

A TEMPERANCE WORKER.

Says Peruna is a Valuable Nerve and Blood Remedy.



MISS BESSIE FARRELL.

MISS BESSIE FARRELL, 1011 Third Ave., Brooklyn, N. Y., is President of the Young People's Christian Temperance Association. She writes:

"Peruna is certainly a valuable nerve and blood remedy, calculated to build up the broken-down health of worn-out women. I have found by personal experience that it acts as a wonderful restorer of lost strength, assisting the stomach to assimilate and digest the food, and building up worn-out tissues. In my work I have had occasion to recommend it freely, especially to women."

"I know of nothing which is better to build up the strength of a young mother, in fact all the ailments peculiar to women, so I am pleased to give it my hearty endorsement."

Dr. Hartman has prescribed Peruna for many thousand women, and he never fails to receive a multitude of letters like the above, thanking him for the wonderful benefits received.

Man-a-lin the Ideal Laxative.

Her second Mate. What nautical term applies when a man marries a widow? He is her second mate, of course.

Piles Cured in 6 to 14 Days. Pazo Ointment is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

When a girl begins to help a young man save money, it's time for him to fish or cut bait.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists.

Wickedness of Vivisection. The several conditions preceding, during or following any experiment must result in pain or agony. Animals are very intelligent and have an almost human comprehension as to what is about to happen. So much so is this the case that in many well-known and recorded instances on the continent they have died of sheer terror ere any experiment could be made upon them. Their condition in advance must be one of agonizing apprehension. Securing them in the merciful apparatus invented for holding them motionless is another cruelty. That done, the cutting or dissecting, frequently without any anesthetic, constitutes living torture, lasting for hours and frequently for days together. The truly pathetic scenes in a vivisectionary are heartrending. The animals all but speak and plead with their tormentors. The whole is wantonly cruel and a lasting reproach to mankind.—New York Herald.



After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. Sallie French, of Paucanla, Ind. Ter., writes to Mrs. Pinkham: "I had female troubles for seven years—was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.

Thompson's Eye Water



Take Care of the Stock.

Cattle, hogs, and colts are liable to get lice during the winter. If such should be the case, wash or spray with zenoleum or some other coal tar preparation for the purpose, using one part zenoleum to twenty-five to forty parts water. See that the horses and mules are kept in good condition. They will soon commence the hard work of land-breaking and should be in good condition for it. A large handful of cottonseed meal with the corn or oats will be helpful to them. Try it.—Progressive Farmer.

Feeding Hogs.

It is difficult to convince farmers that more money can be made from a hog fed on a variety of food, having a fair proportion of lean meat, than a large and excessively fat one. A hog weighing 150 pounds and selling for seven cents a pound will bring \$10.50, while a 200 pound hog will seldom bring more than five cents per pound, or \$10. Of course much depends on the quality of the small hog, but the saving is in the cost, as the smaller hog can be produced on less food and labor and also gotten into market sooner.—Epitomist.

Economy in Hauling.

When hauling a load it is better to have the horses draw as much as they can, making the road the maximum in weight as the horses have traveled the distance whether the load is small or large and it is the time lost in traveling that makes hauling expensive. If the roads are good, heavy loads can be carried. If not, then two trips must be made and smaller loads carried. Let any farmer estimate how much he loses as the difference in large and small loads and loss of time in the mud and he will make less objection to road tax in future.—Epitomist.

How to Milk a Cow.

Several years ago, the Wisconsin Farmers' Institute issued a bulletin on dairying in which was given some practical suggestions in the management of milk cows by the ordinary farmer who does not make a specialty of dairying. Following is the substance of the bulletin which even professional dairymen will recognize as important for the attainment of the best results.

Cows should always be confined in the stable to be milked. To get clean milk the stable should be kept clean at all times, the walls and posts should be often whitewashed and land plaster should be used as an absorbent.

Before commencing to milk, brush all loose dirt from the sides and udder of the cow. After a little manipulation of the teats and udder the milk is ready to "come down" and should be taken without delay. Milk as rapidly as possible without irritating or worrying the cow. No definite rule can be given as to how the teats should be handled in milking, as both cows and hands differ so much; but the milker should strive to please the cow, which a careful, observant person can easily do. There should always be a friendly feeling between the cow and the milker, and milkers should not be changed if it can be avoided. A cow will not give down her milk to a person she hates or is afraid of and what she does give will be deficient in butter fat.

Always milk a cow in the same manner, advises the Agricultural Epitomist, at about the same time and speed. Any change will irritate and tend to excite her. Always milk in the same order and at the same time of day. When it comes a cow's turn to be milked, she knows it, expects it and wants to be milked. If you disappoint her and milk half an hour later the chances are that you will get less and poorer milk than if you had milked at the proper time. Always milk the cow dry before leaving her, but do not continue stripping after the milk is all drawn. If at each milking, part of the milk is left in the udder, nature will stop providing it, because it is not taken. The last milk drawn from the cow is much richer than the first. The last quart usually contains more than three times as much butter fat as the first.

Farm Notes.

It is not a bad idea to let horses know that a whip is on hand, but its frequent use is undesirable.

We hear a deal about horses having this or that saddle gait, while for ordinary purposes a fast walk has more value.

Horses should be taught to move off promptly when told to do it, and should work with their companions when forming part of a team.

Musty or dusty hay is undesirable always; and if a horse has the heaves, it should be sprinkled enough to lay the dust. It would be better still to feed better hay.

A good driver is worth as much as a good horse when it comes to pulling a load, and a good driver is one who keeps his horses under control and does not worry them by jerking on the lines.

A driver should have the confidence of his team. When he does, the work stock will pull every time they are told to do it. Fool drivers are often the cause of balky horses; and when the balky habit is once formed, it takes a good driver and patience to overcome it.

A few years ago we were told that the bicycle and the electric car would reduce the price of horses, but it was wrong. Later we have been told that the automobile would reduce their price, but none of us have been able to notice the reduction. Good horses will always be in demand.—From "Horse Talk" in the Progressive Farmer.

A Vegetarian Girl.

"Is she the kind of girl who would eat her heart out?" "Not at all; she's a vegetarian."—Harper's Weekly.

HER GOOD FORTUNE

After Years Spent in Vain Effort.

Mrs. Mary E. H. Rouse, of Cambridge, N. Y., says: "Five years ago I had a bad fall and it affected my kidneys. Severe pains in my back and hips became constant, and sharp twinges followed any exertion. The kidney secretions were badly disordered. I lost flesh and grew too weak to work. Though constantly using medicine I despaired of being cured until I began taking Doan's Kidney Pills. Then relief came quickly, and in a short time I was completely cured. I am now in excellent health."

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

Loyal to the Constitution.

When the supreme court of Arkansas decides that Arkansas has no power to stop interstate trains going to or from Missouri and Texas at way stations it keeps the flag over the Constitution in Arkansas, without waiting for the co-operation or consent of any one in Washington.—St. Louis Republic.

Brown's Bronchial Troches

Have a world-wide reputation for curing coughs, sore throats and relieving bronchitis and asthma.

Present Absentee.

The professor in one of our universities was noted for being absent-minded. It was his custom to call the roll each morning before the lecture. One morning after calling a name to which there was no response, he looked up, and peering over his spectacles, asked sharply: "Who is the absent boy in the vacant chair I see before me?"—Pick-Me-Up.

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. F. J. CHENEY & Co., Prop., Toledo, O. Sold by druggists, price, 75c. Take Hall's Family Pills for constipation.

A Mild Remonstrance.

He was a kindly old clergyman, and he hated to have to suspect the honesty of anyone. But at last it was impossible to ignore the quality of the milk, and he approached the milkman very nervously. "I merely wish to remark," said the good man, in his kindest, mildest manner, "that I require milk for dietary purposes, and not for use at christenings."—Detroit News-Tribune.

Hog Cholera.

The greatest drawback to the hog industry which breeders in this country have to contend with is what is known as "hog cholera" and "swine plague."

Hog cholera is a highly contagious disease and unless checked is liable to carry off a great number of hogs in a very short time.

Mr. A. P. Williams of Burnetts Creek, Ind., tells of an experience which he had with some hogs that had the cholera. "Five years ago," says Mr. Williams, "I was in the employ of Mr. J. D. Richardson, Lafayette, Ind., as his barn foreman. Some fine hogs that I was feeding took the cholera. I gave them Sloan's Liniment and did not lose a hog. Some were so bad they would not drink sweet milk and I was compelled to dress them. I have tried it at every opportunity since and always find it O. K."

Write for Dr. Sloan's free book on the treatment of Horses, Cattle, Hogs and Poultry. Address: Dr. Earl S. Sloan, 615 Albany street, Boston, Mass.

They Don't.

A little southern girl was sent to a boarding school in New York. When taken for a walk she seemed to be much interested in watching automobiles. After a while she pointed to the extra tires on the passing machines and timidly inquired: "Why do they carry tire preservers?"—Argonaut.

Reduced Colonist Rates.

One-way tickets at special low rates on sale daily throughout March and April, from all points on the North Western Line to San Francisco, Los Angeles, Portland and Puget Sound points.

Daily and Personally conducted tours in tourist sleeping cars via the Chicago, Union Pacific & North Western Line. Double berth only \$7.00, through from Chicago. For full particulars write S. A. Hutchinson, Manager Tourist Dept., 213 Clark St., Chicago, Ill., or address nearest ticket agent.

A Slip at Mother.

Dinner was done and the family was assembled in the sitting room. Mother had taken up the evening paper and was reading an account of how a highwayman had been operating in the suburbs. Father was down on his hands and knees trying to act like a horse while little Willie drove him around the floor.

"Papa," finally remarked the good lady, glancing toward her husband, "here is a story about another man who was waylaid. Do these hold-ups always stop you with a pistol and then go through your clothes?" "Oh, no," gruffly replied father, arising from the floor. "Sometimes they wait until you hang your clothes over the back of a chair and go to sleep."—Philadelphia Bulletin.

An Absent-Minded Man.

"We have the prize absent-minded man right here in our town," said John J. Kenney, secretary of the Germantown Business Men's Association. "On Monday the wife of this man took him to task for his absolute helplessness when it came to remembering things, and he promised to do better. Less than an hour afterward he started from his home, on East Shelton avenue, in possession of a number of New Year cards, which she wished dropped in the Germantown postoffice, and in order not to forget he carried them in his hand through the streets. As he reached the letter slot on the outside of the postoffice a friend tapped him on the shoulder, requesting the time of day. He drew his watch from his pocket, answered the question, dropped the watch through the slot and started to walk away with the New Year postal cards still tightly held in his other hand. The friend knew of his peculiarity and hastened after him. When the watch had been secured the absent-minded man went on, and it was not until late that night that his wife discovered the postal cards he had promised to mail reposing in his overcoat pocket."—Philadelphia Record.

She Was Troubled.

Mary Ann had gone with her mother to spend the day at her grandmother's, and while there the little girl's mother had talked with Uncle Charles on the telephone. For the remainder of the visit Mary Ann wore a troubled look and when they were leaving the child pointed to the phone box and said: "Mamma, won't you please let Uncle Charles out of that box?"

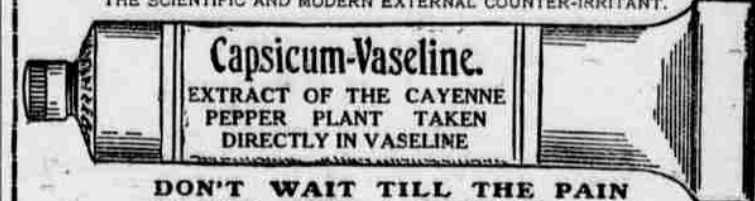
Only One "Bromo Quinine"

That is Laxative Bromo Quinine. Look for the signature of E. W. Grove. Used the World over to Cure a Cold in One Day. 25c.

There is but one thing to do to break a boy of wanting to "piece" between meals. Put the meals closer together.

NO MORE MUSTARD PLASTERS TO BLISTER

THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.



Capsicum-Vaseline. EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE

DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY

A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS. A substitute for and superior to mustard or any other plaster and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "it is the best of all your preparations." Accept no preparation of vaseline unless the same carries our label, as otherwise it is not genuine.

Send your address and we will mail our Vaseline Booklet describing our preparations which will interest you. 17 State St. CHESEBROUGH MFG. CO. New York City

W. L. DOUGLAS SHOES

\$3.00 SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISSES AND CHILDREN. W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day. W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price. CAUTION: W. L. Douglas name and price is stamped on bottom. Take No Substitutes. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalogue free to any address. W. L. DOUGLAS, Brockton, Mass.

An Odd Subway Sign.

There is an advertisement in the subway of New York just now containing a command that will, it is hoped, not be literally carried out by all its readers. The advertisement is of a brewery, and may be read: "Every day of this month drink—a case of 24 pints—beer." A calendar separates the two halves of the sentence, but it has won a smile from almost every one whose eye it has chanced to catch.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatment free. Dr. H. R. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Pronts in Trolleys.

Of eighty-three street railway companies operating in the State of Massachusetts, only eleven have shown net earnings of 6 per cent for the last five years, according to the report just made to the railroad commission. Forty-seven paid no dividend last year and fifteen more paid less than 6 per cent. An appeal is made that some of the companies be allowed to increase fares for the benefit of the stockholders.

The explanation of the poor financial showing, according to Boston opinion, is that there was a few years ago in that state an overdevelopment of trolleys. Many lines were promoted that were foredoomed to financial difficulty.

The known number of little members of the solar system continues to increase every year. Up to June last what the number to which permanent designations had been given was 635.

There is Only One

"Bromo Quinine"

That is

Laxative Bromo Quinine

USED THE WORLD OVER TO CURE A COLD IN ONE DAY.

Always remember the full name. Look

for this signature on every box. 25c.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elixir of Senna

manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle

SAVE THE CARTON TOPS

and Soap Wrappers from "20 Mule Team Borax" Products and exchange them for VALUABLE PREMIUMS FREE 40-page illustrated catalogue of 1000 articles given away FREE. Address: PACIFIC COAST BORAX CO., New York

P. O. N. Y. 10, 1903.

EVERY MAN HIS OWN DOCTOR

By J. HAMILTON AYERS, M. D. This is a most valuable book for the household, teaching as it does the easily-distinguished symptoms of different diseases, the causes and means of preventing such diseases, and the simplest remedies which will act as a cure. 308 Pages. Profusely Illustrated. 40c. Postpaid. Send postal notes or postage stamps. BOOK PUBL. HOUSE, 134 Leonard St., New York.

Pap Knew. "Say, pap, what's a diplomat?" "He's a man who when he can't have his own way pretends that the other way is his!"

You ought to be satisfied with nothing less than Nature's laxative, Garfield Tea, Made of Herbs, it overcomes constipation, regulates liver and kidneys, and brings Good Health.

The Danger. Benevolent Old Gentleman—Don't you find a sailor's life a very dangerous one? Old Salt—Oh, yes, sir; but, fortunately, it ain't often we gets into port.—Funch.

CURED HER THREE CHILDREN.

Girls Suffered with Itching Eczema—Baby Had a Tender Skin, Too—Relieved on Cuticura Remedies.

"Some years ago my three little girls had a very bad form of eczema. Itching eruptions formed on the backs of their heads which were simply covered. I tried almost everything, but failed. Then my mother recommended the Cuticura Remedies. I washed my children's heads with Cuticura Soap and then applied the wonderful ointment, Cuticura. I did this four or five times and I can say that they have been entirely cured. I have another baby who is so plump that the folds of skin on his neck were broken and even bled. I used Cuticura Soap and Cuticura Ointment and the next morning the trouble had disappeared. Mme. Napoleon Duceppe, 41 Du-luth St., Montreal, Que., May 21, 1907."

A leader is a man who finds out what the other fellow is going to do and beats him to it.