt Mandy," she said.

"Ya'as, ma'am," said Aunt Mandy. "He was a pow'ful good man."

"What did he die of?"

"Ah really don't know, ma'am."

"You don't know? Gracious! Couldn't the doctor tell you?"

"Ah didn't have no doctah, ma'am," said Aunt Mandy. "He jes done died a natch'ral death."

It wasn't long, however, before Aunt Mandy had another husband.

"I hear you are married again," remarked her patron one day.

"Ya'as, ma'am," giggled Aunt Mandy. "I was done married las' Sunday."

"And is your new husband equal to the last?"

"Ya'as, indeedy, ma'am," said Aunt Mandy. "He's jes as equal, if not equaler."

MUCH UP AGAINST IT.

Old Lady's Description of Ills Somewhat Confusing.

Mrs. Rhoda Holmes Nichols, the artist who spends the summer at Gloucester, Mass., where she teaches a numerous sketch class, tells of an old woman who lives on the outskirts of the town and whom she has known for a number of years. The old lady has often been sketched by the students of Mrs. Nichols' class, and is known to them and to everybody else as Aunt Sally.

When Mrs. Nichols went to Gloucester this year she called at the quaint little cottage and found the old woman rather more bent than last year and looking a good deal older as she tottered along her little garden leaning on a stick.

"Well, Aunt Sally," said the artist, "how have you been since last summer?"

"Oh, not very well," she replied, shaking her head, "not very well."

"Is the rheumatism still bad?"

"Oh, yes, miss, it's had nowadays I can't set and I can't scarcely lay."

Too Much Afraid of Dirt.

It is quite true that "cleanliness is next to godliness," but in this day of fads and scientific frills the question is whether we are not getting altogether too afraid of a little dirt. Dirt has been defined as matter in the wrong place, and hygiene is the science of keeping it in the right place. But we are inclined to think that we are all a little bit too much up in the air on the matter of cleanliness; a little too afraid of coming in contact with the clean-smelling, kindly earth, and are in danger of becoming nasty-nice.—Washington Herald.

It sometimes happens that a man doesn't ask his wife to sing because he is fond of music.

REMAINS THE SAME.

Well Brewed Postum Always Palatable

The flavour of Postum, when boiled according to directions, is always the same—mild, distinctive, and palatable. It contains no harmful substance like caffeine, the drug in coffee, and hence may be used with benefit at all times.

"Believing that coffee was the cause of my torpid liver, sick headache and misery in many ways," writes an Ind. lady, "I quit and bought a package of Postum about a year ago."

"My husband and I have been so well pleased that we have continued to drink Postum ever since. We like the taste of Postum better than coffee, as it has always the same pleasant flavour, while coffee changes its taste with about every new combination or blend."

"Since using Postum I have had no more attacks of gall colic, the heaviness has left my chest, and the old, common, every-day headache is a thing unknown." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

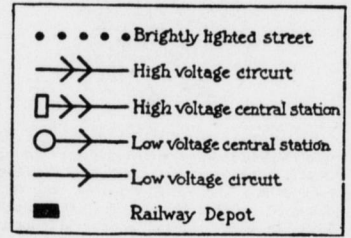
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

SCIENCE AND INVENTION

AERONAUTICAL MAPS.

Symbols by Which Balloonists Will Know Safe Landing Places.

In preparing the aeronautical maps for the use of aeronauts making night trips and when in strange localities, the commission appointed by the International Aeronautic Federation has recommended the adoption of 40 standard symbols for indicating various landmarks and points of danger. Many of the symbols will show landmarks visible from a distance by day, and others will designate electrically lighted streets, blast furnaces and other illuminations which serve as guide-points by night. Four of the symbols will designate electric power houses and overhead circuits, which might prove dangerous both day and night.



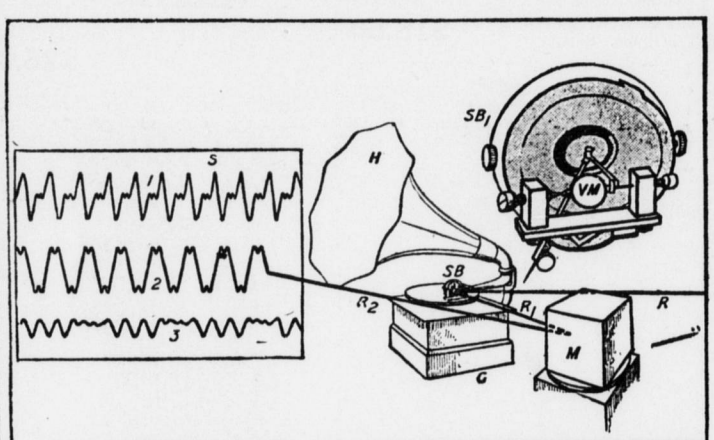
Maps for Aerial Navigator.

If landings were attempted in their vicinity. Six of the symbols are here reproduced.

Wild Cotton in Jamaica.

Mr. O. F. Cook of the department of agriculture reports that cotton, of a primitive type, collected by Prof. N. L. Britton and Mr. William Harris in coastal thickets in the extreme southern part of Jamaica, seems to be undoubtedly a wild plant. It resembles a type of cotton which grows wild on the Florida Keys. The interest of the discovery lies largely in the suggestion of Prof. Britton that this cotton may prove very valuable for breeding purposes, since it furnishes a new point of departure. The existence of wild cotton in Jamaica has been affirmed before, but the evidence hitherto has not been convincing.

MAKING SOUND WAVES VISIBLE

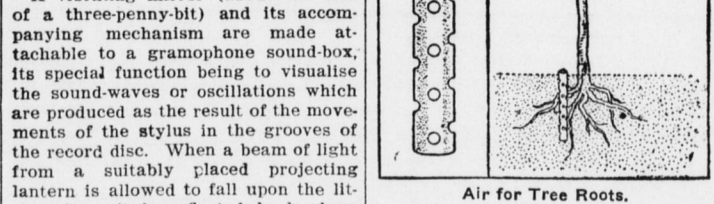


G Gramophone. M Four-sided revolving mirror. R Ray from projecting lantern focused on vibrating mirror. R1 Same ray reflected on to revolving mirror. R2 Same ray reflected on to screen and giving the record. SBI Detailed view of sound-board and recording attachment. VM Vibrating mirror on to which the ray is received. 1 A shake by Tetraxini in "Polonaise" by Mignon. 2 Record of part of "Spirito Gentil," by Caruso. 3 Melba's voice in Tosti's "Good-by."

Many indeed have been the steps towards perfection of the gramophone since its invention by Mr. Emile Berliner 21 years ago. Today it is no longer a curious bit of scientific apparatus, of the nature of a toy, but the focus of a great and ever-increasing industry in which thousands of persons are concerned. The fundamental principle of the instrument is well known. The sound-waves induced in the air by any source of sound are allowed to impinge upon a delicately held diaphragm, which vibrates under this onset of the sound-waves. The diaphragm vibrations are next made to leave an inscribed record on a suitable medium, and this record is used to reproduce the original sounds and so convey them to the ear.

A recent invention by Mr. G. Bowron constitutes an interesting accessory to the gramophone or phonograph. It provides, in fact, a means of seeing the sound-waves, or oscillations, which a record is making in the course of its work, whether these proceed from the voice, piano or orchestra.

A vibrating mirror (about the size of a three-penny-bit) and its accompanying mechanism are made attachable to a gramophone sound-box, its special function being to visualise the sound-waves or oscillations which are produced as the result of the movements of the stylus in the grooves of the record disc. When a beam of light from a suitably placed projecting lantern is allowed to fall upon the little mirror it is reflected back along another path; in this path a rotating box-mirror of the four-sided type is interposed. Once again the beam is diverted, but this time on to a white screen. The prime result of all this transfer of rays is the appearance on the screen of an enlarged luminous curve, or "oscillograph," which reproduces the changing instrumental sounds in the fashion shown in the left-hand corner of our diagram (S).

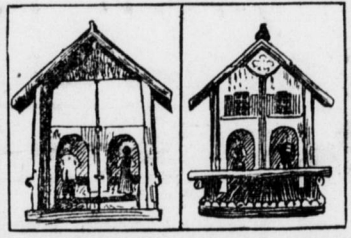


Air for Tree Roots. The tube is made of ceramic ware and is almost indestructible, says Popular Mechanics. Placed in the ground beside a tree, with the top slightly above the surface to admit the air, the young roots find their way through a number of holes. Experiments have proved, so it is claimed, that the growth of vegetation has been greatly advanced by its use.

HOME-MADE HYGROMETER.

Interesting Little Weather Forecaster You Can Construct.

One of the earliest principles in meteorology is the determination of the amount of moisture in the atmosphere. To arrive at an exact estimate is of course only possible with the help of the hygrometer—an instrument of a



The Weather House—Rear and Front Views.

rather, elaborate nature. But there are many devices by means of which changes in the moistness of the air may be shown, some of them exceedingly easy to arrange. Perhaps the simplest form of all, known to every housewife in the coast towns, is the suspended piece of seaweed. Any kind of the common brown algae answers the purpose admirably. A small bunch tied together and hung up on a wall shows the excessive humidity in the atmosphere which often precedes rain by becoming damp and flabby.

A very ingenious contrivance is the old-fashioned "weather house," largely made in Switzerland. It is arranged in such a way, says the Scientific American, that two figures act in response to the twisting of a piece of catgut. The material, supported by a wire, controls the movements of a little platform on either end of which is placed a model. Excessive moisture in the air causes the catgut to twist, and turn the platform round, so that the man emerges from one of the doors in the front of the house. Reverse conditions of the atmosphere bring about the contraction of the catgut, and the platform swings back, thus bringing the figure of the woman into prominence at her particular door. The making of a weather house is quite a simple affair and how to set about the construction may be judged from the picture giving a "peep behind the scenes." If properly made the contrivance is a fairly reliable weather prophet.

THE LAND OF GRAIN

—BY— JAMES OLIVER CURWOOD

Author of "American Farmers Building a New Nation in the North"—"Canada—The Land of Greater Hope"—"The Invasion of Canada by American Farmers"—"A Thousand Miles on Horseback Across the Dominion Provinces," Etc., Etc.

Not so very many years ago the majority of people in the United States laughed at the prediction that the day was coming when Western Canada would far outstrip this country in the raising of grain—when, in other words, it would become the great bread-basket of the world. During the past three or four years the enormous production of grain in the Dominion West has thinned the ranks of those who doubted the destiny of Canada's vast grain growing regions; the crops of this year will dispel the doubts of the remaining few. From Winnipeg westward to the foothills of Alberta, over a country nearly a thousand miles in width, the grain production this year will be something to almost stagger the belief of those hundreds of thousands of American farmers whose average yield is not more than from ten to fifteen bushels of wheat to the acre, and who are finding that their product is also outclassed in quality by that of their northern neighbors.

The enormous grain crop of this year in the Canadian West may truthfully be said to be the production of "a few pioneers." Only a small percentage of the unnumbered millions of acres of grain land are under cultivation, notwithstanding the fact that tens of thousands of homesteads were taken up last year. And yet, when all the figures are in, it will be found that the settlers of the western prairies have raised this year more than 125,000,000 bushels of wheat, 100,000,000 bushels of oats and 25,000,000 bushels of barley. It has been a "fortune making year" for thousands of American farmers who two or three years ago owned hardly more than the clothes upon their backs, and whose bumper crops from their homesteads will yield them this season anywhere from \$1,500 to \$2,500 each, more money than many of them have seen at one time in all their lives.

Very recently I passed through the western provinces from Winnipeg to Calgary, and in the words of a fellow passenger, who was astonished by what he saw from the car windows in Manitoba, we were, metaphorically speaking, in a "land of milk and honey." The country was one great sweep of ripening grain. In fact, so enormous was the crop, that at the time there were grave doubts as to the possibility of GETTING ENOUGH BINDER TWINE TO SUPPLY THE DEMAND. A situation like this has never before been known in the agricultural history of any country.

Before I made my first trip through the Dominion west I doubted very much the stories that I had heard of this so-called "grain wonderland" across the border. I believed, as unnumbered thousands of others believed, that the stories were circulated mostly to induce immigration. I quickly found that I was wrong. As one Alberta farmer said to me a few weeks ago, "If the whole truth were told about this country I don't suppose you could find one American in ten who would believe it."

This year the prospects of the wheat crop of Saskatchewan, Manitoba and Alberta are an average of over TWENTY-FIVE BUSHELS TO THE ACRE, and that this grain is far superior to that raised in the states is proved by our own government statistics, which show that American millers are importing millions of bushels of B "Canadian hard" to mix with the home product in order that THIS HOME PRODUCT MAY BE RAISED TO THE REQUIRED STANDARD. It is a peculiar fact that while the Dominion Government is anxious for its western provinces to fill up with the very best of immigrants, there has been no blatant or sensational advertising of those lands. For this reason it is probable that not one American farmer out of fifty knows that Canada wheat now holds the world's record of value—that, in other words, it is the best wheat on earth, and that more of it is grown to the acre than anywhere else in the world.

A brief study of climatic conditions, and those things which go to make a climate, will show that the farther one travels northward from the Montana border the milder the climate becomes—up to a certain point. In other words, the climate at Edmonton, Alberta, is far better than that of Denver, 1,500 miles south; and while thousands of cattle and sheep are dying because of the severity of the winters in Wyoming, Montana and other western states, the cattle, sheep and horses of Alberta GRAZE ON THE RANGES ALL WINTER WITH ABSOLUTELY NO SHELTER. This is all largely because sea-currents and air-currents have to do with the making of the climate of temperate regions. For instance, why is it that California possesses such a beautiful climate, with no winter at all, while the New England states on a parallel with it have practically six months of winter out of twelve?

It is because of that great sweep of warm water known as the "Japan current," and this same current not only affects the westernmost of the Dominion provinces, but added to its influence are what are known as the "chinook winds"—steady and undeviating air-currents which sweep over the great wheat regions of Western

Canada. There are good scientific reasons why these regions are capable of producing better crops than our own western and central states, but best of all are the proofs of it in actual results. This year, for instance, as high as one hundred bushels of oats to the acre will be gathered in Manitoba, Saskatchewan, and Alberta, and some wheat will go AS HIGH AS FIFTY BUSHELS TO THE ACRE, though of course this is an unusual yield.

Last spring it was widely advertised in American papers that Alberta's winter wheat crop was a failure. In fact, this is Alberta's banner year in grain production, as it is Saskatchewan's and Manitoba's, and from figures already in it is estimated that Alberta's wheat will yield on an average of THIRTY-FIVE BUSHELS TO THE ACRE. In many parts of the province returns will show a yield of as high as FIFTY bushels to the acre and it is freely predicted by many that when the official figures are in a yield of at least forty-five instead of thirty-five bushels to the acre will be shown.

At the time of my last journey through the Canadian West, when my purpose was largely to secure statistical matter for book use, I solicited letters from American settlers in all parts of the three provinces, and most of these make most interesting reading. The letter was written by A. Kaltenbrunner, whose postoffice address is Regina, Saskatchewan. "A few years ago," he says, "I took up a homestead for myself and also one for my son. The half section which we own is between Rouleau and Drinkwater, adjoining the Moosejaw creek, and is a low, level and heavy land. Last year we put in 100 acres of wheat which went 25 bushels to the acre. Every bushel of it was 'No. 1.' That means the best wheat that can be raised on earth—worth 90 cents a bushel at the nearest elevators. We also threshed 9,000 bushels of first class oats out of 160 acres. Eighty acres was fall plowing AND YIELDED NINETY BUSHELS TO THE ACRE. We got 53 cents a bushel clear. All our grain was cut in the last week of the month of August. We will make more money out of our crops this year than last. For myself, I feel compelled to say that Western Canada crops cannot be checked, even by unusual conditions."

An itemized account shows a single year's earnings of this settler and his son to be as follows: 2,500 bushels of wheat at 90 cents a bushel.....\$2,250 9,000 bushels of oats at 53 cents a bushel..... 4,770 Total.....\$7,020

It will be seen by the above that this man's oat crop was worth twice as much as his wheat crop. While the provinces of western Canada will for all time to come be the world's greatest wheat growing regions, oats are running the former grain a close race for supremacy. The soil and climatic conditions in Manitoba, Saskatchewan and Alberta are particularly favorable to the production of oats, and this grain, like the wheat, runs a far greater crop to the acre than in even the best grain producing states of the union. Ninety bushels to the acre is not an unusual yield, whole homesteads frequently running this average. And this is not the only advantage Western Canada oats have over those of the United States, for in weight they run between forty and fifty pounds to the bushel, while No. 1 wheat goes to sixty-two pounds to the bushel. In fact, so heavy is Canadian grain of all kinds, and especially the wheat, that throughout the west one will see cars with great placards upon them, which read: "This car is not to be filled to capacity with Alberta wheat."

When I made my first trip through the Canadian West a few years ago I found thousands of settlers living in rude shacks, tent shelters and homes of logs and clay. Today one will find these old "homes" scattered from Manitoba to the Rockies, but they are no longer used by human tenants. Modern homes have taken their place—for it has come to be a common saying in these great grain regions that, "The first year a settler is in the land he earns a living; the second he has money enough to build himself a modern home and barns; the third he is independent." And as extreme as this statement may seem to those hundreds of thousands of American farmers who strive for a meager existence, it is absolutely true. I am an American, as patriotic, I believe, as most of our people—but even at that I cannot but wish that these people, whose lives are such an endless and unhappy grind, might know of the new life that is awaiting them in this last great west—this "land of greater hope," where the farmer is king, and where the wealth all rests in his hands. As one American farmer said to me, "It is hard to pull up stakes and move a couple of thousand miles." And so it is—or at least it appears to be. But in a month it can be done. And the first year, when the new settler reaps a greater harvest than he has ever possessed before, he will rise with 200,000 others of his people in Western Canada and thank the government that has given him, free of cost, a new life, a new home, and new hopes—which has made of him, in fact, "A man among men, a possessor of wealth among his people."

Sensitive Papa. "George, you must be more careful. Papa thinks you meant to wound his feelings." "Why, what did I say?" "You remember that when you ordered beer at the cafe last night you called it 'suds' in a very loud voice." "Well?" "You must have forgotten that papa got all his money making soap."

WHAT DID JOHNNY MEAN?



Johnny's Pa—See here, young man. How do you expect to get on if you never see things? You must look for things—always keep looking as I do. Johnny—Gee!

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

Pride and prejudice make an unsatisfactory pair to draw to.

Feet Ache—Use Allen's Foot-Powder. Over 3,000 testimonials. Refuse imitations. Send for free trial package. A. S. Gimsted, Le Roy, N. Y.

A woman is known by the acquaintances she cuts.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle

They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

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, Costive Tongue, Pain in the Side, TORPID LIVER.

Small Pill. Small Dose. Small Price. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

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are cut on large patterns, designed to give the wearer the utmost comfort. LIGHT-DURABLE-CLEAN AND GUARANTEED WATERPROOF. SUITS \$3.00 SLICKERS \$3.00

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KNOWN SINCE 1836 AS RELIABLE PLANTEN'S C & C OR BLACK CAPSULES SUPERIOR REMEDY FOR URINARY DISCHARGES ETC. DRUGGISTS OR BY MAIL ON RECEIPT OF 50c. H. PLANTEN & SON 95 HENRY ST. BROOKLYN, N.Y.

Out They Go

To Eastern Colorado. We have the best and last crop of good, cheap prairie lands suitable for raising all kinds of crops in abundance. Write or call on us if you want a good farm or an investment that will make you some money. HOWE-HEIDE INVESTMENT COMPANY 15 North 4th Street or 1029 17th Street Minneapolis, Minn. Denver, Colorado

Douglas, Ariz., Offers You an Opportunity to make money. Refined copper, gold and silver mining district known. Million acres fertile farming land free. Delightful climate all the time. Pure water plentiful. Merchants, jobbers, manufacturers, farmers, investors needed. Address: Chamber of Commerce, Douglas, Arizona.

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Watson E. Coleman, Wash. D.C. Bookies free. Highest references. Best results. Afflicted with sore eyes, use Thompson's Eye Water A. N. K.—C (1908—36) 2246.