

HAPPY AND HEALTHY.

A Beautiful Canadian Girl Saved From Catarrh of the Lungs by Pe-ru-na.



MISS FLORENCE KENAH.

Miss Florence E. Kenah, 434 Maria street, Ottawa, Ont., writes:

"A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I took medicine without benefit, until my digestive organs became upset, and my head and back began to ache severely and frequently.

"I was advised to try Pe-ru-na, and although I had little faith, I felt so sick that I was ready to try anything. It brought me blessed relief at once, and I felt that I had the right medicine at last. Within three weeks I was completely restored and have enjoyed perfect health since.

"I now have the greatest faith in Pe-ru-na." F. E. KENAH.

WOMEN should beware of contracting catarrh. The cold wind and rain, slush and mud of winter are especially conducive to catarrhal derangements. Few women escape.

Upon the first symptoms of catching cold Pe-ru-na should be taken. It fortifies the system against colds and catarrh.

The following letter gives one young woman's experience with Pe-ru-na:

Miss Rose Gerding is a popular society woman of Crown Point, Ind., and she writes the following:

"Recently I took a long drive in the country, and being too thinly clad I caught a bad cold which settled on my lungs, and which I could not seem to shake off. I had heard a great deal of Pe-ru-na for colds and catarrh and I

bought a bottle to try. I am pleased that I did, for it brought speedy relief. It only took about two bottles, and I considered this money well spent.

"You have a firm friend in me, and I not only advise its use to my friends, but have purchased several bottles to give to those without the means to buy, and have noticed without exception that it has brought about a speedy cure wherever it has been used."—Miss Rose Gerding.

If you do not derive prompt and satisfactory results from the use of Pe-ru-na, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Paris' Tree-Lined Streets.

In Paris wide tree-lined avenues have been made in every district. Nothing of the kind exists either in London or New York. Foreigners, who only know the luxurious quarters, imagine that the boulevards and avenues of the western part of the city are the only ones that have trees, says the Architectural Record. They would be surprised to see that in the east and south-working-class district—there are similar broad roadways, the same roomy sidewalks, the same lines of trees—and that the Place de la Nation, the Place du Trocadero and the Place de l'Etoile. For the most part, the tree employed—especially in the center of Paris—is the alanthus. There are, however, also many plane-trees, and in the wider avenues, chestnut trees.

In 1890, the trees lining the public thoroughfares numbered 84,936, besides those growing in the public squares, gardens and parks. But the art of making a city beautiful must be practiced down to its minutest detail, and therefore do not let us be afraid to go down on the street and see how it is ornamented, lighted and rendered pleasant and commodious; in a word, how it is furnished. A promenade through Paris will teach us much, and in this respect American cities, New York first of all, can profit by the object lesson which this is going to give them.

It's the most profitable crop in England.

Hay is the most profitable crop in England.

Chesbrough Manufacturing Co.

17 State Street, New York City.

The Genuine TOWER'S POMMEL SLICKER HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY.

TOWER'S WATERPROOF CLOTHING. It is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere.

STICKERS TO THE SIGN OF THE FISH.

POTATOES \$2.50

GREGORY'S SEEDS

SALESMAN WANTED

PATENTS

FISCH'S CURE FOR...

CONSUMPTION



Growing Cabbages. If cabbages are set out one yard each way nearly 5000 can be grown on one acre. Such being the case, it is a profitable crop when successfully grown, as this vegetable not only sells well, but on account of its keeping qualities affords green food in winter for animals and poultry, as well as for the family.

Lambs in Winter. When winter sets in I separate the lambs from the flock, and every morning and evening clean out all the mangers (the sheep are very dainty), and throw the rubbish to the horses. They will clean it all up with a relish. Feed the lambs some kind of screenings. I generally use screenings gathered from under the threshing machine, and they do well on it. In case of shortage use barley and bran mixed, care being taken not to overfeed at the beginning. Nothing needs to be ground for sheep. Feed the grain morning and evening. One pound per day of the grain feed is sufficient for each head. I feed them all hay both morning and evening. If there are any poor ones among the ewes, they are turned in among the lambs. They are all turned out in the day time if the weather is fine.—C. Manson, in The Cultivator.

Success With Lettuce Under Glass. The dimensions of our lettuce house are 102 by 15 1/2 feet, in which we grow 3500 heads of lettuce, each crop, planted 8 by 8 inches. The house is a three-quarter span, the back is 5 feet high, double boarded and lined with paper; the ridge is 8 1/2 feet high, back rafters 6 feet, front rafters 12 feet; south side 2 feet 3 inches high, and all glass; sills are 3 by 6, studs and plate 2 by 4, rafters 2 by 3 inches; the 12-foot rafters are supported in the middle by a purlin of 1-inch iron pipe supported at intervals of 9 feet; the ridge is supported by 3-inch iron pipe.

The ventilating apparatus is in two sections, operated by wheel and spiral screws. Thermometers are placed about 10 inches above the soil. The only walk is a line of boards 10 inches wide extending the length of the house. For heating we have a corrugated fire-box boiler. The house contains a little over 1000 feet of 2-inch pipe, four rows of which are on the south side and 6 inches along the north. On the north side directly over the pipes we have a bench the entire length of the house, 20 inches wide, on which we grow a quantity of Easter stock, besides several thousand bedding plants. The temperature maintained is 40 to 65 degrees.—Dean Ferris, in New England Homestead.

Handling Frozen Cream. The following account of how frozen cream from the hand operator is handled in Finland is reproduced from an English dairy journal:

It may interest your readers to know that in Finland this is practiced with considerable success. I have seen cream arrivals at the dairy practically a solid frozen mass, after being five days in transit from the farm to the dairy. This system of sending frozen cream, instead of milk, to the dairy, is a good one, as it saves carriage. The cream is refrigerated in the following manner at the farm: Nearly every farmer has a separator. The cream is run into the can in which it will make its journey. This can is placed in a specially designed wooden tub and small pieces of ice packed closely around it. Over this ice a common kind of coarse salt is sprinkled, which intensifies the cold. A careful record of temperature, both of the freezing mixture and the cream is kept stirred from time to time, until the required degree of cold is reached.

The trains are provided with special cars to take the cream. The temperature of these cars is capable of being lowered or raised, according to the time of year. The cans of refrigerated cream on arrival at the dairy are first weighed, then graded, as we would butter. The qualities are usually first, second and third. After grading, the tins are placed in the thawing room. Great care is required not to thaw too quickly. When the necessary temperature is reached, the cream is taken to the ripening-room, and after this the process of butter production is the same as in any dairy. It is not recommended that cream should be frozen solid, as the resultant butter is not of such a good quality as from the semi-frozen article. The cans used vary in size from a pint to five gallons. They are very strongly made, and capable of being easily cleaned. The smallest farm in Finland has his hand separator.

Fodder Foods and Bran. Whether a farmer should sell a ton of corn and buy a ton of bran when both are worth the same in the market must depend largely upon the cost of transportation. There is also a difference in the bran from winter and spring wheats, and the value of bran is also largely influenced by the processes used for removing it from wheat at the mills. The true value of bran to the farmer is the proportion of protein and ash (mineral matters) contained. If corn is exchanged for bran, and bran is used on the farm as food for stock, there is brought on the farm more protein than is contained in corn, as well as a larger proportion of the phosphates (bone-forming elements) than the corn contains. The manure from bran is also much more valuable than that from corn, and when a fair price can be obtained

for corn it should be to the advantage of farmers to sell their corn and buy bran for stock if bran does not exceed \$15 per ton.

The crop of fodder from a field of corn should be equal in value to the grain taken therefrom, and yet the fodder is wasted and the grain saved. In fact, if the fodder is given no better treatment than it receives on some farms, it would be cheaper to drive into the fields, pull the ears from the stalks, throw them into a wagon and haul direct from the field to the crib, leaving the stalks standing, than to expend labor in cutting the corn and putting it into shocks, with the additional work of husking the grain after the corn is shocked, as it will save labor by so doing, if the fodder is to be wasted. It is a very disagreeable task to husk the corn in the field in cold weather, and it is an easy matter to pull the ears from the standing corn, which can be husked more conveniently at the barn.

Careful experiments made show that the fodder crop is more valuable than may be supposed, and that a larger proportion of the fodder would be consumed if it were properly cared for, so as to be kept in a bright condition. If hay were treated in the same manner as fodder it would be rejected, but even in the condition in which fodder is given to stock they accept and consume a fair quantity of it. Farmers who have been careful with their fodder have found that when it was cut up fine with the feed-cutter and fed in connection with ground oats and bran, not only to cattle, but horses, have been brought safely through the winter in good condition, and at less cost than with any other kind of foods. It is a willful waste of labor to carefully shock the fodder and then leave it, for even if not destroyed by wind and rains in the field it is so deteriorated in quality as to be unacceptable to stock.

Corn fodder can be made to assist the hay as food, but the point to observe, and which is known by all experienced farmers, is that corn fodder must be bright. Economy of feeding with fodder is to make it assist hay, as the more fodder used to advantage, the more hay can be sold or used for additional stock. The main point is to preserve the fodder in winter, and make it assist in producing a profit on the farm.

The greater amount of protein in bran as compared with corn, should make it more suitable than corn for cows which produce milk that is sold daily, as a large proportion of nitrogen is carried away in milk. There is also a gain in the mineral elements in the use of bran, as corn is deficient in that respect. For young and growing stock the foods that contain the mineral elements should be preferred, but where linseed meal and clover are used there will be no necessity for feeding bran. A large number of farmers purchase bran, and it will be to their interests to endeavor to know something of the various kinds on the market, as a falling off in the nutritive elements of the bran used may really cause it to be expensive.

A great many farmers feed the ground material independently of the coarse food. It is considered more laborious to mix all the feeding materials together, for the reason that if the ground grain is to be mixed with the hay and fodder the latter must be passed through the cutter and reduced to a fine condition. Of course, there are objections to so doing, yet the cutting of the food into short lengths will effect a saving that would more than offset the cost of labor, as the stock would eat more and cost less. But there is a gain in feeding ground grain with cut hay and fodder in another manner. When the grain is mixed with the coarse material it is more easily digested, as it is divided and carried into the stomach in a condition which permits of the gradual action of the digestive organs. The long provender also being in a fine state, a greater proportion of nutrition is therefore extracted, and the system of treating the whole together will prove economical.—Philadelphia Record.

Poultry Notes. Roasted corn, fed while warm, is excellent for laying hens.

Have a good house and a comfortable scratching shed for the laying hens.

Clean out the houses every day. It requires only a little time each morning.

Don't forget the grit box, when the bad weather prevents the hens from getting out.

Watch the hens and see that they do not catch colds. Colds are forerunners of roup.

Oyster shells should be kept in the poultry house where the hens may help themselves.

Private customers, hotels and restaurants pay the best prices for early broilers and fresh eggs.

Keep the yards dry and clean, so that the hens will not soil the eggs when they go on nest.

Don't let dogs worry the hens, especially during cold weather, and drive them out of the warm house.

Coarse food of some kind is essential to the health of the fowls. Hay will answer if there is nothing better.

Eggs should be delivered within 24 hours after being laid, and on very cold days they should be gathered every hour.

Do not trouble yourself about the way your neighbor keeps fowls. Use a generous supply of common-sense and you will succeed.

Don't neglect the hens and then abuse them because they do not lay. Don't stop caring for them as soon as they quit laying. Look for the cause and remedy it.

Letters Written in Wrath.

Because everybody does not know or remember the story of Abraham Lincoln and Secretary Stanton, we tell it once more. It is good for use. Stanton had been exasperated by the conduct of one of the generals in the field. He complained of him to President Lincoln, and said he was going to give it to him hot. "That's right," said Lincoln. "Write him a letter and tell him just what you think of him. Make a clean breast of it." With heat, Secretary Stanton wrote his letter, and showed it to the President. "Then he folded it to be inclosed and directed," President Lincoln said. "What are you going to do with that letter, Stanton?" "Why, I am going to send it to him, of course." "Oh, no," said Lincoln. "Put it in the waste basket. You never ought to send a letter of that kind. You've got the thing of your mind now. Let it drop." In ninety-nine times in a hundred the place for a letter written in wrath is the waste basket.

On the Verge of Bright's Disease.—A Quick Cure That Lasted. CASE NO. 30,611.—C. E. Boies, dealer in grain and feed, 565 South Water street, Akron, O., made the following statement in 1896: "Ever since the Civil War I have had attacks of kidney and bladder trouble, decidedly worse during the last two or three years. Although I consulted physicians, some of whom told me I was verging on Bright's disease, and I was continually using standard remedies, the excruciating aching just across the kidneys, which radiated to the shoulder blades, still existed. As might be expected when my kidneys were in a disturbed condition, there was a distressing and inconvenient difficulty with the action of the kidney secretions. A box of Doan's Kidney Pills, procured at Lamparter & Co.'s drug store, brought such a decided change within a week that I continued the treatment. The last attack, and it was particularly aggravated, disappeared."

Three Years After. Mr. Boies says in 1899: "In the spring of 1896 I made a public statement of my experience with Doan's Kidney Pills. This remedy cured me of a terrible aching in the kidneys, in the small of my back, in the muscles of the shoulder blades, and in the limbs. During the years that have gone by I can conscientiously say there have been no recurrences of my old trouble. My confidence in Doan's Kidney Pills is stronger than ever, not only from my personal experience, but from the experience of many others in Akron which have come to my notice."

A FREE TRIAL of this great kidney medicine which cured Mr. Boies will be mailed on application to any part of the United States. Address: Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

Preachers Learn Trades. A prominent Philadelphia clergyman strongly urges all young men who intend to enter the ministry to learn some trade either before or after their ordination. He has examined the statistics of the various Protestant denominations, and has been appalled by the number of ministers who are without a charge. He thinks a trade would be a good thing to fall back on in such cases, besides standing the preacher in good stead in many ways while still in the pulpit.

Coughs

"My wife had a deep-seated cough for three years. I purchased two bottles of Ayer's Cherry Pectoral, large size, and it cured her completely." J. H. Burge, Macon, Ga.

Probably you know of cough medicines that relieve little coughs, all coughs, except deep ones! The medicine that has been curing the worst of deep coughs for sixty years is Ayer's Cherry Pectoral.

Three sizes: 25c., 50c., \$1. All druggists.

Consult your doctor. If he says take it, then do as he says. If he tells you not to take it, then don't take it. He knows. Leave it with you, extra. Price, Catalog free. W. L. DOUGLAS CO., Lowell, Mass.

HAMLINS WIZARD OIL

CURES ALL RHEUMATIC PAIN SORENESS, SWELLING AND INFLAMMATION FROM ANY CAUSE WHATEVER 50¢ AT ALL DRUGGISTS

\$3.00 W.L. DOUGLAS SHOES \$3.50

UNION MADE W. L. Douglas makes and sells more men's Good-year well (Hand-sewn) shoes than any other manufacturer in the world.

\$25,000 REWARD will be paid to anyone who can improve this advertisement.

Because W. L. Douglas is the largest manufacturer he can buy cheaper and produce his shoes at a lower cost than other concerns, which enables him to sell shoes for \$3.50 and \$3.00 equal in every way to those sold elsewhere for \$4 and \$5.00.

The Douglas secret process of tanning the bottom, makes produce an utterly pure leather; more flexible and will wear longer than any other tannage in the world. The same process is used in the making of our shoes, which proves its superiority. Why not give W. L. Douglas a trial and save money?

Notice Increase (1902) Sole: \$2.00, \$3.00, \$4.00, \$5.00. Sole of \$2.00, \$3.00, \$4.00, \$5.00. Four Years.

W. L. DOUGLAS \$4.00 GILT EDGE LINE, Worth \$6.00 Compared with Other Makes. The best Important and American leather, High Patent Calf, Emamel Box Calf, Vici Kid, Goran Calf, and National Kangaroo. Fast Color E-sets.

Caution: The genuine have W. L. DOUGLAS name and price stamped on bottom. Shows by mail, \$2. extra. Illus. Catalog free. W. L. DOUGLAS, BROCKTON, MASS.

GREEN RAPE 25 cents per TON

Greatest, Cheapest Food on Earth for Sheep, Swine, Cattle, etc.

With the best you will find what Green Rape does for you.

Distill Dollar Grass will pasture make you rich. It is one of the best and best of pasture per acre, as also Bromus, Peas, Rye, Malted Barley, etc. For full particulars, see our 25c. Green Rape Catalog, 25c. per copy, and 50c. for 100 copies. Green Rape per ton.

For this notice and 100c. we will send you a trial and save money. Write, today! Write \$10 to get a start.

JOHN A. SALZER SEED CO. LA CROSSE, WIS.

SEND STAMP. Get full description Cheap Stamp, and price of fifty choice Stamp Farms in Antebellum County, best country in Ohio. H. N. BURCHETT, Jefferson, Shelby County, Ohio.

DROPSY NEW DISCOVERY: every case of Dropsy cured in 10 days. Write Dr. E. H. GREEN & SONS, Box 1, Atlanta, Ga.

MRS. RATH'S BABY

Tired Mother's Touching Story of Anxiety and Suffering.

Cuticura Brings Blessed Cure to Skin Tortured Baby and Peace and Rest to Its Worn Out Mother.

It is no wonder that Mrs. Helena Rath was taken sick. Single-handed, she did all the housework and washed, cooked and mended for her husband, Hans, and their six children. After a plucky fight to keep on her feet, Mrs. Rath had to yield, and early in 1902 she took to her bed. What followed she told to a visitor, who called at her tidy home, No. 821 Tenth Ave., New York City.

"I hired a girl to mind the children and to do whatever else she could. I couldn't stay in bed long. Sick as I was, it was easier for me to crawl around than to lie and worry about my little ones. So I got up after a few days, and let the girl go. I had noticed that she had come on her face, hands and arms, but I paid no attention to that until Charlie, my youngest, began to pick and scratch himself. He was then ten months old, and the girl had paid more attention to him than to any of the others. Charlie was fretful and cross, but as he was cutting teeth, I didn't think much of that. Even when a rash broke out on his face I wasn't frightened, because everybody knows that that is quite common with teething babies. Several of my others had it when little, and I thought nothing about it.

"But the rash on Charlie's poor little face spread to his neck, chest, and back. I had never seen anything quite like it before. The skin rose in little lumps, and matter came out. My baby's skin was hot, and how he did suffer! He wouldn't eat, and night after night I walked the floor with him, weak as I was. Often I had to stop because I felt faint and my back throbbled with pain. But the worst pain of all was to see my poor little boy burning with those nasty sores.

"I believed he had caught some disease from the girl, but some of the neighbors said he had eczema, and that is not catching, they told me. Yes, I gave him medicine, and put salves and things on him. I don't think they were all useless. Once in a while the itching seemed to let up a bit, but there was not much change for the better until a lady across the street asked me why I didn't try the Cuticura Remedies. I told her I had no faith in those things you read about in the papers. She said she didn't want me to go on faith nor even to spend any money at first. She gave me some Cuticura Ointment—I think the box was about half full—and a piece of Cuticura Soap. I followed the directions, bathing Charlie and putting that nice Ointment on the sores.

"I wouldn't have believed that my baby would have been cured by a little thing like that. Not all of a sudden, mind you. Little by little, but so surely. Charlie and I both got more peace by day, and more sleep by night. The sores sort of dried up and went away. I shall never forget one blessed night when I went to bed with Charlie beside me, as soon as I got the supper dishes out of the way and the older children undressed; when I woke up the sun was streaming in. For the first time in six months I had slept through the night without a break.

"Yes, that fat little boy by the window is Charlie, and his skin is as white as a snow flake, thanks to the Cuticura Remedies. I think everybody should know about the Soap and also the Ointment, and if it is going to help other mothers with sick babies, go ahead and publish what I have told you."



MRS. HELENA RATH.

The agonizing, itching, and burning of the skin as in eczema; the frightful scaling, as in psoriasis; the loss of hair, and crusting of the scalp, as in scalled head; the facial disfigurements, as in pimples and ringworm; the awful suffering of infants, and anxiety of worn-out parents, as in milk crust, tetter and salt rheum,—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment, and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy have made them the standard skin cures, blood purifiers and humor remedies of the civilized world.



Miss Alice Bailey, of Atlanta, Ga., tells how she was permanently cured of inflammation of the ovaries, escaped surgeon's knife, by taking Lydia E. Pinkham's Vegetable Compound.

"I had suffered for three years with terrible pains at the time of menstruation, and did not know what the trouble was until the doctor pronounced it inflammation of the ovaries, and proposed an operation.

"I felt so weak and sick that I felt sure that I could not survive the ordeal. The following week I read an advertisement in the paper of Lydia E. Pinkham's Vegetable Compound in such an emergency, and so I decided to try it. Great was my joy to find that I actually improved after taking two bottles, and in the end I was cured by it. I had gained eighteen pounds and was in excellent health."

—Miss ALICE BAILEY, 50 North Boulevard, Atlanta, Ga.—good fortune if original of above letter proving genuineness cannot be produced.

The symptoms of inflammation and disease of the ovaries are a dull throbbing pain, accompanied by a sense of tenderness and heat in the lower part of the side, with occasional shooting pains. The region of pain sometimes shows some swelling.

Cascarets CANDY GATHARTIC

50c. per box. Genuine stamped C.C.C. Never sold in bulk. Beware of the dealer who tries to sell "something just as good."