

**PERUNA PRAISED.**



MRS. ESTHER M. MILNER.

Box 321, DeGraff, Ohio.  
Dr. S. B. Hartman, Columbus, Ohio.

I was a terrible sufferer from pelvic weakness and had headaches continuously. I was not able to do my housework for myself and husband.

I wrote you and described my condition as nearly as possible. You recommended Peruna. I took four bottles of it and was completely cured. I think Peruna a wonderful medicine and have recommended it to my friends, with the very best of results.

Esther M. Milner.  
Very few of the great multitude of women who have been relieved of some pelvic disease or weakness by Peruna ever consent to give a testimonial to be read by the public.

There are, however, a few courageous, self-sacrificing women who will for the sake of their suffering sisters allow their names to be published.

Mrs. Milner is one of these. In her gratitude for her restoration to health she is willing that the women of the whole world should know it. A chronic invalid brought back to health is no small matter. Words are inadequate to express complete gratitude.

**Constitution for China.**

China's emperor has announced that it has been decided that the interests of the empire demand the granting of many reforms and eventually a constitution, the latter to be formulated when the people have been sufficiently educated. The question of reforms and of a constitution is being studied by Chinese commissioners who have been visiting Europe and America, and the emperor's announcement is the result of their observations and reports. The granting of a constitution to China may not be very remote. The fact that Japan has been working under one for some years and has achieved most valuable results cannot fail to have a great effect upon her neighbor.

**Dimensions of Sea Waves.**

A recent article by Dr. Vaughan Cornish, in the London Geographical Journal, furnishes some extremely interesting data respecting deep sea waves. From many hundreds of observations made during 40 years by independent observers, he shows that on the average the height of a wave in feet (measured from crest to trough) is in round numbers one-half of the wind's velocity in statute miles per hour. By this rule, which does not express a dynamical law, the height of a wave raised in the deep, open sea by a wind of full hurricane force—i. e., having a velocity of 90 statute miles per hour—would be 45 feet.

**To Save Cotton Waste.**

It is estimated that at least 2,000,000 bales of cotton are lost throughout the South every year because of the frost and scattered cotton left in the field by the pickers. According to a correspondent of the Manufacturers' Record of Baltimore, a machine has been invented which will save nearly all this loss.

**THE WAY OUT**

**Change of Food Brought Success and Happiness.**

An ambitious but delicate girl, after failing to go through school on account of nervousness and hysteria, found in Grape-Nuts the only thing that seemed to build her up and furnish her the peace of health.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School, but soon had to abandon my studies on account of nervous prostration and hysteria.

"My food did not agree with me, I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines.

"This wretched condition continued until I was twenty-five, when I became interested in the letters of those who had cases like mine and who were being cured by eating Grape-Nuts.

"I had little faith but procured a box and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food. I slept and rested better that night and in a few days began to grow stronger.

"I had a new feeling of peace and restfulness. In a few weeks, to my great joy, the headaches and nervousness left me and life became bright and hopeful. I resumed my studies and later taught ten months with ease—of course using Grape-Nuts every day. It is now four years since I began to use Grape-Nuts, I am the mistress of a happy home and the old weakness has never returned." Name given by Postum Co., Battle Creek, Mich.

"There's a reason." Read the little book, "The Road to Wellville," in pkg.

**GARDEN, FARM and CROPS**



**SUGGESTIONS FOR THE UP-TO-DATE AGRICULTURIST**

**Hard-Mouthed Horses.**

Here is something of real practical value to any one driving a horse that pulls on the bit. Fasten a small ring to each side of the bridle and as near the browband as possible. Pass lines through bit-rings and snap them into rings at browband. This, with a common jointed bit, will enable a child to hold a "puller" or hard-mouthed horse with ease under almost all circumstances. It can be used on a fast horse in double team, or on both, as desired. It is cheap and easily applied, and it won't make the mouth sore. It is better than any patent bit.—The Epitomist.

**Rations of Live Stock.**

The desire to have some fixed rules for feeding live stock has introduced many experiments in various ways. If the exact amount of feed necessary for the support of an animal could be estimated, the farmer would be enabled to avoid many mistakes. Long ago the Germans invented a table to be used in the feeding of animals in proportion to the live weight of each. It must be admitted that "system is half the battle," and it is applicable to feeding stock. There is much to be gained by measuring and weighing the feed, and such a system should be practised wherever stock is fed. It is a waste to give it too much and it is an injury to give it too little. Animals have their characteristics in feeding as well as individuals, and are given to loss of appetite, daintiness, and gorging. Some cows, when in full flow of milk, require certain rations, variable in quality, as the regulation of the milk flow is affected thereby. Horses, when performing hard work, as all know, require more nourishing food than when at rest. Judicious farmers, when feeding, by measuring and weighing, adapt not only the quality, by mixture, but also the quantity, according to the purpose subserved by each animal. With all classes of animals, the individuality of each member of a herd or flock must be considered.—The Epitomist.

**Harvesting Potatoes.**

More or less judgment is required in doing any kind of work and the digging of potatoes is no exception to the rule. In the first place, so many should not be dug out at one time that they cannot be handled readily. A good way is to dig during the fore part of each half day, and then gather the tubers before quitting. As soon as dry they should always be picked up and if the weather is reasonably dry the length of time necessary for drying depends almost entirely upon the nature of the soil. If sandy, an hour may be long enough, but if a moist clay it may take several hours. Potatoes, once dug, should certainly not be left out on the ground over night. If they are, the frost has every chance to get at them, and only a little freezing is required to spoil a good many bushels for market. It is poor practice, too, to pick up potatoes without any regard to grading. Two classes, anyway, should be made of them; all those of good marketable size should be gathered first, and the undersized ones left till later. It also pays to have crates or bushel measures in which to pick them up. Easy to distribute about the field these, after being filled, can readily be placed on a wagon and drawn off. Furthermore, they prevent the tubers from being jammed and marred. Thirty or forty of them, or even a less number, may profitably be owned by every farmer who makes a business of raising potatoes and similar crops.—Fred O. Sibley, Milford, N. Y.

**Sifting a Dairy Herd.**

The dairy herds of Illinois have been quite thoroughly looked over by the experiment station workers of that state. Interesting results were obtained from eighteen average herds located in the southern part of the state. Of the 221 cows included, the average production per cow was 5,617 pounds of milk and 227 pounds of butter fat, with an average milk test of 4.63 percent. The best herd averaged 850 pounds, the poorest 142 pounds butter fat per cow. The butter fat produced by the best cow was worth \$119, while that of the poorest was worth only \$19.58, showing an excellent profit for the good cow and much less than nothing to pay her board for the poor cow. It was found that at least one-third of the cows were unprofitable reckoning the food they consumed in market price.

An interesting example was a process of weeding out a herd by the use of the Babcock test. Five cows were taken out, and the average profit of the herd was increased by \$7.62 per head. A study of the feeding system used in that section led to the conclusion that those who fail to provide silage were making a serious mistake, and that they should also use more clover and alfalfa hay, which would replace the expensive, concentrated foods to an extent and reduce the cost of milk production.

Buttermilk may be built up along a vegetable route, a feature which is generally neglected by truck men. These products sell at about half the price of fresh milk. A great deal of

poultry may also be sold if the pedler knows how to dress fowls neatly and thoroughly, so as to make a good appearance and save further work on the part of the cook.

Whatever is grown should be the best of its kind. If obliged to sell second quality stuff, sell it as such and charge a corresponding price. Study your customers and learn their likes and dislikes, then build up a trade that cannot be taken away.—Boston Cultivator.

**Clover Silage.**

The filling of silos with clover is still an unsolved problem. In the latest bulletin of the Michigan Agricultural Station the summary of this question, which for some time there, has been in the experimental stage, was about this: Make the clover into hay, and feed with corn silage as part of the protein ration. The facts as they presented themselves to Director Smith were that making clover silage was slow and expensive work and involved drawing too much water to the silo. Clover is hard to rake up, to load, and to get into the silo, and it is uncertain in the silaging part; so it seems the better way to cure it into hay and feed as the dry part of the ration, except in years where there is a great amount of rain and curing is about impossible.

So far as I know, cattle eat good clover silage with much relish, but the question is this, "Does it pay to draw a crop to the silo that will dry out in the field 65 pounds of water to the 100 pounds?" The director thought not, when he needed some dry hay to go with his corn silage. The real trouble with clover seems to be in its high protein content, causing it to take on a greater heat in the silo than corn, and so it throws off too much moisture and is liable to burn. Some experiments were made where clover was closely pressed into huge casks and headed up air tight, so that no moisture could escape, and excessive heating could not take place, owing to the exclusion of further supplies of oxygen, and the keeping was about perfect. This is a point in which the hen might find profit by filling small barrels with clover and heading it in, for hen silage in the winter.

Some have succeeded well with silaging clover by cutting it, as they do corn, and wetting down with fair additions of water, making the mass decidedly wet, and adding weight to the cover to promote more absolute settling and exclusion of air. All agree upon this: that the clover should be cut when coming into blossom and be got into the silo without wilting, and there be spread uniformly, and the more closely packed the better. I have not answered Mr. D. to do or not to do. It's a matter he must decide upon, and then do some experimental work for himself. Those who seek out new ways and methods are said to be favored by the gods.—Tribune Farmer.

**Farm Notes.**

If there are ticks on the sheep, dip them and the lambs when the shearing is done.

Besides the profitability of growing the better animals, there is always a demand for such stock.

Regulate the amount of grain according to the amount of work done. Do not feed too much grain on idle days. Serious results sometimes follow.

In selecting a setting hen, where there is a choice in the matter, only the tame, less nervous and fidgety ones should be used as brooders and nurses. For farm work the farmer wants good sized horses, yet there are some small horses which will stay with any of them. There is a great deal of difference in the way horses are built.

If you want the horses to do the most work feed them on the proper feed, so that they may develop strength and be able to do the required work. Try some oats instead of so much corn.

Good healthy fowls, properly killed and cooled, ought to keep in any ordinary cool place at a temperature of forty or fifty degrees, for a week at least and be all the better for being kept.

Fifty breeding ducks, if properly cared for, should keep three 220-egg incubators going and turn out between 2000 and 3000 ducklings during the season. This would keep one man quite busy.

In feeding fowls, always keep in view the fact that the excess of food over and above that required for warmth of body and egg production will be converted into fat which will decrease the production of eggs.

Look for brains as well as feet, limbs or body when buying a horse. An animal that is sound in every member but has not a level head is never a pleasant horse and seldom a valuable one.—Horse Breeder.

Eggs will hatch best near the ground. The good old housewife's way is to make a coop of lath, four by four feet, place a box without a bottom in one end of the coop, on the ground. In this the nest is placed. Feed and water the hen in the other end of the coop. This arrangement does not allow the other hens to disturb the nest.

**SHAD BECOMING EXTINCT.**

Commissioner of Fisheries Says Run for Spawning Has Been Wiped Out.

That there is grave danger that the shad will become extinct is pointed out by United States Commissioner of Fisheries George M. Bowers. Explaining how the toothsome fish may follow the way of the bison and the wild pigeon, he says in his annual report:

"Under the conditions which have been becoming more and more pronounced the run of fish for spawning purposes has been practically wiped out in many of the most important streams, and unless the State promptly take some action by which a fair percentage of the shad may reach their spawning grounds, the future for this fish is gloomy."

**The Passing of the Frog.**

Owing to the fact that he has come to be esteemed as an article of diet to no less degree than his European cousin, the American bullfrog (*Rana catesbeiana*) has been hunted so closely that his loud voice is seldom heard on our rivers or the many small lakes adjacent to this city. The edible frog of the south of Europe (*Rana esculenta*) is inferior in size and flavor to our own bullfrog and is raised for the market exactly as American farmers raise chickens or ducks. Canadians have started in the business of frog-raising during the last 10 years in the endeavor to supply the growing market. Ten years ago the Chenango river, even within the limits of Binghamton, was a favorite lurking place for frogs. Noyes's raceway, the small pools in and around the island just above the railroad bridges and the upper reaches of the Chenango river then were never silent during the summer nights. The Susquehanna river for miles in either direction also harbored hosts of large frogs. But today the familiar booming calls of other years hallow boom and small caliber rifle have done their work. —Binghamton Press.

**Barbers in Early Days.**

The origin of the custom of shaving the face is lost in antiquity. The Greeks and Romans had public shaving places in connection with their baths. In the fourteenth century the barber's craft was recognized as a profession, being allied to surgery. The barbers were confined, as to surgery, to the letting of blood and leeching, and extracting of teeth, but the surgeons were prohibited from shaving the face. The barber's sign was a striped pole as far back as 1650 the stripes around the pole being symbols of the bandages used in wrapping the arm or part from which the blood was to be let.—New York Herald.

**Leprosy Increasing.**

Leprosy is increasing in both North and South America. Columbia, where there were only 400 lepers 40 years ago, is said to have 40,000 now, and many find their way into the United States. Such a medical authority as Dr. Ashmead, who was formerly chief medical adviser to the Government of Japan, says the increase is alarming. When leprosy is brought into a new country it takes 50 years for the seeds to take root and it becomes epidemic after some 200 years. It has been shown that mosquitos are active in transferring leprosy bacilli.

**Bricks of Sand and Lime.**

The first factory for making bricks of sand and lime was built in the United States in 1901. Now about 140 plants are in operation in various parts of the country, and their yearly output is about 400,000,000 bricks. It is a striking illustration of the results of scientific use of old and familiar materials, in new combinations or forms.

**Race Track Trick.**

Albert Corman, a London bookmaker, is charged with attempting to obtain money by a trick from Harry Cavanaugh, another bookmaker. He handed Cavanaugh a paper with instructions to back certain horses for forthcoming races, and by means of chemical ink the original inscription vanished and another appeared, backing horses for races already won.

**Practical Evidence of Ruin.**

A few years ago Russia was annually exporting more than \$200,000,000 worth of grain. Now she is importing indication of the ruin which the revolutionary disturbances have brought upon her.—New York Tribune.

**THE GREAT AMERICAN HEN.**

Someone has figured that the American hen each year earns enough to buy all the silver and gold dug out of the mines, all the sheep in the country and their wool, and leave a balance equal to the entire year's crop of rye, barley, buckwheat and potatoes. Or, as a hen enthusiast writes, "she pays the interest on all the farm mortgages, pays the entire state and country taxes of the whole Union, and then leaves a balance large enough to give every man, woman and child in the United States a dollar." —Farming Magazine.

**Stations Away from Town.**

It is a peculiarity of Russian railways that their stations are generally two miles distant from the smaller towns and villages which they serve. This is said to be on account of the danger of fire, the houses in small places generally being thatched with straw.

**MOVEMENTS OF ELECTRICITY.**

Tests made in London show that the electrical traction lines of that city set in motion earth currents of electricity which can be distinctly recorded by delicate instruments in the Kew observatory, six miles distant from the lines of the electric railroads. The marl made upon a sensitive surface are so plain that they form a virtual time table of the electric traction lines.

**Tired, Nervous Mothers**

Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.



Mrs. Chester Curry Mrs. Chas. F. Brown

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly.

The ill of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous dependency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the female organism.

Do you experience fits of depression with restless sleep, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the abdominal region, and between the shoulders; rearing-down pains; nervous dyspepsia and almost continually cross and snappy?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women can testify to this fact.

**The Coming Bath.**

"The bath of the next century," says T. Baron Russell in his book, "A Hundred Years Hence," "will have the body speedily with oxygenated water delivered with a force that will render rubbing unnecessary, and beside it will stand the drying cupboard, lined with some quickly moving arrangement of soft brushes, and fed with a highly deaerated air, from which, almost in a moment, the bath will emerge dried, and with a skin gently stimulated, and perhaps electrified, to clothe himself quickly and pass down the lift to the accompaniment of a summary of the morning's news read out for the benefit of the family, or whispered into his ears by a talking machine."

The tonnage of Japanese vessels at the Chinese port of Hongkong has doubled since 1898.

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

**New Light on the Race Problem.**

Robert Bennett Bean, M. D., believes that scientific investigation has proved an absolute and structural difference in the brain of the white man and the negro, a difference which must be considered in any rational adjustment of the relations between the two races. He has prepared for the September Century the first full authoritative discussion, adequately illustrated, of the matter to be published, a discussion which cannot fail to throw interesting and valuable light upon the race problem in America and other countries.

**BABY'S TORTURING HUMOR.**

Ears Looked as if They Would Drop Off

"I feel it my duty to parents of other poor suffering babies to tell you what Cuticura has done for my little daughter. She broke out all over her body with a humor, and we used everything recommended, but without results. I called in three doctors. They all claimed they could help her, but she continued to grow worse. Her body was a mass of sores, and her little face was being eaten away; her ears looked as if they would drop off. Neighbors advised me to get Cuticura Soap and Ointment, and before I had used half of the cake of Soap and box of Ointment the sores had all healed, and my little one's face and body were as clear as a new-born babe's. I would not be without it again if it cost five dollars, instead of seventy-five cents. Mrs. George J. Steese, 701 Coburn St., Akron, Ohio."

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There is no satisfaction keener than being dry and comfortable when out in the hardest storm.

**YOU ARE SURE OF THIS IF YOU WEAR TOWERS FISH BRAND WATERPROOF OILED CLOTHING BLACK OR YELLOW On sale everywhere.**

**W. L. DOUGLAS \$3.50 & \$3.00 Shoes**

BEST IN THE WORLD

W.L. Douglas's \$4 Gilt Edge line cannot be equalled at any price

To Shoe Dealers: W. L. Douglas's "Jobbing" Prices are the most complete in this country for your business.

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Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Dye and Mix Colors. MORGAN DRUG CO., Unionville, Missouri

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Prospect for Minerals Drill Test and Blast Holes.

We make **DRILLING MACHINES** For Horse, Steam or Gasoline Power. Latest Traction Machine. **LOOMIS MACHINE CO.** TIFFIN, OHIO.

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