



This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:

"I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulcers, leukorrhea, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

What is an Orator. The true orator is the man who can make people laugh, cry and feel what he says. In truth, the genuine orator is the man who has humor enough in his soul to bring the smile to the face, pathos enough in his heart to bring the tear to the eye and dignity enough in his bearing to persuade or move men. He is an exponent of the spoken word. He is a pilgrim moving toward the home of the ideal. He is the embodiment of earnestness, enthusiasm and eloquence.

FARMS FREE
Illustration Showing Mixed Farming Home in WESTERN CANADA
Some of the choicest lands for grain growing, stock raising and mixed farming in the new districts of Saskatchewan and Alberta have recently been opened for settlement under the Revised Homestead Regulations.

Revised Homestead Regulations
Many may now be made by proxy (on certain conditions), by the father, mother, son, daughter, brother or sister of an intending homesteader. Thousands of homesteads of 160 acres each are thus now easily obtainable in these great grain-growing, stock-raising and mixed farming sections.

SICK HEADACHE
CARTER'S LITTLE LIVER PILLS
Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Bowel Trouble. A period of time is required for the cure. They regulate the bowels. Purity Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

ST. JACOBS OIL CONQUERS PAIN
FOR STIFFNESS, SORENESS, SPRAIN OR BRUISE, NOTHING IS BETTER THAT YOU CAN USE; LUMBAGO'S PAIN, RHEUMATISM TWINGE, YOUR BACK FEELS LIKE A RUSTY HINGE; SCIATICA ACHES ALL PLEASURES SPOIL, FOR HAPPINESS USE ST. JACOBS OIL.

W. L. DOUGLAS SHOES
\$3.00 \$3.50
SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY.
MEN, BOYS, WOMEN, MISSES AND CHILDREN.
W. L. Douglas & Co. 233-235 Broadway, New York City.

MISCHIEF FLIES SO.
This insect is the Veritable Angel of Pestilence. One by one the plagues of Egypt are being abolished by science. The frogs were abolished long ago by the drain tile. The fleas are checked by insect powder, and the darkness that could be felt has melted away before the arc light. The sixth plague still remains in full glory. The fly is always with us. The great Dr. Radcliffe used to declare that the three worst annoyances of life were smoke, flies and irrelevant questions. Humanity has hitherto accepted these with a patient shrug of the shoulders as among the inevitable.

At last the worm has turned. It is proceeding slowly to put on smoke consumers, and has declared a war of extermination against the fly. The motives which whet hitherto easily blunted purpose are supplied by science. They are, first, that flies carry disease; second, that their very presence is a sign of dirt.

That the fly is frequently the angel of pestilence has long been suspected, says Collier's in an important article, by its most vivid and impressive demonstration was furnished by the disgraceful death rate from typhoid, one of the most scandalous of the many murders of official stupidity, in our camps in the South during the Spanish-American war. It was clearly proved by the eminent commission of experts, who investigated the situation postmortem, that the principal means of the spread of this dreaded disease was the flight of flies from the excreta of the earliest cases to the food exposed in the camp kitchens, carrying the typhoid germs on their legs and proboscis.

Only a Pretext. Ardup had made half a dozen attempts to borrow money of his friends, but one and all had pleaded the prevailing financial stringency. "That's all pretext," he said with bitterness, as he gave it up. "It's nothing but a case of financial stringency—see?"

Catarh Cannot Be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarh. Send for testimonials free. H. J. CHENEY & CO., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

A "10-penny nail" means that 1,000 nails weigh ten pounds. The word "penny" in this sense is a corruption of pound.

WE SELL GUNS AND TRAPS CHEAP buy guns and traps, or let them for rent and traps. N. W. HIDE and FUR CO., Minneapolis.

Souvenir Post Cards. The Evening Wisconsin company, of Milwaukee, Wis., has published a series of eight attractive souvenir post cards, in five colors, showing the animals at the Washington Park zoo, in the city of Milwaukee. A set will be mailed you upon the receipt of 12 cents (coin or stamp). Address The Evening Wisconsin company, Post Card Dept., Milwaukee, Wis.

Under a Different Name. "Variety," quoted the man with the bulging brow, "is the spirit of life." "Yes," asserted the man with the bulbous nose, "but that isn't the name of it now. It's vandulism!"

Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Loc. for the signature of E. W. GROVE. Read the World over to Cure a Cold in One Day. 25c.

FITS Dr. E. W. Grove and all other famous names have endorsed it. It is the only medicine that cures fits. It is the only medicine that cures fits. It is the only medicine that cures fits.

SCIENTIFIC STUDY OF BRAINS.
Man's Intellectual Superiority Explained by Dr. Edward Spitzer. A work that scientists in all parts of the civilized world have been awaiting with eagerness has just been issued under the imprint of the American Philosophical Society of Philadelphia. It is a study of brains, by Dr. Edward Anthony Spitzer, professor of general anatomy in Jefferson Medical College, formerly demonstrator of anatomy in Columbia University, and an authority of world-wide recognition upon scientific study of the brain.

Omitting the scientific terminology, some of the most important of Dr. Spitzer's statements may be thus expressed: The white matter of the callosum, or band connecting the hemispheres of the cerebrum, in great measure determines the quality of human intellect. The cerebrum is that portion of the brain which lies in front of the skull, and is generally accepted as the seat of the mind. Herefore the quantity of the gray matter of the brain was supposed to determine the fineness and usefulness of the brain.

The fibers of the callosum are the telephone wires connecting and associating the brain centers. Disease or injury in these is attended by profound weak-mindedness or downright idiocy. Contrast of the brain of Dr. Joseph Leidy with that of Prof. E. D. Cope shows that it is possible not only to differentiate between the learned and the ignorant, but that abstract reasoning produces one kind of a brain, while observation and concrete philosophy produces another form.

Such abnormalities as left-handedness, partial deafness and defects of vision leave their indelible imprints upon the brain. The brains of various kinds of thinkers show specialized developments; thus musicians' brains are richly convoluted in the auditory association area.

The average weight of the brain of an adult male is 1,400 grammes. The average weight of a woman's brain is 1,200 grammes. The brain of Cuvier, the naturalist, weighed 1,830 grammes, that of Turgenyev, the novelist, 2,012 grammes, and that of Daniel Webster, 1,807 grammes.

Smallness of the occipital arc (the curvature at the back of the head) signifies superiority of brain development. This measurement in centimeters, the metric divisors of a 90-degree arc are as follows:

Average man 20.8
Average woman 21.7
Orang-outang 23.2
Chimpanzee 24.2

Concerning the question of weight, Dr. Spitzer says: "The fruitful investigations of many anatomists have resulted in the tabulation of thousands of brain weights drawn from all the social and intellectual classes, among which more than 100 are of men of intellectual eminence."

"Men of the kind who never remain steadily employed and who usually fall to even leap a trade stand lowest in the scale. Above them come the mechanics and trade workers, the clerks, the ordinary business men and common school teachers."

"Highest of all we find men of decided mental abilities; the geniuses of the pencil, brush and sculptor's chisel, the mathematicians, scholars and statesmen."—Philadelphia North American.

Willis is Barking. Edward Lynton Dickens, the youngest son of the novelist, emigrated to Australia and died in Sydney at the age of 51. He represented a constituency in the parliament of New South Wales for six years. Once when he was addressing the house in Sydney he was again and again snubbedly interrupted by a member named Willis.

"Mr. Speaker, my father coined a famous phrase, 'Barkis is willit!'" Under present circumstances I am strongly tempted to reverse it and say, 'Willis is barkit!'" The house laughed and the interruptions ceased.

Stack to His Word. "Of course Dubbley's married. Didn't you know that?" "No. Why, he said he wouldn't marry the best woman on earth—"

Fish With Four Eyes. Fishes have been discovered in Guatemala with two pairs of eyes. One pair does duty above water and the other below, the fish thus being able to see equally well in two elements.

Putting Him Next. "Papa, what is a hardship?" "An armored cruiser, son."—Houston Post.



should be at breakfast time and one in the evening. One should consist of only a little oatmeal and milk or a piece of dry dog biscuit.

"At no time should the dog have more than he will eat, and if he leaves anything on his plate except the pattern, his allowance should be reduced or a meal omitted."—Suburban Life.

Winter Forage. The question of winter forage and pasturage is one of the greatest importance in the Southern States, and Carlisle R. Hall, of the Bureau of Plant Industry, was sent by the Department of Agriculture early in the past year to make an investigation in several of the Gulf States. In his report Mr. Hall says, among other things: "The production of Southern hay has been a question long under discussion. The amount produced and the yield per acre have both increased steadily and encouragingly during the last few years. On every hand it is admitted that it is both possible and necessary to raise all that is needed for home consumption. Alfalfa, Bermuda grass, Johnson grass, crab grass and cowpeas furnish an abundance of hay of the very best quality. This hay can be produced much more cheaply than an equal quality can be shipped in from Northern and Western States. With better transportation facilities and an increasing demand, the production will become more and more profitable. At the same time, with hay raised on the home plantations, and hence cheaply and readily available, larger quantities are being used in feeding the plantation stock."

Crops of 1907. Despite the fact that the cereal crop yield of the United States for 1907 is below that of the previous year, the money return on the 1907 crops promises to equal, if not exceed, that of 1906. This statement is contained in a bulletin issued by Bradstreet's:

"Owing to the very cold and backward spring season, only hay, sugar and rice crops promise greater yields than those of last year. The bulletin says in part: 'While the aggregate cereal yield, six crops being included, is 15 per cent smaller than a year ago, a counterbalance to the falling off in crop production is found in the generally higher level of prices of the leading cereals, guaranteeing that the producer at least will derive some compensation alike from the smaller yields, the amount of the old or 1906 crops left over, and the improved export inquiry, particularly for our wheat and flour, caused by less satisfactory harvests abroad. The price of wheat last week was 22 per cent higher than a year ago, while corn was 18 per cent higher. From this it may be gathered that the present money returns on these crops is better than at the outset of the cereal year, and the prospects are that taken as a whole, this year's cereal crops will yield fully as much, if not more, than they did a year ago.'

"Following is an estimate of the yields of the leading crops for 1907, showing the per cent gain or loss from 1906:

Crop	Yield	Per cent gain or loss from 1906
Corn, bu.	2,553,752,000	Dec. 12.7
Winter wheat, bu.	408,200,000	Dec. 17.4
Spring wheat, bu.	216,067,000	Dec. 19.7
Total wheat, bu.	624,567,000	Dec. 14.9
Barley, bu.	70,795,000	Dec. 23.1
Rye, bu.	31,500,000	Dec. 5.4
Buckwheat, bu.	13,911,000	Dec. 4.3
Total, six leading cereals	4,113,480,000	Dec. 15.3
Flaxseed, bu.	25,420,000	Dec. 7.2
Potatoes, bu.	292,427,000	Dec. 5.2
Tobacco, lbs.	645,216,000	Dec. 5.4
Hay, tons	60,770,000	Inc. 29.3
Rice, bu.	24,412,000	Inc. 29.3
Sugar, tons	1,337,000	Inc. 9.0
Cotton, bales	11,500,000	Dec. 8.0

A Simple Way to Make Cheese. The making of cheese is a very simple process, and almost any one can turn out a good article with little practice. I will give a method by which any one can make cheese successfully. Take evening's milk and strain it into some clean vessel and let it stand in a cool place until morning. Evening's milk should be warmed to about 90 degrees before adding morning's milk. A good way to warm it is to set a pail of boiling water into the milk. Prepare the rennet by soaking in one gallon of warm water for twenty-four hours before using. Add as much salt as it will dissolve, strain, let it settle and it is ready for use.

Use a Tablespoonful for each three gallons of milk. If it is much over half an hour coming increase the quantity, if it is well curdled take a knife and cut the curd into blocks so that the whey can escape. As soon as the whey is mostly out of the curd take a basket and place a cloth in it so as to receive the curd. As the curd hardens continue to strain off the whey. Chop the curd fine, add salt—1 ounce to each five pounds of curd—and it is ready for the press. Put the curd in a tin hoop made like a peck measure without a bottom. It is a good idea to have two sizes, as the amount of curd will differ at times.

Almost any one with a few tools and a little ingenuity can construct a press that will answer the purpose very well. A simple way is to mortise a beam into a post so that it can work up or down, and hang a weight to the outer end of the beam. The hoop with the curd in it should be turned or reversed every eight or ten hours. From eighteen to twenty-four hours is generally long enough to press a cheese. Now comes the curdling period, which requires considerable care and attention. The cheese when taken from the press should be rubbed with lard and a bandage of new muslin pinned loosely around it. The cheese must be greased every day. Do not remove the bandage, but apply the grease on it. In from four to five weeks the cheese should be ready for home use or market.—J. M. Smith.

The Feeding of Dogs. "No dog kept indoors and, indeed, very few outside, should be fed on meat; nor should he be fed from the table at meal times, as he will soon become a nuisance, especially when there are visitors. If he is always fed at the conclusion of a certain meal—dinner, for instance—he will wait patiently until the prescribed time. It is a good plan to feed after one's mid-day meal, giving plenty of green vegetables, bread and potatoes, with a very few scraps of finely cut meat, the whole well mixed and some gravy poured over it. If two meals are given, one

FARM AND GARDEN

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REV. TROUTMAN SENDS BEST WISHES FOR PE-RU-NA

Rev. George A. E. Troutman, Mt. Washington, Mo., Writes,

"My Wife and I Are Strong Believers in Pe-ru-na."

Catarh and La Grippe. Rev. Geo. A. E. Troutman, Mt. Washington, Mo., writes: "My wife and I are strong believers in Peruna."



I was cured of a bad case of catarh when nothing else that I tried had any effect. My wife was cured from a severe case of la grippe, and we feel that the best we can do is to gratefully acknowledge the merit of Peruna.

For two years Dr. Hartman and his assistants have incessantly labored to create Peruna in tablet form, and strenuous labors have just been crowned with success. People who object to liquid medicines can now secure Peruna Tablets which represent the medicinal ingredients of Peruna. Each tablet is equivalent to one average dose of Peruna.

Ask Your Druggist for Free Peruna Almanac for 1908

NO MORE MUSTARD PLASTERS TO BLISTER
THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.
Capsicum-Vaseline.
EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE.

DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY
A QUICK, PURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS.

Something New Under the Sun. A lady in Illinois sent us 12c a year ago for our remarkable collection of vegetable and flower seeds and sold \$37.75 worth therefrom, or made 314 per cent. That's new.

Motherly Vexation. "O, Johnny!" exclaimed Mrs. Lapshig. "You've worn out those shoes already, and I got them for you now just after we had our last equinoctial storm!"

For Kidney Troubles and Rheumatism. Sufferers from rheumatism, kidney and bladder troubles are promised speedy relief and cure by use of the well-known medical preparation called "Swamp Root." So confident of its efficacy are its proprietors that by mentioning the name of this paper and writing to Dr. Kilmer & Co., Birmingham, N. Y., a sample bottle of the remedy will be sent free by mail to any part of the United States. In order to get this free sample, be sure to mention the name of this paper.

Perfectly Clear. Teacher—Tommy, the lesson speaks of the "thread of life." Does that convey any idea to you? Tommy Tucker—Yes'm. That's what you feel when you've got a stitch in your side.

FILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Pruritic Piles in 6 to 14 days or more. Refunded.

His Sensitive Spot. "What makes the colon so bitter against the administration?" "He holds the President personally responsible for the shutting off of his railway passes."

The Handy Doctor in Your Vest Pocket
Enamel Box—When carried in your vest pocket it means Health-Insurance. It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver. It will not purge, sicken, nor upset the stomach. Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters. Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

Casarets act like exercise. If carried in your vest pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary life of life. Because these ill-gets-in the Bowels, and pave the way for all other diseases. "Vest Pocket" box 10 cents. Be sure you get the genuine, made only by the Sterling Remedial Company, and never sold in bulk. Every tablet stamped "CCC."