

## What is Pe-ru-na.

Are we claiming too much for Peru-na when we claim it to be an effective remedy for chronic catarrh? Have we abundant proof that Peru-na is in reality such a catarrh remedy? Let us see what the United States Dispensatory says of the principal ingredients of Peru-na.

Take, for instance, the ingredient hydrastis canadensis, or golden seal. The United States Dispensatory says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes lining various organs of the human body.

Another ingredient of Peru-na, cordia officinalis, is classed in the United States Dispensatory as a tonic.

Cedrus seeds is another ingredient of Peru-na. The United States Dispensatory says of the action of cedar that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a substitute for quinine.

Send to us for a free book of testimonials of what the people think of Peru-na as a catarrh remedy. The best evidence is the testimony of those who have tried it.

## BORAX IN THE DAIRY.

A Matter of Profitable Interest to the Farmer and Dairymen.

The problem of keeping sweet all the utensils used in connection with milk and cream selling, and butter making, has been a serious one with the farmer.

He has come to realize fully that the slightest taint or hint of staleness left in a can, tin or churn may ruin a whole output; that the taint which is left is in the form of bacteria which grow and multiply in milk or butter, producing disastrous results.

The farmer has learned that hot water won't rinse away the greasy residue in dairy utensils.

He has learned that soap leaves a residue of its own which is, if anything, worse than the milk or cream residue, and it is little wonder that there has been a constant clamor for a dairy cleanser and sweetener that will meet modern requirements.

A few of the largest creamery establishments have called experts into consultation on this problem and have with this scientific aid hit upon a product of nature which exactly fills the bill—borax.

Scientists have long known borax as a cleanser, a sweetener and an antiseptic destroyer of bacteria and germ growths. Destroys all that is harmful and promotes and preserves freshness, sweetness and purity, relieving the dairymen and dairy housewife of drudgery and of needless work and worry.

Its cheapness and value should give it first place in the necessities of every dairy.

The cow's udder is kept in a clean, healthy and smooth condition by washing it with borax and water, a tablespoonful of borax to two quarts of water.

This prevents roughness and soreness or cracking teats, which make milking time a dread to the cow and a worry to the milker.

The modern cleanser of all dairy utensils consists of—one tablespoonful of borax to every quart of water needed. Remember—a tablespoonful equals four teaspoonfuls.

Be sure that you get pure borax.

To be sure, you must get "25 Mule Team" Borax.

All dealers. A dainty book in colors, called "Simplici Book," sent free to any Mother or son, daughter or any address of her baby, and tops from two pounds cartons of "25 Mule Team" Package Borax, with 5c. in stamps.

Address Pacific Coast Borax Co., Chicago, Ill.

### Handwriting.

As a rule, clear handwriting is more common with persons who do not write for a living than with those who do. Authors, for example, are creating something when they write; their mind is concentrated on this creative work; their thoughts are generally ahead of their hand, sometimes a whole sentence, and they hurry to keep pace with them. The result is bad handwriting, but handwriting with individuality in it, if not character. There is a theory that plain writing is most easily forged. This is not true. Obscure signatures are most easily forged and the so-called freak signatures, which nobody can read, easiest of all. The best signature and the safest for a man who signs checks is neither too prim nor too involved; just plain, everyday writing, done in the easiest way, according to his temperament. Such a signature expresses as much character as any handwriting can, but it doesn't tell us a thing about the man's moral makeup; not a thing.—Boston Globe.

### The Land of the Free.

"There's eight nations represented in this ward of ours," said Mr. Halloran to his wife on his return from a political meeting. He began to count them off on his fingers. "There's Irish, French, Italianians, Poles, Germans, Russians, Greeks, etc."

Mr. Halloran stopped, and began again:

"There's Irish, French, Italianians, Poles, Germans, Russians, Greeks, etc."

"Maybe 'twas Americans," suggested Mrs. Halloran.

"Sure, that's it," said her husband. "I couldn't think."

### REMAINS THE SAME.

Well Brewed Postum Always Palatable.

The flavor of Postum, when boiled according to directions, is always the same—mild, distinctive, and palatable. It contains no harmful substance like caffeine, the drug in coffee, and hence may be used with benefit at all times.

"Believing that coffee was the cause of my torpid liver, sick headache and misery in many ways," writes an Indiana lady. "I quit and bought a package of Postum about a year ago.

"My husband and I have been so well pleased that we have continued to drink Postum ever since. We like the taste of Postum better than coffee, as it has always the same pleasant flavor, while coffee changes its taste with about every new combination or blend."

"Since using Postum I have had no more attacks of gall colic, the heaviness has left my chest, and the old, common, everyday headache is a thing unknown." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well-ville," in pigs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## GOOD ROADS

### What is State Aid in Road Building?

As both political parties have put their platform and the Democrats have added Federal Aid as well, the good roads question takes on an added interest.

Perhaps there is no question before the public about which there is more misinformation than State Aid. A good way to explain what it is, is to tell what it isn't. It isn't a plan to force farmers to build good roads. Not a step can be taken, not a dollar expended until the residents of the respective townships (which are almost always farmers) vote to build roads. It is rather a plan that forces cities, towns and corporations to help pay the cost of such roads as the farmers decide by majority vote to build. As these farmers, under State Aid, will have to pay one-half the expense of the roads they vote to build, and also contribute a small amount to the State fund, the general public is protected against recklessness in expenditure. State aid does this.

Sixteen States have already adopted the new plan and find it works to a charm, and ten more States are taking steps to adopt it. It is strange that among the States most backward in road improvement are Illinois, Missouri and Iowa. No States need good roads more and none are better able to build them.

The problem of good roads must be met and solved and the solution is State and National aid. This should be the goal of every good roads advocate. When sufficient public interest is aroused relief will come through Congress and the several States. The farmer then will only have to pay his fair proportion.

### Advantage of Good Roads to Farmers

The time has passed when any sane person will dispute the advantage of a road good every day in the year—one not put out of commission by rain or frost. Everybody is benefited, as these highways must be used in moving to market the food products upon which all depend. Bad roads make the delivery erratic and uncertain and increase the expense. Good roads make short miles; bad roads long ones. Distance is no longer measured by the yard stick but by the clock's tick.

The farmers use the country roads more than anyone else, but they do not own them. They are public property and used for the benefit of everybody, hence a fair proportion of the cost to build and maintain ought to be a charge against the whole public. Throughout the Middle West the farmers are paying practically all the road taxes. This is unfair.

In the building of good roads the farmers at first usually overlook the value of the farms served by them. Farm lands worth \$75 to \$100 per acre with dirt roads will enhance in value from 15 to 25 per cent by building good stone or gravel roads. Under the State aid plan that has been adopted by all the States east of Indiana, hard roads can be built in the Mississippi Valley at an average cost not exceeding \$1.50 per acre. In Illinois the tax will not exceed 10 cents per acre per year for ten years. Every dollar put into good roads on the State aid plan will add from \$5.00 to \$20.00 to the actual selling value of the farm.

Sometimes farmers say, "You can't raise any more corn by building good roads, can you?" No, you can't raise more corn if you build a new house and barn, but these improvements make the farm worth just that much more. They add convenience and comfort. So do the roads.

### State Aid in Road Building Recommended.

Both great political parties strongly recommend State aid in road building for the first time in the history of the country. This shows "State Aid" is a live topic and it is coming to the front.

The roads are public highways. They why should not all the public instead of the farmers only be taxed to build them? Some might say the farmers use them most. Well, the lawyers use the Court House most. Is that any reason why they should pay all the taxes to all the roads?

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