

HON. JOHN TIGHE.

Assemblyman Tighe's letter should be read by every brain worker leading a strenuous life.

Hon. John Tighe, No. 98 Remsen St., Cohoes, N. Y., Member of Assembly from the Fourth district, Albany county, N. Y., writes as follows:

"Peruna has my hearty indersement as a restorative tonic of superior merit. At times when I have been completely broken down from excess of work, so that my faculties seemed actually at a standstill, Peruna has acted as a healing restorer, starting the machinery of mind and body afresh with new life and energy.

"I recommend it to a man tired in mind and body as a tonic superior to anything I know of and well worthy serious consideration."—J. Tighe.

Excess of work so common in our country causes impaired nerves, leading to catarrh and catarrhal nervousnessa disease that is responsible for half of all nervous troubles.

Peruna cures this trouble because it cures catarrh wherever located. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

be pleased to give you his valuable ad-



THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER. My doctor says it acts gently on the stomach, liver and kidneys and is a pleasant larative. This drink is made from herbs, and is prepared for use as easily as tea. It is called "Lane's Tea" or

LANE'S FAMILY MEDICINE All druggists or by mail 25 cts, and 50 cts. Buy it to day. Lane's Family Medicine moves the bewels each day. In order to be healthy this is necessary. Address, O. F. Woodward, Le Roy, N.Y.

Your Children's Health

IS OF VITAL IMPORTANCE. A large part of their time is spent in the schoolroom and it becomes the duty of every parent and good citizen to see to it that the schoolrooms are free from disease breeding germs. Decorate the walls with



Cleanly, sanitary, durable, artistic, and safeguards health.

Rock Cement in white and delicate tints. Does not rub or scale. Destroys disease germs and vermin. No washing of walls after once applied. Any one can brush it on-mix with cold water. The delicate tints are non-poisonous and are made with special reference to the protection of pupils' eyes. Beware of paper and germ-ab-sorbing and disease-breeding katsomines bearing fanciful names and mixed with hot water. Buy Alabastine only in five pound packages, properly labeled. Tint card, pretty wall and ceiling design, "Hints on Decorating," and our artists' services in making color plans, free.

ALABASTINE CO., Grand Rapids, Mich., or 105 Water St., N. Y.

A FREE BOTTLE OF

Mull's Grape Tonic

TO ANYONE WHO WILL WRITE FOR IT NOW Have you Constipation, Stomach Trouble, Indigestion, Dyspepsia,

Blood Poison, Skin Diseases, Sores. Sudden Bowel Trouble, Diarrhea. Cholera, Etc.? vive and strengthen No one whose bow-

els are healthy and active contracts these complaints. Invariably they are the result of Constipation which means decayed, poisoned and dying bowels or intestines. Check diarrhea and you are liable to fatal blood poison-a physic makes you worse. There is only one right course and that is to treat the cause. Re-

the bowels and intestines. We will prove to you that Mull's Grape Tonic cures Constipation and all these terrible Bowel troubles because it cleanses the Blood and practically new. It feeds the Starved condition and brings them back to life-nothing else will. For hot weather ills it has no equal.

WRITE FOR THIS FREE BOTTLE TODAY Good for ailing children and nursing mothers.

FREE COUPON

Send this coupon with your name and address and your druggist's name, for a free bot-tle of Mull's Grape Tonic, Stomach Tonic and Constipation Cure.

To Muil's Grape Tonic Co., 21 Third Ave., Rock Island, III.

Give Full Address and Write Plainly The \$1.00 bottle contains nearly three times the 50c size. At drug stores,

The genuine has a date and number stamped en the label-take no other from your druggist. Mafflicted with Thompson's Eye Water



CHOOSING A WORK HORSE. Look for weight and quality. The market, when it talks about a draft horse, means a horse that when he is in good condition weighs 1,600 pounds or more, and the more weight, when quality goes with it, the higher price he will bring. The horse of the draft type that weighs less than 1,600 pounds drops into such classes as chunks, and down to 1,200 or 1,300 pounds they are called chunks. If pretty, trim and active, nervy and nicely finished, with style, he will come into the class of expresser, fire department horse, etc., for which there is more and more demand, but they must be choice and full of nerve. Then there is the busser, which they use on busses in foreign countries, and to some extent in this country. There is a demand growing up for there smaller horses of the draft type.

I learned a little adage when I was a boy that has saved me some money in dealing with horses, and that is this: "No feet, no horse." When I judge a horse, when I buy a horse, when I look at a sire to use for breeding purposes, I really look down at his feet first, then I look up at his top lines, and then at the fat on his

You may buy a horse that is not quite perfect in body and his top lines, and with plenty of care and corn anl clover hay and some molasses if necessary (if you are going to let the other fellow have him pretty soon), you can fill up the weak places in his body, but I have never found any way of filling up the places in his heels or his hoofs. So, starting at his feet, I want a high, strong heel; a heel that will not spring as that horse moves along on the road, I want a full, plump, well rounded foot, not too narrow at the heel and not too wide, with a good tough shell upon it, and that shell thick and well fastened to the body of the hoof. I want a properly sloping pastern, that is, a pastern that slopes possibly at an angle of forty-five degrees, or if you drop a plumb line down the center of the leg, so that your plummet will fall a little behind the heel. When your horse travels upon the road and strikes upon the hard surface, either at a walk or trot, the jarring on a straight pastern goes from joint to joint, from tendon to tendon clear up the leg, but if there is a springiness in that pastern between the first two joints, that jar goes no further than the first joints. Again, when we are speaking about the pastern on the hind leg, if it is a straight pastern, and you put that horse to a hard pull, the tendons naturally har-

A clean, fat leg, showing the tendons standing out, and, if he is the class of horse that carries hair on the legs, then be sure that the hair covering upon the leg is soft, silky and wavy, not the short, kinky kind. The silky, wavy hair indicates a good quality of flinty bone underneath and a short, kinky hair indicates a coarse porous quality of bone underneath mato plants should be set early to do that covering .- George McKerrow in the American Cultivator.

den up and shorten up with the hard

work, and pretty soon you will have

a horse that knuckles over, and he

cannot pull as much as if he had some

slope to that pastern.

HINTS FOR SMALL GARDENS. planted level and at an even depth in from it and planted it in tomatoes. each row, and not in hills. The old- We planted another patch two weeks, fashioned method of forming a hill or a little more, before and thought planted level also, and the line should stand of plants and we made large be even so that each bean seed will bushes loaded with tomatoes. From have the same depth. As soon as the the first patch we gathered ripe tomaseed comes up the hoeing should be- toes for about a month. The last

small place in the suburbs will be covered with green tomatoes. The sure to raise string beans. It is a last planting made very few ripe tomistake to plant these in a hill row. matoes and after the frost the Plant beans in a level row. I have ground was covered with green tomahad the best results by going down toes. The soil was rich, perhaps a on my hands and knees and raking little too rich for the tomatoes, and the bottom of the line level before they made wine instead of ripening putting in the seed. In this way the up the fruit. beans start together, and come up to- The most tomatoes were grown upgether. If one seed is planted half an on some chaffy ground. The vines one up first will crowd the other. Let ripen up early. By the time frost any gardener try planting beans at an came they were nearly gone, and even depth without hilling the row, very few were lost on that soil. The and he will never go back to the old tomatoes were not as large as those way.

Don't drop seeds at random. If two seeds lie on top of each other they will dwarf each other. Plant seeds so that each root will have room to grow without crowding the root of its neighbor.

While it is not desirable to plant any seeds thick, even in hot bed, beets are a possible exception. For the small garden I always plant beets thick, thin out for greens or transplant. I astonished some Long Island farmers last summer by transplanting beets among my corn. The corn has had its last hoeing, and one wet day in June I went out in a shower and transplanted the corn full of beets. The wiseacres said these beets would amount to nothing. I broke the leaves off each plant so as to leave only two inches of stalk with the

roots. Then I made a hole with a sharp stick so deep that the root would not be bent, put a beet in a hole and pressed the earth about it with my fingers. Of course, the corn held them back so that they did not do well until it was cut late in the summer. Then they made up for lost time. I left them out until a light frost, and put bushels of them in the cellar for winter use. They were the largest, sweetest beets I ever tasted.

Rutabaga turnips may be transplanted in the corn about July 1 in the same way, and they will astonish the gardener by their size in the fall. Turnips are not fit to eat until they have felt an early frost.

Lastly, let me emphasize my "Don'ts." Don't plant anything in a hill. Don't put seeds too close togther. Don't forget to hoe often .-Long Island Farmer.

POULTRY HINTS. best disinfectants for the poultry

Ducks may be advantageously raised on many farms where they have never yet been tried.

Young geese are not good breeders. Goose eggs do not hatch well when shipped quite a distance.

Young ducks should be kept away from swimming water until they are well feathered.

A goose yields about \$1 a year in

feathers, the market price being about 40 to 50 cents a pound. Soft shelled eggs are seldom found

where hens are supplied with cracked bone or small bits or oyster shells. Poultry is raised on 88.8 per cent

of the farms in the United States. It would be interesting to know what per cent use high grade fowls. Chicks raised in late spring and

mid-summer can be made to lay by February if they are given some meat in their daily ration. Many failures with incubators are

due largely to ignorance in those trying to run them. In this, as in everything else, a person must learn how. Above all things look out for lice and mites. These are the great ene-

birds, old and young, than any dis-Avoid high perches. They cause bumble foot and other injuries. Breast bones are often injured by

mies of our poultry and destroy more

having round perches. They should Cleanliness is the keynote of health. Nothing will breed sickness so quickly as filth, and it is very easy

to have the henhouse become filthy. The government census for 1904 gave the following poultry figures for guinea hens, 333.598,085; turkeys, 6,599,367; geese, 5,676.863, and ducks, 4.807,358. Aggregate values of poultry raised in 1899, \$136,891,877.

The breeding birds should not be kept in the same flock with the ones that are being fitted for market. After a certain age the birds that are to be fattened should be separated from the others.

TOMATO CULTURE.

It has been our experience that tothe best. A week, very often, makes a big difference in the ripening of the fruit. It makes several weeks in the fruit, which is a big thing when one My first advice will be a large wants early tomatoes to sell for a "Don't." Don't plant anything in fancy price. One year we broke up hills. Plant level and evenly. Corn, our old strawberry patch after we beans, cucumbers-all should be had harvested a good crop of berries and then planting corn in it should the patch set last would be that much be abandoned. Beans should be later in ripening. We had a good gin. There should be three boeings. planting made very few ripe tomatoes The average city man who has a and after the frost the ground was

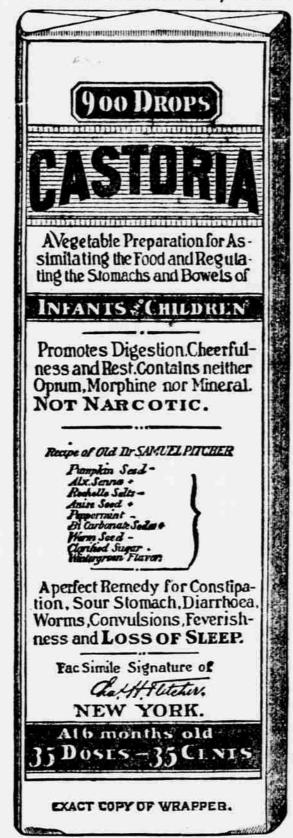
inch deeper than another seed the took the blight towards the first of two will come up unevenly, and the the season which caused them to on heavier ground. To be successful with the tomato one must set the plants out early, so they will have plenty of time to grow before frost .-C. B. in the Indiana Farmer.

Infant Mortality.

The German imperial labor organ Reichsarbeitsblatt, has compiled comparative statistics showing the deathrate among infants under one year old in seven great industrial nations of the world. In order of mortality they stand thus: Germany, Austria, Great Britain, Switzerland, Austria, United States and France. In Germany the percentage death rate is given as 34.5; in Great Britain, 26.6; in Italy, 25.8; in the United States. 19.2; and in France, 15. The aver ages for the years 1901 and 1902.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CON-TAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children.

Dr. Alexander E. Mintle, of Cleveland, Ohlo, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children." Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartly endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it." Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner

with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young." Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and

fully endorse it as a safe remedy." Dr. J. A. Bearman, of Kansas City, Mo., says: "Your Casteria is a splendid remedy for children, known the world over. I use it in my practice and have no

hesitancy in recommending it for the complaints of infants and children. Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs,"

Dr. Howard James, of New York City, says: "It is with great pleasure that I desire to testify to the medicinal virtue of your Castoria. I have used it with marked benefit in the case of my own daughter, and have obtained excellent results." from its administration to other children in my practice."

GENUINE CASTORIA ALWAYS



The Kind You Have Always Bought In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY ST, NEW YORK CITY.

People Are Queer.

Call a girl a chick and she smiles; call a woman a hen and she howls. Call a young woman a witch and she is pleased; call an old woman a witch and she is indignant. Call a girl a kitten and she rather likes it; call a woman a cat and she hates you. Women are queer.

If you call a man a gay dog it will flatter him; call him a pup, a hound, or a cur and he will try to alter the map of your face. He doesn't mind being called a bull or a bear, yet he will object to being mentioned as a calf or a cub. Men are queer, too.

Arabia has the reputation of being one of the hottest and unhealthiest regions on the globe, but all northern Arabia has a winter season, with cold rains and oceasional frosts.

THREE YEARS AFTER.

Eugene E. Lario, of 751 Twentieth Avenue, ticket seller in the Union Station, Denver, Colo., says:

"You are at liberty to repeat what I first stated through our Denver papers about Doan's Kidney Pills in the summer of 1899, for I have had no reason in the interim to change my opinion of the remedy. I was subject to severe attacks of backache, always aggravated if I sat long at a desk. Doan's Kidney Pills absolutely stopped my backache. I have never had a pain or twinge since."

Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

Each Day's Supreme Event.

Every day's work should be a supreme event in every life. We should come to it as carefully prepared as the prima donna who is trying to hold the world's supremacy in song comes before her audience. Then our work would breathe out the vigor and vitality and freshness which we put into it. Then life would be glorified, and the work of the world illuminated, transformed .- O. S. Marden in "Success Magazine."

Piso's Cure for Consumption always gives immediate relief in all throat troubles.-F. E. Bierman, Leipsic, Ohio, Aug. B1,1901.

Tender-Hearted.

An "imported" citizen was recently brought before a magistrate, says the New York Sun, charged with having threatened to kill another man with an

"What have you to say, Pat?" asked the magistrate.

"I niver sthruck anny wan wid an ax!" said Pat, vehemently. "Yer honor, I wouldn't hit a newborn baby wid an ax."

"Discharged," said his honor.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But

LION COFFEE

is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition." (Sold only in 1 lb. packages. Lion-head on every package.)

SOLD BY GROCERS EVERYWHERE

(Save your Lion-heads for valuable premiums.)

WOOLSON SPICE CO., Toledo, Ohio.



Lieut, Victor Saporetti, a popular officer of the Sixth Regiment des Alpines. Verona, Italy, has become famous the world over as the result of his recent invention of a telemeter for measuring accurately long distances, day or night.

"Dr. David Kennedy's Favorite Remedy gave me prompt and complete relief from dyspepsia and liver derangement." B. T. Trowbridge, Harlem R. R. N. Y.

They that know no evil will suspect

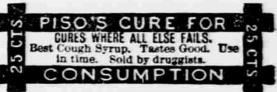
Mrs. Winalow's Scotting Strup for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

none.-Jonson.

One man's word is no man's word; we should quietly hear both sides .- Goethe.

WILL ESTABLISH few intelligent ladies in permanent business. Particulars, catalogue free. Beautifully embroidered collar, enfl sets 15c. Saxo-American Embroldery Works, Dept. S3, I. Madison Ave., New York.

S. C. N. U. - No. 24-1905



Until a plumber can come, a leak can be temporarily stopped with a mixture of yellow soap, whiting, and a very little