

# PERUNA

For Catarrh of the Throat of Two Years' Standing.

"I was afflicted for two years with catarrh of the throat. At first it was very slight, but every cold I took made it worse."

"I followed your directions and in a very short time I began to improve. I took one bottle and am now taking my second. I can safely say that my throat and head are cleared from catarrh at the present time, but I still continue to take my usual dose for a spring tonic, and I find there is nothing better."—Mrs. W. Pray, 260 Twelfth St., Brooklyn, N. Y.

If some men had their lives to live over again they probably wouldn't leave much for their heirs to scrap over.

## SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Discomfort from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Headache in the Morning, Constipation, Pains in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable. SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature. *Small Pills* REFUSE SUBSTITUTES.

Rather Disheartening. "Well, how are you getting along old man?" asked the privileged friend of an amateur actor. "Oh, fairly well," replied the a. a. "I played Hamlet for the first time last week." "Did you pull through all right?" "Yes, with one exception. At a critical moment I stumbled and fell into the grave of Ophelia." "That must have been embarrassing." "It was; but I wouldn't have minded it so much if the audience hadn't seemed so disappointed when I got out."

The boldest work in this world is buying happiness for others with our own toll and pain.

WE BUY CREAM CHEESE FROM Miller & Holmes, St. Paul, Minn.

The assistance we get is seldom satisfactory. The best way is to need it.

Mrs. Winslow's Soothing Syrup. For children teething, soothes the gums, reduces inflammation, always cures wind colic. 25c bottle.

No woman really believes that she is in the homely class. Women know that men will make fools of themselves if given a chance, and they give them lots of chances.

ROOSEVELT SQUARE DEAL SLACKERS. \$2.50. Warranted rainproof. Ask Dealer or Goodyear Rubber Co., St. Paul, Minn.

There are numberless people who think they're No. 1.

Have you tasted Gee Whis Syrup? It's great.

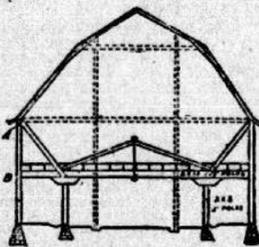
Even an indolent man is seldom too lazy to run into debt.

## PLANK FRAME BARN WITH TRUSS PRINCIPLE APPLIED

As Timber Becomes Scarce the Question of Material Is of Vital Importance.

Much has been written in agricultural papers advocating barn frame built of plank. As timber becomes scarcer the question of material is of vital importance. There was a time when the only idea of strength was size, and weight of material. With increased intelligence, we have learned that by the application of mechanical principles, a greater resisting power can be secured with far less material. In bridge building we can see the truss principle applied. In the erection of all large buildings the architect makes use of the truss in some form, though to the casual observer the bridge is ever exposed for study. In the old-fashioned barn it was custom-

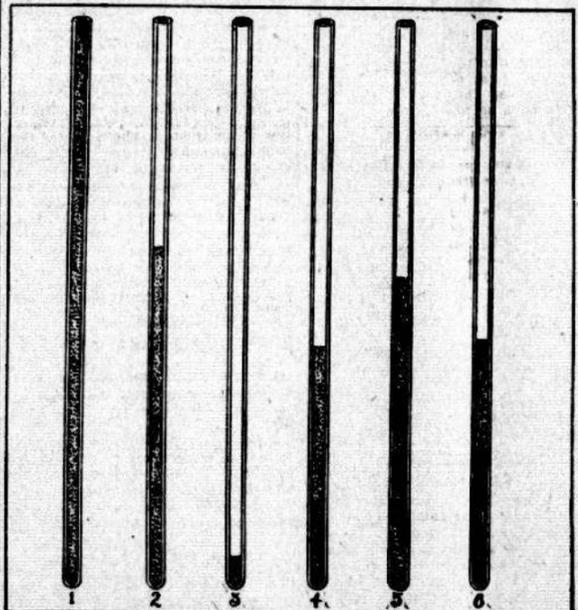
ary to run a cross beam between the side posts from four to six feet below the plate. The first idea in the mind of the builder was to tie the building together, and also to give strength to the end of the building (which was necessary, so far as the end bent was concerned). There could be seen however, the same 12 inch x 12 inch beams of clear pine running across the inside of the building. This was all very well when clear pine was of no more value than any other. The plan of having 4 or 6 feet of post above the beam gave the roof the ad-



Plan for Plank Barn.

van- tage of a six foot lever to assist in snapping off the side post, at the point where it is cut nearly in two by a 3 inch by 12 inch mortise, and three 1 1/2 inch draw bore holes. Many of the old barns become "saddle backed" as we used to say and just for this cause. If the foot of a rafter cannot spring out, the peak can never settle. There are many advantages in the plank barn. There is a saving of material and also of space. One great advantage is that the whole material can be purchased from any lumber dealer on the shortest notice, —not so where square timber is required. The cut shows a plank barn for an ordinary farm, 36 feet by 60 feet. The same principle may be applied to a building of larger or smaller size. The only timbers in the barn above the basement are two purline posts, to give strength to the end of building; also two cross beams across the center 8 inch by 8 inch, opposite the door posts. These may be built of four pieces 2 inches by 8 inches; doorposts are 8 inches by 8 inches. Side posts are in form of studs, 2 inches by 8 inches, six feet apart, and plates, 2 inches by 8 inches, laid on top of studs. Then a piece is nailed on outside of plate, also 2 inches by 8 inches, also forming the top girt to nail the siding to. Corner posts are 2 inches by 10 inches, nailed together with 6-inch nails, so the siding will come down to exclude the wet. The arch or rafter is the special feature in this barn. Each arch is of three thicknesses of 2 inch by 10-inch plank. At lower end of arch a 2-inch block is put between the ends of bottom section; then a third plank, 2 inches by 10 inches is fitted in between to break the joint and vanishing between the other two, when it also is matched against the end of its mate. This may be covered either with metal plates or sheeting and shingles.

## Look Out for Weed Seeds in Clover



Red Clover: 1, one pound of seed as and dirt; 2, pure seed; 3, broken seed and waste; 4, apurified seed; 5, total seed; 6, pure and germinable seed.

Many warnings have been given of the danger of introducing noxious weeds on the farm by purchasing grass or clover seed containing impurities. The value of clover seed should be judged not by its price per bushel, but

by the proportion of good germinable seed. The illustration shows the amount of good seed and the waste in a sample costing \$3.50 per bushel. It contains nearly 39 per cent. of yellow trefoil and more than half of the total was waste.

### Feeding Ewes Before Lambing—

In the feeding and management of ewes, it is extremely important that they should have ample opportunity for exercise. Exercise is quite as important as the feed they receive. If the ewes are in good condition when taken into the pens in the fall, it would probably not be necessary to feed them any grain during the first part of the winter. A little clover hay and roots (turnips preferred) will furnish them with practically all they require. As to the amount of turnips, would not recommend feeding more than three or four pounds of turnips to a ewe in a day. If pea straw is substituted for part of the clover hay, it may be necessary to feed a light grain ration. For at least a month or six weeks before the lambs begin to come, it is a good plan to feed rather fewer roots, say not more than two pounds per ewe per day, and to commence feeding a light grain ration. Oats and bran make about the safest food for this purpose and a pound of grain per day per ewe should be sufficient. If the ewes are very thin, it may be necessary to feed somewhat more heavily, but it would be preferable to commence grain feeding earlier and to continue the light ration throughout. Of course there are many methods of feeding sheep, but the plan as outlined will give good results provided the ewes are given plenty of exercise, which is extremely important as previously noted.

### Treatment for Colds—

An experienced poultryman suggests the following for colds in fowls: The chief danger from colds is the possibility of developing roup, that most dreaded of all diseases among poultry. Of course, prevention is better than cure, and this is readily given by seeing that the fowls and pullets have a chance to get under cover when it rains, and that their houses are dry and comfortable. Have at least a portion of the house covered with chaff, on which the fowls may walk and warm their feet. If a cold is detected among the birds, and especially if it is of a catarrhal nature, prepare the following mixture: One fluid ounce of alcohol, ten drops tincture of spongia and ten drops tincture of bryonia. Mix these ingredients thoroughly and put one-half teaspoonful in each quart of drink. If taken in time, this remedy will kill an incipient cold very quickly. During the colder days of winter see that the drinking water given the poultry is quite warm, indeed, as hot as they can drink it. This will do much toward preventing colds if the fowls are chilly.

### Winter Dairying Inexpensive—

As soon as we begin to figure on the value of pastures we will find that winter dairying is not so expensive after all. Salting is one of the most important parts of good buttermaking. It takes an artist to know just how it should be done.

## SAVING PAINT MONEY

It Cannot Be Done by Using Cheap Material and Cheap Painters.

In arranging for painting, a good many property-owners try to save money by employing the painter who offers to do the job cheapest—or try to save money by insisting on a low-priced paint. But no property-owner would run such risks if he realized that must be taken into consideration in order to get a job that will wear and give thorough satisfaction. No houseowner will go wrong on the painting question if he writes National Lead Company, 1902 Trinity Building, New York, for their Houseowner's Painting Outfit No. 49, which is sent free. It is a complete guide to painting. It includes a book of color schemes for either exterior or interior painting, a book of specifications, and an instrument for detecting adulteration in paint materials.

Nearly every dealer has National Lead Company's pure white lead, (Dutch Boy Painter trademark.) If yours has not notify National Lead Co., and arrangements will be made for you to get it.

### Foolish Oversight.

"How does it happen, Jane," snapped the angry mistress, "that I saw you feeding that policeman with pie in the kitchen last evening?" "I forgot to plug the keyhole, ma'am."

### \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. *Blair's Catarrh Cure* is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. *Blair's Catarrh Cure* is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and securing a natural cure. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: J. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

### Tropical Dreams.

We advocate cold storage as our first and most pressing alleviation in the matter of fruit and provisions; the refrigeration of our residences and ourselves might follow as an ultimate luxury in tropical exile.

Time is the best test. For over fifty years Hamlin's Wizard Oil has been the most popular remedy in the United States for the cure of Rheumatism, Neuralgia and all pain and inflammation.

A man's bravery isn't always to his credit. Many a man hasn't sense enough to be afraid.

Do not force yourself to take offensive (and harmful) drugs—take Garfield Tea, Nature's Herb Laxative; it overcomes constipation, purifies the blood, brings health!

It doesn't take much to satisfy most people who are self-satisfied.

There is nothing more uncertain than a sure undertaker.

Tonight hot biscuit and Canada Sap Syrup.

Every spinster knows how to manage a husband, but—

N D N U —NO. 17— 1909

# Let Me Tell You Something

A woman who is sick and suffering, and won't at least try a medicine which has the record of Lydia E. Pinkham's Vegetable Compound, is to blame for her own wretched condition.

There are literally hundreds of thousands of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over thirty years ago by a woman to relieve woman's suffering.

Read what these women say:

Camden, N. J.—"It is with pleasure that I send my testimonial for Lydia E. Pinkham's Vegetable Compound, hoping it may induce other suffering women to avail themselves of the benefit of this valuable remedy. "I suffered from pains in my back and side, sick headaches, no appetite, was tired and nervous all the time, and so weak I could hardly stand. Lydia E. Pinkham's Vegetable Compound made me a well woman—and this valuable medicine shall always have my praise."—Mrs. W. P. Valentine, 902 Lincoln Ave., Camden, N. J.

Erie, Pa.—"I suffered for five years from female troubles, and at last was almost helpless. I tried three doctors but they did me no good. My sister advised me to try Lydia E. Pinkham's Vegetable Compound, and it has made me well and strong. I hope all suffering women will just give Lydia E. Pinkham's Vegetable Compound a trial, for it is worth its weight in gold."—Mrs. J. P. Endlich, R. F. D. 7, Erie, Pa.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound had the virtue to help these women it will help any other woman who is suffering from the same trouble.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

If the slightest trouble appears which you do not understand, write to Mrs. Pinkham at Lynn, Mass., for her advice—it is free and always helpful.



## CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

*Wm. A. Ritchie*

In Use For Over Thirty Years

## CASTORIA

## WRIGLEY

Crush! go the mint leaves! OUT flows the delicious mint leaf juice!

WRIGLEY'S Spearmint is full of it—and you can't chew it out.

## MAPLEINE

For DISTEMPER

SPORN MEDICAL CO., CHICAGO, ILL., U. S. A.

## WOODWARD & COMPANY

Duluth GRAIN COMMISSION Minneapolis

## No Matter

This Trade-mark Eliminates All Uncertainty

in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of every keg of white lead you buy.

NATIONAL LEAD COMPANY 1902 Trinity Building, New York

## WHAT JOY THEY BRING TO EVERY HOME

as with joyous hearts and smiling faces they romp and play—when in health—and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature, and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co. Syrup of Figs and Elixir of Senna has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs and Elixir of Senna has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs and Elixir of Senna, obtained by an original method, from certain plants known to them to act most beneficially, and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy, and hence we are free to refer to all well informed physicians, who do not approve of patent medicines and never favor indiscriminate self-medication.

Please to remember and teach your children also that the genuine Syrup of Figs and Elixir of Senna always has the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

## PUTNAM FADELESS DYES