



MISS SOPHIA KITTLESEN. HEALTH VERY POOR—RESTORED BY PERUNA

Catarrh Twenty-five Years—Had a Bad Cough.

Miss Sophia Kittlesen, Evanston, Illinois, U. S. A., 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-fin the Ideal Laxative. Manufactured by the Peruna Drug Manufacturing Co., Columbus, Ohio.

Hard to Do Without Pockets.

"The most annoying thing in navy life for a recruit is the absence of side pockets in the uniform trousers," J. R. Rose, a yeoman at the navy recruiting station, said this morning.

"The average man doesn't realize how strong is the custom of thrusting his hands in his trousers pockets until he dons a pair without pockets. I've worn the navy uniform four years now, and I frequently find myself trying to put my hands in my pockets."—Kansas City Times.

Syrup of Figs and Elixir of Senna. Cleanses the System Effectually. Dispels Colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative. Best for Men, Women and Children—Young and Old. To get its Beneficial Effects Always buy the Genuine which has the full name of the Company CALIFORNIA FIG SYRUP CO.

Disastrous Reaction. "I was awfully worried about Johnny when he had that last sick spell," said Mrs. Lapsling, "and when the doctor told me he was going to get well I went fairly delirious with joy."

A Hair Dressing. Nearly every one likes a fine hair dressing. Something to make the hair more manageable; to keep it from being too rough, or from splitting at the ends. Something, too, that will feed the hair at the same time, a regular hair-food. Well-fed hair will be strong, and will remain where it belongs—on the head, not on the comb!

FARMS AND FARMERS



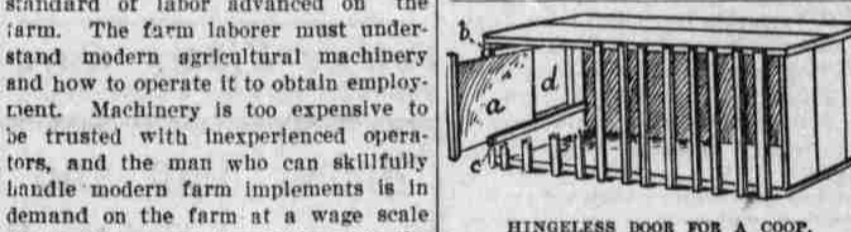
New Farm Products.

Alfalfa was an unknown crop a few years ago. Now it is one of the most reliable and profitable of Texas crops. It has not been long since the onion was produced only in a few short rows for family use. Now the onion crop is one of Texas' best advertisements. The effort to raise for the market medicinal plants began with one enterprising citizen of Grayson County only a few years ago. Now this line is being taken up and will be carried on for all it is worth. The list is growing longer, and the prices of cotton and other farm products are better than they used to be, and the man with the hoe is growing more independent. The sugar beet is now being tested. Colorado holds first place in the production of beet sugar in the United States, with 422,732,530 pounds of sugar from 138,306,366 acres, while Michigan and California are closely matched for second place, producing 165,000,000 and 164,000,000 pounds, respectively. The sugar beet crop in this country last year brought \$4,500,000.

The present year will be an important season for experiments with the sugar beet in Texas. Let the tests be made under as good conditions as possible. There is really no doubt as to the results in localities where the soil is of the right density and quality. Lands that produce fine crops of beets of the ordinary variety or the "biggest turnips in the world" are quite sure to break a few records in sugar beets if given a fair test.—Galveston News.

Improved Chicken Coop.

The diagram shows a convenient way to make a coop for the poultry yard, of which the special feature is its door. Procure a box of the right dimensions and saw a hole, d, in one end. Then strengthen the box with narrow strips of wood, b, c, on each side of the hole.



HINGED DOOR FOR A COOP.

b, c. This acts as a groove for the door, a, to slide in. Thus you have a sliding door, which opens and shuts with the greatest ease. The front of the coop is inclosed with lath, or narrow strips, placed 2 1/2 to 3 inches apart. The top should be covered with a good grade of roofing paper to make it waterproof. A coop of this sort should be 2 to 2 1/2 feet long, 16 inches deep and not less than 20 inches high, while 2 feet would be better.—Richard Moncre, in Farm and Home.

The Judge and \$1 Wheat.

Maud Miller, in the summer's heat, Raked the meadow thick with wheat. The judge rode slowly down the lane, Smoothing his horse's chestnut mane.

"With wheat at a dollar per," said he, "This maid is about the size for me."

Then he smiled at her and she blushed at him, And over the meadow fence he climbed.

"Will you marry me, sweet maid?" he said, And she told him "Yes," and they were wed.

Alas for maiden, alas for judge, For old designer and wheat-field drudge.

Lord pity them both and pity us all, For Maud didn't own the wheat at all.

And the judge remarked when he learned the cheat: "Don't talk to me about dollar wheat!"—San Francisco Argonaut.

How Animals Doctor Themselves.

Man might often take from the lower animals a lesson as to the cure of himself when ill. All sorts of animals suffering from fever eat little, lie quiet in dark, airy places and drink quantities of water. When a dog loses his appetite he knows where to find chondrient—dog grass—which acts as a purgative and emetic. Sheep and cows, when ill, seek certain herbs. Any animal suffering from chronic rheumatism keeps as far as possible in the sun. If a chimpanzee be wounded he has been seen to stop the bleeding by a plaster of chewed up leaves and grass.

Farm Hints.

The horse is man's best friend, therefore he is deserving of a friend's treatment.

Don't forget that the barnyard manure is the best all-round fertilizer you can obtain.

Pasture makes the cheapest hog feed on the farm and clover makes the best hog pasture.

Don't let money act as a padlock on your heart and shut in all the kindness and happiness.

The animal that has a full, bright eye is apt to be healthy. And a moist nose is another indication of health.

The man who keeps his troubles to himself is better thought of than he who burdens his neighbors with them. The neighbors have their own troubles to think about.

Little things on the farm amount to as much in the end as they do in any other business, yet the farmer as a rule does not pay as much attention to details as does the city business man.

ANSWERS TO INQUIRIES.

Washington Farmers Ask Information on Various Subjects.

From the Washington State College, Pullman. The experiment station has received a letter from J. A. B., of Everett, asking how to exterminate the Canadian thistle. Professor W. S. Thornber, horticulturist, replied as follows:

"The Canadian thistle is a hard plant to fight, but by judicious cutting and cultivation you can eradicate it. The plant must be kept from forming a growth above the surface of the ground for at least one year in order that your efforts for its extermination may be successful. The plant spreads by underground stems, or roots, which are thrown up at distances of from three to six feet from the parent plant, so merely destroying the mother plant will not kill the weed. A good cutting during the month of June, followed by other cuttings in the latter part of July and on through August will check the thistle materially, and may destroy it entirely. It is generally quite difficult to eradicate the plant in pastures and fence corners, since a small residue will be left undestroyed, which will grow during the following year. There is no spray that will kill it. Sometimes it is helpful to cut the thistle off about three inches below the surface of the ground, which causes the root to rot by drying out. In cultivated fields it is advisable to rake out the underground stems, and allow them to dry thoroughly before plowing again."

Another letter from W. G. M., of Mabton, made inquiry concerning the culture of English walnuts in that region. Professor Thornber's reply follows:

"The selection of proper varieties is very important, and up to the present time I have found only two varieties that are hardy enough to thrive well under the conditions of your locality. These two are the Fayette and the Mayette. They are not English walnuts, strictly speaking, but are the same species, and are commonly spoken of as 'Persian,' or 'English walnuts.' It will be impossible for you to grow in a commercial way grafted trees of these varieties, simply because the operation of grafting is so difficult that only a few are secured, and the price of grafting stock is very high. A better way is to secure good first or second generation trees from reliable nurseries. These second generation trees are grown from nuts of first generation trees, usually in Oregon and California. From my personal experience, I should judge that you will succeed remarkably well if you secure good varieties. Almost any of our soils, if the seasons are not too severe, will grow English walnuts, providing there is not a shale, or hardpan, nearer than three or four feet to the surface of the ground. I understand that we are obliged to watch these conditions very closely in this section. I do not recommend that English walnuts be sown in your region, yet I believe by careful selection of varieties and of the orchard grounds that they will succeed in many places."

Another inquiry from Seattle relates to the culture of chestnuts. The correspondent was advised as follows:

"The American chestnut (the regular, tall-growing variety) should be pruned the same as any other shade tree, leaving, however, a permanent, or constant leader, through the center of the tree. This is the practice of the Experiment Station, and one that is used upon all forms of the tall, or upright, growing trees. It is also used upon the sweet cherries, but not upon the sour ones.

"The tendency of this chestnut is to produce a thin, open top, and it is advisable to cut back the outer limbs, and occasionally the leader, to thicken the foliage. The Dwarf, or Japanese, chestnuts should be pruned to small, compact trees, branching them from a foot to three feet from the ground. They will practically take care of themselves after the first year or two of pruning. This pruning may be done at any time while the tree is dormant, or after the sap has ceased to flow, which will be immediately after it comes into full leaf."

A farmer residing near Centerville, desires to know the best method of raising peas, and the most desirable variety; also, with regard to combining peas with oats. The Station supplied him with the following information:

"The experience of the Experiment Station staff, leads us to believe that almost any of the common field variety of peas will grow well in your region. We advise the Black-Eyed Marrow Fat as the best general variety. Ordinarily we sow the peas at the rate of one to one and one-half bushels per acre, disking or drilling them at least four inches deep. Sow the oats about a week after the peas are sown, as the latter grow so much stronger and consequently, the oats will be smothered out unless they are given the advantage. We do not consider that oats and peas are as good for horses as for cows. The mixture makes very rich, nutritious hay."

Didn't Need Them.

Neighbor—If your statement is true your clothesline was robbed by tramps. Judson—How do you make that out? Neighbor—Didn't you say they took everything but the towels?—Illustrated Bits.

The pig iron production in the United States in 1907 was 25,781,361 gross tons, according to the American Iron and Steel Association. This amount was 1.9 per cent greater than that of 1906. Canada produced 751,146 tons in 1907.

ST. PATRICK IRELAND ST. JACOBS OIL. Drove all the snakes from IRELAND. Drives all aches from the body, cures Rheumatism, Neuralgia and CONQUERS PAIN. 25c.—ALL DRUGGISTS—50c.

W. L. DOUGLAS SHOES. \$3.00 to \$3.50. SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISSES AND CHILDREN. W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.

A Cliché. "And how can you be sure of going to heaven?" asked the Sunday school teacher.

"I guess," said little Tommy Wise, "the best way would be to get up to say we couldn't. Then ma would take us there or bust. That's how we got to the seashore last summer."—Philadelphia Press.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Ekin's Great Nerve Restorer. Send for FREE trial bottle and treatise. Dr. R. H. Ekin, 181 Arch St., Phila., Pa.

The Gentry. "She's engaged, ain't she?" inquired the haughty blonde at the ribbon counter.

"Yes," replied the lady who sold laces, "she's engaged to that new sales-lady's brother."

"Where's he employed at?" "He's a night watch gentleman over to Bargen & Co.'s."—Philadelphia Press.

CASTORIA For Infants and Children. The Kind You Have Always Bought. Bears the Signature of J. C. Watson.

Relieving the Monotony. Nan—He proposed to you while the train was going around the elevated loop? How odd!

Fan—Yes, and the engagement lasted till we got clear around. You don't know how it relieved the tedium of the ride.—Chicago Tribune.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is a pure, internally acting, directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for Constipation.

Literary Charity.

"I would like to take the sense of the meeting about this charity relief," said the professional philanthropist.

And when the contribution was taken up he found he had taken nothing else.—Baltimore American.

S. S. S. CURES MALARIA

Malaria is due to impurities and poisons in the blood. Instead of being rich, strong and healthy, the circulation has become infected with germs of disease which destroy the rich, red corpuscles that furnish nourishment and strength to the body, and reduced this vital fluid to such a weak, watery condition that it is no longer able to keep the system in health, or ward off the countless diseases and disorders that assail it. The loss of these red corpuscles takes the color and glow of health from the cheek, and we see pale, sallow faces and washed out, chalky complexions among the first symptoms of Malaria. But Malaria is a general systemic disease, and as the blood becomes more heavily loaded with its germs we have more serious and complicated symptoms; the impure blood having its effect on all parts of the body. The appetite fails, digestion is weakened, chills and slight fever are frequent, and the sufferer loses energy and ambition because of a constant tired-out and "no account" feeling. The lack of necessary nourishment and healthful qualities in the blood causes boils and abscesses, skin affections, and in some cases sores and ulcers to break out, and sometimes the patient is prostrated with a spell of malarial fever which may leave his health permanently impaired. To cure Malaria both a blood purifier and tonic are necessary, in order to remove the cause and at the same time build up the system from its weakened and run-down condition. S. S. S. is the medicine best fitted for this work. It is the most perfect of all blood purifiers, and the purely vegetable ingredients of which it is composed make it the greatest and safest of all tonics. S. S. S. goes down into the circulation and removes every trace of impurity or poison, and at the same time gives to the blood the health-sustaining qualities it needs. It cures Malaria thoroughly and permanently because it removes the germs and poisons which produce the disease, and while doing this tones up and strengthens every part of the system. When S. S. S. has cleansed the blood the symptoms pass away, the healthy color returns to the complexion, the old tired, depressed feeling is gone, and the entire health is renewed. Book with information about Malaria and any medical advice free.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Far from It. Uppardson—You smoke all the time, don't you? Atom—No; half the time I don't smoke at all. I seldom touch a cigar between 9 p. m. and 9 a. m.

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

Willing to Give it a Trial. Sympathizing Friend—You suffer from general debility sometimes, do you? Did you ever try massage? Mrs. Skimmerhorn—No; how much does it cost a bottle?

HOWARD E. BURTON—Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, \$1; Gold, Silver, Zinc, 50c; Zinc or Copper, \$1. Cyanide tests. Mailing envelopes and full price list sent on application. Control and U. S. pipe work solicited. References: Carbonate National Bank.

WANTED INFORMATION REGARDING Farm or Business for sale. Not particular about location. Wish to hear from OWNER only who will sell direct to buyer. Give price, description and state when possession can be had. Address: L. DARBYSHIRE, Box 228, Rochester, N. Y.

20 MULE TEAM BORAX IN A NEW PACKAGE 5 lbs. Most economical to buy. All dealers. Save the package tops; each are worth 12 coupons in exchange for presents. Premium list free of Pacific Coast Borax Co., Oakland, Cal.

HOTEL MOORE OPEN ALL THE YEAR CLATSOP BEACH SEASIDE, OREGON. Directly on the beach overlooking the ocean. Hot salt baths and Cliff House surf bathing. Recreation pier for fishing. Electric lights. Fire-places and steam heat. Fine walks OF OREGON and drives. Sea foods a specialty. Rates, \$2.50 and \$3.00 per day. Special rates by the week. DAN J. MOORE, Proprietor.

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S. S. S. CURES MALARIA. During 1900 I was running a farm on the Mississippi river and became so impregnated with Malaria that for a year I was almost a physical wreck. I tried a number of medicines recommended as blood purifiers, chills cures, and Malaria eradicators, but nothing did me any good until I began to use S. S. S. The result was that after taking it for awhile I was as well and strong as I ever was. I have never had a chill since nor the slightest symptom of Malaria. I hope others will be benefited by my experience, and with that end in view I give this testimonial, knowing that S. S. S. is the best remedy for Malaria. Amory, Miss. S. R. COWLEY.