

# Noah was the founder of indigestion--He forgot to leave the pigs ashore

People in consequence have ever since been victims of lard-cooked food and indigestion. Lard soaked food is not fit for human stomachs because lard is made from greasy, indigestible hog fat, and is bound, sooner or later, to make trouble for your inner machinery.

**Cottolene** is the only rational, national shortening. It is a pure, vegetable product, and its source (the cotton fields of the Sunny South) is in striking contrast to the source of lard (the pig-sty.)

**Cottolene** makes food that any stomach can digest—palatable, nutritious and healthful. If American housewives but knew the superiority of **Cottolene** over lard, both from a practical and health standpoint, lard would never again enter any well-regulated kitchen.

**COTTOLENE is Guaranteed** Your grocer is hereby authorized to refund you your money in case you are not pleased, after having given **Cottolene** a fair test.

**Never Sold in Bulk** **Cottolene** is packed in pails with an airtight top to keep it clean, fresh and wholesome, and prevent it from catching dust and absorbing disagreeable odors, such as fish, oil, etc.

**Cook Book Free** For a 2c stamp, to pay postage, we will mail you our new "PURE FOOD COOK BOOK" edited and compiled by Mrs. Mary J. Lincoln, the famous Food Expert, and containing nearly 300 valuable recipes.



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"Nature's Gift from the Sunny South"

## THE PARIS TRUCK-GARDEN ZONE.

Within a radius of six miles of the center of Paris there are 1200 "garden trucks" or truck gardens, under intensive cultivation, covering an average area of from one half to two acres each. By far the greater part of these gardens are located within a mile of the city center, a number are within the city limits. Especially in the west and east are to be seen great numbers of gardens, from which thousands of dollars' worth of vegetables, particularly early lettuce, are shipped to the markets of London, Paris and Cologne.

Land is necessarily very dear, and the price of a two-acre garden, with house, varies between \$10,000 and \$20,000, which rents for from \$400 to \$500 a year. The cost of equipment of such a garden, including a pump, motor, glass bells, frames, etc., averages about \$5,000.

The cost of equipment is borne by the gardener, who often borrows the necessary capital. The Secretary of the Syndicate of Market Gardeners, a practical gardener of long experience, estimates the average yearly savings of the gardeners, after deducting their living and other expenses and interest on their investment, at about \$500.

Remarkable profits are sometimes realized by early or fancy crops, an acre of land sometimes producing \$6,000 per annum, but such results are exceptional and require considerable skill and increased outlay. The average gardener is satisfied if he can make from \$1,500 to \$1,600 from an acre, and a net income of from \$800 to \$1,000. Many of the gardeners own the land they cultivate; and in some instances fortunes have been made by the rapid increase of real estate.

A market garden located within a

mile of Paris, which was personally examined, produced annually some \$3200 worth of vegetables on an arena of about two acres. The rent paid for this farm was \$400, and the tenant who worked it could count upon a net annual income of \$800 and the use of a simple but comfortable home.

The heaviest items of expense were the wages of four field hands, the purchase of stable manure, the maintenance of a horse and wagon for hauling produce to market, and the maintenance and repair of sashes and glass bells.

The workmen were boarded and paid something over 50 cents a day, the rate of remuneration varying according to the season. When laborers are not boarded they are paid from \$1 to \$1.20 per day. The cost of manure was between \$600 and \$800 per annum.

The garden showed every evidence of thrift and industry, and when visited in May there was not a square foot of unutilized space, and this was said to be the case during the entire year. In some places three kinds of vegetables had been sown simultaneously, the earliest vegetable being removed before the second was ready for development.—Consular Report

## PEOPLE TAKING FEWER PATENT MEDICINES

TRY THIS AT HOME FOR BACKACHE AND KIDNEY TROUBLE AND ANY FORM OF RHEUMATISM.

There are more cases of kidney trouble here now than ever before, while recent reports show that more people succumb each year to some form of kidney disease than any other cause.

When there is sickness, examine the urine. Rheumatism is only a symptom of kidney trouble. It is nothing more nor less than excessive uric acid in the blood, which the sluggish, inactive kidneys have failed to sift out, leaving it to decompose and settle about the joints and muscles, causing intense suffering; frequently resulting in deformity; often reaching the heart when death ensues.

Pains across the back, frequent painful and suppressed urination and other symptoms of weak bladder are not the only signs of kidney trouble; many cases of stomach disease, headache, pain in the heart, inactive liver, etc., are but symptom of the cause of which can be traced to feeble, clogged kidneys.

A simple test of the urine is to void a small quantity in a bottle or glass and let it stand over night; next morning, if there is a reddish or brick-dust sediment or white fleshy substance present, either consult some reputable physician or take a good vegetable treatment. The following prescription is recommended highly in these cases, and the sufferer can mix it at home: Compound Karson, one ounce; Fluid Extract Dandelion, one-half ounce; Compound Syrup Sarsaparilla, three oz. Shake well and use in teaspoonful doses after each meal and at bedtime.

Where any of the symptoms enumerated above are present, good results are sure to follow immediately.

## SOME GREAT CHANGES WROUGHT BY RAILROADS

The Railroad Age-Gazette has been making some mathematical deductions about railway operations. This is a sample: "In one year, 1907, one man, with the aid of modern railroad appliances, was able to move one ton of freight 139,960 miles and one passenger 16,397. A man with a good team of two horses and a wagon, on roads better than the average American road, would be doing well to haul one and a half tons 30 miles, six days in the week, or 13,500 ton miles per year, leaving no time for passenger transportation. At this rate it would require more than ten men and twenty horses to do the freight transportation which one man does with a railroad and without and horses; and to carry the freight traffic which the railroads of this country carried last year 17,500,000 men and 35,000,000 horses would be required, in stead of the 1,672,000 men who actually not only effected the transportation of all freight, but of all the passenger traffic also. The improvements since 1889 alone have enabled 1,672,000 men to do what in 1889 would have required 700,000 more."

On September 10th there were 222,632 idle cars in the United States and Canada, a decrease since August 19th of 30,371 such cars. This is the best and most encouraging record sent out since July 24th, when a reduction of 36,720 cars was reported. In addition to this gain there was a decrease of 7662 in the number of bad-order cars; so that the total number in use on September 10th over August 19th was 38,033. This reduction in the number of bad-order cars is encouraging, and shows that the railroads are extending the scope of their repair work. The maximum number of idle cars was reported for April 29th, when there was a surplus of 413,605 cars. The latest statement shows a total decrease since that date, therefore, of 190,973, or 46 per cent.

## IT'S YOUR KIDNEYS Don't Mis-take the Cause of Your Troubles—A Salem Citizen Shows How to Cure Them.

Many people never suspect their kidneys. If suffering from a lame, weak or aching back they think that it is only a muscular weakness; when urinary trouble sets in they think it will soon correct itself. And so it is with all the other symptoms of kidney disorders. That is just where the danger lies. You must cure these troubles or they may lead to diabetes or Bright's disease. The best remedy to use is Doan's Kidney Pills. It cures all ills which are caused by weak or diseased kidneys. Salem people testify to permanent cures.

W. C. Johnson, gardener, of 1024 Mill street, Salem, Or., says: "I had the grip a year ago this September and I believe it left me with kidney trouble. At any rate I suffered with pains in the small of my back and aching at night. In the morning when I arose, I felt lame and sore and tired very easily and often felt languid. Occasionally, there were attacks of headaches and dizzy spells and often there were specks before my eyes. The kidney secretions were irregular and unnatural in appearance. The relief I obtained from Doan's Kidney Pills was very great. I felt better after taking the first box and I now feel in better health than for a long time. Every kidney sufferer should use Doan's Kidney Pills."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

## Temper of the Elephant.

Every wild animal fears his trainer, or his trainer's weapons. Once a beast believes he is the physical superior of man, his career as a performing exhibit is ended, else he ends the career of his trainer.

Elephants furnish the best illustration of this fact. Despite the storybook shrewdness of the fox, the elephant is the wisest animal in existence. Though clumsy and bulky, he may be made to do the most difficult tricks; but as he grows older he grows wiser, and some day realizes his brute mastery of man. Then he is retired from the arena, because no trainer of sufficient courage to handle him can be found. It is a safe wager that there is not a male elephant 50 years old performing at the present time. Bolivar, a giant pachyderm which children rode upon 15 years ago, had been for some time before his death this past summer chained up at the Zoo in Philadelphia, with his fore and hind legs crossed and bound with iron. In his younger days he was as gentle as Mary's little lamb. At the last, to come within reach of his trunk would have meant certain death.—Maurice R. Kirby, in Everybody's.

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The small man with his small roll,

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