

WHAT IS PE-RU-NA?

Is it a Catarrh Remedy, or a Tonic, or is it Both?

Some people call Peruna a great tonic. Others refer to Peruna as a great catarrh remedy.

Which of these people are right? Is it more proper to call Peruna a catarrh remedy than to call it a tonic?

Our reply is, that Peruna is both a tonic and a catarrh remedy. Indeed, there can be no effectual catarrh remedy that is not also a tonic.

In order to thoroughly relieve any case of catarrh, a remedy must not only have a specific action on the mucous membranes affected by the catarrh, but it must have a general tonic action on the nervous system.

Catarrh, even in persons who are otherwise strong, is a weakened condition of some mucous membrane. There must be something to strengthen the circulation, to give tone to the arteries, and to raise the vital forces.

Perhaps no vegetable remedy in the world has attracted so much attention from medical writers as HYDRATIS CANADENSIS. The wonderful efficacy of this herb has been recognized many years, and is growing in its hold upon the medical profession. When joined with CUBEBS and COPAIBA a trio of medical agents is formed in Peruna which constitutes a specific remedy for catarrh that in the present state of medical progress cannot be improved upon. This action, reinforced by such renowned tonics as COLLINSONIA CANADENSIS, CORDYLIS FORMOSA and CEDRON SEED, ought to make this compound an ideal remedy for catarrh in all its stages and locations in the body.

From a theoretical standpoint, therefore, Peruna is beyond criticism. The use of Peruna, confirms this opinion. Numberless testimonials from every quarter of the earth furnish ample evidence that this judgment is not over enthusiastic. When practical experience confirms a well-grounded theory the result is a truth that cannot be shaken.

The Making of Good Husbands. The Portuguese say no man will make a good husband who doesn't eat a good breakfast.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. H. R. Kline, L. A. 981 Arch St., Phila., Pa.

Over 600 women are employed by the Russian secret service, and several of them get salaries of more than \$10,000 a year.

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

Cause for Thanks. An old lady and gentleman were taking their first trip on the steam cars. She held her breath while crossing the trestle, and then turning to her husband, exclaimed in a high voice, "Thank heaven, Ezra, we have it."

BABY WASTED TO SKELETON.

In Torments With Terrible Sores on Face and Body—Tore at Flesh—Cured by Cuticura.

"My little son, when about a year and a half old, began to have sores come out on his face. They began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton and was hardly able to walk. I sent to the drug store and got a cake of Cuticura Soap and a box of Cuticura Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since, and I can sincerely say that only for the Cuticura Remedies my precious child would have died from those terrible sores. I used only one cake of Soap and about three boxes of Ointment. Mrs. Egbert Sheldon, R. F. D., No. 1, Woodville, Conn., April 22, 1905."

Colliers as Army Scouts.

This year's army maneuvers in Italy are signalized by the introduction of the dog as an element in tactics. A small group of scouting and messenger dogs are attached by way of experiment to the first army corps, and if the results are deemed sufficiently good, dogs are likely to be largely used by the intelligence department. It is worth noting, too, that the dogs selected as pioneers in this work are Scottish collies.

Beware of Ointments For Catarrh That Contain Mercury, as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists; price, 75c. per bottle. Take Hall's Family Pills for constipation.

Rural Occupations.

In rural occupation there is nothing mean and debasing. It leads a man forth among scenes of natural grandeur and beauty; it leaves him to the workings of his own mind, operated by the purest and most elevating of external influences. Such a man may be simple and rough, but he cannot be vulgar.—Irving.

Undrawn Cold Storage Poultry.

The department of Agriculture at Washington, D. C., has noted the results of a Chicago cold storage investigation on the effects of storing undrawn chickens. "Bacteria normally inhabiting the intestinal tract," it is stated, "are not destroyed by cold storage, neither are the eggs of the blowfly. These bacteria and maggots develop during the rise of temperature that takes place after removal from cold storage before they are killed by heat. The bacteria pass through the walls of the intestines into the peritoneal cavity and liver, while the poisons formed by the bacteria are yet more penetrating and pass deeper into the muscles. These products of bacteria, called ptomaines, are poisonous. They are not destroyed by heat. In large amounts this ptomaine poison results in death. For it there is no known antidote." It is also stated that when chickens are kept for a long period undrawn,

ORCHARD and GARDEN

Wet Feed or Dry?

If I feed my cows ground feed of any kind, should it be fed wet or dry? Which will produce the larger quantity of milk? George W. Rapp. In general it will make very little difference whether ground feed is fed wet or dry. In the absence of any succulent food, as roots or ensilage, it may be of advantage to moisten the grain, and there are certain dry foods like malt sprouts that are made distinctly more palatable by being moistened, which is also an advantage.—Country Gentleman.

Grading Up Fowls.

The grading up of our common stock of fowls is a matter that should receive more consideration than it usually gets. Even in instances where attempts have been made to accomplish this object failure has often resulted by reason of wrong ideas entertained by the breeder. If you are to grade up your flock you must use pure bred males of one breed only. Little or no progress can be made by using pure bred males of more than one breed in the same flock. Mixing of breeds means rapid degeneration. A scrub is a typical mixed bred animal whether it be bird or beast. Grade up your flock if you will, but choose the breed you prefer, and use males of that breed only.—Farmers Home Journal.

Proportion of the Sexes.

The United States Animal Industry Bureau people have been collecting information regarding the relative proportions of the two sexes of pigs at birth. Reports were received from 82 breeders located in 25 states. Eight breeds were represented: Berkshire, Chester White, Duroc Jersey, Hampshire, Large Yorkshire, Ohio Improved Chester, Poland China, and Tamworth. The number of sows whose litters were reported was 1477. The number of boar pigs was 6660; sows, 6625; total 13,285. The average pig per sow was: Boars, 4.51; sows, 4.48; total, 8.99. In 49 cases second litters during the year were reported for the same sows which somewhat raises the average per sow. The sexes may be regarded as equal in number at birth. The proportion was 1005 boars to 1000 sows.

Cost of Spraying.

In a paper read before the Colorado State Horticultural society by W. S. Haswell he gave the cost and results of spraying in 1906. When 1-2 to 2-3 of the petals had fallen and bees had stopped working he made his first spraying, using a double, course Vermorel nozzle, turned so as to force the spray into the calyx. He drenched every tree thoroughly, intending to cover every blossom and every leaf. The second spraying was applied 10 days later using a finer nozzle. Thirty days later the third spraying was commenced, using a fine nozzle, with care to cover each apple with a fine mist. He considers the first spraying the most important. If the first brood of codling moth is mostly poisoned but few should appear in August. He used 400 pounds of arsenate of lead, at a cost for material of \$53, on 100 trees; 98 percent of his apples were free from worms.

Protection Against Borers.

It is admitted that the only treatment for apple and peach borers consists of some protective measure. The adult female insect must be kept away from the trunk of the trees at or near the ground. Scores of remedies have been suggested; many are injurious, useless, unsightly or expensive. The apple specialist suggests a preventive that has the merit of cheapness both in cost of material and application. It is worthy of trial: "Mix cement with milk and apply with stiff brush. Mix only a small quantity at a time, as it may 'set.' Apply in a somewhat thin condition and make a second application." Remove the earth from around the trunk a few inches below the surface and apply the mixture, say six inches below the surface and a foot above. Of course any borers in the trunk should be first dug out or punched with wire before the mixture is applied.—Country Gentleman.

Plowing in a Ship's Hold.

A common, everyday farm plow was used in unloading the cargo of the Ammon at San Francisco. The entire hold was filled with 1500 tons of nitre, which had frozen into one solid mass and very hard. Explosives could not be used, and picks and shovels were too slow. As a joke a bystander suggested they better use a plow. The captain, however, decided to try the plan, and bought a good-sized plow, and by means of block and tackle and steam winch pulled it back and forth the length of the hold. The plow loosened the nitre as fast as a big gang could shove it into the steel buckets. This is probably the only instance on record where a ship's cargo was discharged in this way.—Popular Mechanics.

It is estimated that 21,000,000 acres are available for rice growing in Louisiana and Texas and the value of such a crop would be \$400,000,000. This would make the rice crop fifth in point of value among the cereals of this country.

the fluid portion of the intestinal contents may pass into the adjacent flesh to the injury of the quality of the product. With freshly killed poultry the matter is very largely a question of the purchase of something which is valueless.

Subdue the Brush.

We have got to subdue the brush or the brush and trees will subdue us. They march on us so still and silently that we hardly notice them at all until they get such a hold that it is next to impossible to get rid of them. Many farmers in mowing their fields leave a few bushes under the walls and fences, as they do not want to get them mixed in the hay, and so they leave a few more every year, and we often see large smooth meadows with a rim of brush a rod wide clear around the field.

I have always found the best way to get rid of the brush and weeds was to cut them every year when we mow the grass, and rake them up close to the wall, and when dry burn them up clean, and in doing this you are not only getting rid of the brush, but lots of woodchucks and rabbits, and it makes the farm look so much nicer that we feel more than paid for all our trouble.—J. A. Saunders in the American Cultivator.

Notes of the Farm.

Don't put a calf in a pen by itself; animals suffer from loneliness.

Brood sows should have two pens—one for feeding and one for sleeping.

There is profit in sheep, and too few of them are being raised by the farmers of the United States.

If the cover is left off the milk can, a piece of cloth or mosquito netting should be used to keep out insects.

Keep the calves growing. If stunted the first year there is a loss that never can be regained. Any animal that is worth raising is worth raising well.

Breaking the heifer to her dairy duties should begin almost with her birth, by accustoming her to obedience, confidence and kindly handling.

It requires twenty-five to thirty bushels of corn per acre to pay the cost of production and a fair rate of interest on the land. A smaller crop than that is produced at a loss. All over that is profit.

Corn is a mighty good grain to feed hogs when fattening time comes along. But corn, without clover and middlings, will not make profitable hogs. Make the green stuffs do their best in making cheap pork.

Planning the farm work a week ahead will save time and keep things moving without a hitch. Keep all work in your own hands. Know what you want your men to do, and if necessary jump in and show them how to do it.

FIRE-KILLED TIMBER.

Value of Wood That Has Been Through Flames.

The traveler who has wondered why some use is not made of the timber that has been fire-killed all over the country will be interested to learn that the United States Forest Service at the University of Washington, Seattle, has discovered a means of utilizing this timber, which in the past has largely gone to waste.

In testing fire-killed timber—that is, timber which had its bark destroyed by a fire not severe enough to entirely consume the tree, and which left it standing—it was found to be thoroughly sound, and to all intents and purposes, thoroughly seasoned lumber. If such lumber is cut within the first year after it is injured it can be used for any purpose for which the original wood is satisfactory, but if allowed to stand the timber checked so badly that it cannot be worked up to advantage.

It has also been disclosed by investigations undertaken that good railroad ties have been made from timber that in some instances was killed 50 years ago.—Philadelphia Record.

Consolation.

A fond mother received an unexpected jolt from her 5-year-old son one day last week. The little fellow, an unusually spunky boy for his age, came home crying at the top of his lungs. His mother rushed to him, and after soothing him for a while, drew from him the story of his trouble. He had been bullied and beaten by another boy several years his senior, who had several times before sent the lad home crying. "The brute," his mother exclaimed, "I'll attend to him. I'll go right down to see his mother this instant. The big bully! The idea of his hitting a little fellow like you! I'll teach him a lesson." She was fairly beside herself now, but the boy had recovered himself and had stopped crying. His face brightened suddenly and he said, "Never mind, mudder. I know a little fellow down the street that I can lick."—Philadelphia Record.

THE PRUNE.

O prune, abused and much maligned, But of the fabled fruit. The furnace of the funny man Finds you its choicest fuel. The poor of you might chew away, But not the proud and wealthy. But, ah, the tables now are turned, For you, it seems, are healthy.

Within the lowly boarding house The unresisting boarder Who paid as promptly as he could Might get you with each order, And as the lady of the house, A sort of female Nero, Locked on while he consumed the dish He felt he was a hero.

No longer, prune, are you despised, Athletic, sport and scholar Will pass up pine, preserves and cake And for the prune dish holder, The man who would be well and strong And have his brain the clearest Will say when he sits down to eat, "Please pass the prunes, my dearest."

It seems too bad and quite a shame That we have chewed protesting, At prunes so long and never knew Their beauty in digesting. We might have guessed that they were good.

When trying to ignore them, Because, as we remember now, We never hankered for them. —Nashville American.



FUNNY FELLOWS' COLUMN
"LAUGH AND THE WORLD LAUGHS WITH YOU"

"What a very thin voice that girl has!" "Thin! Why, it's so thin she ought to sing all her music in a skeleton key."—Baltimore American.

Mrs. White (sympathetically)—"So your husband is in trouble again, Maud?" Mrs. Black (cheerily)—"No'm; he's out o' trouble dess now—de secoun' rel's in jail."—Puck.

Tom—"It was a case of love at first sight with me." Jack—"Then why didn't you marry her?" Tom—"Oh, I saw her again on several occasions."—Chicago Daily News.

"Who's that a-hollerin' down yonder in the branch?" "That's the prodigal son. The old man's a-whallin' thunder out of him for runnin' away!"—Atlanta Constitution.

"Don't I give you all the money you need?" her husband complained. "Yes," she replied, "but you told me before we were married that you would give me all I wanted."—Chicago Record-Herald.

"Ethelbert Murphy, do you think it's quite right for your little brother to go in bathing on Sunday? Don't you think he might have waited till tomorrow?" "What'd 'a bin de use? He'd 'a needed it wise."—Judge.

"This living in furnished rooms," said Mrs. Popley, "is hard on the children." "Very likely," replied Popley, who was trying to remove some ink stains from the red plush sofa, "but the children are also hard on furnished rooms."—Philadelphia Press.

"I suppose you ran for office because you wanted to serve your country?" "Young man," answered Senator Sorghum, "I never go out of my way to contradict anybody. As a candid man I can only say that in such a case you are entitled to your own supposition."—Washington Star.

"Do you think that horrid story about Beatrice is true?" "It must be. I heard it from her dearest friend."—Life.

Hoax—"All the members of my family have expressed a wish to be cremated." Joax—"Ah! you have relatives to burn, eh?"—Philadelphia Record.

Kindly old gent (to the newsboy with big bundle)—"Don't all those papers make you tired, my boy?" Little boy—"No, I doesn't read 'em, sur."—Punch.

"What," queried the very young man, "is the difference between white lies and black lies?" "White lies," answered the home-grown philosopher, "are the kind we tell; black lies are the kind we hear."—Chicago Daily News.

Farmer Trellis—"Turble crime in New York. Man found dead, an' no one knows who killed him." Mrs. Trellis—"Goodness, Joel, where was the 'police'?" Farmer Trellis—"Paper says the police are all at sea; whether they're helping the navy out, or gone on a picnic, it don't state. Police never ought to go to sea all to once that way."—Puck.

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An Experienced Widow.

Widow (23), thoroughly used to the trade; capable taking ch. gr. good cook, careful housekeeper disengaged. Good refs. Address, etc.—London Daily Telegraph.

BACKACHE AND DESPONDENCY

Are both symptoms of organic derangement and nature's warning to women of a trouble which will sooner or later declare itself.

How often do we hear women say, "It seems as though my back would break." Yet they continue to drag along and suffer with aches in the small of the back, pain low down in the side, dragging sensations, nervousness and no ambition.

They do not realize that the back is the main-spring of woman's organization and quickly indicates by aching a diseased condition of the feminine organs or kidneys, and that aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound

made from native roots and herbs has been for many years the most successful remedy in such cases. No other medicine has such a record of cures of feminine ills.

Miss Lena Nagel, of 117 Morgan St., Buffalo, N. Y., writes:—"I was completely worn out and on the verge of nervous prostration. My back ached all the time. I had dreadful periods of pain, was subject to fits of crying and extreme nervousness, and was always weak and tired. Lydia E. Pinkham's Vegetable Compound completely cured me."

Lydia E. Pinkham's Vegetable Compound cures Female Complaints, such as Backache, Falling and Displacements, and all Organic Diseases. Dissolves and expels Tumors at an early stage. It strengthens and tones the Stomach. Cures Headache and Indigestion and invigorates the whole feminine system.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass. Her advice is free.



MISS LENA NAGEL

W. L. DOUGLAS

\$3.00 & \$3.50 SHOES BEST IN THE WORLD

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

\$25,000 Reward To anyone who can prove W. L. Douglas does not make a sell more men's \$3 & \$3.50 shoes than any other manufacturer.

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other makes because of their excellent style, easy-fitting, and superior wearing qualities.

The selection of the leathers and other materials for each part of the shoe and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and who a workman cannot excel.

If I could take you to 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.

My \$4.00 and \$5.00 GILT EDGE SHOES cannot be equaled at any price.

CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.



W. L. DOUGLAS

The Lincoln Centennial.

The centennial of the birth of Abraham Lincoln is less than a year and a half away. The date is February 12, 1909. The Grand Army of the Republic, at its recent national encampment, recognized the approach of this interesting anniversary by the appointment of a committee to prepare plans for a suitable celebration. With the work if that committee all Americans must be in sympathy. The men who fought while Lincoln was in the White House has given well be country-wide. Kentucky, and Illinois, from which State he was chosen to the Presidency, should perhaps take the lead, but there is no reason why any State or city or community, North, South, East or West, should not promptly fall into line. The anniversary celebration in the true Lincoln spirit, might be the occasion of a real revival of patriotism.—Columbus Dispatch.

Unconventional Ways.

A certain English preacher, according to a dispatch in a London newspaper, believes in unconventional ways. One must do so, he says, to reach the people in religion. So he appeared on the stage of the Crown theater, at Peckham, England, arrayed in the full panoply of a knight errant of the time of the Crusades, surcoat of chain mail, hauberk, greaves, armored gauntlets, sword and helmet, and preached from Ephesians 6: 11: "Put on the whole armor of God, that ye may be able to stand against the wiles of the devil."

EASY FOOD

Ready For Instant Use Without Cooking.

Almost everyone likes a cereal food of some kind at breakfast and supper, but the ordinary way of cooking cereals results in a pasty mass that is hard to digest, and if not properly digested, the raw mass goes down into the intestinal tract where gas is generated and trouble follows. Everyone knows that good food properly digested keeps the body well, while poor food, or even food of good quality that is poorly prepared and not digested, is sure to bring on some kind of disease.

The easiest food to digest in this line is Grape-Nuts, made from wheat and barley, and cooked thoroughly at the factory, some 12 to 16 hours being consumed in the different processes of preparation. The food, therefore, is ready for instant service and the starch has been changed to a form of Sugar, so that it is predigested and ready for almost immediate absorption.

A Chicago young lady writes that she suffered for years from indigestion and dyspepsia from the use of food that was not suitable to her powers of digestion. She says: "I began using Grape-Nuts, and I confess to having had a prejudice at first, and was repeatedly urged before I finally decided to try the food, but I have not known what indigestion is since using it, and have never been stronger or in better health. I have increased in weight from 109 to 124 pounds."

People can be well, practically without cost, if they will adopt scientific food and leave off the indigestible sort. "There's a Reason."

Grape-Nuts Food is crisp and delicious to the taste. It should be served exactly as it comes from the package, without cooking, except in cases where it is made up into puddings and other desserts.—Book of delicious recipes, and "The Road to Wellville," in pkgs.

Forks First Mentioned.

The earliest mention of forks was in "Cruddites," a singular book of travels by Coryates, published in 1611. "The Italians, and most strangers that are cormorant in Italy, do always, at their meals, use a little fork when they cut their meat." Queen Elizabeth was the first English sovereign to use one, and her court condemned the fad as a silly affectation.

TEN YEARS OF PAIN.

Unable to Do Even Housework Because of Kidney Troubles.

Mrs. Margaret Emmerich, of Clinton St., Napoleon, O., says: "For fifteen years I was a great sufferer from kidney troubles. My back pained me terribly. Every turn or move caused sharp, shooting pains. My eyesight was poor, dark spots appeared before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney secretions were irregular, and doctors were not helping me. Doan's Kidney Pills brought me quick relief, and finally cured me. They saved my life."



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

Preventing Dusty Roads.

Consul T. H. Norton, writing from Chemnitz, says that a Saxon firm has introduced a new road-binding composition called "Apokonin," which has been tried on the macadamized streets with much success. It is a mixture of the heavier residual oils obtained in the distillation of coal tar with high boiling hydrocarbons. The method of mixing apparently involves a certain degree of chemical combination, in which phenol and similar constituents play a role. The manufactured material is prepared for use by heating in iron cauldrons, identical with those used for asphalt, to temperatures ranging from 212 degrees to 248 degrees F. It is then sprayed evenly over the surface of a roadway with a special form of apparatus, and under such big pressure that the fluid mass penetrates to a certain distance into the upper layer of dust or dirt. The result is the formation of a compact lustrous black coating, which meets the demands of heavy traffic and is not disintegrated into dust particles. There is a total absence of odor after the application.

Victims of Opium.

Dr. Jeanselme, one of the professors at the Paris Faculty of Medicine, states that the opium habit is much more common among French navy officers than is generally supposed, and he thinks it quite possible that the prevalence of this curse may explain the numerous disasters which have overtaken the French navy of late. Dr. Jeanselme sets the number of opium smokers in the colonial infantry regiments at 15 per cent, in the foreign legion at 20 per cent and among Europeans in native regiments at 25 per cent. He says that opium dens abound at Toulon, Brest, Lorient, Rochefort, Cherbourg and Paris.

New Market for Motors.

Consul F. S. Johnson of Bergen, Norway, reports that a new market for motor boats, as well as engines, can be secured by American manufacturers in Finland and Iceland. English manufacturers are now trying to capture the trade in motors of these two countries.

Thompson's Eye Water