

## Get "In the Game"

but remember you must be strong and robust to win. A sickly person is the loser in every way; but why remain so?

## HOSTETTER'S STOMACH BITTERS

will aid digestion and help you back to health and strength. Try a bottle today. Avoid substitutes.



America's Vast Corn Field. The combined area of the corn fields of the United States is nearly equal to the area of France or Germany.

## GOLD IN THE HEAD

Is the First Chapter in the History of Chronic Disease.

A cold in the head is the first chapter in the history of disease and death. This has been so often repeated that there are few people indeed who have not witnessed many examples of it.

A cold in the head is rarely severe enough to confine a vigorous person to the house. As a rule, it ends in recovery without any treatment. This has led many people to regard a cold in the head as of no importance. It is a terrible mistake, however, to pass by a cold in the head as a trivial matter. Each case should be treated.

Those who have used Peruna for such cases will testify unanimously that a few doses is sufficient to remove every vestige of the cold. How much better it is to treat a cold in this way than it is to allow it to go on and on for weeks, perhaps months, leaving effects that will never be eradicated.

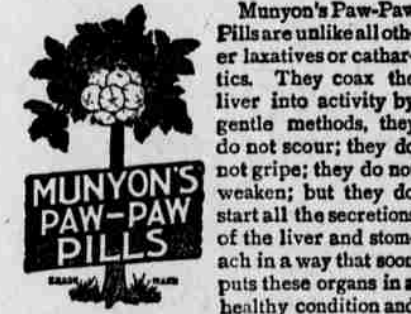
Yet there are those who neglect to take Peruna for a cold in the head. This neglect is due to the false notion that a cold in the head is hardly worth noticing.

A cold in the head is in reality a case of acute catarrh. It ought to be called so, in order to awaken people from their lethargy on this subject. In a large per cent of cases cold in the head will end in chronic catarrh. Unless properly treated with some such remedy as Peruna, perhaps 50 per cent of cases of cold in the head will lay the foundation for chronic catarrh.

A tablespoonful of Peruna should be taken at the very first symptom of cold in the head. Usually where the cold is not very severe a tablespoonful of Peruna before each meal and at bedtime is sufficient. It may be necessary, however, where the attack is more serious, to keep strictly in the house and take a tablespoonful of Peruna every hour. Younger people, feeble or delicate women, should take a teaspoonful every hour.

Quite So. "Love is a joint stock concern," murmured the girl. "Sort of a holding company," opined the young man, as he gently shifted her to his other knee.

## CONSTIPATION



Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods; they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

## CARE OF SETTING HEN

Nothing Will Dislodge Perfectly Hard-Working Matron.

Box or Barrel Laid on Side, Painted Inside With Carbolineum or Some Other Good Lice Paint, Is Suitable Nest.

(By PROF. JOHN WILLARD BOLTE.)

A setting hen is a perfectly respectable hard working matron, suffering from an acute attack of spring fever. She will not work, she refuses to lay or even talk about it, and she develops a very crabbed disposition in a remarkably short length of time. Seeking out some chosen nest she takes possession, by force, if necessary, and proceeds to occupy it for about 23 hours and 25 minutes every day. She leaves it secretly and in silence, only when food is necessary. Having satisfied her wants, she suddenly remembers that unguarded nest, and makes for it with great speed and confusion.

It matters not whether the nest contains eggs or a doorknob, it is dear to her, and nothing will dislodge her. There she will hold the fort until her motherly longing is satisfied in a brood of little downy peepers. The writer once hatched three successive broods of chicks under the same hen, the hen setting for 75 consecutive days, and coming off the nest reluctantly and in good health at the end of that time.

The best way to detect a broody hen is to look through the nests after dark and see whether there are any hens on them. If so, they should either be brought up or placed on some worthless eggs in the hatching quarters, as they do harm in the regular laying pens by partially incubating eggs and fighting with all the other hens.

Almost any concave nest, well lined with hay, will do for setting a hen. Take a box, or barrel laid on its side, paint it inside with carbolineum or some other good lice paint, and form the nest out of earth with two inches of hay covering it.

Be sure to get the corners filled so that the eggs cannot roll into them. Have the edge of the box not over three inches higher than the eggs, so that the hen will not jump on them. Dust the hen with insect powder, place her on the nest on some dummy eggs, and cover her with another, ventilated box. Let her off in 24 hours, and if she goes back again, it will be safe to put good eggs under her.

Use an odd number of eggs, depending upon the size of the hen and the season. Thirteen in cold weather and 15 in warm, is about right for a Plymouth Rock hen.

Keep whole corn and pure water at hand and let the hen take care of herself. The chicks usually begin to hatch on the twenty-first day. Let them alone until the night of the twenty-second day. Then move her and the chicks to a warm, dry coop and do not feed the chicks until the twenty-fourth day.

It is a good plan to set two hens at the same time and give all of the chicks to one hen after they are hatched.

## TO MAKE SWINE PROFITABLE

Beginner Will Do Well by Adopting One Breed, Standing by It and Work for Improvement.

With the number of excellent breeds of swine from which any one at the present day may make a choice it is a waste of time for a breeder to undertake to create a strain of his own by crossing the Chester White on the Poland China pig, although there are some instances where this has been done with pronounced success.

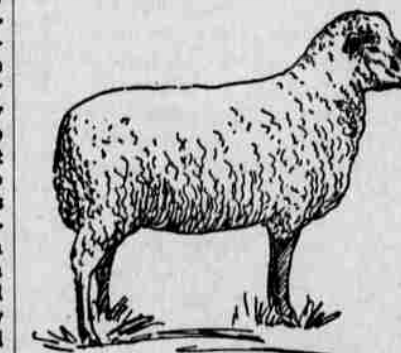
The beginner will do better by adopting one breed, standing by it

## SHEEP HELP ON MANY FARMS

Besides Being Money-Makers, They Will Destroy Many Noxious Weeds—Range Bred Best.

(By W. A. LINKLATER, Oklahoma Experiment Station.)

It would add to the revenue of many farms if a flock of sheep were



Excellent Type.

kept. Besides being profitable they are great weed eaters. They will eat five out of six of our known weeds,

and working for improvement in the family rather than in the race. A man with even limited capital may be able to get a good start by knowing what to purchase. Excellent young sows bred for fall or spring farrow can be bought for \$40 to \$50, good male pigs for \$25, or those old enough for service for \$50, writes W. F. McSparran in the Country Gentleman. There is a question whether one need ever pay any more than these prices for some of the very best untried stock.

The animals should be fed well and wisely, as their subsequent improvement will result from feed, care and selection. The sow should produce two litters a year, about ten pigs the first year, although often she will do much better than that and sometimes not so well. If she is bred too young or is too fat at the time of breeding, the first litter, at least, will probably be small in number.

The breeder must know the type of animal he desires and select with that in view. If the offspring of a given sire have predominating characteristics of the kind approved, by all means breed this sire to his best daughters, and if his points of merit are prepotently fixed one can expect to secure the proper offspring.

Do not scoff at pedigree, for it means the record of the blood of your



Decidedly Unprofitable.

herd. Also, do not pay money for a pedigree, but spend it liberally for the ideal hog with a pedigree equal to his merits. There is abundant chance for selection from prolific swine. The young sow may farrow at from twelve to sixteen months of age. A mature sow should produce twelve to eighteen pigs a year, which will give you plenty of stock to select from.

## NEED OF GOOD DAIRY SIRE

Cheapest Investment Farmer Can Make Is Purchase of Pure Bred Bull to Build Up Herd.

(By RAY P. SPEER, Minnesota College of Agriculture.)

It has been demonstrated again and again that the cheapest investment that can be made by a farmer who is trying to build up the standard of a herd of cattle lies in the purchase of a good pure bred bull. It is not necessary to buy several high priced females as a basis for the average herd nor is it economical.

A striking proof of this has been shown on the cattle show circuit at various state fairs last fall. One of many instances will suffice. Recently a prominent state fair judge had to choose between two cows with the same dam, but sired by different bulls for the female championship of the breed. So strikingly similar in type was each of them to its own sire though the dam was the same, that there was no trouble in distinguishing between the two. The one that had been produced by the more outstanding sire was so superior to the one that had been produced by the less superior bull that there was no trouble about the selection.

The principle illustrated is of practical value to the farmer who is thinking of beginning a herd with limited capital, or has a very common herd that he desires to grade up. An average group of calves will be far superior to their commonly bred mothers if a good pure bred bull is used. Such a bull can be purchased very reasonably if proper care is taken by the purchaser.

where a cow or horse will eat only one out of every six.

Range bred sheep are the right kind for the average farmer to buy. Such sheep will be grade Merinos and if they carry a cross of Shropshire, Lincoln or other mutton blood, so much the better. It would not be advisable to buy Mexican sheep or low grade sheep of any other kind.

The ewes purchased for the foundation flock should be good, large animals from one to four years old, and weighing more than one hundred pounds. Where possible it would seldom be practical to start with less than 50 ewes, and a larger number would be better still. A flock of a dozen would require almost as much care as 50 or 100.

The reason we recommend buying range bred grade Merino ewes is that thousands of these are available, while Dorsets are not to be had in large numbers.

These fall or early winter lambs by good feeding and care can be made to weigh 90 to 100 pounds by May 1, when they will find a ready market and will always be in demand.

**W. L. DOUGLAS**  
\$3.00 \$3.50 \$4.00  
\$4.50 AND \$5.00  
**SHOES**  
FOR MEN AND WOMEN  
BEST BOYS SHOES in the WORLD  
\$2.00, \$2.50 and \$3.00.  
The largest makers of Men's \$3.50 and \$4.00 shoes in the world.  
Ask your dealer to show you W. L. Douglas \$3.50, \$4.00 and \$4.50 shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody.  
If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price.  
If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory and save the middleman's profit. Shoes for every member of the family, at all prices, by Parcel Post, postage free. Write for Illustrated Catalog. It will show you how to order by mail, and why you can save money on your footwear.  
W. L. Douglas name is stamped on the bottom.  
W. L. DOUGLAS - Brockton, Mass.

## SAVE TIME ON IRONING DAY

Attention to These Small Details Will Lighten Labor and Result in Better Work.

When ironing small articles, such as napkins and handkerchiefs, do not let your iron cool while you do the folding. Iron a table napkin straight and true and dry on the wrong side; lay it aside and iron another and keep on as long as your iron keeps hot enough. Then place the iron on the stove and pull the napkins with the hands and you have the loose folds used by the best housekeepers. Also the thread of the linen stands out nicely on the right side, as does any hemstitching or embroidery that may be there. Linen towels should be done this way, and the most common ones will look wondrously fine, not to mention the appearance of the best ones, says the Washington Herald.

Pillow slips being double, must be ironed on the wrong side and laid aside. When ready to put away in boxes, fold in required size with the hands. Fold your table cloths once wrong side out, and iron on both sides of fold. Place irons on the fire, then fold tablecloth loosely. Treat linen sheets the same way, but cotton ones may be folded twice before ironing.

## Distemper

In all its forms, among all ages of horses and dogs, cured and others in the same stable prevented from having the disease with Spohn's Distemper Cure. Every bottle guaranteed. Over 500,000 bottles sold last year. \$50 and \$1.00. Good druggists, or send to manufacturers. Agents wanted. Write for free book. Spohn Med. Co., Spec. Contagious Diseases, Goshen, Ind.

## Test of Sobriety.

Many shibboleths have been devised for testing sobriety. George Meredith, who doubtless could have evolved some wonderful examples, had he chosen, calls them "oinometers, or methods of determining the condition of man, according to the degrees of wine or beer in him." One of the most snarful of these is the sentence, "Give James Grimes' gilt gig-whip, and a cup of coffee from a copper coffee pot."—London Chronicle.

## FREE ADVICE

For the cure and prevention of every disease with HERBS—NATURE'S OWN REMEDIES. Are you sick? Have you a friend that's sick? Write today for symptom blank and we will diagnose your case free of charge and tell you what remedies are needed to cure yourself at home. Aid Dept. American Herb Doctor, 4168 Arcade Bldg., Seattle, Wash.

## Memory Gems for Children.

Children learn readily of right thinking and right doing through anecdote and memory gems. We cannot give them too many memory gems, provided they are suited to their age and intelligence. Every thought will not affect every child, but every thought will affect some child. Robert Louis Stevenson said he was brought up on poetry and stories, and these poems and stories were the source of his later inspiration.

## New Material.

A new development of the toweling material is now being shown. On the back this has the same appearance as pique, while on the right side the little hoops of thread are arranged in even rows. A heavy thread of black or dark color appears at intervals of an inch.

## FILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 60c.

## Butcher Shop for Cats.

There is a butcher shop in New York city that is unique in one way at least. It has been there more than 30 years. From the very beginning its proprietor, in addition to his regular business, has made a specialty of furnishing appetizing meals for cats. Every morning there is set forth on a long counter about 100 trays of cats' meat.

## Tripe and Liver Fricassee.

Take equal weights of tripe and liver. Fry the liver in strips; cut some cold-boiled tripe in the same way, flour it and fry it also. Then cover with a thick brown gravy or stock. Serve hot, garnish with fried parsley and little heaps of fried onion.

## Feathers.

"A man might succeed in feathering his own nest," remarked the Observer of Events and Things, "if so much of his money did not go towards putting them on his wife's hats."

## Use Sea Water in Baking.

The local papers are complaining about the size of the bread sold by the Iroquois bakers, who, besides charging two and one-half cents for a loaf of bread of 22 grams weight, it is said are using sea water in their bakeries.—From the West Coast Leader, Lima, Peru.

## WOMAN'S ILLS DISAPPEARED

Like Magic after taking Lydia E. Pinkham's Vegetable Compound.

North Bangor, N. Y.—"As I have



used Lydia E. Pinkham's Vegetable Compound with great benefit I feel it my duty to write and tell you about it. I was ailing from female weakness and had headache and backache nearly all the time. I was later every month than I should have been and so sick that I had to go to bed.

"Lydia E. Pinkham's Vegetable Compound has made me well and these troubles have disappeared like magic. I have recommended the Compound to many women who have used it successfully."—Mrs. JAMES J. STACY, R.F.D. No. 3, North Bangor, N. Y.

## Another Made Well.

Ann Arbor, Mich.—"Lydia E. Pinkham's Vegetable Compound has done wonders for me. For years I suffered terribly with hemorrhages and had pains so intense that sometimes I would faint away. I had female weakness so bad that I had to doctor all the time and never found relief until I took your remedies to please my husband. I recommend your wonderful medicine to all sufferers as I think it is a blessing for all women."—Mrs. L. E. WYCKOFF, 112 S. Ashley St., Ann Arbor, Mich.

There need be no doubt about the ability of this grand old remedy, made from the roots and herbs of our fields, to remedy woman's diseases. We possess volumes of proof of this fact, enough to convince the most skeptical. Why don't you try it?

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Try once more if you have been doctoring with this one and that one and have not obtained permanent relief. Let this great nature healer diagnose your case and prescribe some remedy whose action is quick, sure and safe. His prescriptions are compounded from Koota, Herbs, Buds and Bark that have been gathered from every quarter of the globe. The secrets of these medicines are not known to the outside world, but have been handed down from father to son in the physicians' families in China.

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