



MISS SOPHIA KITTLESEN.

HEALTH VERY POOR-- RESTORED BY PE-RUNA.

Catarrh Twenty-five Years--
Had a Bad Cough.
Miss Sophia Kittlesen, Evanston, Ill., writes: "I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help."
"Then my brother advised me to try Peruna, and I did."
"My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough."
"Peruna has cured me. The chronic catarrh is gone and my health is very much improved."
"I recommend Peruna to all my friends who are troubled as I was."
PERUNA TABLETS.—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna.
Man-a-Lin the Ideal Laxative.
Ask your Druggist for a Free Peruna Almanac for 1909.

Chew Your Whisky.
A new and novel cure for drunkenness is proposed by the now famous Mr. Fletcher, who took a hint from the wise old cud-chewing cow, and invented perpetual mastication. Mr. Fletcher has applied to inebriates his discoveries relative to mastication, and asserts that his method has made prohibitionists of a large number of hard drinkers. The remedy is simple. Instead of gulping down the usual "three fingers" in the old, familiar way, letting it irradiate its sunshine in one internal mechanism as prescribed in the ancient Baccic rites, the whisky is taken in sips by the patient or victim, who proceeds to chew it stolidly for fifteen or twenty minutes, gurgling it around in his mouth until it is thoroughly inactivated. This, Fletcher says, creates a physical intolerance of excess, and it is not long before the victim is taking his "sips" with a medicine dropper. Chew your whisky; that's the secret of temperance.—Washington Post.

Rewards of Authorship.
An addition to the list of phraseological coincidences has just been made by a speaker at the religious congress now assembled in the Oxford schools. For a competent student of any great subject there was, said Prof. Rhys David, no better way of clarifying and increasing knowledge than writing a book about it. Something like the same sentiment was expressed a little more cynically by the late Bishop Creighton at a Dictionary of National Biography dinner. "Whenever," he declared, "I have found myself especially ignorant of any subject I have always tried to get a commission for an article on it, and in this way I have picked up a good deal of useful information."—Westminster Gazette.

LIVING ADVERTISEMENT.
Glow of Health Speaks For Postum.
It requires no scientific training to discover whether coffee disagrees or not.
Simply stop it for a time and use Postum in place of it, then note the beneficial effects. The truth will appear.
"Six years ago I was in a very bad condition," writes a Tenn. lady, "I suffered from indigestion, nervousness and insomnia."
"I was then an inveterate coffee drinker, but it was long before I could be persuaded that it was coffee that hurt me. Finally I decided to leave it off a few days and find out the truth."
"The first morning I left off coffee I had a raging headache, so I decided I must have something to take the place of coffee." (The headache was caused by the reaction of the coffee drug—caffeine).
"Having heard of Postum through a friend who used it, I bought a package and tried it. I did not like it at first, but after I learned how to make it right, according to directions on pkg., I would not change back to coffee for anything."
"When I began to use Postum I weighed only 117 lbs. Now I weigh 170, and as I have not taken any tonic in that time I can only attribute my recovery of good health to the use of Postum in place of coffee."
"My husband says I am a living advertisement for Postum. I am glad to be the means of inducing my many friends to use Postum, too."
Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."
Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

The Farm

Facts About Goats.

Goats do not eat grass as long as there are weeds and brush. An Angora is a prolific breeder and a productive shearer until twelve or thirteen years old. An ordinary fence is generally effective to confine goats. Their tendency, as a rule, is rather to go through a fence than to jump over.—Weekly Witness.

Add Humus.

When growing green crops to plow under to add humus it will be found more economical to turn down legumes and thus add nitrogen. When this is done it will not be necessary to use a fertilizer rich in nitrogen. Nitrogen is the most expensive element of fertility, and the air is a much cheaper source to obtain it from than the fertilizer works.—Farmer's Home Journal.

Repair Farm Tools.

The man who is handy with tools can save many a trip to the blacksmith shop during the busy season, says Drovers' Journal. Every farm should be equipped with a repair shop and every farmer should learn how to use tools. Save all the nuts, screws, hinges, bolts and any other pieces that might be of use, and when a machine breaks down you may have just the piece to fix it. A box in the tool shed makes a good place to throw such odds and ends.

Profits on Poultry.

The profits to be derived from a flock of fowls depend largely—very largely—upon their housing and keeping. It is unreasonable to expect hens kept in a cold, damp, filthy house to produce eggs, and they simply will not do it. It is much easier to fix the house up now than it will be after the weather gets cold; in fact, the chances are ten to one that if the repairs are not made before cold weather sets in, they will not be made at all, and the result will be a lot of roopy, sniveling, profitless hens and a disappointed owner.—Farmer's Home Journal.

Bugs That Eat Bugs.

The Department of Agriculture cultivates insects that destroy any and all crop parasites. The polygynous hemialia can whip any Hessian fly ever born; the typhlebus trieti is death on the green bug. The green bug eats the other, which promptly lays its eggs inside its devourer. The young eat their way to the open air, thus killing the green bug, says Van Nordan's Magazine.

To one lady bug is due the destruction of the San Jose scale, which did millions of dollars' damage to the fruit trees of California. When the pest had become a positive menace the department heard of a species of bug in North China which was fatal to the scale. A large number of the bugs were procured, but all were dead except one when they reached this country. The one insect was taken to Washington and became a ward of the Government. She rewarded her keepers by laying about 5000 eggs. In an incredibly short space of time she had a flourishing family of seven billions and the reign of the scale was over.

Cracked Corn For Hens.

In a recent experiment the Maine Agricultural Station made a comparison of whole corn and cracked corn for laying hens. Certain poultrymen reason that cracked corn is more desirable when thrown in the litter, because laying hens, which tend to grow too fat upon the whole corn, are forced to take more exercise in securing the smaller pieces. In October 1909 April hatched pullets were put into ten like pens. Besides the other food, the pullets in one-half of the pens received whole corn, and in the other half an equal weight of cracked corn. The records of each pen from November to April show that the average number of eggs per bird receiving the whole corn was, for the various pens, eighty-four, seventy-eight, seventy-three, seventy-seven and seventy-six, and for those receiving the cracked corn seventy-nine, seventy-five, seventy-seven, seventy-five and seventy-four. From this experiment it appears that there is nothing in the results that leads to the conclusion that it is necessary or advisable to crack the corn fed to hens kept for laying purposes.

Building a Herd For Beef.

In building up a herd for beef production, select cows with a broad, deep and square body, cows with a good coating of flesh, for these, if bred to, the right kind of bull, will produce calves that will prove profitable feeders.

Now for the bull. The bull is half the herd. He stamps his qualities on all the calves, not simply on one calf a year, as with the cow. Get a registered bull of the breed you want, even if you have only grade cows, as then you are sure you are getting a beef breed from beef ancestors. Select a bull that is of good size, with a proud masculine bearing, a good, intelligent head, broad and full between the eyes, yet with a quiet expression, as a nervous, excitable animal will never fatten to good advantage. He should be broad and straight across the back, with smooth, even hips. He should have well sprung ribs, heavily covered with flesh.
Spring is the natural season for

cows to drop their calves, and the cows should be bred so as to drop their calves in the early spring, and then when the cows are turned to pasture in the spring the calves are old enough to go with them and thus have advantages for making rapid growth and require very little attention during the busy summer months.
When the calves are a few weeks old they should be castrated and the wound washed with some good germ killer, so it heals rapidly. In the fall the calves should be weaned and fed on good, nutritious food. This should consist of silage and roots, clover or alfalfa hay, oats and bran—equal parts—with daily allowance of some reliable stock food to aid digestion and promote a quick growth.
The age at which steers should be marketed depends largely on the market prices, but as a rule well fed steers sell best at fourteen to sixteen months old.—Dr. David Roberts, Wisconsin State Veterinarian.

Culling is Beneficial.

Culling the flock improves it and makes it better every year, as a higher standard is constantly being evolved. By an observation of the individuals much can be learned. Instead of running indiscriminately with culls, one becomes acquainted with the good hens and perhaps makes pets of them and prides in their individual excellence is entertained by the owner. All of which is very desirable. Then, too, the young flock will be hatched only from the best producers and the choicest specimens, instead of from eggs taken indiscriminately from the egg basket and largely from poor specimens, says Epitomist.

Even with good pure-bred stock the matter of selection should not be overlooked. There is no likelihood of there being such extremely poor specimens in a pure-bred flock as in a flock of mongrels, but at the same time in every flock there are some that are better than others. The object of this, then, is to impress upon poultrymen and farmers the importance of a close scrutiny of the stock, and to teach the fact by careful selection a profitable flock may often be built up from what may at first seem to be very unpromising material.

Pure-Bred Horses.

Next week will end the county fairs in Ohio. I have attended county fairs and the Ohio and Indiana State Fairs this year. Becoming the owner of a coach stallion last spring, my interest centered in the horse displays at these fairs. I shall not dwell upon the displays at any of them, but I wish to say a few words through your paper of the result of my own experience and that of many horse owners to whom I talked.

In Ohio we have no stallion law; that is, anybody who owns a stallion, no matter how many blemishes or other imperfections he may have or how mongrelly bred he may be, he is for service to any who apply. At county fairs the so-called grade horse was there, but I am happy to say he was overshadowed by the magnificent specimens of the pure-bred horse. But the mongrel is like a cancer; he keeps on in business by the cheap price he offers for service, and the only way to drive him out is to pass stringent laws allowing no mongrel bred stallion to stand for service. When a company or a person pays from \$1500 to \$3000 for a horse they should be protected. Under our present no-law-at-all, it is only a matter of four years when a horse of pure blood has stood in a locality, that there will be as many grade stallions as you have fingers in as many miles in every direction. This is not true in all localities, but this statement will hit more localities than it misses.

Thirty-five years ago I can remember that almost one-fourth of the horses were blind. We have better horses than in that day; we are becoming more educated, but like the liquor question, it takes more than education to correct the evil. Stringent laws of all kinds have been enacted to curb the liquor traffic, but it still exists. If the eradication of the mongrel bred horse is to be done by education it will be a long way off. That there should be a law of some kind there is no doubt, but who is going to take the first step? If the Legislature of Indiana would move in the matter, all owners of pure-bred stallions should get busy. In Ohio we have to wait a year yet, as the Legislature only meets every two years, and this is the only year. In an article in a week or two I will outline a law, which I believe would be efficient, and the working of such a law prove a boon to the horse business for generations to come.—C. C. Neal, in the Indiana Farmer.

Many Vines on a Small Plot.

A fine sample of what can be done on a small plot of southern California land has been furnished by W. S. Palmer, of Third street. On the two city lots east of his house, a space less than one-third of an acre, Mr. Palmer last spring set out 20,000 grape cuttings.

The cuttings were heeled in during February and March and set out April 1 in double rows four inches apart. Two boys were able to take entire care of them during the summer, and at the present time all the vines are in flourishing condition, representing at the lowest nursery valuation \$3000.—Claremont Correspondence Los Angeles Times.

SEEMED WORSE EVERY DAY.

A Dangerous Case of Kidney Trouble and How It Was Checked.
Mrs. Lucy Quebeck, Mechanic St., Hope Valley, R. I., says: "Eight years ago I contracted severe kidney trouble and my back began to ache continually. Every day it seemed worse. The least pressure on my back tortured me, and I could not stoop without a bad twinge. The kidney secretions passed irregularly with pain, and I bloated badly. My head swam and spots flitted before my eyes. One doctor said I was incurable. However, I found prompt relief when I started using Doan's Kidney Pills, and the troubles I have related gradually disappeared."
Sold by all dealers. 50c. a box. Foster-Milburn Co., Buffalo, N. Y.

Chinese Female Doctor.
Dr. Ida Kahn, a Chinese woman physician, who took her degree several years ago from the University of Michigan, has returned to this country to take a post-graduate course in Johns Hopkins. Miss Kahn is a missionary for the Methodist Episcopal church, and opened the city of Nan-chang to missionaries after it had been forbidden ground for some time. She accomplished this by curing the wife of Tatal Tao, the viceroys.

The Greedy New York Waiter.
Diners in New York restaurants are noticing a growing presumption among waiters in the matter of tips. If a bill given in payment comes at all near the amount due, the waiter presumes that the change belongs to him and acts accordingly. This procedure has been the cause of many customers demanding their change and giving the waiter nothing.—New York Herald.

Mrs. Winthel's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 20c a bottle.

Merchants in South America complain that manufacturers in the United States are too often inclined to "unload" undesirable goods on them.

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

Toys of Glass.
So far have we gone in the hygiene of the nursery that we will now present children with toys of glass instead of painted wood. The glass is so thick that it is barely possible that a child could break it. They are invented to keep a child from sucking the paint off wooden toys, but they are not inexpensive.

PUTNAM FADELESS DYES

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, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

A Navy for Profit.
The \$50,000,000 spent by the North German Lloyd on new passenger steamers within 15 years is calculated to excite the envy of war lords and advocates of a big navy. The suggestion may yet be made of armored ocean liners, complete with gundecks and fighting-tops for instant transformation into battleships.—New York World.

\$100 Reward, \$100.
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CENEY & Co., Toledo, O. Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Lost Appetite.

A plant was found in India, a species of "veratrum," a small portion of which was taken medicinally by a victim of dyspepsia. He could neither eat nor drink without the greatest agony, yet he had to ride 30 miles a day in his avocation. After the second dose his stomach was renewed and his appetite returned. The plant is called "Indian's root." Let us have a bit of it. There are 7,000,000 adults in America who have no stomachs. They approach the breakfast table in fear and trembling, crying: "Oh, my God, have I got to eat again!"—New York Press.

W. L. DOUGLAS \$300 SHOES \$350



W. L. Douglas makes and sells more men's \$3.00 and \$5.00 shoes than any other manufacturer in the world, because they hold their shape, fit better, and wear longer than any other make.

Shoes at All Prices. For Every Member of the Family. Men, Boys, Women, Misses & Children. W. L. Douglas \$4.00 and \$5.00 Oxfords \$3.50 cannot be equalled at any price. W. L. Douglas \$2.50 and \$3.50 shoes on the best in the world. Color, Style and Durability. **Get Your No. Substituted.** W. L. Douglas's name and price is stamped on bottom. Sold everywhere. Shoes mailed from factory to any part of the world. Catalogue free. W. L. DOUGLAS, 137 Spark St., Brockton, Mass.

TRISOL'S CURE FOR COUGHS AND CROUPS

INDIA WIVES WON BY LOT

Marriage a Real Lottery in Hind Country, but Works Well, They Say.

Every year in the Rupal country, in India, a marriage lottery is held, usually in October. The names of all the marriageable girls and of young men desirous of matrimony are written on slips of paper and thrown into earthen pots. One of each kind is drawn out at a time by a wise man. The youth whose name is drawn out obtains a letter of introduction to the young woman whose name accompanies his, and then all that remains for him to do is to start his love making at once. The majority of these fortuitous courtships turn out admirably in every way.—Liverpool Daily Post.

Night Work in Italy.

Under the revised law governing the employment of women and children in Italy, night work is forbidden for all females and for all males of less than 15 years.

HAD BAD ITCHING HUMOR.

Limbs Below the Knees Were Raw—
Feet Swollen—Sleep Broken—
Cured in 2 Days by Cuticura.

"Some two months ago I had a humor break out on my limbs below my knees. They came to look like raw beefsteak, all red, and no one knows how they itched and burned. They were so swollen that I could not get my shoes on for a week or more. I used five or six different remedies and got no help, only when applying them the burning was worse and the itching less. For two or three weeks the suffering was intense and during that time I did not sleep an hour at a time. Then one morning I tried a bit of Cuticura. From the moment it touched me the itching was gone and I have not felt a bit of it since. The swelling went down and in two days I had my shoes on and was about as usual. George B. Farley, 50 South State St., Concord, N. H., May 14, 1907."

Excitement in Prospect.

If New York should send Roosevelt to the Senate and Nebraska send Bryan they would make some of those solemn and prophetic statesmen sit up and take notice.

In London more fires occur on Saturday than on any other day of the week, and more in August and December than in any other months.

CLASSIFIED ADVERTISEMENTS

CURES FILES BY ABSORPTION

FREE RED CROSS FILE & FISTULA CURE and book by mail prepaid.
REACCO, Dept. B-4, Minneapolis, Minn.

DROPSY NEW DISCOVERY!
Cures Dropsy of the Feet and Legs. Also Cures Dropsy of the Lungs and Swelling of the Face and Neck. Best of all, it is a Permanent Cure. Do not miss it. Sent by mail on receipt of 50c. per bottle. **BOOK PUBLISHED BY THE HOUSE, 134 Leonard St., New York.**



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham: "I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

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.

HELP FOR WOMEN
Insist on Having
Dr. MARTEL'S Preparation
The Standard Remedy.
Send for book, "Relief for Women."
FRENCH DRUG CO., 30 W. 32d St., N. Y. City.

P. N. U. 69, 1908.

EVERY MAN HIS OWN DOCTOR

By A. HAMILTON AYERS, A. M., M. D.
This is a most valuable book for the household, teaching as it does the early-distinguished symptoms of different diseases, the causes and means of preventing such diseases, and the simplest remedies which will alleviate or cure. 328 Pages. Profusely Illustrated. 60c. per copy. Post-paid notes or postage stamps. **BOOK PUBLISHED BY THE HOUSE, 134 Leonard St., New York.**



Sloan's Liniment is the best remedy for sprains and bruises.

It quiets the pain at once, and can be applied to the tenderest part without hurting because it doesn't need to be rubbed—all you have to do is to lay it on lightly. It is a powerful preparation and penetrates instantly—relieves any inflammation and congestion, and reduces the swelling.

Sloan's Liniment

is an excellent antiseptic and germ killer—heals cuts, burns, wounds and contusions, and will draw the poison from sting of poisonous insects.

Price, 25c., 50c., and \$1.00.

Dr. Earl S. Sloan, Boston, Mass., U.S.A.

Sloan's book on horses, cattle, sheep and poultry sent free.

SKREEMER SHOE

FOR MEN

Many people crowd their feet into shoes in an attempt to make their feet fit the shoes. Don't choke your feet in that way; wear SKREEMERS. They fit your feet. Look for the logo, and, if you don't find these shoes readily, write the makers for directions how to secure them.

FRED. J. FIELD CO., Brackton, Mass.

