

**A PRETTY MILKMAID**

Thinks Peruna Is a Wonderful Medicine.



MISS ANNIE HENDREN.

MISS ANNIE HENDREN, Rocklyn, Wash., writes:

"I feel better than I have for over four years. I have taken several bottles of Peruna and one bottle of Manalin. I can now do all of my work in the house, milk the cows, take care of the milk, and so forth. I think Peruna is a most wonderful medicine.

"I believe I would be in bed to-day if I had not written to you for advice. I had taken all kinds of medicine, but none did me any good.

"Peruna has made me a well and happy girl. I can never say too much for Peruna."

Not only women of rank and leisure praise Peruna, but the wholesome, useful women engaged in honest toil would not be without Dr. Hartman's world renowned remedy.

The Doctor has prescribed it for many thousand women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna.

**FIRE THE BEST FILTER.**

If Water Really Is to Be Purified, There Is Only One Way to Do It.

"All this talk about the need of filters, about people dying for lack of filtered water, amuses me," said a chemist. "For filtered water isn't necessarily pure water. Boiled water is 100 times better.

"A filter, you see, does not free water from things dissolved in it, but only from things floating in it. For instance, if you mix a quart of whisky in a gallon of water and then filter the mixture, it will come out colorless, the floating color particles having been left behind, but this colorless fluid will be quite as capable of intoxicating you now as it was before, for none of its dissolved alcohol will have disappeared.

"So with water that is polluted with sewage. All the undissolved portions of the sewage are removed by filtration, and the water is left clear, tasteless and odorless; but the dissolved sewage is still present, and in it may lurk billions of typhoid germs.

"Let those who complain about the lack of filters just turn in and boil their water. A cent's worth of filter will purify a gallon of water better than a \$10,000,000 filter plant could do it."

The Cape Colony authorities have been petitioned to set apart a "poets' corner" in the cathedral at Capetown.

**AN EXPERT ON LAMPS.**

Have the Wick Dry and Just Long Enough to Touch Bottom—A Thin Flame the Best.

A "lamp expert" in the employ of a big oil company recently explained the methods by which kerosene could be made to burn bright and clear, or the reverse. Among other things, the wick was thoroughly dried out, and just long enough to reach the bottom of the oil bowl—no longer. This sounds unimportant, but it was considered sufficiently valuable to be borne in mind in commercial demonstrations of the oil. It is always wise to dry out a new wick thoroughly before putting it in the lamp, as dampness causes sputtering. Another point this expert laid stress upon was trimming the wick so as to give a thin flame; a thick flame burns yellow, a thin one clear white. Trouble will also result from a dirty burner, giving imperfect ventilation, or one twisted or knocked out of shape, which causes the lamp to smoke. Few of the minor annoyances of life, cause more discomfort than a dim or smoky lamp; it is quite worth while to use some thought in avoiding such trouble.

**Raspberry Tapioca.**

To three-quarters of a cup of pearl tapioca add one quart of cold water. Let it stand on the fire until it is cooked clear, stirring often to prevent burning. Sweeten and flavor. Let it cool a little. Pour a little in a glass dish, then add some red raspberries, then more tapioca, then berries, and so on till all has been used; set away to cool and serve with whipped cream.

**Yellow Piano Keys.**

To clean yellow piano keys, use powdered whiting moistened with lemon juice, and let it remain as a paste on the keys for an hour or two, then rub off with a piece of chamois leather, taking care to let none of the mixture get between the keys.

**OPEN NEW FIELDS**

RAILROAD BUILDERS THE MODERN RACE OF DISCOVERERS

Now the Exploitation of the Great Northwest Is Prominent in the Minds of All—James J. Hill's Prediction.

Mr. James J. Hill recently made the startling statement that, in his opinion, by 1910, only four years from now, the population of the United States will be 100,000,000, and that when that time comes this country will consume all the wheat raised within its borders. The man who makes this prediction belongs to the modern race of discoverers, the railroad builders. Once it was the northeast passage to Cathay which fired the ambition of the explorer. Now it is the avenue to new fields of production. The twentieth century industrial explorer is the man who seeks sources of supply for bread-stuffs, ores, timbers, and other material of varied character on which depends the complex life of a nation of many millions of people.

The railroad magnate who spends his working days in an office hidden away in a mammoth skyscraper seems far removed from the race of hardy discoverers who five centuries ago made America known to the old world. But excepting perhaps Ponce de Leon, who sought here the spring of eternal youth, the pioneers among the discoverers of the western hemisphere were seeking new routes for trade just as are their successors who are to-day extending steel highways into regions which only a few short years ago were inhabited by wild animals and Indians. It is the undeveloped areas of fertile land which now attract the pioneer in railway enterprise as well as the actual settler.

Whether this country will soon consume all the wheat raised within its borders or not, the markets of the world are clamoring for supplies and in response to the demand the eyes of the industrial discoverers are turned toward the northwest. To dwellers in the southern and eastern states, the term northwest still means Minnesota, the Dakotas, Montana and Wyoming, Washington and Oregon, but in these states the northwest has a wider meaning. It includes not only a great extent of territory on this side of the line, but also a vast expanse of fertile lands in Canada which are now being turned into productive farms and which in a few years will be among the greatest grain producing regions of the world.

When it comes to getting the product of these Canadian wheat fields to eastern markets, it is significant that, in the opinion of the railroad builders, the best route is that which is afforded by the great lakes. This means that these inland water ways are to see still further increases in the amount of their commerce. The lakes have for two centuries played an important part in the upbuilding of the northwest. In recent years the traffic on Lake Superior alone has grown so rapidly that the commerce of the Soo many times exceeds that of the Suez canal. A recent government bulletin shows that through the canals of the Soo during April of this year there passed 2,513,267 tons of freight, as against 1,300,166 in April, 1905. Last year there passed beneath the aerial ferry at the entrance to the Duluth-Superior harbor a total of 13,549 vessels, with a registered tonnage of 26,216,154. In the same time there passed the Statue of Liberty, in New York harbor, bound to and from foreign ports, about 6,000 vessels. New York's greatest coastwise travel gave her first place, Duluth ranking second among American ports. That many of the modern lake carriers rank in size with ocean-going steamships is shown by the fact that the average net tonnage of the vessels which entered and cleared at Duluth in 1905 was 2,166. With the deepening of the Erie canal on the east the products of the northwest can be carried by water for three-quarters of the distance to the Atlantic coast, and this fact has evidently not been overlooked by the men behind Canadian railway projects.

**Brings Lake Superior Nearer.**  
While the greatest of railway projects now under way in the west centers in the Canadian wheat fields, the building of various short pieces of road in the western states tends to shorten the distance to the ports at this end of Lake Superior. A railway map shows many dotted lines where such short cuts are proposed. All these additions to existing railway systems mean additional commerce on the lakes.  
If a line is drawn from the eastern end of Lake Superior diagonally across the map of the United States to the Pacific coast at the southern extremity of California it will be found that all the territory north and west of this line is nearer to Lake Superior ports than to others on the great lakes, and in shortening their routes to the east western railroad systems evidently have this fact in mind.

**Good in Leather Sleepers.**  
The authorities of the Russian railways are considering an odd proposal to replace the wooden sleepers under the rails with sleepers made of leather, and have decided to carry out experiments on the state railways. It is claimed for the curious project that neither air nor weather has special influence on leather sleepers, that they do not crack when nails are driven through them, and that they are less costly than wood, as they remain longer in use.

**THE WINNING STROKE**

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists, and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

**CALIFORNIA FIG SYRUP CO.**  
Louisville, Ky. San Francisco, Cal. New York, N.Y.

**This Is What Catches Me!**

16oz.—One-Third More Starch.



A FULL POUND for 10c

No premiums, but one-third more starch than you get of other brands. Try it now, for hot or cold starching it has no equal and will not stick to the iron.

**Perfect Food For Man**

The food which contains in itself every element necessary, in right proportions, properly prepared by a physician and chemist which makes the perfect food for man, is

**DR. PRICE'S WHEAT FLAKE CELERY FOOD**

Persons whose diet is composed of most wholesome foods are comparatively free from disease and are active mentally and physically. Dr. Price's Food being made from the whole grain of the wheat, if eaten daily, disposes to keep the bowels regular.  
**Palatable—Nutritious—Easy of Digestion and Ready to Eat**  
Can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mush.  
10c a package. For Sale by My Signature on every package  
As much nourishment as 2 loaves of bread  
Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder, Delicious Flavoring Extracts, Ice Cream Sugar and Jelly Desserts, has never been compelled, notwithstanding strenuous Food laws, to change any of his products. They have always conformed to their requirements. This is an absolute guarantee of their quality and purity.

**COMPLEXION HANDS AND HAIR**



Preserved, Purified and Beautified by **Cuticura SOAP**

The World's Favorite Emollient for rashes, blemishes, eczemas, itchings, irritations, and scalings. For red, rough, and greasy complexions, for sore, itching, burning hands and feet, for baby rashes, itchings, and chafings, as well as for all the purposes of the toilet, bath, and nursery. Cuticura Soap, assisted by Cuticura Ointment, the great Skin Cure, is priceless.

**Exceptionally Low Rates to Brighter Possibilities**

The Southwest is the land of possibilities. The opportunities for men of average means are brighter here than elsewhere—you can get more for your labor or your investment. The opportune time is now while the land is cheap. The country is settling up. If you purchase land now you will soon see grow up around you a community of prosperous energetic men who like yourself have seen the brighter possibilities of the Southwest, and have taken advantage of them.

Along the line of the Missouri, Kansas & Texas R'y in Indian Territory, Oklahoma, and Texas are vast areas of unimproved land—land not now yielding the crops of which it is capable. The same thing, in a different way, is true of the town. Few lines of business are adequately represented. There are openings of all sorts for you. If you're in any way interested in the Southwest, I'd like to send you a copy of my free paper, "The Coming Country."

August 7th and 21st

You can make a trip Southwest exceptionally cheap. Round trip tickets, good in either direction, will be sold by all lines in connection with the M. & T. R'y at not more than one-way rates, \$2.00; in many cases—from Chicago to San Antonio, e. g., the rate is \$2.00 from St. Paul, \$2.50 from St. Louis and Kansas City. \$2.00—the rates are considerably lower. The tickets permit of stopovers in both directions, via M. & T. R'y. If your nearest railroad agent cannot give you the rates, write me for particulars.

W. S. ST. GEORGE

General Passenger Agent, M. & T. R'y  
Wainwright Building St. Louis, Mo.  
G. A. MCNUTT, Blossom House, Kansas City, Mo.



**ON TIME YEAST**

is made by the latest and best known process that experience and scientific research have thus far discovered. Every detail of the manufacture is under the most careful supervision. We guarantee absolute cleanliness and purity to the least detail. You can buy a Ten Cake package of this splendid yeast for Five Cents. Ask your grocer for it, and insist that he furnish you ON TIME YEAST and not something "just as good" with but 7 Cakes of inferior yeast. Ask Your Grocer for On Time Yeast



**\$100.00 WEEKLY**

60 Bus. Winter Wheat Per Acre  
That's the yield of Salzer's Red Cross Hybrid Winter Wheat. Send for its name for free sample of same, also catalogue of Winter Wheat, Rye, Barley, Clover, Timothy, Grasses, Bolls, Trees, etc. for full planting instructions to J. R. BIRD CO., Box 111, San Diego, Calif.

If afflicted with Thompson's Eye Water