

ATAXIA IS CURABLE

REPORTED CURE STANDS TEST OF FULL INVESTIGATION.

A Former Victim of Locomotor Ataxia Now Free from Suffering and Actively at Work.

"Yes," said Mr. Watkins to a reporter, "it is true that I have been cured of ataxia by Dr. Williams' Pink Pills."

"Are you sure you had locomotor ataxia?"

"The doctors themselves told me so. Besides I recognized the symptoms."

"What were they?"

"Well, the first indications were a stiffness about the knee joints that came on about four years ago. A few months after that appeared, my walk got to be uncertain, shaky-like. I lost confidence in my power to control the movements of my legs. Once, when I was in the cellar, I started to pick up two scuttles of coal, and my legs gave way suddenly, and I tumbled all in a heap in a basket. I couldn't close my eyes and keep my balance to save my life. Then I had fearful pains over my whole body and I lost control over my kidneys and my bowels."

"How about your general health?"

"Sometimes I was so weak that I had to keep my bed and my weight fell off twenty pounds. Things looked pretty bad for me until I ran across a young man who had been cured by Dr. Williams' Pink Pills and who advised me to try them."

"Did these pills help you right away?"

"I didn't see much improvement until I had used six boxes. The first benefit I noticed was a better circulation and a picking up in strength and weight. I gradually got confidence in my ability to direct the movements of my legs, and in the course of seven or eight months all the troubles had disappeared."

"Do you regard yourself as entirely well now?"

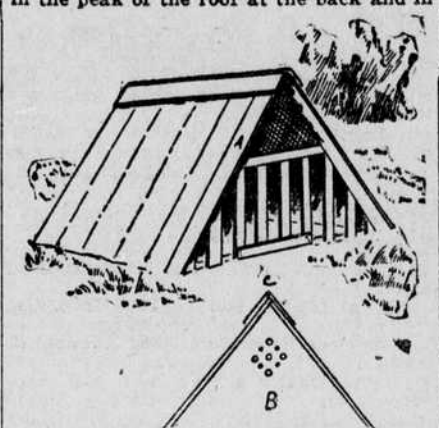
"I do the work of a well man at any rate. I can close my eyes and stand up all right and move about the same as other men. The pains are all gone except an occasional twitch in the calves of my legs."

Mr. James H. Watkins resides at No. 72 West 10th street, Albany, N.Y. Dr. Williams' Pink Pills can be obtained at any drug store. They should be used as soon as the first signs of locomotor ataxia appear in a peculiar numbness of the feet.



FOR HENS AND CHICKS.

While there are several forms of coops for the old hen and her chicks the one built on the well known lines, a full span, is generally considered the most desirable, although there are several ways of improving this old affair. One of the main troubles with the old coop is that it was not always dry, a serious defect when one considers how harmful dampness is to young chicks. This may be prevented as well as preventing the warping of the boards if the two strips placed across the top are lapped, as shown at figure C in the illustration. Then ventilation may be supplied by placing a number of small holes in the peak of the roof at the back and in



front, covering a similar place with fine netting doubled as shown in the illustration and at the point B. This will keep out vermin as well. The lower part of the coop is so arranged that a small door may be readily opened when it is necessary to let the old hen out and yet she cannot get it loose of herself; the slats are placed far enough apart so that the chicks can go in and out at will and they should be placed wide apart so that no change will need to be made as the chicks grow. A little more lumber and brains put in the making of coops for chickens would make the old hen more comfortable and prevent many of the chicks from dying of roup.

NITRO CULTURE IN COMMERCE

Some time since reference was made in this department to the bacteria sent out in concentrated form by the department of agriculture and by commercial concerns. Caution was advised in dealing with the matter until one was satisfied as to its reliability. Recent articles have been printed in magazines of wide circulation which tend to give farmers an entirely wrong idea of this bacteria, or nitro-culture as it is now called. With the charge that the department of agriculture was unconscientiously aiding this plan, we have nothing to do, but when the statement is made, without the slightest qualification, that seed of clover inoculated with nitro-culture will insure not only a uniform catch but a healthy, vigorous and largely increased crop, it is certain that the truth should be told. Of the value of the concentrated bacteria, provided it is honestly made, there can be no question, but that it will "insure a uniform and largely increased crop of clover" is misleading. Soil for clover must be free from acidity, as every farmer must know, but there is nothing said concerning the fact that this concentrated bacteria would prove a total failure on sour soils, although this is a fact beyond dispute. This is but one instance in which the claims made for nitro-culture are unfair, but if there are no others in this one would be sufficient warrant for sounding this warning. Try nitro-culture by all means if a supply can be obtained from a reputable firm, but do not expect to find it in a complete fertilizer nor do not expect it to sweeten sour soil so that clover may be grown upon it.

CLEANLINESS IN THE DAIRY.

One can scarcely be too clean with the utensils used in the dairy, but cleanliness should go back of the dairy and begin in the stables and with the cows. If the animals are properly groomed and the stables kept clean then plenty of scalding water, plenty of lime water and plenty of sunlight to make the utensils as clean as it is possible to get them. An excellent plan of cleansing utensils is to wash them thoroughly in scalding hot water, rinse them in lime water and then place them where the sun will shine in them as long as possible during the day. The lime water is cheap and is readily made by dissolving a half bushel of lime in a barrel of water, stir thoroughly and then let it settle for two or three days. Then draw off the water for use as needed. A good use for the water after it is used for rinsing is on the floor of the stable; it will help greatly in purifying things.

FEEDING YOUNG PIGS.

The common way of feeding young pigs is to pour the food in the trough and let the old sow and the youngsters help themselves. The result is trouble with the pigs if not with the mother. Young pigs should always be fed by themselves and never of any one kind of grain but always a mixture and that in quite sloppy form. Have it sweet and clean and of good quality and feed it so that they will eat it all and grunt for more. There is no objection to permitting the young pigs to eat at the trough with their mother provided the latter has had her full meal and will eat little or none of that provided for the pigs. After feeding the slop to the pigs we find it an excellent plan to give them a little green food, provided they are not in the habit of being on the range each day. Then have a sunny corner, dry and with a comfortable bed of straw where they can sleep and grow while waiting for the next meal.

FOR BROODER RAISED CHICKS

Naturally enough the brooder raised chick does not learn to feed itself so well as the chick who runs with the old hen. Most people who raise chicks in brooders do very well in the feeding during the bread crumb and the oatmeal period, but there is danger in prolonging these days and not starting the chicks to grow as soon as one ought. When they are three or four weeks old they should have more substantial meals; there is nothing better for bone and muscle forming than a dry mash composed of wheat, corn and oats ground and well mixed and moistened with milk (not sour) until it will crumble like bread. This mash should be fed in morning and night, while at noon a little finely cracked corn should be scattered through some fine straw so that they will scratch for it. Then the green food should be given, several times daily in small quantities. Do not feed them anything in the way of animal food until they are burned on to the range, where they will learn to catch insects and thus get all of this sort of food they will need until fall. Above all things do not neglect the cool, fresh water and the abundance of shade;

then fix a little corner where there is some dry and rather sandy soil in which they can dust and sun themselves. These habits will fix themselves quickly if they are started soon enough and the chick will make all the better pullet and hen in consequence.

COMMON SENSE IN MANURING.

While it is admitted that the majority of farmers try to cover too much ground with the manure they have to use, oftentimes using what should go on one acre to cover five, there is just as much danger, or rather loss of profit, in the other extreme. For example, if an area of six acres is properly manured the yield will be more profitable than if the same quantity of manure is placed on three acres. The cost of producing the crop on three acres will not be one-half of the cost of production of the crop on six acres nor will the yield of three acres be double the yield of the six acres. Again, assuming of course that the manuring is done in proper quantities, the fertilizing value left for the second crop on the six acres is of greater value than that left for the second crop on the three acres. It is the thin spreading of manure over a large area that is profitless; in other words, giving to three acres what is only fair manuring for one acre. Market gardeners who manure very heavily can do so with profit from the area in the one season, which is not the case with the average farmer. Of course the same rule applies to the use of commercial fertilizers, although the farmer is not out to err in this because he has to pay out cash for commercial fertilizers.

RE YOU SPRAYING POTATOES?

To get the best of the blight on potatoes the work of spraying must be started when the plants are a few inches high and continued throughout the season, doing the work thoroughly every ten days or two weeks at most, oftener if the weather is hot. While opinions differ experience has shown that the following formula the most effective one for use in spraying potatoes. Dissolve six pounds of blue vitriol and four pounds of best stone lime in 50 gallons of water and when the plants are small apply at the rate of 50 gallons per acre, increasing the quantity as the plants grow until in mid-summer 100 gallons to the acre are used. When it is necessary to use something for destruction of potato bugs dissolve Paris green in the Bordeaux mixture as indicated at the rate of one pound to each 50 gallons of the mixture, spraying the combined mixture together. While several other mediums are used we feel that the Bordeaux mixture compounded as indicated will do the business better than anything else. If the best methods of culture are followed in the spraying, the blight will be kept to a comparatively little trouble in obtaining a good crop of potatoes in a normal season.

FOOD FOR WORKING FARMERS

A farmer (in the south) says in an exchange: "When spring plowing begins we fall back on cow peas and corn bread for dinner." If it is assumed that this man is not a vegetarian and uses this diet because of his belief, it is certainly a mighty poor diet for one to do a hard day's work on. One who has tested the matter of food for the man who works with his muscles as well as he who works with his brain mainly, has shown that it is practically impossible for the majority of people to get along well without meat. The pros and cons of meat eating are not part of the argument. We are not educated to the point where we can live wholly on fruits and vegetables. Individuals may, but the race as a whole cannot. As a matter of fact farmers are the poorest fed people on earth when they should be better fed than those in other occupations. Time was when we lived almost wholly on corn bread, bean soup and salt pork. Then we learned the value of other meats, of fowls and of eggs, of fruits, of milk and of vegetables. The system requires a certain amount of raw fruit and vegetables for the acids they contain, but those must be used in moderation and the main sustenance come from meat of some kind, beef ranking first. If farmers would dispose of some of the products of the farm for their beef supply, then eat liberally of fowls, eggs and milk and moderately of vegetables in the raw state they would find themselves better men physically and mentally and find also that they were not paying much more for their living than when existing on corn bread and cow peas.

TO CLEANSE PLANTS.

Certain kinds of plants grown in pots are often subject to the attacks of insects even in the summer, although the trouble is greater during the months of winter when the plants are grown in the heat of the living room, without much moisture. To thoroughly cleanse plants of insects they must be fumigated, tobacco being the means generally employed. Of course, in this work the main idea is to keep the air from the plants during the process of fumigation. The fumigating box may be of any size desired, according to the number of plants to be cleansed, although a box which may be conveniently carried about is to be preferred to anything larger. After selecting the box make a frame three inches wide and nail around the edge of the box. Then bore a few holes in one end of the box. Then make a frame to fit snugly over the box, see the upper illustration in the cut, and fasten hops on it. Cover this hooped frame with unbleached muslin, tacking the muslin to the frame and gathering it at the ends as indicated; the frame covered with the muslin will not break the top of soft plants and it is readily constructed. This framed cover rests upon the three-inch frame which was first put about the box and will not readily slip off.

THINK OF IT!

This Pretty Matron Had Headaches and Backache, and Her Condition Was Serious.

PE-RU-NA CURED.



MRS. M. BRICKNER.

99 Eleventh Street, Milwaukee, Wis.

"A short time ago I found my condition very serious. I had headaches, pains in the back, and frequent dizzy spells which grew worse every month. I tried two remedies before Peruna, and was discouraged when I took the first dose, but my courage soon returned. In less than two months my health was restored."—Mrs. M. Brickner.

The reason of so many failures to cure cases similar to the above is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh.

FEMALE TROUBLE NOT RECOGNIZED AS CATARRH

Pe-Ru-na cures these cases simply because it cures the catarrh. If you have catarrh write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartford Sanitarium, Columbus, O.

Insects Flea Burning Sandalwood.

Chicago Tribune: London women have discovered an agreeable way of ridding their homes of flies and mosquitoes. They burn sandalwood in the house, an idea imported from the Orient. In London it is possible to get wood prepared for the purpose. In America it is to be had at almost any Turkish or Japanese importing house. It is then prepared for burning by being first cut into small pieces one-half inch thick and three inches long. Then it is baked or dried out in a slow oven twenty-four hours. A piece of the wood is put into a metal urn, lighted and allowed to burn until well aflame, when the flame is extinguished and the red-hot ember left to smoulder until the wood is consumed and nothing left but a heap of fine gray ashes.

EVERY WALK IN LIFE.

A. A. Boyce, a farmer, living three and a half miles from Trenton, Mo., says: "A severe cold settled in my kidneys and developed so quickly that I was obliged to lay off work on account of the aching in my back and sides. For a time I was unable to walk at all, and every makeshift I tried and all the medicine I took had not the slightest effect. My back continued to grow weaker until I began taking Doan's Kidney Pills, and I must say I was more than surprised and gratified to notice the backache disappearing gradually until it finally stopped."

Doan's Kidney Pills sold by all dealers or by mail on receipt of price, 50 cents per box. Foster-Milburn Co., Buffalo, N. Y.

Atlanta Constitution: "De po' man got treasure in heaven, ain't he?" "Yes; but he can't git de banks ter cash a draft on it—please God!"

Are the Packers Receiving Fair Play?

When the Garfield report on the business methods of the packers appeared, after eight months' investigation, it was severely criticized and roundly denounced. After three months of publicity it is significant that those who attempted to discredit it have failed to controvert the figures contained in that exhaustive document. The public is beginning to notice this omission, and the feeling is rapidly growing that the sensational charges out of which the "Beef Investigation" arose were without foundation. If the official statements of the report are susceptible of contradiction, a good many people are now asking why the facts and figures are not furnished to contradict them. The truth seems to be that most of the charges contain unfounded sensational assertions. A flagrant example of this appeared in a recent article in an Eastern magazine, to the effect that "forty Iowa banks were forced to close their doors in 1908-4 by the Beef Trust's manipulation of cattle prices." Chief Clerk Cox, of the banking department of the Iowa State Auditor's office, has tabulated the list of banks given in the magazine article and has publicly denounced the statement as utterly untrue. He gives separately the reasons for each failure mentioned and officially states that they have been caused by unwise speculations and by reckless banking methods. It may be well to suspend judgment upon the charges until the charges against them are proved. Adv.

Four Questions.

St. Louis Post-Dispatch: Why do we always talk of putting on our coats and vests when we always put on first our feet and then our coat?

Why do we refer to the coverings of our feet as shoes and stockings when the stockings are first put on?

Why do we invite people to wipe their feet when we mean their shoes?

Why, in the olden times, did a father tell his son he would warm his jacket, when every one knew he meant his pantaloons?

Mrs. Winslow's SOOTHING SYRUP for Children: soothes, softens the gums, reduces inflammation, cures colic, cures wind colic. 25 cent a bottle.

No Theory.

Chicago Tribune: Visitor (from the sunny south) I am told there is a theory up here that your climate is changing.

Host—There is not theory about it. It's a recognized fact. Our climate is always changing.

"I had Inflammatory Rheumatism, but I am well now, thanks to Dr. David Kennedy's Favorite Remedy. It's my best friend." Garrett Lansing, Troy, N. Y.

One Source of Pleasure.

Public Ledger: Knox—We went to see the Pokesleys last night and enjoyed ourselves hugely.

Cox—The ideal? Why, they usually fall dizzily at entertaining people.

Knox—Exactly. We enjoyed ourselves talking about them on the way home.

Do Your Feet Ache and Burn?

Shake into your shoes Allen's Foot-Ease, a powder for the feet. It makes tight or new shoes feel easy. Cures Corns, Bunions, Swollen, Hot and Sore Feet. At All Drugists and Shoe Stores, 25c. Sample sent FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Hadn't Tested It.

Detroit Free Press: He—It's impossible to please everybody in this world, isn't it?

She—I don't know; I never tried it.

MERCILESS ITCHING.

Another Speedy Cure of an Itching Humor with Loss of Hair by the Cuticura Remedies.

"For two years my neck was covered with sores, the humor spreading to my hair, which fell out, leaving an unsightly bald spot, and the soreness, inflammation, and merciless itching made me wild. Friends advised Cuticura Soap and Cuticura Ointment, and after a few applications the torment subsided, to my great joy. The sores soon disappeared, and my hair grew again, as thick and healthy as ever. I shall always recommend the Cuticura Remedies. (Signed) Harry J. Spalding, 104 West 104th street, New York City."

More Than 57 Varieties.

London Tid-Bits: Some individual with oceans of time on his hands has conceived the idea of hunting through the works of English novelists for the purpose of finding all the adjectives used to qualify the word kiss. The result is as follows:

Cold, warm, icy, burning, chilly, cool, loving, indifferent, balsamic, fragrant, blissful, passionate, aromatic, with tears bedewed, long, soft, hasty, intoxicating, dissembling, delicious, plous, tender, beguiling, hearty, distracted, frantic, fresh-as-the-morning, breathing fire, divine, satanic, glad, sad, superficial, quiet, loud, fond, heavenly, execrable, devouring, ominous, fervent, parching, nervous, soulless, stupefying, slight, careless, anxious, painful, sweet, refreshing, embarrassed, shy, mute, ravishing, holy, sacred, firm, hurried, faithless, narcotic, feverish, immoderate, sisterly, brotherly and parasitical. The task seemed interminable and he gave up at this stage.

Starting Something.

Cleveland Leader: Her Little Brother—Good evening, Mr. Jones.

Her Accepted Sutor—My name isn't Jones, my lad—I'm Mr. Smith.

Her Little Brother—By gum! I never can get Laura's beauty stratched out. Jones comes Wednesday, I guess.

Wrinkles are poetically termed by the Japanese "waves of old age."

LIVING TOO HASTILY

AMERICAN WOMEN BREAKDOWN

Irregularities and Female Derangements Result—Cured by Lydia E. Pinkham's Vegetable Compound.

Owing to our mode and manner of living, and the nervous haste of every woman to accomplish just so much each day, it is said that there is not



Mrs. Chester Curry.

one woman in twenty-five but who suffers with some derangement of the female organism, and this is the secret of so many unhappy homes.

No woman can be amiable, light-hearted and happy, a joy to her husband and children, and perform the duties incumbent upon her, when she is suffering with backache, headache, nervousness, sleeplessness, bearing-down pains, displacement of the womb, spinal weakness or ovarian troubles.

Irritability and snappy retorts take the place of pleasantness, and all sunshine is driven out of the home, and lives are wrecked by woman's great enemy—womb trouble.

Read this letter:

Dear Mrs. Pinkham—

"I was troubled for eight years with irregularities which broken down my health and brought on extreme nervousness and despondency. Lydia E. Pinkham's Vegetable Compound proved to be the only medicine which helped me. Day by day I improved in health while taking it until I was entirely cured. I can attend to my social and household duties and thoroughly enjoy life once more, as Lydia E. Pinkham's Vegetable Compound has made me a well woman, without an ache or a pain."—Mrs. Chester Curry, 42 Saratoga Street, East Boston.

At the first indication of ill health, painful or irregular menstruation, pain in the side, headache, backache, bearing-down pains, nervousness or "the blues," secure at once a bottle of Lydia E. Pinkham's Vegetable Compound and begin its use.

"Yes"

Churches School Houses and Homes

ought to be decorated and made beautiful and healthful by using



A Rock Cement

in white and beautiful 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. Plain tinting and whitening, and the most elaborate relief, stencil work and frescoing may be done with it. Other finishes (bearing fanciful names and mixed with hot water) do not have the cementing property of Alabastine. They are stuck on with glue or other animal matter, which rot feeding disease germs, rubbing, scaling and spalling walls, clothing, etc. Such finishes must be washed off every year—costly filthy work. Buy Alabastine only in five-pound packages, properly labeled. Fine card, pretty wall and ceiling designs. "Hints on Decorating, and our artists' services in making color plans, free."

ALABASTINE COMPANY,

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

SIoux CITY P'T'G CO., 1,088—22, 1909

Say Plainly to Your Grocer

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

What About the United Judgment of Millions

of housekeepers who have used LION COFFEE for over a quarter of a century? Is there any stronger proof of merit, than the

Confidence of the People

and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

Lion-head on every package.

Save these Lion-heads for valuable premiums.

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE



10c, 25c, 50c. THEY WORK WHILE YOU SLEEP. All Druggists.

BEST FOR THE BOWELS

The Simple Truth.

Public Ledger: "What's your chicken salad today?" asked the shopper in the delicatessen department. "Veal, mostly, ma'am," replied the new salesman.

PISO'S CURE FOR

Best Cough Syrup. Cures Croup. Use in time. Sold by druggists. CONSUMPTION.