MUNYON'S PAW-PAW LIVER PILLS

I want any person who suffers with biliousness, constipation, indigestion or any liver or blood ailment, to try my Paw-Paw Liver Pills. I guarantee they will purify the blood and put the liver and stomach into a healthful condition and will positively cure biliousness and constipation, or I will refund your money. — Munyon's Homeopathic Home Remedy Co., 53rd and Jefferson Sts., Phila., Pa.

DR. J. D. KELLOGG'S

ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. NORTHROP & LYMAN CO. Ltd., BUFFALO, N.Y.

Run-Down?

Tone the nerves, strengthen the stomach, purify the blood and get a fresh grip on health by taking

Beecham's Pills

Sold Everywhere. In boxes 10c. and 25c.

INFECTION IN THE PRISON

Peculiarly Favorable Field There for the Spread of the Scourge of Tuberculosis.

Only twenty-one prisons in fifteen states and territories have provided special places for the treatment of their tuberculous prisoners. These institutions can accommodate, however, only 800 patients. In three-fourths of the major prisons and in practically all the jails of the country the tuberculous prisoner is allowed freely to infect his fellow prisoners, very few restrictions being placed upon his habits. When the congregate mode of prison life is considered, the danger of infection becomes greater than in the general population. New York and Massachusetts are the only states where any systematic attempt has been made to transfer all tuberculous prisoners to one central institution. The largest prison tuberculosis hospital is in Manila, where accommodations for 200 prisoners are provided. The next largest is Clinton prison hospital in New York, which provides for 150.

DOWN TO HARD FACTS.

The Dreamer—Ah! Faith will move mountains.

The Schemer—Yes, but the owner of a furniture van demands spot cash.

Hard to Convince.

Little Tommy (eldest of the family, at dinner)—Mamma, why don't you help me before Ethel?

Mamma—Ladies must always come first.

Tommy (triumphantly)—Then why was I born before Ethel?—Tit-Bits.

Those Cocked Hats.

Dilly—My salary is knocked into a cocked hat this week.

Dally—Why?

Dilly—My wife's chantecler will take it all.—Town Topics.

An Operatic Expletive.

"Bifferton is awfully gone on grand opera, isn't he?"

"I should say he is! Why, he even swears by Gadski!"

Isn't it shocking when you hear a nice man complain of anything?

Cut Out Breakfast Cooking

Easy to start the day cool and comfortable if

Post Toasties

are in the pantry ready to serve right from the package. No cooking required; just add some cream and a little sugar.

Especially pleasing these summer mornings with berries or fresh fruit.

One can feel cool in hot weather on proper food.

"The Memory Lingers"

POSTUM CEREAL CO., Ltd. Battle Creek, Mich.

HEALTH and SUNSHINE in JAMAICA

A PICTURESQUE WATERFALL

ON A dreary November day I, in company with about 130 other health and pleasure seekers, started from Paddington by the Great Western railway for Bristol, en route for the Isle of Joy and Sunshine. Dining excellently meanwhile, we were soon whisked to Avonmouth, where our ship, the Port Kingston, was awaiting our arrival, all spick-and-span in a coat of pure white, showing off her beautiful lines, looking quite fairylike, and sparkling with electric lights. By 11 o'clock we had retired to our comfortable stateroom, and soon afterwards all was quiet and ready for the voyage of over 4,000 miles.

High winds and rolling seas kept most of the ladies in their cabins for four days, but the men and a few hardy ones of the other sex who would not give up came on deck, practicing for their "sea legs." Soon the wind dropped and the sea calmed; the glorious sunshine and mild breezes brought out the butterflies from below, and the spacious deck was thronged with fashionables.

Before long we were in the tropics, and soon sighted the island of Bermuda, the fortress, guardship and wonderful dry dock well in the foreground. We were enabled to land, and enjoyed a few hours on shore and a drive over the well-kept roads, passing flourishing plantations and gardens in all directions, and being reminded of home by the English names given to the places and homesteads.

The rest of the voyage was delightful beyond expression. The time passed only too quickly, and the Blue mountains of Jamaica were visible early one morning. The most glorious sunrise imaginable was the reward of those who rose to greet the wonderful panorama presented to our view—a picture never to be forgotten!

Immense business is done in Kingston, which rapidly recovered from the effects of the earthquake. Great emporiums are in full working order, and in more than one may be seen endless varieties of fabrics and models which would not disgrace Worth or Jay.

Landed and past the customs, we were soon on the road for "Constant Spring," a distance of six miles, reached in about twenty minutes by excellent motor omnibuses every few minutes to the "Constant Spring" hotel, so-called after a wonderful spring which has never been known to fail! The hotel, delightfully situated, is excellent in every way, replete with comfort and, being away from the heat and bustle of Kingston, it is an ideal palace "lifting to eternal summer."

Mr. Verley's training stables are about seven miles from Kingston, near his rebuilt and enlarged mansion, which was much injured by the earthquake. Here are also, within a short distance, the Jockey club racecourse and polo ground.

The reports and rumors published of the hurricanes and ravage caused by floods have been greatly exaggerated, yet a good deal of damage is done to the plantations, roads and bridges, and torrents of rain fall. The results, however, give work to hundreds of men, and eventually prove a blessing in disguise. It is believed the next two or three years will prove great fruit seasons, in consequence of the heavy rains.

The Jamaica club is a fine house in a pleasant situation in Kingston, and is celebrated far and wide for its hospitality and loyalty.

The homeward voyage was even more pleasant than the outward, because of the perfect weather we were favored with, and it was only when within sight of the Irish coast that the colder breezes and mist reminded us our trip was nearly at an end, and, regarding this, there was only one opinion—never had time been passed more pleasantly or profitably from a health point of view than on this cruise to Jamaica and back, 8,000 miles in five weeks!

Mention of the late Sir Alfred Jones, the chief of the imperial direct West Indian mail service, has been left to the last for obvious reasons. Just before starting for Jamaica a long telegram was handed to me from the founder of this and many other great undertakings. He never forgot anyone or anything, and fell a victim to his zealous work. Of Sir Alfred's somewhat sudden death the public are fully aware. It has been said no one is so good that he cannot be replaced, but it will be very difficult indeed to replace the one whose whole thought was the good of his country! It is known he did much for the great cause of empire, but it may never be known how much good he did, how he worked day and night for the one great idea of his life. He was always ready to do a kind action, and many of his noblest deeds were done in secret.

The working and enterprise of the firm with which was connected can in justice be mentioned, more especially now that the chief has passed away. Amongst the great distribution of the products of Jamaica over Europe and America none stands higher than the firm which was formed on the advice of Sir Alfred Jones, who introduced Jamaican bananas into Britain, and it worked unceasingly till he had conquered and the business became so immense that he was called the "Banana King."

W. CLIFFORD WESLYN.

WHY JAPANESE DON'T BOAST

Pride, Not Modesty, Sits Throned on Their Hearts, Says Sir Ian Hamilton.

"I study the Japanese from morning to night; I talk to them, walk with them, eat with them and drink with them also, whenever there is anything worth drinking. I am watching them all the time, for I have little else to do. As a result of my patient investigations," writes Sir Ian Hamilton in the Mindanao (P. I.) Herald, "everything about these strangers is becoming so obscure and contradictory that I can only marvel at the temerity I displayed in dashing down what purported to be an analysis of their characters before I had lived with them a month.

"For instance, the modesty of the Japanese is a trait which, above all others, has won my profound and unstinted respect. Never has there been so much as a tinge of exultation, or what, in its most vulgar form, our colonials call 'blowing,' about the officers, non-commissioned officers or men of the First army. There have been many unconscious revelations of a sense of superiority to the European, but I cannot call to mind one single occasion of a sober Japanese making a consciously swaggering remark, even in the triumphant reaction immediately after a victory.

"It has always been a special pleasure to recognize and do homage to so generous, high and knightly a quality, but now a corner of the veil has been uplifted, and lo, I seem to perceive a figure like that of Pride sitting throned upon the Japanese heart in great aloofness. The Japanese do not boast after a victory because they are incapable of imagining for one moment that they are not going to win. Had men may bet on certainties, only fools would boast about them. I am not a theologian, and do not feel called upon to say whether this quality is to be ranked amongst the cardinal virtues or the deadly sins. Certainly self-reliance was considered by the Romans a virtue of the first order. Possent quia posse ridentur. But I am sure, nevertheless, that whatever the quality may be, it is not modesty."

Croker's Love for America.

"Richard Croker will undoubtedly come back to America to live," said a Tammany man at a banquet at Delmonico's.

"Yes, Mr. Croker," he went on, "told me down in Florida that his attachment to America was as strong as the old woman's tea.

"The old woman's tea?' said I, puzzled.

"Then Mr. Croker explained that this old woman used to brag about her tea in these words:

"'Och, but mine is the lovely strong tay. Sure, it takes such a powerful grip on the second wather.'"—Detroit Free Press.

Sounds Good.

Patience—Isn't this summer reading stuff silly?

Patrice—Oh, I don't know. Here's something I just read which sounds good to me: "As the long arctic night approaches, the polar bear repairs to the foot of the cliff or some other similar place and allow the snow to cover him."

American Jewess in London.

Miss Sadie American, president of the New York Council of Jewish Women, was one of the speakers at the Jewish international conference which was recently held in London. She explained the work of the Jewish council in protecting and assisting Jewish girls in this country. Last year over six thousand girls between the ages of twelve and fifteen were visited, 2,200 of them received assistance and work was found for 500.

Sanctum Joke.

Poet—Why does Penner hold the green shade he wears over his eyes in such reverence?

Jokesmith—It belonged to his grandfather when the latter worked on Bill Nye's Boomerang.

Poet—And does that call for reverence?

Jokesmith—I should say so. Isn't it the shade of one of his ancestors?

An Impossibility.

Patience—Did you ever try counting ten before speaking?

Patrice—Yes, I tried it once, but I can't do it.

Heavy Damages.

"Did Simpkins get any damages in that assault case?"

"Did he? My dear fellow, you ought to see his face."—St. Louis Star.

IMPROVED AND ADEQUATE VENTILATION FOR STABLE

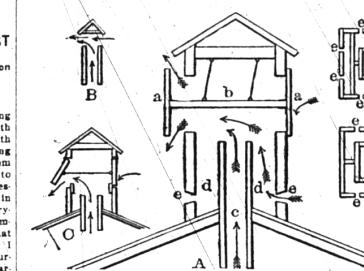
Illustration Shows How Air Is Pumped From Building at All Times, Regardless of Direction in Which Wind Is Blowing

The usual method of stable ventilation is to place flues with outlets terminating in a shaft through the roof and surmounted by a plain cupola or cover with a cap a foot or so above the opening. The idea in the latter case is that the wind will blow between the cap and the top of the shaft as shown at B in the illustration herewith, says American Agriculturist. This method tends to increase the flow of vitiated air from the stable and thus aid the ventilation, pure air coming in from inlet flues placed at somewhat remote points from the outlets.

Whether this method is fully satisfactory is not certain, for at times when the wind is gusty the vitiated air is forced back into the stable instead of being drawn out, and often snow and sleet are drawn down the shaft. To overcome the uncertain working of this kind of shaft, as well as other disadvantages of the plain cupola, the style of cupola shown at C with sides opening in the direction of the prevailing winds and covered with doors hinged at the top but swinging freely, has been used with success. When there is no wind the doors hang so that the cupola is partly open on each side, but as shown in the illustration, when the wind blows from the right, the door on that side is closed by the force of the wind. The other side, however, is open and there is always a chance for the stable air to pass out and no chance for rain or snow to blow down the shaft. If desired, doors can be placed on all four sides of the cupola.

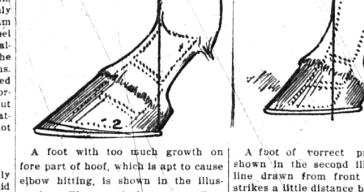
Though this arrangement is satisfactory so far as removing outdoor influences from the interior system of ventilation is concerned, the principal point is the retention of wind force to assist in ventilation when only the animal heat in the stable is available to produce ventilation. The assistance of the wind is of great service and should be taken advantage of as much as possible. A method of securing this advantage is shown in the large picture herewith. As the ventilator shaft terminates in a square, rather high cupola twice the size of the shaft. Openings of reasonable size are made opposite each other in the walls of this cupola and in line with the prevailing winds, as shown at a. Doors are made to fit these openings, connected as shown at b and hung from a crosspiece below the roof of the cupola. Near the bottom of the cupola are two or three holes about 2 inches in diameter depending on the size of the cupola. The ventilator shaft as shown at c extends above these openings but terminates slightly below the larger ventilator openings.

In operation, the door closes as shown at a on the right, and opens on the left; at the same time a current of air passes in on the right at e and as shown by the arrows passes out on the left, at the same time drawing a current of air through the ventilating shaft at c. The same object would be secured if the wind blew from the opposite direction. It is important that the cupola be divided into two sections as shown at d so that the wind cannot pass directly across from the hole e to the opposite side. If desired, four compartments may be made as shown at e so that the wind may be admitted on two sides of the cupola so that there would be suction to this draft, no matter from what direction the wind might come.



Features of Stable Construction

PERFECTING HOOF OF HORSE



A foot with too much growth on fore part of hoof, which is apt to cause elbow hitting, is shown in the illustration. The remedy is to pare off as indicated by line and fit a leather pad under rear part of hoof.

A foot of correct proportions is shown in the second illustration. A line drawn from front part of leg strikes a little distance behind the center. The bones are at the proper angle affording strength and free action in traveling.

CHANGE SHEEP PASTURE OFTEN

Breeders Must Practice Method of Dividing Into Small Lots if Ewes and Lambs Kept Healthy.

(By W. M. KELLEY.)

The more I study the sheep business and the more carefully I note the results of my own experience and observation, the more I am coming to appreciate the frequent change of pastures for the ewes and lambs. It costs money to change our system of pasturing sheep and divide our pastures up into small lots, but we must practise this method if we succeed in in keeping our sheep and lambs free from stomach worms.

We know that these worms come from the sheep to the lambs through the grass that is eaten. We know that it takes a certain time for the germs when dropped on the grass to develop enough to get to the lambs.

That time is estimated to be from eight to 12 days. We know that the lambs are born free from parasites. We know that it is possible to keep the mothers quite free from parasites before the lambs are dropped.

By putting what facts we know together we can readily see that if we change pastures frequently, say every eight to 12 days, we will lessen the danger of the lambs becoming infected with these germs through the grass that they consume. Some of the highest authorities advise allowing the lambs to run ahead of the ewes and moving the ewes one pasture ahead each week, thus the ewes and lambs are changed every week.

Milk, eggs and macaroni should be substituted in place of meat as often as possible, as any food containing fat is a heat producer.

Pasteurizing Milk.

To pasteurize milk or cream is simply to heat the same to about 160 degrees, then rapidly cook the liquid. By this process the lactic germs or germs which cause milk to sour are destroyed, but the germs which cause milk to become putrid are not destroyed. Experts claim the danger is that dirty milk may be pasteurized, hence the operation may be dangerous or, at least, disappointing from the reason that one cannot tell just when putrifaction may take place. The latter cannot be detected until it reaches an advanced age, as pasteurized milk or cream may never grow sour, yet may contain germs fraught with danger. Many physicians also claim that pasteurization reduces the digestibility of the milk or cream.

Currants and Gooseberries.

A. Hittinger is an extensive grower of currants and gooseberries. He lives five miles from Boston. Every plant is propagated on the farm. He has a beautiful nursery of currants, the plants being very thrifty and vigorous. Both of these fruits root readily from hardwood cuttings. They should be cut in the fall, stored in a moist cellar or buried and planted as soon as the ground can be prepared in the spring.

Shade.

Hogs need shade in summer. We must do more than supply good feed and water to fatten stock for best results. We must make them comfortable. It stands to reason that an uncomfortable, sun-scorched hog isn't going to make the most money. The shade supplied should not be in a hot, stuffy, dirty pen. Under some good trees is better than such a place. It pays to supply everything needful for the hog's comfort—shade, fresh air, good water and feed, and protection from flies if possible.

Eggs and Milk.

Eggs and milk are two of the most valuable food products in nature, not only as luxuries, as they surely are, but for their intrinsic value as nutrition. They are equally good mixed or unmixed, and are the chief element in the richest dainties of the table.

TERRIBLE CASE OF GRAVEL

Baker City, Ore., Man Suffered 25 Years.

Charles Kurz, 1618 Center St., Baker City, Ore., says: "For 25 years I suffered agony from gravel. So intense was the pain when the stones were passing, that I had to lie on my back and brace my feet, often being forced to scream. On one occasion two stones became lodged and could not pass the urine for two days. I spent hundreds of dollars without relief. At last I began taking Doan's Kidney Pills. They are the only remedy that wards off these attacks."

Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

RECKONING DAY AND HOUR

Workman's Thoughts Not Altogether Fixed on What Might Be Called Higher Things.

Mayor William S. Jordan, at a Democratic banquet in Jacksonville, said of optimism:

"Let us cultivate optimism and hopefulness. There is nothing like it. The optimistic man can see a bright side to everything—everything.

"A missionary in a slum once laid his hand on a man's shoulder and said:

"'Friend, do you hear the solemn ticking of that clock? Tick-tack, tick-tack. And oh, my friend, do you know what day it inexorably and relentlessly brings nearer?'

"'Yes, pay day,' the other, an honest, optimistic workingman, replied."

KEEP BABY'S SKIN CLEAR

Few parents realize how many estimable lives have been embittered and social and business success prevented by serious skin affections which so often result from the neglect of minor eruptions in infancy and childhood. With but a little care and the use of the proper emollients, baby's skin and hair may be preserved, purified and beautified, minor eruptions prevented from becoming chronic and torturing, disfiguring rashes, itchings, irritations and chafings dispelled.

To this end, nothing is so pure, so sweet, so speedily effective as the constant use of Cuticura Soap, assisted, when necessary, by Cuticura Ointment. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, for their free 32-page Cuticura Book, telling all about the care and treatment of the skin.

Where Millions Are Entombed.

The catacombs at Rome were the burial places of the early Christians. They are about 580 miles in extent and are said to have contained 6,000,000 bodies. During the persecutions of the Christians under Nero and other Roman emperors the catacombs were used for hiding places. Under Diocletian the catacombs were crowded with those for whom there was no safety in the face of the day. The art of the catacombs is unique and most interesting. Simple designs are etched in the slabs which seal the tombs. Now and then are small chapels where paintings are to be found. All are Bible illustrations, so that the catacombs may be said to be a pictorial Bible in effect.—The Christian Herald.

He Had No Eye for Color.

There came to the home of a Negro in Tennessee an addition to the family in the shape of triplets. The proud father hailed the first man who came along the road and asked him if to see them. The man, who was an Irishman, seemed greatly interested in the infants as he looked them over, lying in a row before him.

"What does yo' think?" asked the parent.

"Waul"—pointing to the one in the middle—"I think I'd save that one."—Everybody's Magazine.

A perfect love, even when lost, is still an eternal possession, a pain so sacred that its deep peace often grows into an absolute content.—Hitchcock.

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

Lots of us never put off till tomorrow what we can have done for us today.

MEAN.

Willie—We were playing insurance company at school today and the boys treated me mean.

Mama—How?

Willie—I was the president of the company, and before I could restrain them they fired me.

Sign of Recovery.

"If when the devil is sick a monk he will be," said Rose Shall sagely, "then the devil gets well in double quick time. Witness that young devil with the ladies' man kid-gloves. Last winter he was ill, so ill he didn't have any sense of humor left nor any sense either. I was staying at the same hotel, and when I went in to look after him he virtuously remarked that his room was no place for a 'chorus Lady' and promptly shooed me out. A few years ago I spanked that kid. Then he got scared and sent for a doctor and the doctor sent for a trained nurse. For several days I got bulletins of his progress from the chambermaid. The fourth morning she set my mind completely at rest.

"'Sure, ma'am,' said Maggie, 'an' I think he do be gettin' along very well. The nurse was sittin' on his lap this mornin'.'"

Her Rest.

"How do you expect to spend your summer vacation, Mrs. Brown?"

"Frying fish for the men as usual, I suppose."

One-half the world is busy trying to separate the other half from its coin.

Your Liver is Clogged up

That's Why You're Tired Out of Sorts—There No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion, and Sick Headache.

CARTER'S LITTLE LIVER PILLS

SMALL PILL. SMALL DOSE. SMALL PRICE

Genuine must bear Signature

DEFIANCE STARCH 16 ounces in the package—other starches only 12 ounces. Both cost the same price. "DEFIANCE" IS SUPERIOR QUALITY.

W. N. U., DETROIT, NO. 35-1910.

WESTERN CANADA'S 1910 CROPS

160 ACRE FARMS IN WESTERN CANADA FREE

Wheat Yield in Many Districts Will Be From 25 to 35 Bushels Per Acre

Land sales and homestead entries increasing. No cessation in numbers going from United States. Wonderful opportunities remain for those who intend making Canada their home. New districts being opened up for settlement. Many reports of 40 to 45 bushels per acre from their wheat crop. All the advantages of old settled countries are there. Good schools, churches, splendid markets, excellent railway facilities. See the grain exhibit at the different State and county fairs.

Letters similar to the following are received every day, testifying to satisfactory conditions; other districts are as favorably spoken of:

THEY SENT FOR THEIR SON.

Maidstone, Sask., Canada, Aug. 5th, 1910.

"My parents came to Lake Dauphin, Man., in 1896. I followed four years ago, and went to work pioneering with their father. They have now got a splendid start, and have taken up a homestead near them, and are busily engaged in improving same. I am also getting on well."—Leonard Hall.

WANTS SETTLER'S RATE FOR HIS STOCK.

Stettler, Alberta, July 31st, 1910.

"Well I got my notice from Medicine Hat, dated April 1st. Spring in good shape with the stock and everything. Now, I have been here for about three years, and I am going back there now soon to get them and also other for my farm mates. I am a farmer myself, and I know it, if there is any chance to get a cheap rate to settle again and when we return to Canada I will call at your office for my certificate."—H. A. Wise.

WILL MAKE HIS HOME IN CANADA.

Brainard, Minn., Aug. 1st, 1910.

"I am going to Canada in the fall from Brainard. I intend to make my home there. My husband has been there six weeks and is very much pleased with the country; he wants me to come as soon as possible. He died on a claim near Lanigan, Sask., and by his description of it it must be a pretty place."

My brother-in-law, Mr. Frandy, Skinner, has come down there (Lanigan) for a few days on a visit from Canada.

Mrs. Edith Dorey Skinner.

TAKES HIS BROTHER-IN-LAW'S WORD FOR IT.

Farmers Valley, Minn., Aug. 7, 1910.

"I shall go to Canada in the spring. I have sold my household goods. I got a good crop here this year, and my brother-in-law has taken up a claim there, and he thanks me for some there. He formerly lived in Minnesota, but he has gone to Canada. He has been homestead when I was there, but did not want to leave my father and mother. I have not been to Canada myself, but I have been told by those who have been there a good word about the country, and seem to get yourself a claim."—Fred J. Nelson.

WANTS TO RETURN TO CANADA.

Brainard, Minn., Aug. 1st, 1910.

"I went to Canada May 6, 1909, and took up a quarter section of land. I broke 30 acres of it and put in my crop before leaving and sold my land for it still held their railroad land. I had to return back to the states on account of my health. Prospects are very good for a crop. I like the country very much and intend to return to it as soon as I can get my business settled."—Geo. Frederick.

Send for literature and ask the local Canadian Government Agents for Exemption Rates, best districts in which to locate, and where to go.

M. V. McINNES, 176 Jefferson Avenue, Detroit, Michigan, or C. A. LAURIER, Sault Ste. Marie, Michigan

MICA AXLE GREASE

Keeps the spindle bright and free from grit. Try a box. Sold by dealers everywhere.

STANDARD OIL CO. (Incorporated)