MISS SOPHIA KITTLESEN.

HEALTH VERY POOR--- RESTORED BY PE-RU-NA

Catarrh Twenty-five Years--Had a Bad Cough

Miss Sophia Kittleson, 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.

The St. Petersburg correspondent of the London Mail says that ear drums made of thin leaves of silver are being used in the Russian military hospitals for diseases of the ear, to replace defective organs.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Triumph of Human Nature.

"Them seventeen mothers in the village mothers' club agreed to decide by ballot which had the handsomest baby."

"Well, who won it?"

"Each kid got one vote."—Judge.

FITS St. Vitus' Dance and Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Philadelphia, Pa.

Juvenile Depravity.

"Kitty," said her mother, rebukingly, "you must sit still when you are at the table."

"I can't, mamma," protested the little girl, "I'm a fidgetarian."

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it, 25c. Don't accept any substitute.

Let's flee from this odious world, May,
And go to the land of frothless sodas,
thumbless waiters and countless delights; where your pipe doesn't go out every few minutes and you don't have to tramp ten miles to get a check cashed.
—Yale Record.

Lame Back Prescription.

The increased use of whiskey for lame back rheumatism is causing considerable discussion among the medical fraternity. It is an almost infallible cure when mixed with certain other ingredients and taken properly. The following formula is effective: "To one half pint of good whiskey add one ounce of Toris Compound and one ounce Syrup Sarsaparilla Compound. Take in tablespoonful doses before each meal and before retiring."

Toris compound is a product of the laboratories of the Globe Pharmaceutical Co., Chicago, but it as well as the other ingredients can be had from any good druggist.

Illustrating It.

"Josiah," asked Mrs. Chugwater, looking up from the newspaper she was reading, "what is a 'homestretch'?"

"This," answered Mr. Chugwater, leaning back in his easy chair, slowly extending his arms at right angles with his body, and accompanying the exercise with a dismal yawn. "You've seen me do it a thousand times."—Chicago Tribune.

PISO'S CURE
CURES WHERE ALL ELSE FAILS
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

ALFALFA FOR OREGON.

Is Proving Good Forage Crop for the Milk Cow.

By James Dryden, Oregon Agricultural College, Corvallis.

There is a great deal of milk in the ground that was not spilled and cried over, but it is there nevertheless. At certain seasons of the year the Thousand-Headed kale pulls the milk out of mother earth and the cow pulls it out of the kale and puts it in the bucket. There is a period, however, during the summer when the cows go hungry and the milk languishes in the ground because there is no green thing to pull it out and coax the cow to fill the milk bucket.

Western Oregon is one of the best dairy sections of the union. With mild open winters in which kale flourishes and furnishes green succulent food, the dairy business thrives all the year around with the exception of a short period during the summer. During this period the land is out of commission, the cows barely subsist on the pasture fields and there is no profit to the farmer. Forty-cent butter and a scarcity of good fresh milk is the evidence of a lack of green food.

What is needed in the valley is a forage crop that will utilize the soil and furnish green food and pasture during the dry season. Will alfalfa fill the bill? If alfalfa could be raised extensively and successfully it would change the face of nature and add immensely to the value of the farms in the Willamette valley. It would increase the dairy products and the poultry products; it would cheapen the production of pork and beef and mutton.

Alfalfa has been grown for two thousands years in the Mediterranean region. It has been grown successfully in arid parts of America for half a century. A gentleman traveling over what was then regarded as a land unfit for settlement in Western Nebraska by reason of its aridity discovered a thrifty green alfalfa plant growing where no other green thing could be found for miles around. That was a demonstration that satisfied the gentleman and he purchased a large tract of land for a trifle. On the same land he has since fed fifty thousand sheep in one season on alfalfa. Alfalfa goes down into the depths of the soil for moisture and through wireless communication with the atmosphere brings down from above food which feeds the plant and enriches the soil.

Since 1891 the acreage of alfalfa in Kansas has increased from 34,388 to 615,000 in 1906. A recent bulletin from that state says of alfalfa: "The steer feeders and mutton feeders of Kansas, Colorado and Nebraska would be lost without it."

At the Kansas station it is stated: "A gain of 800 pounds of pork was made from a ton of alfalfa, and a little less than that amount of gain was made from an acre of alfalfa pasture." Again, "We found that 100 pounds of alfalfa hay saved 96 pounds of corn." Figuring on the basis of these experiments it is stated that "with green alfalfa producing ten tons per acre (20,000 pounds) it would produce 2,000 pounds of pork, which, at 4 cents per pound would be worth $80 per acre."

Director Burkett, of the Kansas station, says: "By promoting the successful production of alfalfa the station has not only extended the dominion of an imperial forage crop, but in so doing has discharged its own entire expense, and in addition has added millions of dollars to the wealth of the state."

At the Ontario agricultural college in ten years 30 cuttings, yielding over 5 tons an acre, were made. An experiment showed this great soil enriching qualities. Wheat grown after alfalfa yielded 61.5 bushels per acre and after timothy sod 42.1 bushels. In the two succeeding years the alfalfa sod produced 30.2 bushels of barley and 24 bushels of corn, while the timothy sod produced 19.7 bushels barley and 17.9 bushels corn. The three crops on the alfalfa sod were worth about $90 while those on the timothy sod were worth about $59.

At the Oregon Agricultural college alfalfa has been growing successfully for several years, and tests are being made by the agronomists with different varieties to determine which will suit the conditions best in this state. The station men are glad at all times to answer questions in regard to its cultivation.

A few miles from Corvallis Mr. W. H. Hamlin cut this year 200 tons of alfalfa hay. It yielded about 2½ tons to the acre in two cuttings. Before seeding to alfalfa the land had been "cropped out." In fourteen years fourteen grain crops had been taken from the land, and Mr. Hamlin explains that on richer land the yield is much heavier. He further explains that the oldest stand yields the best, showing that it takes several years on certain classes of soil for the alfalfa to make a good growth.

It looks as though an alfalfa campaign would be worth millions to this state.

Q. What is meant by "50 per cent," "40 per cent," and so on, dynamite?

A. The percentage given refers to the amount of nitroglycerin in the powder. For instance, a 40-per-cent dynamite is supposed to contain 40 per cent of nitroglycerin and 60 per cent of "dope."—R. S. Thomson, Washington State College, Pullman.

Catarrh

Is a Constitutional Disease

It originates in impure blood and requires constitutional treatment, acting through and purifying the blood, for its radical and permanent cure. The greatest constitutional remedy is

Hood's Sarsaparilla

In usual liquid form or in chocolated tablets known as **Sarsatabs.** 100 doses $1.

Nasal and other local forms of catarrh are promptly relieved by Antiseptets or Catarrlets, 50c., druggists or mail.

C. I. Hood Co., Lowell, Mass.

Stanzas to a Chorus Girl.

I am sorry you can't be my bride, May,
But my father won't give his consent,
And if he, in a rage, cut me off, May,
Why I never could pay for our rent.

But why should we live any more? May,
In death we should not be apart.
I suffer alone, and am seized, May,
With a grief that is searing my heart.

So let's flee from the odious world, May,
Where there's nothing but troubles and cares,
Ah, won't it be grand, when we two, hand in hand,
Are climbing the golden stairs?

The Rub.

Ostend—Pa, what do they mean when they say "Money is easy" in Wall street?

Pa—They mean that it is easy, my son, because they have just gotten it from easy people.

Ostend—Then why can't we get it?

Pa—Because those that have a hold on it are not easy.

An Advantage.

"But your country is so lacking in places of historic interest," said the European.

"That's one of it's great advantages," answered Mr. Cumrox. "In this country a man can travel for hours without being obliged to listen to a lecture."—Washington Star.

He Could Not Tell a Lie.

Inquiring Lady—How much milk does your cow give a day?

Truthful Boy—'Bout twelve quarts, lady.

Inquiring Lady—And how much of that do you sell?

Truthful Boy—'Bout twelve quarts, lady.—Human Life.

There are now over 250,000 words in the English language acknowledged by the best authorities, or about 70,000 more than in the German, French, Spanish and Italian languages combined.

KASPARILLA

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.

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This great Chinese physician is well known throughout the Northwest because of his wonderful and marvelous cures, and is today heralded by all his patients as the greatest of his kind. He treats any and all diseases with powerful Chinese roots, herbs and barks that are entirely unknown to the medical science of this country. With those harmless remedies he guarantees to cure catarrh, asthma, lung troubles, rheumatism, nervousness, stomach, liver and kidney troubles, also private diseases of men and women.

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Patients outside of city write for blanks and circulars. Inclose 10 stamp.

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FLASHES OF FUN

Landlady—You will either have to pay what you owe or leave. Slowpay—Thanks. The last place I was at they made me do both.—Stray Stories.

Mrs. Gallamer—Isn't Mr. Grabbenstacker a ladies' tailor? Mrs. Plummeram—Not exclusively. Mrs. Rundam is one of his customers.—Brooklyn Life.

Pat—I hear yer wolfe is sick Moike? Mike—She is thot. Pat—Is it dangerous she is? Mike—Divil a bit. She's too weak to be dangerous any more!—New York Sun.

Mr. Howard—Isn't it wonderful what force Niagara has? Mrs. Talkmuch—Marvelous! Do you know, when I first saw it for a full moment I couldn't speak.—Brooklyn Life.

Jasper—Whenever a great man dies, Longhair writes a poem about him. Rasper—Well, I must commend his consideration in not writing it before the great man dies.—Boston Globe.

Howell—Rowell thinks he is the whole thing. Powell—Yes, if he leans against a post for a few minutes he has the idea that the post couldn't stand without him.—Lippincott's Magazine.

"Where do you work, my good man?" "In a powder factory." "Mercy! What a hazardous occupation." Oh, no, mum. I seldom meets any automobiles on my way to or from work."—Puck.

"I say, do you think that Wiggins is a man to be trusted?" "Trusted? Yes; rather. Why, I'd trust him with my life!" "Yes; but with anything of value, I mean!"—Philadelphia Inquirer.

"And do you have to be called in the morning?" asked the lady who was about to engage a new girl. "I don't have to be, mum," replied the applicant, "unless you happens to want me!"—Boston Globe.

Mayme—I hate these affectionate girls. Lucie—Why, I always thought you were one of them. Mayme—Well, anyway, I don't want Jane Jones to kiss me after she's been eating onions.—Cleveland Plain Dealer.

Lady (after tendering a shilling for fare)—And here are two buns you may have, my man, Cabby—Thank you kindly, lady. I suppose you don't 'appen to 'ave a wisp of 'ay for the 'orse?—Cassell's Saturday Journal.

The Angry Mother—You've got an awful nerve to ask me to give you back your ball when you nearly killed one of my children with it. The Boy—Well, ma'am, you've got ten children and we've got only one ball.—Chicago Tribune.

Her Daughter's Beau—I—er—er—want to ask you, sir, for your—er—er—daughter's hand, sir. Her Father—I'm not disposing of her in sections, but I'm willing to listen to any proposition involving all of her, sir.—Cleveland News.

Mistress—I don't want you to have so much company. You have more callers in a day than I have in a week. Domestic—Well, mum, perhaps if you'd try to be a little more agreeable, you'd have as many friends as I have.—Boston Traveler.

"A public official must be unflinching about laying down the law." "Yes," answered Senator Sorghum, "one of the great difficulties is that an official occasionally gets confused. Instead of laying down the law he starts in throwing down the law."—Washington Star.

"Say, Bill," said the burglar to his pal, "this paper says we overlooked a package of bills amounting to $1,000." "Ain't the depravity of the rich something awful?" replied Bill. "Trying to deceive that way. I seen them bills. They wasn't ever receipted."—Philadelphia Ledger.

"Ah," said the candidate, "this is Farmer Whiffletree's place, I believe. And you have just celebrated your golden wedding, I understand?" "Golden wedding nuthin'," was the response. "I've just been sued for $10,000 wuth of breach of promise. You've got your card index mixed."—Washington Herald.

"I've walked many miles to see you, sir," because people told me you was very kind to poor chaps like me." "Indeed?" said the genial, white-haired old man. "Are you going back the same way?" "Yes, sir." "Ah. Well, just contradict that rumor as you go, will you? Good morning."—Milwaukee News.

"I tell you," went on the old lady at a hotel, getting quite angry, "I won't have this room. I ain't going to pay my money for a pigsty, and, as far as sleeping in one of them folding beds, I simply won't do it." The boy could stand it no longer. "Go on in, mum," said he, with a weary expression on his face. "This ain't your room; it's the elevator."—Philadelphia Inquirer.

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MAPLEINE A Flavoring. It makes a syrup better than Maple. Sold by grocers.

Aesop in "Little Italy."

A school teacher in the Italian quarter of an American city told her children the story of the fox and the grapes. Tony was especially delighted with the story, and eagerly sought his chum, Joe, who was in another class. By good luck, the teacher overheard Tony's version.

In his excited, broken English he told the fable much as it was written, until he came to the end. This was his rendering of the climax:

"De olda fox he say, 'Da grape no good, anyhow; alla sour. I guess I go geta de banan.'"

One More Unfortunate.

The police justice looked at the battered, disreputable specimen of manhood before him and turned to the policeman.

"Officer," he asked, "what is the complaint?"

"Rheumatis, y'r honor," spoke up the prisoner, answering for himself.—Chicago Tribune.

He Couldn't Tell a Lie.

"Well, good-by, dear!" said Mr. Trueboy to his beloved spouse. "I must go and dictate those letters—twenty-six of them—so you mustn't expect me home very early."

"All right!" was the response. "But I wish you wouldn't work so hard."

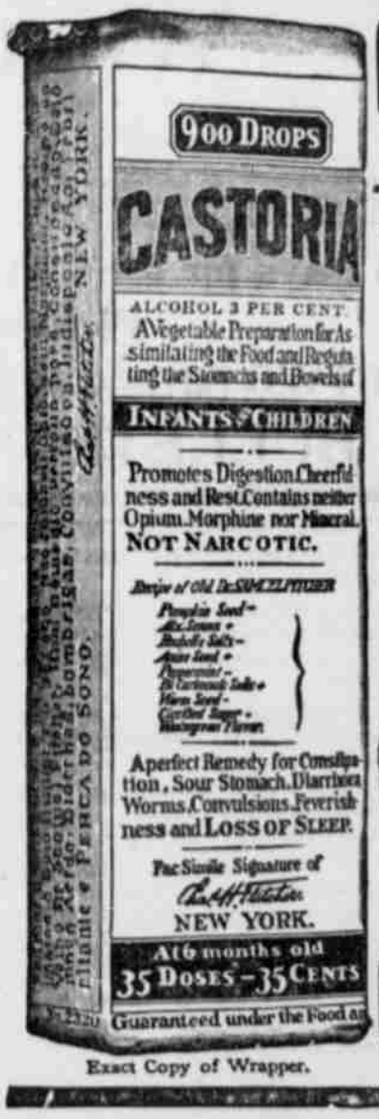
Half an hour later, Mr. Trueboy entered his club and sat down, with three others, at a card table.

"Just a moment, you fellows, before the first hand is dealt. I've got to keep my word with my wife. One of you just take down what I dictate: 'A b c d e f g h i j k l m n o p q r s t u v w x y z.' There! Those letters are off my mind."

By Ear.

Stranger (on horseback)—Uncle, what is the price of oats to-day?

Uncle Jed (sitting on the fence)—We don't sell our votes in these diggin's, mister. Be you a candidate?



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CRESCENT BAKING POWDER Egg-Phosphate

WILL DO ALL THAT ANY HIGH PRICED POWDER WILL DO AND DO IT BETTER

A FULL POUND 25c. Get it from your Grocer

Highest Quality

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