

COLDS BREED CATARRH

Her Terrible Experience Shows How Peruna Should Be in Every Home to Prevent Colds.

Mrs. C. S. Sage, 1211 Woodland Ave., Kansas City, Mo., writes: "I feel it a duty to you and to others that may be afflicted like myself, to speak of my experience with Peruna. My trouble first came after a cold in the fall of 1914. I was suffering in my head and throat, and I felt that words are inadequate to express my praise for Peruna."



Mrs. C. S. Sage.

"Nothing ever relieved me like Peruna. It keeps me from taking colds. With the exception of some deafness I am feeling perfectly cured. I am forty-six years old. I feel that words are inadequate to express my praise for Peruna."

Catarrh in Bad Form.

Mrs. Jennie Darling, R. F. D. 1, Enigma, Mo., writes: "I was unable to do my work for four years, as I had catarrh in a bad form. I coughed incessantly, and got so weak and thin that I could hardly get up. Peruna came to my relief and by faithfully using it, I am able to do my work. Peruna is the best medicine that I ever took."

Collateral.

"Can you offer any security?" "Well, I'm willing to leave my wife."

Beware of Ointments for Catarrh that Contain Mercury.

As mercury will surely destroy the sense and completely derange the whole system when entering it through the mucous surfaces, such ointments should never be used except on prescription from a regular physician, as the damage they will do is too great to be paid for by the temporary relief they give. Health Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. It is the only Catarrh Cure that is sure to get the medicine to the affected part. Sold by Druggists. Price, 75c per bottle. Take Hall's Family Pills for constipation.

A Sure Sign.

"I understand, Mr. Heuben," said the visitor, "that your son is devoted to the turf?" "Yaas, I reckon he is," said the old man. "Jabez kin lay down on the grass for hull hours 'thout makin' no complaint."—Harper's Weekly.

Strong Preaching.

The minister's eight-year-old daughter was returning with her parents from church, where the district superintendent had that morning occupied the pulpit.

"Oh, father," asked the little girl, her face alight with enthusiasm, "Don't you think Brother C. is a very strong preacher?" "I do."

"Gratified by this evidence of unusual intelligence on the part of his offspring, the minister eagerly inquired into her reasons for her statement."

"Oh," replied the little miss, artlessly, "didn't you see how the dust rose when he stamped his feet?"—Judge.

On Authority of Teacher.

A quick-witted boy, asking food at a farmhouse too recently ravaged by other hungry fishing trunks, was told that he was big enough to wait until he got home.

"Of course, if you have children with you," hesitated the kindly woman of the house, and was immediately informed that there were six children in the party.

"No, I don't tell a fib, neither," was the indignant protest later drawn forth by the condemnation of one who had shared the good bread and butter thus secured. "Fib nothin'. We're children six times over. We're children of our father and mother, children of God, children of our country, children of the church an' children of grace." Teacher said so last Thursday, and I guess she ought to know."

An Attractive Food Post Toasties

So Crisp
So Flavory
So Wholesome

So Convenient
So Economical

So why not order a package from Grocer.

"The Memory Lingers"

Postum Cereal Co., Ltd.
Battleville, Mich.

NOTES FROM MEADOW BROOK FARM



Fowls are obliged to throw off much of the waste of the body through the lungs. They do not sweat, but instead breathe several times faster than sweating animals when heated. To keep in good health, a hen requires nearly seven times the amount of fresh air in proportion to its size as does a horse. This is a fact well to keep in mind when planning the winter housing of the flock.

During very cold weather it is absolutely necessary that the eggs be gathered several times a day; for if they are left in the nests they are apt to be frozen. The evil habit of egg-eating is very often formed by hens getting their first taste of eggs from eating a cracked one which has frozen in the nest.

Give the working team a daily grooming when you work them. Give the shoulders an especially good rubbing, and if there are any signs of swelling or sores, bathe them with water and carefully wash the skin clear of all dirt and dust.

Small fruit on the farm is a source of joy and satisfaction. You often hear people say they can buy the fruit cheaper than they can raise it but they don't, and what's more it never tastes so good as the home grown.

In the winter time, after the hens have gone to roost, arrange the litter (change it if necessary) and scatter the grain into this, so when the hens come off the roost in the morning they can go to work for their breakfast.

There is no gold mine nor get rich quick scheme in the poultry yard, but if you will practice these four words: cleanliness, punctuality, perseverance and care you will receive a good profit from the poultry.

The western man knows that when his lambs go to market, a carload from a well-bred, thoroughbred sire will go for a dollar per head more than for a scrub. They have proved it many a time.

In buying a brooder the chief points to be observed are: A good lamp, a heating device giving off the heat from a central drum, and an arrangement which facilitates easy cleaning.

Science says impure food fed to poultry is the cause of many diseases in man. Then as poultrymen we should be careful what we feed our poultry and the care we give it.

There is little need of buying expensive grains for swine, when maintained on farms, or of feeding much grain, except to nursing mothers or in fitting for market.

A few sunflower seeds planted around the henhouse and yards will not only add to the appearance of the place, but will furnish good food later in the season.

Brooder-lamps are often exposed to the wind, and if cheaply constructed or poorly enclosed, the result will be a chilled brood of chicks, or perhaps a fire.

Not every one may hope to own prize-winning herds, but let us do the best we can by breeding up. There is no wisdom in keeping poor cows.

We have our choice of the breeds and may be enthusiastic about them. The breed you like is the breed with which you will succeed.

There is much less danger of over watering a hard working horse if he is watered often than if allowed to become very thirsty.

Feed is too high to allow unprofitable animals to consume it, when paying cows can be obtained for the same amount of money.

A five-gallon can is the most favored package for shipping extracted honey. For packing honey in small tin packages, the writer knows of nothing better than the 5 and 10-pound friction-top cans and pails.

There is room on every farm for at least one or two brood sows and their young.

Never attempt to fatten birds which, in successive weighing, show a loss of weight.

To prevent the air from reaching the silage all silos must have airtight walls.

The large, up-to-date hoghouse is not only unnecessary but of doubtful benefit.

Never treat turkeys like cage birds. Their native home was in the woods, and they still demand a great deal of freedom.

New land will raise a crop easily but it takes care and labor to keep the soil fields productive.

Remember, even the best dairy cow cannot make good returns without plenty of good feed.

It never pays to be a dairyman by accident; have a purpose.

Never plow furrows up and down the face of a hill if they can as well be run across its face. In such places there is no fear of water lying so as to do damage, but there is great chance of a drought lessening the yield. This is especially the case if furrows up and down the hill provide facilities for a quick run-off in case of a downpour of rain. Where there are no such furrows for the escape of the water, it will be much more likely to soak in.

Corn is in ideal condition for the silo when it is in ideal condition to be cut for fodder, i. e., when the kernels are well glazed and just before the 'collage' begins to brown. Corn at this stage introduced into a well-constructed silo and carefully packed will tramped has never failed in our experience to produce ideal silage.

Hogs make their most profitable growth in summer, when they are young, but this will not be true unless they have something to eat. Plenty of pasture and milk with some grain will help them along at a time when they are best able to respond and when pork is made most cheaply.

After the pigs are two weeks old they may be turned into a lot together, where they may be fed without being disturbed by the sows. The feeding lot of the pigs should be connected with the sow's pen by a small opening through which they may pass back and forth at will.

Alfalfa is making good in the east, and farmers are realizing that it is comparatively easy to get a stand, by the use of lime and plenty of stable manure. This is ideal pasture for swine and no harm will be done the crop if pastured lightly.

There are no secrets about good dairying. The farm journals tell all there is about it over and over, but the man who does not read and apply modern methods remains in ignorance, and possesses an empty pocket-book.

The average dairy farmer takes it as a matter of course that cows usually shrink during the fall and fall away in their flesh condition, and therefore he makes no plans to remove the cause of the falling away.

A good brood sow of whatever breed must have a big feeding capacity in order to produce plenty of milk. For this reason it is never wise to buy a sow with a short, chunky body set on too short legs.

In buying a farm one of the most important things to consider is the matter of water for the stock. No animal on the farm can be expected to do its best without free access to good water.

Idle horses need good, judicious care. There are instances where valuable animals have dropped dead when being taken from the stable after a long period of confinement.

Economy in saving, and the application of barnyard manure is needed on most farms. Manure is one of its valuable products, yet it is not fully appreciated by most managers.

Maybe those old hens will go through another winter all right, but you will not get much out of them. Let them go. It is the young hen that does the business.

If one waits until husking time to save the seed corn the task will always be done more hurriedly and the chances are that a poorer quality will be secured.

Benefits can be derived from even a roughly kept register of the cow's yield and other matters concerning her which otherwise would be forgotten.

In a day's time a chickadee has been known to eat hundreds of insect eggs and worms that are very harmful to our trees and vegetables.

Dipping every fowl is the surest and safest way to get rid of the body lice and all parasites such as feather mites, scaly leg, scabies, etc.

If there is a furnace in the cellar, beets and carrots keep much better if packed in sand. This prevents them from shrivelling so badly.

Cats is one of the most important feeds we can feed to growing chicks, as it is a muscle and bone builder and makes fine feathers.

Where you find fish you find vermin. These two things cause a host of diseases, and right here is where the losses begin.

Encourage the hired man to be kind to the horses.

A double wall concrete silo is most nearly frost proof.

Every pleasant summer day the bees are up and away at daybreak in search of nectar.

Don't forget that there are days when your horse is out of sorts just as you are.

A little oil of pennyroyal or oil of cloves will drive fleas away from the stable.

A platform scale on the farm has a beneficial effect upon the town scales.

China nest eggs discourage egg eaters and they are often a drawing card for the hens of the smaller breeds.

If the skin of the horse is kept clean he will sweat freely. This is essential to his health.

More cider would certainly be made if it were generally known how simple the process is.

A straw shed means cheap and warm shelter for the stock.

NATIONAL CAPITAL AFFAIRS

Postoffice Department May Pay Out



WASHINGTON.—The estimates of Postmaster General Hitchcock for next year show that the postoffice department promises fair to pay its own way. The mail service comes nearer to the people than any other branch of the government, for it reaches every home as well as shops and offices. It costs a lot of money. Mr. Hitchcock asks for \$256,733,943, and the appropriation for the department always is set forth in the expenditures for each year, but the earnings from the mails bring back the outlay to the treasury. This business is not reported in the current daily statement of the treasury which set forth only the deficit paid. This amounted last year to \$17,000,000, and will be \$5,000,000 less for the current twelve months, while it is predicted that it will disappear in the next fiscal year. The department gets no pay for the vast tons of matter which it carries for other branches of the government. If it did the offset against the deficit would be very large. The post offices in Washington and in public buildings elsewhere does not cover this traffic.

The work done by the postoffice is a marvel of cheapness. In volume and in extent of territory covered there is nothing to be compared with it. The reduction in rates since the days when 25 cents was charged for a letter from New York to Columbus, O., does not cease to be a wonder. The system which for two cents delivers a message in writing weighing an ounce from Maine to San Francisco not only but to the Philippines, or from the southern point of Florida to the northern extremity of Alaska, is a model of efficiency at the minimum of cost. When we consider also the burden of mails overseas to certain countries where the foreign rates are the same with our domestic charge, the challenge is bold that the world presents no parallel to the economy and to the achievement.

Europe is compact in population with distances measured by hundreds of miles only. This is especially true of Great Britain. There penny postage is proclaimed as a triumph and an example. Americans forget that the British penny is the equal in current value of two cents of our money. The cent is often called a penny, but it is only half a penny, and thus the term is a misnomer. Our postal rates on letters are now just those of Great Britain. Penny postage has long prevailed here as well as there. That with free rural delivery and with transmission over the continent and to the islands, the earnings are to cover the expenses, may well gratify officials and citizens.

Has Plan to Care for Ex-Presidents



THE great movement for the conservation of the natural resources of the country, at the present time exerting salutary influences upon every important national activity, has embraced a new field. A safe, sane and successful method of conserving and finding a method of caring for our ex-presidents is the latest idea in the conserving line. A provision in the constitution of the national conservation congress is responsible for the proposal, and serious consideration is being given it, not by the political dreamer or theorist, but by the great public figures of the country.

Bernard N. Baker, retiring president of the congress, by virtue of a clause in the constitution, becomes a member for life of the executive committee, and will, so long as the congresses are held, continue to give the benefit of his counsel and experience to the president.

The suggestion has been made, and has already crystallized into an organized sentiment, to adopt the same method with the president of the United States, make him, for life, an advisory member of the president's cabinet and give him a competence sufficient to make him independent. Speaking of this proposal, Mr. Baker said that it was really surprising how many men there were in the west who thought that this method furnished the solution of the perpetual perplexing question as to what disposition to make of our ex-presidents.

"On its face the proposition is certainly a plausible one. It stands to reason that after a man has been president for four or eight years he knows the problems and difficulties which confront the man at the helm of the ship of state better than his successor. If the ex-presidents could be made advisory members of the cabinet of the president, the latter would get the benefit of the advice of the former. No matter if there should be a change in the administration, this would make no difference to broad-minded men.

"Of course, there would have to be legislation providing that when a man is elected to the presidency his succession to the cabinet position necessarily follows. All this is not mere theory. It is endorsed by some of the political thinkers of the country."

Expert to Head the Economy Bureau



The central staff, of which Mr. Cleveland is to be the chief, will be composed of four men in addition to the chief. Its function will be to keep the president informed as to conditions in the several departments. It might properly be called a bureau of inspection. The economy and efficiency commissions to be organized in each department will undertake to ascertain if greater efficiency can be obtained without increasing the cost of the service.

It is explained at the White House that the general movement does not contemplate the dismissal of government clerks, but the gaining of greater efficiency. The president has come to believe that the departments work at cross purposes in some instances and that it is frequently the case that in a particular department money is wasted because the service is not organized or centered as it should be.

One of the first reforms contemplated has to do with the making of the appropriations bills by congress on estimates submitted by the several cabinet officers. It is the hope and expectation that Mr. Cleveland and his staff will be able to prepare a new form of estimates that will appeal to the appropriation committees of congress. The executive department, of course, has nothing to do with the making of appropriation bills, but it is responsible for the estimates on which the bills are based.

Opium Invades Army at the Presidio



THE war department is advised that opium, the insidious enemy of the armies of the world, has invaded the ranks of the United States troops stationed at the Presidio, near San Francisco, to such an extent that a strong campaign, in which are involved more than 2,500 men, has been launched in an effort to crush it out.

The officers admit the seriousness of the situation, and declare it to be the gravest problem they have been called upon to settle. Drastic measures are now being taken to rescue those of the troops who have fallen victims to the subtle opiate. With all the energies of the department of war bent to the battle, an appeal has been made to the civil authorities.

Just how general the use of the poppy juice has become is not estimated, but it is admitted to be more alarming than ever before in the history of the army. Acting Commander Col. C. Deems said that in all his career he had never encountered such a general addiction to the drug, and that at worst his observation had never disclosed a higher percentage of opium using than two to three per cent. It was at first estimated that forty per cent of the men at the Presidio were using the drug, but this was declared excessive, a more probable figure after company and hospital statistics had been compiled, being 12.4 per cent.

Alarmed at this high percentage, appeals were directed by Colonel Luncheon, commandant at the post, to the district attorney's office and to the office of the chief of police, with the result that raids on opium dens by the civil authorities are being made.

Mnemonics. Memory improves and strengthens with use. The systematic endeavor to improve the efficiency of the memory is known as mnemonics, and is said to have originated with Simonides, a Greek poet. Most systems of mnemonics include artificial associations as an aid to recollection.

No Demand. "Why don't people write poems like Paradise Lost or Dante's Inferno?" asked the sincerely literary person. "What's the use?" rejoined the confident scribe. "All the people know of who thought the works you mention had to be persuaded to buy them for the sake of the pictures."

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The wonder of baking powders—Calumet. Wonderful in its raising powers—its uniformity, its never failing results, its purity.

Wonderful in its economy. It costs less than the high-price trust brands, but it is worth as much. It costs a trifle more than the cheap and big can kind—it is worth more. But proves its real economy in the baking.

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You Can Work Near a Window

in winter when you have a Perfection Oil Heater. It is a portable radiator which can be moved to any part of a room, or to any room in a house. When you have a

PERFECTION OIL HEATER

Absolutely smokeless and odorless

you do not have to work close to the stove, which is usually far from the window. You can work where you wish, and be warm. You can work on dull winter days in the full light near the window, without being chilled to the bone.

The Perfection Oil Heater quickly gives heat, and with one filling of the front burns steadily for nine hours, without smoke or smell. An indicator always shows the amount of oil in the front. The filter-cap, put in like a cork in a bottle, is attached by a chain. This heater has a cool handle and a damper top.

The Perfection Oil Heater has an automatic-locking flame spreader, which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back, so the wick can be quickly cleaned. The burner body or gallery cannot become wedged and can be unscrewed in an instant for reworking. The Perfection Oil Heater is finished in Japan or nickel, is strong, durable, well-made, built for service, and yet light and ornamental.

Dealers Everywhere. If not at yours, write for descriptive circular to the nearest office.

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Boys' Shoes, \$2.00, \$2.50 & \$3.00. BEST IN THE WORLD.

W. L. Douglas \$3.00, \$3.50 and \$4.00 shoes are made by the best workmen and are the most economical shoes for you to buy.

Do you realize that my shoes have been the standard for over 50 years, that I make and sell more \$3.00, \$3.50 and \$4.00 shoes than any other manufacturer in the U.S., and that I DOLE-OUT FOR THE L.A.R. MY PATENT? I hold their shoes, look at it better, and wear longer than any other \$3.00, \$3.50 or \$4.00 shoes you can buy? Quality counts. It has made my shoes THE LEADERS OF THE WORLD.

You will be pleased when you buy my shoes because of the fit and appearance, and when it comes time for you to purchase another pair, you will be more than pleased because the last ones were so well, and gave you so much comfort.

CAUTION: If you purchase my shoes, please take no substitute. If your dealer cannot supply me, write for Mail order Catalogue.

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Is specially selected for any need in the home. Saves tools from rusting. Can not break. Does not gum or become rancid.

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