

HAY FEVER

"Having used Peruna for catarrh and hay fever, I can recommend it to all who are suffering with the above diseases. I am happy to be able to say it has helped me wonderfully." —Mayme E. Smith.



MISS MAYME SMITH,

444 E. Mount Street, Columbus, Ohio.

HAY FEVER is endemic catarrh. It is caused by some irritating substance in the atmosphere during the late summer months. It is generally thought that the pollen of certain weeds and flowers is the cause of it.

Change of locality seems to be the only rational cure. The use of Peruna, however, stimulates the nervous system to resist the effect of the poisonous emanations and sometimes carries the victim through the hay fever season without an attack of the disease.

A large number of people rely upon Peruna for this purpose. Those who do not find it convenient to change their location to avoid Hay Fever would do well to give Peruna a trial. It has proven of priceless value to many people.

A sixpence of the reign of Charles I was found in the stomach of a bullock killed recently by a Yarmouth (England) butcher.

FITZ, St. Vitis Dance: Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. 29 trial bottle and treatise free. Dr. H. R. Kline, Ltd., 601 Arch St., Phila., Pa.

Potatoes Without Plant. An agricultural experimenter at Great Falls, Mont., claims to have produced potatoes without plants and asserts that he is able to supply the market with new potatoes at any season of the year.

His experimenting apparatus consists of a box four by eight feet in which is a steam coil for heating. He says that he has discovered a compound which brings the tuber to maturity without putting forth roots or stems and without either light or air reaching them. At first they rotted when exposed to the air, but that tendency has now been corrected and the business goes swimmingly on, if one may take the inventor's word for it.—Brooklyn Citizen.

Leopold's Mania for Building. One of the manias of the King of the Belgians is building. King Leopold, who spends almost as much time out of his country as he does in it, has several residences which he seldom or never visits, yet he is constantly adding to them. He has a fine palace in Brussels, but when within his own domain he prefers to spend his time in the country. He is also the richest monarch in Europe, so far as real estate is concerned.

First Bell Telephone. June 25, 1876, at the Centennial exhibition in Philadelphia, the telephone was for the first time exhibited to the public. A few months before Alexander Graham Bell had perfected his invention, but it was not until a month after the opening of the centennial that it occurred to him to exhibit the wonder-working device at the great fair.

HOW MANY OF US? Fail to Select Food Nature Demands to Ward Off Ailments.

A Ky. lady, speaking about food, says: "I was accustomed to eating all kinds of ordinary food until, for some reason, indigestion and nervous prostration set in."

"After I had run down seriously my attention was called to the necessity of some change in my diet, and I discontinued my ordinary breakfast and began using Grape-Nuts with a good quantity of rich cream."

"In a few days my condition changed in a remarkable way, and I began to have a strength that I had never possessed before, a vigor of body and a poise of mind that amazed me. It was entirely new in my experience."

"My former attacks of indigestion had been accompanied by heat flashes, and many times my condition was distressing with blind spells of dizziness, rush of blood to the head and neuralgic pains in the chest."

"Since using Grape-Nuts alone for breakfast I have been free from these troubles, except at times when I have indulged in rich, greasy foods in quantity, then I would be warned by a pain under the left shoulder blade, and unless I heeded the warning the old trouble would come back, but when I finally got to know where these troubles originated I returned to my Grape-Nuts and cream and the pain and disturbance left very quickly."

"I am now in prime health as a result of my use of Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

GARDEN, FARM and CROPS



Spraying the Orchard.
This is an important operation. Every fruit-grower should have his station reports and bulletins handy for consultation, so that he may make no mistakes in this important matter. Spraying has been condemned by some because they did not know when to spray, what to spray with, nor what they were spraying for.

Good Green Forage.
Wheat is an excellent green forage, and ordinarily its use will immediately follow that of rye. It contains on the average a little more water than the rye, though its dry matter is richer in nitrogen. The seeding and treatment may be the same as for rye, though on the same character of soil larger yields of rye than of wheat may be obtained because of the greater foraging power of the rye.—Dr. E. B. Voorhees, New Jersey.

Plenty of Water.
A farm that is supplied with plenty of water both at the house and at the barns and pastures, is generally apt to be a valuable one. With good management whatever is needed for the stock, with the exception of water, can generally be produced, but securing water is altogether another proposition, unless nature has kindly lent her assistance in this matter. Where there is a lack of water there is nothing else that can supply the want. The farmer whose place is possessed of, or near, living springs so that he can secure the water by means of gravitation, can indeed consider himself even more than fortunate.

How He Does It.
In an address before the Minnesota Dairy Association, I. A. Sweet gave his methods of making his dairy cows average him \$68 per head per year. Some of the points he mentioned were as follows: Breed or buy a good class of dairy cows. Provide good, warm, well-ventilated stables for winter, with plenty of the right kind of feed. Feed regularly and abundantly, but not more than necessary. Milk speedily, but gently, never maltreating or exciting the cow in any way. Make pets of your cows, and treat them gently and kindly at all times. Never expose them to cold in winter—don't let them run in the yard any day that is so cold you cannot work out with bare hands. Warm their water in winter. Provide plenty of good bedding, with a drop behind the cows to hold the animal refuse, so the cow will be kept absolutely clean at all times. Never let the cow out around the strawstack and in the cornfield to fill up on an article of food that will not produce milk. Let the dry cow and the young cattle pick on this. Give her uniform feed and care—don't turn out one day, keep in the next, turn into the field the next. That will make her uneasy, and will dry her off—she dislikes changes.

Butter Making.
According to Guy Mitchell one of the most valuable of recent bulletins from the department of Agriculture press is that recently issued (No. 241) treating on "Butter-making on the Farm." Written in the non-technical manner that characterizes the bulletins promulgated by Professor Webster, it at once appeals to the average farmer, and treats of matters of vital importance to him in his business. It recommends cleanliness above all else—in milking, care of the cow, stable, utensils, surroundings and so on. The presence of bacteria in the milk or its products has a tendency to cause fermentation and a consequent spoiling of the milk or butter. Milk is often spoiled by allowing it to stand in the stand too long after it has been drawn, for it absorbs odors of the air, and odors of the barn are, therefore, very much in evidence. For this reason the milk should be removed to a place free from odors. The bulletin describes in detail the proper method of constructing a suitable room in which to store the milk and means of keeping it cool. The cream separator and methods of its operation are fully described in this work. After separation it is necessary that the cream should be ripened before making it into butter.

Cottage Cheese.
Many housewives who have skimmed milk to spare make it into those palatable little luxuries, cottage cheeses. It will interest them and others as well to learn that at the Minnesota Station they have been experimenting as to their food value as compared with beef and other meats, using working men as subjects for the tests. Found for pound, the report states, cottage cheese prepared with cream compares in composition and digestibility with the meats. Where skimmed milk can be procured at a low cost, cottage cheese is one of the most economical foods that can be used. The addition of cream to it favorably influences both its nutritive value and its palatability without increasing the cost above that of other meats. Upon the farm where milk is produced, cottage cheese is one of the cheapest foods that can be used. It is worth mentioning that the ex-

periment demonstrated that lean bacon contained as much protein and about twice as much digestible fat as other meats, making it at the same time, even at a higher price per pound, a cheaper food than other meats. Bacon fat is easily digested, and when combined with other foods, it appears to exert a favorable mechanical action upon digestion.

Wasting Fertilizers.
A Vermont writer in the Rural New Yorker tells about finding twenty loads of excellent top-dressing under the stables. Of course, there had been holes bored in the floor to let the liquids escape, and the result was the object lesson that was revealed when the farmer delved into the accumulation beneath. This leads H. W. C. to unburden his mind on the subject as follows:

"I regret to say that at one time we had anger holes in the barn floor to let the liquids drain away. There are many foolish operations on some farms, but that one heads the list. The liquids are the most valuable parts of the manure, and should always be saved. It is just like throwing dollar bills away to bore these holes. This practice is not confined to New England, by any means. Fruit growers in the east are willing to pay \$70 a ton for nitrate of potash, and this chemical is made in just such deposits as we find under a barn. It rises to the top of those rich soils, and is scraped off. During the war, southern men whom I know worked 'nitre beds' which were piles of manure and soil. They obtained in this way nitrate of potash, which was used in making gunpowder. The rich stuff down under many an old barn would blow the mortgage off the farm if we could get it out and spread it, but the thing is not to let any more get under there. A good cement floor under manure is like a stout chain to hold the valuable nitrogen from running away."

Farm Notes.
There should be better live stock on the farm, more soil improvement, better seed and better tillage.

Charcoal fed poultry while fattening is apt to whiten the skin. Buckwheat has a like tendency.

Nothing pays better in the management of a herd of dairy cows than regularity in feeding and caring for them.

The Wisconsin Station has found that cows fed soiling crops without pasture consumed from 75 to 100 pounds of forage daily.

A lousy hog will eat as much, if not more, than an animal not troubled with these pests, and still make slow progress in growth and fat formation.

A large proportion of the substance of an egg is water. Hens should have a liberal supply of water from some source. Eggs cannot be made out of dry grain.

Only a rich man can afford to keep poor cows. The poor man must keep only the best he can get until they bring him enough wealth to enable him to raise or use scrubs.

Growing pigs should have sufficient protein in their food for the production of good bone and strong frames, and it is essential that they be pushed to maturity as rapidly as possible.

Make arrangements to have some good covering material handy so that all half-hardy plants and the strawberry bed can be given proper protection through the winter. Marsh hay or clean straw.

Keep a close watch for poultry lice and mites these days. It does not take a very high temperature to set these pests at work at a lively rate. Lice-killers are cheap, numerous and effective. It pays to use them.

A brood sow should never be too fat, but bear in mind that it is next to impossible to make her so by feeding; the sow should have an abundance of exercise, and with that there is no danger of too much fat being accumulated.

It is an advantage to have early lambs only when we are catering to the spring lamb trade or want a few early specimens for exhibition purposes. Generally speaking, the lamb that comes in time to get the first bite of grass in the spring gives the best returns.

Perhaps no single advancement along dairy lines has contributed so much to profits as the keeping of records, which enable the dairyman to know the exact amount of milk and butter produced by each animal, and thus determine if she is kept at a profit or a loss.

The reason for using cracked or broken corn is that as it is in smaller particles, the hens cannot pick it up as fast as they can whole corn, and the labor necessary in scratching to find it adds to the advantage of the bird. Always feed laying hens small or broken grain in winter.

While the quality of the feed given to hogs has much to do with the quality of the pork, the surroundings must also have careful attention. A clean and healthy ration will lose much of its desired effect, if the surroundings are filthy. A pig pen should be kept clean and free from dirt.

The Age of Lead.

We are wont to speak of this era as the "age of iron," and there is no gainsaying that, industrially speaking, iron is a "precious metal."

Nevertheless, few people realize how useful, if not absolutely necessary, to modern civilization, is that other metal, lead. Soft, yielding, pliable, it is not much like its sister metal, but those distinguishing qualities are what give it such a prominent place in the arts and industries.

Modern plumbing, requiring many turnings and twistings, but without tight joints, would be almost impossible without lead pipe. The greatest civilizing agent in the world—the printing art—is absolutely dependent on lead. Hand-set type, linotype "slugs," monotype type—all are made of compositions of which lead is the chief component—to say nothing of the bearings in the presses as well as all other kinds of machinery in which "babbit" metal is used.

Solder is another lead product—what a field of usefulness that one form opens up.

Then there is the most important use of all to which lead is put—paint, that necessary material which keeps our houses looking pretty—inside and out—and preserves them from decay.

How many of us thank metallic lead for the comforts of paint? Yet the best house paint is nothing but metallic lead corroded by acid to a white powder known as "white lead." Of course, there are many imitations of "white lead," some of which are sold as white lead and some which are offered by the name of ready-prepared paint under the familiar pretense that they are "just as good" as white lead. But all good paint is made of the metal, lead, corroded and ground to a fine white powder and mixed with linseed oil.

White lead is also used in the coating of fine oil cloths and for many purposes besides paint.

"Red lead" is another product of metallic lead and is what is known as an oxide of lead, being produced by burning the metal. Red lead is the best paint known to preserve iron, steel or tin, and is used largely in painting metal structures, such as skyscraper skeletons, mills and bridges.

There are many other products of the metal lead, such as litharge, orange mineral, etc., which are essential to many of the arts in which we never imagine that lead would be of the least use.

Verily, we live in an age of lead as well as of iron.

One Tree Built Church.
Among the curiosities of church architecture in America may be mentioned the fact that in Santa Rosa, Cal., is a church with a seating capacity of 200, which is built entirely of timber sawed out of a single redwood tree.

SICK FOR TEN YEARS.
Constant Backache, Dropsy, and Severe Bladder Trouble.

Fred W. Harris, of Chestnut St., Jefferson, Ohio, says: "For over ten years I suffered from kidney disease. The third year my feet and hands would swell and remain puffed up for days at a time. I seemed to have a constant backache. Finally I got so bad that I was laid up in bed with several doctors in attendance. I thought surely I would die. I changed medicine and began using Doan's Kidney Pills when I was still in bed. The relief I found was so great that I kept on until I had taken about ten boxes. The kidney secretions became natural and after years of misery I was cured. I have increased in weight and show no symptoms of my former trouble."

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

The Southport (England) police of all ranks have been forbidden to wear finger rings while on duty.

AWFUL SUFFERING
From Dreadful Pains From Wound on Foot—System All Run Down—Miraculous Cure by Cuticura.

"Words cannot speak highly enough for the Cuticura Remedies. I am now seventy-two years of age. My system had been all run down. My blood was so bad that blood poisoning had set in. I had several doctors attending me, so finally I went to the hospital, where I was laid up for two months. My foot and ankle were almost beyond recognition. Dark blood flowed out of wounds in many places and I was so disheartened that I thought surely my last chance was slowly leaving me. As the foot did not improve you can readily imagine how I felt. I stood this pain, which was dreadful, for six months, and during this time I was not able to wear a shoe and not able to work. Some one spoke to me about Cuticura. The consequences were I bought a set of the Cuticura Remedies of one of my friends, who was a druggist, and the praise that I gave after the second application is beyond description; it seemed a miracle, for the Cuticura Remedies took effect immediately. I washed the foot with the Cuticura Soap before applying the Ointment, and I took the Resolvent at the same time. After two weeks' treatment my foot was healed completely. People who had seen my foot during my illness and who have seen it since the cure can hardly believe their own eyes. Robert Schoenbauer, Newburgh, N. Y., Aug. 21, 1905."

Tokio has eight hundred public baths, which are used by 300,000 people daily.

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STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT



That in addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience with women's diseases covers twenty-five years. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, and for many years under her direction, and since her decease, her advice has been freely given to sick women.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation:

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the vast volume of experience which she has to draw from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.—Lydia E. Pinkham Medicine Co., Lynn, Mass.

Following we publish two letters from a woman who accepted this invitation. Note the result:

First letter.

Dear Mrs. Pinkham:— "For eight years I have suffered something terrible every month. The pains are excruciating and I can hardly stand them. My doctor says I have a severe female trouble, and I must go through an operation if I want to get well. I do not want to submit to it if I can possibly help it. Please tell me what to do. I hope you can relieve me."—Mrs. Mary Dimmick, 50th and E. Capitol Streets, Washington, D. C.

Second letter.

Dear Mrs. Pinkham:— "After following carefully your advice, and taking Lydia E. Pinkham's Vegetable Compound, I am very anxious to send you my testimonial, that others may know their value and what you have done for me."

There are no fewer than 77 distinct dialects spoken in England.

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

A Graveyard Story.
Hard by the newly made grave of Alfrey Belt is the most curious tomb in England. It is the tomb of Lady Anne Grimston, daughter of the Earl of Thanet, who died nearly two centuries ago, and was buried in this same Twin churchyard. Upon her deathbed she disregarded the efforts of those who sought to administer spiritual comfort. An atheist she had lived, an atheist she would die. "It is as likely that I should rise again from the dead," she said, "as that a tree should grow out of the middle of the middle of her coffin—an oak—and by its side a sycamore. The vault is square, of brick and granite. The two trees first filled the interior before they could find a way out. When they did burst through the masonry they so spread as completely to envelop the grave.—St. James Gazette.

Merely Graceless Upstarts.
Let Americans be duly humble when they compare themselves with the Chinese. There is the best of authority, namely, Sir Chentung Lian Cheng, the minister at Washington of the Celestial empire, for the statement that more than 2,900 years before Jefferson began to teach the principles of true Democracy in the western hemisphere the wise men and the statesmen of China were giving those principles practical application in government. Of course, a people who had a Jefferson 1,500 years before America was discovered are not to be scorned by the infant Democracy of this republic. We are so new, in fact such parvenus in regard to government by the people, that Sir Chentung must consider us graceless upstarts.—Baltimore Sun.

Banana Culture in Mexico.
The Mexican government is seeking to develop the cultivation of bananas in that country. For several years experiments are said to have been successful, and it is intended to start two establishments on the gulf coast in Mexico for the purpose of converting the banana into a flour, and of shipping the product to the United States. As the flour is exceedingly nutritious it is anticipated that there will be no lack of demand for it.

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STORY AND FARM HOME PAPER, always eight pages, occasionally 16 pages, twice a month for only 25c per year. Six months trial free. Address Rural Young People, Milton, Pa. Ads. 5c per line. P. N. U. 37, 1906.

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If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.
Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substitutes. Ask your dealer for W. L. Douglas shoes and insist upon having them.
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