

Miss Florence E. Kenah, 434 Maria street, Ottawa, Ont., writes:

"A few months ago I caught a severe cold, which settled on my lungs and remained there so persistently that I became alarmed. I took medicine without benefit, until my digestive organs became upset, and my head and back began to ache severely and frequently.

"I was advised to try Peruna, and although I had little faith I felt so sick that I was ready to try anything. It brought me blessed relief at once, and I felt tree as a mere tenant of the soil, and that I had the right medi-ine at last. Within three weeks I was completely one which is not to be regarded as a restored and have enjoyed perfect health since. "I now have the greatest faith in Peruna."

WOMEN SHOULD BEWARE OF CONTRACTING CATARRH.

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A

The cold wind | but have purchased several bottles to | charding must be worked out by the and rain, slush give to those without the means to buy, fruit grower himself. This method will and mud of win- and have noticed without exception ter are especially | that it has brought about a speedy cure

tarrhal derangements. Few women escape.

Upon the first symptoms of catching the system against colds and catarrh.

## Pe-ru-na for Colds and Catarrh.

The following interesting letter gives one young woman's experience with quiring a drug habit. Peruna does not Peruna.

Miss Rose Gerbing, a popular society | nent in its effect. woman of Crown Point, Ind., writes:

bought a bottle to try. I am pleased | cotic nature. that I did, for it brought speedy relief. consider this money well spent.

not only advise its use to my friends, I fidential.



Fertility and Fruit Growing. At a meeting of horticulturists, Professor John Craig, of Cornell University, said:

"Every modern system of cultivating fruits recognizes as a first principle the right of the fruit tree to be considered a specific and sufficient crop under the soil, or at least to be regarded as a crop quite as exhausting in character as any grown by the farmer. Unless the fruit grower realizes and puts into practice the essential part of this principle he will fail as a cultivator of fruits. Experiments in orcharding conducted some years ago at the Cornell Experiment Station proved conclusively that it cost the soil more to produce twenty average crops of apples than twenty average crops of wheat. In other words, more fertility was extracted from the land in growing an acre of bearing apples for twenty years than in growing twenty consecutive crops of wheat. As a rule, the farmer recogniezs the food needs of the wheat plant, but too often does he look upon the apple or fruit specific crop. Having recognized the principle, the particular method of ordepend upon soil conditions and climate. Nevertheless, it is safe to say

that in eight cases out of ten that method which employs clean tillage for at least part of the season will be One reason why Peruna has found most successful. It is also safe to say permanent use in so many homes is that that all secondary crops in orchards contains no narcotic of any kind. are injurious."

> Shaping and Heading Trees. Ideas and traditions with respect to

methods of cultivation and manage-It has no bad effect upon the system, | ment, as well as varieties, were forwhere conditions are very different ciety began agitating the question of adapting methods of shaping fruit trees and of pruning to our own local Address Dr. Hartman, President of conditions. Members of the society

of adopting lov

P. C. C. in England, or if there is one Sixteen Things in Good Butter. there it can't be very watchful. Some thinker has declared that sixteen ounces in weight is not all there is in a pound of butter. He enumerstarch for the same money. ates sixteen other things needed as follows: (1) An ounce of wisdom in selecting materials; (2) an ounce of precaution in the preparation of the utensils; (3) an ounce of concentraful and hopeful men, who went about tion, by which the whole mind shall be put on the work in hand; (4) an ounce of cleanliness, which needs to be exercised in the whole process of facing rough and smooth alike as it buttermaking; (5) an ounce of detercame .-- Charles Kingsley. mination, which will help to overcome all difficulties; (6) an ounce of prevention, by which all deleterious conditions will be prevented from interfering with the process of buttermaking; (7) an ounce of care, which is needed at every stage: (8) an ounce of forethought regarding the market in Japan, the old esteem and reverand its demands, which vary as to coloring, salting and flavor; (9) an exist among the gentlemen of the ounce of discrimination, which is needcountry, and many of the nobility ed in choosing salt, color and packages; (10) an ounce of accuracy, lishments for fencing. which means the use of the scales to determine weights; (11) an ounce of judgment regarding the temperature For children teething, softens the gums, reduces in fammation, sliays pain, cures wind colic. 25cabottle. at which to churn; (12) an ounce of common sense, which leads the churner to stop the process when the butter is in the granular form; (13) an and thus prevent greasiness; (15) an | turquoise? ounce of neatness, which applies to both person and product, and also ap-

makers.

both in quality and weight.

There is an agitation in some of the ages, and the price is the same, 10 states to license the factory butter- cents. Then again because Defiance makers and cheesemakers. The ob- Starch is free from all injurious chemject of this is to get a better class | icals. If your grocer tries to sell you of manufacturers of dairy products. a 12-oz. package it is because he has Factories cannot be inspected without a stock on hand which he wishes to money and money cannot be obtained dispose of before he puts in Defiance. and reporting their results at the from most legislatures in sufficient He knows that Defiance Starch has "You have a firm friend in me, and I All correspondence held strictly con- meetings. Early copies of the reports quantities to make the work of inspec- printed on every package in large letof this body show that for a series of tion effective. This is a problem that ters and figures "16 czs." Demand Deyears attention was fastened largely is not new. The government of the fiance and save much time and money

### Are You Bilious? In a list of candidates who were recently admitted to the bar in England there were men whose parents

had given them such "Christian" If so, you will have more or less of the more "oom left in my body to hold it. My names as these: Elidyr. Amiend, Lax- following following

SYMPTOMS:

spondent. There is loss or irregularity

my voice itself very much, it caused pain in the tonsils when talking. In addition to all this the urine became so scalding that the burning sensation caused me to scream when passing it. Oh! the suffering and the anguish Not unfrequently the complexion becomes pale and sallow, there may be of that week I will never forget. frequent attacks of bilious or sick headlie down nor sit up straight, nor walk nor do anything. Was all doubled up and had to be ache, bitter taste in the mouth, tongue led from place to place ; but here I am to-day, sound and well, all the thanks due to coated white or covered with a brown in a package, 10 cents. One-third more fur, unnatural, dry, harsh, or scaly Dr. Pierce's medicines. I used eighteen bot-tles of "Golden Medical Discovery," three of condition of the skin, or branny eruptions and pimples. There is likely to Favorite Prescription " and eighteen vials "Pellets." May you live long to drag be "backache," with tired feelings,

many more poor sufferers from the slough of lassitude and a sense of debility. There despair-such as I had fallen into. is depression of spirits with a decided Gratefully yours, Miss AUGUSTA RAFFLE. tendency to be discouraged and de-

429 Findlay Ave., Big Rapids, Michigan,

"Golden Medical Discovery" conof appetite, uneasiness in region of the stomach, oppression, sometimes sour tains no atcohol, syrup, or sugar, yet chances of this mortal life like men, stomach, "heart-burn," nausea and keeps perfectly in any climate.

"water-brash," flatulency, and acrid Do Not BE DECEIVED.-It is an ineructations; the bowels become irregusult to your intelligence for a dealer to lar, usually constipated, and occasionattempt to palm off upon you a substially subject to diarrhea, attended with tute for this world - famed medicine. colicky pains. The foregoing symp-You know what you want. It's his busitoms are not all present in any one ness to meet that want. When he urges case, nor are any two cases alike in some substitute he's thinking of the every respect.

The only way to help a disordered welfare. Turn your back on any dealer liver and cure biliousness is to treat it

as it is-the great, organic, human Pierce's Golden Medical Discovery clearses and clears it; invigorates and revitalizes this most important organ

A Terrible Case of Suffering Caused by Liver Complaint.

DR. R. V. PIERCE, Buffalo, N. Y .: Dear Sir-I will tell you how I regained my alth, though I ought to have written long

Turquoise a Lucky Stone.

English Names.

mishanker, Benaiah, Samson and Ar-

chimedes. Evidently they have no S.

Defiance Starch is put up 16 ounces

Men That Succeed.

best in life have always been cheer-

their business with a smile on their

faces, and took the changes and

"Dr. David Kennedy's Favorite Remedy

failed." Mrs. E. P. Miznor, Burghill, O. \$1.00 a bottle.

Swords in Japan.

Although wearing swords has al-

most entirely ceased for twenty years

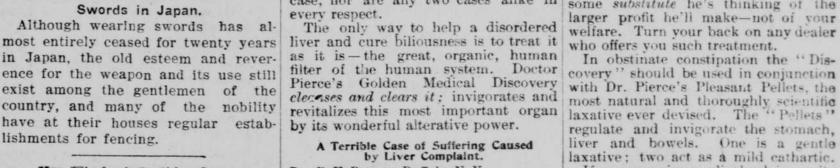
ence for the weapon and its use still

Mrs. Winslow's Soothing Syrup.

The men whom I have seen succeed

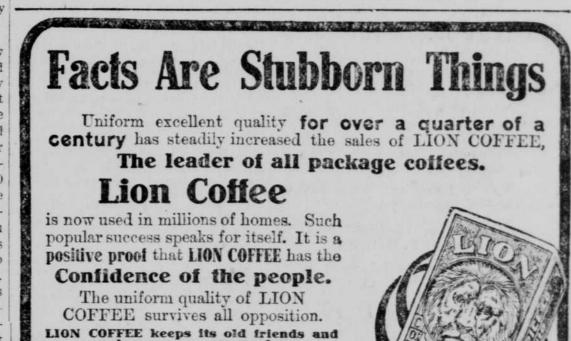
The Orientals have a proverb, "That ounce of patience in using the ther- a turquoise given by a loving hand mometer, in draining the wash water carries with it happiness and good from the butter and in giving the salt | fortune"; and another, "That the turtime to dissolve; (14) an ounce of ex- quoise pales when the well-being of perience, which alone can tell when the giver is in danger." Who, then, the working of the butter should stop would not be the possessor of a lucky

Every housekeeper should know plies to the printing and wrapping of that if they will buy Defiance Cold the butter; (16) an ounce of honor, Water Starch for laundry use they which keeps the butter up to standard, will save not only time, because it never sticks to the iron, but because each package contains 16 oz.-one full Licensing Buttermakers and Cheese- pound-while all other Cold Water Starches are put up in 34-pound pack-



If you require medical advice write Dr. R. V. Pierce who will give you the best advice possible, free.

ago. Have been well two years. Seven years ago I had the first attack of "Grippe," and for many months afterward I could only say I never felt well. The doctor said the trouble Dr. Pierce's 1,000-page "Medical Adviser," is the most useful. "doctor book" published. A copy in stiff pawas liver complaint. After being sick for three years, kidney and bladder trouble set per covers sent on receipt of 21 onein, which put me in a worse condition than I ever was before. Did not take a step but it cent stamps to pay expense of mailing would hurt my stomach so that it would fill only; in cloth binding ten stamps with gas and it would throw up my food to extra. Address Dr. R. V. Pierce, Bufmy throat. I kept getting worse, my stomach bloated badly, until there seemed no | falo, N. Y.



conducive to ca- wherever it has been used."-Rose Gerbing. Pe-ru-na Contains No Narcotics.

# cold Peruna should be taken. It fortifies

Peruna is perfectly harmless. It can be used any length of time without ac-

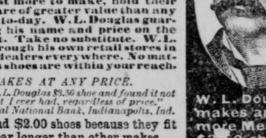
# produce temporary results. It is perma-

"Recently I took a long drive in the and gradually eliminates catarrh by re- merly brought from the eastern states. country, and being too thinly clad I | moving the cause of catarrh. There are caught a bad cold which settled on my a multitude of homes where Peruna has from our own. The Horticultural Solungs, and which I could not seem to been used off and on for twenty years. skake off. I had heard a great deal of Such a thing could not be possible if Peruna for colds and catarrh and I | Peruna contained any drugs of a nar-

It only took about two bottles, and I The Hartman Sanitarium, Columbus, began experimenting along this line | Ohio.

Florence E. Kenah.









## makes new ones every day.

