

# FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

AS A SPRING TONIC TO GET THE SYSTEM IN GOOD SHAPE.

"I advise all Athletes who are about to go in training to try a bottle of Pe-ru-na."  
—J. W. Glenister.



John Glenister, Champion Swimmer and Only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

## PE-RU-NA Renovates, Regulates, Restores a System Depleted By Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.  
The Peruna Medicine Company,  
Columbus, Ohio:  
Gentlemen—This spring for the first time I have taken two bottles of Peruna, and as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.  
"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction."  
"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape."  
JOHN W. GLENISTER.

### ABOUT THE FLOWER GARDEN.

Early plants of marigold flower in pots before replanting and never stop until frost.

Morning glory is the best vine for the trellis. Soak the seed in warm water before planting. It self sows. The frost kills it.

Ordinary petunia flowers profusely all summer, thrives anywhere, and self sows.

Annual phlox is the best dwarf plant for general purposes. It self sows. It is a good pot plant.

The Japanese and Chinese pinks are showy flowers, three inches across with a curious mixture of colors. They will stand cold weather, but not wet.

The California poppy is the most brilliant red annual. Do not transplant.

## DE LAVAL CREAM SEPARATORS

Save \$10.- Per Cow EVERY YEAR OF USE  
Over All Gravity Setting Systems And \$3. to \$5. Per Cow Over All Imitating Separators.

Now is the time to make this most important and profitable of dairy farm investments. Send at once for new 1905 catalogue and name of nearest agent.

THE DE LAVAL SEPARATOR CO.  
Randolph & Canal Sts. 74 Cortlandt Street  
CHICAGO NEW YORK

## SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

## THE FARMERS

FREE HOMESTEAD LANDS OF WESTERN CANADA

Secure a FREE Homestead

Sioux City Independent List.



### THE PENNELL STRAWBERRY.

Most all who grow berries are inclined to raise the sorts that are best suited to the demands of the market, but the farmer with more or less space to devote to small fruits ought to raise one or more kinds of strawberries, especially for his own table. Not all of the sorts that are best for the table; indeed, some of the best flavored sorts will not do for the market because they will not stand shipping well. This is the case with the Pennell. The flesh is only moderately firm in texture but the



quality is of the finest and it is just the berry for home use or for local markets. It is large, of rich crimson color with red flesh. The plants are good growers and as yet have shown no tendency to blight. In season it is fairly early and the plants are quite productive. This sort is one of the productions of Matthew Crawford of Ohio, who has given many desirable varieties of strawberries to the world and who has the varieties well tested by growers in all berry sections before he makes a report concerning the new applicant for public favor. The Pennell is well worth testing by any one who loves good strawberries.

### CARING FOR THE BOAR.

Anyone who starts out to raise hogs with the idea of a goodly profit in mind must needs pay some attention to the care of his hogs. It is the importance of having good females upon which to build up the herd, a poor boar or a good boar poorly cared for will offset any value there is in the high grade females; perhaps not at first but surely after a season or two the difference will be noted. Money invested in a good boar will be money well invested if the animal is properly cared for and proper care means proper food, a clean, comfortable pen by himself and a yard of sufficient area to give him needed exercise. The boar should be treated kindly of course, but don't try to make a pet of him. He cannot be trusted. See that he is kept away from the hogs except at breeding season and feed him so that he will be fairly plump, but never fat; muscle and energy is what he needs in order that the get be desirable. Find some way of letting him have a grassy run for a portion of each day even though such run will be small.

### FEEDING ALFALFA HAY.

While we believe alfalfa to be all that is claimed for it, no one should believe for a moment that it is a perfect food for stock and for pasture; it is not always a safe food, although horses do not seem to be injured by feeding from it while green. For cows and sheep alfalfa has its best value when fed as hay in connection with some other roughage. It is rich in protein hence gives the feeder an opportunity to feed protein much more cheaply than in any grain. As a pasture for hogs alfalfa is all that is claimed for it, although it is not so good as other pastures when it is alternated with some other pasture. If the soil is in good condition, that it has been properly inoculated for alfalfa, about fifteen pounds of seed to the acre is sufficient. The seed should be clean, however, and particularly free from dodder, which is one of the worst enemies of the alfalfa plant. A number of seedsmen are offering special selected seed (probably seed which has been cleaned with unusual care) at an advanced price, and it will pay to buy this better seed. Don't expect a crop the first season but be content with what you get. To destroy the various weeds and prevent them from going to seed. The second season one may expect good results.

### ECONOMIZING ON SEEDS.

Regular readers of this department know the opinion of the writer on the question of cheap seeds and particularly when seeds are bought at a low price from seedsmen. Such seeds are generally worth even less than is paid for them because there is the loss, partial or total, of the crop which cannot be computed. It is considered by those who are in a position to know that if the soil is capable of producing a good crop it would be cheaper in the end to pay double the regular prices for seeds than to take the risk of buying seeds even a trifle less in price. Sometimes one may economize to advantage by the proper selection of seeds, as for example when red clover is to be seeded some money may be saved by buying one-third the quantity of alaska and two-thirds of red clover seed. The combination crop is more desirable than all red clover which is selling this spring at from \$9 to \$10 a bushel for first grade seed. Better a smaller area of any one thing put out than a larger area of several things. If seeds are used for the chances are the smaller area will give you the largest crop.

### FOWLS FOR THE FARMER'S WIFE

This may seem strange advice from a poultryman of twenty odd years' experience, but we really think it is the best thing that nine out of ten farmers could do, particularly when they have the idea, so many of them have, that fowls are not worth the room they take up. Just as in flower raising, a woman can get more out of a flock of poultry than a man and do it with less effort and with less training. Why this is so is probably because she gives the necessary care to the chickens, so many of them are in raising tender plants. It is not to be inferred that farmers cannot succeed with poultry, for they can if they are willing to give the business attention, but if not they should turn it over to the wife and daughters. How ever, when they have the idea, the idea should not be expected to do the dirty work of poultry raising; have some of the men do this in return for the extra eggs they will have to eat. This disagreeable part of the work taken out of the business and the women given some decent stock as a foundation, they will succeed ninety-nine times out of a hundred. Make a business arrangement of it, by the way, and let the women have the money they earn to do with as they please. Don't make it another case of "Bobby's calf and father's cow."

### IS A TERROR.

Chicago News: Samsmith—So your wife's mother is a terror, is she? Jimjones—That's what. Why, the first time she called on us after we moved into a flat she blew up the speaking tube.

### Boston Belles Converge.

Nancy—What a sweet youth Sissifus is!  
Betsey—Sweet? Why, he's positively nauseating.— Boston Transcript

### SOWS KILLING THEIR YOUNG.

Some of the questions concerning sows destroying their young were sent to a veteran swine raiser and his reply was (he

### is a little crabby):

"Tell your readers who have this trouble to cease trying to raise pigs—they don't know enough." This is rather startling but our friend goes on to say, still testily, that he cannot understand why farmers do not learn that the sole trouble with sows killing their young results from intense constipation, which makes the teats feverish and causes great pain when the pigs attempt to nurse. The temper of the average sow is not of the best normal condition and when she is in the condition described the pain is so great that in her anger she kills the pigs who are causing the pain. It is largely the old question of feeding too much corn without anything in the way of succulents to keep the bowels in proper condition. There are all sorts of remedies for this trouble but most of them are worthless, the true remedy being prevention, which is easily applied by a proper course of feeding. Make a start at this now by seeing that the sows have considerable in the way of pasture during the summer and then grow some root crops so as to have them to feed during the winter as soon as the sows again become pregnant. Also try the plan of feeding clover hay well moistened instead of so much corn stover. Almost anything which will keep the bowels of the animal in proper shape during the period of pregnancy will be desirable.

### GINSENG A THING OF THE PAST

For several years we have repeatedly urged farmers to go slow on ginseng, pointing out that the trade in the root was wholly through the Chinese and that there was some question as to how they would look upon the cultivated crop. Inquiry among those who deal in the roots in New York city reveals the fact that the demand has steadily fallen off and lately has almost died out. The farmers who have been growing the cultivated crop do not possess the virtues of the wild root. Be this as it may the fact remains that if there ever was any great amount of money to be made in growing ginseng that has gone by. Dealers do not care to have supplies shipped to them, for they have little or no call for so that the stuff is begging for a market. As the trade in it is confined wholly to Chinese there is no hope of finding other outlets. All one can do is to lay the ginseng away with the Belgian hare and label them crazes that have died out. The farmers who have kept to the corn and potato crop or to any other crop which has yielded fair returns has made more money than the grower of ginseng.

### MARKETING CLEAN EGGS.

Recently the statement was made by one who is supposed to be an authority that water on the egg shall hasten decomposition. In other words he claims that the shell of an egg should never be washed for it will absorb enough moisture to hasten its spoiling. After many years of marketing eggs the writer cannot wholly agree with this statement. It is probably true that if an egg was allowed to soak in water for even five minutes its keeping qualities would be impaired, but that washing it will seriously injure it is nonsense. Those who market eggs to critical customers know that soiled eggs are far from salable. Look over the eggs when they come to the house and with a cloth wipe them clean using another cloth which is dry to polish the shell. There is no danger that this will injure the keeping quality of the egg. Only a week ago when in the store of a large commission man we saw a man with wet cloths washing eggs which had been bought for a lower price than the market quotations because they were soiled. The commission man was having them cleaned to sell at a higher price. If this work pays him it will pay the farmer whose fowls lay the eggs.

### USES OF CALIFORNIA PRIVET.

Those who know something of the California privet think of it almost entirely as one of the best and most attractive of the various plants used for hedges and particularly around the homes of the wealthy. There are too few plants of California privet on farm grounds and there is good reason for the omission of the plants are moderate in price, are almost sure to grow anywhere except in the very far north without winter protection, and can be utilized in a number of places. If there is a portion of the house grounds to be divided nothing makes a more attractive division fence than this privet. It is also an ideal hedge to plant around a chicken yard, setting it outside the wire fence and allowing it to grow breast high before pruning it into form. In this way the plan's form shade in summer and are a windbreak to some extent in colder weather. With one good hedge started on the farm one can soon have all the privet needed if the cuttings are riveted in the ground, which may be readily done. Pull down the old picket fence between the home grounds and the road and set privet, thus getting the start so that the latter more of it, of your own growing, may be used wherever desired.

### THE POPULAR RHODE ISLAND REDS.

Those who have experimented with the Rhode Island Reds consider them a breed of great promise for the farmer. The carcass which makes them desirable market fowls with good egg production. They are as good mothers as the old Dominick, nearly as good egg producers as the Leghorns and the carcass takes on weight readily without too great expense and has a most delicious flavor. Taken as a whole

### 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.) (Save your Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

# THE END OF THE GRIP

REACHED AFTER EIGHT YEARS OF COMPLICATED TROUBLES.

Deafness, Hissing Sounds in Head, Stomach Disorder, Palpitation of Heart and Debility Overcome at Last.

Mr. Newman certainly had a very tough time with the grip, and it is no wonder that he thinks that the remedy that cured him can't be beat. His case shows how profoundly grip poisons the system and how obstinately it resists all ordinary efforts to eradicate it.

Few cases can be worse than Mr. Newman's for he had head, heart and stomach troubles combined with great weakness. He recently said: "The attack of grip which I had eight years ago left me in a very bad fix. I became nearly deaf and my head ached continually and was filled with hissing and roaring sounds. My heart fluttered and had regular running-away spells. My stomach was so sore that I could hardly bear a touch on that part of my body. I had a great deal of pain in the region of my liver and the doctor said that organ was enlarged. My kidneys ached so at times that I could hardly stand."

"Didn't you give up and go to bed?" he was asked.

"No, I simply wouldn't. My head and my back ached dreadfully, but I obstinately dragged myself about, kept growing worse and finally ran down to almost nothing."

"What did you do to get relief?"

"First I tried a doctor, but he did me no good. Then I took all kinds of advertised preparations but nothing proved helpful until I began to use Dr. Williams' Pink Pills. As soon as I got them I knew that I had at last hit the right remedy for my case. The very first box did more for me than anything else I had ever taken. They gave me relief right away and in three months they positively cured me. I think I was scarcely ever in better health in my life than I am at present."

Mr. William A. Newman is a well-known Camden county farmer, living at Sagrada, Missouri. His case was a severe test for any remedy, but Dr. Williams' Pink Pills met every requirement. Other remedies merely drive the poison of the grip into hiding, but Dr. Williams' Pink Pills drive it out of the system. They are sold by every druggist.

### Hand-Maiden Dropped.

Washington Post: Even the National Republican Editorial association has dropped "the hand-maiden of protection" from its repertory of resolutions.

Puck: "We think baby will make a great politician."  
"Why?"  
"Well, he crawls out of everything so easily."

### Americans at Oxford.

Chicago Tribune: The American is so accustomed to different kinds of men and is so democratic that when he goes to Oxford he amiably adopts all the high bred conventions of the place exactly as he would adopt all the less conventional conventions of Deadwood.

**WINCHESTER**  
Take-Down Repeating Shotguns  
Don't spend from \$50 to \$200 for a gun, when for so much less money you can buy a Winchester Take-Down Repeating Shotgun, which will outshoot and outlast the highest-priced double-barreled gun, besides being as safe, reliable and handy. Your dealer can show you one. They are sold everywhere.  
FREE: Our 160-Page Illustrated Catalogue.  
WINCHESTER REPEATING ARMS CO. NEW HAVEN, CONN.

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(Sold only in 1 lb. packages. Lion-head on every package.) (Save your Lion-heads for valuable premiums.)

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WOOLSON SPICE CO., Toledo, Ohio.

**Sale Ten Million Boxes a Year.**  
THE FAMILY'S FAVORITE MEDICINE

**Cascarets**  
CANDY CATHARTIC  
THEY WORK WHILE YOU SLEEP  
BEST FOR THE BOWELS

**Palmer's Chocolates**  
The finest and most delicious made. If your dealer does not sell them we will send you express prepaid 1 lb box 50c, 2 lb box \$1  
PALMER & CO., Sioux City, Ia.  
MAKERS OF PURE CANDY

PLEASE MENTION THIS PAPER.  
SIOUX CITY P.T.G. CO., 1084-18, 1905.

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