

CATARRH OF THE STOMACH

Could Hardly Eat. Gradually Grew Worse. Relieved by Peruna.



Mr. A. M. Ikerd, Box 31, West Burlington, Iowa, writes: "I had catarrh of the stomach and small intestines for a number of years. I went to a number of doctors and got no relief, and finally one of my doctors sent me to Chiropractic, and I met the same fate. They said they could do nothing for me; said I had cancer of the stomach and there was no cure. I almost thought the same, for my breath was offensive and I could not eat anything without great misery, and I gradually grew worse.

"Finally I concluded to try Peruna, and I found relief and a cure for that dreadful disease, catarrh. I took five bottles of Peruna and two of Manalin, and I now feel like a new man. There is nothing better than Peruna, and I keep a bottle of it in my house all the time."

Constipation Vanishes Forever
 Prompt Relief—Permanent Cure
CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner—dissolve—cure indigestion, improve the complexion, brighten the eyes. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature

THE PESSIMIST.



Policeman—That fellow is hunting trouble.
 Mr. Want-to-Know—Why?
 Policeman—He's looking for the marriage license bureau.
 Orator—I thought your paper was friendly to me?
 Editor—So it is. What's the matter?
 Orator—I made a speech at the dinner last night, and you didn't print a line of it.
 Editor—Well, what further proof do you want?—London Opinion.

One of the Accessories.
 Quiet Spoken Customer—You keep everything for the piano, don't you?
 Salesman—Yes, sir. We do, sir.
 Quiet Spoken Customer—Give me an ax!—Puck.

The man who is envious of evildoers will soon be one himself.

A "Teaser" For Jaded Appetites—

Post Toasties
 with cream or preserved fruit.

Ready to serve instantly—just open the box and enjoy an extra good dish—Convenient, crisp, delicious, wholesome.

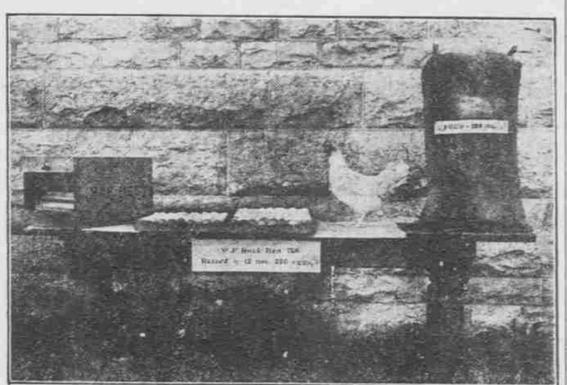
"The Memory Lingers"
 Sold by Grocers

Made at the POSTUM CEREAL CO., Ltd., The Food Factories, Battle Creek, Mich.

DOES FOOD AND CARE OF HENS INFLUENCE THE NUMBER, SIZE AND SHAPE OF EGGS

Farmers May Easily Increase the Output of Their Poultry by a Little Extra Attention to Details and Care of Their Flocks, Declares Agricultural College Expert.

[By T. E. Schreiner, Kansas State Agricultural College.]
ACCORDING to the census of 1910 there is an average of ninety-one hens on every farm in Kansas. It has been estimated that the average production per hen per year amounts to eighty-two eggs; this would equal to 7,462 eggs (61% doz.) produced on almost every farm in Kansas. The value of these eggs, 62 1/2 dozen at ten cents a dozen, would equal to \$62.17 cash income from ninety-one hens, or sixty-eight cents a hen for one year.



White Plymouth Rock Hen With a Record of 220 Eggs in 12 Months.

feeding a good balance ration, one that would furnish the hen with all the necessary elements that are needed for the production of a large number of eggs. To obtain the desired balance ration we must necessarily feed a variety of foods, and these should be mixed. The "old" practice of feeding chop or bran alone will not induce the hen to lay an egg every third day. We must tempt the hen by feeding her a variation of foods from time to time, feeding green foods, green cut bone, and perhaps a moist mash once or twice a week. Besides this the hens should always have before them grit, oyster shell, charcoal and granulated bone. It does not matter so much how the ration is fed, it may be dry or wet, but it is important that the birds get all they want, and that great care is exercised in regard to over and under feeding.

In breeding poultry always select the strongest, healthiest, best looking specimens, and do not change male birds every year, with the idea of getting something better. Because if your flock has been bred for egg production, and if you introduce new blood into your flock it may be that the production and vitality is decreased instead of increased. It may be well, however, to obtain new blood once in a while, but always cull your own flock first, and breed only the strong, healthy, as well as good producers, and the production will naturally increase.

The next important step toward a larger egg production and larger eggs is housing. We might have a long discussion as to what kind of a house is best for poultry, and yet not agree. One thing we all agree on, however, is that the house must be free from dampness and draft, and must be sanitary. If we are to increase the egg production and the size of the eggs we must not let the birds roost around the sheds, barn and manure cellars of the farm. Provide a house for the poultry, and make this tight and free from dampness. We do not need a warm house, single thickness board wall is enough, and then keep the house clean. The house must be equipped with nests, one nest for each five hens, and prevent the hens from laying around in the barn, as the eggs should be gathered every day. The nests in the poultry house should be clean.

The balance ration, the comfortable houses, together with good care, has induced our hens to lay an average of one-hundred eggs per year. But are all these one-hundred eggs of a marketable size? I believe that the reader will say no. Some are small, some are large, some soft shelled and abnormal, etc. The feeding of a bal-

STEP SAVER FOR THE KITCHEN
 A device that will save the dozen and one daily trips from kitchen to cellar, and drive the ice-man from the door seems too good to be true. "yet it is so simple and inexpensive that it is within reach of any housewife," says Miss Ulla Dow, assistant professor of domestic science in the Kansas State Agricultural College.

It is simply a small elevator two feet square with several shelves one foot apart on which to set food, all lowered by pulleys from the kitchen into a cement shaft in the cellar. This shaft is slightly larger than the elevator itself, so that the elevator will run easily, and extends four feet below the surface of the cellar floor, making a cold storage compartment. There should be a small ventilation pipe for the shaft and a door opening into the shaft from the cellar, so that it may be cleaned. The pulley ropes should be slightly shorter than the shaft, and the weights heavy enough to prevent spilling and breakage by the jar of striking bottom, or too hasty

descents. A trap door in one corner of the kitchen floor furnishes the opening into the cold storage compartment. If there is electricity in the house, a small bulb may be placed at the top of the shaft to light it. The total expense of such a cold storage plant and elevator would not exceed \$20, and if the man of the house is handy with tools, the cost may be lessened.

Sew the skirt binding on the hem of your skirt before you press it, says an exchange. Pressing the goods flattens it, and it becomes difficult to feel the braid on a thin fabric without stretching through it.

CHAFING OF BABY STOPPED INSTANTLY

Soreness and Bleeding Quickly Cured. Mrs. J. F. Deal, Kansas City, Kan., writes:

"I cannot speak too highly of Resinol. When our baby was four months old she was so fat that she chafed in the creases of her legs and body. She was so sore and inflamed that she bled, and was fretting and crying almost constantly. Resinol Ointment was recommended to us. We had tried everything that could be thought of without success, but Resinol cured her in a very short time. We consider it the best household remedy for irritating skin troubles, and would not be without it. We are also greatly pleased with Resinol Soap. It is so delightfully refreshing for the bath."



They tell me Daring Ike's dead. Is that right?

"Sure; shot plumb through the heart."
 "Well, I ain't surprised, then; his heart always was weak."

PHYSICIAN ADVISES CUTICURA REMEDIES

"Four years ago I had places break out on my wrist and on my shin which would itch and burn by spells, and scratching them would not seem to give any relief. When the trouble first began, my wrist and shin itched like poison. I would scratch those places until they would bleed before I could get any relief. Afterwards the places would scale over, and the flesh underneath would look red and feverish. Sometimes it would begin to itch until it would wake me from my sleep, and I would have to go through the scratching ordeal again.

Our physician pronounced it "dry eczema." I used an ointment which the doctor gave me, but it did no good. Then he advised me to try the Cuticura Remedies. As this trouble has been in our family for years, and is considered hereditary, I felt anxious to try to head it off. I got the Cuticura Soap, Ointment and Pills, and they seemed to be just what I needed. "The disease was making great headway on my system until I got the Cuticura Remedies which have cleared my skin of the great pest. From the time the eczema healed four years ago, until now, I have never felt any of its pest, and I am thankful to the Cuticura Soap and Ointment which certainly cured me. I always use the Cuticura Soap for toilet, and I hope other sufferers from skin diseases will use the Cuticura Soap and Ointment." (Signed) Irven Hutchison, Three Rivers, Mich., Mar. 16, 1911. Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each, with 22-page book, will be mailed free on application to "Cuticura," Dept. 17 K, Boston.

Tenses.
 Teacher—Tommy, what is the future of "I give"?
 Tommy—"You take"—Life.

CHRISTMAS POST-CARDS FREE
 Send 25-cent stamp for five samples of my very choice Gold Embossed Christmas and New Year Post Cards; beautiful colors and designs. Kansas Art Post Card Club, 211 Jackson St., Topeka, Kansas

In the deepest night of trouble and sorrow, we have so much to be thankful for that we need never cease our singing.—Coleridge.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy.

When one is sad or out of sorts for any cause whatever, there is no remedy so infallible as trying to make somebody else happy.—J. W. Carney.

Mrs. Whitson's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

The moment a man begins to love his enemies he has the devil's hate.

Smokers like Lewis' Single Binder cigar for its rich mellow quality.

The bright side is sure to be the right side.—Mary D. Brine.

Hood's Sarsaparilla
 Eradicates scrofula and all other humors, cures all their effects, makes the blood rich and abundant, strengthens all the vital organs. Take it.

Get it today in usual liquid form or chocolate tablets called Sarsatabs.

SHE SAVED 18 LIVES

Noted Woman Lighthouse Keeper Dies on Duty.

"Grace Darling" of America—The Only Woman to Hold a Commission From the Government in Her Work.
 New York.—In the closing of the career of Ida M. Lewis, for 60 years keeper of the Lime Rock Light in Narragansett bay, one of the most famous heroines of the world passes from the stage of American history. Since early girlhood she watched the tumbling waters of the Narragansett from her little white house on the rock and through the long years her lights never failed to guide mariners to a safe port through storms and heavy mists.

Sixty years ago, when but a strippling of a girl, her father, the keeper of Lime Rock Light, was stricken suddenly ill. She took his place and for weeks, while the old man lay dying, she tended the lights. When he died she was appointed keeper in his place and since that time her deeds have kept her before the world in a remarkable way. Her record of rescues is 18 lives. Eight times she has ventured onto an almost impossible sea and taken straggling humans from the water.



Ida Lewis and Lighthouse.

who stopped not for shoes nor hat, but, clad only in a thin dress, dashed out of the house into the cold, driving wind and faced the snow and sleet. It took her fifteen minutes to launch her dory in the dangerous high surf. At last she pushed beyond the inshore breakers; and then she rowed for dear life. When the nearly exhausted men saw Ida one of them cried: "It's only a girl!" Whereupon she let go his hold of the capized boat and sank. A moment later, when he reappeared, she seized him by the hair and with abnormal strength dragged him into the boat. The second man shouted that he was so frozen that he could not help himself and so a second time Ida pulled a half dead man out of the freezing water and into her little dory.

For all of her wonderful rescues Ida Lewis received fitting recognition. Congress honored her with medals. She was a pensioned member of the Carnegie Hero Fund and the Massachusetts Humane society rewarded her with a token of its esteem.

For years the home of Ida Lewis on Lime Rock was the Mecca of the world's greatest men and women. They felt themselves honored to be able to call on her. President Grant and General Sherman were among her most noted visitors.

Her latest recorded rescue was of a woman five years ago when she was sixty-seven years old. There are a number of brave deeds to her credit that have never been made known.

ARE MAKING EUROPE RICH
 Americans Spent \$200,000,000 Last Year Abroad—Money Belonged in America.

Washington.—About 230,000 Americans went abroad during the last fiscal year and spent fully \$200,000,000 on passage across the Atlantic, hotel bills, railway transportation, amusements and for miscellaneous purposes, according to a statement by John Hall Osborne, chief of the bureau of trade relations of the state department.

Of this number 220,000 were about equally divided between first and second cabin passengers, with an average expenditure of \$800, and the remainder were steerage. These figures do not include the large sum annually spent for jewelry, clothing and other articles.

The cost of running the municipal governments of 15 of the large cities during the calendar year 1908 was only \$274,000,000. This includes outlays for general and special service expenses such as police and fire protection, health, highways, charities, hospitals, education, recreation, etc.

"A large part of this vast amount is undoubtedly spent in France, particularly in Paris," said Mr. Osborne. "Just pause a moment and think of that \$200,000,000 was kept in this country," he continued, "it would buy 44 5-cent loaves of bread for each one of the 90,000,000 of men, women and children, or supply at least a half dozen shirts to every man over eighteen years old.

Cusses Cost One Cent Each. Bridgeport, Ohio.—An Anti-Swearing society has been organized here with twenty members, and they expect to treble that number. Each member is fined one cent for every oath used, all being put on their honor to tell. The money will be spent in banquets and lunches during the winter.

The Mean Thing.
 Stella—Jack was on his benched knees to me last night.
 Bella—Well, poor fellow, he can't help being bowlegged.

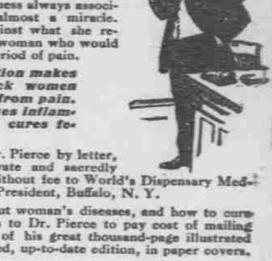
When heating a furnace with your enemy, don't forget that you may have to go into it yourself.

COTTONWOOD WANTED.
 Best price paid for wood. Write us TODAY for particulars.
 EXCELSSION PRODUCTS & MFG. CO.
 413-415 Main Bldg. Kansas City, Mo.

PATENTS
 Watson E. Coleman, Washington, D.C. Books free. High class references. Best results.
 W. N. U., Kansas City, Mo. 47-1817.

When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle. While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain.



Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.

Sick women are invited to consult Dr. Pierce by letter. Free. All correspondence strictly private and sacredly confidential. Write without fear and without fee to World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y.

If you want a book that tells all about women's diseases, and how to cure them at home, send 21 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 31 stamps.

HORSE SALE DISTEMPER

You know what you sell or buy through the sales has about once chance in fifty to escape SALE STABLE DISTEMPER. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed." 50 cents and \$1 a bottle; 15¢ per quart. At all good druggists, horse goods houses, or delivered by the manufacturers.

SPORN MEDICAL CO., Chemists and Bacteriologists, GOSHEN, IND., U. S. A.

The Famous Rayo Lamps and Lanterns

Rayo lamps and lanterns give most light for the oil used.
 The light is strong and steady. A Rayo never flickers. Materials and workmanship are the best. Rayo lamps and lanterns last.
 Ask your dealer to show you his line of Rayo lamps and lanterns, or write for illustrated booklets direct to any agency of Standard Oil Company (Incorporated)

W. L. DOUGLAS

\$2.50, \$3.00, \$3.50 & \$4.00 SHOES
 WOMEN wear W. L. Douglas stylish, perfect fitting, easy walking boots, because they give long wear, same as W. L. Douglas men's shoes.



THE STANDARD OF QUALITY FOR OVER 30 YEARS
 The workmanship which has made W. L. Douglas shoes famous the world over is maintained in every pair.

W. L. Douglas shoes are warranted to hold their shape, fit and look better and wear longer than other makes for the price.

CAUTION The genuine have W. L. Douglas name and price stamped on bottom. Shoes Sent Everywhere—All Charges Prepaid.

How to Order by Mail.—If W. L. Douglas shoes are not sold by your local dealer, take measurements of foot as shown usually worn; place on card; send to W. L. Douglas, 145 Spark St., Brockton, Mass.

Illustrated Catalogue Free. W. L. Douglas, 145 Spark St., Brockton, Mass.

PERFECTION SMOKELESS OIL HEATER

Smokeless Odorless Clean Convenient
 The Perfection Smokeless Oil Heater warms up a room in next to no time. Always ready for use. Can be carried easily to any room where extra warmth is needed. A special automatic device makes it impossible to turn the wick too high or too low. Sales in the hands of a child. The Perfection burns nine hours on one filling—giving heat from the minute it is lighted. Handsomely finished; drums of blue enamel or plain steel, with nickel trimmings. Ask your dealer or write for descriptive circular to any agency of Standard Oil Company (Incorporated)

Idaho Public Land

Water Right \$50.00 per Acre
 IN TWELVE ANNUAL INSTALLMENTS
 The Wood River Project began its annual run of water for irrigation on March 29th, 1911. There has been no interruption in the service since the run began. There is no shortage of crop on this project this year.

Idaho Irrigation Company, Limited

Richfield, Idaho
 I. W. McConnell, General Manager

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Defiance Starch

The most serviceable starch on the market today. Works equally well hot or cold and produces a finish unequalled by any other starch.

One trial will prove its merits and make you a confirmed user.

See that you get "DEFIANCE" next time. Big 16-ounce package for 10 cents at all grocers.

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Write me a personal letter and ask questions.

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