The Important Problem

confronting anyone in need of a laxative is not a question of a single action only, but of permanently beneficial effects, which will follow proper efforts to live in a healthful way, with the assistance of Syrup of Figs and Elixir of Senna, whenever it is required, as it cleanses the system gently yet promptly, without irritation and will therefore always have the preference of all who wish the best of family laxatives.

The combination has the approval of physicians because it is known to be truly beneficial, and because it has given satisfaction to the millions of well-informed families who have used it for many years past.

To get its beneficial effects, always buy the genuine manufactured by the California Fig Syrup Co. only.

OPPORTUNITY TO DO GOOD Combined Efforts on National Tuber-

culosis Sunday Will Have Excellent Results.

New York city had more arrests for violation of the anti-spitting ordinance in 1909 than any other city in the United States, having had 2,513, with 2,099 convictions, and \$1,936.80 col-lected in fines. Baltimore comes next with 214 arrests and an equal num-ber of convictions. Pittsburg is third in rank, with St. Louis in fourth place. St. Louis, however, would have been in second place, if the sanitary police who enforce the law in that city had been at work in 1909. In 52 cities out of 80 the law was either not enforced at all or very poorly enforced. Of the remaining 28 cities, less than onehalf of them contributed more than three-fourths of the arrests for spitting and of the fines collected. On account of the fact that National Tuberculosis Sunday will be observed on April 24, the National Association for the Study and Prevention of Tuberculosis is calling the attention of clergy-men in all parts of the country to the advisability of bringing before their congregation the necessity for better enforcement of the anti-spitting laws.

The Response Mechanical. It is the custom in convents for the nuns to respond to a knock at the door with the words: "In the name of God," the phrase being equivalent in con-ventional parlance to our worldly "enter" or "come in."

In a convent in one of the western cities not long since the mother superior had a never-to-be-forgotten experience as a result of this custom. Some one in the outer world called the con-vent telephone number by mistake. The mother superior, roused from her meditations, picked up the receiver and responded, mechanically: "In the name of God."

"Madam!" called an irate masculine voice at the other end of the wire, "there is no occasion for you to swear at me, even if I have made a mistake in the number. Profane language is prohibited over the telephone!"

His Way of Doing It. "I met young Faker on the street some time ago and he told me he was

making money very fast." "He made it too fast." "How was that?"

'Went to the penitentiary for counterfeiting."

Her Worry. Mrs. Hoyle—You seem unhappy. Mrs. Doyle—I am; I don't believe that if I were to die my husband would wear as deep mourning as he did for his first wife

Remember that life is not a fulfillment of one's ideals, but an eternal compromise with them.

> MISCHIEF MAKER A Surprise in Brooklyn.

An adult's food that can save a



Seasonable Hats

time comes for a new hat. Since num-bers of establishments have sprung up that specialize on this kind of millinery more care and attention is given to it.

The three pictures shown here are favorites and are correct in every detail for children's hats. Drooping brims, velvet or silk ribbons, small familiar garden flowers or wild flowers remain the best possible choice when it comes to trimmings.

Little round crowned Milan straws with drooping brims are trimmed with a plain band of velvet finished with a bow and ends at the back, or with net. These are another story, for th two rosettes, one at each side. But are in a class known as "tub" hats.

addition of flowers that rosettes of these are often added. Sometimes for the sake of additional color satin ribbon is used. In the picture both satin and velvet ribbon are placed with bunches of daisies finishing the brim.

The fluffy hats of lace-like hair braid and net, finished with a rosette style of all those shown for little

FOR THE HOME OR STREET SOME HOT WEATHER HINTS

this is fatal.

time

helpful.

Pretty Dress Suitable for Either Occasion Is the One Described Below.

We show here a pretty dress suitable either for indcor or outdoor wear; the skirt is closely plaited and is con nected with the bodice by a material band edged with ribbon velvet. Two tucks are taken over each shoulder,



KEEP HABITS OF THE SEA **GERMANY AND CANADIAN WHEAT**

LOOKS TO THE CANADIAN WEST FOR HER SUPPLY.

A dispatch from Winnipeg, Manitoba, dated March 18, 1910 says: That Germany is "anxious to secure a share of Canadian wheat to supply her im-ports of that cereal." The recent adustment of the trade relations with Germany has made it possible to carry on a Canadian-German trade with much fewer restrictions than in the and considerable development past. of trade between the two Countries is now certain. The great men of the United States are alive to the Wheat situation in this Country now, and there is consequently the deepest interest in every feature that will tend to increase and conserve the wheat supply. With its present 650, 000,000 bushel production of wheat and all efforts to increase it almost unavailing, and the rapidly growing consumption of its increasing popula tion, there is certainly the greatest reason for the anxiety as to where the wheat is to come from that will feed the nation. The United States will be forced as Germany is to look to the Wheatfields of Canada. One province alone raised last year oneeighth as much as the entire produc-tion of the United States, and but a twelfth of the wheat area has yet been touched. The Americans who have gone to Canada, are to-day reaping the benefit of the demand for Canadian wheat and they will continue to join in the benefits thus reached for a great many years. Splendid yields are reported from the farms of that Country, and from land that the Gov-ernment gives away in 160 acre blocks, and from other lands that have been purchased at from \$12 to \$15 an acre. John Munter, near Eye-brow, Saskatchewan, a former resi-

dent of Minnesota says: "Last fall got over 30 bushels of wheat to the acre and had 30 acres of it; also 20 acres spring breaking on which I had flax of which I got almost 20 bushels per acre. Had 20 acres in oats and got 70 bushels per acre and 500 bushels potatoes on one and three quarter acre, and can therefore safely say that I had a fine crop and

am well satisfied with my homestead." He is considered but a small farmer, but he will be one of the big farmers, some of these days. There are many others, hundreds of others, whose yields were beyond this, and whose average under crop was vastly greater. The story of the experience of American farmers in the Canadian West is a long one. The time to go, would appear to be now, when splen-did selections may be made, and where land can be purchased at prices that will be doubled in a couple of vears.

Something Stronger Than Wind. Senator Depew, apropos of March winds, said, at a dinner in Washing-

ton: "An old-fashioned fellow, one year when Easter came in March, paid too

many Easter calls and drank too many cups of eggnogg, and, alas, was quite overcome 'As the old-fashioned fellow lurched, in the late afternoon, toward home, a little girl watched him from her

window, curiously. "'Oh, mamma,' she said, 'come and look at Mr. Stuyvesant. Isn't the wind

blowing him about!'"

Care of Horse's Feet.

If the horse already has defective feet keep them carefully trimmed and shod if necessary. The soft hoof should be shod and reshod every six or eight weeks in winter where the ground is frozen and at all times of the year where the roads are rocked or graveled. By keeping the horse with poor feet properly shod it do good service without loss of time. But it is best to breed for good feet.

Shields must be changed frequently. If you wear cheap grades discard them before they get old. Most qualities Santors Light Their Pipes on Land Ex-actly as They Would on Shipboard.

In a New York barroom where many of the bluejackets with the fleet for the Hudson-Fulton celebration took their nightcaps before retiring to

their ships, a petty officer said to a landubber acquaintance: "See how the boys hold their pipes!" Almost every one of them had the

arched finger of his hand. "See?" said the petty officer. "Now wait till one of them lights his pipe." In a little while a sailor filled his pipe, got out his match and faced the open door of the barroom. There was not a breath of breeze coming through the door, but the sailor covered the lighted match and the pipe bowl with one hand while he was getting a light, and after he had thrown the dead match away he continued to smoke with his fingers arched over the pipe

bowl. "Force of habit," said the petty officer. "He doesn't intend that the piping breeze shall blow the lighted to-bacco out of his pipe."

bacco out of his pipe." Bacco out of his pipe." Because a home is in the country-be-cause it is on a farm-is only an added reason why it should be more up-to-date and attractive, for those who are fortu-mate enough to live in the country really spend more time in their homes than do those who live in cities. And it is also true that farm homes and farm life is daily becoming more and more attractive. The inside of our house is our home, so why not make it nice and at-tractive. The inside of our house is our home, so why not make it nice and at-tractive, homely and cheerful, up-to-date and modern. You wouldn't think of burning tallow candles, yet why use wall paper? In order to educate a few refined peo-ple in every community to the artistic of solid color, a free offer of beautiful wall steneils of classic design is made to every reader of this paper. It is also possible to secure without any expense color suggestions for your home telling you the most suitable colors, to use the best arrangement, curtains and over curtains, etc.-in fact the services of a decorative architect are at your disposal without charge to you. In cities there are many and most ex-cellent designers of interior decoration, but it takes money and time to carry out their ideas. This same service is at the disposal of every reader if he asks for it, and bet-ter than all, it tells you how you can either do the work yourself or direct some one else. It gives you exact shades and colors, and the stencils to do the work without charge. Pily the Poor Cowboy! Dr Harvey W Wiley the famous

Pity the Poor Cowboy!

Dr. Harvey W. Wiley, the famous food expert, said at a dinner in Washington, apropos of the meat boycott and the cold storage discussion:

"The trend of modern life seems on the surface to be toward preserved instead of fresh foods, but there is no such trend, save among certain dealers.

"Who," said Doctor Wiley, "would like to be in the boots of the cowboy in the barren sagebrush country who used to send in, week after week, the same order to the storekeeper:

"Canamilk, canacow, canajam, canabutter, canacake, canascrapple, canacorn, canaham, canaplums."

As a Matter of Fact. "Old fellow," suggested the candid friend, "you use the expression 'As a matter of fact' entirely too much. You have no idea how frequently you sprinkle it through your conversation.

"Thank you, old chap," replies the object of criticism. I'll try to avoid it hereafter. As a matter of fact, it isn't at all necessary to use it."

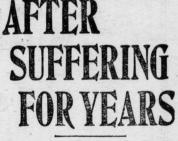
Resinol Ointment Is an Excellent Remedy for All Scalp Troubles. I suffered with eruption on my scalp

for 15 years when Resinol Salve was recommended to me by one of the best known men in Baltimore. Since using I am so much better that I believe the trouble is practically cured. Rev. H. C. Jones, Extension, La.

Automobiling.

"Did the repairer cause you any em-barrassment by his charges?" "No. He consented to take the car in part payment."-Cleveland Leader.

Mrs. Smith's Hired Girl. Mrs. Smith is lucky. She has kept a servant for three years, and although the girl has been offered more money elsewhere she won't leave Mrs. Solar the proper place for low cut



Cured by Lydia E. Pinkham's Vegetable Compound

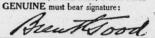


work and feel well."- Mrs. Ep. LA Dov, Park Rap-ids, Minn. Brookville, Ohio.--"I was irregular and extremely nervous. A neighbor recommended Lydia E. Pinkham's Vegetable Compound to me and I have become regular and my nervos are much better."-Mrs. R. KINNISON, Brookville, Ohio. Lydia E. Pinkham's Vegetable Com-pound, made from native roots and herbs, contains no narcotic or harm-ful drugs, and to-day holds the record for the largest number of actual cures of female diseases we know of, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ul-ceration, displacements, fibroid tumors, inregularities, periodic pains, backache, indigestion and nervous prostration. Every suffering woman owes it to her-self to give Lydia E. Pinkham's Vege-table Compound a trial. If you want special advice write Mrs. Pinkham, Lynn, Mass., for it. It is free and always helpful.

Your Liver is Clogged up

That's Why You're Tired-Out of Sorts-Have No Appetite. CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure CARTERS







of blue satin ribbon and a wreath of forget-me-nots is the most popular girls. Such hats are to be found in all the light colors with white para-mount as a favorite. Nothing is liked so well unless it be the lingerle hats of lace and embroidery or lace and net. These are another story, for they

For Those Who Suffer from Excessive

Perspiration - Simple Remedies

That Have Proved Effective.

During the hot weather many wom-

en suffer from excessive body mois-ture. If not carefully guarded against

The woman who perspires must not

stint on laundry bills. She should never wear clothes after there is the

least suspicion of odor, though it en-tails changing underwear twice a day.

Frequent bathing is a necessity. Be sides a bath each morning, the wash-cloth should be freely used at other

A little ammonia or borax in luke

warm water is excellent in the case of

excessive moisture. Dusting with tal

cum or orris root after a bath will be

baby proves itself to be nourishing and easily digested and good for big and little folks. A Brooklyn man says: "When baby was about eleven months old he began to grow thin and pale. This was, at first, attributed to the heat and the fact that his teeth were coming, but, in reality, the poor little thing was starving, his mother's milk not being sufficient nourishment. "One day after he had cried bitterly

for an hour, I suggested that my wife try him on Grape-Nuts. She soaked two teaspoonfuls in a saucer with a little sugar and warm milk. This baby ate so ravenously that she fixed a sec ond which he likewise finished.

"It was not many days before he for-got all about being nursed, and has since lived almost exclusively on Grape-Nuts. Today the boy is strong and robust, and as cute a mischiefmaker as a thirteen months old baby is expected to be.

"We have put before him other foods, but he will have none of them, evidently preferring to stick to that which did him so much good—his old friend Grape-Nuts.

'Use this letter any way you wish, for my wife and I can never praise Grape-Nuts enough after the brightness it has brought to our household."

Grape-Nuts is not made for a baby food, but experience with thousands of babies shows it to be among the best, if not entirely the best in use. Being a scientific preparation of Nature's grains, it is equally effective as a body

and brain builder for grown-ups. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason." Ever read the above letterf A new one appears from time to time. They are genuine, true, and full of human interest. stitched to waist back and front; the prettily shaped voke is edged with ribbon velvet, which also trims the wrists of the leg of mutton sleeves. Hat of panne, trimmed with striped

ribbon.

Materials required: 3 yards 46 inches wide, 4 yards ribbon velvet, 1/2 vard tucked silk for yoke.

Shirred Puffs Again.

The little shirred puffs that were so when growing flowers are sent as a much used a few seasons ago are back gift. The moss is grown on the earth again and the fabric covered cords en surface and, if watered, will last which prevailed last year are again be-ing used in braid patterns. Bands of use the flowering plant as a center knife plaiting of the gown fabric, piece without a jardiniere or pot stitched at both sides, are also seen. cover.

can be washed, but are never much protection afterward. There is less temptation to wear

shields long if they are pinned in with safety pins rather than sewed.

A good powder is made from one part salicylic acid to three parts boric acid, the whole scented with orris root

Lycopodium, which is used for children to prevent prickly heat, will prevent undue perspiring.

Dust perspiring hands with boric acid before putting on gloves and bathe the hands frequently with cologne or alcohol. Ventilated gloves are a help.

When perspiration is so excessive as to defy all remedies consult a doctor It frequently comes from weakness.

Novel Trimming.

A pretty finish for collar and cuffs of a lingerie frock consists of straight bands of the sheer material edged on top and bottom with narrow or embroidered insertion. This is crossed in front of collar and top of cuff with three bands of insertion reaching down on frock and up on sleeve. The middle band is an inch longer than the side ones. All are pointed.

Novelties for the Hostess.

Smart florists now have a pretty trick of covering the pot with moss

elsewhere she won't leave Mrs. Smith. The girl does all the washing, scrubs the floors, does up the lace curtains, and even washes the bedding. People wonder why she stays at Mrs. Smith's and does so much more work than other girls can be induced to do, until they learn that Mrs. Smith buys Easy Task

laundry soap, which does one-half the work and makes the other half easier.

Dear.

"Why do people use the expression 'Dear sir' so frequently?" asked the man who was writing a letter.

"I don't know," arswered the man who was figuring on his expenses, "unless 'sir' is short for 'sirloin.' "

For Red. Itching Evelids, Cysta, Styes For active states and All Eyes That Need Care Try Murine Eye Salve. Aseptic Tubes-Trial Size-Zic. Ask Your Druggist or Write Murine Eye Remedy Co., Chicago.

Remember nothing depreciates a man more than to show him he's like other men.

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. WHEN YOU'RE AS HOARSE as a crow. When you're couching and gasping. When you're an old fashioned deep-seated cold, take Allen a Lung Bal som. Bold by all druggists, Ze, 50c and \$1.00 bottles

Don't try to mold another to your ideal, but remold your ideal according to what he is.

Mrs. Winslow's Soothing Syrap. Ildren teething, softens the gums, reduces in-ation, allays pain, cures wind colle. 25c a bottle.

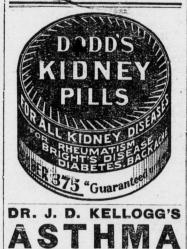
No, Cordelia, rain checks never check the rain.

ADELESS UTN AM 1 DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

may tak have Dis

is on the bargain counter.



"I have used your valuable Cascarets and I find them perfect. Couldn't do without them. I have used them for some time for indigestion and biliousness and am now completely cured. Recom-mend them to everyone. Once tried, you will never be without them in the family."-Edward A. Marx, Albany, N.Y.

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Gripe, 10c, 25c, 50c. Never sold in bulk. The gest uine tablet stamped CCC. Guaranteed to cure.or your money back. 929

LAMENESS from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone of similar trouble can be stopped with



11 directions in pamphlet with each bot-Does not blister or remove the r, and horse can be worked. \$2.00 a bot-Horse Book 9 E free.

Fullwards Roll and less and there can be worken. Je. Horse Book 9 E free. Je. Horse Book 9 E free. A BSORBINE, JR., for mankind, 31 and 25 a bottle. Removes Fainful Swellings, Bri-tered Glands, Goiro, Wens, Bruises, Vari-sered Glands, Guiro, Wens, Bruises, Will Wens, Bruises, Will Street, Will O sose Veins, Varicosities, Oli Sores, Allays F Your druggist can supply and give references. Y tell you more if you write. Manufactured only W. F. YOUNG, P. D. F., 310 Temple Si., Springfield, M

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PATENTS Watson E. Coleman, Washington, D.C. Booksfree, High

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Corn Planting is here—Distemper among the horses may be near also— may take some of them—corn planting may be late if your horses

SPOHN'S DISTEMPER CURE

is your true safeguard—a cure as well as preventive—50c and \$1.00 bottle—\$5.00 and \$10.00 dozen, delivered. Large is more than twice the smaller size. Don't putit off. detit. Druggists—or send to manufacturers. Spohn Medical Co., Chemists and Bacteriologists, Goshen, Ind., U.S.A.