

# DOCTOR ENSOR SUPT. SOUTH CAROLINA STATE INSTITUTION.

## Endorses the Catarrhal Tonic Pe-ru-na-- A Congressman's Letter.

Dr. J. F. Ensor, Postmaster of Columbia, S. C., late Superintendent and Physician in charge of State Insane Asylum at Columbia, S. C., writes:

"After using your Peruna myself for a short period, and my family having used and are now using the same with good results, and upon the information of others who have used it as an invigorating tonic, I can cheerfully recommend it to all persons requiring so effective a remedy."—Dr. J. F. Ensor.

Hon. C. W. Butts, ex-Member of Congress from North Dakota in a letter from Washington, D. C., writes:

"That Peruna is not only a vigorous, as well as an effective, but also a cure of catarrh is beyond controversy. It is already established by its use by the thousands who have been benefited by it. I cannot too highly express my appreciation of its excellence."—C. W. Butts.

Dr. R. Robbins Muskege, I. T., writes:

"Peruna is the best medicine I know of for coughs and to strengthen a weak stomach and to improve the appetite. Beside prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it is so many cases."

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

Only the weak need a tonic. People are never weak except from some good cause. One of the obscure causes of weakness and the one often overlooked is catarrh.

Catarrh inflames the mucous membrane and causes the blood plasma to seep through the mucous membrane in the form of mucus. This discharge of mucus is the same as the loss of blood. It produces weakness.



Peruna stops the catarrh and prevents the discharge of mucus. This is why Peruna is called a tonic. Peruna does not give strength by stimulating the nervous system a little. It gives strength by preserving the mucous membrane against leakage. It gives strength by converting the blood fluids and preventing their draining away in mucous discharges. Constant spitting, and blowing the nose will finally produce extreme weakness if you do not derive prompt and satisfactory results from the use of Peruna, 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 Hartman Sanitarium, Columbus, O.

# FARM AND GARDEN

## To Train Grape Vines.

It may be said that there are a dozen systems of grape vine training in use, all of which have their good qualities, and each, perhaps, superior to all others under certain conditions. The system of training from a single upright growth is, however, adapted to be after the most approved lines, and it certainly gives results. The illustration shows how the vine is trained in its first year. It is cut back to two strong buds at the time of planting and is set so that the buds will be just above the surface of the ground. A slight



TRAINING THE GRAPE VINE.

stake is pressed into the ground near the vine and the vine is fastened to it with cord of a waterproof kind. If the trellis is built during this first year this cord is run to the first wire (the top one) and fastened. The vine will make the growth about as shown in an important feature of the plan. The posts should be set eight feet apart, and so that they will stand about six feet out of the ground. Two wires are used in the position, as shown in the cut, the wires being fourteen inches apart. In training the vine for the second year cut off all that portion above the top wire, and as the lateral canes grow select the strongest opposite each wire, one on either side of the main stalk, and train them along the wires; this gives us two arms, so to speak, running along each wire at the end of the second year from planting.

The third season the fruiting buds must be handled, and it is a good plan to select every other bud to supply the canes necessary for the upright growth from the arms. This upright growth is shortened in from time to time during the growing season, so as to throw the strength into the fruiting canes. This system of training requires labor, but it gives most excellent results.

Temporarily Blinds the Horse.

It has long been known, and put to practical test time after time, that to get a horse out of a fire the best plan is to blindfold him.

And many an animal has been saved in this way which it was impossible to remove from the burning stable in any other manner.

It is now proposed by a Nebraska inventor to apply practically the same principle to control fractious or vicious horses and to stop runaways which are caused by the animal taking fright at some object on the street or road.

While the blinder in common use on bridges prevents the horse from seeing objects on either side, there is nothing to shut out the view of anything approaching which might tend to frighten the animal, and it can also turn its head to hear a noise; but with this new device the driver or rider has only to pull a cord lying parallel to the reins, and a bellows-like curtain is drawn over both eyes to shut out the sight completely. In this condition the animal can only gaud and tremble until the object causing the fright has passed, when the curtain is lifted by releasing the cord, and the horse travels on as before. The curtain is housed in a small semi-circular leather casing passing over the animal's forehead just above the eyes, and the operating cords are inserted in the bit rings before passing back with the reins.

Cost of an Acre of Strawberries.

For plowing, \$3; sowing, \$3; marking, 50 cents; plants (8,000) \$25, average price; plants are scarce this year. Trimming and preparing plants, \$5; setting plants, \$4; cultivating with horse, \$7.50; hoeing six times, \$18; fertilizer, half a ton, \$15; four tons of straw, \$20; applying straw, \$5. This makes the cost about \$100 for the first year. Of course the increase of plants can be used to set a new bed the following year, which will make the cost one-fourth less. The straw is worth as much as it costs almost to the soil. In these figures we are actually giving the farmer to do the work. If the farmer does the work himself, he does not feel the cost any more than he is putting in a crop of potatoes. We advise setting the strawberry bed near the buildings so it can be attended to without going far. The usual gross sales from an acre of strawberries are about four times the cost of the acre for the first year.—Rural New Yorker.

Small Farms to Be the Rule.

In the future small farms will be the rule. More and better products will be raised on 60 acres than are now on 120 acres. There are farmers to-day who plant a 40-acre field in corn who could take the same amount of manure they used and put it on a 20-acre field, and get a greater yield and of better quality. Besides this, it will take only half the time to plow and cultivate the 20-acre field, which would further add to the profits. What a lesson the market gardeners are constantly giving to us farmers. Why, some of them use more barnyard manure on 120 acres than some farmers do on 120 acres. The crops the gardeners get are enormous, and their land is constantly increasing in fertility.

Extent of Irrigation.

Exclusive of the irrigating States the Territory of Hawaii and Indian reservations, the number of irrigators

in the United States in 1899 was 108,218, an increase of 54,082, or one hundred per cent over the number reported in 1889. The number of acres irrigated was 7,530,545, an increase during the ten years, of 3,908,165, or 107.0 per cent. Of the total irrigated area, 5,944,412 acres were in crops and the total value of the products therefrom was \$80,800,401. The total cost of construction of the irrigation systems operated in 1899 was \$97,770,942. In the number of irrigators California stands far ahead of any other State, having about one-fourth of the total number in the United States. Colorado, however, exceeds in the number of acres irrigated, although not in the value of irrigated crops. Of the total irrigated area, 7,093,829 acres were watered from streams, and 169,944 acres from wells. The number of acres in crops irrigated in 1899 was 5,711,905 and the number of irrigated acres in pasture and unimproved crops was 1,551,308. The value of the irrigated crop was \$84,443,438. Of the irrigated area, 7,263,273 acres were in the arid States, 273,117 acres in the semi-arid region and 3,155 in the humid region.

Connecting Pastures by Causeway.

It frequently becomes desirable to have the pasture so arranged as to let stock pasture on both sides of a highway. The pasture is sometimes located on one side of the highway and yard and watering place on the other. Much time is required to drive cattle back and forth.

The difficulty can be overcome in a very convenient way. Select a place where there is a little rise in the ground, say from 2 to 4 feet, the more the better. Construct a wide ditch, from 10 to 12 feet, so it will easily admit a team to work with scraper down at bottom of it. Make it from 2 to 4 feet deep, as the natural condition of ground will admit. It must be constructed in such a way that it will have natural drainage at lower side, otherwise it would fill with water after very heavy rains and be of no practical use.

A plank bridge is built across the opening and the sides flanked. It should be made 5 1/2 to 6 feet high to admit the passage of all kinds of stock or even horses below. The earth taken out in digging is used in constructing the grade on each side of bridge. The bridge, as well as grade or dump, must be made as wide as required by law. The deeper it is practical to make the ditch, the less it will be necessary to dump upon the grade. A tight fence must be constructed from the pasture on each side of the passageway close up to the bridge. I have seen such a passageway constructed on the level prairie, but in such a case is only practical in every dry season, because in a rainy one the ditch will fill up with water.—Lewis Olsen, Kandiyohi, in Farm and Home.

Beets or Enslaves.

Corn ensilage and sugar beets were tested at the Nebraska station as to their value as succulent feed when given to dairy cows. The herd was divided into two lots, the same as in the experiment for testing alfalfa and wild hay. The results shown by this experiment were a little in favor of ensilage, but the difference was very slight. It seems to be more a question of how cheaply the two succulent feeds are produced than of their feeding value. Both foods gave good results and were relished by the animals.

Wool Not the Whole Thing.

While the wool crop is an element to be considered when estimating the value of the sheep it must not be thought the whole thing, and when the price of the fleece is low do not turn away from the flock or turn them off the farm simply because that product is not up to what it formerly was, says Wool Markets and Sheep. Think of the many other advantages to be derived in sticking to our white fleeced friends.

Agricultural Notes.

Eggplant is a gross feeder, but easily cultivated. Interest in the apple box grows apace in the east. Bone black is said to be good fertilizer for parsnips. Give a good, thorough cultivation between the rows of strawberries. Beets will stand considerable cold weather and may be planted early. In butter and cheese making every effort should be made to suppress dirt, which, according to a dairy authority, carries more infection than any other source. Bees carry pollen from one flower to another while seeking honey. The real benefactors are the bee keepers, many of whom keep bees for pleasure rather than for profit. But for the bees many fruit trees that blossom out wild would produce no fruit. Such crops as squash, cucumbers and melons should have all fertilizers applied by broadcasting over the surface of the ground. If manure is applied it will also give good results if worked into the soil, although well-rotted manure in the hills will assist the plants at the start. It has been demonstrated conclusively that when an animal is fed on a variety, instead of on corn exclusively, a greater gain in weight is secured. Corn will excel in the production of fat, but bone and lean meat sell in the live animal as well as fat, rapid growth being a gain in weight. Preventing the spread of fungus diseases could be accomplished better by destroying the branches and vines that are cut away from trees and bushes than by the use of other methods. It is not sufficient to remove the portions of trees affected with black knot. They should be consigned to the flames, as a remedy is as sure in the destruction of the spores as fire.

## A Clue that Failed.

Deductions in the manner of Sherlock Holmes do not always work out successfully. They did not in a case reported by the Washington Post. A group of reporters were talking together, and one of them, who liked to play the amateur detective, devoted part of his time to watching a man standing some distance away.

"That man used to be in the army," he said.

"How do you know?"

"See how he puts his hand into his trousers pocket. He lifts up the side of his coat—look, he's doing it now—instead of pushing the coat back as we do. He acquired the habit from wearing a fatigue coat in the army. A fatigue coat, you know, is cut square about the body. To put the hand in the trousers pocket, one must lift up the side."

Some discussion followed, with the result that one of the reporters volunteered to lay their speculations before the stranger. He proved to be a wealthy real estate dealer. After listening to the reporter's explanation, he replied, with much amusement:

"I'll tell you why I put my hand in my pocket that way. I used to be a butcher in New York, thirty years ago, and I got that habit raising my butcher's apron to make change."

## LOVES THE PRAIRIES.

Miss Anna Gray is delighted with her Western Canada Home.

Anna C. Gray is a young lady, formerly of Michigan. She is now a resident of Western Canada, and the following, published in the Brown City (Mich.) Banner, are extracts from a friendship letter written about March 15 to one of her lady friends in that vicinity. In this letter is given some idea of the climate, social, educational and religious conditions of Alberta, the beautiful land of sunshine and happy homes. Over one hundred thousand Americans have made Western Canada their home within the past few years, and in this year upwards of 50,000 will take up homes there.

Miss Gray took her leave for Didsbury, Alberta, the home of her sister and other relatives and friends on Jan. 10 last, and after a two months' sojourn in her Western prairie home she writes of it as follows: "I know I shall grow to love the prairies. We have a beautiful view of the mountains, and it seems wonderful to me to see home after hours for miles, and it is being thickly settled all around us. With the exception of the last few days, which have been cold and stormy, we have had beautiful spring weather ever since I came. The days are beautiful. I call this 'land of the sun,' as it seems to be always shining; the nights are cold and frosty. On arriving here I was so greatly surprised in every way. Didsbury is quite a business little town. All the people I meet are so pleasant and hospitable. They have four churches in Didsbury—the Baptist, Presbyterian, Evangelical and Methodist. The Evangelicals have just completed a handsome church, very large and finely furnished, costing \$2,500. They have a nice literary society here, meets every two weeks. They have fine musical talent here. Your friend,

"ANNA C. GRAY."

Had Plenty of Surprises.

The resurvey of the old Portage railway near Altona, Pa., is causing no end of disturbance among reptiles and wild beasts. Several days ago laborers clearing out a cut for leveling unearthed a colony of 500 rattlesnakes among the fallen rocks. Half the reptiles were slain by the party. Later a level man disconcerted his aim while sighting when a full-grown deer ran in front of his instrument. Half an hour later a man far down the slope dropped his implement and ran when a mother bear and two cubs came up in a friendly sort of way to see what was going on. All sorts of wild game are abundant along the line of the old road.

Tautology.

Teacher—Eddie, what is tautology? Eddie—A repetition of the same meaning in different words. "Correct! Can you give an example?"

"Yes'm. Anthracite coal." "Why is that tautology?" "Because all anthracite is coal." Teacher—Jimmie, can you give another example? Jimmie—Yes'm. Cold street cars. "How do you make that out?" "Why, all street cars is cold."—Baltimore Herald.

PUNNAM FADELESS DYES cost but 10 cents per package.

The mortality of bachelors is greater, at all ages, than the mortality of old maids.

Mr. Washburn's Business Bureau for Children (two weeks) only 10 cents a bottle.

The lucky man is the man who sees and grasps his opportunity.



Mrs. Hughson, of Chicago, whose letter follows, is another woman in high position who owes her health to the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered for several years with general weakness and bearing-down pains, caused by womb trouble. My appetite was fitful, and I would lie awake for hours, and could not sleep. After reading one of your advertisements I decided to try the merits of Lydia E. Pinkham's Vegetable Compound, and I am so glad I did. No one can describe the good it did me. I took three bottles faithfully, and besides building up my general health, it drove all disease and poison out of my body, and made me feel as spry and active as a young girl. Mrs. Pinkham's medicines are certainly all they are claimed to be."—Mrs. M. E. HUGHSON, 847 East Ohio St., Chicago, Ill.

Mrs. Pinkham Tells How Ordinary Tasks Produce Displacements.

Apparently trifling incidents in woman's daily life frequently produce displacements of the womb. A slip on the stairs, lifting during housework, standing at a counter, running a sewing machine, or attending to the most ordinary tasks may result in displacement, and a train of serious evils is started.

The first indication of such trouble should be the signal for quick action. Don't let the condition become chronic through neglect or a mistake like that you can overcome it by exercise or leaving it alone.

More than a million women have regained health by the use of Lydia E. Pinkham's Vegetable Compound.

If the slightest trouble appears which you do not understand write to Mrs. Pinkham, at Lynn, Mass., for her advice, and a few timely words from her will show you the right thing to do. This advice costs you nothing, but it may mean life or happiness or both.

Mrs. Leah Stowell, 177 Wellington St., Kingston, Ont., writes:

"DEAR MRS. PINKHAM:—You are indeed a godsend to women, and if they all knew what you could do for them, there would be no need of the dragging out miserable lives in agony."

"I suffered for years with bearing-down pains, womb trouble, nervousness, and excruciating headache, but a few bottles of Lydia E. Pinkham's Vegetable Compound made life look new and promising to me. I am light and happy, and I do not know what sickness is, and I now enjoy the best of health."

Lydia E. Pinkham's Vegetable Compound always is relied upon to restore health to women who thus suffer. It is a sovereign cure for the worst forms of female complaints, that bearing-down feeling, weak back, falling and displacement of the womb, inflammation of the ovaries, and all troubles of the uterus or womb. It dissolves and expels from the uterus in the early stage of development, and checks any tendency to cancerous humors. It subdues excitability, nervous prostration, and tones up the entire female system. Its record of cures is the greatest in the world, and should be relied upon with confidence.

**\$5000 FORFEIT!** If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute truthfulness, we will pay \$5000 to any person who can prove the same.

Worse than Useless.

Few among us are wise enough to know when he has said enough. It was one of our homely old philosophers who said: "When you've struck the stop boring. Many a man has bored clean through and let the lie run out at the bottom." There is a world of wisdom in knowing when to stop, especially in our efforts to aid others. Many a hint may be accepted where bald advice meets only resentment. Many times a word that might be effective loses its force when it lengthens into a lecture. Those who have to do with other souls, with their teaching and guiding, should hold this truth constantly in remembrance. Scolding is always weak, and lengthy diatribes are generally worse than useless. Moral truth is not a salient to be rubbed in with vigorous friction; it is a seed that must be left to germinate, and no amount of stamping down will make it grow. "A word fitly spoken" is more valuable than censure or argument.

The Clean, Kool Kitchen Kind" of stoves keep you clean and cool. Economical and always ready. Sold at good store stores.

An Observation.

You will notice in life's voyager, while floating down the stream, That the milk of human kindness, Produces very little cream.

Wanted a Man Saturday.

Robinson Crusoe had just named his man Friday when he was ready to kick himself all over the island. "What a fool!" he exclaimed. "If I had called him Saturday I'd have had a pay day every day of the week." "Subsequently, however, the royalties on his book more than covered his loss."—New York Tribune.

An Upper Case.

"Miss Keleigh is certainly a sharp girl," said young Softkins. "Yes," rejoined Biffing, "she told me that she had cut your acquaintance."

# Libby's Luncheons

Put a variety into Summer living—it's not the time of year to live near the kitchen range. Libby's

Veal Loaf  
Potted Turkey  
Deviled Ham  
Ox Tongue, &c.

quickly made ready to serve

Send to-day for the little booklet, "How to Make Good Things to Eat," full of ideas on quick, delicious lunch serving. Libby's Atlas of the World mailed free for 5 two-cent stamps.

Libby, McNeill & Libby  
Chicago, U. S. A.

# Western Canada.

GRAIN GROWING. MIXED FARMING.

THE REASON WHY more wheat is grown in Western Canada in the short months, is because vegetation grows in proportion to the length of the season. There are 92 pounds per bushel as a standard at 60 pounds in the East.

Area under crop in Western Canada, 1909—1,907,826 acres. Yield, 1909—117,928,764 bu.

Free Home-Seed of 100 Acres Plentiful, the only charge being \$5 for entry. Abundance of water and fuel, cheap building material, and the best of markets giving an assured and adequate season of growth, land to be had for an able settler, who has time, and also for cottagers giving up reduced freight and passenger rates, etc., etc. The Home-Seed is the following for an able settler: 100 Acres, \$10.00; 50 Acres, \$5.00; 25 Acres, \$2.50. For full particulars, apply to W. H. Holmes, 25 Jackson St., St. Paul, Minn.; W. F. T. Jones, 25 Jackson St., St. Paul, Minn.; W. F. T. Jones, 25 Jackson St., St. Paul, Minn.; W. F. T. Jones, 25 Jackson St., St. Paul, Minn.; W. F. T. Jones, 25 Jackson St., St. Paul, Minn.

# THERE IS NO SLICKER LIKE TOWER'S

Forty years ago and after many years of use on the eastern coast, Tower's Waterproof Oiled Coats were introduced in the West and were called slickers by the pioneers and cowboys. This graphic name has come into such general use that it is frequently though wrongly applied to many substitutes. You want the genuine.

Look for the Sign of the Fish, and the name Tower on the bottom.

SOLELY BY REPRESENTATIVE TRADE THE WORLD OVER.

THE MIDNIGHT FLYER is the name of a sheet music magazine that has ever been published. New, just from the press. By E. T. Paul, the writer. Everybody is buying it. Send for it. Sixteen cents in postage stamps to E. T. Paul, Sheet Music Store, Sioux City, Iowa.

Berosus says that wheat grew wild in Mesopotamia; Strabo said that it was first found growing wild on the Indus. He thought that Sicily was its native home, while in our own time Balansa found it wild on Mount Sycyria, in Asia Minor.

It is said of an East Indian law student that he once threw his examiners into confusion by declaring matrimony to be an illegal state. "How so? How so?" he was asked by the perturbed examiners, many of them married men. The student smiled beatifically. "Marriage," quoth he, "is a lottery, and lotteries are forbidden by law."—New York Tribune.

A LAST RESORT.

Pure Food Should Be the First. When the human machine goes wrong it's ten to one that the trouble began with the stomach and can therefore be removed by the use of proper food. A lady well known in Bristol, Ontario County, N. Y., tells of the experience she had curing her only child by the use of scientific food: "My little daughter, the only child and for that reason doubly dear, inherited nervous dyspepsia. We tried all kinds of remedies and soft foods. At last, when patience was about exhausted and the child's condition had grown so bad the whole family was aroused, we tried Grape-Nuts. "A friend recommended the food as one which her own delicate children had grown strong upon, so I purchased a box—a last resort. In a very short time a marked change in both health and disposition was seen. What made me sure was that she liked it at our case easy, was that she liked it at once and its crisp, nutty flavor has made it an immediate favorite with the most fastidious in our family. "It is said to be thoroughly established in western New York, where many friends use it regularly. I have noticed its fine effects upon the intellects as well as the bodies of those who use it. We owe it much." Name given by Postum Co., Battle Creek, Mich.