

# USE ALLEN'S FOOT-EASE

A powder to be shaken into the shoes. Your feet feel swollen, nervous, hot and get tired easily. If you have aching, smarting feet, try Allen's Foot-Ease. It rests the feet and makes new or tight shoes easy; always use it to Break in New Shoes. It cures swollen, hot, sweating feet, blisters, ingrowing nails and callous spots. Relieves corns and bunions of all pain and gives Rest and Comfort. It cures while you walk. We have over thirty thousand testimonials. Try it to-day. Sold by all Druggists everywhere 25 cents. Don't accept any substitute for Allen's Foot-Ease. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y. European Branch Office, Peterborough, England.

**WARNING:** Success brings imitations. Scores of worthless imitations are sometimes offered for sale. Insist upon having Allen's Foot-Ease. The Original powder for the feet. Twelve years before the public. Annual sales over two million packages. Do not accept spurious substitutes claimed to be "just as good." Imitations pay the dealer a larger profit otherwise you would never be offered a substitute for Allen's Foot-Ease. Ask for Allen's Foot-Ease, and insist upon having it.

Remember, Allen's Foot-Ease is sold only in 25 cent packages bearing yellow label with our trade mark and facsimile signature

*Allen S. Olmsted*

"In a Pinch, Use Allen's Foot-Ease."

Sold by all Druggists everywhere for 25 cents. For FREE Trial package, also Free Sample of the FOOT-EASE SANITARY CORN-PAD, a new invention, address Allen S. Olmsted, Le Roy, N. Y.

# DOES ALLEN'S FOOT-EASE COOL THE BLOOD?

Some doctors have said so and many individuals have said, that this dainty, antiseptic powder, shaken daily into the shoes is cooling to the entire system. Scores of nerves center in the soles of the feet and Allen's Foot-Ease soothes and quiets these nerves. Use every means to keep cool and avoid Heat Prostration. Try this simple, popular remedy yourself and see if it is not instantly cooling and Refreshing. Sold by all Druggists, 25c.

# HEALTH NOTES FOR AUGUST.



August is the month of internal catarrh. The mucous membranes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Doan's is an excellent remedy for all these conditions.

# W. L. DOUGLAS

\$3.00 & \$3.50 SHOES

BEST IN THE WORLD

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

**\$25,000** (To any one who can prove W. L. Douglas does not make & sell more men's \$3 & \$3.50 shoes than any other manufacturer.)

THE REASON W. L. Douglas shoes are worn by more people than any other make, is because of their excellent style, easy-fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

**My \$4 Gift Edge and \$5 Gold Band Shoes cannot be equaled at any price.**

CAUTION! The genuine W. L. Douglas name and price stamped on bottom. No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.

### A Genuine Fisherman.

From London Answers.

If ever there was an enthusiastic fisherman it was old Jones. He was quite content to sit for hours on the bank of the stream, hoping for a bite, and if he didn't get one, his mind thrilled at the thought of what splendid sport he had two years ago. Thus he was found by a fellow angler.

"Fished long in this stream?" he asked pleasantly.

"Twenty-three years," was the laconic response.

"Then this stream must be worth fishing in," went on the stranger. "You must get a lot of bites."

Gazing intently at his rod, Jones replied with zest:

"Two years ago in this very spot I had as fine a bite as anyone need wish for. A lid I shall get another yet."

### THE TURKEY CROP.

Last fall when I was traveling through Missouri I noticed a great many flocks of turkeys. Often one would see a bunch of from fifty to 100, big, bronze fellows that would weigh from fifteen to twenty-five pounds and when these would sell from \$1.50 to \$2.50 each, it will be seen that the business is very profitable. The expense of raising them is very small, as turkeys are great foragers and they pick up their living about the farm where bugs and grasshoppers are plentiful. Those who are very successful tell me that turkeys are very hard to raise up to five or six weeks, as they are very puny and liable to all sorts of complaints. But, having passed that period, they are no more trouble and grow very fast. Turkeys cannot stand confinement as well as chickens, and it is best to allow them to follow their own inclination and roost in the trees or on the sheds, instead of on low perches. There is nothing better than corn for fattening, and they must be given all they will eat for three or four weeks just before marketing.

### KEEPING MILK AND CREAM.

During the warm weather it is difficult to keep cream or milk in the best condition without ice. The greatest trouble that creamery managers have to contend with now is this lack of condition, as it is impossible to make good butter out of poor cream. There are two things essential in keeping milk or cream, proper care of every utensil that touches the milk, and the milk or cream must be cooled as quickly as possible and kept cool. A dirty milk pail sets bacteria to work before the milk is strained. Milk setting about the stables becomes contaminated and trouble begins. To keep milk, first see that the cows do not drink muddy or foul water; get the milk out of the stables as quickly as possible, and then cool the milk, and don't mix milkings.

What the dairyman most needs is a good, cool milk house. Ice is by far the easiest and cheapest refrigeration, but not all dairymen are situated so that they can put up ice, and many who are suitably situated will not do it. Where ice is not used then one must resort to cold water, or to the old-fashioned outdoor cave. But in order to keep milk and raise the maximum amount of cream, or to keep cream in fit condition, until it is delivered to the creamery, one must have some arrangement for cooling, or the work will be done under many disadvantages.

### The Most Useful Tree.

From the Dundee Advertiser.

Probably the most useful tree in the world is the cocconut palm, every portion of which is put to good use. The trunk is used for building houses, for making furniture and farm implements and countless other articles; hollowed out it makes a canoe. Its leaves are used for thatching, the leaf stalks for paddles and fishing lines. The blossom in bud makes preserves and pickles, besides serving as a staple vegetable. From the pith of the trunk is derived a kind of sago, and from the flowers sugar, vinegar and toddy, which, after fermentation, becomes arrack. The ripe cocconut is a valuable article of diet. The white kernel produces a delicious cream, a good substitute for cow's milk, while the oil is used as a lubricant, for soap and candle making. It is also applied to counteract the stings of scorpions. The refuse of the oil, or oil cake, is valuable as food for animals and poultry, and as manure for the soil. From the shell drinking cups, spoons, lamps, bottles, firewood, and even tooth powder are obtained. The husk supplies fibre for mattresses and cushions, brushes and mats, ropes, cables, nets and even the harness for bullocks. The webbs sustaining the foot-stalks is made into strainers and torches. The tree acts as a conductor in protecting houses from lightning.

### NO RELIEF FROM ECZEMA

For Over Two Years—Patent Medicines, Quack Cures and Doctors Fail—Cuticura Succeeds.

"I was very badly afflicted with eczema for more than two years. The parts affected were my limbs below the knees. I tried all the physicians in the town and some in the surrounding towns, and I also tried all the patent remedies that I heard of, besides all the cures advised by old women and quacks, and found no relief whatever until I commenced using the Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. In the Cuticura Remedies I found immediate relief, and was soon sound and well. C. V. Beltz, Tippecanoe, Ind., Nov. 15, 1905."

### THE CLOVER SEED CROP.

There is sure to be a very heavy demand this season for clover seed, and current high prices are bound to fetch on to the market a great deal of poor seed, because of the urgency of the situation. There is no economy in buying seed, 40 per cent. contamination, at \$8 per bushel, when clean, high-grade seed may be had at from \$10 to \$12. Low grade seeds are slow to germinate, and a large per cent. of even the pure seeds will fail to germinate at all. If there is anything which it will pay to buy, because of cheapness, it is not seeds of any kind.

### DAIRY NOTES.

Don't get too busy to give the cows proper attention. Irregular feeding or milking now will tend to lessen the milk flow, and no amount of coaxing or feeding will get it back this season.

Milk pails should always be cleaned as soon as they are emptied. If they are not cleaned, the film from the milk forms, they will not be hard to clean. Rinse with cold water, then scald and sun.

If I were going to move, even several hundred miles, I should certainly take two or three of the best cows along, and also two or three promising heifer calves. The freight may be nearly as much as the animals are worth, but in a new country real good cows are scarce.

Here is one thing that will still stand harping upon: Clean the cream separator. A good dairy authority states that in Missouri there are 25,000 cream separators owned by farmers, and of these at least 20,000 are in the hands of farmers who do not know the first thing about handling cream.

The success of dairying in any locality will depend upon the pains each farmer takes with his cream. The only fair way to sell cream is by the test, and it is the test that usually kicks up a row. If you cream is testing low go to the bottom of the matter and find out where the trouble is.

Milk fever is liable to occur with the heaviest milkers, and cows which have had it once are liable to have it again. Such cows must have plenty of exercise and laxative foods, just before calving. The trouble is not so frequent during the fall.

Threshing time will soon be along now. Save the straw for bedding, manure made without plenty of straw to take up the liquid, has lost half of its value. There is sure to be straw used as bedding keeps the cows clean and comfortable. Save the straw, and then use it.

One of our readers writes us that scours in calves is caused by feeding milk too cold and too much at a time. The trouble, nine cases out of ten, comes from dirty pails and dirty surroundings.

I have never seen a cow that would not break over into the cornfield, if she had half a chance. The way to head her off is to fix up the fences, before she discovers the weak places.

Don't throw away any silage that may be left over. This will come in very nice in feeding now and will save just that much of the pastures. But by all means clean out the silo every year. There is sure to be some silage left and the fresh silage should not be put in on top of it.

This is hard weather on the cows. Be sure that they have plenty of good water when they want it. Don't expect the cows to keep up if they are put into a dry and shadeless pasture.

An Illinois dairyman recently went up into Wisconsin to pick up some dairy cows. He paid on an average of \$100 each for them, and was glad to get them. These cows were the get of pure-bred Holstein bulls, and above the average. This price shows that it pays to use good bulls.

Don't sell off the good cows, even if you are offered twice what they are worth. Keep the good ones for yourself. In fact they are the only kind worth keeping.

Pedigree is a good thing to look into, when buying the dairy sire. But when buying cows I would rather look into the milk pail. I would not give much for a cow that gives less than four gallons a day.

When milk cans are used for carrying skim milk from the factory back home, be sure that they are cleaned well every day. This neglect is the source of much trouble.

Some dairy sections are finding it profitable to send out instructors showing how butter milk may be produced. The whole thing lies in knowing how to take proper care of the cow and the milk.

Farmers wives find some trouble in packing butter during the summer and keeping it in good condition until winter. There is no trouble, of course, if you have ice, but not many farmers put up ice. Pack the butter in glazed jars to within two inches of the top. Cover with cloth and over this fill in salt even with the top of the jar. Keep the jars in the cellar or some cool place.

If you can't find any better place, turn the cans and pails up-side down over the fence posts. The best way to get rid of the sun these things is on a shelf or bench on the south side of the milk house.

### ALANG OF NEW GUINEA.

Grass That Makes Fierce Warfare on All Other Kinds of Vegetation.

From the New York Sun.

Dr. Peck, the Austrian, anthropologist, who has spent a long time in New Guinea, studying its natives and its geography, tells of a remarkable variety of grass that makes fierce warfare upon other kinds of vegetation so that practically nothing else grows where it gets a foothold.

The natives call it alang. It has a tall, thick and tough stalk, but its greatest peculiarity is its roots, which spread out through every particle of earth they reach and give it a matted texture something like felt. There is really no room left for the roots of any other kind of vegetation.

Fields of alang cannot exist in forests because the plant does not thrive in the shade. Neither can any kind of tree make headway in a patch of alang.

The two kinds of vegetation are antagonistic. One will not grow where the other does. Large patches of alang are found surrounded by timber and remain there like islands, for no tree will grow in them. Between the alang and the forest is a sort of neutral zone, for the shade of the higher trees prevents the development of the grass.

The New Guinea natives help to extend the area covered by this grass. Each year they make a new clearing in the forest for their little plantations. As soon as these are abandoned the alang takes firm possession there. It has won just so much territory from the forest and it yields to no comers.

# CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

# DYSPEPSIA

Having taken your wonderful "Cascarets" for three months and cured entirely of indigestion, flatulency, and all the troubles that attend it, I have taken Cascarets rather than any other medicine. I have found it to be the best and most reliable in a long time. It is the only one that I can recommend to my friends. It is the only one that I can recommend to my friends. It is the only one that I can recommend to my friends.

James McLean, 108 Mercer St., Jersey City, N. J.

# CASCARETS

Best For The Bowels

CANDY CATHARTIC

THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Grips, He, etc. See New York Ad. The genuine tablet stamped G. C. C. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N. Y.

ANNUAL SALE, TEN MILLION BOXES

# FREE PAXTINE

To convince any woman that Paxtine Antiseptic will improve her health and give her a clear complexion, we will send her absolutely free a large trial box of Paxtine and a copy of our testimonials and genuine testimonials. Send your name and address on a postal card.

Paxtine cleanses the face, neck, throat, and all the mucous membranes of the body. It is a powerful power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. It costs only a few cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT.

THE H. PAXTINE CO., Boston, Mass.

SIoux CITY PITTING CO., 123-25, 1207

### AMERICAN LAWS.

In every human production there is a touch of individuality peculiar to the worker and so it is with the American garden. The smooth lawns with only a few gorgeous flowers beds or borders and well-kept trees are the universal and practically the only style of garden in America. It is a plain, simple, and to the point. A Japanese newcomer to this country writes that seeing these plain green front grounds for the first time, she was under the impression that the real garden existed in the rear. Now, knowing that this is not the case, the striking display of national characteristic appeals to her, and she expresses herself thus: "The exposure of a private garden to the public enjoyment—cultivating it in front of the house, along the street, with no barriers to exclude it—seems to reveal a spirit of co-operation and open-heartedness. What a boundless benefit it is for the public to have the roadside thus brightened and beautified with various flowers and greens, which man adores by nature. A wretched beggar may enjoy the smile of spring as much as the owner of a garden; poor tenants and house children may be as familiar with nature as any favorites of fortune. Here continental magnanimity is exhibited, in decided contrast to our self-seeking seclusion, natural to all islanders."

But I have a slight discontent in this full decoration of front grounds, for, besides its lack of artistic design, I see in it—perhaps because of prejudice—the same motif displayed as in making an array of dishes on dining room walls, or in having all of one's beautiful pictures in sight at one time, the exhibition of all one's choicest possessions, which does not accord with the Japanese idea of liking to use silk lining for cotton clothes."

But she must and does admit that none but such a form of garden could keep harmony with the commanding American houses and their practical inhabitants. If one were to settle miniature rock mountains and artificial ponds, with log bridges and antique stone lanterns upon the sunny open grounds before enormous colored buildings, the result would be incongruous, not to say ridiculous. No more would an up-to-date American woman prove to be a fitting figure in the quiet colored shady scenes of a Japanese garden.

The imaginative gardens of Japan, together with their lowly thatched cottages, may furnish some pleasure-ground suggestions for this country while it is likely that the practical gardens of America will be more frequently adopted by the Japanese.

### Bad Symptoms.

The woman who has periodical headaches, backache, sees imaginary dark spots or specks floating or dancing before her eyes, has gnawing distress or heavy full feeling in stomach, faint spells, dragging-down feeling in lower abdominal or pelvic region, easily startled or excited, irregular or painful periods, with or without pelvic catarrh, is suffering from weakness and derangement that should be relieved by Dr. Pierce's Favorite Prescription. Not all of above symptoms are likely to be present in any case at one time.

Neglected or badly treated and such cases often run into maladies which demand the surgeon's knife if they do not result fatally.

No medicine extant has such a long and numerous record of cures in such cases as Dr. Pierce's Favorite Prescription. No medicine has such a large professional endorsement. Each of its several ingredients is worth more than any number of ordinary non-professional ingredients. The very best ingredients known to medical science for the cure of woman's peculiar ailments enter into its composition. No alcohol, harmful, or habit-forming drug is to be found in the list of its ingredients printed on each bottle-wrapper and attested under oath.

In any condition of the female system, Dr. Pierce's Favorite Prescription can do only good—never harm. Its whole effect is to strengthen, invigorate and regulate the whole female system and especially the pelvic organs. When these are deranged in function or affected by disease, the stomach and other organs of digestion become sympathetically deranged, the nerves are weakened, and a long list of bad, unpleasant symptoms follow. Too much must not be expected of this "Favorite Prescription." It will not perform miracles; it will not cure tumors, no medicine will. It will often prevent them, if taken in time, and thus the operating table and the surgeon's knife may be avoided.

Women suffering from diseases of long standing, are invited to consult Doctor Pierce by letter, free. All correspondence is held as strictly private and sagaciously confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Medical Adviser (1000 pages) is sent free on receipt of 21 one-cent stamps for paper-covered, or 31 stamps for cloth-bound copy. Address as above.

### FARM FACTS.

There is a great deal of careless work about stacking hay. It is usually done in a hurry and not enough care is taken to straighten out the forks. Where the unloading is done by slings several hundred pounds are dumped on the stack at one time. Unless the stacker straightens out these forks, the hay will rot and take water whenever it rains.

Farmers who grow clover for seed should encourage some one to run a clover huller. Seed threshed out by the ordinary huller will cost \$1 a bushel more than seed threshed by the ordinary machine.

Too often country school teachers are really bred young men or young women, who have no thought or liking for agriculture. They are not the teachers who can show pupils the advantages of farm life.

A recent case of scours among a bunch of neighbor's calves shows the importance of giving careful attention to the feeding pails. These pails had been used for over a month, and during all of that time had not been thoroughly scalded. The only attempt at cleaning was rinsing with cold water. A short time ago one of the calves was taken with a bad case of scours and died. Three others of the bunch now look as if they would not pull through.

Pioneer days may have past in the central west, but the pioneer practice of throwing the manure out of the horse stables and allowing it to lie there for months, has not passed by a long way. Frequently one sees the accumulation of six months or more heaped up against the sides of the stables. Every ton of that manure which was thrown out last winter has now cost at least 50 per cent. of its value.

The fall is the ideal time to scatter manure. Why not make one job of it and scatter the manure thinly now, instead of putting it in piles and then go over and scatter with a fork next spring. It is economy to make the manure go as far as you can, and then go over the fields more frequently.

Many orchards have been hurt this season with sun scald. The way to prevent such injury is to head trees low, so that the trunk is shaded. Where trees have been headed high the only thing to do is to protect the trunks with building paper, boards or anything that will break the sun.

Timothy hay is the kind in greatest demand for horse feeding in cities. Here hay sells upon its quality. One may think he can fool his own stock with poor hay; but let him send a load of over-ripe, badly colored hay to market. The returns will show that city hay buyers are up to snuff.

Sometimes hogs will not thrive, although they have an abundance of pasture and grain. There is such a thing as keeping hogs too long on clover and the system demands something else. Cut down the rations for a while and feed some charcoal, salt and copperas. This frequently will start a hog on the upgrade.

If the garden has been a failure this year start right this fall for better results next spring. Pile on well rotted manure and turn up the ground this fall for a thorough freezing. And then don't try to grow vegetables and weeds on the same piece of ground.

An experiment station states that the value of the manure made on a farm where twenty cows, four horses, fifty sheep and ten pigs are kept, is around \$600, and that about one-half of it is in the liquid manure.

There does not seem to be any immediate danger of the American hog or clog clogging the market. It seems that the appetite of American people for dairy and poultry goods is growing faster than the output. Just think, the poultry and eggs of this country are worth more every year than our corn, oats and hay crop combined.

Keeping sheep is profitable, providing one can keep clear of ailments and pests. When stomach or tape worms get head of the hogs they soon play havoc. These things must be handled promptly and handled right.

### A TERRIBLE EXPERIENCE.

How a Veteran Was Saved the Amputation of a Limb.

B. Frank Doremus, veteran, of Roosevelt avenue, Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mustered out of the army, but in all my life I never suffered as in 1897. Headaches, dizziness and sleeplessness, first, and then dropsy. I was weak and helpless, having run down from 180 to 125 pounds. I was having terrible pain in the kidneys, and the secretions passed almost involuntarily. My left leg swelled until it was 34 inches around, and the doctor tapped it night and morning until I could no longer stand it, and then the advised amputation. I refused, and began using Doan's Kidney Pills. The swelling subsided gradually, the urine became natural and all my pains and aches disappeared. I have been well now for nine years since using Doan's Kidney Pills."

For sale by all dealers. 50 cents a box. Foster-McMillan Co., Buffalo, N. Y.

### The Way It Read.

From Everybody's.

The editor of a little western paper was in the habit of cheering up his subscribers daily with a column of short pertinent comments on their town, their habits, and themselves. The department on account of its intimate personal flavor was the most popular thing in the paper.

The editor, as he saw it growing in favor, gradually allowed himself a wider latitude in his remarks, until the town passed much of its town conjecturing "what he'd say next."

On a hot day, when the simoon whistled gaily up the streets of the town, depositing everywhere its burden of sand, the editor brought forth this gem of thought:

"All the windows along Main street need washing badly."

The next morning he was waited on by a platoon of indignant citizens who confronted him with the paragraph in question fresh from the hands of the compositor and informed him fiercely that he had gone too far. After a hasty and horrified glance he admitted that he had.

It now read:

"All the widows along Main street need washing badly."