

**Peruna Secrets You Should Know**



Golden Seal Root.

Golden Seal, the root of the above plant, is a very useful medicine. Many people gather it in our rich woodlands during the summer. Few people know how valuable it is in dyspepsia, catarrh, and as a general tonic.

Many thousand pounds of this root are used each year in the famous catarrh remedy, Peruna. This fact explains why everybody uses Peruna for catarrh.



**Pla-Mate Shoes**  
The Best Shoes for Children

For 36 years we have done nothing but make children's shoes. Everything we have learned is embodied in the Pla-Mate Shoes—the best shoe made anywhere for little folks. See the shape, it means comfort and allows the feet to develop along natural lines. The soles are of clear oak, veils are genuine Goodyear, and full extension heels for protecting uppers. These points mean that a pair of Pla-Mate Shoes will outlast two pairs of any other shoe. They come in lace, button and oxford shape and in all sizes from 4 to 12. Just try one pair, see how the children enjoy them, and notice how long they wear. If not in stock at your dealers, send us his name, stating size and style desired and we will see that you are supplied.

WILLIAMS, HOYT & CO., Rochester, N. Y.

**KISS! EVERYBODY!**

WRIGLEY'S SPEARMINT PEPSIN GUM TASTES

is fine for your breath finer yet for digestion

The flavor lasts

Look for the spear

The Modern Razor  
NO STROPPING NO HONING

TRADE MARK **Gillette** MARK

KNOWN THE WORLD OVER

WRIGLEY'S SPEARMINT

**Sickly Smile**

Wipe it off your otherwise good looking face—put on that good health smile that **CASCARETS** will give you—as a result from the cure of Constipation—or a torpid liver. It's so easy—do it—you'll see.

CASCARETS 30c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

WRIGLEY'S SPEARMINT FIRE FLAVOR TASTES

**PARKER'S HAIR BALSAM**

Cleanses and beautifies the hair. Promotes a luxuriant growth. Reverses Falls to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 25c and \$1.00 at Druggists

If afflicted with sore eyes, use Thompson's Eye Water

Save the Baby—Use

**PISO'S CURE**

THE BEST MEDICINE FOR COUGHS AND COLDS

Should be given at once when the little one coughs. It heals the delicate throat and protects the lungs from infection—guaranteed safe and very palatable.

All Druggists, 25 cents.

**CITY LIFE HARDER**

FARMER'S WIFE NEED NOT ENVY HER URBAN SISTER.

Prevalent Belief That the Farmer is a Household Drudge Disproved by Facts—Proper Comparison of Conditions.

BY CLINTON M. SHULTZ.  
Does the farmer's wife work too hard? Is she a greater drudge than the city housewife? Is her health broken by toil more quickly than that of the woman of the city?

It is a prevalent belief that as compared with a city housewife the farmer's wife has a harder lot in life. We do not believe it. It is true that a farmer's wife, particularly in her early days of married life, works hard, but so must the wife of a city mechanic. The farmer's wife works to secure a home and a competence for herself and her family and in order that she may spend her declining years in comfort and peace, while the life of a mechanic's wife from her wedding day to her death is, as a rule, a never-ending bitter struggle to make the inadequate income of her husband meet the demands of the family.

Very few mechanics working for day wages ever secure a competency to care for them in their old age. It is hard work down to the bitter end, and the city housewife is confined to the narrowest social limitations and comforts of every day life.

The farmer's wife must rise early and cook three meals a day for her hungry husband and boys, but she has an abundance for her table growing at her kitchen door and is rarely obliged to economize in food. The mechanic's wife must rise even earlier in order to prepare her husband's breakfast in time for him to make a journey of four or five miles or even greater distances in time to be at his place when work begins, and often she is obliged to practice the most rigid economy in order to provide food for her table.

The farmer's wife lives in a clean atmosphere, in a riot of sunshine and sweet air, while the mechanic's wife, often during her whole life is confined to three or four small rooms to which she must climb up long flights of stairs, and is only able to snatch an occasional breath of air or feel the sun's warmth for an hour in a crowded city park.

Modern conveniences can now be found in thousands of farmhouses all over the land. Equipped with bathtubs, hot and cold water, acetylene gas, telephones and every modern aid to good living, the farmer's home is far more comfortable, on the average, than the home of the city mechanic.

Life in a city flat is depressing and has a narrowing influence upon the lives of women. The telephone and the trolley have banished the isolation under which formerly farmers' wives suffered and have brought them into as close relation with their relatives, friends and neighbors as that enjoyed by the wife of the city worker.

City life has many attractions for women and possesses many advantages to people who have the money to pay for them. But, taking the life of the wife of the average farmer and the wife of the average city mechanic, there is a breadth and hopefulness and sweetness and comfort for the farm woman which can never be attained by the dweller in a city flat.

**To Clean a Sponge Quickly.**

Put the juice of a large lemon into a bowl, and add a tablespoonful or so of cold water. Put the sponge in this, and squeeze and press it about in the liquid for a minute or two. Turn it over and leave it for ten minutes. Afterwards put it into clear cold water to draw out the acid; rinse in two or three different waters, press and hang it out in the air till dry, passing a piece of twine through it so as to suspend it.

**Seafoam Candy.**

Put three cups of light brown sugar, a cup of water and a tablespoon of vinegar into a saucepan. Heat gradually to the boiling point, stirring only until the sugar is dissolved. Then boil without stirring until the mixture forms a hard ball when tested in cold water. Remove from the fire when it stops bubbling, pour the mixture into the stiffly beaten whites of eggs, beating constantly. Beat until it becomes quite stiff, then add a cup of chopped nut meats. Drop from a spoon on buttered tins.

**Walnut Wafers.**

Beat two eggs until light, then add one-half pound light brown sugar that has been rolled fine, one-half pound of chopped nuts, three even teaspoonfuls of baking powder. Drop small spoonfuls on buttered pans and bake until light brown.

**English Pudding.**

One cup molasses, half cup butter, one cup sweet milk, three cups flour, one teaspoonful soda, half teaspoonful all kinds of spices. Steam three hours

**A RENDEZVOUS IN 1911.**



"Here I've been sitting for two hours, and there's no sign of him."

**CURED ITCHING HUMOR.**

Big, Painful Swellings Broke and Did Not Heal—Suffered 3 Years.

Tortures Yield to Cuticura.

"Little black swellings were scattered over my face and neck and they would itch so I couldn't keep from scratching them. Larger swellings would appear and my clothes would stick to the sores. I went to a doctor, but the trouble only got worse. By this time it was all over my arms and the upper part of my body in swellings as large as a dollar. It was so painful that I could not bear to lie on my back. The second doctor stopped the swellings, but when they broke the places would not heal. I bought a set of the Cuticura Remedies and in less than a week some of the places were nearly well. I continued until I had used three sets, and now I am sound and well. The disease lasted three years. O. L. Wilson, Puryear, Tenn., Feb. 8, 1908."

Potter Drug & Chem. Corp., Sole Props., Boston.

**United States Leads in Good Work.**

In Germany there are 99 public sanatoria for adult consumptives with 10,539 beds, besides 36 private sanatoria with 2,175 beds. In 18 sanatoria for children with tuberculosis there are 837 beds a total of less than 13,000 beds. The United States has provided over 300 sanatoria with 15,000 beds, showing that this country is in the lead in the anti-tuberculosis war. France has only 12 sanatoria for adult consumptives, with a total capacity of 148 beds. All of these institutions are private except the sanatorium at Agincourt.

There is more Catarrh in this section of the country than all other diseases put together, and until the few years ago was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 7c.

Take Hall's Family Pills for constipation.

**Case of Loneliness.**

Knicker—Why does he keep so many servants, do you know?

Bocker—He got one girl because it was so lonely for his wife, and another because it was so lonely for the cook, and the third because it was lonely for cook and the waitress.—Puck.

The U. S. Government has bought 25 Gross (3,600 boxes) of Rough on Rats to send to the Panama Canal Zone, because it does the work. The old reliable that never fails. The unbeatable exterminator. 15c, 25c, 75c.

**Do You Know Him?**

"What sort of a chap is he?"  
"Well, he's one of those fellows who think that anything mean is a joke if it isn't on him."

Stop guessing! Try the best and most certain remedy for all painful ailments—Hamlin's Wizard Oil. The way it relieves all soreness from sprains, cuts, wounds, burns, scalds, etc., is wonderful.

It seems strange to the masculine intelligence that many a woman who is afraid of a mouse isn't a bit afraid of her husband.

**DR. J. H. RINDLAUB (Specialist),**  
Eye, Ear, Nose and Throat.  
Fargo, N. D.

The rule of three is fully recognized by the man who lives with his mother-in-law, his wife and his first baby.

The proprietor of Wrigley's Spearmint chewed it in preference to all his other brands before he advertised it.

Don't think that because a man is willing to lend you a helping hand he'll stand for a touch.

**LOSE NO SLEEP** through a nagging cough or irritated throat. Allen's Lung Balsam will heal the affection quickly and harmlessly. All druggists. 25c, 50c and \$1.00 bottles.

Ever hear of a man getting rich by following the advice given in books on the subject?

**Mrs. Winslow's Soothing Syrup.** For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c bottle.

Boarding house coffee is one of the things that are well roasted

**Judge's Sarcastic Advice.**

Mr. Choate, having arrived at the "old-sighted age," did not recognize it, or did not wish to commence the use of glasses. In pleading a cause he had difficulty in seeing his notes, and in order properly to decipher his manuscript kept holding his paper farther and farther off. On one occasion this so annoyed the judge that he at last burst out with: "Mr. Choate, I would advise you to get one of two things, either a pair of tongs or a pair of spectacles."

**Ladies Can Wear Shoes**  
One size smaller after using Allen's Foot-Ease, the antiseptic powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails. Always use it to Break in new Shoes. At all Druggists, 25c. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N. Y.

Nature helps every man to become that which he desires to become. If he put forth no effort Nature assumes he wishes to be a nobody, and grants his prayer.—Elbert Hubbard.

**Pettit's Eye Salve Restores.**  
No matter how badly the eyes may be diseased or injured. All druggists or Howard Bros., Buffalo, N. Y.

Only a disinterested third party is able to realize that there are two sides to a question.

Don't think Wrigley's Spearmint only whitens the teeth. It helps digestion and perfumes the breath.

The bravery of some men is like that of bulldogs; they haven't sense enough to be afraid of anything.

**WE PAY HIGH PRICE FOR HIDES** and furs, & sell guns and traps cheap. N. W. Hyde & Fur Co., Minneapolis, Minn.

If we all had our own way other people would quickly get out of it.

Greatest health exercise known! Chew Wrigley's Spearmint.

When duty calls on a man he is apt to be out.

Wrigley's Spearmint soothes better than a cigar—costs less than a cigar.

The man who has been down can appreciate being up in the world.

**WAS ON TO HIM.**



"Good morning, ladies!"  
"Aw, g'wan! You've needn't come around bein' so polite, just because you see we're eatin' apples!"

**They Were Shady.**

Bung—So you have succeeded in tracing back my ancestors? What is your fee?

Genealogist—Twenty guineas for keeping quiet about them.—Cassell's Saturday Journal.

**School epidemics**

Easily forestalled, if not prevented by having all the walls Alabastined during vacation. All germs killed when you use

**Alabastine**  
The Sanitary Wall Coating

Alabastine is suitable for use on plastered walls, wood ceilings, brick or canvas. Alabastine is an alabaster powder ready to mix with cold water and apply with a wall brush

Try it. All dealers.

**DEFIANCE STARCH** easiest to work with and starches clothes nicest.  
N. D. N. U., NO. 44-1909.

**Dr. Pierce's Favorite Prescription**

Is the best of all medicines for the cure of diseases, disorders and weaknesses peculiar to women. It is the only preparation of its kind devised by a regularly graduated physician—an experienced and skilled specialist in the diseases of women.

It is a safe medicine in any condition of the system. **THE ONE REMEDY** which contains no alcohol and no injurious habit-forming drugs and which creates no craving for such stimulants.

**THE ONE REMEDY** so good that its makers are not afraid to print its every ingredient on each outside bottle-wrapper and attest to the truthfulness of the same under oath.

It is sold by medicine dealers everywhere, and any dealer who hasn't it can get it. Don't take a substitute of unknown composition for this medicine of KNOWN COMPOSITION. No counterfeit is as good as the genuine and the druggist who says something else is "just as good as Dr. Pierce's" is either mistaken or is trying to deceive you for his own selfish benefit. Such a man is not to be trusted. He is trifling with your most priceless possession—your health—may be your life itself. See that you get what you ask for.



**Smokeless Oil Heater**

The automatically-locking Smokeless Device is an exclusive feature of the Perfection Oil Heater. This

**Automatic Smokeless Device**

doesn't allow the wick to rise to a point where it CAN smoke, yet permits a strong flame that sheds a steady, glowing heat without a whiff of smoke.

No other heater in the world compares with the

**PERFECTION Oil Heater**

(Equipped with Smokeless Device)

Turn the wick high or low—no smoke, no smell. Burns for 9 hours with one filling.

The locking device on the inside of the draught tube holds the wick below the smoke zone—always responds, and automatically, insuring perfect combustion and utmost heat without the slightest trace of smoke. Oil Indicator. Damper top. Cool handle. Finished in Nickel or Japan in a variety of styles.



Every Dealer Everywhere. If Not Yours, Write for Descriptive Circular to the Nearest Agency of the

**CONTINENTAL OIL COMPANY**  
(Incorporated)

ESTABLISHED 1879  
Ship your **BARLEY, FLAX** and **WHEAT** to

**WOODWARD & CO.**  
MINNEAPOLIS DULUTH