

Nothing I Ate Agreed With Me



MRS. LENORA BODENHAMER.
 Mrs. Lenora Bodenhamer, R. F. D. 1, Box 50, Kernersville, N. C., writes:
 "I suffered with stomach trouble and indigestion for some time, and nothing that I ate agreed with me. I was very nervous and experienced a continual feeling of uneasiness and fear. I took medicine from the doctor, but it did me no good."
 "I found in one of your Perna books a description of my symptoms. I then wrote to Dr. Hartman for advice. He said I had catarrh of the stomach. I took Perna and Manadin and followed his directions and can now say that I feel as well as I ever did."
 "I hope that all who are afflicted with the same symptoms will take Perna, as it has certainly cured me."
 "The above is only one of hundreds who have written similar letters to Dr. Hartman. Just one such case as this entitles Perna to the candid consideration of every one similarly afflicted. If this be true of the testimony of one person who ought to be the testimony of hundreds, yes thousands, of honest, sincere people! We have in our files a great many other testimonials."

CLASSIFIED ADVERTISEMENTS
DEAFNESS AND CATARRH CURE.
 INHALENT CATARRH, JELLY CURES Deafness and Catarrh. Trial treatment by mail free. BEA CO., Minneapolis, Minn.

If You Are Lost in the Woods.

Let the man who is lost in the woods be very careful not to overexert himself. His chief dangers lie in panic and over-exertion, and, though he may be in a great hurry to find shelter, I must warn him to go slowly. Two miles an hour, on an average, through the snow in the woods, is all that a man in his condition will be able to stand without overfatigue and its attendant dangers, overheating and perspiration. By exercising caution, a man may live through a week of what he is undergoing. To make this article brief, however, we shall suppose that he regains the road by the afternoon of the first day. He doesn't yet know, of course, just where he is. He should examine the tracks of the person who last passed that way. It being afternoon, he must follow in the direction taken by the last passing vehicle or team, as shelter will be nearest in that direction. Had it been morning he would have taken the opposite direction, as whoever made the tracks must have come from the place where he obtained shelter the previous night.—*Outing Magazine.*

On Being Mean.

The question arises, can one be economical without being mean? A man who is naturally mean will always be economical. If a man who is not economical attempts to become so he will learn that the easiest way is first to learn to be mean. If he has a generous impulse he must curb it. During the first part of our lives we should be as mean as we can. When we have accumulated more than we need we should devote the last part to cultivating our generous impulses. No successful man is a philanthropist before he is 50.

EAGER TO WORK Health Regained by Right Food.

The average healthy man or woman is usually eager to be busy at some useful task or employment. But let dyspepsia or indigestion get hold of one, and all endeavor becomes a burden.
 "A year ago, after recovering from an operation," writes a Mich. lady, "my stomach and nerves began to give me much trouble."
 "At times my appetite was voracious, but when indulged, indigestion followed. Other times I had no appetite whatever. The food I took did not nourish me and I grew weaker than ever."
 "I lost interest in everything and wanted to be alone. I had always had good nerves, but now the mere trifle would upset me and bring on a violent headache. Walking across the room was an effort and prescribed exercise was out of the question."
 "I had seen Grape-Nuts advertised, but did not believe what I read, at the time. At last when it seemed as if I were literally starving, I began to eat Grape-Nuts."
 "I had not been able to work for a year, but now after two months on Grape-Nuts I am eager to be at work again. My stomach gives me no trouble now, my nerves are steady as ever, and interest in life and ambition have come back with the return to health."

"There's a Reason."
 Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.
 Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



FOR THE FARMER AND STOCKMAN

Sell the Rams.
 Sell two or three of your common stock rams and go off somewhere and buy one full bred to lead your flock this fall. In a little while you will make the eyes of your neighbors open wide with surprise at the fine sheep you have.—*Farmer's Home Journal.*

Cooling of Milk.
 The prompt and thorough cooling of milk is generally recognized to be of prime importance in preventing the development of bacteria, which under ordinary conditions are always present in milk as soon as drawn and to which the souring or curdling of milk is due.—*Farmer's Home Journal.*

Paralysis in Pigs.
 Partial paralysis in pigs may be treated successfully in some cases by dosing with epsom salts, allowing one ounce to each animal, following with a dessertspoonful of cod liver oil, ten grams of phosphate of lime and two drops of nux vomica as a physic, given twice a day for several weeks.—*Weekly Witness.*

Don't Swap Produce.
 Better buy for cash and sell for cash. Credit costs more than it ought to, and trading in exchange means a good many losses except for men who make trading a business. Even in swapping farm produce for goods at the store the merchant gets the long end of the trade and makes his profit both ways.—*American Cultivator.*

A New Market For Vegetables.
 In Wisconsin an important industry has been developed in the manufacture of what are called dehydrated vegetables. The method is about the same as that applied to fruit in producing evaporated apples, peaches, etc. The vegetables, including carrots, potatoes, cabbages, etc., are sliced, dried and compressed into small packages. These condensed vegetables are sold for ship supplies and in the mining regions of the Northwest. An order for over 300,000 pounds was lately received for the Pacific squadron of the United States Navy. The vegetables are used in making stews and soups.—*American Cultivator.*

Sheep That Paid Well.
 Some time ago an old sheep grower of Illinois, said in an address on sheep: "My sheep have gained from start of feeding to finish, eight to ten pounds of mutton per bushel of corn, while the gain of my cattle runs from seven to eight pounds. And my hogs eat corn while my sheep eat grass, and only a little corn to start lambs and finish them. And I find from my shipping bills for twenty-five years that the average price received for my stock in Chicago during that period has been \$4.93 per 100 pounds for sheep, \$4.86 for steers and \$4.35 for hogs. And all were good animals. These figures convince me that the sheep are, in general, the most profitable stock on the farm, especially on thin and high lands. But keep none but the best of whatever breed you have. They will pay when poor ones lose. Sheep are easy to handle and easy to retain in an inclosure that would not hold other stock, and are the best weed destroyers on the farm. Taking all things into consideration, the sheep has much to commend it to the farmer."—*Weekly Witness.*

Demand For Milk Created.
 A large portion of the impurities which find their way into milk are brought to it at milking time. If the cows are not cleaned or brushed just before milking, more or less loose hair and dirt falls into the milk pail. This can be entirely prevented by brushing and then washing and drying the cow's udder just before milking. In dairies where sanitary milk that does not sour for several days is produced, the cow's udder is always washed and dried immediately before she is milked; the milk then washes her hands, puts on a white suit and milks into a covered milk pail provided with only a small opening in the cover to milk into.
 Careful work of this kind protects the milk from many impurities and it increases the consumer's desire for more milk when he knows that such precautions are taken against impurities getting into the milk. Many people undoubtedly would want milk to drink if they felt a greater confidence in the purity of the milk than they now have. Their knowledge in a general way of the barn conditions where many cows are milked is not apt to increase their desire for milk.—*Weekly Witness.*

Passing of the Turkey.
 Of late years turkeys have been almost a minus quantity in this part of Ohio. While driving through the country flocks of turkeys might be seen on every farm not so many years ago, but now the bird has almost entirely disappeared. Wild turkeys were once very numerous here and quite hardy, but it seems they cannot bear domestication and are heirs to many diseases. Black head, cholera, rheumatism, bowel trouble and many other diseases have made turkey raising a precarious business. Some would-be turkey raisers make the mistake of selling the old turkey hens. These should be kept, for the older they are, the more sense they have. Old turkey hens may be kept for ten years.
 If healthy birds can be obtained the owner may reasonably expect fair returns for the time and money expended, but many of the birds are unhealthy, and if they or their eggs are bought the little turkeys are weak and diseased from birth. Sometimes the flock is all right till half grown, when one by one they droop and die, and this is more discouraging than to have them die when young, as it is no small task to raise the delicate fowls. A few years ago we had seven fine little turkeys that apparently were perfectly healthy when shut in one night. They were nearly a month old and we thought them out of danger, but in the morning every one was dead. The coop stood on a clean plot of grass and they were not killed by any animal, so we never knew why they died.
 Eight or ten years ago turkeys could be bought for nine and ten cents a pound in the market here, and poultry wagons came in loaded with them at Thanksgiving and Christmas time from all directions. The turkeys that then brought from one dollar and a half to two dollars are now worth from three to five and very scarce at that. In looking over advertisements for turkey eggs in poultry journals the prices run from thirty to fifty cents for a single egg, and this may be one reason why so few are raised.—*Margaret Whitney.*

Pointers on Hens.
 From the time the chick is hatched, correct feeding has much to do with its development. A chick that is stunted is more or less impaired in vitality. Anything that has to do with improper management of the intended layers affects the number of eggs they will be able to produce. I think a hen can lay from 400 to 600 eggs at a profit, but her greatest profit is returned from the time she begins to lay until twelve months have elapsed. The first year's laying is invariably the best.
 Leghorns and Minorcas can be kept until they are two and one-half years old with profit. Quite a number of poultry raisers have told me that they thought hens would return almost as much the second year as the first, even if they did not lay quite so many eggs. They eat far less in their second year, being matured. A pullet is always more voracious than a hen. I do not think that they return as much profit in the second year; however, I always keep my hens until they are two years old.
 Chicks intended for layers must be well nourished from birth and never allowed to stop growing until they are mature. A March or April hatched pullet of the Leghorn breed will commence to lay in October if she comes from a precocious flock. If she has been hatched in June or July, do not expect any eggs until January. In cold climates this means no eggs, practically, until spring. A pullet that has not commenced to lay before cold weather is usually hard to coax. Early hatches and continued good care is the secret of early layers and hearty fowls.—*Commercial Poultry.*

Better Draft Horse Breeding.
 American importers of draft horses seem to have turned their attention to the importation of an unusual number of pure bred draft mares this season, in order to meet a larger demand for these, as well as to do more pure breeding of draft horses in this country. There is an increasing demand among our farmers who pay special attention to draft horse growing, and this has prompted the additional importation of pure bred mares. Hitherto, as a rule, American farmers have been content to provide themselves with pure bred draft stallions and limited their horse breeding to high grades, and for this purpose have used the best grade mares in this line for such purposes, content with growing good grades that sell on the market at \$200 to \$250 at two to three years old.
 It is a good indication of the coming industry to see this growing confidence in better horses, and is in keeping with the forward farm movement in everything else. The continued demand and fair prices for really good grade draft horses is indication enough that, notwithstanding the increase of autos and power transfer wagons, the horse will continue to fill a place in commercial affairs, and the best of the draft class will be more and more in demand.
 From all sources we learn that the importations of draft and coach horses, stallions and mares are now arriving in this country in much greater numbers than in past years, and what is more, American importers are selecting abroad and buying the best and highest priced horses. Numerous prize winners abroad are being imported, and it looks as if Europe is rapidly losing a great deal of the best horse blood she has, all of which means an advance movement in breeding in this country.—*Indiana Farmer.*

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

Right in His Line.
 Travelling along a country road a man was attracted by frightful screams coming from a house not far from the road. Tying his horse he ran to the house and found that a little boy had swallowed a quarter, and his mother, not knowing what to do, was frantic. The man caught the little fellow by the heels, and, holding him up, gave him a few shakes whereupon the coin dropped to the floor. "Well, mister," said the grateful mother, "you certainly know how to get it out. Are you a doctor?" "No, madam," replied the man, "I'm a collector of internal revenue."

Mix For Rheumatism.
 The following is a never failing remedy for rheumatism, and if followed up it will effect a complete cure of the very worst cases: "Mix one-half pint of good whiskey with one ounce of Toris Compound and add one ounce Syrup Sarsaparilla Compound. Take in tablespoonful doses before each meal and at bedtime." The ingredients can be procured at any drug store and easily mixed at home.

The Wagging Tongue.
 A prating barber came to train King Achelous, and said to him: "How will you please to have me cut your hair?" Said the king, "Silently." And certainly, though a man has nothing to do, but to hear and answer, yet a boundless tongue is a strange breast to be worried with. And the misery is, that those who speak much seldom speak well; it is a sign of ignorance not to know that long speeches, though they may please the speaker, are the torture of the hearer.—*Owen Feltham.*

Khehive as Engineer.
 The Khehive of Egypt, whose great fad is locomotive driving, had a narrow escape the other day while running an engine on the State railway. He suddenly found his way blocked by a wagon loaded with pig iron. The royal engineer showed wonderful presence of mind. He reversed and used his full brake power and stopped just short of the obstruction.

PERFECT HEALTH

After Years of Backache, Dizziness and Kidney Disorders.

Mrs. R. C. Richmond, of Northwood, Iowa, says: "For years I was a martyr to kidney trouble, backache, dizzy spells, headaches and a terrible bearing down pain. I used one remedy after another without benefit. Finally I used a box of Doan's Kidney Pills and the backache ceased. Encouraged, I kept on and by the time I had used three boxes not a sign of the trouble remained. My health is perfect."

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

Ice Sticks Profitable.
 In Austria "ice sticks" are manufactured at a profit. A series of poles is arranged so that the water will fall slowly over each one in the series. Of course, the water in the winter time freezes, forming large icicles. When the icicles have attained the proper size the employees of the "ice plant" come around with carts, break off the great sticks of ice and haul them away to a place where they are put in storage.

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

City Without Noise.
 Berlin is said to be the quietest city in Europe. Railway engines are not allowed to blow their whistles within the city limits. There is no loud bawling of hucksters, and a man whose wagon gearing is loose and rattling is subject to a fine.

For Sale 6000 Money-making Farms
 in 14 States. Strout's mammoth illustrated catalog of bargains with State maps mailed free; we pay express. E. A. STROUT CO., World's Largest Farm Dealers, Land Title Bldg., Philadelphia

A LIVE REPRESENTATIVE WANTED
 to sell locally to handle our attractive Texas Fun House Land Proposition on liberal commission. Good land in stable for the money. Big crops, abundant water, full legal title. References required. For full particulars write LOCATOR'S L.A.S. B. COMPANY, First Nat. Bank Bldg., Chicago

P. O. U. 4, 1905.

Thompson's Eye Water
 If afflicted with weak eyes, use

PUTNAM FADELESS DYES
 Color more goods brighter and faster colors than any other dye. One tin package colors all blues. They dye in cold water better than any other dye. You can dye any garment without slipping apart. Write for free booklet—How to Dye, Wash and Mix Colors. MORROW DRUG CO., Quincy, Illinois

TURNED HER HAIR WHITE

Queer Effect of Accident Suffered by a Chicago Woman.

In one day after a broken trolley pole fell on the head of Mrs. Julia Konold, her hair, naturally a chestnut brown, was turned completely white, and the expression of her face changed from the bloom of middle age to that of a woman fifteen years her senior.

The accident occurred on December 21, 1904. In Judge Tutbill's court a verdict for \$17,500 was rendered in her favor against the Union Traction Company, owners of the line on which she was injured.

The verdict is one of the largest ever returned in favor of a woman in a personal injury in the history of Chicago.

STATE OF OHIO, CITY OF TOLEDO, Lucas County.
 FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY.
 Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1905.
 A. W. GLEASON, Notary Public.
 Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O.
 Sold by all Druggists, 75c.
 Take Hall's Family Pills for constipation.

Creek Indians a Vanishing Tribe.

Once members of the great Creek family, the Seminoles of Florida have lost their tribe, their traditions and their homes. Their own people have forgotten them. The United States has ignored them since the Seminole war, when their roster was lost. Payment of the government debt to their tribe made plutocrats of their brothers in the west, but never a dime reached the members of the little band who refused to be driven from their ancestral home. But their Spartan courage has departed and in the cowed and cringing remnant there is no spark of the fire that flashed in the Seminoles' Reply.
 The government has no agent among the Seminoles, and the last census at their number, made by the United States seven years ago was 358. That fragment of the tribe has now shrunk to 275.—*Collier's Magazine.*

LITTLE BOY KEPT SCRATCHING.

Eczema Lasted 7 Years—Face was All Raw—Skin Specialists Failed, But Cuticura Effected Cure.

"When my little boy was six weeks old an eruption broke out on his face. I took him to a doctor, but his face kept on getting worse until it got so bad that no one could look at him. His whole face was one crust and must have been very painful. He scratched day and night until his face was raw. Then I took him to all the best specialists in skin diseases, but they could not do much for him. The eczema got on his arms and legs and we could not get a night's sleep in months. I got a set of Cuticura Remedies and he felt relieved the first time I used them. I gave the Cuticura Remedies a good trial and gradually the eczema healed all up. He is now seven years old and I think the trouble will never return. Mrs. John G. Klump, 80 Niagara St., Newark, N. J., Oct. 17 and 22, 1907."

The Tables Turned.

The amenities of political campaigning are amusingly illustrated by a story told by a Southern congressman.

It appears that during the course of a stump speech delivered some years ago by John Sharp Williams in Mississippi he was interrupted by a sudden yell from a man in the audience:
 "I have been robbed by pickpockets!"
 "I did not know that there were any Republican present," promptly suggested Mr. Williams, in order to get a laugh.
 "Oh, there ain't, there ain't!" roared the unhappy man. "I'm the only one!"—*Lippincott's.*

Without Imagination.

There is a certain New York business man, of a rather waggish disposition, who contends that his wife has no imagination.
 At dinner one night he chanced to mention a tragic circumstance he had read in the evening paper on his way home. A passenger on a transatlantic steamer had fallen overboard in mid-ocean and had never been seen again.
 "Was he drowned?" asked his wife.
 "Of course, not," answered the irrepressible hubby; "but he sprained his ankle, I believe."—*Lippincott's Magazine.*

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FOR MEN
 A shoe that is too big may not pinch, but it is a bad fit just the same. What you want is a shoe that matches the shape of your foot at the place where your weight rests,—not too large or too small, but exactly right. SKREEMERS are shoes like that, and the style is there, too. Look for the label.
 FRED. F. FIELD CO., Brockton, Mass.

PISO'S
 Beware of the Cough
 that hangs on persistently, breaking your night's rest and exhausting you with the violence of the paroxysms. A few doses of PISO'S Cure will relieve wonderfully any cough, no matter how far advanced or serious. It soothes and heals the irritated surfaces, clears the clogged air passages and the cough disappears.
 At all druggists, 25 cts.
CURE

Earthquakes as Warnings.
 The belief that earthquakes are signs or warnings owes its origin in part to prophecies in the Bible, where, for example, we read that "there shall be famines and pestilences and earthquakes" as portending future calamities. Earthquakes have led to the abolition of oppressive taxation, the abolition of masquerades, the closing of theaters and even to the alteration of fashion. A New England paper in 1727 tells us that a "considerable town in this providence has been awakened by the awful providence in the earthquake that the women have generally laid aside their hooped petticoats."—*Nature.*

Jewish Chess Players Excel.
 Jewish chess players have retained the championship at that game for the last forty-two years. Steinitz held it for twenty-eight years till 1894 and Lasker has been champion ever since.

FOUR GIRLS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Read What They Say.

Miss Lillian Ross, 530 East 84th Street, New York, writes: "Lydia E. Pinkham's Vegetable Compound overcame my irregularities, periodic suffering and nervous headaches, after everything else had failed to help me, and I feel it a duty to let others know of it."
 Katharine Craig, 2355 Lafayette St., Denver, Col., writes: "Thanks to Lydia E. Pinkham's Vegetable Compound I am well, after suffering for months from nervous prostration."
 Miss Marie Stoltzman, of Laurel, Ia., writes: "I was in a run-down condition and suffering for months from depression, indigestion, and joint circulation. Lydia E. Pinkham's Vegetable Compound made me well and strong."
 Miss Ellen M. Olson, of 417 N. East St., Keewauke, Ill., says: "Lydia E. Pinkham's Vegetable Compound cured me of backache, side ache, and established my periods, after the best local doctors had failed to help me."

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?
 Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

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 Men who cannot stop for a rainy day, will find the greatest comfort and freedom of bodily movement in
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 Every garment bearing the sign of the fish guaranteed waterproof. Catalog free.
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Heart, Stomach, Liver, Bowel, Kidney, Nerve, Rheumatism and Blood.
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HELP Inset on Having **Dr. MAKTEL'S Preparation** The Standard Remedy for **WOMEN** AT DRUGGISTS. Send for book, "Relief for Women." FRENCH DRUG CO., 30 W. 32d St., N. Y. City.

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