

NOVEMBER AILMENTS

THEIR PREVENTION AND CURE

November is the month of falling temperatures. Over all the temperate regions the hot weather has passed and the first rigors of winter have appeared. As the great bulk of civilized nations is located in the temperate zones, the effect of changing seasons is a question of the highest importance.

The Human System Must Adjust Itself to Changing Temperatures.

When the weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, sultry days, the human body must adjust itself to this changed condition or perish.

The perspiration incident to warm weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration.

Most of the poisonous materials retained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overloaded with the poisonous excretory materials. This has a tendency to inflame the kidneys, producing functional diseases of the kidneys and sometimes Bright's disease.

Peruna acts upon the skin by stimulating the emunctory glands and ducts, thus preventing the detention of poisonous materials which should pass out. Peruna invigorates the kidneys and encourages them to fulfill their function in spite of the chills and discouragements of cold weather.

Peruna is a combination of well tried harmless remedies that have stood the test of time. Many of these remedies have been used by doctors and by the people in Europe and America for a hundred years.

Per-na is a World-Renowned Remedy for Climatic Diseases.

Peruna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantiated over and over by many thousands of homes.

Soothing Her.

Miss Jellers.—I'll never speak to her again! She told a friend of mine that I was an old cat.

Miss Capsicum—I wouldn't mind it, dear. She knows as well as I do that you're not 40 yet.

A Long-Leaved Deer.

A huge, finely mounted antlered head hung just above the sideboard in the dining-room. This trophy of some huntsman's skill was fastened so firmly to the wall that the glistening neck seemed to be coming right out through the plaster. Robert, who was seeing this decoration for the first time, eyed it with lively curiosity and very evident uneasiness. It looked almost too life-like for comfort.

Finally the boy, asking to be excused, slipped from his chair, tiptoed into the next room, and then, flushing with embarrassment, returned to his place at the table.

"What's the trouble, Robert?" asked his host.

"I wanted to see," explained candid Robert, sheepishly, "if that animal's legs were really as long as that, or if he were standing on something in another room."

HOW TO TEACH CHILDREN.

Here Are Some Suggestions by a Writer on Education.

A writer in an American educational journal offers some interesting suggestions for teaching children, says the Dundee Advertiser. It is useless, he suggests, to instruct children by using technical terms or even terms that would be descriptive to a grown-up. The point is illustrated by an ingenious parallel. Instead of telling a child to "sit up straight" it would be better to tell him to "sit up tall." In the same way if a child shouts too loudly in singing, he should be told to "listen" after taking "a long smell," and if he realizes what is meant and does it, this will set the muscles of the waist and check the flow of breath, while the child will be unconscious to its action.

"Such suggestion as the following do far more good than scientific terms in procuring the right tone-production from the child. Do not sing in a growling tone. Do not sing in a scolding tone." "A fish horn tone sounds terribly descriptive, but we imagine its vividness would be lost on an English child. Sing with a pleasant face. Sing with a smile. Sing like the sweetest bird you ever heard. Sing a kindly tone. Sing a sweet, loving tone. Make your lips sing to you. Whisper aloud, as though you wanted some friend in the furthest corner of the room to hear you." It is to be hoped that after all this there would be no danger of the children learning to sing in a maudlin tone.

For American Citizens.

When the visitor approached the diplomatic gallery of the Senate chamber the door-keeper informed him, says a writer in the Philadelphia Public Ledger, that the gallery was reserved for foreign representatives.

"It is, hey?" said the visitor. "Well, I want to tell you right now that this is a free country and this is the Senate of the United States, and I demand admission in the name of American citizenship."

"Oh!" said the doorkeeper. "Why didn't you say at first that you were an American citizen? Just step round to the second door from here. That gallery is reserved for American citizens."

With chest puffed up, the stranger betook himself to the door indicated, and was at once admitted to the public gallery.

Advertising Pays.

It was a surprise to the summer boarder to learn that one of the group of graduates from the seminary, to the "farewell exercises" of which she had listened the year before, was married and settled in a home of her own.

"I remember her," said the summer boarder, when the name was mentioned, "but she did not strike me as being as attractive as most of the other girls."

"Um-m!" said her informant. "Well, I guess 'twas her graduating essay that kerried her off so quick, maybe. Her subject was, 'How to Keep House on Six Dollars a Week,' and it fetched most every young fellow in town, they tell me. By what I hear, all she had to do was to sit at home and pick and choose."

Linguiatic Judge.

At the Shoreditch county court, England, recently, Judge Smyly heard a case in French, corrected a Yiddish interpreter and translated an Italian evidence. The same day he chatted fluently with a German.

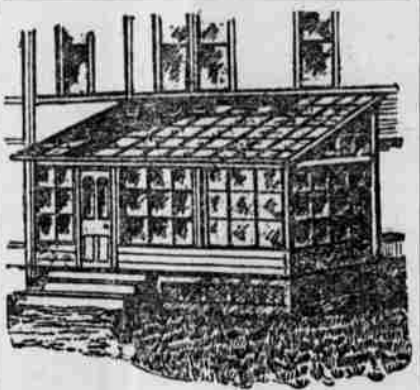


A Small Greenhouse.

To speak of a greenhouse suggests the idea of an expensive building that requires much labor on the part of some person to keep in order. While it is possible to spend almost any amount, a very practical house can be made of hot-bed sash, using the south piazza as a basis for operations. Hot-bed sash, all ready for use, costs from \$3.25 to \$3.50 each, and measures 3x6 feet; the glass in these frames measures 10x12 inches.

Buy the sash first, and then build according to the number of sash. This little greenhouse can be heated by a smokeless blue-flame oil stove without injury to the flowers.

For a beginner some of the bulb family will be best. Of late years, Roman hyacinths, narcissus of various kinds, freesias and tulips have had a great sale in the winter months. When grown for cut flowers they are put



SIDE VIEW OF GREENHOUSE.

in low boxes of a convenient size for handling, at a distance apart equal to about twice their diameter, and so they will just show above the surface.

General-Purpose Horse.

The general-purpose farm horse is one that can be well utilized in ordinary farm work of all kinds and can also do the limited amount of road work needed in connection with the working of the medium-sized or small farm, says a well-known farmer. A horse called a "chunk" in market, standing 15 to 16 hands high, weighing from 1,100 to 1,400 pounds, compactly built, with good feet and legs, a tractable, lively disposition, a good, clean, rapid way of going at walk or trot, is in brief, the kind of a horse that I would call a general-purpose horse. This kind of a horse has a place on farms, and we say is the most valuable class, so far as farm work is concerned. You will note that he partakes of the qualities of both the draught and coach or heavy roadster types, in both his conformation and disposition.

Impure Maple Sirup.

Impure maple sugar and sirup is the rule rather than the exception, both in this country and in Canada. The Canadian government has been making an investigation of the matter, and out of 85 samples of sirup only 22 were found to be genuine, while 53 were adulterated. In the same way, out of 26 samples of sugar only 11 were genuine. These samples were purchased at stores in different cities and towns. Out of 319 samples of milk gathered in the same way, only 180 were genuine. Canada is as much in need of a pure food law as is the United States, and one will soon be in operation on that side of the line.

Making Henhouse Warmer.

The henhouse can be made much warmer, if the walls are thin, by lining sides and ceiling with tar paper. The floor may be of brick, stone, cement, dry earth or coal cinders. The latter is preferable, especially if you are unfortunately possessed of a damp house. Fill in the damp henhouse a foot with cinders and they will always be dry on top.

Corn Prices Being Maintained.

Southern Planter says that the yield of corn will be a record one, probably near 2,750,000,000 bushels, and yet in the face of this prospect the price still keeps good, showing the marvelous capacity of the country to consume corn. In the South the yield will likely be a record one, and much more of it will be consumed on the farm than in the past. It is a most cheering and significant fact that more of the corn crop now goes on foot to market here than ever before. This means fertility kept on the farm and money in the pocket.

Test of Age in Fowls.

A rooster's age is determined by the size of his spurs. If they are long he is "antique." If there is a small button on the ankle where the spurs come later he is a young bird. Ducks are invariably judged by the under lip of the bill. If a dressed duck will sustain its weight by its under bill, "lay it back and try another," for there is no telling how old it is; certainly too old to be real tender. But if the bill snaps easily it is a young bird. Gobblers are told by their spurs, the same as roosters, the age of the hen turkey being determined by the length of its beard. Aside from the test applied to ducks there is one infallible rule which can be applied with safety in all cases. The back part of the breastbone can be bent easily in a young fowl. If it is sharp and hard and refuses to yield to pressure from your thumb it is an old bird.

Iowa Farmers' Phones.

For the first time a census of telephones has been taken in the State of Iowa, and this has disclosed that there are now in use 222,325 instruments. Of this number 104,524 are classed as instruments used in connection with rural lines. That is, they are used by the farmers of Iowa.

During the past few years the Government Weather Bureau in Des Moines has arranged for telephone distribution of forecasts, and a large percentage of these farmers now receive by telephone every morning the forecast of the weather for the coming thirty-six hours. This, in fact, has been one strong incentive for installation of telephones in the homes of the farmers of the State.

Build a Toolhouse.

Every farmer needs a good toolhouse. It should be so convenient of access that there need be no excuse for leaving farm implements exposed to the weather when not in use. Properly cared for, many implements that now last only a few years ought to be serviceable as long as the farmer lives to need them. Besides, a tool that has not been rusted, warped and cracked by exposure will work as well the second and third year of use as the first. On many farms the tools are so much injured by being left out of doors that after the first season they cost more for repairs than they save in labor.

Profitable Apple Trees.

H. A. Squires, living near Dearborn, Mo., has 125 trees of Wealthy apples and seventeen trees of Summer Queen; there are eight trees of another early sort, making 150 trees, or three acres, of apples ripening at this season. This year Mr. Squires sold the fruit from these three acres for \$1,006 net, after paying for the barrels in which the fruit was shipped. More than \$300 an acre is not a bad record in a year like this. Of course, Mr. Squires had a good crop, some trees making six and seven barrels of choice apples, but prices were not as high as is often the case.

Handy Egg Turner.

When keeping eggs for hatching they should be turned frequently. The sketch shows a combination egg drawer and turner which is very effective. The



EGG TURNING DEVICE.

bottom of the egg drawer is removed and the eggs rest upon a roller curtain cloth, which winds upon a rod with a small crank. Winding the roller a very short distance turns each egg and jostles it slightly. A single turn on the crank will usually be sufficient.

Cotton Greatest Export Crop.

Cotton is king in export record of the United States for the fiscal year just closed. The total value of raw cotton exported, for the first time crossed the \$400,000,000 line, and exceeded by far the value of any article of merchandise sent out of the country. The exports of cotton have increased over \$100,000,000 since 1901. The manufactured cotton goods were also larger than heretofore, and aggregated \$53,000,000.

Great American Hen.

Some one has figured that the American hen each year earns enough to buy all the silver and gold dug out of the mines, all the sheep in the country and their wool, and leave a balance equal to the entire year's crop of rye, barley, buckwheat and potatoes, says Farming, Or. as a hen enthusiast writes, "she pays the interest on all the farm mortgages, pays the entire State and county taxes of the whole Union, and then leaves a balance large enough to give every man, woman and child in the United States a dollar."

ROPES A MOUNTAIN LION.

Ranchman Has a Strenuous Time with a Savage Beast.

It was a foolish thing for him to do, nor can be accounted for the notion that possessed him, but Nate Gardner, a Fall River County ranchman, roped a mountain lion and had a strenuous time later on, says the New York World correspondent at Sioux Falls, S. D.

While riding across country Gardner sighted the cat sneaking toward a bunch of timber about 600 yards distant. The surprise of both man and lion was mutual, and for a moment they stood looking at each other. Then the cat gave one of its screaming cries and started for the trees.

Roused by the movement, Gardner put spurs to his mount and pursued, loosening up his lariat as he rode. He made his cast just as the lion was about to enter the timber, and the rope settled down over the head of the prey. The trained cow-pony stopped with a jerk, planted his feet, and when the rope became taut the mountain lion was thrown violently off its feet, turning a couple of somersaults in the air.

For a moment the animal lay still, with the pony holding the rope braced against it. But it was just for a moment, for, regaining its feet with a jump, the fierce animal started for the ranchman and his pony. The lion had its ears laid back, its fangs exposed and emitted blood-curdling yells.

Then commenced a race for life. It needed no urging for the sturdy cowboy to make a start. Turning as if on a pivot it took a back track at mad speed, with the mountain lion taking up the slack of the rope. It was a pretty chase for about half a mile, when the endurance of the pony and the severity of its somersault throw told on the mountain lion, which at last found the pace too swift. The rope again became taut as the lion dropped behind, and it was not long before the lion was dragged off its feet.

The rest was easy. When the pony finally was pulled up there was a dead mountain lion dragging along at the end of the lariat, a thankful man on the pony's back, and a pony relieved of a great fear.

THEFTS OF THE TRADE RAT.

Always Leaves Something in Exchange for What It Steals.

One of the oddest little animals in existence is the California wood rat, better known as the "trade rat." It owes the latter name to the fact that, though it is a great thief, it never steals anything without putting something else in its place.

The story is told of a paste pot which had been left over night in the assay office at the Silver Queen mine and which was found in the morning filled with the oddest collection of rubbish. This was the work of trade rats. They had stolen the paste and left in exchange a piece of stick, a length of rope, some odds and ends of twine and an unbroken glass funnel.

The object of the trade rat in so scrupulously paying for what he takes is something of a mystery, but these same rats certainly take the greatest pleasure in the odds and ends which they collect.

A description is given of a trade rat's nest found in an unoccupied house. The outside was composed entirely of iron spikes laid in perfect symmetry, with the points outward. Interlaced with the spikes were about two dozen forks and spoons and three large butcher knives.

There were also a large carving fork, knife and steel, several plugs of tobacco, an old purse, a quantity of small carpenter tools, including several augers, and a watch of which the outside casing, the glass and the works were all distributed separately, so as to make the best show possible. Altogether the oddest collection! None of these things was of any earthly use to the rats. They must have collected them just in the same way that a child hoards up odds and ends to play with.

Peculiar Kinds of Fuel.

"I have eaten mutton cooked on a fire of broken mummy," said the sailor. "It was in Egypt, and the mummy was stolen out of a tomb. The natives are always stealin' mummies. They sell them in pieces to tourists, and what pieces they can't dispose of otherwise they throw into the bin for fuel.

"Mummy burns like tinder, but it's a ghastly fuel. It is as ghastly a fuel as the shoe lasts what they burn in the shoemakin' town of Lynn, where the old-fashioned and discarded lasts, glowin' in the grates, look to you like amputated human tribbles.

"I have been in tannery towns where the fuel is leather chips. This fuel smells and smokes. It clinkers, too, formin' itself into big, solid chunks that have to be broken up with the poker every little while.

"In British Columbia, where fish is as plentiful as air, they burn dried fish when there's no wood handy. The oil in the fish causes them to burn well, but the smell of this fish fuel ain't to no white man's taste."—New Orleans Times-Democrat.

RHEUMATISM CAN NOT BE RUBBED AWAY

It is perfectly natural to rub the spot that hurts, and when the muscles, nerves, joints and bones are throbbing and twitching with the pains of Rheumatism the sufferer is apt to turn to the liniment bottle, or some other external application, in an effort to get relief from the disease, by producing counter-irritation on the flesh. Such treatment will quiet the pain temporarily, but can have no direct curative effect on the real disease because it does not reach the blood, where the cause is located. Rheumatism is more than skin deep—it is rooted and grounded in the blood and can only be reached by constitutional treatment—IT CANNOT BE RUBBED AWAY. Rheumatism is due to an excess of uric acid in the blood, brought about by the accumulation in the system of refuse matter which the natural avenues of bodily waste, the Bowels and Kidneys, have failed to carry off. This refuse matter, coming in contact with the different acids of the body, forms uric acid which is absorbed into the blood and distributed to all parts of the body, and Rheumatism gets possession of the system. The aches and pains are only symptoms, and though they may be scattered or relieved for a time by surface treatment, they will reappear at the first exposure to cold or dampness, or after an attack of indigestion or other irregularity. Rheumatism can never be permanently cured while the circulation remains saturated with irritating, pain-producing uric acid poison. The disease will shift from muscle to muscle or joint to joint, settling on the nerves, causing inflammation and swelling and such terrible pains that the nervous system is often shattered, the health undermined, and perhaps the patient becomes deformed and crippled for life. S. S. S. thoroughly cleanses the blood and renovates the circulation by neutralizing the acids and expelling all foreign matter from the system. It warms and invigorates the blood so that instead of a weak, sour stream, constantly depositing acid and corrosive matter in the muscles, nerves, joints and bones, the body is fed and nourished by rich, health-sustaining blood which completely and permanently cures Rheumatism. S. S. S. is composed of both purifying and tonic properties—just what is needed in every case of Rheumatism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

S. S. S.

PURELY VEGETABLE

mism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

THE SWIFT SPECIFIC CO., ATLANTA, GA.