

PROCESSES OF ST. JOSEPH

RELY ON PE-RU-NA TO FIGHT CATARRH, COUGHS, COLDS, GRIP



SISTERS OF ST. JOSEPH

Use Pe-ru-na for La Grippe and Winter Catarrh.

IN EVERY country of the civilized world the Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs.

Whenever coughs or colds, la grippe or influenza, are prevalent among the children these Sisters are always ready to help them.

With so many children to take care of and to protect from climate and disease these wise and prudent Sisters have found Pe-ru-na a most valuable safeguard.

Pe-ru-na has become our favorite medicine for influenza, catarrh, cold, cough and croup.

Another recommendation from a Catholic institution of one of the Central States written by the Sister Superior reads as follows:

"I have used Pe-ru-na for influenza, catarrh, cold, cough and croup. It has been of great service to the inmates of this institution."

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These are samples of letters received by Dr. Hartman from the various orders of Catholic Sisters throughout the United States.

The names and addresses to these letters have been withheld from our columns to the Sisters, but will be furnished on request.

One-half of the diseases which afflict mankind are due to some catarrhal disengagement of the mucous membrane lining some organ or passage of the body.

A remedy that would act immediately upon the congested mucous membrane, restoring it to its normal state, would consequently cure all these diseases. Catarrh is catarrh wherever located, whether it be in the head, throat, stomach, kidneys or pelvic organs. A remedy that will cure it in one location will cure it in all locations. Pe-ru-na catarrh wherever located.

If you do not derive prompt and satisfactory results from the use of Pe-ru-na, write at once to Dr. Hartman, giving 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, Ohio.

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SISTERS OF CHARITY

All Over the United States Use Pe-ru-na for Catarrh.

A recommendation received from a Catholic institution in the Southwest reads as follows:

A prominent Mother Superior Says: "I can testify from experience to the efficiency of Pe-ru-na as one of the very best."

France uses More Sugar.

In consequence of the reduction of the import duties on sugar which came into force on Sept. 1 last year, the amount consumed in France in the three months following showed an increase of 27,000 tons.

10,000 Plants for 16c.

The great offer of the John A. Sillor Seed Co. is a chance for you. They will send you their big seed catalog free to every farmer who sends for it.

2,000 delicious Carrots.
2,000 fine, healthy Lettices.
1,000 splendid Onions.
1,000 superbly brilliant Flowers.

When a man's ways please his host world it is time to line them up with the will of the host.

Many men stick to a good thing with such tenacity that it fails to please agreeable.

Many School Children Are Sickly.

Mother Gray's Sweet Powders for Children, sold by Mother Gray, a nurse in Children's Home, Fortak up-wards of 250,000 boxes of Feverishness, Headache, Stomach Troubles, Teething Disorders and Destructive Worms At Large, etc. Write for free literature. Address Allen S. Olmsted, Le Roy, N. Y.

Sixty-one of the eighty-eight United States senators are lawyers.

YELLOW CLOTHES ARE ESSENTIAL.

Keep them white with Red Cross Bull Brand All-Colors and large 2c. packets of Oxoid.

Rushing the growler causes the grumbler and the anarchist.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 50c.

Prayer is rarely a privilege where it is duty.

Prayer cannot be too high, because of a power cure—J. W. O'HARRE, 422 Third Ave., New York, N. Y., and 300.

Truth has nothing to fear from the future.

"If to yourself some strength you'd take, Just start the day with Maple-Flake."

Maple-Flake

Flaked Whole and Pure Maple Syrup.

A food with a flavor which pleases, and with strength giving elements that impart vitality and energy to every part of the body.

It builds better muscle, makes better blood, and its continued use is the most certain way of curing and avoiding indigestion and dyspepsia.

AN IDEAL FOOD FOR YOUNG OR OLD.

ASK THE GROCER

A Two Cent Stamp will bring you one of our little "color barometers" by which you can forestall the changes in weather. Also little booklet telling many valuable things about Maple-Flake.

HYGIENIC FOOD COMPANY, BATTLE CREEK, MICH. and BUFFALO, NEW YORK.

Presidents at BATTLE CREEK, MICH., and BUFFALO, NEW YORK.

DOLLARS AND CENTS.

It dollars and cents that rule the world with rods as the nursing bed. But the dollars and cents are un-
When cents as the fountain head. The banner of love for a fellow man and the banner of the present time. To keep humanity in the van and to keep dollars and cents.

For dollars and cents won't always win and will show a potent way. There's something in coming in and love will swell some day. It's all there in the world of strife and the world of peace. You can take some love at the close of the day and the world will be a rhyme. And that rhyme will be hearts.

For there's nothing else in life, my boy, can bring you sunshine, hope, and joy. It's all there in the world of strife and the world of peace. You can take some love at the close of the day and the world will be a rhyme. And that rhyme will be hearts.

But you can't take dollars and cents with you when you die. In Chicago later Ocean.

THE STORY THAT TOLD AND SOLD

By O. E. LINDSAY
Copyright, 1914, by The Authors Publishing Company.

Dear Miss Stanley—inclose please find check for your story, "The Price of Fame." We will gladly consider anything else that you may care to submit. Yours truly,
The Arcadian.

The recipient of this letter could hardly believe her eyes. It was the first remuneration she had received for her work during long years of struggle. Her successful fame and the story of a woman who had sacrificed love to win fame in her chosen profession, in which she succeeded. She received wealth, fame and honor, but her heart was not satisfied. The man whom she had rejected, but still loved, was now bound to another. She had paid the price of fame.

The same day on which Agatha Stanley received payment for her story, she read in the society column of a daily paper the following:

"Mr. Reginald Lorimer, the newly appointed editor of the Arcadian, is said to be worshipping at the shrine of Miss Florence Lippincott, a prominent society belle of the city in which he lives."

A mingled expression of surprise and pain came into Miss Stanley's eyes. "I never dreamed that he was the editor who accepted my story," she thought. "Did it merit publication, or did he act from personal motives, I wonder? Could he read the author's heart between the lines? If so, how he must mock me! Am I to suffer like a fate with my name? I can only be in degree, however, not in kind; for, is not mine 'the price of fame'?"

Reginald Lorimer and Agatha Stanley had been playmates, schoolmates and friends. As they grew to manhood and womanhood their friendship had developed into love.

When Agatha was nineteen, her father died, leaving a large family in poor circumstances, and it fell to her to look to the welfare of the family.

Some time after Mr. Stanley's death Reginald declared his love and asked Agatha to become his wife. Feeling that her duty was at home, and although it nearly broke her heart, she rejected his offer. She gave him no promise for the future, and so they parted.

Time passed rapidly. Lorimer held the field of journalism had made rapid strides.

Miss Stanley had taken up literature as her life work, and it fell to her to long and disheartening attempts, however, her persistency was rewarded. One manuscript period seemed to clear the way and her subsequent efforts were accepted with requests for more. Still, with success standing brightly before her, there was an aching void in her heart.

One beautiful morning in early June Agatha was sitting by an open window, writing. She seemed unable to concentrate her thoughts, from her work to the grand scene outside, and then to the feelings of her own heart. As she sat dreaming of the old days, her attention was attracted to a man coming up the walk toward the house. He rang the bell, and as Agatha opened the door an exclamation of surprise rushed her lips. It was Reginald, before her, stood Reginald Lorimer.

It was the first time they had met in five years.

"Miss Stanley, allow me to congratulate you on your success. It is certainly merited by the high quality of your work. Thank you, but, Mr. Lorimer, higher praise is due to you because of your rapid advancement. I sincerely wish you happiness."

"I am truly grateful, but for your praise, which is flattering, but for your sentiments of friendship; but I would ask you, can success, alone, make us happy?"

Miss Stanley colored slightly, and answered: "It depends on what one is successful in. Happiness, itself, is the greatest of achievements, but its attainment is dependent upon success in various directions."

By an open window, relate you on your success. It is certainly merited by the high quality of your work. Thank you, but, Mr. Lorimer, higher praise is due to you because of your rapid advancement. I sincerely wish you happiness."

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Woman's Exemption of a Cemetery.

Another Meriden woman has taken action unusual for the fair sex. Mrs. Annie Gibson has been appointed by the Selectmen as sexton of the Elm cemetery, which is owned by the town.

Her property adjoins the cemetery, and for many years she has had a subcontract for caring for the same. The position has no salary, but for every grave that is opened \$4 is paid to the sexton and one-half the amount she will have to pay about half the amount to the sexton.

Many people owning plots call upon the sexton to keep the plots in order, but this work she will "realize a fair income."—Hartford Times.

Range for Geese.

We have never raised a large flock of geese for market purposes. A few years ago we decided to raise geese because we liked the birds and thought they would no doubt prove a source of income, as well as our other stock. We chose the large Toulouse, or "dry-land geese," as many farmers call them, and since we have become better acquainted with these valuable birds have become enthusiastic fanatics of the breed. We not only have a number of flocks out on farms, but annually rear a goodly flock at home. A goose will no doubt thrive on any kind of green forage, but good bluegrass pasture is undoubtedly the best and most substantial range for them. We have never used a certain number of acres for a certain number of geese, but we use one pasture for horses, cows, pigs and geese, and we never aim to run stock together to impoverish the same. The range is at all times during the forage season good. Geese graze like cattle; that is, they can live on grass during the summer; but we always feed our geese a little grain at nights—usually wild corn. The young or growing stock we keep on muck and later grain till fully matured. We do this to push growth; always find it pays. If the geese were intended alone for the table, it would be profitable to feed quite so liberally as a pound or two more on a bird would not be worth so much; but from the farmer's point of view, it is not so profitable to raise a large specimen. However, it costs little if any more to put a pound on a goose than on any other animal, and which all the farmers know should be done. We believe one could not miss the right number of geese for a certain number of acres—a good pasture would support by taking Jattie as the standard. For instance a goose would require as much forage to the size as a cow to her, all things to the size of the cow not giving milk or being worried too much by flies. Now, if we raise a few geese, and we are not too far from being inclined to think, it will be that the smaller consumer to size would be the goose, as unless geese are well picked up during the summer or grazing season they are light eaters. To all beginners, the goose may cause plenty of food and water during the winter. A winter of pasture will not injure old stock (and necessary though) unless you wish to keep a few geese for the winter. It would be pleased to hear from some one who has experienced the same along the line of the amount of pasture for geese in comparison with cattle. In our own words, we have had a pasture support that would pasture one medium sized cow.

Mr. F. B. Bishop, Iroquois County, Ill.

Poultry in Orchards.

Here and there we have seen apple and pear orchards with a few poultry yards. The plum orchard seems to be the favorite. There are several advantages in favor of this combination. In the first place, it greatly increases the size of the poultry yard, and this is a feature well worth considering. The hens will keep the ground pretty well free from weeds and this relieves the necessity for cultivation. This would apply to a full grown tree, and a young one, for in the case of a young orchard it is best to cultivate during the early years to compel the roots to strike deep into the soil. The droppings will also be a valuable item in the fertilization of the orchard. Late in the summer it would be possible to sow some cover crop, which would serve both as food for the poultry and as a protection to the roots of the trees. On most soils such sowing could be made without cultivating, the hen's having kept the ground in sufficiently loose state to enable the seed to get hold of the soil. As catchers of insects, it does not regard the poultry as a success. The only time the birds have a chance to do good work in this direction is when the worms are in the ground. It is later are good enough the birds eat the plums and worms they contain. We would be pleased to hear from readers that have tried keeping poultry in orchards.

Salt in the Poultry Feed.

There is a prevalent notion that salt is poisonous to fowls, and this popular impression is based on many unhappy experiences with it when fed too liberally. It may safely be said that salt is poisonous if fed largely, but not poisonous when fed in moderate amounts, that is, at the rate of one ounce or less to 100 lbs per day. It is true that a good many fowls have been killed by eating salt, but in the form of cracker and fish that have been over-salted, and for that reason thrown away. It may be taken for granted that meat and fish not too salt for human consumption would not poison hens. The most usual way of killing fowls with salt is the careless throwing of a small rock salt in the bottoms of cracker and fish that have been over-salted. The birds eat it under the impression that they are eating grain, and the corresponding amount taken into a human stomach would also have a fatal result.

Go to the country where man lives close to nature's heart; study him as he there needs the progress of life, and you will find literature which is realistic in the best and truest sense of the country are to our national life what the steel frame is to the mighty stone or brick structures where the crisis comes that shakes the nation to its foundations. It is the loyal hearts and clear brains of the country-folks which save it from destruction.

—(Jan. McClure) Rev. John Watson.

Farmyard manure is a universal fertilizer, raising all crops, climates and soils. In the case of leguminous crops, where great difficulty has been experienced in arranging satisfactory artificial mixtures, farmyard manure has always given excellent results.



Mrs. Elizabeth H. Thompson, of Lilydale, N.Y., Grand Worthy Wise Templar, and Member of W.C.T.U., tells how she recovered by the use of Lydia E. Pinkham's Vegetable Compound.

"Dear Miss Thompson—I am one of the many of your grateful friends who have been cured through the use of Lydia E. Pinkham's Vegetable Compound, and who can today thank you for the fine health I enjoy. When I was thirty-five years old, I suffered severe backache and frequent bearing-down pains; in fact, I had weak trouble. I was very anxious to get well, and reading of the cure your Compound had made, I decided to try it. I took only six bottles, but it built me up and made me entirely free of my troubles. My family and relatives were naturally as troubled as I was, and we all had heart trouble and nervous prostration, and was considered incurable. She took your Vegetable Compound and it cured her in a short time, and she became well and strong and her home to her great joy and her husband's delight was blessed with a baby. I know of a number of other who have been cured of different kinds of female trouble, and am satisfied that your Compound is the best medicine for sick women."—MRS. ELIZABETH H. THOMPSON, Box 107, Lilydale, N.Y.

Strength of a Woodpecker's Bill.

The long, sharp beak of a woodpecker enable the bird to tap the trunk of a tree in an upright position for a long time and bore away for food. The bill of a woodpecker is often as strong as that of a bird of prey, and in the woodcock of northern Maine the bill is found to be of great development.

The tongue much resembles an angle worm, and is very long and admirably adapted for sucking sap, and sometimes the tongue is not only long and brush-like, but barbed at the point, so that it can impale its prey. The feet are adapted for swimming in various ways—Worcester says:

Florida's orange and pineapple crop is estimated at \$2,500,000.

DO YOU COUGH?
DON'T DELAY!
KEMP'S BALMS
THE GREAT COUGH CURE

It Cures Coughs, Croup, Hoarse, Whooping Cough, Bronchitis and Asthma. It is a sure relief in advanced stages. It is at once the most effective and pleasant. Large bottles sent by express everywhere. Large bottles sent by express everywhere.

GREGORY'S
Warranted SEEDS

Warranted SEEDS
Warranted SEEDS
Warranted SEEDS

FARMERS and STOCKMEN

We can save you additional profit by giving you the best quality of seeds and stock. We can save you additional profit by giving you the best quality of seeds and stock.

SALZER'S FARM SEED NOVELTIES

Salzer's National Oats.
Most profitable Oats on earth. The U.S. Dept. of Agriculture, Washington, says: "Salzer's Oats are the best." The ground Oats are the best. The ground Oats are the best.

SALZER'S MILLION DOLLAR SEED NOVELTIES

Most talked of grain on earth. Salzer's Oats are the best. Salzer's Oats are the best.

SALZER'S SEED NOVELTIES

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