

**MY OWN FAMILY USE
PE-RU-NA.**



HON. GEORGE W. HONEY.

Hon. George W. Honey, National Chaplain U. V. U., ex-Chaplain Fourth Wisconsin Cavalry, ex-Treasurer State of Wisconsin, and ex-Quartermaster General State of Texas G. A. R., writes from 1700 First St., N. E., Washington, D. C., as follows:

"I cannot too highly recommend your preparation for the relief of catarrhal troubles in their various forms. Some members of my own family have used it with most gratifying results. When other remedies failed, Peruna proved most efficacious and I cheerfully certify to its curative excellence."

Mr. Fred L. Hebard, for nine years a leading photographer of Kansas City, Mo., located at the northeast corner of 12th and Grand Aves., cheerfully gives the following testimony: "It is a proven fact that Peruna will cure catarrh and la grippe, and as a tonic it has no equal. Druggists have tried to make me take something else 'just as good,' but Peruna is good enough for me."

Per-na in Tablet Form.

For two years Dr. Hartman and his assistants have incessantly labored to create Peruna in tablet form, and their strenuous labors have just been crowned with success. People who object to liquid medicines can now secure Peruna tablets, which represent the solid medicinal ingredients of Peruna.

"20-Mule-Team" Borax tends to stop the development of blight and mildew, and destroys parasitic insects. Stalks, young leaves and buds affected should be carefully sprinkled with Borax solution, and "20-Mule-Team" Borax should be used freely around the wainscoting and floors of buildings to protect from insects.

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By Mercury, Poisons or Drugs Used—He Cures Without Operation, or Without the Aid of a Knife the various Catarrhs, Asthma, Lung, Liver, Nervousness, Nervous Debility, Stomach, Liver, Kidney Troubles, also Lost Manhood, Female Weakness and All Private Diseases.

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Pure, Wholesome, Economical.

Another Kid.
When Johnny Hobbs left his home up among the New Hampshire hills to visit his grandmother in Worcester, Mass., he was cautioned by his mother that he would find things in the city strangely different from those at home. Johnny arrived in the early afternoon, and long before tea time his grandmother, who lived most simply, told him to run out to the pantry and get a bowl of milk which she had left there "for a hungry boy."
A moment later she followed him, and, to her amazement, beheld her grandson bravely at work on a bowl of spearmint tea which she had forgotten put in the place where she had told him to find the milk.
"Why, child," she cried, seizing the bowl from poor Johnny, "don't you know this isn't milk?"
"—I knew it wasn't like Hilbury milk," stammered Johnny, with a final gulp, "but I thought maybe it was the kind folks had in Worcester."

Peppermint and Tobacco.
If you have a boy who has begun smoking too early and whom you wish to cure of the habit, feed him peppermints. Dr. O. Clayton Jones of Silverton, England, writing in the London Lancet, is authority for this simple cure. Dr. Jones writes: "To break the smoking habit in a youth there is nothing better than peppermint drops. He cannot smoke with a 'bullseye' in his mouth, and even for some time after it is dissolved tobacco will not blend kindly with the taste that remains. Socially the cure may seem worse than the disease, but from a medical point of view the sucking of peppermints is far less hurtful. A common 'bullseye' will prevent smoking for nearly an hour, so the amount of sweets used need not be great."

Unanswerable.
The lion was sneering at the awkward, uncouth, and generally ugly appearance of the elephant.
"I may not be as graceful as you are," observed the elephant, "but I'm nearer skin to the human family than you are. The knees of my hind legs bend forward, as a man's legs do, while yours bend backward, the same as a hyena's, or a hog's, or a skunk's. You belong to a lower order of creation, and I'd rather not associate with you on terms of equality if it's all the same to you."
Whereat the lion, observing that the elephant was waving his trunk threateningly, went back among the wolves and coyotes, where he still retained some prestige.

An Unfortunate Misunderstanding.
"I had to leave my last situation because the missus said they were going to lead the sinful life, and they wouldn't want any servants about the place."—Punch.

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This sterling household remedy is most successfully prescribed for a "world of troubles." For derangements of the digestive organs it is a natural corrective, operating directly upon the liver and alimentary canal, gently but persistently stimulating a healthful activity. Its beneficial influence extends, however, to every portion of the system, aiding in the processes of digestion and assimilation of food, promoting a wholesome, natural appetite, correcting sour stomach, bad breath, irregularities of the bowels, constipation and the long list of troubles directly traceable to those unwholesome conditions. Kasparilla dispels drowsiness, headache, backache and despondency due to inactivity of the liver, kidneys and digestive tract. It is a strengthening tonic of the highest value. If it fails to satisfy we authorize all dealers to refund the purchase price.
HOYT CHEMICAL CO. Portland, Oregon

CHANGE IN METHODS.

Farmers See Necessity of Getting Out of Old Ruts.

By W. D. Foster, Foreman State College Experiment Farm, Pullman, Wash.

An up-to-date farmer nowadays must study the problems that confront him. Consequently there must be a moving out of the old ruts, and the adoption of improved and new methods.
In the eastern part of Washington the growing of wheat is an almost exclusive farming industry, but I believe the present state of affairs in this respect will in the future become merely a memory of the past. There will be changes. The younger generation of farmers that is growing up around us will assuredly adopt different methods.
If I can read the signs of the times correctly, I believe I can safely predict that the state of Washington will, in the near future, become a great dairy state. Even now the farmer who has a few good cows and "tends to business" is never bankrupt. He has in his possession a certain producer of value. With milk and butter he can go to market twice a week, instead of once a year, and in many respects he is free from the annoyances that harass the wheat-growers. But there are some things he must attend to if he would succeed.

Many people there are, indeed, who would not make even a bare living handling cows. To use a familiar expression, "They are not built that way." Nevertheless, it is certainly true that no matter how the farmer is built, the cow is built to yield value quite material in kind.
Lack of pasturage is an objection to dairying in many parts of eastern Washington, of course, but where alfalfa or clover will grow this hindrance can be overcome. And these two valuable forage plants would grow in many places where they are not found at present, if the land was properly fitted to receive the seed. On the experiment station farm we have two fields of clover that have given splendid returns. Both alfalfa and clover are valuable for feeding cows.

Frightened dairymen now recognize the fact that there is a better method of feeding dairy cattle than by pasturing, especially in regions where land is as valuable as it is in Washington. This is by the proper use of soiling crops, and silos. A very indifferent mathematician can figure that one acre of land well tilled and seeded to some kind of a soiling crop will equal two and one-half acres of the best kind of pasture land for feeding dairy cows. Therefore, even if one has enough land to pasture a large herd of cows, it would be unwise to do so. Every successful dairyman wishes his cow to do the best and yield the best return possible in consideration of the amount of feed consumed and care given. The cow must have favorable surroundings. She must not be permitted to roam all day in search of food, even if requiring only that necessary for a living, aside from the production of milk. To give a large amount of milk at night would be contrary to nature.

The quicker you can get the cow "filled up," the sooner she will lie down and masticate her food. I venture to assert that when milking time comes, if you have the right kind of a cow, and are the right kind of a master, she will not disappoint you.
There are many different kinds of crops that can be grown for soiling purposes. Winter rye, oats, barley and oats mixed, peas and clover, and vetch are some of them. A few will suffice. Care, however, must be taken not to sow too much at one time, with the exception of corn. That can be planted in abundance, because as it approaches maturity it continues to make good feed.
We have grown at the college farm two and one-half acres of peas and oats, which are sown on a north slope, the steepest, perhaps, on the farm, and from this plot have harvested five and one-half tons of hay, in addition to having pastured on the same plot for five weeks a small herd of the experimental farm cattle. This is an example of what can be grown on a small tract carefully tilled.

The farmer who undertakes to manage a herd of cows under this system must make ample provisions. One necessity, of course, is a good stable. This, without elaborate surroundings, can be built at a moderate cost. It should be planned in a way which will enable the farmer to feed ten acres of good pasture to start off with in the spring. His intention should be to use this ten-acre tract for night pasture after he has commenced to feed the cows in the stable. He will also need a mower and a horse rake in the field to lessen the labor of cutting and handling.

For the purpose of winter dairying, no up-to-date man would be without a silo. In this part of the state corn is past the experimental stage. It always matures on the college farm. The cows are fed the year around, and do well, always having an abundance of silage. This process, in my opinion, largely solves the pasture problem.
Naturally, questions arise relative to the expense connected with the feeding of soiling crops. Over in Ontario, which is without doubt a dairy country, soiling and the silo go hand in hand. Every farmer there will tell you that it would not be possible to keep up the flow of milk in his herd without resorting to these methods. If the silo and soiling crops are necessary in a country where, as a rule, they have plenty of rainfall, how much greater is the necessity for their use in parts of the Pacific Northwest where rainfall is not always sufficient?
The time is at hand when a radical change of methods in farming is necessary. Especially is this true in the case of the rancher who does not own

Raised Muffins.
Scald a pint of milk and when lukewarm add one compressed yeast cake dissolved, half a teaspoonful of salt, and two cups and a half of flour. Beat thoroughly and stand aside until very light—about two hours. Then add the yolks of two eggs well beaten, and fold in the well-beaten whites, and fold in the well-beaten whites. Stand aside for thirty minutes, and bake in greased muffin rings or gem pans.

a large acreage, since he cannot grow wheat enough to make more than a bare living. The dairy cow opens the way to a more lucrative pursuit. Trained effort, however, is required to handle this opportunity to the best advantage, and there must be concentrated and conscientious effort on the part of the dairyman and every member of his household.
It is not my intention to say what kind of a cow is the best for dairy purposes. That is a problem which dairymen should decide for themselves but, as a rule, the cow to keep is the one which you fancy most and is best suited to the surroundings you have to offer. Pedigree will not make a cow give milk, but pure-bred sires are necessary in order to have high class grades. Therefore, it is necessary to keep a pure-bred sire at the head of the herd and also to be very careful in the matter of selection.
Insist that the sanitary conditions around your stable are the best possible. Be prompt at milking time. Give the herd the best of care in the matter of feed, salt and water. Keep the cows clean, and permit no one to use rough methods or use obscene language in your cow barn. Have a great big heart for your "job." Your work must be done right; and assuredly, the farmer who is willing to adapt himself to the requirements demanded by the country will be a successful dairyman.

PRUNING TREES.
Professor Thorner Tells How to Procure Best Results.
From Washington State College, Pullman.
In response to an inquiry from Sherlock, Professor W. A. Thorner gave the following discussion of pruning:
"When trees produce too much wood, and not enough fruit, or no fruit at all, it is well to prune them very severely in the summer time, say about June; also cut them back at that time. This is to give the trees a check, and make them produce fruit buds, rather than wood. Here at the station, in the case of young trees, we do considerable early spring, or winter pruning, in order to make the trees produce large quantities of wood. We are thoroughly convinced that it is well for a young tree to produce large quantities of wood, even though you have to cut it out the following spring. This extra growth gives a splendid root development, and this is necessary before you can secure a good tree. In the case of trees that have been grafted, I would recommend that you remove the suckers just as fast as the scions seem able to take care of the entire food supply. In cases where the tree is a very rank grower, I frequently leave a few suckers around the graft, so that the graft may become hardened, and not make such a soft growth."
"Another good plan, at times feasible, is to keep an orchard in grass, and check the growth somewhat in that way. The western soils are very conducive to a heavy growth of wood; therefore it is somewhat advisable to grow grass in the orchard, with the idea of checking the growth in this way. Some of our most successful apple growers west of the Cascades, make a practice of growing grass in their orchards to prevent the growth. The station does not advise you to make use of any kind of fertilizer whatever. A small amount of potash would serve the purpose to make the trees more fruitful, but under no conditions do we advise the use of barnyard manure, or nitrogen, since this would only exhilarate the growth. In your locality, I think you could grow the Gravenstein, Northern Spy, Rhode Island Greening, Jonathan, and probably the Golden Russets very successfully. The station now has specimens of these apples from your locality, and they certainly show up well."

Celery Salad.
One boiled egg, one raw egg, one tablespoonful salad oil, one teaspoonful white sugar, one saltspoonful salt, one saltspoonful pepper, four tablespoonfuls vinegar, one teaspoonful made mustard. Cut the celery into bits half an inch long and season. Eat at once, before the vinegar injures the crispness of the vegetable.

Molasses Cake.
One cup of molasses; one-half cup of brown sugar; one-half cup of shortening creamed with the sugar and molasses; two well-beaten eggs; one teaspoonful of baking soda dissolved in a half-cup of sour milk; one teaspoonful of ginger; two cups of flour. Bake in a sheet in a shallow pan, well greased, in a slow oven.

Stuffed Potatoes.
Choose large potatoes of uniform size and bake. When done, cut off the top of each potato and scoop out the insides with a teaspoon. Mash the potatoes soft with hot milk, and season with salt and pepper and several spoonfuls of grated or Parmesan cheese. Mix well, and return the potato to the skin. Pack the mass in well. Replace the tops of the potatoes which were cut off and return to the oven until hot all through.

S.S.S. THE CURE FOR SCROFULA

Swollen glands about the neck, weak eyes, pale, waxy complexions, running sores and ulcers, skin diseases, and general poor health, are the usual ways in which Scrofula is manifested. The disease being deeply entrenched in the blood often attacks the bones, resulting in White Swelling, or hip disease, and the scrofulous and tubercular matter so thoroughly destroys the healthful properties of the blood that Scrofula sometimes terminates in consumption, an incurable disease. The entire circulation being contaminated, the only way to cure the trouble is to thoroughly purify the blood and restore the circulation to a strong, healthy state. S. S. S. is the very best treatment for Scrofula; it renovates the entire blood supply and drives out the scrofulous and tubercular deposits. S. S. S. is the greatest of all blood purifiers, and it not only goes right down to the very bottom of the trouble and removes the cause, but it supplies the weak, diseased blood with the healthful properties it is in need of, and in this way builds up weak, frail, scrofulous persons and makes them strong and healthy. S. S. S. is a gentle, safe, vegetable preparation and is suited for persons of any age. Book on the blood containing information about Scrofula and any medical advice free. **THE SWIFT SPECIFIC CO., ATLANTA, GA.**

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Bella—What do they want to discover the north pole for?
Stella—What for? Why, for the sake of getting some picture postcards from there, of course.—Pick-Me-Up.

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"I can't say it paid, but I came out exactly even."
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"Paid out \$60, but gained twelve pounds. Same thing, you know."

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Gofast—No; it's perfectly natural. He thinks he can make one that will describe a shorter curve than anybody else's "machine."

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When the Wind Blows Right.
Stranger—How far is it to the stockyards?
Native—Right here. Can't you tell by your nose?
Stranger—No; been smelling just like this ever since I came in sight of the town.—Chicago Tribune.

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Uncle Allen.
"I see the government is going into the airship business," said Uncle Allen Sparks. "Sooner or later the airship will get into politics, and then we'll have machine politicians and flying machine politicians."
Symmetry.
The smoker who sat directly opposite had put his foot on the edge of the seat occupied by the professor.
It was encased in one of those easy-going, hygienic shoes that look like a canvas covered ham.
"My friend," said the professor, eyeing it disapprovingly, "oblige me by removing that thing from my seat. It's bad form."
—Chicago Tribune.

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